

CaFI

Culturally-adapted Family Intervention
African Caribbean service users & families

Focus Group
Friday 7th February 2014

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CaFI Study Aim

To develop a culturally appropriate family therapy (Culturally-adapted Family Intervention - CaFI) for African Caribbean people with schizophrenia and their families.

Three Research Phases

- **Phase 1** = involve health professionals, carers, advocates and service users in developing Culturally-adapted Family Intervention (CaFI)
- **Phase 2** = training family therapists and 'proxy family' members in delivery of CaFI
- **Phase 3** = delivering and evaluating CaFI with 30 African Caribbean service users and families

What are your thoughts about a family therapy for African Caribbean people?



Current Family Intervention

1. Service User Assessment
2. Family Assessment
3. Psycho-education
4. Stress Management & Coping Responses
5. Problem Solving & Planning for Positive Change



Family Assessment

- Beliefs and attitudes about illness
- Stress in relatives
- Dealing with service user experiences
- Impact of illness on family
- Relationship with service user
- Strengths and positive coping

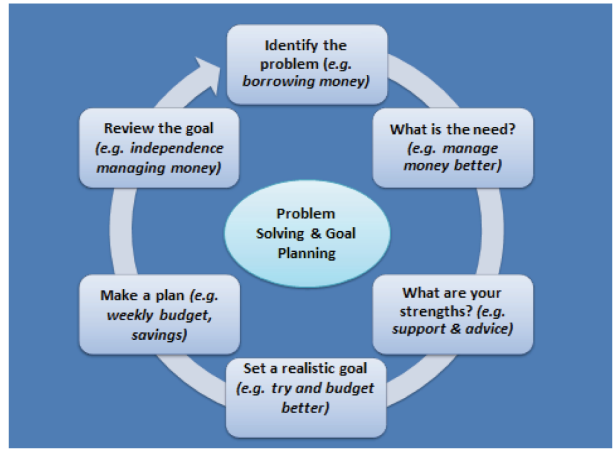


Problem solving & goal planning

- 1. Identify problem areas for change
- 2. Change problems into needs
- 3. Identify strengths: abilities, interests, and resources
- 4. Choose a need to work on
- 5. Try find ways of meeting the need
- 6. Set a realistic goal, and break this down into steps
- 7. Make a plan for each step
 - Who does what, when, and how?
- 8. Review the goal or step
- 9. Plan for maintaining the goal
- 10. Start the new goal



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