

# Everyone has Culture

## Presented by Dr Roy Laube

### Transcultural Mental Health Centre

**Tuesday 6 June 2017**

Leeton Soldiers Club  
Cnr Acacia and Yanco Ave  
Leeton

**10:30—12:00pm** NGO /  
CMO frontline staff  
introduction to working  
with the CALD Community

**1:00pm—3:30pm**  
Clinicians working with  
the CALD Community.  
Skills based workshop  
with limited positions  
available

To register contact  
Alicia.jordan@mphn.org.au  
026923 3147  
Registrations close 1 June



#### **Program description**

People from a diverse heritage bring with them a wide range of beliefs about health and treatment that guide their health behaviours including recognising signs of illness, help-seeking styles, and how they participate in treatment. These beliefs may extend beyond the immigrants to their second and even third generation.

This is especially true regarding mental health and treatment for mental illness. Clinicians and service providers from different backgrounds may not understand the way in which symptoms are expressed, and Culturally and Linguistically Diverse (CALD) consumers may not understand how the mental health system works. These incongruities often lead to miscommunication, impaired consumer confidence, and squandered resources.

The workshop is a skills-focussed program to assist clinicians to develop ethical and effective practice in a multicultural society.

- The relevance of culture to mental health
- The evolving demographic diversity of southern NSW
- The general and mental health of immigrants to Australia
- Cultural expressions of help-seeking and participation in treatment
- Benefits of cross-culturally skilled practice for clinicians
- Exercises to enhance clinical skills with diverse communities
- Practical approaches to cross-cultural practice
- Transcultural Assessment Checklist

**phn**  
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