

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

THERAPIST INFORMATION

WHAT IS CULTURALLY ADAPTED CBT (CaCBT) FOR CANADIANS OF SOUTH ASIAN ORIGIN?

CaCBT for South Asians is an adapted form of CBT that utilizes a similar theoretical basis. However, engagement with the client is further improved by developing knowledge and skills that correspond to South Asian culture.

WHY SHOULD THERAPISTS ADAPT CBT FOR SOUTH ASIAN CLIENTS?

South Asian clients' bio-psycho-social-spiritual needs may not be effectively addressed with standard CBT techniques, which are based in Western psychology. Clients' mental health needs to be understood in the context of their cultural heritage, norms, and beliefs.

WHAT ARE SOME BARRIERS THAT SOUTH ASIAN CLIENTS EXPERIENCE WHEN ACCESSING THERAPY?

- Therapist's lack of understanding about South Asian gender roles and family dynamics
- Shame and guilt of having a mental illness
- Fear of being judged by their therapist
- Lack of awareness of mental illness and treatment availability

SOME CaCBT ADJUSTMENTS FOUND TO BE HELPFUL

- More **directive approach** in therapy
- Appropriate **self-disclosure** by therapist to build rapport
- Family involvement** in sessions (if permitted by the client)

The Centre for Addiction and Mental Health (CAMH) and partner agencies conducted a study to culturally adapt CBT and evaluate the feasibility and acceptability of this intervention.

THERAPISTS TRAINED IN CaCBT

92% 

Reported average **satisfaction** post-training

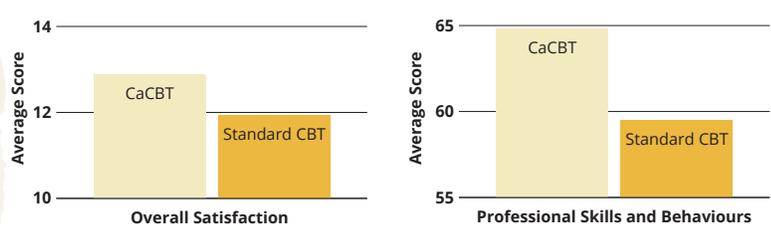
37% 

Significant increase in **cultural competency**, with an average of **37% improvement**

Greater therapeutic alliance with clients in the CaCBT group vs Standard CBT group.

PARTICIPANT FEEDBACK ON CaCBT

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

A training package has been developed for providers to offer CaCBT to South Asians in Canada. To access the training package, please visit: <https://www.camh.ca/CaCBT>



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