Culturally Informed Therapy for Schizophrenia

Welcome!

*Culturally Informed Therapy for Schizophrenia (CIT-S) is aimed at helping families better understand and cope with mental illness in a loved one.*

**Modules and Goals**

- **Module 1: Family Collectivism**
  - Reduce tension in family relationships
  - Improve sense of cooperation and team spirit
- **Module 2: Psychoeducation**
  - Discuss the cultural conceptualization of schizophrenia
  - Increase understanding and acceptance of illness
- **Module 3: Spirituality**
  - Increase spiritual and philosophical coping resources based on existing beliefs
- **Module 4: Communication Training**
  - Improve your family’s ability to communicate with one another in a respectful yet assertive fashion that is in line with your cultural beliefs and values
- **Module 5: Problem-Solving**
  - Assist family in developing helpful problem-solving strategies in line with your cultural beliefs, values, and goals

**Session Format**

Each session will last approximately 60 minutes.

- Sessions will begin with an opening prayer, scripture, or mantra that a member of your family chooses or, in some cases, the clinician provides.
- Next, family members will be asked to discuss the previous week’s homework assignment.
- Session content, dependent on module, will take up most of the session.
- The next homework assignment will be provided.
- Each session will end with a closing prayer, scripture, or mantra that a member of your family chooses or, in some cases, the clinician provides.

*The content and format of this handout were inspired by Miklowitz and Goldstein* (1997, p. 95).