

# Find Me Into My Culture Program





## Find me into my Culture program

This program aims at studying how individual's culture contributes to their psychological well being or to psychological problems. It also aims at meeting people into their specific areas or in a gathered place officially for discussions in order to develop more understanding on how they feel, think and behave in their cultural context and in different circumstances.

Star of new generation<sup>1</sup> seek to understand and then develop proper means on how to assist them psychologically according to their cultural perspective.

### Objectives of this program

- To psych-educate people on how cultural practise can enhance psychological problems or wellbeing
- To know properly how to assist people psychological of different culture
- To learn how to design different psychological instruments from different culture
- To develop generational mindset on cultural things that enhance individual and generation welfare
- To be aware on the ethics required to attend people according to their culture

### Tools expected to be used

- Different culture
- Psycho-education
- Research
- Cross cultural counselling
- Psychological instruments
- Discussions
- Debates
- Historical sites
- Elderly people meeting
- Tours

### Services provided under this program

- Cross cultural counselling
- Human behaviour
- Cultural perspective and psychology
- Psycho-tourism
- Cultural practices and mental health
- Culture and relaxation practice





### About Star of new generation 1

*Star of New Generation 1 is a counseling and psychotherapy related office which focuses on transforming mindset about different life aspects purposively aiming at attaining mental health for individuals' and generations' welfare.*

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