

## Abstract for

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"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male  / Female  / Diverse

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Presentation title: **Transcultural Consultation in Child Psychiatry**

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Abstract text up to 15 lines in English:

**Introduction:** Transcultural consultation in child psychiatry is an essential field to address the increasingly diverse needs of children and families from various cultural backgrounds. This presentation explores the significance of transcultural consultation and how it can contribute to providing effective and tailored mental healthcare.

**Objectives:** The objective of this presentation is to shed light on the key concepts of transcultural consultation in child psychiatry, focusing on its role in the care of asylum-seeking families through a case study.

**Patients and Methods:** Through a case study and a literature review covering the period from 2013 to 2023, we will demonstrate the importance of transcultural consultation for asylum-seekers.

**Discussion:** Therapeutic alliance is crucial in mental healthcare, especially in child psychiatry, where the families of patients are involved. Observing a parent-child group for young children with severe developmental disorders reveals an original and compassionate framework, with a caregiver stance of decentering to foster open and non-judgmental communication with parents with a history of exile. Transcultural reflection emphasizes the importance of considering parents' cultural references and co-constructing the therapeutic alliance, even with potentially reluctant or hard-to-reach families.

**Case Study:** We will present the case of Mabinto, a 3-year-old child from a desired pregnancy, with three autistic siblings as a family history. The parents, originally from Guinea, immigrated to northern France two years ago as asylum-seekers. Transcultural consultation was established to support them on social and psychological levels.

**Conclusion:** Transcultural consultation in child psychiatry is indispensable for providing quality mental healthcare to children and families of diverse origins. By developing cultural competence and adopting diversity-centered practices, child psychiatry professionals can significantly contribute to children's mental health.