Healing In Context

Workshop 2 – Navigating Complexity: Understanding Stigma, Risk, and The Need for Culturally Responsive Care

Cultural Stigma & Shame:

- Mental Health of South Asian Youth in Peel Region, Toronto, Canada: A Qualitative Study of Determinants, Coping Strategies and Service Access5
- South Asian Populations In Canada: Migration and Mental Health
- Factors Affecting South and East Asian Immigrants' Access to Mental Health Services in Canada: A Scoping Review
- Mental Health and Stress among South Asians
- Log Kya Kahenge? – Unlearning Silence and Shame
- How Can We Overcome The Stigmas of Therapy?

Gender Based Differences:

- Mental Health and Gender Roles: Impact on South Asian Women
- South Asian Masculinity and Mental Health: Can We Find a New Way Forward?
- Women's Mental Health: How Patriarchy Adds to The Distress of Women in India

Culturally Shaped Expressions of Distress:

- "Tension" and distress in South Asia: A Systematic Literature Review
- Anxiety in South Asian Cultures
- Spirituality Versus Psychiatry: Why Many South Asians Turn to Religion Before Therapy or Psychiatric Medication

Intergenerational Trauma:

- What is Intergenerational Trauma and Who Does It Impact?
- Breaking the Cycle: Understanding and Healing Intergenerational Trauma in South Asian Families
- What Does Intergenerational Trauma Look Like In The South Asian Community?

Redbird THERAPY

Healing In Context

Workshop 2 – Navigating Complexity: Understanding Stigma, Risk, and The Need for Culturally Responsive Care

Suicidality:

- Validation and Adaptation of the Suicide Stigma Assessment Scale for Use With Young Adults in India
- Suicide Prevention Awareness In South Asian Communities
- Understanding self-harm and suicidal behaviours in South Asian communities in the UK: Systematic Review and Meta-Synthesis

Substance Use Disorders:

- Breaking The Silence of Alcohol Use Disorder In The Punjabi Community
- Substance Use Disorders In The South Asian Community
- Culturally Tailored Care For South Asian People Who Use Substances

Intimate Partner Violence:

- Behind Closed Doors: Domestic Violence in the South Asian Community
- Shedding Light On South Asians and Intimate Partner Violence

Strategies for Culturally Safe Practices and Service Navigation:

- Culturally Adapted Cognitive Behavioural Therapy for Canadians of South Asian Origin
- Methods and tools to screen and assess risks for intimate partner violence among women from culturally and linguistically diverse backgrounds in six high-income countries: A Scoping Review
- Decolonizing Mental Health

Redbird THERAPY