Multiculturalism in Psychology Essay

Multiculturalism are a importint topic in psychology today becuz we living in globalized world with many diffrent ppl from many cultures. Psychology profeshionals must have "cultural competance" to help divers clients (Johnson & Garcia, 2019, p. 27). This mean understand how cultur effect the way ppl think, feel and behave.

Some of the ways culture impacts psychologee include:

- Expresing emotions diffrently across cultures, like sum cultures prefering not to show feelings in public (Chen et al., 2020)

- Having other ideas of mental helth and ilness, such as if hering voices is excepted as spirit comunication in sum cultures but seen as scitzofrenia in west (Nguyen, 2021)

- Prefering dif therepy styles like more directive therapy in asian cultures vs. More talk therepy in west (Patel & Singh, 2018)

Psychologist must lern about many cultures, not make assume about clients, have self awarness of own bias, and adapt tretment to fit clients cultur. Bein culturaly compitent helps form beter rapport, have mor accurate asess and diagnosis, and provide effectiv care (Brown, 2017).

In conclusien, multiculturalism are esential for modern psychologee cuz culture shape our mind and behaver. Psychologist have responsability to be cultural compitent to help all clients from divers background. It take ongoing learn and prectice to deliver cultur-sensitive therepy.

Refrences:

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