Cultural Formulation

Using a cultural formulation during clinical review is a way for clinicians to keep culture in mind during case conceptualisation. Using the cultural formulation interview (CFI) can help clinicians to build trust and increase their understanding of contextual factors influencing mental health.

Barriers

For clients:
- Not all Aboriginal families historically may align with Culture
- Not all Aboriginal families may wish for involvement of the AHEO

For clinicians:
- Lack of relevance/purpose (may feel like ‘tick and flick’ form)
- Repetition of the questions
- Drift from format (using parts of CFI)
- Severity of mental health issues
- Lack of motivation/buy-in (negative attitude or emotion towards CFI)

References