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Cultural factors affect explanatory models for hearing voices and help-seeking pathways

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Learning Goal:

To understand how cultural factors affect the explanatory models of symptoms and help-seeking. To understand the role of religious coping in the process of help-seeking

Abstract Text:

Voice hearers may refer to cultural and religious beliefs in developing explanatory models (EMs) about their auditory hallucinations. These symptom interpretations are likely to influence help-seeking behaviour. During this presentation, we show a patient with psychotic symptoms who ascribes his cenesthetic and auditory hallucinations to spiritual possession, subsequently seeking exorcisms to substitute medical treatment. We discuss the role of spiritual guides as important and influential elements of help-seeking pathways. Possibilities and risks related to using religious coping will be stressed and a model for collaboration between clergy and healthcare professionals will be discussed.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**