

## REFLECTIONS ON IDENTITY IN (CLINICAL) PRACTICE

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One of the definitions of identity is 'the individual's cognitive, behavioural and affective repertoire regarding who she or he is, to which groups she or he belongs, and behaviours enacted as a result of these thoughts and beliefs' (1). Taking in account identity is even more crucial during adolescence, since identity formation is evidently one of the most substantial developmental tasks adolescents face. For immigrant adolescents, an additional challenge is created: they have to learn to negotiate different cultural identities. Cultural identity consists of one's racial, ethnic, or cultural reference groups and other relevant aspects of identity, such as degree of involvement with the culture of origin versus host culture, religion, socioeconomic background, place of origin, migrant background, and sexual orientation (2). In general and particularly in a context of migration and globalisation, identity must be considered as a fluid, dynamic and multidimensional concept. Recognition of one's (cultural) identity is essential for her/his well-being.

The effort to take in account the complexity of identities stimulate mental health workers to confront their own (cultural) identity and their value systems.

This workshop on the different aspects of identity has been developed over the past years, a broad and diverse audience was reached: the educational sector, (mental) health organisations, law school, performing arts organisations,...

The workshop is attitude-based and experiential and focuses on the role of identity, the possible challenges, opportunities and benefits for clinical practice.

### Learning Objectives

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

1. Participants will be able to investigate the role of identity in (clinical) practice and reflect on the multidimensionality and the fluidity of identity.
2. Participants will be able to apply different clinical & creative interventions related to (cultural) identity to their own practice as (mental) health professional or their teaching practice.