

Alcohol: Transcultural Perspectives

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Aims and What you would like to learn from today.



What is culture?



What cultural aspects have we noted as impacting on our work or as neglecting culture in dual diagnosis.



Culture and cultural conditioning

- ▶ By the early 1960's, there were 160 different definitions of culture in the social science literature.
- ▶ People carry culture with them. When they leave one group setting for another they do not shed its cultural premises (Becker & Gear 1960)
- ▶ We are all culturally conditioned. We see the world in the way we have learned to see it. Only to a limited extent can we in our thinking, step out of the boundaries imposed by our cultural conditioning (Hofstede 1980)



Meaning of Transcultural and its importance to Our work

- ▶ Moodley (2005) used a synonymously inclusive definition which extends to 7 major categories. These namely being Race, Gender, Class, Sexual orientation, Disability, Religion and Age (Moodley 2005).



Psychological Theory and perspectives

- ▶ How do you work incorporating transcultural sensitivities?



Four forces of Psychology

- ▶ **Psychoanalysis**
- ▶ **Behaviourism**
- ▶ **Humanistic**
- ▶ **Transpersonal**



Psychodynamic Approach Assumptions

- ▶ Our behaviour and feelings are powerfully affected by unconscious motives.
- ▶ Our behaviour and feelings as adults (including psychological problems) are rooted in our childhood experiences. [impact of culture: discussion].
- ▶ All behaviour has a cause (usually unconscious), even slips of the tongue. Therefore all behaviour is determined.
- ▶ Personality is made up of three parts (i.e. tripartite). The id, ego and super-ego.
- ▶ Parts of the unconscious mind (the id and superego) are in constant conflict with the conscious part of the mind (the ego).



Conflict in the ego and addiction

Ideal ego

- ▶ is the ideal of perfection that the ego strives to emulate

The ego ideal

- ▶ the "ego-ideal," by contrast, is when the subject looks at himself as if from that ideal point; to look at oneself from that point of perfection is to see one's life as vain and useless. The effect, then, is to invert one's "normal" life, to see it as suddenly repulsive



Psychotherapeutic and Transcultural approach

- ▶ “By making links between past and present clients can be helped to combine the previously unknown parts of themselves into their present and future selves, thus becoming more integrated individuals” (Dryden and Mytton 1999)



Where are we today

Different modalities using adaptations of Transcultural model.

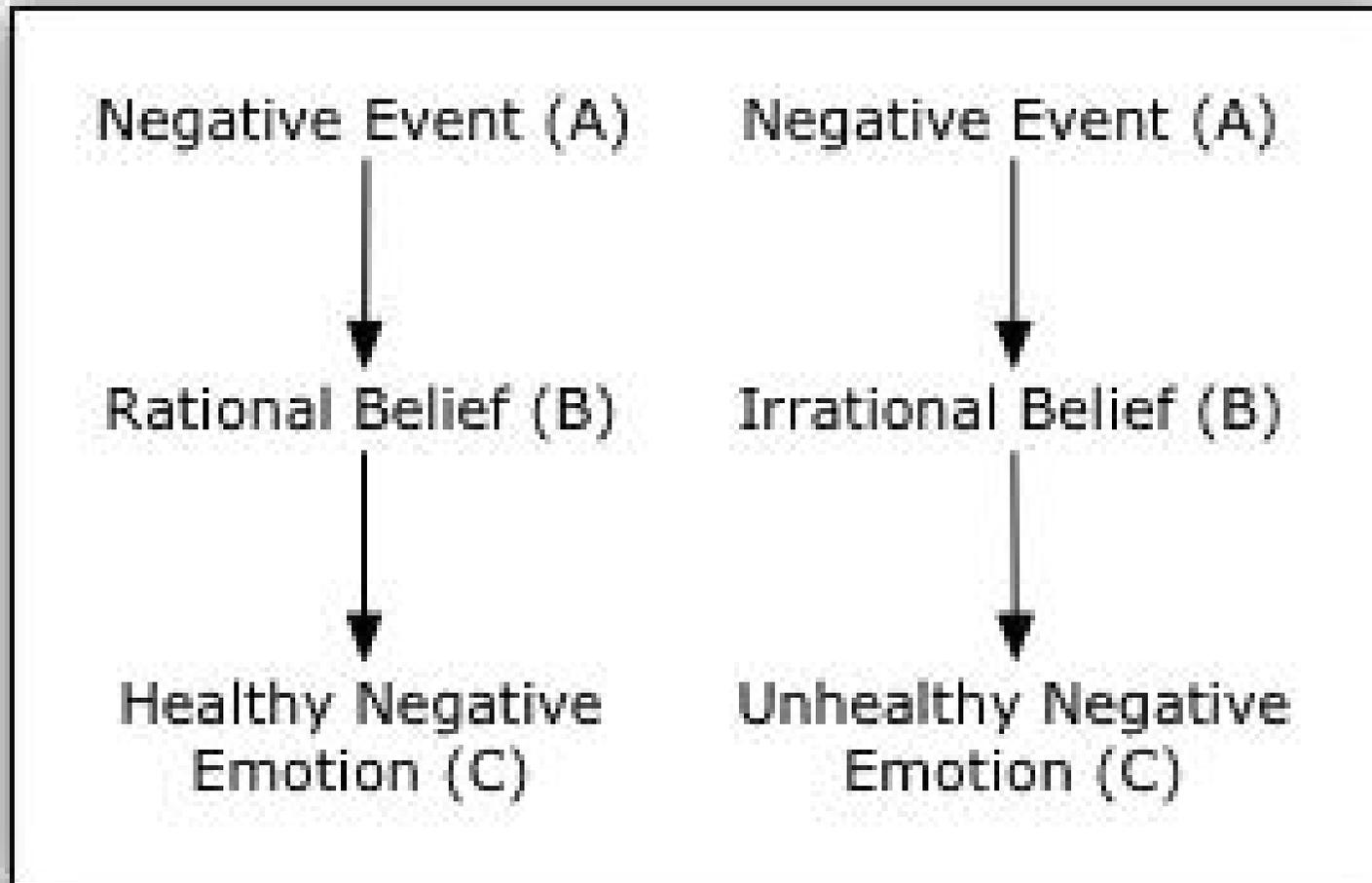
- ▶ Person centred therapies
- ▶ Gestalt therapy
- ▶ Psycho analytic/dynamic approaches
- ▶ Cognitive behavioural therapies
- ▶ Systems theory and constellation
- ▶ Motivational interviewing
- ▶ Intergrative and eclectic approaches



Cognitive approaches



What is Cognitive Behavioural Theory??



Cognitions and Cultural Beliefs

- ▶ 1. Beliefs about health and illness
- ▶ 2. Beliefs about causes of illness
- ▶ 3. Beliefs about treatment
- ▶ 4. Beliefs about health systems
- ▶ 5. Beliefs about healing and the healer
- ▶ 6. Beliefs about therapeutic work
- ▶ 7. Beliefs about Cognitive errors and dysfunctional beliefs



CBT and Transcultural perspectives

- ▣ Hays (2008) adapting CBT to specific aspects of culture. These adaptations do not change the basic work and techniques of CBT, instead they incorporate and appreciate diverse beliefs into the standard CBT protocol.
- ▣ Johnson and Ridley (1992) wrote of adapting rational-emotive therapy for Christian clients in three ways. Clients were encouraged to challenge irrational beliefs by using the Bible to define the "ultimate truth." Prayer and Christian content was emphasized throughout the therapy, and each session ended with a prayer focusing on the session content and asking Christ's assistance in overcoming irrational thoughts.



Motivational interviewing

- ▶ There are four main principles of Motivational interviewing: To express empathy by the use of reflective listening
- ▶ Identify the discrepancies between the individuals most deeply held values and their current behaviours.
- ▶ Roll with the resistance by responding with empathy and understanding rather than confrontation. Uphold self-efficacy by building the individual's confidence that change is possible (Shifting the decisional balance towards change).

(After Treasure 2004).



Transference, countertransference and projection: consider culture

- ▶ Transference refers to the projection of past experiences with a significant figure onto a current relationship with the therapist/practitioner. It can be seen as mirror to the internal world of the client (Grant and Crawley 2002 p. 16)
- ▶ Countertransference is another important concept to understand. It is a process by which the practitioners feelings, thoughts, and behaviours are stimulated by their client and results in a personal response without reference to processing the content and its meaning Paul and Charura (forthcoming).



Projection

- ▶ Projection is a psychological process which involves the attribution of unacceptable thoughts, feelings or behaviours to others. The disowned aspects of self are transferred onto another (Grant and Crawley 2002).
- ▶ In relation to transcultural approaches and alcohol, the dynamic that emerges between client and practitioner is one in which each transcultural phenomena should be considered sensitively and its impact be acknowledged [Race, Gender, Class, Sexual orientation, Disability, Religion and Age].



Ethnicity and alcohol: a review of the UK literature [2010].

- ▶ Most minority ethnic groups have higher rates of abstinence and lower levels of drinking compared to people from white backgrounds.
 - ▶ Abstinence is high amongst South Asians, particularly those from Pakistani, Bangladeshi and Muslim backgrounds. But Pakistani and Muslim men who do drink do so more heavily than other non-white
 - ▶ minority ethnic and religious groups.
 - ▶ People from mixed ethnic backgrounds are less likely to abstain and more likely to drink heavily compared to other non-white minority ethnic
 - ▶ groups.
 - ▶ People from Indian, Chinese, Irish and Pakistani backgrounds on higher incomes tend to drink above recommended limits. Over time generational differences may emerge:
 - ▶ Frequent and heavy drinking has increased for Indian women and Chinese men.
 - ▶ Drinking among Sikh girls has increased whilst second generation Sikh men drink less than first generations.
 - ▶ People from some ethnic groups are more at risk of alcohol-related harm:
 - ▶ Irish, Scottish, and Indian men, and Irish and Scottish women have higher than national average alcohol-related deaths in England and Wales.
 - ▶ Sikh men are overrepresented for liver cirrhosis.
 - ▶ People from minority ethnic groups have similar levels of alcohol dependence compared to the general population, despite drinking less.
 - ▶ Services are reportedly not responsive enough:
 - ▶ Minority ethnic groups are under-represented in seeking treatment and advice for drinking problems.
 - ▶ Problem drinking may be hidden among women and young people from South Asian ethnic groups in which drinking is proscribed.
 - ▶ Greater understanding of cultural issues is needed in developing mainstream and specialist alcohol services
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Q4. Can you think of a time when you has disregarded Culture?



Good Transcultural Practice

- ▣ In working with a client from a particular (and different) cultural, racial and ethnic groups' Therapists need to bear in mind and be sensitive to
- ▣ The many issues that impact upon their ways of being in the world , their history, their levels of acculturation
- ▣ Their specific use of Language and their conveyance of meaning
- ▣ Appreciate the cultural underpinnings and limitations of the therapists theoretical stance (Lago 2011.)



Critique

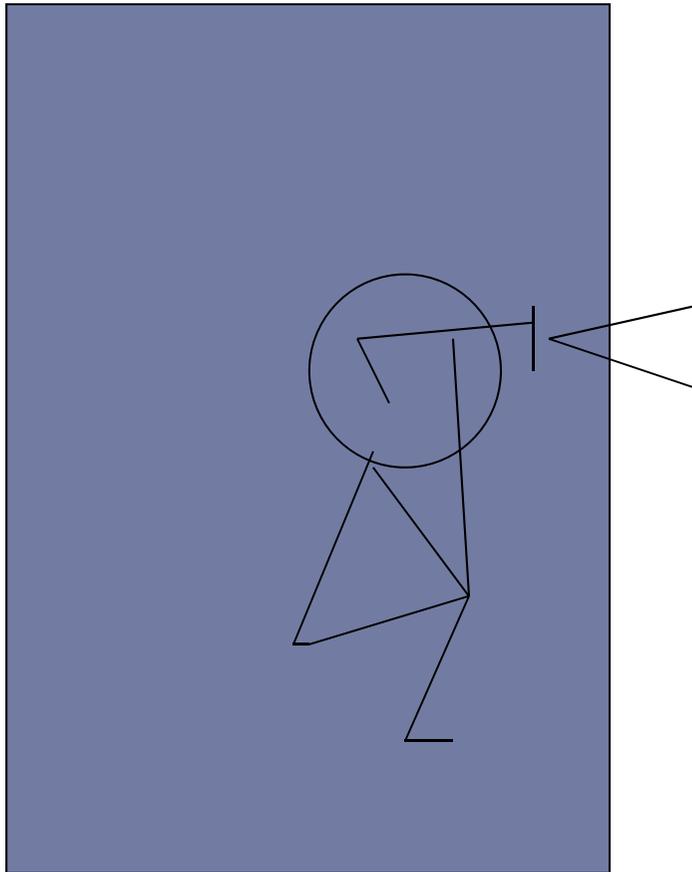


Transcultural challenges to diagnoses Models (DSM IV)

- ▶ Paniagua (2001) reviews the problems of diagnosis in a multicultural context with particular emphasis on the accurate and appropriate use of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)*.
- ▶ The search for culture-free or culture-fair tests has failed. A culture-free or culture-fair test would need to demonstrate conceptual equivalence across cultures.
- ▶ Power of psychiatry and who benefits
- ▶ Research on high levels of black and other ethnic groups over represented in psychiatric ward admissions.



Self examination & awareness



- ▶ What are my own attitudes, perceptions, beliefs about 'different' others?
- ▶ What cultural lenses am I looking through?
- ▶ What is my culture?
- ▶ What are my cultural/ethnic beliefs?
- ▶ How will I influence the relationship and the other by the way I am?



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