

Treating the Chinese Diaspora in the U.S.: Cultural Beliefs of Mental Illness and Service Utilization

11:30 a.m. – 12:30 p.m. | January 19, 2016 (Tuesday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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Abstract

Given that 61% of Chinese Americans are first generation immigrants (US Census Bureau, 2010), beliefs within the Chinese American community often reflect the culture of an immigrant's home country. Whereas the Western bio-medical model's assumption about the dichotomy of the psychological and physical is a legacy of European philosophical traditions, Chinese culture is grounded in Traditional Chinese Medicine (TCM), Buddhism, Daoism, and Confucian traditions (Ting, 2012). For Chinese Americans, the holistic integration of physical, psychological, and spiritual realities situates mental illness as having spiritual, social, and metaphysical etiologies. This talk briefly uses case examples to review the challenges faced by Chinese Americans in the U.S. mental health care system. In addition to practical barriers to treatment, this talk will also present the ways in which TCM, Buddhism, Daoism, and Confucianism contribute to a distinctly non-Western understanding of mental illness and its effects for Chinese Americans. Culturally congruent interventions will be briefly discussed.

~All are Welcome~