

Executive Summary

ASIAN AMERICANS: CONCEPTUALIZATIONS OF MENTAL HEALTH, SOURCES OF STRESS AND HEALING PRACTICES

Abstract:

Following a sociocultural contextualizing of the Asian American (including Chinese, Vietnamese, Japanese and Filipino Americans) experience, some of the psychological underpinnings of Asian American health and mental health will be presented. Individual personality, relevance of family and a collectivistic versus individualistic world view will be examined. Core issues including immigration status, generation, acculturation process, discrimination, and conceptualizations of what is therapeutic will be richly addressed through clinical material. Following the core values of cultural competence in public mental health, the skills, attitudes and behaviors of staff working with Asian Americans will be integrated throughout. The role of traditional healing practices will be presented.

Target Audience:

Useful for all human services staff with appreciation of culturally responsive skills and practices.

Learning Objectives:

1. Increased understanding of the essentials of world view of child welfare and human services workers in working with multiethnic clients, specifically in community settings.
2. Enriched appreciation by human services staff and deepened knowledge of the history of Asian Americans and its impact on personality and family development.
3. Improved ability for child welfare/human services staff to culturally engage, work with and understand Asian American clients in a variety of settings.
4. By contrasting Eastern and Western views, to increase cultural competence as a cross-cultural child welfare/human services provider with other cultures.