

<b>CME COURSE TITLE</b>	<b>Evidence based perspectives on diagnosis and treatment of migrants and ethnic minorities</b>
<b>COURSE DIRECTOR</b>	Dr. Adil Qureshi, SPAIN
<b>COURSE CO-DIRECTOR</b>	Dr. Iris Calliess, GERMANY
<b>COURSE LEVEL</b>	Basic
<b>EDUCATIONAL OBJECTIVES</b>	<ul style="list-style-type: none"> <li>- To identify the influence of culture, migration, and ethnic minority status on expression and explanation of mental distress.</li> <li>- To differentiate between the pathological and the culturally normative</li> <li>- To outline strategies for improving diagnostic accuracy with migrants</li> <li>- To outline strategies for improving pharmacological and psychological treatment</li> </ul>
<b>COURSE DESCRIPTION</b>	<p>This course will provide in depth evidence based analysis and training in diagnosis and treatment of migrant patients. Diagnosis forms the backbone of psychiatric care, and can pose a considerable challenge with patients from diverse cultural backgrounds. Mental distress can be expressed and explained in a variety of ways that often vary cross culturally, to the extent that accurately associating the symptom with the diagnostic category can be a challenge. The first half of the course will focus on the difficulties associated with diagnosis. Because psychiatric nosological systems tend to be Eurocentric and predicated on a positivist epistemology, migrant patients, at times, do not easily “fit” into the existing diagnostic categories and/or symptomatology does not match the category in question. To that end, the very nature of the nature of the “self” requires exploration. Diagnostic challenges will be illustrated using case examples and strategies for addressing cultural issues will be presented. The second half of the course will concentrate on treatment. Treatment, of course, requires that the clinician can effectively communicate and develop a strong therapeutic relationship with the patient. Effective intercultural work requires attention to process related issues such as ethnocultural transference and self-awareness. The course will present a model for culturally competent psychotherapy and will explore recent research findings in ethnopsychopharmacology.</p>
<b>PREREQUISITE KNOWLEDGE</b>	Participants should have a knowledge of psychopathology and have had clinical experience, preferably with immigrant and/or ethnic minority patients.
<b>COURSE METHODS AND MATERIAL</b>	Small group discussions; case studies; role play; vignette; debate; slides; handouts; experiential activities
<b>RECOMMENDED READINGS</b>	<ol style="list-style-type: none"> <li>1. Chen, C. H., Chen, C. Y., &amp; Lin, K. M. (2008). Ethnopsychopharmacology. <i>Int Rev Psychiatry</i>, 20(5), 452-459.</li> <li>2. Kastrup M, Machleidt W, Behrens K, Calliess I. Cultural aspects of depression. In: Maj M et al, eds. The WPA Educational Series on Depressive Disorders. Volume 4: Depression in Population Groups. Geneva, Switzerland:WPA; 2009; 4:208-237</li> <li>3. Qureshi, A., &amp; Collazos, F. (2011). The intercultural and interracial therapeutic relationship: Challenges and recommendations. <i>International Review of Psychiatry</i>, 23(1), 10-19.</li> <li>4. Qureshi, A., Collazos, F., Ramos, M., &amp; Casas, M. (2008). Cultural competency training in psychiatry. <i>Eur Psychiatry</i>, 23 Suppl 1, 49-58.</li> </ol>
<b>LANGUAGES</b>	English, German, Spanish