

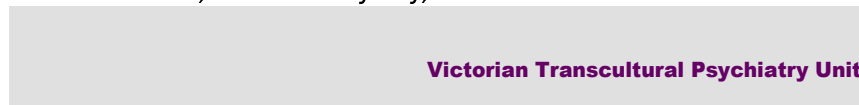
## Introduction to Module 2:

### **Values, the sense of self, and emotions across cultures**

A training module presented by the Victorian Transcultural Psychiatry Unit

The module entitled *Values, the sense of self, and emotions across cultures* is the second module to be presented to Victorian mental health clinicians as part of the Victorian Transcultural Psychiatry Unit's 2009 Pilot Training Course: *Culturally competent mental health service provision for a multicultural society*. The module explores how differences in values, construction of the self, and the expression of emotions can impact on the clinical relationship. This is likely to be of particular importance when working with culturally and linguistically diverse (CALD) consumers and carers in mental health settings, as clinicians typically work within a Western medical perspective of mental health, which may not be shared by CALD clients. An outline of Module 2 is presented in Figure 1.

Figure 1: Module outline: *Values, the sense of self, and emotions across cultures*



### **Outline**

- ✔ Defining culture:
  - awareness of your own culture and that of mental health services
- ✔ Cultural value dimensions: implications for the clinical relationship
- ✔ Cultural construction of the self and family: independence and interdependence
- ✔ Outline for a Cultural Formulation



### **Outline**

- ✔ Does depression exist across cultures?
- ✔ Translating mental health terms
- ✔ Are Western diagnoses universal?
- ✔ Mind/body dualism and somatisation
- ✔ Expressing and recognising emotion across cultures



The purpose of this training module is to provide mental health clinicians with a framework for understanding the impact of cultural values and the sense of self in mental health practice (Part 1), and to present a culturally informed framework for understanding emotion across cultures (Part 2).

**Specifically, Module 2 incorporates the following topics:**

- *The impact of culture and values on the clinical encounter in mental health settings: includes discussion of individualism and collectivism, and the impact of power distance in the clinical encounter.*
- *Culture and the sense of self: explores the different ways that individuals from diverse societies and with diverse value systems relate to the self and others, and introduces the concept of independent and interdependent selves.*
- *Understanding emotions across cultures: explores the complexities of understanding and assessing emotion across cultures, when the clinician and consumer/carer may be from differing cultural backgrounds.*
- *The DSM-IV Outline for a Cultural Formulation: provides clinicians with a framework for considering cultural issues in clinical presentations.*

Participants will be able to explore the issues relating to values, the sense of self and emotions across cultures via a range of interactive and reflective mediums, including group discussions, case studies, and discussion of relevant research in the field.

The emphasis of Module 2 is on providing a framework for culturally sensitive practice, rather than a 'cookbook' approach to clinical practice with CALD clients. As such, the focus of this module will be to empower clinicians with the skills required to explore their clients' culture, whilst being aware of the impact of their own cultural values within the clinical relationship. These skills will assist clinicians in facilitating a more effective therapeutic relationship with CALD consumers and carers.