Notes Assignment

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Latino Attitudes Towards Counseling

Altarriba, J., & Bauer, L. M. (1998). Counseling the hispanic client: cuban americans, mexican

americans, and puerto ricans. *Journal of Counseling & Development, 76*(4), 389-396.

This article identifies the Hispanic/Latino client's worldview, cultural values and family

values that will contribute to understanding the types of beliefs Latina clients may

encounter when they are moving IN to their counseling programs. Though the article

focuses on how to counsel these clients, it applies to my dissertation in that it will help

me understand some common beliefs and characteristics Latino/Hispanic clients have

when coming to counseling. I assume it would be the same for those who are wanting to

enter the field professionally.

Arredondo, P., Gallardo-Cooper, M., Delgado-Romero, E. A., & Zapata, A. L. (2014). *Culturally*

responsive counseling with Latinas/os. American Counseling Association.

Baez, A., & Hernandez, D. (2001). Complementary spiritual beliefs in the Latino community:

The interface with psychotherapy. *American Journal of Orthopsychiatry, 71*(4), 408-415.

Baquet, S. N. (2019). *Career narratives of resilient Latina counselor educators: The intersection*

of race, class, and gender (Doctoral dissertation, Idaho State University).

Ballesteros, J. L. & Hilliard, R. C. (2016). U.S.-based Latina/o college students' attitudes toward

online counseling. *International Journal for the Advancement of Counselling, 38*(4), 269-

285. DOI: 10.1007/s10447-016-9271-x

This article used a survey that assesses the attitudes Latino/a students have towards counseling. The scale used addresses the role of gender, self-stigma, perceptions of stigma by others, and acculturation. This is important for this study because it can highlight or enhance one's understanding of beliefs and perspectives Latina counseling students may have when entering the profession of counseling.

Bermudez, J. M., Kirkpatrick, D. R., Hecker, L., & Torres-Robles, C. (2010). Describing Latinos families and their help-seeking attitudes: Challenging the family therapy literature. *Contemporary Family Therapy, 32,* 155–172. DOI 10.1007/s10591-009-9110-x

The research questions listed in this article has two sections with one focusing on describing the makeup of Latino families in the US and the other examining their help-seeking attitudes. There were 94 participants (55% men, 45% women) who responded to a questionnaire. Most described themselves as being Catholic, with some Protestant and others not having a religious affiliation. The five constructs used to describe the Latino families were: familism, personalism, sense of hierarchy, spiritualism and fatalism. With familism, most understood that their connectedness to their families and considering their family's well-being was very important to them. For personalism, it was noted that it was more important for women to be good mothers than good wives and that both sexes should not have similar roles at home. For spirituality, it was concluded that religion was an important factor in their lives, and there was another notable point that women were believed to be more spiritual than the men. The most critical factor from this article was noting what led to help-seeking attitudes: Family was the primary source for seeking advice for a problem, while the second source would be a religious person in the church or God (i.e., prayer), and lastly they would seek a parent or spouse for advice.

This is an excellent article that describes several key terms that are relevant to Latino culture, and it discusses how each of these factors may influence Latino families and individual's decisions to seek counseling. The terms such as familism, personalism, sense of hierarchy, spiritualism, and fatalism all have a significant impact in this decision. Considering and defining what each of these factors mean seem to indicate that Latinos are more open to seeking counseling today than they were several decades ago.

Brinson, J. A., & Kottler, J. A. (1995). Minorities' underutilization of counseling centers' mental health services: A case for outreach and consultation. *Journal of Mental Health Counseling, 17*, 371–385.

This article demonstrates how minority populations need to seek mental health services, but it also provides reasons as to why they may be skeptical to seeking these services. Additionally, it explores why minorities drop out early from counseling and how they view their needs as not actually being addressed in counseling. Minorities worldviews of mental health services is a key factor in helping them determine whether or not to seek mental health services.

This is helpful for my study because it will provide insights as to the skepticism and worldview of counseling Latina counseling students may encounter as they move IN to their counseling program.

Cabassa, L. J. (2007). Latino immigrant men's perceptions of depression and attitudes toward help seeking. *Hispanic Journal of Behavioral Sciences, 29*, 492–509.

This is an important study, because though it addresses men's perceptions of depression, it can speak to the types of messages Latina counselors may have heard as well since the beliefs about seeking counseling seems to stem from Latino cultural messaging. This

article includes Latino men preferring to discuss issues with family and friends. This

aligns with the view of familism that is often mentioned in other research.

Misconceptions about counseling and medication, language barriers, financial

constraints, and external stressors outside of biological factors also played a key role in

their perception of counseling.

Cabassa, L. J., Zayas, L. H., & Hansen, M. C. (2006). Latino adults' access to mental health care:

a review of epidemiological studies. *Administration and policy in mental health*, *33*(3),

316–330. https://doi.org/10.1007/s10488-006-0040-8

This article identifies stigma, cultural beliefs, and/or lack of awareness of resources is a

barrier to access for Latino adults. Again, the theme resonating in the majority of the

literature on this topic is culturally influenced. The studies used in this review observe

several other factors such as age, gender, low SES, low acculturation and self-reliant

attitudes as predisposing factors. From these, self-reliant attitudes speaks to a key element

often found in Latino communities. However, that self-reliance may include the belief in

familism which is to understand the importance of one's family in helping them cope

with various life trials. One's level of acculturation is also a factor to consider since the

culture within the U.S. is more open to seeking counseling services. Thus, the more

acculturated a Latino person is, the more likely they would be to break through the stigma

of seeking counseling and potentially reconsider what self-reliant may look like moving

forward.

Carneiro, R. (2013). The impact of Christianity on therapy with Latino families. *Contemporary*

Family Therapy, *35*, 137-146.

This article addresses how the influence of Christianity aligns with Latino cultural values, specifically when addressing gender roles and Christian living (i.e., the case study individual was lesbian). Both religious and cultural values contribute to how Latino families may view God. One of the key factors evaluated in this case study is the strict religious and cultural expectations on how people should live their lives. The liberation theology movement served as a means for the client in the case study to individuate from those expectations.

Castilla-Puentes, W. I., Castilla-Puentes, R., & Castilla-Puentes, S. (2022). Mental health in Hispanic/Latina/Latinx women. In *Mental Health for Hispanic Communities: A Guide for Practitioners* (pp. 205-214). Cham: Springer International Publishing.

Cerezo, A., Espin, O. M., & Puig, K. (2016). Counseling Latinas in the United States. *Handbook of Counseling Women*, 261. https://sk.sagepub.com/dict/edvol/handbook-of-counseling-women-2e/toc

Similar to various other journal articles, the common themes of religious affiliation, strong family bonds, connection to extended family members, and an attitude of resiliency towards life and work is a contributing factor as to why Latinos do not seek out counseling.

Chiang, L., Hunter, C. D., & Yeh, C. J. (2004). Coping attitudes, sources, and practices among Black and Latino college students. *Adolescence*, *39*(156).

Choi, N-Y, Li, X., Crossley, R., Gibbs, J. & López-Harder, J. (2023). Mental health and attitudes toward seeking counseling in Mexican Americans: Exploring values and social class. *The Counseling Psychologist, 51*(4) 560–589.

Delgado-Romero, E. A., Nevels, B. J., Capielo, C., Galván, N., & Torres, V. (2013). Culturally

    alert counseling with Latino/Latina Americans.

Edwards, L. M., & Cardemil, E. V. (2015). Clinical approaches to assessing cultural values

    among Latinos.

Hunt, L. M., & De Voogd, K. B. (2005). Clinical myths of the cultural "other": implications for

    Latino patient care. *Academic Medicine*, *80*(10), 918-924.

Montilla, R. E., & Smith, R. L. (2013). Working with Latino populations: Background and

    historical perspectives. In *Counseling and family therapy with Latino populations* (pp.

    27-40). Routledge.

Rivera, E. T., Fernández, I. T., & Hendricks, W. A. (2004). Psychoeducational and counseling

    groups with Latinos. *Handbook of group counseling and psychotherapy*, 213-223.

    https://www.google.com/books/edition/Handbook_of_Group_Counseling_and_Psychot/r

    kIXBAAAQBAJ?hl=en&gbpv=1&dq=latino%20religious%20beliefs%20about%20coun

    seling&pg=PA242&printsec=frontcover

Turner, E. A., & Llamas, J. D. (2017). The role of therapy fears, ethnic identity, and spirituality

    on access to mental health treatment among Latino college students. *Psychological

    Services, 14*(4), 524–530. https://doi.org/10.1037/ser0000146

    This article identifies spirituality as the main contributor to Latino college students

    reasons for not seeking counseling services. Though therapy fears were a factor, they

    were not influenced by the person's ethnic background or cultural values as much as they

    were impacted by their views on spirituality. This is likely due to having their family and

clergy members as first sources of support before seeking counseling care (Akincigil, Mayers, & Fulghum, 2011; Brinson & Kottler, 1995; Cabassa & Zayas, 2007). Familismo is a key term that references the importance of and identification with one's family, which is the first source of support seen to counter mental health issues. Latino college students with no prior counseling reported having greater spiritual meaning which would indicate that their faith is what they would say is helping them cope.

Machismo

Arciniega, G. M., Anderson, T. C., Tovar-Blank, Z. G., & Tracey, T. J. (2008). Toward a fuller conception of Machismo: Development of a traditional Machismo and Caballerismo Scale. *Journal of counseling psychology*, *55*(1), 19.

De La Cerda, A. (2023). *Machismo: The psychological effects on women* (Master's thesis, Pacifica Graduate Institute).

Fragoso, J. M., & Kashubeck, S. (2000). Machismo, gender role conflict, and mental health in Mexican American men. *Psychology of Men & Masculinity*, *1*(2), 87.

Mercado, A. R. (2017). *Does machismo culture influence latina/o attitudes on mental health?*. The University of Texas Rio Grande Valley.

Barillas, S., & Aguirre, A. (2024). Machismo: The impact it has on hispanic male college students receiving mental health services.

Valencia, J. (2021). *Machismo: Assessing its effects on stress and depression among Latinx adults* (Doctoral dissertation, California State University, Northridge).

Sandoval, J. (2023). *Examining the effects of trauma and machismo among latino men in comparison to non-latino men* (Order No. 30816575). Available from ProQuest Central; ProQuest Dissertations & Theses Global. (2900622350).

Gender and Culture

Passalacqua, S., & Cervantes, J. M. (2008). Understanding gender and culture within the context of spirituality: Implications for counselors. *Counseling and Values*, *52*(3), 224-239.

This article points out differences in the male and female perspective on how they would interpret receiving counseling. How these issues are addressed tend to influence how each gender views their identity within the context of counseling.

Romero-Ramirez, M. G. (2016). Mental health counseling with Hispanics/Latinos: The role of culture in practice. *The professional counselor's desk reference,*, 145-150.

Cultural Identity

Chavira-Prado, A. (1994). Latina experience and Latina identity. *Handbook of Hispanic cultures in the United States: Anthropology*, 244-269.

Garzon, F. & Tan, S-Y (1992). Counseling Hispanics: Cross-cultural and Christian perspectives. *Journal of Psychology and Christianity, 11*(4), 378-390.

Institute of Medicine. (2003). *Unequal treatment: Confronting racial and ethnic disparities in healthcare.* Washington, DC: National Academies Press.

Lisotto, M. J. (2017). "Mental health disparities: Hispanics and Latinos." American Psychiatric Association. Retrieved November 28, 2018. https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=11&ved=2ahU2

6KEwixMWn_PfeAhVER60KHcaPD2Q4ChAWMAB6BAgEEAI&url=https://www.psy

chiatry.org/File Library/Psychiatrists/Cultural-Competency/Mental-Health-

Disparities/Mental-Health-Facts-for-Hispanic-

Latino.pdf&usg=AOvVaw2oAHG2unUMf1ZsbTp1zUGv

Liu, A., Heath, M. & Grzywacz, J. G. (2023). Cultural meaning of education and parents'

involvement in education: Perspectives of immigrant Latinos. *Family Relations, 73,* 262–

281. DOI: 10.1111/fare.12940

Lucas Torres, L., Mata-Greve, F., Bird, C. M., & Hernandez, E. H. (2018). Intersectionality

research within latinx mental health: Conceptual and methodological considerations.

Journal of Latina/o Psychology, *6*(4), 304-320.

Núñez, A. M. (2013). Advancing an intersectionality framework in higher education: Power and

Latino postsecondary opportunity. In *Higher Education: Handbook of Theory and

Research: Volume 29* (pp. 33-92). Dordrecht: Springer Netherlands.

Peifer, K. L., Hu, T. W., & Vega, W. (2000). Help seeking by persons of Mexican origin with

functional impairments. *Psychiatric Services, 51*(10), 1293-1298.

Profiles of General Demographic Characteristics: 2000 Census of Population and Housing. US

Census Bureau. Available at www.census.gov/prod/cen2000/dp1/2kh00.pdf

Ramirez, E. (2013). Examining latinos/as' graduate school choice process: An intersectionality

perspective. *Journal of Hispanic Higher Education 12*(1), 23–36.

Rodriguez, A. S. (2021). "A balancing act": The role of gender and cultural identities on Latina

counselors-in-training.

Rogers-Sirin, L., & Gupta, T. (2012). Cultural identity and mental health: Differing trajectories among Asian and Latino youth. *Journal of Counseling Psychology, 59*(4), 555.

Therrien, M. & Ramirez, R. (2001). The Hispanic Population of the United States: Population Characteristics. Current Population Reports. Washington, DC, US Department of Commerce, 2001. Available at http://www.census.gov/population/socdemo/hispanic/p20-535.pdf

Zamarripa, M. X., Lane, I., Lerma, E., & Holin, L. (2011). Self-knowledge and identity in a Mexican American counseling course: A qualitative exploration. *Hispanic Journal of Behavioral Sciences*, *33*(1), 88-104.

Zayas, L. H. & Torres, L. R. (2009). Culture and masculinity: When therapist and patient are Latino men. *Clinical Social Work Journal, 37*, 294–302. DOI 10.1007/s10615-009-0232-2

Religion

Caplan, S. (2019). Intersection of cultural and religious beliefs about mental health: Latinos in the faith-based setting. *Hispanic Health Care International*, *17*(1), 4-10.
This article discusses the cultural and religious values that stigmatize Latinos going for going to counseling. This essay will further elaborate on the perspectives on mental health that the Latino population holds on mental illness.

Falicov, C. J. (2009). Religion and spiritual traditions in immigrant families: Significance for Latino health and mental health. In F. Walsh (Ed.), *Spiritual resources in family therapy* (2nd ed., pp. 156–173). The Guilford Press.

Moreno, O., & Cardemil, E. (2013). Religiosity and mental health services: An exploratory study

of help seeking among Latinos. *Journal of Latina/o Psychology*, *1*(1), 53.

A thematic analysis was done with the Latino participants in this study which will

highlight religious values and coping methods Latinos may use to cope with various

adversities. This will expound on the idea that Latinos do not go to counseling because

they believe that they have the spiritual resources to be able to cope with life's adversities

and tribulations. Furthermore, it may provide other insights as to why Latina counseling

students may have seen the limitations of only using religious coping methods to manage

mental health issues, and thus, they may have felt led to pursue a degree in counseling to

educate their family and culture on the benefits of going to counseling outside of the

religious coping skills they are implementing.

Choi, N. Y., Kim, H. Y., & Gruber, E. (2019). Mexican American women college students'

willingness to seek counseling: The role of religious cultural values, etiology beliefs, and

stigma. *Journal of counseling psychology*, *66*(5), 577.

Sanchez, M., Dillon, F., Ruffin, B., & De La Rosa, M. (2012). The influence of religious coping

on the acculturative stress of recent Latino immigrants. *Journal of Ethnic and Cultural

Diversity in Social Work*, *21*(3), 171-194.

Santiago-Rivera, A. (2003). Latinos values and family transitions: Practical considerations for

counseling. *Counseling and Human Development, 35*(6), 1.

Familismo

Ayón, C., Marsiglia, F. F., Bermudez-Parsai, M., Marsiglia, F. F., & Bermudez-Parsai, M.

(2010). Latino family mental health: exploring the role of discrimination and

familismo. *Journal of Community Psychology.*, *38*(6), 742–756.

https://doi.org/10.1002/jcop.20392

> This article is helpful in addressing the positive impact that familismo has on the effects of mental health issues on Latino families. The study concluded that there are several positive outcomes to psychological well-being of Latino children, particularly in its protection and strengthening of psychological well-being. However, it did not mitigate the influence of discrimination in their experience.

Miranda, A. O., & Matheny, K. B. (2000). Socio-psychological predictors of acculturative stress among Latino adults. *Journal of Mental Health Counseling, 22*(4), 306-317.

Education/Career Development

Flores, L. Y., Ramos, K., & Kanagui, M. (2010). Applying the cultural formulation approach to career counseling with Latinas/os. *Journal of Career Development, 37*(1), 411-422.

> This article addresses how career counselors interpret and integrate a Latino(s) background to help them select a career that aligns with their cultural values. It particularly mentions the influence of culture and extended family, which is helpful to see how strong those influences are when Latino(a) clients choose a career.

Galardo, M. E. (2013). Context and culture: The initial clinical interview with the latina/o client. *Journal of Contemporary Psychotherapy, 43*, 43–52. DOI 10.1007/s10879-012-9222-8

> This article provided some critical factors in helping alleviate an interview process for Latino students using the variables of personalismo, language, psychoeducation, charlar/small talk, and self-disclosure. This will create an understanding of how to

interview the Latina counselors-in-training (CIT) participants for the dissertation study,

since it uses language and terminology that Latina students would understand.