The Topic of Interest and Research Focus Paper

Jasmine Anderson

RES7105

William Kammerer

January 27, 2020

**Introduction**

The cultural diversity is a theme in last week’s research. It engages the practitioner in that it is essential for the therapist to understand the belief system, ethnicity, and background of the client. Overall, we see psychologists diagnose, assess, then advance the treatment of the psychological challenges that affect a client. As a result, this helps in promoting healthy behavior changes and promotes a better life for the patient. The role of psychologists is very diverse, starting from caregiving among other subspecialties. The paper describes the contemporary topics and themes in the earlier discussion forum by speculating why they demand the engagement of the practitioner community. Also, through personal experience and research, it identifies contemporary challenges that these practitioners confront, examines the type of information that advances knowledge to practitioners in the field of psychology and improve services delivered to the patients. Lastly, it assesses what I would like to understand in my psychological area and then give justifications of a topic of interest and a unique focus for the classwork focus.

**Contemporary Themes and Topics**

Technology has a significant effect on cultural sensitivity. Culture leads to the development of technology concerning the needs of the people due to their creative interests. At times, we find out that even technology that advances outside the cultures is incorporated into the culture. Culture and technological evolutions do not happen concurrently, especially with faster-evolving technology. The practitioner community is engaged since, through the incorporation of cultural sensitivity and technology, this shows respect to various attitudes, values, and opinions (Pham et al., 2019). The cultural diversity sensitizes the therapist on cultural competence hence enabling him or her to understand his culture and that of others. The therapist and the client achieve ultimate goals despite the availability of cross-cultural boundaries. Our global era has brought together individuals that are ethnocultural diverse, especially in the worldwide set-up. There exist variations between the client and the profession. Gender, education, and different social classes are significant concerns in the provision of services. The new realities must give attention to cultural sensitivity.

**Contemporary Challenges Confronting Practitioners**

According to the psychology views, therapeutic change may vary from person to person, depending on his or her cultural group. Even though, at times, we see the psychologists deviating from the standardized therapeutic methods. There is a generation gap between employees. Most people do not support team-work and prefer working individually. As a result, the employees do not understand each other nor understand workplace diversity. In diversity, the practitioners find it challenging to build a new culture that accommodates all the members (Chapman-Hilliard et al., 2017). There is inadequate or no use of technology. As a result, these providers undergo challenges in the implementation of operations hence affecting the services provided to the clients.

Also, there exists a poor organizational culture that assists in increasing opportunities for innovation and autonomy in the employee’s positions. As a result, it is more difficult to retain or recruit individuals in this program. The opportunities available also lack advancement. Psychologists are not offered skills such as those on technology training, education reimbursements, and in-house capabilities. There exists a problem in financing. Most patients do not seek assistance therapeutically due to a lack of insurance cover and affordability (Chapman-Hilliard et al., 2017). The funding issue makes it difficult for practitioners to search through various cultures. Also, retaining workers in this field of psychology is difficult. Behavioral workers are offered a small amount of salary, resulting in their challenge. Most of them leave this profession, while other Ph.D. holders decide not to work on low wages.

**Information to Improve Service**

These practitioners need to have biomedical knowledge of sound medical care. The dysfunctions and how the physician transact with the patient depends on his or her psychosocial understanding. It is unethical to terminate treatment advanced to the client since they can no longer afford the service. In the case of the contract’s termination, this should be done thoughtfully. Notice and referrals should be advanced if necessary. Also, the practitioners must understand how to vary the psychological approach from one individual to another. The dependence is through acknowledging the culture of the client and not applying the same treatment approach for everyone. The therapist should keep to the ethical standards like in instances of disclosing information regarding the client. Also, it is essential for the client to feel comfortable in communicating the personal issues with a practitioner who will not refer them to another culturally sensitive therapist.

**What Would I Like to Know?**

I would like to understand the integration of behavior, psychosocial sciences, and bio medics. This helps in understanding how the mind and brain correlate then interacts to help in the generation of abnormality and normality. Also, this assists in understanding the medical, physiological, and psychological research hence developing better ways of thinking in connection to illnesses and health (Foulkes, 2018). Through biomedical health, there is an understanding of the genetic predisposition of an individual. Cultural sensitivity comes in the learning of social conditions that also relate how people from various ethnical groups interrelate and give support. Also, this assists in the understanding of how behaviors are altered. This assists in understanding the psychotherapeutic techniques that affect an individual’s functions in various roles and settings.

**Topic of Interest**

My topic of interest would be culturally sensitive psychology. The reason for this focus is that it targets sexual, cultural, religious, racial, and gender entities that relate to a person’s behavior. This plays a role in assisting individuals or groups in improving the well-being of everyone resolving issues on cultural crises, alleviating distress, and increase the possibility of how people solve conflicts in society (Nastasi, 2017). What interests me in this topic is that I am not bound to work only in the hospital setting, but also community health centers and institutions such as schools. Also, I have an expansion to work with people of all ages, creating awareness of cultural sensitivity. The people affected by the diversities also have an opportunity to change their thinking. Also, the field has a notable collaboration of psychologists such as those in the academic, clinical, and health set-up to deal with health problems.

**Conclusion**

In conclusion, the ultimate and expectation targets of a client and therapist showcase the progress despite challenges such as cross-cultural boundaries. The psychological practitioners musty acquire the necessary skills to enable them in the successful integration of culturally sensitive practices. As a result, they respect or recognize differences and ensure that they interact successfully with clients despite their diverse backgrounds. Professions undergo issues such as the development of the workers, transitions in economic conditions, new governance arrangements, and changes in technology. The cultural diversities should work beyond the administrative process that relates to policy-making, budgeting, and human resources. Courses in this sector should engage consideration or reflection of how the emergence of notions are conjoined to research and theory, especially for the group leaders that use normative or theoretical dimensions to check on their responsibilities.

References

Chapman-Hilliard, C., Beasley, S., McClain, S., Awosogba, O. R., & Cokley, K. O. (2017). “A Stranger No More...”: Applying African American Psychology to Address Social Issues. Social Issues in Living Color: Challenges and Solutions from the Perspective of Ethnic Minority Psychology [3 volumes]*, 1.*

Foulkes, S. H. (2018*).*Introduction to group-analytic psychotherapy: Studies in the social integration of individuals and groups*.* Routledge*.*

Nastasi, B. K. (2017). Cultural competence for global research and development: Implications for school and educational psychology.

Pham, C. T., Lee, C. B., Nguyen, T. L. H., Lin, J. D., Ali, S., & Chu, C. (2019). Integrative settings approach workplace health promotion to address contemporary challenges for worker health in the Asia-Pacific. Global health promotion, 1757975918816691.\