

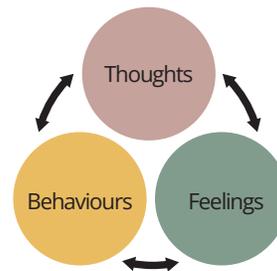
Culturally Adapted Cognitive Behavioural Therapy (CaCBT) for Canadians of South Asian Origin

PUBLIC INFORMATION

WHAT IS COGNITIVE BEHAVIOURAL THERAPY (CBT)?

- ▶ A highly effective evidence-based psychological therapy
- ▶ Used to treat a wide range of issues, including depression and anxiety.

CBT focuses on how a person's thoughts, feelings, and actions affect each other.



WHY DOES CBT NEED TO BE ADAPTED FOR SOUTH ASIANS?

- Culture impacts **how mental health is understood** and how symptoms of mental health conditions, such as anxiety and depression are **expressed and treated**.
- CBT was developed using **Western values** and may not be appropriate on its own to support those of South Asian descent.
- Adjusting CBT to better meet the cultural needs of South Asian Canadians can lead to **improved outcomes**.



HOW DOES CULTURALLY ADAPTED CBT WORK?

Therapists trained in Culturally Adapted CBT use various strategies and techniques, including:

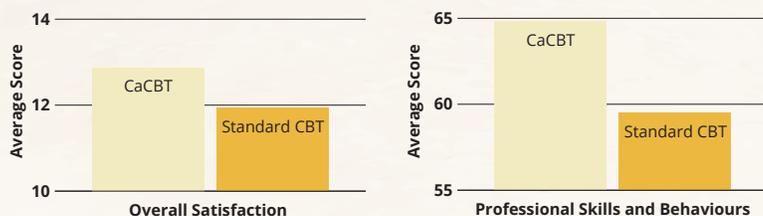
- ▶ Use of culturally appropriate phrases
- ▶ Understanding gender roles in South Asian culture
- ▶ Understanding South Asian family roles and responsibilities
- ▶ Connecting with religious and/or community leaders
- ▶ Understanding the stigma associated with mental health



WHAT DOES THE RESEARCH SAY?

The Centre for Addiction and Mental Health (CAMH) and partner agencies conducted a study to compare how South Asian Canadians respond to standard CBT versus culturally adapted CBT.

CaCBT group had higher levels of **engagement and satisfaction** when compared to **Standard CBT**.



"[The] goal we worked on was exactly what I was hoping to work on [...]. I love that [my therapist] just got it! She knew the culture and I didn't have to spend time informing her about my culture."
- Participant

"I really felt instantly comfortable with the therapist I was assigned. This helped me to own [up to] the issues I was dealing with without shame."- Participant



If you would like to learn more about CaCBT for South Asians please visit: <https://www.camh.ca/CaCBT>



Seema's Story

PUBLIC INFORMATION

Seema is a teacher who has recently been experiencing constant headaches and indigestion. She also noticed she was feeling unmotivated and had low levels of energy.

Her family doctor suggested that Seema might be experiencing symptoms of **depression and anxiety**.

Seema's doctor recommended that she attend **cognitive behavioural therapy (CBT)** sessions offered by her local community organization.



After a few sessions, Seema felt that the treatment wasn't really working for her. She felt that her **cultural background or values** were not clearly understood during the therapy sessions.

Seema talked with her friend about this disappointment.

HER FRIEND RECOMMENDED THAT SEEMA LOOK FOR A THERAPIST WITH TRAINING IN CULTURALLY ADAPTED CBT FOR SOUTH ASIANS.

My therapist didn't really understand my family relationships and how my culture affects my mental health.

A CaCBT therapist would understand your cultural background, like family structure, gender roles, and feelings of shame about mental health problems. This can help improve the treatment for you. You should try it!

Check out this website for more information:
www.camh.ca/CaCBT

Oh, that sounds interesting. Where can I find out more?



If you would like to learn more about CaCBT for South Asians please visit:
<https://www.camh.ca/CaCBT>



After regularly attending CaCBT sessions, Seema felt a lot better and was able to cope with her feelings more effectively.