

WORKSHOP 1: USING THE CULTURAL FORMULATION INTERVIEW

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Background: The DSM-5 includes tools to facilitate cross-cultural assessment: the Outline for Cultural Formulation (OCF), and the Cultural Formulation Interview (CFI). Although helpful in structuring cross-cultural assessments and gathering cultural information from patients, these tools remain underutilized.

Objectives: (1) Briefly review the OCF and CFI and (2) Train participants how to organize and synthesize a cultural formulation from case material gathered by using the CFI.

Methods: The presenters will break down the OCF and CFI into their constituent parts to explain how they may be used in the clinic. Through simulated patient interviews, they will guide participants as they practice using the tools and crafting cultural formulations.

Results: Participants will learn how to work with basic cross-cultural concepts, such as cultural identity, explanations of illness, aspects of the psychosocial environment, and dimensions of the clinician-patient relationship. Links between the OCF and CFI questions will be highlighted. Participants will discuss tips for using and adapting the CFI questions, and emergent barriers to implementation will be discussed during the simulations.

Discussion: Although the CFI may be unfamiliar to many clinicians, brief practice sessions enable its routine use in clinical care. The CFI provides specific questions that help the interviewer to remember key cross-cultural points and issues during clinical encounters. It is conceptually related to the OCF, but is more structured in its approach to gathering cultural data from patients. The CFI is designed to be easy to use, brief (about 20 minutes long), and useful to

clinicians in any setting. This workshop will provide a practical format for participants to test and try these claims.

Learning Objectives

At the conclusion of this workshop, participants will be able to:

1. Participants will be able to acquire familiarity conducting a Cultural Formulation Interview (CFI)
2. Participants will be able to prepare a cultural formulation from data gathered with the CFI

References

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