Therapy with South Asian American Women

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**Recommendations**

**Cultural and Gender Empowerment**

* Improve clients ' ability to express their oppression rather than accepting and adjusting to feelings of invisibility and being marginalized.
* Allow clients to learn about their family of origin and parents’ immigration story.

**Indigenous Healing**

* Health practitioners must be aware of other therapists specializing in polyculturalism and therapy models available for this population indigenous to their culture.

**Cultural Competency**

* If there is no way to measure cultural competency, therapists must inform minority clients within the informed consent form of their knowledge or limited knowledge of their minority clients' culture, and the client may choose to request a minority therapist at any time.

**Cultural Training**

* There needs to be required courses within the curricula of psychological programs dedicated to teaching mental health practitioners how to effectively address their clients' issues of discrimination and racism from a cultural lens.

**Hiring Diversity and Advocacy**

* There is a need to hire more diversity in management positions to contribute to decision-making protocols that directly affect other minorities.