

DEMAGNIFYING THE CHALLENGES OF SCARCITY, CULTURAL GAPS, AND LANGUAGE BARRIERS

Sirirat Ularntinon, Queen Sirikit National Institute of Child Health, Bangkok, Thailand
siriatul@gmail.com

Objective: Working under limited time demands and available resources in a different socio-cultural context as well as mastering an evidence based psychotherapeutic skill of the Western world presents multiple challenges. This presentation articulates these challenges as well as offering ways to meet these crucibles.

Method: CBT principles and techniques are explained and applied to demagnifying the challenges of training. In particular, using CBT practices to overcome the binocular trick of shortcoming is illustrated. Finally, use of self-reflective CBT to maximize learning experiences is discussed.

Results: Attendees increase their knowledge of the challenges of training CBT therapists in Thailand and acquire ways to potentiate this training.

Conclusion: CBT is a flexible system of psychotherapy and shows promise in various cultures.