

## Substance abuse prevention workshop for the parents of Iranian-American adolescents

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### Abstract:


Iranian Immigrant parents and their Iranian-American children may experience stressful family conflicts over the cultural differences between the United States and their country of origin (Ghaffarian, 1998). Such stressors may heighten adolescents' vulnerability to substance use. The literature examines substance use and prevention techniques for American adolescents; however, a culturally sensitive prevention program is uncommon. Immigrant family process and childrearing practices differ based on ethnicity and culture, as do style, degree, and manner of family involvement and attachment (Cunningham, 1991). This project is a seven-hour workshop that is designed for implementation by marriage and family therapists for Iranian parents. The purpose of this project is to create a culturally grounded substance abuse prevention workshop for Iranian families with adolescents. This workshop will provide valuable information on culture, immigration, acculturation, family systems, and substance use, as well as a culturally sensitive drug prevention Program.

### Description:

Includes bibliographical references (pages 34-39)

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