



Innovations in Counseling: Working with Minority Populations - Part 5
Session 5: Understanding Acculturative Stressors With Refugee and Immigrant Populations

Webinar Follow-up Question and Answer Session with Lotes Nelson

Question from Bellah Kiteki

From the statistics the presenter has provided; what are the specific countries of origin (from the numbers she provided)?

Answer from Presenter

India was the leading country of origin for recent immigrants, with 179,800 arriving in 2015, followed by 143,200 from China, 139,400 from Mexico, 47,500 from the Philippines, and 46,800 from Canada.

China remained the top country of origin for affirmative asylum applications, with 14,000 in 2015; followed by Mexico, with 9,000.

States with the largest percentage increases in the number of immigrants from 2010 to 2014 were North Dakota (up 45 percent), Wyoming (up 42 percent), Montana (up 19 percent), Kentucky (up 15 percent), New Hampshire (up 14 percent), and Minnesota and West Virginia (both up 13 percent)

Question from Allen Vosburg

How do you help a client to let go of a blocking personal growth issue that they feel they must hang on to that keeps them attached to their past?

Answer from Presenter

Another great question. I would recommend to help the client define his or her goals as it is such a fundamental part in one's growth and achievement. Help them to focus on what they want and identify the challenges that's getting in the way in reaching their goals. Further, it is best to help identify the internal conflict, beliefs, or personal narrative he or she may be experiencing and create a plan or a map that can be followed. Lastly, help identify resources for the clients.

Question from Sherri Holman

What immigrant populations tend to have the greatest difficulty acculturating?

Answer from Presenter

Since acculturation is such multifaceted process, such as language competence, attitudes, values, cultural familiarity, and the like, it is very difficult to quantify the specific population that has difficulty adjusting to the



United States. However, I bet there are studies out there that may provide additional information for this question.

Question from Jessica Sims

How do you advocate for Clients in agencies where there are language barriers?

Answer from Presenter

There are many approaches that can be considered in advocating for clients with language barriers. It is worth investigating to see if there's a budget for translation services. Or a task force can be created to construct a team of qualified translators within the agency. Further, leveraging the resources within the community, such as agencies that provides services to immigrants and refugees. Partnering with local agencies that can provide translation services or funding for the service to benefit the clients.

Question from Claudia Reiche

What should a therapist be aware of when utilizing an interpreter in session?

Answer from Presenter

Great question. Make sure that the translator is a qualified and trained translator. Build rapport with the translator. Ask him or her to only interpret that you have said and avoid adding or omitting information. Encourage the translator to ask any questions to details that may need clarification before translating the information. Also, be sure that the translator's language or dialect matches the client's spoken language.

Question from Nisha Talwar

Wonder where would we find qualified interpreters? Especially when I feel a lot is lost in translation and also then ensuring confidentiality and privacy.

Answer from Presenter

Search for language translation services in your area.

Question from Sara Pesic

Is it counselor's ethical obligation to find an interpreter or it is something that client needs to find?

Answer from Presenter

According to the ACA Code of Ethics, "When clients have difficulty understanding the language that counselors use, counselors provide necessary services (e.g., arranging for a qualified interpreter or translator) to ensure comprehension by clients" (ACA, 2014, A.2.c)



Question from Taranae Madani

How do you encourage someone who was in an advanced profession i.e. doctor who is not able to practice in the U.S.?

Answer from Presenter

I think it is important to recognize the client's skill sets and his or her value. It is also critical to recognize the loss that they may be experiencing as it relates to their education and occupation. It may also be helpful to help the client identify a job sector that may best fit to their academic or educational training. Again, resources is critical here, have them research classes or groups that may be of interest to them. The goal is to give them hope.

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