

Adapting Cognitive Behavioral Therapy for Cross-Cultural Contexts

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Abstract. This study investigates how cognitive behavioral therapy (CBT) can be adapted to suit diverse cultural settings. Given the variety of cultural beliefs and practices, it is crucial to modify traditional CBT techniques to align with different worldviews and address unique cultural challenges. The research highlights successful adaptations in various countries, focusing on both Western and non-Western settings, and suggests guidelines for therapists working in culturally diverse environments.

Keywords: adaptation, culture, therapy, diversity, guidelines

Introduction: Cognitive behavioral therapy (CBT) is a widely utilized therapeutic approach with a strong empirical foundation, yet its standard methods may not translate effectively across all cultural contexts. As global diversity continues to expand, therapists face the challenge of adapting CBT to meet the needs of diverse client populations. This article explores the complexities of cultural adaptation in CBT, presenting a review of recent literature on effective strategies and models. By examining case studies from various cultural backgrounds, the paper highlights the importance of cultural competence in therapy. The goal is to provide therapists with practical insights and guidelines for delivering culturally sensitive and effective CBT interventions.

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