

Abstract for

20th WADP congress / XXXIII International Symposium of the German Academy
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Key Lecture

Male / Female / Diverse

Name: **Kadri**

First Name: **Nadia**

Title / Position:

Prof., Dr.

Private practice as a psychiatrist, psychotherapist and sexologist.

Founder, teacher and head of the Moroccan Institute of Cognitive and Behavioral Therapy, Casablanca.

Part-time teacher at the Faculty of Medicine, Mohamed VI University of Health Sciences. Casablanca.

Responsible for the University Diploma in Clinical Sexology, Faculty of Medicine. Mohammad VI University. Casablanca

Country:

Morocco

Presentation title:

Transcultural Aspects in Psychotherapy. The Experience of Cognitive and Behavioral Therapy

Abstract text up to 20 lines in English:

The United Nations agency UNESCO has defined culture as the "set of distinctive spiritual, material, intellectual, and emotional features of society or a social group, and that it encompasses, in addition to art and literature, lifestyles, ways of living together, value systems, traditions and beliefs." However, as a therapist, in our daily clinical practice we notice that:

- patients from different cultures are sometimes closer by their personal specificities than patients from the same culture.
- the therapeutic relationship between patient and therapist transcends cultural specificities.
- the biological and psychological fundamentals transcend cultural particularities.

This presentation will address the following topics:

1. Culture, its components and specificities on Moroccan culture with their implication on mental health, its trouble and care. This will be based on studies conducted in the field.
2. CBT as an empirical, experimental model that has been developed in Western culture and is spreading throughout the world. This fact raises the following questions, especially in the non-Western world:
 - what cultural factors require management of CBT?
 - what are the transcultural fundamentals of CBT?
 - how to integrate cultural factors in CBT?