

CALD News

March 2013

Brought to you by Waitemata DHB Asian Health Support Services

Welcome to the CALD Cultural Competency Training Programme newsletter. CALD refers to **Culturally and Linguistically Diverse**. CALD Resources and CALD Cultural Competency Training Programmes are developed and provided by the Waitemata District Health Board Asian Health Support Services for the Waitemata, Auckland and Counties Manukau District Health Boards, secondary, primary and community health workforces in the Auckland region.

*"There is no greater sorrow on earth than the loss of one's native land"
(Euripides 431 BCE, quoted in Tribe, 2002)*

Launching Supplementary Learning Resources for CALD 9 'Working in a Mental Health Context with CALD Clients'

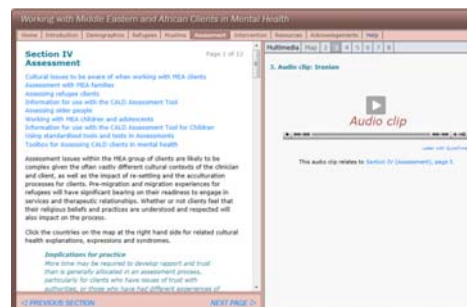
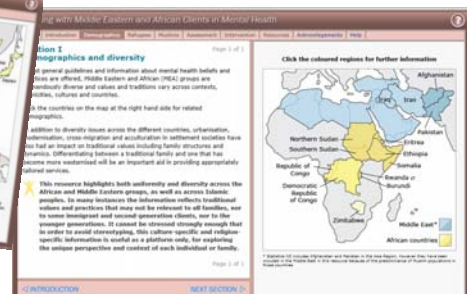
After completing the CALD 9 course, you can access two additional online supplementary resources:

1. Working with Asian Clients in Mental Health
2. Working with Middle Eastern and African Clients in Mental Health

The supplementary resources provide research material and guidelines for increasing awareness, knowledge and skills relevant to mental health practice with Asian and African and Middle Eastern clients in New Zealand. It includes:

- The common issues and concepts that are involved in cross-cultural assessment.
- Explanatory models of illness.
- What we mean by 'somatization' when working with CALD clients.
- Culture-bound syndromes.
- The DSM-IV R's criteria for Developing a Cultural Formulation for Diagnosis.
- Appropriate screening instruments and assessment tools, and issues related to these when working with CALD clients.
- How to collaborate in intervention and treatment with CALD clients.
- Understanding the cultural issues that affect the therapeutic relationship between clinician and client.
- Ethnopharmacology.
- Familiarity with the CALD Assessment Tool.

A peek at the Online Supplementary Resources



Feedback about the CALD 9 Resource: Working with Asian Mental Health Clients



The video scenarios illustrated the learning points well and brought out credible scenarios which practitioners can learn from. It would be unlikely to have an opportunity to sit in and observe this in practice due to the cultural sensitivities involved, not to mention that the presence of additional clinical observers may affect the therapeutic processes and outcomes. The last video's takeaway of "being directive but not direct" and "having space for the client to manoeuvre" was a nice reminder that clinical practice is like a fine art, especially in the context of Asian/CALD clients.

Information relating to culture bound syndrome, a systematic view on cultural/clinical assessment, adopting a cultural lens to form a working hypothesis and guiding questions in the assessment tools are very helpful for my practice.



How do I access the supplementary online resources?

1. Complete the prerequisite course.
2. Click LOGIN, enter your email address and password.
3. When your user account page is displayed, click on the link under "CALD ONLINE RESOURCES" to access the online resource.

When are the CALD 9 courses in 2013?

WDHB - North Shore - 6th April, 27th August

WDHB - Waitakere - 26th June, 11th November

CMDHB - Ko Awatea - 6th June

ADHB - Greenlane Clinical Centre - 1st October

To enrol go to www.caldresources.org.nz or contact your learning and development team.



How do I register and enrol for the free training courses?

1. Check your eligibility with your manager
2. Visit the CALD website www.caldresources.org.nz
3. Click LOGIN to register and then enrol

If you have registered and wish to enrol in a course:

1. Go to CALD website www.caldresources.org.nz
2. Click LOGIN, enter your email address and password
3. Go to Course Enrolment and select a face-to-face training course or an online training course

CALD competency courses available

CALD on-line and face-to-face courses *CME/CNE/MOPS accredited*

- CALD 1 Culture and Cultural Competence (pre-requisite for all courses)
- CALD 2 Working with Migrant Patients
- CALD 3 Working with Refugee Patients
- CALD 4 Working with Interpreters
- CALD 7 Working with Religious Diversity
- CALD 8 Working with CALD Families - Disability Awareness
- CALD 9 Working in a Mental Health Context with CALD Clients

Other CALD face-to-face only courses:

- CALD 5 Working with Asian Mental Health Clients
- CALD 6 Working with Refugee Mental Health Clients

If you have completed CALD 5 and / or CALD 6 courses, we highly recommend you to take up the CALD 9 course as well. CALD 9 will further expand your cultural competencies by building an understanding of CALD clients' beliefs and explanations around mental health, and the impact these may have on acceptance of treatment and interventions. To find out more about the courses, and view the CALD video demo go to www.caldresources.org.nz

Breaking News CALD Online iPad compatible

You can now access
online courses
CALD 1, 2, 3 & 4 from
your iPad
www.caldresources.org.nz

