



Mental Health Association in California

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Saving Face: Recognizing and Managing the Stigma of Mental Illness in Asian Americans

Saving Face: Recognizing and Managing the Stigma of Mental Illness in Asian Americans is a 1 hour 8 minute training DVD that is targeted to psychiatry residents, medical students, social work students and practicing social workers, clinical and counseling psychologists, nurses and case managers. The over-arching goal is to demonstrate a culturally competent approach to addressing the stigma of mental illness in Asian American patients. Specific learning objectives are:

- To demonstrate how Asian American patients present their stigma of mental illness.
- To demonstrate how skilled therapists manage the stigma.
- For clinicians who will be seeing patients, to demonstrate how the DSM-IVTR Outline for Cultural Formulation can be used to organize the patient's socio-cultural issues and make them part of the differential diagnosis and treatment plan.

The DVD is comprised of three interviews of Asian-American simulated patients, and their ethnically matched real clinicians in therapy sessions. The objectives of these scenarios are to demonstrate how Asian-American patients present their stigma, and how skilled therapists manage it. The vignettes include:

- A young, well-educated bicultural professional Indian-American woman with Bipolar Disorder.
- A 54- year old Vietnamese-American man with PTSD and depression.
- The parents of an 8-year-old Filipino-American second grader with Attention Deficit Hyperactivity Disorder (ADHD) who was suspended from school for having a knife in his backpack and could not return without psychiatric evaluation.

In these vignettes the viewer will see patients at various stages in the treatment process. The Filipino-American case shows parts of multiple sessions, enabling the viewer to observe how issues are revealed and managed over time.

A combined study/facilitator's guide is available in downloadable form at www.mhac.org.

To order copies, please complete and return the order form below with your check made payable to:

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- 11+ DVDs: \$30 per each additional 10 copies over the original 10.