

Healing and Growth for Latinx Clients: Culturally Considerate Interventions

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Presentation Outline

- Introductions
- Stigma Surrounding Latinx Community Seeking Therapy
 - Mental Well-being vs. Mental Illness
 - Shame & Guilt
- Consideration of Latinx Cultural Concepts & Their Significance
 - Machismo
 - Familismo
 - Personalismo
- Interventions
- Closing & Resources



About Us



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*STIGMA ON SEEKING THERAPY
IN LATINX COMMUNITY*

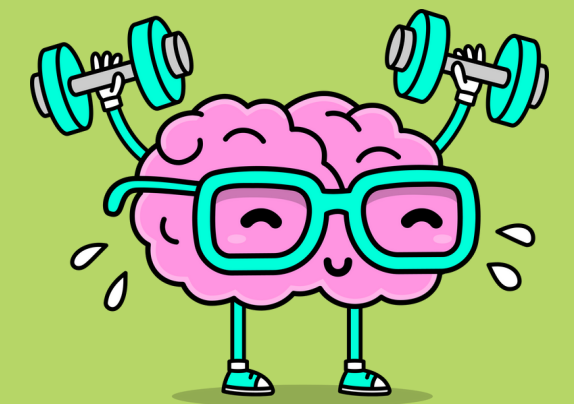


Mental Well-Being

vs.

Mental Illness

- “Mental wellbeing is often referred to as subjective wellbeing.” – (Positive Psychology, 2023)
 - How do you fill up your cup?
- “Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses can be associated with distress and/or problems functioning in social, work or family activities.” – (American Psychiatric Association)



How does the Latinx Community view Therapy & Mental Health?

Misra, et al. (2021) identified the following perceptions/stigmas of mental health services in the Latinx community:

- *Inaccessible*
- *Lacking competent professionals*
- *Lack of cultural sensitivity*

How have we defined mental health as a culture?

- *“Estas loco??”*
- *“No te pasa nada.”*
- *“What’s wrong with you?”*



Guilt vs. Shame

Carrying a legacy & failing

- "If I don't do this, who will?"
- Being a parent's American dream

Being a burden

- Needing help is a weakness
- "Soy loco."
- "I need medication to be normal."





*Consideration of Latinx Cultural
Concepts & Their Significance*



Machismo

Sotelo, I. (2023), "Machismo encompasses positive and negative aspects of masculinity including bravery, honor, dominance, aggression, sexism, sexual prowess, and reserved emotions."



Familismo

Nagayama Hall, G. C. (2017), "Familismo is a central Latinx cultural value. It involves dedication, commitment, and loyalty to family."

Personalismo

Mederos, F. (2006), "Unconditional recognition of the essential value of each individual. A person's value stems from who they are unto themselves and from their membership in a family group, rather than from their social status or from their professional accomplishments."



Curanderismo

Chaudhry, C. (2015), "To provide physical or mental healing through various methods by using herbs."





INTERVENTIONS



How do we adapt common therapeutic interventions to be culturally considerate?

Bernal, et al. (1995) identified the following dimensions to facilitate adapting interventions to be culturally appropriate:

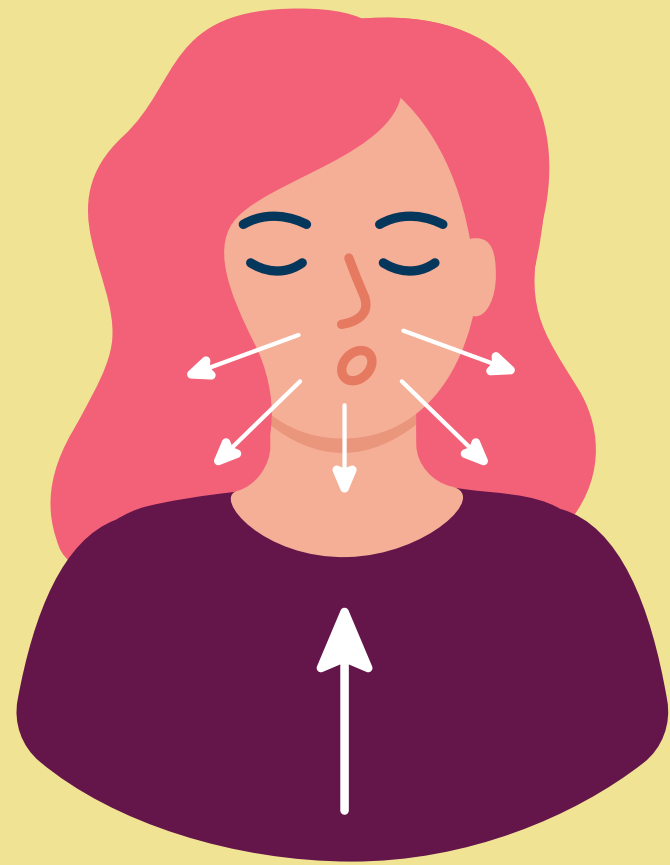
- Language*
- Persons*
- Metaphors*
- Content
- Concepts
- Goals
- Methods*
- Context*

*Indicates these were the most commonly used during an literature analysis by Castellanos, et al. (2020)

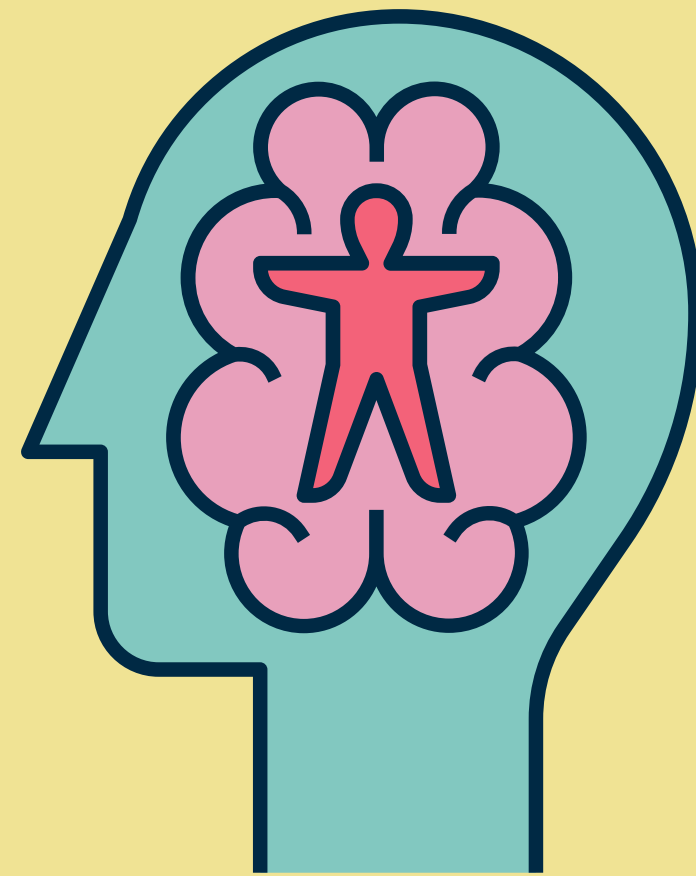
Art Therapy Technique



Mindfulness



Breathing



Present Moment
Awareness



Meditation

BENEFITS FROM UTILIZING MODIFIED THERAPEUTIC INTERVENTIONS

- Strengthen therapeutic rapport & cultivate trust
- Destigmatize mental health
- Empower individual growth and autonomy



Navigating Two Worldviews

Minimizing the stress of not feeling equipped to walk in two different worlds can start with:

- Embracing ambiguity and uncertainty
- Being curious vs. being judgmental
- Recognizing internal biases and how they shape perceptions
- Practice being open minded to create and fortify connections



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THANK YOU!
MUCHAS GRACIAS!



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