

### **Cultural Formulation Assignment Guidelines**

A Cultural Formulation is an essential component of a case conceptualization. It describes the impact of culture on a person and answers the question: *What role does culture play in a person's presenting issues?* (Sperry & Sperry, 2012). A detailed lecture, discussion and practice using this model will be provided to students prior to submitting assignments.

This is a scholarly assignment meaning that it needs to follow APA style, formatting and references. The paper should be approximately 4 pages (maximum). You will receive a case study from your instructor from which you need to write a paper that will include the following elements:

1. Introduction- Brief explain of cultural formulation and introduction to paper.
2. Elements of a Cultural Formulation (based up Sperry & Sperry, 2012 model)
  - a. Cultural identity—Client's sense of belonging to a particular group or groups.
  - b. Acculturation and acculturative stress—Level of adaptation to dominant culture and stress from acculturation which will include psychosocial difficulties.
  - c. Cultural explanation/explanatory model –What are the person's beliefs regarding the cause of their issues, condition or impairment?
  - d. Culture vs. personality—Identify the extent of the impact of cultural dynamics and/or personality dynamics on the presenting issues in the case.
3. Culturally sensitive treatment: List two interventions would you implement with this client that would demonstrate cultural sensitivity and competence?
4. Conclusion/Summary

#### **Sample of Cultural Formulation from Sperry & Sperry:**

Geri identifies herself as a middle class African American but has little interest and no involvement with the African American community (***cultural identity***). She is highly acculturated, as are her parents, and there is no obvious acculturative stress (***culture-acculturation***). She believes that her depression is the result of stress at work and a “chemical imbalance” in her brain (***cultural explanation***). There are no obvious cultural factors that are operative. Instead, it appears that Geri's personality dynamics are significantly operative in her current clinical presentation (***culture v. personality***).

**For the purposes of this assignment, you will explain these factors in greater depth, creating at least 1 paragraph per element (a-d). Please use headings to identify each section and subsection of the paper.**