

## BEING HERE AND THERE: Navigating Dual Cultural Identities in South Asian Canadian Adolescents

TRA Meeting: May 2, 2024; 5-6:30 p.m. MT; 7-8:30 p.m. ET

Immigrant adolescents face unique stressors related to acculturation, discrimination, language barriers, and cultural differences, which can exacerbate conflicts within the family and increase the risk of substance use.

This presentation addresses the challenges faced by South Asian Canadian adolescents in managing dual cultural identities and its mental health implications. It highlights the tension between their existing identities and adaptation to Canadian society, leading to increased stress. Statistical evidence reveals high rates of mental health issues, such as substance abuse and addictive behaviors, underscoring the need for culturally appropriate therapeutic approaches.

Our goal is to confront these issues by examining family dynamics and the intergenerational trauma within their origin families. Clinical case studies demonstrate the benefits of culturally sensitive therapy in enhancing mental health outcomes, raising awareness, and offering practical support tools.

### Presenter's Bio:

Radhika Sundar RP, RMFT-SQ, is a registered psychotherapist and marriage and family therapist in Mississauga. Trained in clinical supervision at Saint Paul University, she now offers supervision services in Mississauga. With a psychology degree from Annamalai University, Radhika has worked as a school psychologist and student advisor in India and Malaysia. Her expertise extends to Couple and Family Therapy, completed at the Jewish General Hospital in Montreal. Specializing in

immigrant and refugee families from South Asia, Radhika served on Batshaw Youth and Family Services' diversity advisory committee in Montreal. Beyond her clinical role, she leads meditation groups in Brampton and hosts the podcast "Elevate Your Relationship Fitness".