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HOW TO INTEGRATE CULTURAL BELIEFS AND ATTITUDES IN DIAGNOSIS AND TREATMENT

S. Malhotra

Head, Division of Psychiatry & Psychotherapy, Dept. of Neurosciences, FHN, Fortis Hospital, Fortis Hospital, New Delhi, India

Culture forms a part of one's identity. Cultural beliefs are intricately interwoven not only in conflicts and psychopathology but also in conflict resolution. With classificatory systems, now understanding and emphasizing on a 'person-centred' approach, the need to integrate cultural beliefs and attitudes can not be understated. With globalization, awareness and understanding of cultural beliefs, values, scriptures, practices, rituals and festivities, can help in personal growth, understanding psychopathology, establishing trust and rapport, aid in the help-seeking process, holistic management of the patient in a more acceptable, sensitive and compliant manner. Revisiting scriptures and trying to understand the insights gained in the past era can add on to the knowledge and skills used in the practice of Psychotherapy. Models of cultural integration that can be utilized in the teaching and practice of psychiatry, in understanding preventive psychiatry and stress-management shall be presented. Such integration shall be a definite step forward to a 'person-centred' approach and in addressing the soul of science.

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