

## **W05-01**

### **DEVELOPMENT OF A CULTURALLY INFORMED THERAPY FOR SCHIZOPHRENIA**

#### **A. Weisman de Mamani**

*Psychology, University of Miami, Coral Gables, USA*

This speaker will serve as chair of this workshop. Background information about schizophrenia will be presented, including how cultural variables impact various aspects of the illness. Of particular interest is the fact that patients from more traditional societies appear to have a vastly better course of illness (World Health Organization, 1960, 1992). The speaker will present results from numerous studies, both from her own research and from colleagues, demonstrating the possible reasons why patients from these cultures have better prognoses. Main ideas include attributions for the cause/controlability of the illness, use of religion/spirituality, greater family cohesion, and less critical/hostile emotional climate of the family (commonly referred to as Expressed Emotion). Dr. Weisman de Mamani will describe how these studies have shaped a new family therapy for schizophrenia, titled Culturally Informed Therapy for Schizophrenia (CIT-S). This new therapy is being pilot tested at the University of Miami and incorporates elements from previously-established therapies as well as new, culturally-informed techniques. CIT-S consists of 15 sessions broken into five modules: Family Collectivism, Education, Spiritual Coping, Problem-Solving, and Communication Training. CIT-S is offered in English and in Spanish.