

## *An Intercultural Psychologist*

### Onboard **THE SCHOLAR SHIP**

Staying Afloat!

Resilience Strategies Living in an  
Intercultural Community

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## *Values of The Scholar Ship*

- Philosophy of The Scholar Ship
- Value a world of difference
- Respect cultures
- Intercultural Communication
- Common Goal
- Environmental Sustainability
- Social Justice \*\*\*\*\*

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## Therapeutic Variables

- Client/Extra-Therapeutic Factors:– 40%
  - **Therapeutic Relationship Factors – 30%**
  - Hope, Placebo and Expectancy – 15%
  - Model/Technique Factors – 15%
- Hubble, Duncan, Miller, 1999

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## *Intercultural Psychologist*

- **CULTURAL Aspects:**
- Belief/Attitude
- Knowledge
- Skill

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# *Intercultural Psychologist*

- **Dimensions of Cultural Competence**

- Individual

- Societal

- Institutional

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| <b>CULTURAL COMPETENCE</b> | <b>Belief</b> | <b>Knowledge</b> | <b>Skill</b> |
|----------------------------|---------------|------------------|--------------|
| Individual                 |               |                  |              |
| Societal                   |               |                  |              |
| Institutional              |               |                  |              |

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## Stressors

- Limited resources
- Limited Cell phone connection
- Expensive phone calls
- Limited Internet Access
- Food
- Vegetarians
- News, etc.

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## *Client Issues*

- *Eating Disorders*
- *Grief & Loss*
- *Relationships*
- *Bipolar*
- *Sexual Assault/ Rape*
- *Drug and Alcohol Abuse*
- *ACOA and other issues*

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## *Unexpected*

- *Emergency Medical Evacuations*
- *Doctor spoke Bulgarian*
- *Consultations with Miami Doctors*
- *Insurance coverage*
- *Hospital*
- *Hotel for families*
- *Staff accompanied*
- *Boats & Helicopters*
- *Create policy*

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## *Cultural Considerations*

- *Assessing Intensity Factors*
- *Assessing Stages of the DMIS*
- *Stages of Ethnic/Cultural/National Identity*

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## *Therapeutic Considerations*

- Intercultural Constructs
- Cultural Communication
- Dealing with Divergent Styles
- Intercultural Competency Skills
- More approaches to therapy

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## *Communication styles vary enormously across the globe*

- *Linear versus Circular*
- *Direct versus Indirect*
- *Detached versus Attached*
- *Intellectual Engagement versus Relational Engagement*
- *Concrete versus Abstract*

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## *Managing Intercultural conflict*

*Intercultural conflict is the experience of emotional frustration in conjunction with perceived incompatibility of values, norms, face orientations, goals, scarce resources, processes, and/or outcomes*

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## *Intercultural Conflict Management Style*

- *Four different styles*
  - *Direct*
  - *Indirect*
  - *Emotional Expressiveness*
  - *Emotional Restraint*

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## *Managing Intercultural Conflict*

*The importance of saving  
face.....*

*Respecting one another*

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*Four types of goals are  
important in an interpersonal  
conflict*

- *Content goals*
- *Relational goals*
- *Identity goals*
- *Process goals*

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## *Cultural Considerations*

*Individualist*      *Collectivist*

*Monochronic*      *Polychronic*

*High context*      *Low context*

*Universalism*      *Particularism*

*Linear*    *Circular*    *Concrete*    *Abstract*

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## *My Office - Dolphin Deck*



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## *Process*

- *Use of Intercultural Communication Class Concepts*
- *Use of Intercultural Conflict Management Styles*
- *Visual Speak*

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## *Effective Therapy*

*Cultural Competence Factors  
Are so Very Important in  
Effecting Healthy Change!*

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## *Therapeutic Considerations*

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## *Cultural Considerations*

- *Intercultural Constructs*
- *Cultural Communication*
- *Dealing with Divergent Styles*
- *Intercultural Competency Skills*
- *More approaches to therapy*

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## *TSS Common Experiences*

- Utilizing Common Experiences to Enhance therapy
- Intercultural Communications Course
- Common Goals of TSS
- Appreciation of Differences
- Acknowledgement of Similarities

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## *Survival Strategies - Staying Resilient*

- Preparation
- Information
- Openness
- Support
- Willingness to Take Risks
- Dancing

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# *The Scholar Ship*



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