

Lecture 9

Cultural Issues in CBT

Overview of Today's Class

Discuss cultural factors and CBT

CBT and Aspects of Culture

- Cultural relativity
- Cultural messages about rules, attitudes, and one's worth
- Cognitive approaches to oppression



Cultural Relativity

Albert Ellis stated, “What is deemed ‘rational’ by one person, group, or community can easily be seen as being ‘irrational’ by another person or group.”

Cultural Messages



- All Pro Corner Back
- Graduated Stanford with 3.9 GPA
- No Criminal Record
- Called himself the best at what he does professionally.

Referred to as a
THUG



- International pop star
- Caught peeing in a mop bucket screaming "F*ck Bill Clinton!"
- Arrested for DUI & Resisting Arrest
- Stood on a balcony to spit on fans

Referred to as a
Misguided Kid

<http://mic.com/articles/80797/watch-how-fox-news-really-talks-about-black-america>

Cognitive Approaches to Oppression

- “-isms” (racism, heterosexism, sexism, etc.) generally arise from cognitive distortions
 - Overgeneralizations
 - All-or-nothing thinking
 - Labeling
- Oppressed groups may internalize such messages



http://afrocentricityunleashed.files.wordpress.com/2012/12/wpidscreenshot_2012-12-27-23-32-31-1.png

Please
review
your
assigned
article.

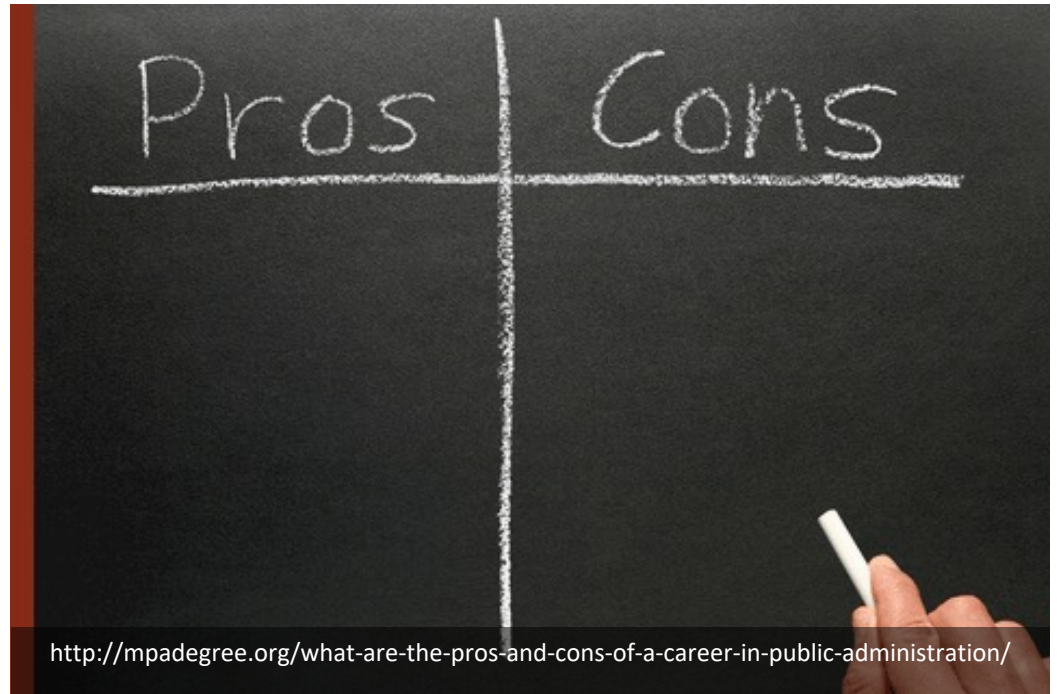
What intervention was presented in your article and how does it connect to CBT?

What are some key takeaways and key terms?

What are some of the strengths/weaknesses of this article?

What are some of the implications or reflections for us as social workers?

What are the
pro's and con's of
using CBT with
marginalized and
oppressed
communities?

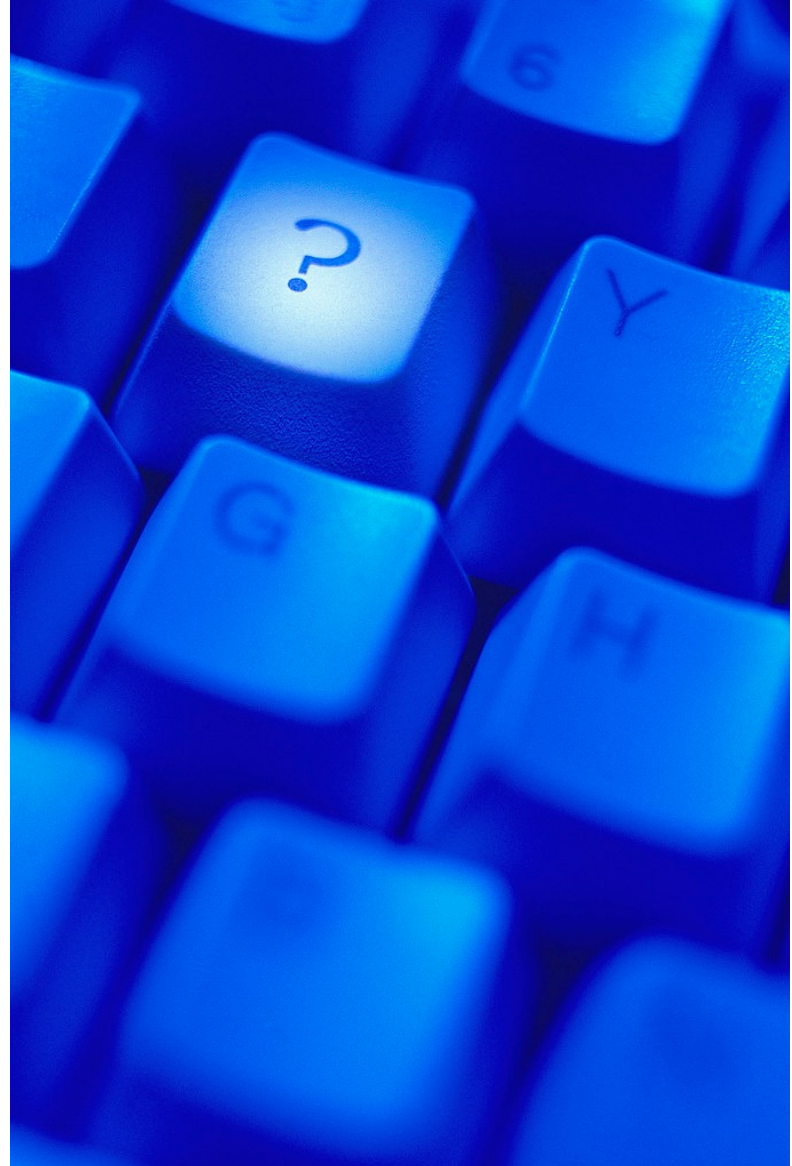


Resources

- <https://www.youtube.com/watch?v=nXlrlxub1FY>

Questions?

Comments?



End of class
exercise

