



4. Samrad Ghane, PhD (1, 2) / Victor Kouratovsky, PhD (1, 3, 4, 5.): Building bridges using the Cultural Formulation: towards a person- centered and context sensitive treatment of psychosis.

Abstract no 304

Two times the same, half-day workshop

- (1) Parnassia Psychiatric Institute- Cultural Psychiatry domain
- (2) Arq Psychotrauma Expert Group
- (3) ExpatPsy
- (4) Dutch Institute for Psychologists (NIP) Committee on Cultural Diversity
- (5) Board member ISPS Lowlands and member Organizing Committee Stranger in the City

Connecting to patients' sociocultural context as well as to their unique experience and view on illness and health is an important pre-condition for any effective treatment. This may even be more so in case of psychosis where patients' experiences are traditionally pathologized and their sociocultural context is often overlooked. Thus, methods and instruments that may assist patients and clinicians to explore personal and contextual dimensions of the illness can be of particular value.

The Cultural Formulation Interview (CFI) is part of the DSM-5 and entails a way to systematically assess and take notice of four relevant cultural dimensions: (1) cultural definition of the problem, (2) cultural perceptions of cause, context, and support, (3) cultural factors affecting self-coping and past help seeking, and (4) cultural factors affecting current help seeking.

In this the CFI makes it for instance possible to explore different ways of understanding, strengths and resources, and ways to deal with problems. Using the cultural formulation may prevent misdiagnoses and lead to a more personalized approach, a better working alliance, and a more positive outcome.

In this workshop we will introduce the Cultural Formulation Interview (CFI) as a way to come into contact and to start a dialogue. In an interactive presentation the history and structure of the CFI will be discussed while the participants will become familiar with the use of the CFI through role plays. Finally, the therapeutic potential of the cultural formulation will be explored by using different case descriptions.

Learning objectives

- Participants are familiar with the backgrounds and the structure of the CFI and can use it to start a dialogue;
- Participants are able to use the cultural formulation to adapt their treatment approach according to the particular backgrounds, needs and views of individual patients.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**