

W11-01

CULTURAL COMPETENCE IN CLINICAL PRACTICE

D. Bhugra

Royal College of Psychiatrists, London, UK

With increasing globalisation it is inevitable that along with goods, people will move too. Certain psychiatric disorders are more common among some groups of migrants. It is inevitable that there may be a degree of mismatch between the cultural values and beliefs of patients in comparison with their psychiatrists. Every individual has certain cultural values and it is vital that mental health professionals are not only aware of these values but are also conscious of their own values, prejudices and both strengths and cultural weaknesses. Cultural competence is at the core of good clinical practice. Skills and knowledge about other cultures can be learnt and clinicians also need to be aware of potential sources of conflict and sources from where they can gather information and then utilise it appropriately.