

Ten Steps toward Culturally Responsive CBT¹

1. Assess the person's and family's needs with an emphasis on culturally respectful behavior.
2. Identify culturally related strengths and supports.
3. Clarify what part of the problem is primarily environmental (i.e., external to the client) and what part is cognitive (internal), with attention to cultural influences.
4. For environmentally based problems, focus on helping the client to make changes that minimize stressors, increase personal strengths and supports, and build skills for interacting more effectively with the social and physical environment.
5. Validate clients' self-reported experiences of oppression.
6. Emphasize collaboration over confrontation, with attention to client–therapist differences.
7. With cognitive restructuring, question the helpfulness (rather than the validity) of the thought or belief.
8. Do not challenge core cultural beliefs.
9. Use the client's list of culturally related strengths and supports to develop a list of helpful cognitions to replace the unhelpful ones.
10. Develop weekly homework assignments with an emphasis on cultural congruence and client direction.

¹ From Hayes, P. A. (2009). Integrating evidence-based practice, cognitive-behavior therapy, and multicultural therapy: Ten steps for culturally competent practice. *Professional Psychology: Research and Practice*, 40, 354–360.