



## **Innovations in Counseling: Culturally Responsive Trauma Practices for Members of the Hispanic/Latinx Population**

### **Webinar Follow-up Question and Answer Session with Dr. Candice Norris-Brown**

#### **Question from Patricia Espinoza**

Where does the percentage of South Americans fall into the statistics?

#### **Answer from Presenter**

In the 2012–16 period, most immigrants from South America lived in Florida (25 percent), New York (20 percent), or New Jersey (11 percent). The five counties with the most South Americans were Miami-Dade County in Florida, Queens County in New York, Broward County in Florida, Los Angeles County in California, and Kings County in New York. Together, these counties accounted for nearly 30 percent of the South American immigrant population in the United States.

<https://www.migrationpolicy.org/article/south-american-immigrants-united-states>

#### **Question from Mary Higginbotham**

I have found that some latino cultures are very matriarcal and require that you pay deference to the head female. What are your thoughts?

#### **Answer from Presenter**

As a counselor it is important that I am cognizant about how my self-perceptions and levels of identity awareness influence my interactions during therapeutic process. As I stated in one my slides it's important for me to focus on techniques and interventions that's most important for them and not me.

#### **Question from Nisha Talwar**

Is there any inventory created for immigration to understand and assess the level of acculturation?

#### **Answer from Presenter**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4781681/>

<https://www.ncbi.nlm.nih.gov/books/NBK248425/>

<https://www.csun.edu/~skang/publication/Kang%20JCCP%202006.pdf>

**Question from Allen Vosburg**

How can we as counselors get individuals with PTSD issues in the latino community to allow use to help them progress positively?

**Answer from Presenter**

The proactive actions counselors can engage in to break down these barriers include getting familiar with and volunteering in the community. Start small and get acquainted with the community you are targeting. What kind of resources and services does the community offer? Talk and research with other individuals to see how you can have a presence.

While working, see what potential clients are seeking help with (childcare, employment, etc.) and figure out where the clients can go to receive those services. Often information is available to help people, but they do not know where to look for it. Knowing where and in what direction to point a client can make all the difference.

Educate potential clients about the counseling profession. Tell them that your job is not to judge but to listen and work with them to alleviate their stress. Explain that you are there to help them; they decide the counseling process and the direction of counseling. Self-disclose (within reason) about some of your own related experiences with the Latina/o client. Let them know they are not alone in their struggle. Inform them that it is normal to feel stressed and that talking about those stressors can be therapeutic.

Seek others in the community who are working with the Latina/o population, such as doctors, priests and schools. Explain who you are and what you are trying to achieve. Contact local public and private schools to ask about volunteering and working with the school's counselors to help develop a counseling curriculum.

**Question from Allen Vosburg**

With gender roles being as strong as they are, how does this work with single parents and the family value/view?

**Answer from Presenter**

Counselors must demonstrate an understanding of the gender role expectations. Latina women may feel that their values are not shared or understood. Therefore, the counselor must acknowledge the positive dimensions of machismo and marianismo and demonstrate an understanding of the gender role expectations.

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