



OT Lens: Un Paso  
A La Vez

# Cultural Adaption and Influence

## WHAT IS CULTURE?

Culture refers to people sharing values, expectations, beliefs, and norms, including traditions (Betancourt & Lopez, 1993; Castro et al., 2010).

The term "cultural attunement" is the implementation of evidenced-based therapies that aim in boosting engagement and retention of cultural groups in treatment (Castro et al., 2010; Falicov, 2009). This includes, services that incorporate native language, and cultural traditions to aim in increasing participation and sustained participation (Castro et al., 2010).



## WHAT IS CULTURE ADAPTION?

Cultural adaption is modifying or adjusting a therapeutic approach to a group's culture (Falicov, 2009). As cultural values are common themes and values found in several studies of the Latino population:

- Family relationships (*Familismo*)
  - This can present as including extended family members in therapy, such as grandmother, uncle, or aunt.
- Respect (*Respeto*)
- Contextual Stressors

## REFERENCES

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**\*\*Please consult a licensed occupational therapist or healthcare practitioner for more information.\*\***



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