

**COPING ACROSS CULTURAL CONTEXT:
IMPLICATIONS FOR IMMIGRANT POPULATIONS**

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BACKGROUND & RATIONALE

- To have the knowledge and skills to address the needs of individuals in cultural transition is increasingly important in our globalized world today.
- Our proposed model approach the experience of the immigrants from a cultural coping perspective.
- To understand effective coping and adjustment, we must examine the match between culturally sanctioned coping strategies and the cultural context of the individual.

COPING ACROSS CULTURAL CONTEXT (CCC) MODEL

		Culture Context	
		Culture A	Culture B
Coping Strategies	Culture A	<u>Situation One</u> Development of culturally appropriate coping strategies within one's home culture	<u>Situation Two</u> Applications of original culture's coping skills within a new cultural context
	Culture B	<u>Situation Four</u> Application of coping strategies from both the original and new cultural contexts when individuals re-enter the original culture	<u>Situation Three</u> Development of culturally appropriate coping strategies within a new cultural context

SITUATION ONE

Development of culturally appropriate coping strategies within one's

- Educated and cultivated in the cultural context over long period of time.
- Interpretation of problem, knowledge of effective coping strategies, and anticipation of possible outcome are all culturally appropriate.
- Enjoys the benefit of appropriate coping behaviors within a particular cultural context: higher self-efficacy, greater sense of well-being.

	A	B
A	☀️	
B		

SITUATION TWO

Applications of original culture's

- New arrivals:
 - Limited knowledge of the cultural rules of their new environment
 - Apply the successful coping strategies they learned from Culture A to deal with stress and problems in Culture B
- The mismatch of cultural norms and expectations between the culture B problems and the Culture A coping strategies can create a great deal of stress and barriers
- Acculturative stress may be most salient

	A	B
A		☀️
B		

SITUATION THREE

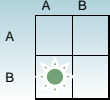
- Acquire awareness and knowledge of the new cultural norms, values, physical environment and resources through many trial-and-error coping activities
- Greater understanding of the nuances of Culture B
- Engage in culture comparison and/or integration.

	A	B
A		
B		☀️

SITUATION FOUR

A

- Reverse cultural shock
- May apply the coping strategies acquired in Culture B without conscious awareness of the cultural transition
- Two sets of knowledge and skills for both cultures: sometimes neither of them works



COPING ACROSS CULTURAL CONTEXT


	Cultural A	Cultural B
Coping A	Cultural A x Coping A	Cultural B x Coping A
Coping B	Cultural A x Coping B	Cultural B x Coping B

Yellow arrows indicate relationships: a horizontal arrow from Cultural A x Coping A to Cultural B x Coping A; a vertical arrow from Cultural A x Coping B to Cultural A x Coping A; a horizontal arrow from Cultural B x Coping B to Cultural A x Coping B; and a vertical arrow from Cultural B x Coping A to Cultural B x Coping B.

SITUATION FIVE

I

- Cross-cultural competency:
 - Become sensitive to the differences in cultural contexts
 - Choose culturally appropriate coping strategies to deal with issues they encounter in the cultural context
 - integrate most of the cultural coping strategies with their beliefs, values, and personal styles, and use them in a flexible manner



DISCUSSION

- According to our model, acculturative stress arises from when individuals experience an **incongruent** match between their coping strategies and the cultural context.
- Emphasize on the **congruency** and **mismatch** of the coping behaviors and the cultural context as the source of adjustment or distress, and not in people's deficits to cope effectively.
- The acculturation process can be enhanced by helping people to
 - gain awareness of the cultural influences on themselves and others
 - knowledge of different cultural norms and coping strategies
 - skills of specific cultural coping strategies

FUTURE RESEARCH DIRECTIONS

- New conceptualizing individuals' experiences during cultural transition process as well as how they cope with the challenges.
- Mindful of the influence of cultural context on the situation and the individual
- Incorporate different sets of assessment for individuals' multiple sets of cultural knowledge and skills
- Develop and validate more coping inventories that are sensitive to the cultural contexts

IMPLICATIONS OF THE CCC MODEL FOR CLINICIANS

- Clinicians' self-awareness:
 - Be aware of counselors' cultural bias on the optimal coping approach
 - Caution not to interpret clients as deficient or incompetence, but rather they are living in a cultural-mismatched situation.
- Clinical assessment:
 - Conceptualize the Situation of clients.
 - Identify client's repertoire of coping activities and level of cultural awareness
- Intervention:
 - Identify clients' existing strengths and capacity they have acquire in their original culture and the acculturation process
 - Empower them to gain new knowledge and skills which can help them cope more effectively in the new context