**Figure 4. The explanatory model approach: a revised cultural formulation** (Adapted from Kleinman & Benson, 2006)

**Step 1: Asking about ethnic identity** and determining whether it is an important part of the patient’s sense of self.

**Step 2: Evaluating what is at stake for the patient** facing an episode of emotional distress including relationships, material resources, social commitments, and life itself.

**Step 3: Reconstructing the patient’s illness narrative** involving questions about one’s explanatory model to understand the meaning of illness and distress.

**Step 4: Considering the person’s ongoing stresses and social supports** in order to include interventions that improve life difficulties, alongside the clinical treatment.

**Step 5: Examining culture in terms of its influence on clinical relationships**. This step is about “training practitioners on critical self-reflection.” In the context of our study, this would include reflexive exploration of countertransference attitudes related to the Lebanese collective political history with Syria.

**Step 6**: **Taking into account the question of efficacy** – namely, “does this intervention work in this particular case?”