

Culture and Change in Multi-Person Psychotherapy

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Highlights

Objective: Understanding change processes in transcultural multi-person psychotherapies. **Method:** Semi-structured interviews with international experts, qualitative content analysis. **Results:** First insights into preliminary categories and quotes from the interviews.

Background

The role of culture regarding change processes in multi-person psychotherapy has hardly been examined.^{1,2} However, culture presumably matters when it comes to therapeutic change processes as social relations and the construction of the self are closely related to it.^{3,4}

Objective

This study aims at shedding light on the role of culture regarding change processes in multi-person psychotherapy. This is relevant as a great number of people from diverse cultural backgrounds in immigration societies require psychotherapeutic treatment.⁵

Research Questions

- How does change develop in transcultural multi-person settings?
- What do experts recommend to promote change in transcultural multi-person psychotherapy?

Methods

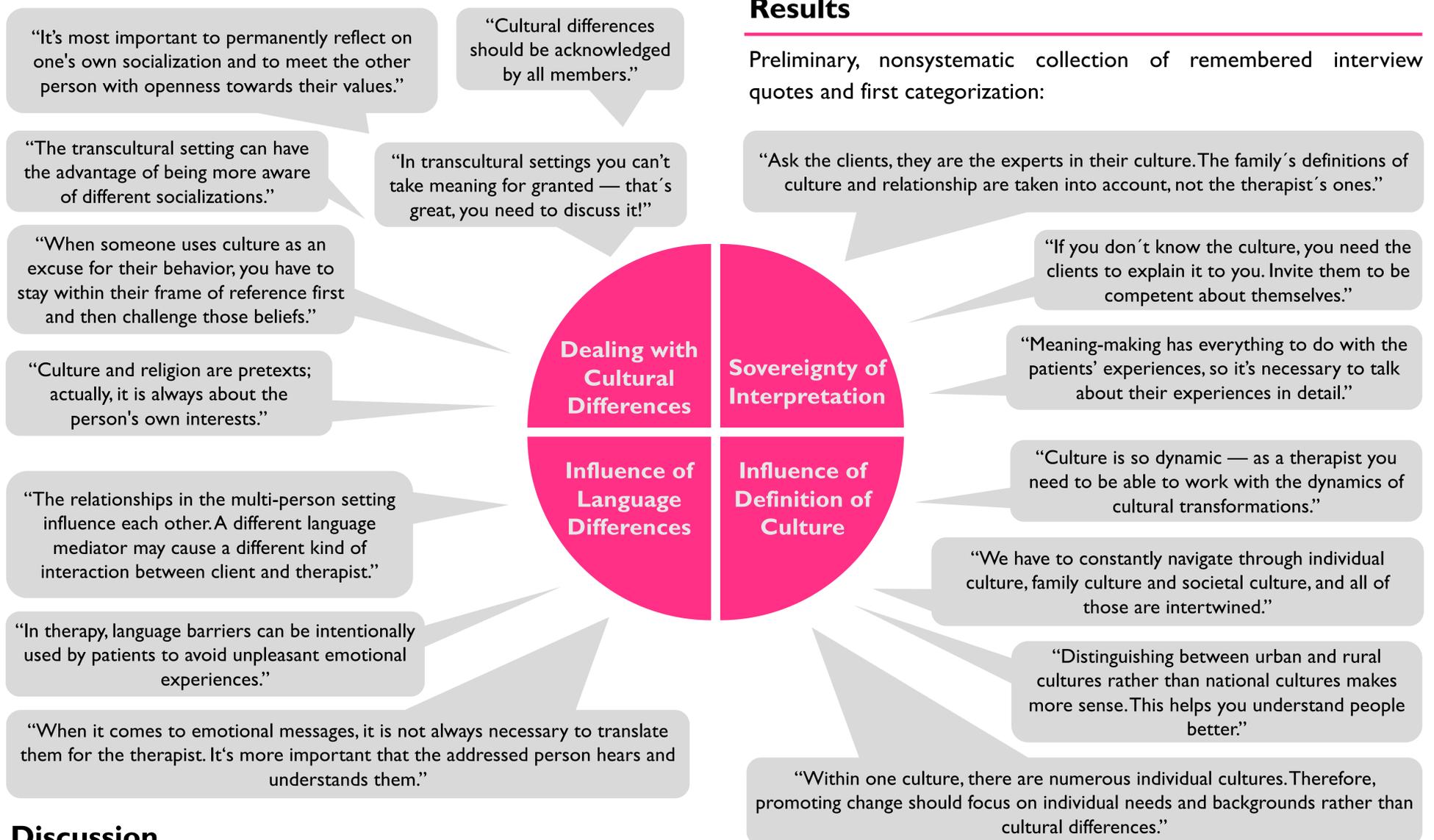
Data: Explorative, semi-structured interviews (duration: 1-4 h) held via the online-platform “zoom”. Interview questions aim at evoking experience-based memories of therapy processes. **Analysis:** Transcripts are analyzed by applying qualitative content analysis⁶ using a mixed inductive-deductive approach.

Sample

Approx. 15 therapists with different therapeutic approaches and different cultural backgrounds, e.g. Italy, USA, Japan, Morocco, Iran, who are experienced in transcultural multi-person psychotherapy and research.

Results

Preliminary, nonsystematic collection of remembered interview quotes and first categorization:



Discussion

Implications: It will be discussed what the findings imply for transcultural psychotherapy research and therapeutic practice.

Limitations: Biased data collection as the therapy processes are reported, limited interview time, number of interviews predetermined by capacity. **Future research:** Develop a model for change in transcultural multi-person psychotherapy and a toolbox for therapeutic work in this setting.

References

- ¹Heatherington, L., Friedlander, M. L., & Greenberg, L. (2005). Change process research in couple and family therapy: methodological challenges and opportunities. *Journal of Family Psychology, 19*(1), 18-27.
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