

MULTI-CULTURAL CONSIDERATIONS

“Psychological Disorders can be neither understood nor rated in isolation from social [and cultural] factors.” (Prilleltensky, 1990)

DO PSYCHIATRIC DISORDERS DIFFER IN DIFFERENT CULTURES?

Basically four issues.

1. Are manifestations or symptom patterns the same from culture to culture?
2. Do the conditions listed in the DSM-IV exist with the same frequency that we see in the Western world?
3. Is the paradigms of understanding mental conditions the same across cultures?
4. Is what would be classified as abnormal behavior in our culture also be classified as such in all others?
AND in fact are what other cultures consider abnormal and crazy conditions what we would say are pathological?

Self-effacement: Not drawing attention to one's self or to one's efforts and accomplishments

Inferiority Model contends that racial and ethnic minorities are inferior in some respect to the majority population.

Qi or, roughly speaking, life force

Chinese medicine see human beings as a **microcosm** reflecting the **macrocosm**

Tension between the Yin and the Yang
the interplay of opposites

**Use of herbs, acupuncture and nutrition
to restore the balance**