

# **VOLUNTEER PARTICIPANT MENTAL HEALTH PROFESSIONALS NEEDED FOR RESEARCH STUDY**

## **How do Mental Health Professionals Deal with Cultural Differences**

Canadian society identifies itself as multicultural, meaning that mental health professionals will inevitably deal with cultural differences in their conversations with clients. Cultural differences in therapeutic relationships may impair mental health professionals' ability to meaningfully connect or empathize with clients, preventing clients from benefiting the most from counselling or therapy. This study aims to understand how mental health professionals deal with cultural differences in their therapeutic conversations with clients, including the skills, experiences, education, and resources that mental health professionals use when working with clients of another culture.

*Participants should be mental health professionals (i.e., registered psychologists, counsellors, social workers, family therapists, mental health workers) who have experience working with clients who identify with culture(s) different than their own. Participants should be currently practicing and registered with the appropriate governing body.*

Your participation in this study requires a commitment of approximately one hour. You will be asked to attend a virtual interview conducted via the MRU Google Meet platform (similar to Zoom). In this meeting, you will be asked to share your experience of dealing with cultural differences in your conversations with clients. A secure link will be emailed to you by the researcher, Arden Hughes, for the interview. This interview will be audio-recorded and later transcribed and analyzed for the purposes of the study. No identifying information will be recorded in the transcripts, and **all information on your participation in this study will be kept confidential.**

If you are interested in volunteering for this study or want to know more about it, please contact Arden Hughes at [ahugh647@mtroyal.ca](mailto:ahugh647@mtroyal.ca).