WEBVTT

NOTE duration:"00:47:24"

NOTE recognizability:0.774

NOTE language:en-us

NOTE Confidence: 0.84545299

00:00:00.000 --> 00:00:07.557 For the. For the invitation and for the

NOTE Confidence: 0.84545299

00:00:07.557 --> 00:00:10.920 opportunity to discuss a topic that I really

NOTE Confidence: 0.84545299

00:00:10.920 --> 00:00:15.418 like to talk about and and that's making.

NOTE Confidence: 0.84545299

00:00:15.420 --> 00:00:17.622 Treatments evidence based

NOTE Confidence: 0.84545299

00:00:17.622 --> 00:00:20.558 treatments more specifically fit.

NOTE Confidence: 0.84545299

00:00:20.560 --> 00:00:22.552 For the diverse populations who who

NOTE Confidence: 0.84545299

00:00:22.552 --> 00:00:24.809 I would argue need them the most,

NOTE Confidence: 0.84545299

00:00:24.810 --> 00:00:28.178 and nowadays I'm also much more open about

NOTE Confidence: 0.84545299

00:00:28.178 --> 00:00:31.598 my personal motivations for doing this work.

NOTE Confidence: 0.84545299

00:00:31.600 --> 00:00:35.735 Umm, my younger brother had

NOTE Confidence: 0.84545299

00:00:35.735 --> 00:00:38.652 significant mental health. Um.

NOTE Confidence: 0.84545299

00:00:38.652 --> 00:00:40.380 Behavioral substance use problems

NOTE Confidence: 0.84545299

00:00:40.380 --> 00:00:44.034 as a kid and then later as an adult

NOTE Confidence: 0.84545299

00:00:44.034 --> 00:00:47.086 and spent many of his years in the

NOTE Confidence: 0.84545299

00:00:47.086 --> 00:00:51.018 public mental health system and the

NOTE Confidence: 0.84545299

00:00:51.018 --> 00:00:55.576 criminal justice system and a few years

NOTE Confidence: 0.84545299

00:00:55.576 --> 00:00:57.946 ago committed suicide while while

NOTE Confidence: 0.84545299

00:00:57.946 --> 00:01:00.345 incarcerated and and I don't blame

NOTE Confidence: 0.84545299

00:01:00.345 --> 00:01:02.764 our public mental health system for

NOTE Confidence: 0.84545299

00:01:02.764 --> 00:01:05.254 for that his trajectory and outcome,

NOTE Confidence: 0.84545299

00:01:05.260 --> 00:01:07.794 but I I can't help but wonder.

NOTE Confidence: 0.84545299

00:01:07.800 --> 00:01:10.936 That if the if the system had

NOTE Confidence: 0.84545299

00:01:10.936 --> 00:01:13.000 been more responsive to his.

NOTE Confidence: 0.84545299

00:01:13.000 --> 00:01:14.516 And to his needs,

NOTE Confidence: 0.84545299

00:01:14.516 --> 00:01:17.659 whether he might still be with us or not.

NOTE Confidence: 0.84545299

00:01:17.660 --> 00:01:19.820 I I forgot kind of starting

NOTE Confidence: 0.84545299

00:01:19.820 --> 00:01:21.260 with the depressing note,

NOTE Confidence: 0.84545299

00:01:21.260 --> 00:01:22.924 but I I think that kind of context

NOTE Confidence: 0.84545299

00:01:22.924 --> 00:01:24.800 is is important just to kind of

NOTE Confidence: 0.84545299

00:01:24.800 --> 00:01:26.779 understand how how I entered this work,

NOTE Confidence: 0.84545299

00:01:26.780 --> 00:01:30.560 but I I forgot the disclosure statement,

NOTE Confidence: 0.84545299

00:01:30.560 --> 00:01:36.980 just wanted to quickly show this to you.

NOTE Confidence: 0.84545299

00:01:36.980 --> 00:01:39.179 Nothing to disclose,

NOTE Confidence: 0.84545299

00:01:39.179 --> 00:01:44.310 so let let me real things back.

NOTE Confidence: 0.84545299

00:01:44.310 --> 00:01:47.750 Bit and talk about another kind of stream

NOTE Confidence: 0.84545299

00:01:47.750 --> 00:01:50.409 of motivation for this sort of work.

NOTE Confidence: 0.84545299

00:01:50.410 --> 00:01:52.585 It was back in Graduate

NOTE Confidence: 0.84545299

00:01:52.585 --> 00:01:54.325 School when Antonio Polo,

NOTE Confidence: 0.84545299

00:01:54.330 --> 00:01:54.671 fellow,

NOTE Confidence: 0.84545299

00:01:54.671 --> 00:01:57.058 graduate student of mine in my lab

NOTE Confidence: 0.84545299

00:01:57.058 --> 00:02:00.003 and and I started to think about

NOTE Confidence: 0.84545299

00:02:00.003 --> 00:02:02.188 whether psychotherapies work for ethnic

NOTE Confidence: 0.84545299

00:02:02.263 --> 00:02:04.518 minorities and what role culture.

NOTE Confidence: 0.84545299

00:02:04.520 --> 00:02:05.035 Played,

NOTE Confidence: 0.84545299

00:02:05.035 --> 00:02:08.640 and we started grad school at UCLA,

NOTE Confidence: 0.84545299

00:02:08.640 --> 00:02:09.984 working with John Weiss,

NOTE Confidence: 0.84545299

00:02:09.984 --> 00:02:12.000 who was in the psychology department

NOTE Confidence: 0.84545299

00:02:12.062 --> 00:02:12.779 at that time.

NOTE Confidence: 0.84545299

00:02:12.780 --> 00:02:15.580 And it was also a time when the

NOTE Confidence: 0.84545299

00:02:15.580 --> 00:02:16.969 empirically validated treatments

NOTE Confidence: 0.84545299

00:02:16.969 --> 00:02:19.284 movement in psychology was really

NOTE Confidence: 0.84545299

00:02:19.284 --> 00:02:22.148 kind of picking up and moving forward,

NOTE Confidence: 0.84545299

00:02:22.150 --> 00:02:23.190 and we were a cognitive,

NOTE Confidence: 0.84545299

00:02:23.190 --> 00:02:24.342 behaviorally oriented program,

NOTE Confidence: 0.84545299

00:02:24.342 --> 00:02:26.646 so it was a good fit.

NOTE Confidence: 0.84545299

00:02:26.650 --> 00:02:29.488 For our program, but, you know,

NOTE Confidence: 0.84545299

00:02:29.490 --> 00:02:30.706 I'm I'm African American.

NOTE Confidence: 0.84545299

00:02:30.706 --> 00:02:33.230 If you had discerned that Antonio Polo,

NOTE Confidence: 0.84545299

00:02:33.230 --> 00:02:35.230 my fellow grad students,

NOTE Confidence: 0.84545299

00:02:35.230 --> 00:02:36.070 is Mexican American,

NOTE Confidence: 0.84545299

00:02:36.070 --> 00:02:38.710 and as we were learning to be clinicians,

NOTE Confidence: 0.84545299

00:02:38.710 --> 00:02:41.130 we we were learning CBT.

NOTE Confidence: 0.84545299

00:02:41.130 --> 00:02:44.130 But we also kind of intuitively,

NOTE Confidence: 0.84545299

00:02:44.130 --> 00:02:46.985 given our own personal narratives

NOTE Confidence: 0.84545299

00:02:46.985 --> 00:02:48.127 and experiences,

NOTE Confidence: 0.84545299

00:02:48.130 --> 00:02:50.518 felt that culture was an important

NOTE Confidence: 0.84545299

00:02:50.518 --> 00:02:52.110 consideration when we're working

NOTE Confidence: 0.84545299

00:02:52.170 --> 00:02:54.250 with culturally diverse population.

NOTE Confidence: 0.84545299

00:02:54.250 --> 00:02:55.750 So as we were being trained,

NOTE Confidence: 0.84545299

00:02:55.750 --> 00:02:57.280 we were also doing things.

NOTE Confidence: 0.84545299

00:02:57.280 --> 00:02:57.984 Suddenly enough,

NOTE Confidence: 0.84545299

00:02:57.984 --> 00:03:00.096 so subtly in terms of tweaking,

NOTE Confidence: 0.84545299

00:03:00.100 --> 00:03:01.572 adapting, modifying,

NOTE Confidence: 0.84545299

00:03:01.572 --> 00:03:03.780 integrating cultural issues

NOTE Confidence: 0.84545299

00:03:03.780 --> 00:03:08.285 and into our clinical.

NOTE Confidence: 0.84545299

00:03:08.285 --> 00:03:10.512 Processes and and this,

NOTE Confidence: 0.84545299

00:03:10.512 --> 00:03:12.780 this mode that we sort of took

NOTE Confidence: 0.84545299

00:03:12.859 --> 00:03:15.104 on an intuitively was consistent

NOTE Confidence: 0.84545299

00:03:15.104 --> 00:03:17.850 with arguments that a number of

NOTE Confidence: 0.84545299

00:03:17.850 --> 00:03:19.940 prominent scholars at the time,

NOTE Confidence: 0.84545299

00:03:19.940 --> 00:03:21.782 including Stan and Sue who is

NOTE Confidence: 0.84545299

00:03:21.782 --> 00:03:23.459 in our department had concerning

NOTE Confidence: 0.84545299

00:03:23.459 --> 00:03:25.739 how important culture was and he

NOTE Confidence: 0.84545299

00:03:25.739 --> 00:03:28.053 he coined something called the

NOTE Confidence: 0.84545299

00:03:28.053 --> 00:03:29.718 cultural responsiveness hypothesis.

NOTE Confidence: 0.84545299

00:03:29.720 --> 00:03:31.860 And what's something like this?

NOTE Confidence: 0.84545299

00:03:31.860 --> 00:03:33.764 There are potential problems

NOTE Confidence: 0.84545299

00:03:33.764 --> 00:03:35.668 with conventional therapies and

NOTE Confidence: 0.84545299

00:03:35.668 --> 00:03:37.300 that that includes.

NOTE Confidence: 0.84545299

00:03:37.300 --> 00:03:40.558 He's so, so-called evidence based therapies.

NOTE Confidence: 0.84545299

00:03:40.560 --> 00:03:43.320 They were developed for White,

NOTE Confidence: 0.84545299

00:03:43.320 --> 00:03:45.120 Western, English speaking individuals.

NOTE Confidence: 0.84545299

00:03:45.120 --> 00:03:46.920 For the most part.

NOTE Confidence: 0.787129593157895

00:03:46.920 --> 00:03:49.368 The majority of clinicians were at

NOTE Confidence: 0.787129593157895

00:03:49.368 --> 00:03:52.268 that time and still are white and

NOTE Confidence: 0.787129593157895

00:03:52.268 --> 00:03:54.638 generally they didn't in a clear,

NOTE Confidence: 0.787129593157895

00:03:54.640 --> 00:03:58.030 overt way consider the language beliefs

NOTE Confidence: 0.787129593157895

00:03:58.030 --> 00:04:01.210 and worldviews of culturally different.

NOTE Confidence: 0.787129593157895

00:04:01.210 --> 00:04:03.150 Individuals and the the argument

NOTE Confidence: 0.787129593157895

00:04:03.150 --> 00:04:05.979 was that if culture is ignored or

NOTE Confidence: 0.787129593157895

00:04:05.979 --> 00:04:08.433 minimized in the clinical context and

NOTE Confidence: 0.787129593157895

00:04:08.433 --> 00:04:11.523 there are going to be values conflicts

NOTE Confidence: 0.787129593157895

00:04:11.523 --> 00:04:13.864 between the clinician and the client,

NOTE Confidence: 0.787129593157895

00:04:13.864 --> 00:04:15.554 they're going to be miscommunication

NOTE Confidence: 0.787129593157895

00:04:15.554 --> 00:04:17.608 between the clinician and the client.

NOTE Confidence: 0.787129593157895

00:04:17.610 --> 00:04:20.190 And that's going to, of course,

NOTE Confidence: 0.787129593157895

00:04:20.190 --> 00:04:24.030 lead to greater client discomfort

NOTE Confidence: 0.787129593157895

00:04:24.030 --> 00:04:26.334 and poor engagement.

NOTE Confidence: 0.787129593157895

00:04:26.340 --> 00:04:29.800 In treatment, if clients cultural

NOTE Confidence: 0.787129593157895

00:04:29.800 --> 00:04:32.520 diverse clients are not engaged,

NOTE Confidence: 0.787129593157895

00:04:32.520 --> 00:04:34.440 well, they're going to drop out.

NOTE Confidence: 0.787129593157895

00:04:34.440 --> 00:04:36.071 If they drop out then they're not

NOTE Confidence: 0.787129593157895

00:04:36.071 --> 00:04:37.520 going to benefit from treatment.

NOTE Confidence: 0.787129593157895

00:04:37.520 --> 00:04:38.816 There's going to be treatment failure.

NOTE Confidence: 0.787129593157895

00:04:38.820 --> 00:04:41.634 So the the argument was that treatments

NOTE Confidence: 0.787129593157895

00:04:41.634 --> 00:04:44.700 need to be culturally responsive,

NOTE Confidence: 0.787129593157895

00:04:44.700 --> 00:04:46.868 culturally sensitive in some

NOTE Confidence: 0.787129593157895

00:04:46.868 --> 00:04:50.120 way and or the clinicians need

NOTE Confidence: 0.787129593157895

00:04:50.217 --> 00:04:52.697 to be culturally competent.

NOTE Confidence: 0.787129593157895

00:04:52.700 --> 00:04:54.528 When providing mental health

NOTE Confidence: 0.787129593157895

00:04:54.528 --> 00:04:56.356 services to diverse populations,

NOTE Confidence: 0.787129593157895

00:04:56.360 --> 00:04:58.470 and this all made sense.

NOTE Confidence: 0.787129593157895

00:04:58.470 --> 00:04:59.264 To us.

NOTE Confidence: 0.787129593157895

00:04:59.264 --> 00:05:01.249 So Antonio and I decided,

NOTE Confidence: 0.787129593157895

00:05:01.250 --> 00:05:03.008 given that we work with an

NOTE Confidence: 0.787129593157895

00:05:03.008 --> 00:05:04.810 advisor who did meta analysis,

NOTE Confidence: 0.787129593157895

00:05:04.810 --> 00:05:07.072 we we started to conduct our

NOTE Confidence: 0.787129593157895

00:05:07.072 --> 00:05:09.553 own meta analysis to try to

NOTE Confidence: 0.787129593157895

00:05:09.553 --> 00:05:11.345 answer 3 critical questions.

NOTE Confidence: 0.787129593157895

00:05:11.350 --> 00:05:12.553 Concerning treatment outcomes

NOTE Confidence: 0.787129593157895

00:05:12.553 --> 00:05:14.157 with ethnic minority youth,

NOTE Confidence: 0.787129593157895

00:05:14.160 --> 00:05:15.696 because we had that particular interest

NOTE Confidence: 0.787129593157895

00:05:15.696 --> 00:05:17.512 and we thought we knew the answers

NOTE Confidence: 0.787129593157895

00:05:17.512 --> 00:05:19.006 to each of these three questions.

NOTE Confidence: 0.787129593157895

00:05:19.010 --> 00:05:21.338 So first, our mental health treatments.

NOTE Confidence: 0.787129593157895

00:05:21.340 --> 00:05:23.520 Affective with ethnic minority youth,

NOTE Confidence: 0.787129593157895

00:05:23.520 --> 00:05:24.396 we thought, well,

NOTE Confidence: 0.787129593157895

00:05:24.396 --> 00:05:26.036 sometimes maybe, but often not,

NOTE Confidence: 0.787129593157895

00:05:26.036 --> 00:05:27.796 given who these treatments by

NOTE Confidence: 0.787129593157895

00:05:27.796 --> 00:05:29.809 and large were developed for.

NOTE Confidence: 0.787129593157895

00:05:29.810 --> 00:05:31.819 Do white youth benefit more than ethnic

NOTE Confidence: 0.787129593157895

00:05:31.819 --> 00:05:33.460 minorities from the same treatment?

NOTE Confidence: 0.787129593157895

00:05:33.460 --> 00:05:33.833 Well,

NOTE Confidence: 0.787129593157895

00:05:33.833 --> 00:05:36.444 of course white youth are going to

NOTE Confidence: 0.787129593157895

00:05:36.444 --> 00:05:38.669 benefit more from these standard,

NOTE Confidence: 0.787129593157895

00:05:38.670 --> 00:05:41.430 culturally sort of neutral

NOTE Confidence: 0.787129593157895

00:05:41.430 --> 00:05:44.880 interventions for the most part.

NOTE Confidence: 0.787129593157895

00:05:44.880 --> 00:05:46.188 And then third,

NOTE Confidence: 0.787129593157895

00:05:46.188 --> 00:05:47.932 do cultural adaptations enhance

NOTE Confidence: 0.787129593157895

00:05:47.932 --> 00:05:50.219 outcomes for ethnic minorities that

NOTE Confidence: 0.787129593157895

00:05:50.219 --> 00:05:52.494 are thinking was definitely well,

NOTE Confidence: 0.787129593157895

00:05:52.500 --> 00:05:54.220 it turns out that the answers to all

NOTE Confidence: 0.787129593157895

00:05:54.220 --> 00:05:56.328 three of these questions were way more

NOTE Confidence: 0.787129593157895

00:05:56.328 --> 00:05:57.953 complicated than we initially thought.

NOTE Confidence: 0.787129593157895

00:05:57.960 --> 00:05:59.816 And given the amount of work we had

NOTE Confidence: 0.787129593157895

00:05:59.816 --> 00:06:02.129 to do with our initial meta analysis

NOTE Confidence: 0.787129593157895

00:06:02.129 --> 00:06:04.293 that was ultimately published in 2008,

NOTE Confidence: 0.787129593157895

00:06:04.293 --> 00:06:07.277 we we actually had to buy a hand

NOTE Confidence: 0.787129593157895

00:06:07.280 --> 00:06:10.270 go through 1000 plus randomized

NOTE Confidence: 0.787129593157895

00:06:10.270 --> 00:06:14.349 trials to to call about 30 or so.

NOTE Confidence: 0.787129593157895

00:06:14.350 --> 00:06:17.878 That that focused sort of primarily or in

NOTE Confidence: 0.787129593157895

00:06:17.878 --> 00:06:20.749 some significant way on ethnic minorities.

NOTE Confidence: 0.787129593157895

00:06:20.750 --> 00:06:22.430 We we we found some answers

NOTE Confidence: 0.787129593157895

00:06:22.430 --> 00:06:23.270 that surprised us.

NOTE Confidence: 0.787129593157895

00:06:23.270 --> 00:06:25.894 So I'm going to sort of in this

NOTE Confidence: 0.787129593157895

00:06:25.894 --> 00:06:29.034 talk for the next 35 minutes or so

NOTE Confidence: 0.787129593157895

00:06:29.034 --> 00:06:31.566 try to answer four key questions.

NOTE Confidence: 0.787129593157895

00:06:31.570 --> 00:06:33.502 Are treatments effective with

NOTE Confidence: 0.787129593157895

00:06:33.502 --> 00:06:34.468 ethnic minorities?

NOTE Confidence: 0.787129593157895

00:06:34.470 --> 00:06:36.816 Are treatment outcomes worse for ethnic

NOTE Confidence: 0.787129593157895

00:06:36.816 --> 00:06:39.030 minorities compared to Euro Americans?

NOTE Confidence: 0.787129593157895

00:06:39.030 --> 00:06:42.160 This cultural tailoring enhance treatment

NOTE Confidence: 0.787129593157895

00:06:42.160 --> 00:06:44.659 outcomes for ethnic minorities?

NOTE Confidence: 0.787129593157895

00:06:44.659 --> 00:06:46.528 And then finally,

NOTE Confidence: 0.787129593157895

00:06:46.530 --> 00:06:48.900 given some of the skepticism that

NOTE Confidence: 0.787129593157895

00:06:48.900 --> 00:06:51.708 sort of comes through in my responses.

NOTE Confidence: 0.787129593157895

00:06:51.710 --> 00:06:53.695 To those three questions that

NOTE Confidence: 0.787129593157895

00:06:53.695 --> 00:06:55.051 does culture matter?

NOTE Confidence: 0.787129593157895

00:06:55.051 --> 00:06:56.734 OK, first question,

NOTE Confidence: 0.787129593157895

00:06:56.734 --> 00:06:59.539 are therapies effective with ethnic?

NOTE Confidence: 0.787129593157895

00:06:59.540 --> 00:06:59.966 Minorities.

NOTE Confidence: 0.787129593157895

00:06:59.966 --> 00:07:02.096 Before I dive into this,

NOTE Confidence: 0.787129593157895

00:07:02.100 --> 00:07:04.221 I need to take about a minute

NOTE Confidence: 0.787129593157895

00:07:04.221 --> 00:07:06.612 to give it an extremely brief

NOTE Confidence: 0.787129593157895

00:07:06.612 --> 00:07:08.476 primer on meta analysis.

NOTE Confidence: 0.787129593157895

00:07:08.480 --> 00:07:10.424 Some of you may be familiar with it,

NOTE Confidence: 0.787129593157895

00:07:10.430 --> 00:07:12.798 but I I find it's always helpful to

NOTE Confidence: 0.8015444175

00:07:12.800 --> 00:07:13.931 say something briefly.

NOTE Confidence: 0.8015444175

00:07:13.931 --> 00:07:15.816 Basically, it's a quantitative review

NOTE Confidence: 0.8015444175

00:07:15.816 --> 00:07:18.438 of a literature and in in this case,

NOTE Confidence: 0.8015444175

00:07:18.440 --> 00:07:20.980 therapy effects with ethnic minorities,

NOTE Confidence: 0.8015444175

00:07:20.980 --> 00:07:26.769 and it involves finding all the randomized

NOTE Confidence: 0.8015444175

00:07:26.769 --> 00:07:30.048 trials you can find that deal with.

NOTE Confidence: 0.8015444175

00:07:30.050 --> 00:07:33.066 Treating for these psychosocial

NOTE Confidence: 0.8015444175

00:07:33.066 --> 00:07:35.722 interventions ethnic minority populations

NOTE Confidence: 0.8015444175

00:07:35.722 --> 00:07:38.466 where you have at least one active

NOTE Confidence: 0.8015444175

00:07:38.466 --> 00:07:40.587 treatment compared to a control condition

NOTE Confidence: 0.8015444175

00:07:40.587 --> 00:07:42.930 in the context of a randomized trial.

NOTE Confidence: 0.8015444175

00:07:42.930 --> 00:07:47.682 And we. Call from these studies

NOTE Confidence: 0.8015444175

00:07:47.682 --> 00:07:49.572 something called an effect size,

NOTE Confidence: 0.8015444175

00:07:49.580 --> 00:07:53.087 which is basically the the average outcome

NOTE Confidence: 0.8015444175

00:07:53.087 --> 00:07:56.880 for those in the treatment condition,

NOTE Confidence: 0.8015444175

00:07:56.880 --> 00:08:00.249 say for depression.

NOTE Confidence: 0.8015444175

00:08:00.250 --> 00:08:03.532 And you subtract from that treatment

NOTE Confidence: 0.8015444175

00:08:03.532 --> 00:08:06.320 condition average the average outcome

NOTE Confidence: 0.8015444175

00:08:06.320 --> 00:08:09.374 for those in the control condition,

NOTE Confidence: 0.8015444175

00:08:09.380 --> 00:08:13.859 so treatment outcome.

NOTE Confidence: 0.8015444175

00:08:13.860 --> 00:08:17.574 Average minus the control outcome

NOTE Confidence: 0.8015444175

00:08:17.574 --> 00:08:19.754 average divided by something called

NOTE Confidence: 0.8015444175

00:08:19.754 --> 00:08:22.009 the pooled standard deviation,

NOTE Confidence: 0.8015444175

00:08:22.010 --> 00:08:25.510 which I am not going to get into and that

NOTE Confidence: 0.8015444175

00:08:25.598 --> 00:08:28.928 gives you this effect size essentially.

NOTE Confidence: 0.8015444175

00:08:28.930 --> 00:08:32.206 And basically an effect size of

NOTE Confidence: 0.8015444175

00:08:32.210 --> 00:08:33.440 .8 is what we're shooting for.

NOTE Confidence: 0.8015444175

00:08:33.440 --> 00:08:34.230 It's really what we want.

00:08:34.230 --> 00:08:35.962 We want a robust,

00:08:35.962 --> 00:08:38.127 strong effect of our psychotherapy.

00:08:38.130 --> 00:08:40.104 We want it to be pretty powerful,

00:08:40.110 --> 00:08:41.734 but a medium effect is pretty good too.

00:08:41.740 --> 00:08:44.390 And the psychotherapy outcome literature,

00:08:44.390 --> 00:08:46.670 broadly, medium effects are the norm.

00:08:46.670 --> 00:08:48.983 So if we get something around .5 or so,

00:08:48.990 --> 00:08:50.586 we're, we're, we're, we're in good shape,

00:08:50.590 --> 00:08:55.470 we're happy there .2 or thereabouts or below.

00:08:55.470 --> 00:08:59.020 This is kind of a small effect if we get.

00:08:59.020 --> 00:09:00.286 .2 or thereabouts,

00:09:00.286 --> 00:09:02.955 where I guess that's OK, but you know,

00:09:02.955 --> 00:09:04.720 we're not going to be as happy with that.

00:09:04.720 --> 00:09:08.502 So .2 ish or so, small effect,

00:09:08.502 --> 00:09:10.872 .5 medium effect and .8

00:09:10.872 --> 00:09:12.800 and above largest effect.

NOTE Confidence: 0.8015444175

00:09:12.800 --> 00:09:13.095 OK.

NOTE Confidence: 0.8015444175

00:09:13.095 --> 00:09:15.160 So that I think that's basically what

NOTE Confidence: 0.8015444175

00:09:15.160 --> 00:09:17.229 you need to know to understand the

NOTE Confidence: 0.8015444175

00:09:17.229 --> 00:09:19.360 rest of what I'm going to present.

NOTE Confidence: 0.8015444175

00:09:19.360 --> 00:09:21.916 So I'm going to now present

NOTE Confidence: 0.8015444175

00:09:21.916 --> 00:09:23.422 some meta analytic data,

NOTE Confidence: 0.8015444175

00:09:23.422 --> 00:09:24.976 a lot of it from my lab,

NOTE Confidence: 0.8015444175

00:09:24.980 --> 00:09:29.068 but also from other scholars is as well.

NOTE Confidence: 0.8015444175

00:09:29.070 --> 00:09:31.574 When you see bolded names that those are

NOTE Confidence: 0.8015444175

00:09:31.574 --> 00:09:34.687 just my current and former graduate students.

NOTE Confidence: 0.8015444175

00:09:34.690 --> 00:09:37.090 I just want to give them more credit

NOTE Confidence: 0.8015444175

00:09:37.090 --> 00:09:38.854 now in in my presentations to let

NOTE Confidence: 0.8015444175

00:09:38.854 --> 00:09:41.069 them know I don't do this work alone,

NOTE Confidence: 0.8015444175

00:09:41.070 --> 00:09:42.996 but I have a lab for the grad students

NOTE Confidence: 0.8015444175

00:09:42.996 --> 00:09:44.796 who really helped make this work

NOTE Confidence: 0.8015444175

00:09:44.796 --> 00:09:46.326 as well as other collaborators.

NOTE Confidence: 0.8015444175

00:09:46.330 --> 00:09:49.858 So this is data from 5 meta analysis

NOTE Confidence: 0.8015444175

00:09:49.858 --> 00:09:53.151 that are published or that are in

NOTE Confidence: 0.8015444175

00:09:53.151 --> 00:09:57.128 progress or kind of in in the pipeline.

NOTE Confidence: 0.8015444175

00:09:57.130 --> 00:09:59.496 And you can see there's a range.

NOTE Confidence: 0.8015444175

00:09:59.500 --> 00:10:02.890 The highest affect size that we've

NOTE Confidence: 0.8015444175

00:10:02.890 --> 00:10:05.004 found with a particular population

NOTE Confidence: 0.8015444175

00:10:05.004 --> 00:10:07.851 is one that we published in 2018

NOTE Confidence: 0.8015444175

00:10:07.851 --> 00:10:09.975 focused on treatment outcomes

NOTE Confidence: 0.8015444175

00:10:09.975 --> 00:10:12.099 with Asian American population.

NOTE Confidence: 0.8015444175

00:10:12.100 --> 00:10:16.116 So a .72 effect, almost a large effect.

NOTE Confidence: 0.8015444175

00:10:16.120 --> 00:10:20.490 The lowest that we found for a kind

NOTE Confidence: 0.8015444175

00:10:20.490 --> 00:10:23.440 of is .37 like for ethnic minorities

NOTE Confidence: 0.8015444175

00:10:23.440 --> 00:10:25.120 with substance use problems.

NOTE Confidence: 0.8015444175

00:10:25.120 --> 00:10:26.716 But overall, if you average across these,

NOTE Confidence: 0.8015444175

00:10:26.720 --> 00:10:27.700 you get an effect size.

NOTE Confidence: 0.8015444175

00:10:27.700 --> 00:10:32.308 About .5 in the medium range.

NOTE Confidence: 0.8015444175

00:10:32.310 --> 00:10:35.355 And this is taking this is a

NOTE Confidence: 0.8015444175

00:10:35.355 --> 00:10:37.709 figure taken from a summary.

NOTE Confidence: 0.8015444175

00:10:37.710 --> 00:10:39.972 Graph that we published in this

NOTE Confidence: 0.8015444175

00:10:39.972 --> 00:10:42.636 paper in the annual review of

NOTE Confidence: 0.8015444175

00:10:42.636 --> 00:10:46.410 clinical psychology in 2014.

NOTE Confidence: 0.8015444175

00:10:46.410 --> 00:10:48.046 Synthesizing info from a

NOTE Confidence: 0.8015444175

00:10:48.046 --> 00:10:50.500 database that we collected up to

NOTE Confidence: 0.858007027857143

00:10:50.574 --> 00:10:52.010 that time and again,

NOTE Confidence: 0.858007027857143

00:10:52.010 --> 00:10:55.684 you see a lot of variation in terms of

NOTE Confidence: 0.858007027857143

00:10:55.684 --> 00:10:58.552 effect sizes for particular problems with

NOTE Confidence: 0.858007027857143

00:10:58.552 --> 00:11:01.549 focused on ethnic minority populations,

NOTE Confidence: 0.858007027857143

00:11:01.550 --> 00:11:03.881 so that the largest effect sizes we

NOTE Confidence: 0.858007027857143

00:11:03.881 --> 00:11:06.322 found were for treatment of anxiety

NOTE Confidence: 0.858007027857143

00:11:06.322 --> 00:11:08.099 related problems and psychosis.

00:11:08.099 --> 00:11:10.962 The smallest effects that we found were

00:11:10.962 --> 00:11:13.210 from miscellaneous other problems and

00:11:13.210 --> 00:11:15.038 substance use problems essentially,

00:11:15.040 --> 00:11:16.420 but again, if you average across.

00:11:16.420 --> 00:11:19.390 All of these.

00:11:19.390 --> 00:11:20.692 Uh, problem areas.

00:11:20.692 --> 00:11:24.420 You get about a medium effect size and then

00:11:24.420 --> 00:11:27.709 this is a figure that we just created for a,

00:11:27.710 --> 00:11:31.665 a new paper that's impressed at the

00:11:31.670 --> 00:11:34.380 annual review of clinical psychology

00:11:34.380 --> 00:11:37.090 focus just on cognitive behavioral

00:11:37.175 --> 00:11:39.764 treatments and meta analysis that

00:11:39.764 --> 00:11:42.500 look at CBT for ethnic minorities

00:11:42.582 --> 00:11:45.270 and you find a lot of variations.

00:11:45.270 --> 00:11:47.450 So the lowest effect size

00:11:47.450 --> 00:11:49.030 was about point O one,

NOTE Confidence: 0.858007027857143

00:11:49.030 --> 00:11:51.910 but that's an outlier.

NOTE Confidence: 0.858007027857143

00:11:51.910 --> 00:11:55.342 You take that one out and basically you

NOTE Confidence: 0.858007027857143

00:11:55.342 --> 00:11:58.730 get effects that are small to very large.

NOTE Confidence: 0.858007027857143

00:11:58.730 --> 00:12:01.607 And this is across 13 treatment outcome

NOTE Confidence: 0.858007027857143

00:12:01.607 --> 00:12:03.838 meta analysis that we we've done.

NOTE Confidence: 0.858007027857143

00:12:03.838 --> 00:12:06.344 So a lot of variation but generally

NOTE Confidence: 0.858007027857143

00:12:06.344 --> 00:12:09.098 these meta analysis focus just on

NOTE Confidence: 0.858007027857143

00:12:09.098 --> 00:12:11.058 cognitive behavioral treatments suggest

NOTE Confidence: 0.858007027857143

00:12:11.058 --> 00:12:14.287 that you get pretty consistent positive

NOTE Confidence: 0.858007027857143

00:12:14.287 --> 00:12:17.012 effects for psychotherapies when you're

NOTE Confidence: 0.858007027857143

00:12:17.012 --> 00:12:18.820 treating ethnic minority populations.

NOTE Confidence: 0.858007027857143

00:12:18.820 --> 00:12:21.760 So it turns out that there are

NOTE Confidence: 0.858007027857143

00:12:21.837 --> 00:12:24.187 lots of evidence based treatments

NOTE Confidence: 0.858007027857143

00:12:24.190 --> 00:12:26.698 in the literature now focused on

NOTE Confidence: 0.858007027857143

00:12:26.698 --> 00:12:29.030 ethnic minorities with a diverse.

NOTE Confidence: 0.858007027857143

00:12:29.030 --> 00:12:31.850 Free of mental health problems.

NOTE Confidence: 0.858007027857143

00:12:31.850 --> 00:12:34.714 And lots, if you just focus on kids,

NOTE Confidence: 0.858007027857143

00:12:34.720 --> 00:12:36.430 that's kind of my my specialty.

NOTE Confidence: 0.858007027857143

00:12:36.430 --> 00:12:38.548 So family systems therapies and a

NOTE Confidence: 0.858007027857143

00:12:38.548 --> 00:12:41.666 personal psychotherapy, lots of CBT's,

NOTE Confidence: 0.858007027857143

00:12:41.666 --> 00:12:43.270 motivational interviewing,

NOTE Confidence: 0.858007027857143

00:12:43.270 --> 00:12:43.828 play therapies,

NOTE Confidence: 0.858007027857143

00:12:43.828 --> 00:12:45.223 which I was somewhat skeptical

NOTE Confidence: 0.858007027857143

00:12:45.223 --> 00:12:46.729 of in my early years.

NOTE Confidence: 0.858007027857143

00:12:46.730 --> 00:12:48.392 But if you look at the

NOTE Confidence: 0.858007027857143

00:12:48.392 --> 00:12:49.223 treatment outcome literature,

NOTE Confidence: 0.858007027857143

00:12:49.230 --> 00:12:50.778 the the data is pretty positive

NOTE Confidence: 0.858007027857143

00:12:50.778 --> 00:12:52.390 in terms of plate therapies,

NOTE Confidence: 0.858007027857143

00:12:52.390 --> 00:12:54.646 not just for ethnic minorities but

NOTE Confidence: 0.858007027857143

00:12:54.646 --> 00:12:56.750 for Euro American kids as well.

NOTE Confidence: 0.858007027857143

00:12:56.750 --> 00:12:58.525 What's interesting is that modality

NOTE Confidence: 0.858007027857143

00:12:58.525 --> 00:13:00.693 doesn't seem to matter much when

NOTE Confidence: 0.858007027857143

00:13:00.693 --> 00:13:02.338 it comes to treatment outcome.

NOTE Confidence: 0.858007027857143

00:13:02.340 --> 00:13:03.519 For ethnic minorities.

NOTE Confidence: 0.858007027857143

00:13:03.519 --> 00:13:05.877 So some folks have argued that

NOTE Confidence: 0.858007027857143

00:13:05.877 --> 00:13:07.679 group based interventions,

NOTE Confidence: 0.858007027857143

00:13:07.680 --> 00:13:09.768 family based interventions might

NOTE Confidence: 0.858007027857143

00:13:09.768 --> 00:13:12.378 be particularly helpful for ethnic

NOTE Confidence: 0.858007027857143

00:13:12.378 --> 00:13:15.082 minorities because it allows you to

NOTE Confidence: 0.858007027857143

00:13:15.082 --> 00:13:17.192 intrinsically and implicitly bring the

NOTE Confidence: 0.858007027857143

00:13:17.259 --> 00:13:20.139 cultural context into your therapy process.

NOTE Confidence: 0.858007027857143

00:13:20.140 --> 00:13:22.708 But but when you look at the randomized

NOTE Confidence: 0.858007027857143

00:13:22.708 --> 00:13:24.798 trials that do direct comparisons,

NOTE Confidence: 0.858007027857143

00:13:24.800 --> 00:13:28.692 so parent plus child versus child only

NOTE Confidence: 0.858007027857143

00:13:28.692 --> 00:13:31.900 family intervention versus individual group.

NOTE Confidence: 0.858007027857143

00:13:31.900 --> 00:13:32.743 Treatment versus individual,

NOTE Confidence: 0.858007027857143

00:13:32.743 --> 00:13:34.710 you find that for the most part,

NOTE Confidence: 0.858007027857143

00:13:34.710 --> 00:13:35.829 it doesn't matter.

NOTE Confidence: 0.858007027857143

00:13:35.829 --> 00:13:37.694 The outcomes are similar across

NOTE Confidence: 0.858007027857143

00:13:37.694 --> 00:13:39.290 different sorts of modalities,

NOTE Confidence: 0.858007027857143

00:13:39.290 --> 00:13:42.342 even those that's implicitly allow you to

NOTE Confidence: 0.858007027857143

00:13:42.342 --> 00:13:45.328 bring culture into the treatment context.

NOTE Confidence: 0.858007027857143

00:13:45.330 --> 00:13:47.748 OK, so the first question do

NOTE Confidence: 0.858007027857143

00:13:47.748 --> 00:13:50.250 treatments work for ethnic minorities?

NOTE Confidence: 0.858007027857143

00:13:50.250 --> 00:13:51.930 The answer as well?

NOTE Confidence: 0.858007027857143

00:13:51.930 --> 00:13:55.170 Yeah, regardless of how you slice it,

NOTE Confidence: 0.858007027857143

00:13:55.170 --> 00:13:57.250 we get pretty good,

NOTE Confidence: 0.858007027857143

00:13:57.250 --> 00:13:58.290 pretty reliable,

NOTE Confidence: 0.858007027857143

00:13:58.290 --> 00:14:00.374 pretty consistent positive effects

NOTE Confidence: 0.858007027857143

00:14:00.374 --> 00:14:01.937 for ethnic minorities.

NOTE Confidence: 0.858007027857143

00:14:01.940 --> 00:14:03.250 Not in every single trial,

NOTE Confidence: 0.858007027857143

00:14:03.250 --> 00:14:04.528 not not by a long shot.

NOTE Confidence: 0.858007027857143

00:14:04.530 --> 00:14:07.386 But if you average across all these trials,

NOTE Confidence: 0.858007027857143

00:14:07.390 --> 00:14:10.456 the the the data looks pretty good.

NOTE Confidence: 0.858007027857143

00:14:10.460 --> 00:14:12.686 So just because treatments are effective

NOTE Confidence: 0.858007027857143

00:14:12.686 --> 00:14:14.831 for ethnic minorities doesn't mean that

NOTE Confidence: 0.858007027857143

00:14:14.831 --> 00:14:16.341 they're as effective for minorities

NOTE Confidence: 0.858007027857143

00:14:16.341 --> 00:14:18.259 as they are for your American.

NOTE Confidence: 0.858007027857143

00:14:18.260 --> 00:14:20.045 So our treatment outcomes worse

NOTE Confidence: 0.858007027857143

00:14:20.045 --> 00:14:21.830 for ethnic monitors compared to

NOTE Confidence: 0.670185926666667

00:14:21.889 --> 00:14:24.192 Euro Americans. So is there

NOTE Confidence: 0.670185926666667

00:14:24.192 --> 00:14:26.116 differential effectiveness so we

NOTE Confidence: 0.670185926666667

00:14:26.116 --> 00:14:29.462 we looked at this initially in our

NOTE Confidence: 0.670185926666667

00:14:29.470 --> 00:14:33.226 2008 review and meta analysis and.

NOTE Confidence: 0.670185926666667

00:14:33.230 --> 00:14:36.214 Bill Miller did the same thing with adults.

NOTE Confidence: 0.784888813333333

00:14:38.660 --> 00:14:40.910 In in a substance use context.

NOTE Confidence: 0.784888813333333

00:14:40.910 --> 00:14:43.073 And both of those reviews found that

00:14:43.073 --> 00:14:46.141 for the most part there were no ethnic

00:14:46.141 --> 00:14:47.797 differences in treatment effects.

00:14:47.800 --> 00:14:49.431 And if you look at other reviews

00:14:49.431 --> 00:14:50.740 they find the same thing,

00:14:50.740 --> 00:14:55.360 mostly no effects, ethnicity effects.

00:14:55.360 --> 00:14:56.956 And then when you do find effects,

00:14:56.960 --> 00:14:58.880 a decent number of studies seem to suggest

00:14:58.880 --> 00:15:00.738 that ethnic minorities might benefit more.

00:15:00.740 --> 00:15:02.873 In fact, we we have a couple of trials

00:15:02.873 --> 00:15:04.816 that we've done that suggests this.

00:15:04.820 --> 00:15:06.700 So this is an intervention.

00:15:06.700 --> 00:15:08.000 We did what we randomly.

00:15:08.000 --> 00:15:12.051 Nine, 270 or or so young women at

00:15:12.051 --> 00:15:15.547 risk for eating disorders to an online

00:15:15.547 --> 00:15:17.743 Internet based dissonance oriented

00:15:17.743 --> 00:15:19.555 intervention of Internet based

NOTE Confidence: 0.784888813333333

00:15:19.555 --> 00:15:21.820 cognitive behavioral treatment or no

NOTE Confidence: 0.784888813333333

00:15:21.887 --> 00:15:24.215 treatment and and the this dissonance

NOTE Confidence: 0.784888813333333

00:15:24.215 --> 00:15:26.186 based intervention focus on having

NOTE Confidence: 0.784888813333333

00:15:26.186 --> 00:15:28.334 women argue in different ways against

NOTE Confidence: 0.784888813333333

00:15:28.334 --> 00:15:30.550 this thin ideal that's prevalent in

NOTE Confidence: 0.784888813333333

00:15:30.550 --> 00:15:32.830 Western media and Western social mores.

NOTE Confidence: 0.784888813333333

00:15:32.830 --> 00:15:36.454 And what we found is that at post

NOTE Confidence: 0.784888813333333

00:15:36.454 --> 00:15:38.170 treatment this distance based on.

NOTE Confidence: 0.784888813333333

00:15:38.170 --> 00:15:39.745 Prevention and CBT were more

NOTE Confidence: 0.784888813333333

00:15:39.745 --> 00:15:41.029 effective than no treatment,

NOTE Confidence: 0.784888813333333

00:15:41.030 --> 00:15:43.182 reducing symptoms and and

NOTE Confidence: 0.784888813333333

00:15:43.182 --> 00:15:44.258 body dissatisfaction.

NOTE Confidence: 0.784888813333333

00:15:44.260 --> 00:15:45.250 No surprise there.

NOTE Confidence: 0.784888813333333

00:15:45.250 --> 00:15:47.230 But more important for this talk

NOTE Confidence: 0.784888813333333

00:15:47.230 --> 00:15:49.342 we found that ethnic minorities

NOTE Confidence: 0.784888813333333

00:15:49.342 --> 00:15:51.482 benefited more than you're Americans

NOTE Confidence: 0.784888813333333

00:15:51.482 --> 00:15:53.773 from the active intervention in

NOTE Confidence: 0.784888813333333

00:15:53.773 --> 00:15:55.688 terms of lower eating pathology,

NOTE Confidence: 0.784888813333333

00:15:55.690 --> 00:15:58.315 less depression and and we found no

NOTE Confidence: 0.784888813333333

00:15:58.315 --> 00:16:00.920 effects for for white participants.

NOTE Confidence: 0.784888813333333

00:16:00.920 --> 00:16:02.060 So why is this?

NOTE Confidence: 0.784888813333333

00:16:02.060 --> 00:16:04.190 Well we we don't know for sure,

NOTE Confidence: 0.784888813333333

00:16:04.190 --> 00:16:06.590 but we we did speculate.

NOTE Confidence: 0.784888813333333

00:16:06.590 --> 00:16:09.358 And by the way we didn't expect this.

NOTE Confidence: 0.784888813333333

00:16:09.360 --> 00:16:12.335 We we sort of speculated post hoc

NOTE Confidence: 0.784888813333333

00:16:12.335 --> 00:16:14.870 that given that this ethnic minority

NOTE Confidence: 0.784888813333333

00:16:14.870 --> 00:16:16.558 sample was really predominantly

NOTE Confidence: 0.784888813333333

00:16:16.558 --> 00:16:18.519 Asian Asian American students,

NOTE Confidence: 0.784888813333333

00:16:18.520 --> 00:16:20.650 Asian American women,

NOTE Confidence: 0.784888813333333

00:16:20.650 --> 00:16:23.653 and previous research found that East

NOTE Confidence: 0.784888813333333

00:16:23.653 --> 00:16:25.690 Asian women tend to prefer a lower

NOTE Confidence: 0.784888813333333

00:16:25.754 --> 00:16:27.588 body weight and and that they tend

NOTE Confidence: 0.784888813333333

00:16:27.588 --> 00:16:29.789 to be more critical of their bodies

NOTE Confidence: 0.784888813333333

00:16:29.789 --> 00:16:31.817 than than you are American women.

NOTE Confidence: 0.784888813333333

00:16:31.820 --> 00:16:35.192 What we argued that it's possible

NOTE Confidence: 0.784888813333333

00:16:35.192 --> 00:16:38.300 that the Asian women experience

NOTE Confidence: 0.784888813333333

00:16:38.300 --> 00:16:40.205 more psychological discomfort.

NOTE Confidence: 0.784888813333333

00:16:40.210 --> 00:16:41.950 Then then whites when when prompted

NOTE Confidence: 0.784888813333333

00:16:41.950 --> 00:16:43.968 to argue against this, then ideal.

NOTE Confidence: 0.784888813333333

00:16:43.968 --> 00:16:46.542 And that may have resulted in

NOTE Confidence: 0.784888813333333

00:16:46.542 --> 00:16:48.631 greater dissonance which we were

NOTE Confidence: 0.784888813333333

00:16:48.631 --> 00:16:50.947 trying to evoke and therefore a

NOTE Confidence: 0.784888813333333

00:16:50.947 --> 00:16:52.979 superior intervention response.

NOTE Confidence: 0.784888813333333

00:16:52.980 --> 00:16:53.373 So,

NOTE Confidence: 0.784888813333333

00:16:53.373 --> 00:16:56.124 but my larger point is that sometimes

NOTE Confidence: 0.784888813333333

00:16:56.124 --> 00:16:58.570 when you do find differences,

NOTE Confidence: 0.784888813333333

00:16:58.570 --> 00:17:01.685 sometimes they seem to favor Euro Americans,

NOTE Confidence: 0.784888813333333

00:17:01.690 --> 00:17:04.670 but other times they favor.

NOTE Confidence: 0.784888813333333

00:17:04.670 --> 00:17:07.148 I think minorities and we looked at

NOTE Confidence: 0.784888813333333

00:17:07.148 --> 00:17:10.214 this in a bigger way in this sort

NOTE Confidence: 0.784888813333333

00:17:10.214 --> 00:17:12.930 of ongoing review of meta analysis,

NOTE Confidence: 0.784888813333333

00:17:12.930 --> 00:17:15.324 so kind of like a mega analysis

NOTE Confidence: 0.784888813333333

00:17:15.324 --> 00:17:16.764 we're we're synthesizing other

NOTE Confidence: 0.784888813333333

00:17:16.764 --> 00:17:18.858 meta analysis that have been done,

NOTE Confidence: 0.784888813333333

00:17:18.860 --> 00:17:20.678 a former student are doing that.

NOTE Confidence: 0.784888813333333

00:17:20.680 --> 00:17:23.032 And what what we found across these

NOTE Confidence: 0.784888813333333

00:17:23.032 --> 00:17:25.082 29 meta analysis that look at

NOTE Confidence: 0.784888813333333

00:17:25.082 --> 00:17:27.343 ethnicity effects is that we find the

NOTE Confidence: 0.784888813333333

00:17:27.417 --> 00:17:29.832 same general pattern generally no

NOTE Confidence: 0.784888813333333

00:17:29.832 --> 00:17:32.184 ethnicity effects about 62% showed

NOTE Confidence: 0.784888813333333

00:17:32.184 --> 00:17:35.584 no effects about 14% of these men analysis.

NOTE Confidence: 0.784888813333333

00:17:35.584 --> 00:17:37.294 So that whites benefit more,

NOTE Confidence: 0.784888813333333

00:17:37.294 --> 00:17:38.887 but then about 17%,

NOTE Confidence: 0.784888813333333

00:17:38.887 --> 00:17:42.469 so that ethnic minorities benefit more.

NOTE Confidence: 0.784888813333333

00:17:42.470 --> 00:17:44.342 And so overall there,

NOTE Confidence: 0.784888813333333

00:17:44.342 --> 00:17:47.150 there the evidence suggests that there

NOTE Confidence: 0.784888813333333

00:17:47.237 --> 00:17:50.047 are no consistent ethnicity effects.

NOTE Confidence: 0.784888813333333

00:17:50.050 --> 00:17:52.130 When you're looking at, say,

NOTE Confidence: 0.784888813333333

00:17:52.130 --> 00:17:54.030 ethnicity as a moderator of

NOTE Confidence: 0.784888813333333

00:17:54.030 --> 00:17:54.790 treatment effects,

NOTE Confidence: 0.784888813333333

00:17:54.790 --> 00:17:57.806 mostly minorities and Euro

NOTE Confidence: 0.784888813333333

00:17:57.806 --> 00:18:00.068 Americans benefit equally.

NOTE Confidence: 0.784888813333333

00:18:00.070 --> 00:18:01.498 Sometimes there are differences,

NOTE Confidence: 0.784888813333333

00:18:01.498 --> 00:18:03.283 but when there are differences,

NOTE Confidence: 0.80087236

00:18:03.290 --> 00:18:05.050 it seems that ethnic minorities.

NOTE Confidence: 0.80087236

00:18:05.050 --> 00:18:07.594 Are just as likely to benefit

NOTE Confidence: 0.80087236

00:18:07.594 --> 00:18:09.692 more than than you're Americans.

00:18:09.692 --> 00:18:12.564 OK, so interventions,

00:18:12.564 --> 00:18:16.631 treatment cycle therapy seemed to

00:18:16.631 --> 00:18:19.316 work well with ethnic minorities.

00:18:19.320 --> 00:18:21.085 They seem to work equally

00:18:21.085 --> 00:18:23.460 well in many of these trials,

00:18:23.460 --> 00:18:25.970 and certainly in the research

00:18:25.970 --> 00:18:27.978 syntheses that that suggested.

00:18:27.980 --> 00:18:31.235 But that doesn't quite get at whether

00:18:31.235 --> 00:18:34.059 cultural tailoring is important or not.

00:18:34.060 --> 00:18:35.284 It could be that.

00:18:35.284 --> 00:18:37.120 One reason that these interventions work

00:18:37.174 --> 00:18:39.326 as well as they do for ethnic minorities

00:18:39.326 --> 00:18:41.288 is because there's a lot of tweaking,

00:18:41.290 --> 00:18:42.140 modifying, adaptation,

00:18:42.140 --> 00:18:44.265 cultural enhancement going on within

00:18:44.265 --> 00:18:46.749 the context of these interventions.

NOTE Confidence: 0.80087236

00:18:46.750 --> 00:18:48.334 So it's still relevant and important

NOTE Confidence: 0.80087236

00:18:48.334 --> 00:18:50.760 to to try to answer whether tailoring

NOTE Confidence: 0.80087236

00:18:50.760 --> 00:18:52.950 enhances outcomes for ethnic minorities,

NOTE Confidence: 0.80087236

00:18:52.950 --> 00:18:55.218 and there are lots of reasons to.

NOTE Confidence: 0.80087236

00:18:55.220 --> 00:18:58.712 To think or believe that culture

NOTE Confidence: 0.80087236

00:18:58.712 --> 00:19:01.040 might be important and.

NOTE Confidence: 0.80087236

00:19:01.040 --> 00:19:03.518 The the clinical context and and my

NOTE Confidence: 0.80087236

00:19:03.518 --> 00:19:06.438 students and I have done a lot of work

NOTE Confidence: 0.80087236

00:19:06.438 --> 00:19:08.839 on this issue over the past decade.

NOTE Confidence: 0.80087236

00:19:08.840 --> 00:19:10.233 We had more time I talked about

NOTE Confidence: 0.80087236

00:19:10.233 --> 00:19:12.083 some of the work that we've done

NOTE Confidence: 0.80087236

00:19:12.083 --> 00:19:13.287 looking experimental work we've

NOTE Confidence: 0.80087236

00:19:13.287 --> 00:19:14.399 done looking at stigma.

NOTE Confidence: 0.80087236

00:19:14.400 --> 00:19:16.785 But but there's a lot of data out there

NOTE Confidence: 0.80087236

00:19:16.785 --> 00:19:18.388 suggesting that ethnic minorities in

NOTE Confidence: 0.80087236

00:19:18.388 --> 00:19:20.302 our cultural context in the United

NOTE Confidence: 0.80087236

00:19:20.355 --> 00:19:22.287 States tend to see having a mental

NOTE Confidence: 0.80087236

00:19:22.287 --> 00:19:24.044 health problem as more stigmatizing

NOTE Confidence: 0.80087236

00:19:24.044 --> 00:19:26.354 than you're Americans and and

NOTE Confidence: 0.80087236

00:19:26.354 --> 00:19:28.976 seeking out treatment for seeking out

NOTE Confidence: 0.80087236

00:19:28.976 --> 00:19:31.036 professional treatments being more more.

NOTE Confidence: 0.80087236

00:19:31.040 --> 00:19:33.550 Stigmatizing.

NOTE Confidence: 0.80087236

00:19:33.550 --> 00:19:35.506 Ethnic minorities in general are are

NOTE Confidence: 0.80087236

00:19:35.506 --> 00:19:37.668 less likely to seek out professional

NOTE Confidence: 0.80087236

00:19:37.668 --> 00:19:40.068 help for their mental health problems.

NOTE Confidence: 0.80087236

00:19:40.070 --> 00:19:43.078 Are are mixed data in terms of the

NOTE Confidence: 0.80087236

00:19:43.078 --> 00:19:45.970 extent to which they underutilize.

NOTE Confidence: 0.80087236

00:19:45.970 --> 00:19:47.080 Mental health services.

NOTE Confidence: 0.80087236

00:19:47.080 --> 00:19:49.155 Some data, for example, example,

NOTE Confidence: 0.80087236

00:19:49.155 --> 00:19:51.380 suggesting that African Americans tend

NOTE Confidence: 0.80087236

00:19:51.380 --> 00:19:53.499 to underutilize outpatient services,

NOTE Confidence: 0.80087236

00:19:53.500 --> 00:19:56.540 but in some ways overutilized

NOTE Confidence: 0.80087236

00:19:56.540 --> 00:19:57.756 inpatient services.

NOTE Confidence: 0.80087236

00:19:57.760 --> 00:19:59.419 So kind of a mixed picture there.

NOTE Confidence: 0.80087236

00:19:59.420 --> 00:20:02.269 But but areas of ethnic disparity and

NOTE Confidence: 0.80087236

00:20:02.269 --> 00:20:05.335 and why you might think that culture

NOTE Confidence: 0.80087236

00:20:05.335 --> 00:20:08.810 would be a salient factor to consider.

NOTE Confidence: 0.80087236

00:20:08.810 --> 00:20:11.785 We've looked down a decent amount of

NOTE Confidence: 0.80087236

00:20:11.785 --> 00:20:14.378 literature of done a decent amount,

NOTE Confidence: 0.80087236

00:20:14.380 --> 00:20:16.571 done a decent amount of work looking

NOTE Confidence: 0.80087236

00:20:16.571 --> 00:20:18.793 at mental health correlates that might

NOTE Confidence: 0.80087236

00:20:18.793 --> 00:20:20.823 be specific to ethnic minorities.

NOTE Confidence: 0.80087236

00:20:20.830 --> 00:20:23.250 And immigrants.

NOTE Confidence: 0.80087236

00:20:23.250 --> 00:20:25.420 So this slide just shows some of

NOTE Confidence: 0.80087236

00:20:25.420 --> 00:20:27.951 the the the work that we've done

NOTE Confidence: 0.80087236

00:20:27.951 --> 00:20:30.790 including a meta analysis that we just

NOTE Confidence: 0.80087236

00:20:30.790 --> 00:20:33.190 did recently looking at something

NOTE Confidence: 0.80087236

00:20:33.190 --> 00:20:35.110 called the immigrant paradox.

NOTE Confidence: 0.80087236

00:20:35.110 --> 00:20:38.146 So how how immigrants have more

NOTE Confidence: 0.80087236

00:20:38.146 --> 00:20:40.170 immigration related stressors but

NOTE Confidence: 0.80087236

00:20:40.249 --> 00:20:43.301 they also seem to have fewer mental

NOTE Confidence: 0.80087236

00:20:43.301 --> 00:20:45.887 health problems than than native born

NOTE Confidence: 0.80087236

00:20:45.887 --> 00:20:48.590 folks have the same broad cultural

NOTE Confidence: 0.80087236

00:20:48.590 --> 00:20:51.340 background. Lots of data suggesting.

NOTE Confidence: 0.80087236

00:20:51.340 --> 00:20:53.625 That certain cultural groups drop

NOTE Confidence: 0.80087236

00:20:53.625 --> 00:20:56.370 out of treatment at higher rates

NOTE Confidence: 0.80087236

00:20:56.370 --> 00:20:57.522 than you're Americans.

NOTE Confidence: 0.80087236

00:20:57.522 --> 00:20:59.442 And then there's data suggesting

NOTE Confidence: 0.80087236

00:20:59.442 --> 00:21:01.480 that ethnic minorities generally,

NOTE Confidence: 0.80087236

00:21:01.480 --> 00:21:03.816 but Latinos, Native Americans,

NOTE Confidence: 0.80087236

00:21:03.816 --> 00:21:07.320 and African Americans more more specifically,

NOTE Confidence: 0.80087236

00:21:07.320 --> 00:21:09.300 tend to face greater treatment.

NOTE Confidence: 0.80087236

00:21:09.300 --> 00:21:11.211 Barriers are relative.

NOTE Confidence: 0.80087236

00:21:11.211 --> 00:21:13.759 To to Euro Americans.

NOTE Confidence: 0.80087236

00:21:13.760 --> 00:21:15.860 So lots of reasons to think that

NOTE Confidence: 0.80087236

00:21:15.860 --> 00:21:18.179 culture might be important to consider.

NOTE Confidence: 0.80087236

00:21:18.180 --> 00:21:19.998 So what is culture responsive treatment?

NOTE Confidence: 0.80087236

00:21:20.000 --> 00:21:20.406 Well,

NOTE Confidence: 0.80087236

00:21:20.406 --> 00:21:22.970 there's there's no one uniform view here.

NOTE Confidence: 0.80087236

00:21:22.970 --> 00:21:23.500 A lot.

NOTE Confidence: 0.80087236

00:21:23.500 --> 00:21:24.295 Lots of frameworks,

NOTE Confidence: 0.80087236

00:21:24.300 --> 00:21:25.224 lots of theories,

NOTE Confidence: 0.80087236

00:21:25.224 --> 00:21:26.148 lots of perspective,

NOTE Confidence: 0.80087236

00:21:26.150 --> 00:21:28.120 lots of opinions and and

NOTE Confidence: 0.80087236

00:21:28.120 --> 00:21:30.090 lots of labels that that

NOTE Confidence: 0.811943936785714

00:21:30.172 --> 00:21:31.620 are out there too.

NOTE Confidence: 0.811943936785714

00:21:31.620 --> 00:21:34.270 So my, my broadly I'm,

NOTE Confidence: 0.811943936785714

00:21:34.270 --> 00:21:37.678 I'm sort of operationalizing a culturally

NOTE Confidence: 0.811943936785714

00:21:37.678 --> 00:21:40.179 responsive treatment as any effort

NOTE Confidence: 0.811943936785714

00:21:40.179 --> 00:21:42.444 to make treatments more appropriate.

NOTE Confidence: 0.811943936785714

00:21:42.450 --> 00:21:46.610 For ethnic minority populations.

NOTE Confidence: 0.811943936785714

00:21:46.610 --> 00:21:48.490 Lots of models out there.

NOTE Confidence: 0.811943936785714

00:21:48.490 --> 00:21:51.166 I just have a few here, Larry,

NOTE Confidence: 0.811943936785714

00:21:51.166 --> 00:21:53.546 Roger ahead in early model,

NOTE Confidence: 0.811943936785714

00:21:53.550 --> 00:21:56.240 kind of the tripartite model.

NOTE Confidence: 0.811943936785714

00:21:56.240 --> 00:21:57.460 Guillermo bernal.

NOTE Confidence: 0.7570921313

00:22:00.130 --> 00:22:02.470 Steve Lopez, one of my colleagues

NOTE Confidence: 0.7570921313

00:22:02.470 --> 00:22:04.946 at USC has this really cool

NOTE Confidence: 0.7570921313

00:22:04.946 --> 00:22:06.778 shifting cultural lenses model.

NOTE Confidence: 0.7570921313

00:22:06.780 --> 00:22:10.170 So and then in a.

NOTE Confidence: 0.7570921313

00:22:10.170 --> 00:22:12.230 In a few review papers,

NOTE Confidence: 0.7570921313

00:22:12.230 --> 00:22:14.522 we we basically argue that there

NOTE Confidence: 0.7570921313

00:22:14.522 --> 00:22:17.223 are three broad ways of thinking

NOTE Confidence: 0.7570921313

00:22:17.223 --> 00:22:18.867 about cultural competence.

NOTE Confidence: 0.7570921313

00:22:18.870 --> 00:22:21.180 If you look at the broader

NOTE Confidence: 0.7570921313

00:22:21.180 --> 00:22:22.071 theoretical literature.

NOTE Confidence: 0.7570921313

00:22:22.071 --> 00:22:24.576 So their skills models these

NOTE Confidence: 0.7570921313

00:22:24.576 --> 00:22:27.193 prioritize developing it and applying

NOTE Confidence: 0.7570921313

00:22:27.193 --> 00:22:29.858 clinician culture knowledge to the.

NOTE Confidence: 0.7570921313

00:22:29.860 --> 00:22:30.598 Therapeutic enterprise,

NOTE Confidence: 0.7570921313

00:22:30.598 --> 00:22:33.550 and this is generally what we think about

NOTE Confidence: 0.7570921313

00:22:33.615 --> 00:22:35.715 when we think of cultural competence,

NOTE Confidence: 0.7570921313

00:22:35.720 --> 00:22:37.220 cultural competence sort

NOTE Confidence: 0.7570921313

00:22:37.220 --> 00:22:39.220 of training for clinicians.

NOTE Confidence: 0.7570921313

00:22:39.220 --> 00:22:41.635 And then there are the adaptation models

NOTE Confidence: 0.7570921313

00:22:41.635 --> 00:22:44.179 and this tends to prioritize tweaking,

NOTE Confidence: 0.7570921313

00:22:44.180 --> 00:22:48.896 adapting or modifying a a treatment,

NOTE Confidence: 0.7570921313

00:22:48.900 --> 00:22:50.848 particularly a manualized treatment.

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NOTE Confidence: 0.7570921313

00:22:50.848 --> 00:22:53.283 And then these process models

NOTE Confidence: 0.7570921313

00:22:53.283 --> 00:22:56.524 and the this focuses more on like

NOTE Confidence: 0.7570921313

00:22:56.524 --> 00:22:57.862 therapeutic interactions trying

NOTE Confidence: 0.7570921313

00:22:57.862 --> 00:23:00.118 to elicit cultural meanings.

NOTE Confidence: 0.7570921313

00:23:00.120 --> 00:23:03.498 And then using that that understanding

NOTE Confidence: 0.7570921313

00:23:03.498 --> 00:23:07.191 of those meanings to shape treatment

NOTE Confidence: 0.7570921313

00:23:07.191 --> 00:23:11.382 goals and strategies and ways to match

NOTE Confidence: 0.7570921313

00:23:11.382 --> 00:23:14.860 the the worldviews of the client.

NOTE Confidence: 0.7570921313

00:23:14.860 --> 00:23:18.812 And it turns out that the skills

NOTE Confidence: 0.7570921313

00:23:18.812 --> 00:23:21.976 models and the process models that

NOTE Confidence: 0.7570921313

00:23:21.976 --> 00:23:24.818 that there there's the least amount of

NOTE Confidence: 0.7570921313

00:23:24.818 --> 00:23:27.237 rigorous data supporting these and a

NOTE Confidence: 0.7570921313

00:23:27.237 --> 00:23:30.330 lot of the empirical action has been with.

NOTE Confidence: 0.7570921313

00:23:30.330 --> 00:23:31.272 Cultural adaptation.

NOTE Confidence: 0.7570921313

00:23:31.272 --> 00:23:35.040 So even though a lot of theories focus

NOTE Confidence: 0.7570921313

00:23:35.124 --> 00:23:37.861 on skills based models that try to

NOTE Confidence: 0.7570921313

00:23:37.861 --> 00:23:40.663 that argue for cultural competence training,

NOTE Confidence: 0.7570921313

00:23:40.663 --> 00:23:43.368 there's very little data rigorous

NOTE Confidence: 0.7570921313

00:23:43.368 --> 00:23:45.950 data looking at that and instead

NOTE Confidence: 0.7570921313

00:23:45.950 --> 00:23:48.086 the the evidence base tends to

NOTE Confidence: 0.7570921313

00:23:48.160 --> 00:23:50.440 focus more on adaptation models.

NOTE Confidence: 0.7570921313

00:23:50.440 --> 00:23:54.861 So if you look at some broad

NOTE Confidence: 0.7570921313

00:23:54.861 --> 00:23:58.546 recommendations that are are made with

NOTE Confidence: 0.7570921313

00:23:58.546 --> 00:23:59.926 regard to treating ethnic minorities,

NOTE Confidence: 0.7570921313

00:23:59.930 --> 00:24:00.692 so some.

NOTE Confidence: 0.7570921313

00:24:00.692 --> 00:24:02.216 And minority recommendations are

NOTE Confidence: 0.7570921313

00:24:02.216 --> 00:24:04.649 to use short term time limited,

NOTE Confidence: 0.7570921313

00:24:04.650 --> 00:24:05.160 pragmatic,

NOTE Confidence: 0.7570921313

00:24:05.160 --> 00:24:07.200 directive goal oriented treatments

NOTE Confidence: 0.7570921313

00:24:07.200 --> 00:24:09.240 with ethnic minorities being

NOTE Confidence: 0.7570921313

00:24:09.240 --> 00:24:11.834 intended to the effects of ethnic

NOTE Confidence: 0.7570921313

00:24:11.834 --> 00:24:13.446 minority status or discrimination,

NOTE Confidence: 0.7570921313

00:24:13.450 --> 00:24:15.185 trying to validate the clients

NOTE Confidence: 0.7570921313

00:24:15.185 --> 00:24:16.226 experiences with racism,

NOTE Confidence: 0.7570921313

00:24:16.230 --> 00:24:17.344 role induction,

NOTE Confidence: 0.7570921313

00:24:17.344 --> 00:24:21.243 basically orienting clients to to to therapy.

NOTE Confidence: 0.7570921313

00:24:21.250 --> 00:24:22.438 The assumption being,

NOTE Confidence: 0.7570921313

00:24:22.438 --> 00:24:24.814 and it's a valid assumption that

NOTE Confidence: 0.7570921313

00:24:24.814 --> 00:24:27.032 ethnic minority center has have

NOTE Confidence: 0.7570921313

00:24:27.032 --> 00:24:28.784 less experience with therapy,

NOTE Confidence: 0.7570921313

00:24:28.790 --> 00:24:30.242 they they tend to be less

NOTE Confidence: 0.7570921313

00:24:30.242 --> 00:24:31.210 familiar with the culture.

NOTE Confidence: 0.7570921313

00:24:31.210 --> 00:24:32.584 Of therapy, basically.

NOTE Confidence: 0.7570921313

00:24:32.584 --> 00:24:34.468 And then, Umm,

NOTE Confidence: 0.7570921313

00:24:34.468 --> 00:24:38.340 cultural or ethnic match.

NOTE Confidence: 0.7570921313

00:24:38.340 --> 00:24:39.740 Now the the problem is that there's

NOTE Confidence: 0.7570921313

00:24:39.740 --> 00:24:41.167 not a lot good evidence based

NOTE Confidence: 0.7570921313

00:24:41.167 --> 00:24:42.733 for most of these ethnic matches.

NOTE Confidence: 0.7570921313

00:24:42.740 --> 00:24:43.140 One example,

NOTE Confidence: 0.7570921313

00:24:43.140 --> 00:24:45.280 if we have time we can talk more about that.

NOTE Confidence: 0.7570921313

00:24:45.280 --> 00:24:46.900 That literature role induction

NOTE Confidence: 0.7570921313

00:24:46.900 --> 00:24:48.115 is an exception.

NOTE Confidence: 0.7570921313

00:24:48.120 --> 00:24:50.106 There is some actually good data

NOTE Confidence: 0.7570921313

00:24:50.106 --> 00:24:52.376 suggesting that that might be particularly

NOTE Confidence: 0.7570921313

00:24:52.376 --> 00:24:54.136 helpful with ethnic minorities.

NOTE Confidence: 0.7570921313

00:24:54.140 --> 00:24:56.079 And then in terms of specific groups,

NOTE Confidence: 0.7570921313

00:24:56.080 --> 00:24:57.964 again these are these are broad

NOTE Confidence: 0.7570921313

00:24:57.964 --> 00:24:59.822 recommendations and I'm not necessarily

NOTE Confidence: 0.7570921313

00:24:59.822 --> 00:25:01.460 endorsing these incorporated.

NOTE Confidence: 0.7570921313

00:25:01.460 --> 00:25:03.865 Spirituality and face based coping

NOTE Confidence: 0.7570921313

00:25:03.865 --> 00:25:06.270 selected use of African American

NOTE Confidence: 0.7570921313

00:25:06.347 --> 00:25:09.149 Vernacular English or or Black English,

NOTE Confidence: 0.7570921313

00:25:09.150 --> 00:25:10.680 with the caveat that if you're

NOTE Confidence: 0.7570921313

00:25:10.680 --> 00:25:12.210 not a native speaker yourself,

NOTE Confidence: 0.7570921313

00:25:12.210 --> 00:25:13.506 as a clinician you might be.

NOTE Confidence: 0.68729377125

00:25:15.680 --> 00:25:19.439 Maybe not want to to use black

NOTE Confidence: 0.68729377125

00:25:19.439 --> 00:25:21.220 English for Asian Americans or

NOTE Confidence: 0.68729377125

00:25:21.220 --> 00:25:23.080 or folks of East Asian descent.

NOTE Confidence: 0.68729377125

00:25:23.080 --> 00:25:24.346 Accepting and tolerating

NOTE Confidence: 0.68729377125

00:25:24.346 --> 00:25:26.034 low levels of expressivity,

NOTE Confidence: 0.68729377125

00:25:26.040 --> 00:25:28.128 avoiding comments construed as

NOTE Confidence: 0.68729377125

00:25:28.128 --> 00:25:30.738 critical of disproving for Latinos,

NOTE Confidence: 0.68729377125

00:25:30.740 --> 00:25:31.475 involving the family,

NOTE Confidence: 0.68729377125

00:25:31.475 --> 00:25:32.700 and treatment using the polite

NOTE Confidence: 0.68729377125

00:25:32.700 --> 00:25:34.345 form of you or who stead when

NOTE Confidence: 0.68729377125

00:25:34.345 --> 00:25:35.233 you're working with adults.

NOTE Confidence: 0.68729377125

00:25:35.240 --> 00:25:36.629 So. So again,

NOTE Confidence: 0.68729377125

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00:25:36.629 --> 00:25:39.880 these are just a sampling of the large,

NOTE Confidence: 0.68729377125

00:25:39.880 --> 00:25:41.690 just set of recommendations that

NOTE Confidence: 0.68729377125

00:25:41.690 --> 00:25:44.278 are made by experts out there, OK?

NOTE Confidence: 0.68729377125

00:25:44.278 --> 00:25:45.868 So let's let's that that

NOTE Confidence: 0.68729377125

00:25:45.868 --> 00:25:47.140 that was the context.

NOTE Confidence: 0.68729377125

00:25:47.140 --> 00:25:49.078 Now let's get to the evidence.

NOTE Confidence: 0.68729377125

00:25:49.080 --> 00:25:50.683 It turns out that if you look

NOTE Confidence: 0.68729377125

00:25:50.683 --> 00:25:52.000 at the current literature,

NOTE Confidence: 0.68729377125

00:25:52.000 --> 00:25:53.712 research has been published

NOTE Confidence: 0.68729377125

00:25:53.712 --> 00:25:56.610 over the past 20 years or so.

NOTE Confidence: 0.68729377125

00:25:56.610 --> 00:25:58.985 Most ethnic minority focused treatments

NOTE Confidence: 0.68729377125

00:25:58.985 --> 00:26:01.863 in the context of randomized trials

NOTE Confidence: 0.68729377125

00:26:01.863 --> 00:26:04.437 are culturally tailored in some way,

NOTE Confidence: 0.68729377125

00:26:04.440 --> 00:26:06.064 one way or another.

NOTE Confidence: 0.68729377125

00:26:06.064 --> 00:26:08.094 So that's increasingly the norm.

NOTE Confidence: 0.68729377125

00:26:08.100 --> 00:26:09.508 My dog is barking.

NOTE Confidence: 0.68729377125

00:26:09.508 --> 00:26:11.620 I need to let her out.

NOTE Confidence: 0.68729377125

00:26:11.620 --> 00:26:13.068 Give me 30 seconds.

NOTE Confidence: 0.68729377125

00:26:13.068 --> 00:26:13.430 Sorry.

NOTE Confidence: 0.6809458

00:26:40.470 --> 00:26:44.070 Ethnic minority focus. Totally tailor.

NOTE Confidence: 0.4804258

00:26:46.270 --> 00:26:51.690 So we in our 2014 paper,

NOTE Confidence: 0.4804258

00:26:51.690 --> 00:26:53.946 we basically synthesized 10

NOTE Confidence: 0.4804258

00:26:53.946 --> 00:26:57.330 meta analysis that looked at the

NOTE Confidence: 0.4804258

00:26:57.427 --> 00:27:01.187 effectiveness of culturally tailored

NOTE Confidence: 0.4804258

00:27:01.187 --> 00:27:03.006 interventions for ethnic minorities.

NOTE Confidence: 0.4804258

00:27:03.006 --> 00:27:04.466 And all of them all.

NOTE Confidence: 0.4804258

00:27:04.470 --> 00:27:06.213 Ten of them showed that culturally tailored

NOTE Confidence: 0.4804258

00:27:06.213 --> 00:27:07.709 treatment was better than no treatment,

NOTE Confidence: 0.4804258

00:27:07.710 --> 00:27:10.610 placebo, and treatment as usual.

NOTE Confidence: 0.4804258

00:27:10.610 --> 00:27:12.015 But but that doesn't quite

NOTE Confidence: 0.4804258

00:27:12.015 --> 00:27:13.420 answer the question of whether

NOTE Confidence: 0.4804258

00:27:13.469 --> 00:27:14.798 culture tailored treatment.

NOTE Confidence: 0.4804258

00:27:14.800 --> 00:27:17.700 Much better than generic treatment

NOTE Confidence: 0.4804258

00:27:17.700 --> 00:27:20.020 standard treatments that don't

NOTE Confidence: 0.4804258

00:27:20.020 --> 00:27:22.200 necessarily consider the cultural

NOTE Confidence: 0.4804258

00:27:22.200 --> 00:27:26.858 mores of the client population.

NOTE Confidence: 0.4804258

00:27:26.860 --> 00:27:29.932 So when we look more specifically

NOTE Confidence: 0.4804258

00:27:29.932 --> 00:27:33.819 at the adapted tweet tailored

NOTE Confidence: 0.4804258

00:27:33.819 --> 00:27:36.678 treatment versus generic,

NOTE Confidence: 0.4804258

00:27:36.680 --> 00:27:38.000 you know our own lab,

NOTE Confidence: 0.4804258

00:27:38.000 --> 00:27:39.926 we find these really mixed results

NOTE Confidence: 0.4804258

00:27:39.926 --> 00:27:42.178 and I'll just give you 2 examples

NOTE Confidence: 0.4804258

00:27:42.178 --> 00:27:44.292 of two meta analysis that that take

NOTE Confidence: 0.4804258

00:27:44.361 --> 00:27:46.296 you in two different directions.

NOTE Confidence: 0.4804258

00:27:46.300 --> 00:27:49.508 So this is the one that we published

NOTE Confidence: 0.4804258

00:27:49.508 --> 00:27:52.568 in 2008 and we looked at culturally

NOTE Confidence: 0.4804258

00:27:52.568 --> 00:27:54.760 responsiveness in two different ways.

NOTE Confidence: 0.4804258

00:27:54.760 --> 00:27:56.685 We we it was a more conservative.

NOTE Confidence: 0.4804258

00:27:56.690 --> 00:27:58.415 Definition where if in the

NOTE Confidence: 0.4804258

00:27:58.415 --> 00:27:59.795 context of the randomized,

NOTE Confidence: 0.4804258

00:27:59.800 --> 00:28:00.236 published,

NOTE Confidence: 0.4804258

00:28:00.236 --> 00:28:02.416 randomized trial they mentioned tweaking,

NOTE Confidence: 0.4804258

00:28:02.420 --> 00:28:03.960 adapting, or something like that,

NOTE Confidence: 0.4804258

00:28:03.960 --> 00:28:05.920 then it was culturally responsive.

NOTE Confidence: 0.4804258

00:28:05.920 --> 00:28:08.016 But we also used a more liberal definition.

NOTE Confidence: 0.4804258

00:28:08.020 --> 00:28:09.510 We went to treatment manuals,

NOTE Confidence: 0.4804258

00:28:09.510 --> 00:28:11.238 we went to chapters,

NOTE Confidence: 0.4804258

00:28:11.238 --> 00:28:14.300 we we got some other info from

NOTE Confidence: 0.4804258

00:28:14.300 --> 00:28:15.764 from the treatment developers,

NOTE Confidence: 0.4804258

00:28:15.764 --> 00:28:18.931 and if they if there was any info

NOTE Confidence: 0.4804258

00:28:18.931 --> 00:28:21.643 suggesting in those secondary sources that

NOTE Confidence: 0.4804258

00:28:21.643 --> 00:28:24.149 the intervention was closely responsive,

NOTE Confidence: 0.4804258

00:28:24.150 --> 00:28:27.192 then we we defined it a more liberal way.

NOTE Confidence: 0.4804258

00:28:27.200 --> 00:28:29.210 Either way you slice slice it,

NOTE Confidence: 0.4804258

00:28:29.210 --> 00:28:31.298 conservative versus liberal definition

NOTE Confidence: 0.4804258

00:28:31.298 --> 00:28:33.386 standard and culture responsive

NOTE Confidence: 0.4804258

00:28:33.386 --> 00:28:35.197 interventions were equally effective

NOTE Confidence: 0.4804258

00:28:35.197 --> 00:28:37.309 in our meta analysis for kids.

NOTE Confidence: 0.4804258

00:28:37.310 --> 00:28:40.130 But then in our meta analysis

NOTE Confidence: 0.4804258

00:28:40.130 --> 00:28:42.010 focused on Asian Americans,

NOTE Confidence: 0.4804258

00:28:42.010 --> 00:28:43.834 specifically East Asian

NOTE Confidence: 0.4804258

00:28:43.834 --> 00:28:46.266 Americans and SE Asians,

NOTE Confidence: 0.4804258

00:28:46.270 --> 00:28:49.240 we found this interesting gradient

NOTE Confidence: 0.4804258

00:28:49.240 --> 00:28:51.616 where those interventions tailored

NOTE Confidence: 0.4804258

00:28:51.616 --> 00:28:53.780 specifically for East Asian

NOTE Confidence: 0.4804258

00:28:53.780 --> 00:28:55.768 subgroups like Chinese Americans.

NOTE Confidence: 0.4804258

00:28:55.770 --> 00:28:58.614 Korean Americans had the most robust

NOTE Confidence: 0.4804258

00:28:58.614 --> 00:29:00.530 effects and then those tailored

NOTE Confidence: 0.4804258

00:29:00.530 --> 00:29:02.330 broadly for Asian Americans had

NOTE Confidence: 0.4804258

00:29:02.330 --> 00:29:04.310 kind of a more moderate effect.

NOTE Confidence: 0.4804258

00:29:04.310 --> 00:29:06.295 And those tailored broadly for

NOTE Confidence: 0.4804258

00:29:06.295 --> 00:29:07.883 minorities are not tailored.

NOTE Confidence: 0.4804258

00:29:07.890 --> 00:29:10.445 All had the lowest or smallest effects.

NOTE Confidence: 0.4804258

00:29:10.450 --> 00:29:12.760 So in our own work,

NOTE Confidence: 0.4804258

00:29:12.760 --> 00:29:15.154 what we're finding kind of these

NOTE Confidence: 0.4804258

00:29:15.154 --> 00:29:16.750 sort of different possibilities,

NOTE Confidence: 0.4804258

00:29:16.750 --> 00:29:19.890 different findings in terms of.

NOTE Confidence: 0.4804258

00:29:19.890 --> 00:29:21.465 Cultural tailoring effects.

NOTE Confidence: 0.4804258

00:29:21.465 --> 00:29:24.894 And then the most rigorous way to look

NOTE Confidence: 0.4804258

00:29:24.894 --> 00:29:27.336 at this is to look at those studies

NOTE Confidence: 0.4804258

00:29:27.336 --> 00:29:29.811 that specifically compare a generic

NOTE Confidence: 0.4804258

00:29:29.811 --> 00:29:32.342 intervention to a culturally modified

NOTE Confidence: 0.4804258

00:29:32.342 --> 00:29:34.747 version of the same intervention.

NOTE Confidence: 0.4804258

00:29:34.750 --> 00:29:37.850 So a culturally adapted CBT

00:29:37.850 --> 00:29:40.330 versus a generic CBT.

00:29:40.330 --> 00:29:42.230 We found about ten of

00:29:42.230 --> 00:29:44.130 those about a decade ago,

00:29:44.130 --> 00:29:47.186 and we synthesized them in a meta analysis,

00:29:47.190 --> 00:29:49.948 and we found an effect size of.

00:29:49.950 --> 00:29:51.010 0 zilch.

00:29:51.010 --> 00:29:52.600 In other words,

00:29:52.600 --> 00:29:54.336 the culturally tailored interventions

00:29:54.336 --> 00:29:56.940 were no more effective than the

00:29:57.005 --> 00:29:59.161 generic interventions in these

00:29:59.161 --> 00:30:00.778 head-to-head comparisons now.

00:30:00.780 --> 00:30:02.644 So keep this in mind because we're going

00:30:02.644 --> 00:30:04.635 to come back to this briefly shortly.

00:30:04.635 --> 00:30:08.100 So what do we know so far?

00:30:08.100 --> 00:30:09.315 Therapies are generally

NOTE Confidence: 0.4804258

00:30:09.315 --> 00:30:10.935 effective for ethnic minorities,

NOTE Confidence: 0.4804258

00:30:10.940 --> 00:30:13.136 and this is true in lab

NOTE Confidence: 0.4804258

00:30:13.136 --> 00:30:14.234 and real-world settings.

NOTE Confidence: 0.4804258

00:30:14.240 --> 00:30:14.524 Now,

NOTE Confidence: 0.4804258

00:30:14.524 --> 00:30:16.796 it turns out that in real world settings

NOTE Confidence: 0.4804258

00:30:16.796 --> 00:30:18.819 the the effects tend to diminish,

NOTE Confidence: 0.4804258

00:30:18.820 --> 00:30:21.030 but that's true for euro.

NOTE Confidence: 0.4804258

00:30:21.030 --> 00:30:21.842 As well,

NOTE Confidence: 0.4804258

00:30:21.842 --> 00:30:23.466 many evidence based treatments

NOTE Confidence: 0.4804258

00:30:23.466 --> 00:30:25.090 are are out there,

NOTE Confidence: 0.730989418

00:30:25.090 --> 00:30:27.540 although they've been developed primarily

NOTE Confidence: 0.730989418

00:30:27.540 --> 00:30:30.352 for for Black and Latinx folks.

NOTE Confidence: 0.730989418

00:30:30.352 --> 00:30:32.886 But the the data is growing when

NOTE Confidence: 0.730989418

00:30:32.886 --> 00:30:35.128 it comes to Asian Americans,

NOTE Confidence: 0.730989418

00:30:35.130 --> 00:30:36.234 indigenous populations,

NOTE Confidence: 0.730989418

00:30:36.234 --> 00:30:39.546 and ethnic minorities in other countries.

NOTE Confidence: 0.730989418

00:30:39.550 --> 00:30:41.314 In fact, we're working on a meta

NOTE Confidence: 0.730989418

00:30:41.314 --> 00:30:42.661 analysis now focused on indigenous

NOTE Confidence: 0.730989418

00:30:42.661 --> 00:30:44.269 populations not just in the US,

NOTE Confidence: 0.730989418

00:30:44.270 --> 00:30:47.025 but also where they're mostly CBT's,

NOTE Confidence: 0.730989418

00:30:47.025 --> 00:30:47.940 but not exclusively.

NOTE Confidence: 0.730989418

00:30:47.940 --> 00:30:50.210 We also find that ethnic minorities in your.

NOTE Confidence: 0.730989418

00:30:50.210 --> 00:30:53.180 America's mostly benefit equally and

NOTE Confidence: 0.730989418

00:30:53.180 --> 00:30:56.150 overall cultural tailoring doesn't appear

NOTE Confidence: 0.730989418

00:30:56.230 --> 00:30:59.396 to reliably enhance treatment effects.

NOTE Confidence: 0.730989418

00:30:59.396 --> 00:31:03.992 So does culture matter and this

NOTE Confidence: 0.730989418

00:31:03.992 --> 00:31:05.536 does cultural tailoring matter?

NOTE Confidence: 0.730989418

00:31:05.540 --> 00:31:07.478 I think the answer is yes,

NOTE Confidence: 0.730989418

00:31:07.480 --> 00:31:09.657 but like like many things in life,

NOTE Confidence: 0.730989418

00:31:09.660 --> 00:31:11.088 it's it's complicated.

NOTE Confidence: 0.730989418

00:31:11.088 --> 00:31:14.420 So I'm going to quickly go through

NOTE Confidence: 0.730989418

00:31:14.509 --> 00:31:16.727 like 5 lessons that I've kind

NOTE Confidence: 0.730989418

00:31:16.727 --> 00:31:18.472 of learned in immersing myself

NOTE Confidence: 0.730989418

00:31:18.472 --> 00:31:20.630 in this literature and doing.

NOTE Confidence: 0.730989418

00:31:20.630 --> 00:31:23.492 This this work over the past

NOTE Confidence: 0.730989418

00:31:23.492 --> 00:31:26.180 20 years or so first.

NOTE Confidence: 0.730989418

00:31:26.180 --> 00:31:28.060 I would argue that successful,

NOTE Confidence: 0.730989418

00:31:28.060 --> 00:31:29.872 culturally responsive treatments

NOTE Confidence: 0.730989418

00:31:29.872 --> 00:31:33.496 might be redundant with what many

NOTE Confidence: 0.730989418

00:31:33.496 --> 00:31:35.750 clinicians do naturally anyway.

NOTE Confidence: 0.730989418

00:31:35.750 --> 00:31:38.414 So this is a figure taken from our

NOTE Confidence: 0.730989418

00:31:38.414 --> 00:31:41.432 our 2014 paper and it basically shows

NOTE Confidence: 0.730989418

00:31:41.432 --> 00:31:43.710 the percentage of clinicians based

NOTE Confidence: 0.730989418

00:31:43.710 --> 00:31:46.636 on self report who say that they're

NOTE Confidence: 0.730989418

00:31:46.636 --> 00:31:48.865 fairly competent when working with

NOTE Confidence: 0.730989418

00:31:48.865 --> 00:31:51.505 ethnic minorities or that they tweak,

NOTE Confidence: 0.730989418

00:31:51.510 --> 00:31:53.442 adapt or modify in some way to

NOTE Confidence: 0.730989418

00:31:53.442 --> 00:31:55.377 to make their interventions more

NOTE Confidence: 0.730989418

00:31:55.377 --> 00:31:57.465 relevant for ethnic minorities.

NOTE Confidence: 0.730989418

00:31:57.470 --> 00:31:59.717 And it turns out that the the

NOTE Confidence: 0.730989418

00:31:59.717 --> 00:32:01.095 overwhelming majority of clinicians

NOTE Confidence: 0.730989418

00:32:01.095 --> 00:32:02.850 say that they're competent and

NOTE Confidence: 0.730989418

00:32:02.850 --> 00:32:04.969 or that they that they tweet.

NOTE Confidence: 0.730989418

00:32:04.970 --> 00:32:08.770 Or adapt or or modify in some way.

NOTE Confidence: 0.730989418

00:32:08.770 --> 00:32:10.117 So adaptation, tweaking,

NOTE Confidence: 0.730989418

00:32:10.117 --> 00:32:12.362 being sensitive at least based

NOTE Confidence: 0.730989418

00:32:12.362 --> 00:32:14.669 on self report from clinicians

NOTE Confidence: 0.730989418

00:32:14.669 --> 00:32:16.894 is is essentially the norm.

NOTE Confidence: 0.730989418

00:32:16.900 --> 00:32:17.173 Now.

NOTE Confidence: 0.730989418

00:32:17.173 --> 00:32:19.357 It doesn't mean that they're doing it well.

NOTE Confidence: 0.730989418

00:32:19.360 --> 00:32:20.570 My my suspicion is that

NOTE Confidence: 0.730989418

00:32:20.570 --> 00:32:21.780 there's a lot of variation,

54

NOTE Confidence: 0.730989418

00:32:21.780 --> 00:32:24.018 like some some some are really,

NOTE Confidence: 0.730989418

00:32:24.020 --> 00:32:27.332 really good at it and they get great outcomes

NOTE Confidence: 0.730989418

00:32:27.332 --> 00:32:30.348 when they adapt and others are horrible.

NOTE Confidence: 0.730989418

00:32:30.350 --> 00:32:32.408 But but it it is the norm.

NOTE Confidence: 0.730989418

00:32:32.410 --> 00:32:33.855 So that's some one thing

NOTE Confidence: 0.730989418

00:32:33.855 --> 00:32:35.710 to sort of keep in mind.

NOTE Confidence: 0.730989418

00:32:35.710 --> 00:32:38.440 Another is this notion of equifinality

NOTE Confidence: 0.730989418

00:32:38.440 --> 00:32:41.924 and and and it it it the argument

NOTE Confidence: 0.730989418

00:32:41.924 --> 00:32:44.343 here is that culturally diverse

NOTE Confidence: 0.730989418

00:32:44.343 --> 00:32:47.217 clients might take different paths

NOTE Confidence: 0.730989418

00:32:47.217 --> 00:32:49.413 within the same intervention

NOTE Confidence: 0.730989418

00:32:49.413 --> 00:32:52.480 to arrive at the same place.

NOTE Confidence: 0.730989418

00:32:52.480 --> 00:32:54.710 So you can give different

NOTE Confidence: 0.730989418

00:32:54.710 --> 00:32:56.494 groups the same intervention.

NOTE Confidence: 0.730989418

00:32:56.500 --> 00:32:58.912 The processes what happens in treatment

NOTE Confidence: 0.730989418

00:32:58.912 --> 00:33:00.520 might look somewhat different,

NOTE Confidence: 0.730989418

00:33:00.520 --> 00:33:03.145 but they they get to the same

NOTE Confidence: 0.730989418

00:33:03.145 --> 00:33:03.895 place essentially.

NOTE Confidence: 0.730989418

00:33:03.900 --> 00:33:04.130 So,

NOTE Confidence: 0.730989418

00:33:04.130 --> 00:33:05.970 so one of the problems here is that

NOTE Confidence: 0.730989418

00:33:05.970 --> 00:33:08.080 there's not a lot of research looking

NOTE Confidence: 0.730989418

00:33:08.080 --> 00:33:09.296 at ethnocultural differences and

NOTE Confidence: 0.730989418

00:33:09.349 --> 00:33:10.674 treatment processes and and that's

NOTE Confidence: 0.730989418

00:33:10.674 --> 00:33:12.375 what we did in this particular

NOTE Confidence: 0.730989418

00:33:12.375 --> 00:33:15.000 study by one of my former students.

NOTE Confidence: 0.730989418

00:33:15.000 --> 00:33:15.402 So,

NOTE Confidence: 0.730989418

00:33:15.402 --> 00:33:17.814 so there's this notion that resistance

NOTE Confidence: 0.730989418

00:33:17.814 --> 00:33:20.219 in the context of treatment is,

NOTE Confidence: 0.730989418

00:33:20.220 --> 00:33:21.459 is bad generally.

NOTE Confidence: 0.730989418

00:33:21.459 --> 00:33:23.524 And Patterson and Chamberlain and

NOTE Confidence: 0.730989418

00:33:23.524 --> 00:33:26.038 other scholars have kind of start to

56

NOTE Confidence: 0.730989418

00:33:26.038 --> 00:33:28.055 normalize that and argued that well

NOTE Confidence: 0.730989418

00:33:28.055 --> 00:33:30.663 resistance is actually kind of kind of OK,

NOTE Confidence: 0.730989418

00:33:30.670 --> 00:33:32.478 it's it's sort of normal and they they

NOTE Confidence: 0.730989418

00:33:32.478 --> 00:33:34.027 have the struggling working through

NOTE Confidence: 0.730989418

00:33:34.027 --> 00:33:35.762 model that they develop basically

NOTE Confidence: 0.730989418

00:33:35.762 --> 00:33:37.454 saying well you expect resistance to

NOTE Confidence: 0.730989418

00:33:37.454 --> 00:33:39.078 be low at the beginning of treatment

NOTE Confidence: 0.730989418

00:33:39.078 --> 00:33:40.568 and low at the end of treatment,

NOTE Confidence: 0.7974415555

00:33:40.570 --> 00:33:42.426 but you expect a decent amount of it

NOTE Confidence: 0.7974415555

00:33:42.426 --> 00:33:44.227 in the beginning and that's that's

NOTE Confidence: 0.7974415555

00:33:44.227 --> 00:33:46.141 maybe a good thing because this

NOTE Confidence: 0.7974415555

00:33:46.198 --> 00:33:47.626 suggests that they're struggling

NOTE Confidence: 0.7974415555

00:33:47.626 --> 00:33:49.768 and working through as clients to

NOTE Confidence: 0.7974415555

00:33:49.770 --> 00:33:51.870 get to a better a better place.

NOTE Confidence: 0.7974415555

00:33:51.870 --> 00:33:53.650 So, so therapist should anticipate.

NOTE Confidence: 0.7974415555

00:33:53.650 --> 00:33:54.810 This and work with this,

NOTE Confidence: 0.7974415555

00:33:54.810 --> 00:33:57.350 but not just think of it as a bad thing.

NOTE Confidence: 0.7974415555

00:33:57.350 --> 00:33:59.614 And what they find in their work is

NOTE Confidence: 0.7974415555

00:33:59.614 --> 00:34:01.548 that with predominantly white families

NOTE Confidence: 0.7974415555

00:34:01.548 --> 00:34:04.152 in parent training is that this

NOTE Confidence: 0.7974415555

00:34:04.152 --> 00:34:06.329 struggle in working through pattern

NOTE Confidence: 0.7974415555

00:34:06.329 --> 00:34:08.424 is predictive of better outcomes.

NOTE Confidence: 0.7974415555

00:34:08.430 --> 00:34:10.992 So we wanted to see what this

NOTE Confidence: 0.7974415555

00:34:10.992 --> 00:34:14.186 applied to black families who are

NOTE Confidence: 0.7974415555

00:34:14.186 --> 00:34:16.028 getting multisystemic therapy.

NOTE Confidence: 0.7974415555

00:34:16.030 --> 00:34:19.747 And these were mostly black and white

NOTE Confidence: 0.7974415555

00:34:19.750 --> 00:34:21.640 kids in the juvenile justice system

NOTE Confidence: 0.7974415555

00:34:21.640 --> 00:34:23.730 who also had comorbid substance use.

NOTE Confidence: 0.7974415555

00:34:23.730 --> 00:34:27.762 Problems and what we found was that

NOTE Confidence: 0.7974415555

00:34:27.762 --> 00:34:31.030 the struggle and working through

NOTE Confidence: 0.7974415555

00:34:31.030 --> 00:34:34.195 pattern was true and and held

NOTE Confidence: 0.7974415555

00:34:34.195 --> 00:34:35.575 for your American families.

NOTE Confidence: 0.7974415555

00:34:35.580 --> 00:34:37.925 Yes, they they showed this same pattern

NOTE Confidence: 0.7974415555

00:34:37.925 --> 00:34:40.168 that Chamberlain and Patterson argued for,

NOTE Confidence: 0.7974415555

00:34:40.170 --> 00:34:41.462 but African American families

NOTE Confidence: 0.7974415555

00:34:41.462 --> 00:34:42.754 showed a different pattern.

NOTE Confidence: 0.7974415555

00:34:42.760 --> 00:34:44.734 They they struggled around the same

NOTE Confidence: 0.7974415555

00:34:44.734 --> 00:34:46.839 amount at the beginning of treatment,

NOTE Confidence: 0.7974415555

00:34:46.840 --> 00:34:47.680 in the end of treatment,

NOTE Confidence: 0.7974415555

00:34:47.680 --> 00:34:49.872 but they struggled a lot less than Euro

NOTE Confidence: 0.7974415555

00:34:49.872 --> 00:34:51.872 Americans did in the middle of treatment

NOTE Confidence: 0.7974415555

00:34:51.872 --> 00:34:53.740 during that kind of working through.

NOTE Confidence: 0.7974415555

00:34:53.740 --> 00:34:55.870 Process.

NOTE Confidence: 0.7974415555

00:34:55.870 --> 00:34:58.354 So and I won't get into

NOTE Confidence: 0.7974415555

00:34:58.354 --> 00:34:59.596 this complicated figure.

NOTE Confidence: 0.7974415555

00:34:59.600 --> 00:35:02.120 So it it argues that.

NOTE Confidence: 0.7974415555

00:35:02.120 --> 00:35:04.920 So that data suggested that our black

NOTE Confidence: 0.7974415555

00:35:04.920 --> 00:35:07.577 families and our white families getting

NOTE Confidence: 0.7974415555

00:35:07.577 --> 00:35:10.331 the same interventions had this sort

NOTE Confidence: 0.7974415555

00:35:10.331 --> 00:35:12.544 of different resistance trajectory

NOTE Confidence: 0.7974415555

00:35:12.544 --> 00:35:15.054 within the context of treatment,

NOTE Confidence: 0.7974415555

00:35:15.060 --> 00:35:17.923 but they got to the same place

NOTE Confidence: 0.7974415555

00:35:17.923 --> 00:35:20.098 outcomes were similar for our

NOTE Confidence: 0.7974415555

00:35:20.098 --> 00:35:21.830 black and white families.

NOTE Confidence: 0.7974415555

00:35:21.830 --> 00:35:23.860 Another lesson is that cultural

NOTE Confidence: 0.7974415555

00:35:23.860 --> 00:35:25.078 responsive treatment effects

NOTE Confidence: 0.7974415555

00:35:25.078 --> 00:35:26.930 might vary by acculturation,

NOTE Confidence: 0.7974415555

00:35:26.930 --> 00:35:27.445 status,

NOTE Confidence: 0.7974415555

00:35:27.445 --> 00:35:32.080 and here I'll focus on a trial that we.

NOTE Confidence: 0.7974415555

00:35:32.080 --> 00:35:35.860 Did a decade ago where we randomly

NOTE Confidence: 0.7974415555

00:35:35.860 --> 00:35:38.825 assigned phobic Asian Americans to either

NOTE Confidence: 0.7974415555

00:35:38.825 --> 00:35:42.120 get a standard exposure based treatment,

NOTE Confidence: 0.7974415555

00:35:42.120 --> 00:35:43.600 a culturally modified version

NOTE Confidence: 0.7974415555

00:35:43.600 --> 00:35:45.080 of the same treatment,

NOTE Confidence: 0.7974415555

00:35:45.080 --> 00:35:47.380 or a self help intervention.

NOTE Confidence: 0.7974415555

00:35:47.380 --> 00:35:50.509 And these are mostly small animal phobics

NOTE Confidence: 0.7974415555

00:35:50.509 --> 00:35:54.656 and and I won't get into the adaptations,

NOTE Confidence: 0.7974415555

00:35:54.660 --> 00:35:57.005 but there are 7 broad adaptations that

NOTE Confidence: 0.7974415555

00:35:57.005 --> 00:35:59.660 we made to this this intervention.

NOTE Confidence: 0.7974415555

00:35:59.660 --> 00:36:01.736 Many of them had spider phobias,

NOTE Confidence: 0.7974415555

00:36:01.740 --> 00:36:03.280 but not all of them.

NOTE Confidence: 0.7974415555

00:36:03.280 --> 00:36:05.320 And basically what what we found

NOTE Confidence: 0.7974415555

00:36:05.320 --> 00:36:07.669 is that the culture we adapted

NOTE Confidence: 0.7974415555

00:36:07.669 --> 00:36:09.501 intervention and the standard

NOTE Confidence: 0.7974415555

00:36:09.501 --> 00:36:11.850 intervention were both fairly effective

NOTE Confidence: 0.7974415555

00:36:11.850 --> 00:36:14.075 relative to the control condition

NOTE Confidence: 0.7974415555

00:36:14.075 --> 00:36:16.850 at getting good outcomes at post

NOTE Confidence: 0.7974415555

00:36:16.850 --> 00:36:19.820 treatment and then six months later.

NOTE Confidence: 0.7974415555

00:36:19.820 --> 00:36:23.846 But more interestingly and also the

NOTE Confidence: 0.7974415555

00:36:23.846 --> 00:36:27.164 adaptive intervention was somewhat more

NOTE Confidence: 0.7974415555

00:36:27.164 --> 00:36:30.368 effective for two of the outcomes.

NOTE Confidence: 0.7974415555

00:36:30.370 --> 00:36:33.690 Then then the standard intervention.

NOTE Confidence: 0.7974415555

00:36:33.690 --> 00:36:34.200 But then,

NOTE Confidence: 0.7974415555

00:36:34.200 --> 00:36:35.985 when we looked at a culturation stage,

NOTE Confidence: 0.7974415555

00:36:35.990 --> 00:36:37.450 we found some interesting patterns.

NOTE Confidence: 0.7974415555

00:36:37.450 --> 00:36:39.935 So the culture adapted into

NOTE Confidence: 0.7974415555

00:36:39.935 --> 00:36:41.923 intervention seemed to work

NOTE Confidence: 0.7974415555

00:36:41.923 --> 00:36:44.417 best for those who are most.

NOTE Confidence: 0.7974415555

00:36:44.420 --> 00:36:47.558 Identify with their Asian American heritage.

NOTE Confidence: 0.7974415555

00:36:47.560 --> 00:36:51.400 So the the low acculturation or the the

NOTE Confidence: 0.7974415555

00:36:51.400 --> 00:36:54.530 high Asian identified folks seem to

NOTE Confidence: 0.7974415555

00:36:54.530 --> 00:36:57.120 have the best response to our culture.

NOTE Confidence: 0.7974415555

00:36:57.120 --> 00:36:58.890 We adapted intervention and there are

NOTE Confidence: 0.7974415555

00:36:58.890 --> 00:37:01.510 a couple of other trials done by other

NOTE Confidence: 0.7974415555

00:37:01.510 --> 00:37:03.240 scholars that find something similar.

NOTE Confidence: 0.7974415555

00:37:03.240 --> 00:37:04.736 So you don't find this all the time,

NOTE Confidence: 0.7974415555

00:37:04.740 --> 00:37:07.050 but you find it enough to

NOTE Confidence: 0.7974415555

00:37:07.050 --> 00:37:08.590 suggest that there might

NOTE Confidence: 0.920047145384615

00:37:08.669 --> 00:37:12.794 be a pattern. Another interesting finding

NOTE Confidence: 0.920047145384615

00:37:12.794 --> 00:37:16.898 is that cultural responsiveness can help.

NOTE Confidence: 0.920047145384615

00:37:16.900 --> 00:37:19.645 In some cases, and it can harm in others.

NOTE Confidence: 0.920047145384615

00:37:19.650 --> 00:37:21.642 Recall that meta analysis that I

NOTE Confidence: 0.920047145384615

00:37:21.642 --> 00:37:23.941 mentioned where we got an overall effect

NOTE Confidence: 0.920047145384615

00:37:23.941 --> 00:37:26.184 size of point O1, essentially zilch,

NOTE Confidence: 0.920047145384615

00:37:26.184 --> 00:37:29.803 where the we looked at studies that

NOTE Confidence: 0.920047145384615

00:37:29.803 --> 00:37:32.162 compared adapted interventions to

NOTE Confidence: 0.920047145384615

00:37:32.162 --> 00:37:35.666 generic versions of the same treatment.

NOTE Confidence: 0.920047145384615

00:37:35.670 --> 00:37:38.225 So yes, the overall effect was .01,

NOTE Confidence: 0.920047145384615

63

00:37:38.230 --> 00:37:40.894 but if you look at the individual trial

NOTE Confidence: 0.920047145384615

00:37:40.894 --> 00:37:42.868 outcomes, you see a lot of variation.

NOTE Confidence: 0.920047145384615

00:37:42.870 --> 00:37:45.402 Some of the trials show pretty

NOTE Confidence: 0.920047145384615

00:37:45.402 --> 00:37:46.668 robust positive effects,

NOTE Confidence: 0.920047145384615

00:37:46.670 --> 00:37:48.618 other trials showed pretty

NOTE Confidence: 0.920047145384615

00:37:48.618 --> 00:37:50.079 robust negative effects.

NOTE Confidence: 0.920047145384615

00:37:50.080 --> 00:37:52.141 So the argument is that tailoring

NOTE Confidence: 0.920047145384615

00:37:52.141 --> 00:37:54.307 can be helpful in some cases,

NOTE Confidence: 0.920047145384615

00:37:54.310 --> 00:37:55.899 but it can harm in other cases.

NOTE Confidence: 0.920047145384615

00:37:55.900 --> 00:37:57.160 So, well, why is this?

NOTE Confidence: 0.920047145384615

00:37:57.160 --> 00:38:00.528 Well, it turns out that some scholars have

NOTE Confidence: 0.920047145384615

00:38:00.528 --> 00:38:03.260 have speculated on why this might happen.

NOTE Confidence: 0.920047145384615

00:38:03.260 --> 00:38:05.020 Monica Webb argued that, well,

NOTE Confidence: 0.920047145384615

00:38:05.020 --> 00:38:08.540 sometimes some forms of cultural

NOTE Confidence: 0.920047145384615

00:38:08.540 --> 00:38:11.356 adaptation might evoke negative

NOTE Confidence: 0.920047145384615

00:38:11.356 --> 00:38:15.430 emotional reactions in in.

NOTE Confidence: 0.920047145384615

00:38:15.430 --> 00:38:16.390 Ethnic minority clients.

NOTE Confidence: 0.920047145384615

00:38:16.390 --> 00:38:17.350 So for example,

NOTE Confidence: 0.920047145384615

00:38:17.350 --> 00:38:19.822 she had a this smoking cessation

NOTE Confidence: 0.920047145384615

00:38:19.822 --> 00:38:21.470 intervention that was culturally

NOTE Confidence: 0.920047145384615

00:38:21.534 --> 00:38:24.019 adapted where they had sort of slavery

NOTE Confidence: 0.920047145384615

00:38:24.019 --> 00:38:26.515 imagery that they used to kind of

NOTE Confidence: 0.920047145384615

00:38:26.515 --> 00:38:28.567 highlight some of the negative effects

NOTE Confidence: 0.920047145384615

00:38:28.570 --> 00:38:31.498 of smoking for African Americans and

NOTE Confidence: 0.920047145384615

00:38:31.498 --> 00:38:35.066 and that that their sense is that when

NOTE Confidence: 0.920047145384615

00:38:35.066 --> 00:38:38.234 they reflect on later that it may have

NOTE Confidence: 0.920047145384615

00:38:38.234 --> 00:38:41.168 rubbed some of their African American.

NOTE Confidence: 0.920047145384615

00:38:41.170 --> 00:38:45.200 Clients the wrong way basically.

NOTE Confidence: 0.920047145384615

00:38:45.200 --> 00:38:45.640 Another argument,

NOTE Confidence: 0.920047145384615

00:38:45.640 --> 00:38:47.180 I think this is maybe a more

NOTE Confidence: 0.920047145384615

00:38:47.180 --> 00:38:47.800 important argument,

NOTE Confidence: 0.920047145384615

00:38:47.800 --> 00:38:50.014 is that there might be less

NOTE Confidence: 0.920047145384615

00:38:50.014 --> 00:38:51.852 activation of change mechanisms if

NOTE Confidence: 0.920047145384615

00:38:51.852 --> 00:38:53.952 you focus too much on the cultural

NOTE Confidence: 0.920047145384615

00:38:53.952 --> 00:38:55.679 content or cultural context.

NOTE Confidence: 0.920047145384615

00:38:55.680 --> 00:38:56.038 So.

NOTE Confidence: 0.920047145384615

00:38:56.038 --> 00:38:58.544 So tailoring in this way it might

NOTE Confidence: 0.920047145384615

00:38:58.544 --> 00:39:00.306 distract from core intervention

NOTE Confidence: 0.920047145384615

00:39:00.306 --> 00:39:02.246 strategies or create inefficiencies

NOTE Confidence: 0.920047145384615

00:39:02.246 --> 00:39:05.960 in in your your intervention in ways

NOTE Confidence: 0.920047145384615

00:39:05.960 --> 00:39:08.540 that might interfere with the active

NOTE Confidence: 0.920047145384615

00:39:08.540 --> 00:39:11.227 ingredients of of the the intervention.

NOTE Confidence: 0.920047145384615

00:39:11.230 --> 00:39:13.060 Wendy Clara did this interesting study

NOTE Confidence: 0.920047145384615

00:39:13.060 --> 00:39:15.358 that kind of looked at this, but we're.

NOTE Confidence: 0.920047145384615

00:39:15.358 --> 00:39:18.080 Let me I need to flip past that and

NOTE Confidence: 0.920047145384615

00:39:18.080 --> 00:39:21.024 and go through a couple more slides

NOTE Confidence: 0.920047145384615

00:39:21.024 --> 00:39:24.108 so we have enough time for Q&amp;A.

NOTE Confidence: 0.920047145384615

00:39:24.110 --> 00:39:26.690 So culture responsive interventions can help.

NOTE Confidence: 0.920047145384615

00:39:26.690 --> 00:39:30.420 Sometimes they can harm and other times.

NOTE Confidence: 0.920047145384615

00:39:30.420 --> 00:39:33.434 And in fact 5th my 5th lesson is

NOTE Confidence: 0.920047145384615

00:39:33.434 --> 00:39:36.356 that effective culture we talked of

NOTE Confidence: 0.920047145384615

00:39:36.356 --> 00:39:38.465 treatment might challenge conventional

NOTE Confidence: 0.920047145384615

00:39:38.465 --> 00:39:41.315 notions about what matters when.

NOTE Confidence: 0.920047145384615

00:39:41.320 --> 00:39:44.725 We're addressing diversity.

NOTE Confidence: 0.920047145384615

00:39:44.725 --> 00:39:48.884 So Brian Kim, counseling psychologist,

NOTE Confidence: 0.920047145384615

00:39:48.884 --> 00:39:55.268 did a series of really cool analog studies

NOTE Confidence: 0.920047145384615

00:39:55.268 --> 00:39:59.720 evaluating Epic match with Asian Americans,

NOTE Confidence: 0.920047145384615

00:39:59.720 --> 00:40:02.962 and they found that Asian

NOTE Confidence: 0.920047145384615

00:40:02.962 --> 00:40:04.486 American counselors,

NOTE Confidence: 0.920047145384615

00:40:04.486 --> 00:40:09.058 when paired with Asian American clients,

NOTE Confidence: 0.920047145384615

00:40:09.060 --> 00:40:12.366 smiled less than Euro American counselors.

NOTE Confidence: 0.920047145384615

00:40:12.370 --> 00:40:14.526 An Asian American counselors

NOTE Confidence: 0.920047145384615

00:40:14.526 --> 00:40:16.682 received lower session positivity

NOTE Confidence: 0.920047145384615

00:40:16.682 --> 00:40:19.000 and session arousal ratings,

NOTE Confidence: 0.920047145384615

00:40:19.000 --> 00:40:21.072 then Euro American counselor.

NOTE Confidence: 0.920047145384615

00:40:21.072 --> 00:40:22.108 So again,

NOTE Confidence: 0.920047145384615

00:40:22.110 --> 00:40:25.950 all Asian American clinicians.

NOTE Confidence: 0.920047145384615

00:40:25.950 --> 00:40:28.918 But the Asian American counselors

NOTE Confidence: 0.920047145384615

00:40:28.918 --> 00:40:30.424 are smiling less,

NOTE Confidence: 0.920047145384615

00:40:30.430 --> 00:40:34.130 and they're perceived less positively

NOTE Confidence: 0.920047145384615

00:40:34.130 --> 00:40:35.678 than Euro American counselors.

NOTE Confidence: 0.920047145384615

00:40:35.678 --> 00:40:38.000 So this leads to this very

NOTE Confidence: 0.920047145384615

00:40:38.077 --> 00:40:40.049 counterintuitive possibility.

NOTE Confidence: 0.920047145384615

00:40:40.050 --> 00:40:42.400 It's just suggests that sometimes.

NOTE Confidence: 0.920047145384615

00:40:42.400 --> 00:40:43.669 Ethnic minority therapists,

NOTE Confidence: 0.920047145384615

00:40:43.669 --> 00:40:45.361 particularly those who might

NOTE Confidence: 0.920047145384615

00:40:45.361 --> 00:40:47.140 be more culturally attuned,

NOTE Confidence: 0.920047145384615

00:40:47.140 --> 00:40:49.768 might inadvertently engage in less therapy

NOTE Confidence: 0.920047145384615

00:40:49.768 --> 00:40:52.200 conducive behavior than white therapist.

NOTE Confidence: 0.920047145384615

00:40:52.200 --> 00:40:53.664 And this might have,

NOTE Confidence: 0.920047145384615

00:40:53.664 --> 00:40:55.794 you know, implications for,

NOTE Confidence: 0.920047145384615

00:40:55.794 --> 00:40:57.188 you know,

NOTE Confidence: 0.920047145384615

00:40:57.188 --> 00:41:01.650 the this interesting ethnic match literature.

NOTE Confidence: 0.771793737

00:41:03.940 --> 00:41:08.404 One of my increasingly favored studies is on

NOTE Confidence: 0.771793737

00:41:08.404 --> 00:41:15.238 done by Immel and his colleagues and the.

NOTE Confidence: 0.771793737

00:41:15.240 --> 00:41:17.473 The the premise here is that we

NOTE Confidence: 0.771793737

00:41:17.473 --> 00:41:19.437 really don't know what reliably

NOTE Confidence: 0.771793737

00:41:19.437 --> 00:41:21.782 makes some therapist more effective

NOTE Confidence: 0.771793737

00:41:21.782 --> 00:41:24.040 with ethnic minorities than others.

NOTE Confidence: 0.771793737

00:41:24.040 --> 00:41:27.160 But what we do know is that some

NOTE Confidence: 0.771793737

00:41:27.160 --> 00:41:29.327 therapists are reliably more

NOTE Confidence: 0.771793737

00:41:29.327 --> 00:41:31.927 effective with ethnic minorities.

NOTE Confidence: 0.771793737

00:41:31.930 --> 00:41:33.960 Than than others and Emma's

NOTE Confidence: 0.771793737

00:41:33.960 --> 00:41:35.990 work kind of highlights this.

NOTE Confidence: 0.771793737

00:41:35.990 --> 00:41:39.590 So and that there were kind of suggests this,

NOTE Confidence: 0.771793737

00:41:39.590 --> 00:41:42.470 this possibility for reverse engineering

NOTE Confidence: 0.771793737

00:41:42.470 --> 00:41:44.774 the cultural competence process.

NOTE Confidence: 0.771793737

00:41:44.780 --> 00:41:47.377 So, so his group basically reported data

NOTE Confidence: 0.771793737

00:41:47.377 --> 00:41:50.138 from a large clinical trial showing

NOTE Confidence: 0.771793737

00:41:50.138 --> 00:41:52.238 that although outcomes generally

NOTE Confidence: 0.771793737

00:41:52.238 --> 00:41:55.198 were equivalent for white and ethnic

NOTE Confidence: 0.771793737

00:41:55.198 --> 00:41:57.383 minority folks in drug treatment,

NOTE Confidence: 0.771793737

00:41:57.390 --> 00:42:01.450 some therapists had great outcomes.

NOTE Confidence: 0.771793737

00:42:01.450 --> 00:42:03.301 The clients broadly?

NOTE Confidence: 0.771793737

00:42:03.301 --> 00:42:05.769 Umm. And and importantly,

NOTE Confidence: 0.771793737

00:42:05.770 --> 00:42:07.955 some therapists had superior outcomes

NOTE Confidence: 0.771793737

00:42:07.955 --> 00:42:10.666 with white clients whereas some had

NOTE Confidence: 0.771793737

00:42:10.666 --> 00:42:12.936 better outcomes with ethnic minorities.

NOTE Confidence: 0.771793737

00:42:12.940 --> 00:42:15.110 So some therapists appeared to be more

NOTE Confidence: 0.771793737

00:42:15.110 --> 00:42:16.836 skilled at treating minorities where

NOTE Confidence: 0.771793737

00:42:16.836 --> 00:42:19.412 others are more skilled than treating whites.

NOTE Confidence: 0.771793737

00:42:19.420 --> 00:42:20.948 But but more importantly,

NOTE Confidence: 0.771793737

00:42:20.948 --> 00:42:23.721 some therapists appeared to be great at

NOTE Confidence: 0.771793737

00:42:23.721 --> 00:42:25.776 treating everyone white and minority.

NOTE Confidence: 0.771793737

00:42:25.780 --> 00:42:28.881 So basically the lower the value here

NOTE Confidence: 0.771793737

00:42:28.881 --> 00:42:32.377 the the the better the the outcome.

NOTE Confidence: 0.771793737

00:42:32.380 --> 00:42:34.804 So so these are.

NOTE Confidence: 0.771793737

00:42:34.804 --> 00:42:37.668 Are star clinicians basically who

NOTE Confidence: 0.771793737

00:42:37.668 --> 00:42:40.296 are who are reliably getting good

NOTE Confidence: 0.771793737

00:42:40.296 --> 00:42:43.210 outcomes not just with white clients,

NOTE Confidence: 0.771793737

00:42:43.210 --> 00:42:45.526 but with ethnic minority clients too?

NOTE Confidence: 0.771793737

00:42:45.530 --> 00:42:47.925 So they're getting good outcomes

NOTE Confidence: 0.771793737

00:42:47.925 --> 00:42:50.882 generally and they're getting it those

NOTE Confidence: 0.771793737

00:42:50.882 --> 00:42:53.786 outcomes for white and minority clients.

NOTE Confidence: 0.771793737

00:42:53.790 --> 00:42:55.887 So these are the folks we want to emulate

NOTE Confidence: 0.771793737

00:42:55.887 --> 00:42:57.777 and we want to find out more about.

NOTE Confidence: 0.771793737

00:42:57.780 --> 00:42:58.245 Um,

NOTE Confidence: 0.771793737

00:42:58.245 --> 00:43:00.570 however these clinicians are overall

NOTE Confidence: 0.771793737

00:43:00.570 --> 00:43:02.989 they're not getting great outcomes

NOTE Confidence: 0.771793737

00:43:02.989 --> 00:43:05.399 and you're seeing the disparity.

NOTE Confidence: 0.771793737

00:43:05.400 --> 00:43:08.704 So their outcomes for epic minorities are

NOTE Confidence: 0.771793737

00:43:08.704 --> 00:43:13.940 worse than they are for Euro Americans.

NOTE Confidence: 0.771793737

00:43:13.940 --> 00:43:18.172 So the so in and more studies have been

NOTE Confidence: 0.771793737

00:43:18.172 --> 00:43:20.537 done replicating kind of this finding.

NOTE Confidence: 0.771793737

00:43:20.540 --> 00:43:22.940 So therapist variability in terms of

NOTE Confidence: 0.771793737

00:43:22.940 --> 00:43:25.905 your ability to get good outcomes broadly

NOTE Confidence: 0.771793737

00:43:25.905 --> 00:43:28.908 and your ability to get good outcomes.

NOTE Confidence: 0.771793737

00:43:28.910 --> 00:43:31.582 For ethnic minorities in

NOTE Confidence: 0.771793737

00:43:31.582 --> 00:43:33.507 relation to Euro Americans,

NOTE Confidence: 0.771793737

00:43:33.507 --> 00:43:37.456 but what we don't know is what it is

NOTE Confidence: 0.771793737

00:43:37.456 --> 00:43:40.228 that these star clinicians are doing

NOTE Confidence: 0.771793737

00:43:40.228 --> 00:43:42.609 compared to these clinicians who need

NOTE Confidence: 0.771793737

00:43:42.609 --> 00:43:45.409 kind of maybe maybe more help in terms of,

NOTE Confidence: 0.771793737

00:43:45.410 --> 00:43:47.580 you know,

NOTE Confidence: 0.771793737

00:43:47.580 --> 00:43:49.750 reducing disparities.

NOTE Confidence: 0.771793737

00:43:49.750 --> 00:43:52.036 So what Emmel argues is that,

NOTE Confidence: 0.771793737

00:43:52.040 --> 00:43:52.527 well,

NOTE Confidence: 0.771793737

00:43:52.527 --> 00:43:54.962 maybe culturally competent therapists are

NOTE Confidence: 0.771793737

00:43:54.962 --> 00:43:57.418 those who achieve equivalent outcomes

NOTE Confidence: 0.771793737

00:43:57.418 --> 00:43:59.608 with white and minority clients,

NOTE Confidence: 0.771793737

00:43:59.610 --> 00:44:02.858 but they're also meeting some sort of

NOTE Confidence: 0.771793737

00:44:02.858 --> 00:44:05.269 absolute standard of of effectiveness.

NOTE Confidence: 0.81670325

00:44:08.460 --> 00:44:11.284 OK, let me just give some quick reference

NOTE Confidence: 0.81670325

00:44:11.284 --> 00:44:13.449 recommendations and I'll kind of wrap it up.

NOTE Confidence: 0.81670325

00:44:13.450 --> 00:44:15.140 So given all this context,

NOTE Confidence: 0.81670325

00:44:15.140 --> 00:44:16.270 given everything I've thrown at,

NOTE Confidence: 0.81670325

00:44:16.270 --> 00:44:18.568 what, what, what am I recommend?

NOTE Confidence: 0.81670325

00:44:18.570 --> 00:44:20.178 In the past I was kind of reluctant

NOTE Confidence: 0.81670325

00:44:20.178 --> 00:44:21.810 to give concrete recommendations,

NOTE Confidence: 0.81670325

00:44:21.810 --> 00:44:23.568 especially when it came to cultural

NOTE Confidence: 0.81670325

00:44:23.568 --> 00:44:25.478 competence as you since the research is

NOTE Confidence: 0.81670325

00:44:25.478 --> 00:44:27.430 is still kind of shaky at this point,

NOTE Confidence: 0.81670325

00:44:27.430 --> 00:44:30.038 but I think I feel more confident now,

NOTE Confidence: 0.81670325

00:44:30.040 --> 00:44:32.290 especially given some of the new

NOTE Confidence: 0.81670325

00:44:32.290 --> 00:44:34.250 stuff that's that's come through

NOTE Confidence: 0.81670325

00:44:34.250 --> 00:44:36.614 the pipeline over the past decade.

NOTE Confidence: 0.81670325

00:44:36.620 --> 00:44:38.622 So what I recommend a cognitive behavioral

NOTE Confidence: 0.81670325

00:44:38.622 --> 00:44:40.210 therapy is another evidence based

NOTE Confidence: 0.81670325

00:44:40.210 --> 00:44:41.915 treatments as first line treatments,

NOTE Confidence: 0.81670325

00:44:41.920 --> 00:44:43.648 continuous assessment and feedback.

NOTE Confidence: 0.81670325

00:44:43.648 --> 00:44:47.255 What we do know is that when clinicians

NOTE Confidence: 0.81670325

00:44:47.255 --> 00:44:50.538 are monitored and when they get feedback

NOTE Confidence: 0.81670325

00:44:50.538 --> 00:44:52.837 session by session from clients,

NOTE Confidence: 0.81670325

00:44:52.840 --> 00:44:54.700 that feedback seems to improve

NOTE Confidence: 0.81670325

00:44:54.700 --> 00:44:57.326 performance and you find this in for

NOTE Confidence: 0.81670325

00:44:57.326 --> 00:44:59.624 clients more broadly and for ethnic

NOTE Confidence: 0.81670325

00:44:59.624 --> 00:45:01.630 minority clients more specifically.

NOTE Confidence: 0.729031572041666

00:45:04.330 --> 00:45:07.067 There, there. It turns out that their

NOTE Confidence: 0.729031572041666

00:45:07.067 --> 00:45:09.014 engagement strategies that seem to

NOTE Confidence: 0.729031572041666

00:45:09.014 --> 00:45:11.492 work well for your Americans and ethnic

NOTE Confidence: 0.729031572041666

00:45:11.492 --> 00:45:13.747 minorities appointment prompts work well.

NOTE Confidence: 0.729031572041666

00:45:13.750 --> 00:45:15.670 Role induction, orienting clients

NOTE Confidence: 0.729031572041666

00:45:15.670 --> 00:45:18.550 at in those first initial sessions

NOTE Confidence: 0.729031572041666

00:45:18.628 --> 00:45:20.890 to the the culture of treatment,

NOTE Confidence: 0.729031572041666

00:45:20.890 --> 00:45:22.039 actively addressing treatment

NOTE Confidence: 0.729031572041666

00:45:22.039 --> 00:45:23.954 barriers early on in treatment.

NOTE Confidence: 0.729031572041666

00:45:23.960 --> 00:45:26.312 These things seem to work fairly

NOTE Confidence: 0.729031572041666

00:45:26.312 --> 00:45:28.700 well regardless of ethnic background.

NOTE Confidence: 0.729031572041666

00:45:28.700 --> 00:45:30.180 And then what about tailoring?

NOTE Confidence: 0.729031572041666

00:45:30.180 --> 00:45:32.508 What are some ways?

NOTE Confidence: 0.729031572041666

00:45:32.510 --> 00:45:34.950 To to think about tailoring,

NOTE Confidence: 0.729031572041666

00:45:34.950 --> 00:45:36.936 you can use evidence based treatments

NOTE Confidence: 0.729031572041666

00:45:36.936 --> 00:45:39.110 that include tailored elements,

NOTE Confidence: 0.729031572041666

00:45:39.110 --> 00:45:44.674 adopting a tailoring model with a

NOTE Confidence: 0.729031572041666

00:45:44.674 --> 00:45:46.784 method that individualizes to address

NOTE Confidence: 0.729031572041666

00:45:46.784 --> 00:45:50.918 code for factor, so acceptance and.

NOTE Confidence: 0.729031572041666

00:45:50.920 --> 00:45:53.404 A commitment treatments

NOTE Confidence: 0.729031572041666

00:45:53.404 --> 00:45:55.060 multisystemic therapy,

NOTE Confidence: 0.729031572041666

00:45:55.060 --> 00:45:58.428 which I did for a number of years.

NOTE Confidence: 0.729031572041666

00:45:58.430 --> 00:46:00.610 The Incredible years program for

NOTE Confidence: 0.729031572041666

00:46:00.610 --> 00:46:02.354 kids with behavioral problems,

NOTE Confidence: 0.729031572041666

00:46:02.360 --> 00:46:04.782 and this is just a sampling of

NOTE Confidence: 0.729031572041666

00:46:04.782 --> 00:46:07.290 interventions that have this sort of

NOTE Confidence: 0.729031572041666

00:46:07.290 --> 00:46:09.162 individualized approach that intrinsically

NOTE Confidence: 0.729031572041666

00:46:09.162 --> 00:46:11.720 kind of addresses cultural factors.

NOTE Confidence: 0.729031572041666

00:46:11.720 --> 00:46:13.757 This is one of the many tailoring

NOTE Confidence: 0.729031572041666

00:46:13.757 --> 00:46:15.289 models that are out there,

NOTE Confidence: 0.729031572041666

00:46:15.290 --> 00:46:17.534 but be mindful of the possibility

NOTE Confidence: 0.729031572041666

00:46:17.534 --> 00:46:19.624 that doing too much tailoring

NOTE Confidence: 0.729031572041666

00:46:19.624 --> 00:46:22.204 or tweaking or modifying can

NOTE Confidence: 0.729031572041666

00:46:22.204 --> 00:46:24.268 interfere with active ingredients.

NOTE Confidence: 0.729031572041666

00:46:24.270 --> 00:46:28.800 So so you do the tailoring

NOTE Confidence: 0.729031572041666

00:46:28.800 --> 00:46:33.290 and cultural infusion.

NOTE Confidence: 0.729031572041666

00:46:33.290 --> 00:46:36.776 In moderation and and with that

NOTE Confidence: 0.729031572041666

00:46:36.776 --> 00:46:39.870 possibility that that concern in mind

NOTE Confidence: 0.729031572041666

00:46:39.870 --> 00:46:42.565 and then and then finally a approaching

NOTE Confidence: 0.729031572041666

00:46:42.565 --> 00:46:44.270 tailoring as hypothesis testing,

NOTE Confidence: 0.729031572041666

00:46:44.270 --> 00:46:46.900 not as an assumption there.

NOTE Confidence: 0.729031572041666

00:46:46.900 --> 00:46:49.535 There's a lot of variability

NOTE Confidence: 0.729031572041666

00:46:49.535 --> 00:46:51.643 across our diverse clients.

NOTE Confidence: 0.729031572041666

00:46:51.650 --> 00:46:54.205 So we probably shouldn't go in assuming

NOTE Confidence: 0.729031572041666

00:46:54.205 --> 00:46:56.721 that we need to tweak Taylor adapt

NOTE Confidence: 0.729031572041666

00:46:56.721 --> 00:46:59.378 or modify in some way just because

NOTE Confidence: 0.729031572041666

00:46:59.378 --> 00:47:01.626 someone's African American just

NOTE Confidence: 0.729031572041666

00:47:01.626 --> 00:47:04.024 because someones Central American.

NOTE Confidence: 0.729031572041666

00:47:04.024 --> 00:47:07.209 Heritage and just approaches hypothesis

NOTE Confidence: 0.729031572041666

00:47:07.209 --> 00:47:10.439 testing and assess routinely as

NOTE Confidence: 0.729031572041666

00:47:10.439 --> 00:47:12.899 you're doing your intervention.

NOTE Confidence: 0.729031572041666

00:47:12.900 --> 00:47:18.300 Umm. Well, let me stop there.

NOTE Confidence: 0.729031572041666

00:47:18.300 --> 00:47:18.667 OK,

NOTE Confidence: 0.729031572041666

00:47:18.667 --> 00:47:19.401 stop share.

NOTE Confidence: 0.729031572041666

00:47:19.401 --> 00:47:21.970 And I think we have maybe about

NOTE Confidence: 0.729031572041666

00:47:22.048 --> 00:47:24.000 10 minutes for questions.