Cultural Competence and Sensitivity

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**Discussion Post**

Culture makes a critical influence over the life of almost every individual living on Earth. From a psychological perspective, it molds the experience, nature, and overall personality of ethnically diverse communities. For an accurate diagnosis of mental disease from which the patient is suffering from, it is essential that clinicians assess the patients having mental issues through interviews (Shea et al., 2010). This is because exploring their culture and background in which they were brought up is significant to discover how they feel into the trap of mental illness. Therefore, it is highly essential for clinicians to learn about different cultures in order to treat patients in a way that their traditional values don’t get compromised during the rehabilitation phase.

Different cultures and communities that exist in the modern age consider each other's culture as ‘abnormal.' It is a core aspect of the human psyche that everyone feels happy in their comfort zone and deem their culture as right and perfect to be followed (Shea et al., 2010). On the other hand, this perfectionist mindset leads an individual towards feeling superior to other cultures and consider other cultures as ‘abnormal' and ‘weird.' For example, as I am part of the U.S culture; I can consider the norms and traditions prevalent here as usual and in fact, a matter of pride for me. However, people belonging from other countries may criticize many cultural aspects of the US. For instance, a person residing in a nation where homosexual marriages are forbidden; may criticize the USA for allowing homosexual intimacy.

Therefore, it can be concluded from the above discussion that culture builds up different stereotypes that clinicians need to address to diagnose and assess mental diseases. Failure to make timely assessments may result in the development of critical abnormalities that may weaken the beautiful diversity of different ethnical communities.

**References**

Shea, M., Yang, L. H., & Leong, F. T. (2010). Loss, Psychosis, and Chronic Suicidality in a Korean American Immigrant Man: Integration of Cultural Formulation Model and Multicultural Case Conceptualization. *Asian American journal of psychology, 1*(3), 212-223.