

The Exploration of Clinicians Lived Experience in Culturally Adapting Empirically Supported Treatments for AI/AN Populations

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RoundTable Overview

20 min-Summarized Review

40 min-Discussion

Key Findings

- Literature Review Findings
 - Most studies focus on outcomes
- Study Findings
 - CA of EST's is not as important
 - Empirically supported relationship factors and Empirically supported therapists are more important
 - The direction of CA matters

Eight Constituents

- Developing an Understanding of CA
- Focusing on building and maintaining therapeutic relationships
- Immersion and community engagement
- Experiencing conflict between Western and Indigenous epistemology
- Navigating the use of ESTs
- Supporting traditional and culturally developed ways of healing
- Clinicians ability to embody cultural humility and increase cultural competency
- Coping with external factors

Psychological Structure



Cultural Adaptation Strategies

Table Example

| Engagement | Treatment Delivery | Clinician Efforts |
|---|---|--|
| Changing program mission | Treatment planning to include cultural supports | Increasing knowledge of tribes (including history, diversity between tribes, tribal sovereignty) and multicultural counseling concepts |
| Physical office space | Focus on Place Based | Increasing knowledge of cultural adaptation |
| Obtaining feedback from clients and community | Speech and language used and following up to make sure clients understand | Increasing emotional pain tolerance |
| Native clinician and Native client match | Pacing (slower) | Being in the present moment |
| Longer intake sessions | Trial and error | Humor |

Discussion

