

## Strengths And Strategies

1. Where is your South Asian Patient in the acculturation process?
2. What are your patient's and his/her/their family's value and belief systems around food, weight, eating, skin tone, gender roles and mental health. Are they similar or different?
3. Identify trauma and delicately educate about the role of trauma in ED.
4. Explore the communication style in the family.
5. Explore where the power lies in the family.
6. Identify the patient's/family's local social supports who have integrated or assimilated into the Western culture.
7. Encourage parents to be involved in 1:1 education about Eating Disorders and treatment even if patient is adult.
8. Similarities between Eating Disorders and Metabolic Diseases like Diabetes, Heart Disease and High Blood Pressure.
9. Attend local South Asian food and religious festivals.
10. Ask about the South Asian restaurants/grocery stores where they shop and eat.
11. Explore South Asian websites and read articles-supporting mental health and LGBTQ issues in the South Asian community.
12. Explore the use of religious and spiritual practices (not fasting) in mindfulness and self care activities
13. Use CBT, ACT, ERP and DBT using examples from stories shared in sessions.
14. Identify and educate about emotions.
15. Use assertive communication and boundary setting skills.
16. Help them understand how gut, brain and hormonal health affects weight and eating behavior and move away from FAD diets.
17. Discuss and integrate nutritional values and health benefits of the foods and spices used in fragrant South Asian cuisine.
18. Multicultural nutrition group. Talk about or prepare a simple dish from different cultures-including a South Asian dish.
19. Using vibrant colors in clothing and fabric for body image education and art therapy.
20. Try on a saree or other South Asian dress. What does the material feel like on the body? How do they physically/emotionally feel as they move around in the saree/dress? [TiaBhuva.com](http://TiaBhuva.com) shows how to drape sarees in different styles. How do they define beauty?