Culturally Informed Practice Should Include the Following:

- Engaging the immigrant around their ethnic identity and ties to their culture
- Identifying and exploring their acculturation process and assimilation process

How Does the Immigrant’s Environment Affect Their Acculturation Process?

- How are they affected by public policies?
- How significant is the shift in culture?
- What is their interpretation of societal norms?
- Are they particularly vulnerable to certain types of discrimination?
- What is their level of English proficiency?

Consider the Challenges to Successful Acculturation:

The immigrant’s individual temperament or psychological disposition coupled with past traumas, situational stress, and transitional difficulties should be assessed and addressed when providing treatment and/or services.

Important Factors to Consider:

- Psychological trauma
- Legal status
- Family stress
- Under employment
Medical needs and services
Skill deficiencies
Basic daily living needs
Housing
Language barriers

Working with Adjustment Issues Experienced by the Family:

- Encourage dialogue between family members around shared and differing experiences to foster meaningful connections within the family
- Assess differing acculturation levels and their manifestations in the family
  - i.e. - shift in gender roles, role reversals, over-dependency
- Expectations of one another should be explored and compromises should be made when appropriate

Ways to Effectively Engage the Client and Family as the Treatment Provider:

- Maintain an empathic understanding of their experiences
- Understand your role in the relationship from their cultural perspective
- Ally with the clients goals for treatment or services
- Provide realistic approaches to access services and overcome barriers
- Frame the client’s and family’s experience in a way that is respectful, authentic, and meaningful

*Be prepared to holistically treat the challenges faced by the immigrant client.*

Helpful Resources:


