***Morris County Psychological Association***



409 Main Street

Chester, NJ 07930

908-879-2233

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**March 10, 2021**

**Helping Americans of South Asian ancestry negotiate the influence of family, ethnic culture, and dominant culture for improved well-being**

Presented by:

Komal Dutt, PhD , Nancy Sidhu, PhD, and Gurpreet Singh, MSW, LICSW

**Meeting announcements:**

1. Looking for judges for the high school awards program.
2. Marilyn Lyga - Introduced speaker and Reminded all to stay on the zoom for the whole program to be accounted for, for CE credit. Go to [**www.psychologynj.org/morris-mar2021**](http://www.psychologynj.org/morris-mar2021)within the next 7 days to complete survey and pay for and get CE credit for today. This program is co-sponsored by NJPA which is approved by the APA to sponsor CE for psychologists and maintains responsibility for this program and its content.  NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA sponsored programs.

This program is approved for 1.0 CE credits. The cost of a CE Certificate is $15 for NJPA members, $25 for non-members, and free for sustaining members.

***-Register for all upcoming programs at*** [***www.mcpanj.com***](http://www.mcpanj.com)

***Contact:*** Nancy Sidhu at [nancysidhumcpa@gmail.com](mailto:nancysidhumcpa@gmail.com) if you have any questions or prefer not to register online.

**Meeting Attendees:**

Kim Arthur  
Roderick Bennett  
Craig Thomas  
Sarah Dougherty  
Komal Dutt (presenter)  
Kenneth Gates  
Hayley Hirschmann  
Shakir Hussain  
Barbara Jortner  
Susan Kevelson  
Melissa Klika Mack  
Phyllis Lakin  
Marilyn Lyga  
Fawn McNeil-Haber  
Susan Neigher  
Carly Orenstein  
Debra Roelke  
Francine Rosenberg  
Jayne Schachter  
Sara Shenker  
Nancy Sidhu (presenter)  
Gurpreet Singh (presenter)  
Aaron Welt  
Paul Yampolsky  
Michael Zito

**Presenter Bio:**

Dr. Dutt grew up in India and immigrated to America to pursue her PhD.  She is in private practice in Basking Ridge and sees adults from various cultural backgrounds and presenting problems. Dr. Sidhu practices in Chester, NJ with a specialty in Child and Family Therapy with over 28 years of experience.    Ms. Singh has over 20 years of experience working with individuals and families using a variety of clinical approaches, and has collaborated with doctors, hospitals, and schools.

**Overview and objectives of today’s talk:**

The presenter does not have any commercial support and/or conflict of interest for this program.

South Asians living in America are often faced with negotiating and balancing the influence of their family, ethnic culture and dominant culture.  Parental communication about importance of academic achievement, beliefs and prejudices about other races, stigma of mental health issues, and perceived racial discrimination are some aspects that can impact South Asian’s wellbeing.  This indicates the importance of understanding South Asians through the lens of these different cultural influences.  This program intends to highlight some of the challenges they face and possible ways to adapt current treatment modalities to better serve them.

* ***Learning Objectives:  By the end of the session, participants will be able to:***
* 1.   Describe the challenges Americans of South Asian ancestry face while balancing the influence of family, ethnic culture, and dominant culture.
* 2. Assess and treat the dialectic of pressure and price of the “model minority” myth
* 3.   Recognize how stigma of mental illness can impact manifestation and course of psychological disorders such as depression and anxiety, and accordingly adapt treatment plan.

**Q & A:**

* Questions regarding the role of caste in anxiety and depression. Panel spoke about the role of multi-generational trauma as an important factor to keep in mind. It is very important to understand the differences in background and experience and explore how these differences manifest in the psyche.
* Point was raised that it is important to remember that India is a large country with various regions. Not a homogenous group.

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**