

# **LATINO/A/X CLIENTS' EXPERIENCES RECEIVING MENTAL HEALTH THERAPY©**

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# SUMMARY OF PROPOSAL

- Gap
- Qualitative, phenomenological study
- Experiences of Latino/a who received mental health therapy



# RESEARCH QUESTIONS

RQ1 : What are self-identifying Latino/a/x former clients' experiences in mental health therapy?



RQ2: How do self-identifying Latino/a/x former clients perceive cultural variables such as language and ethnicity in the therapeutic process?



RQ3: How do self-identifying Latino/a/x former clients assess their relationship with their therapist and the overall outcome of therapy?



# PARTICIPANTS/SAMPLE SIZE

- 1:1 phone interviews
- 10 participants
- Ethnicity
- Mental health therapy history
- Age

Pseudonym	Age	Latino/a/x ethnicity	Marital status	Residence
Suheily	26	Puerto Rican	Single	San Antonio
Sophia	47	Afro Latina	Domestic partnership	New York City
Sharin	30	Dominican	Married	New York City
Harris	28	Panamanian/Mexican	Single	Los Angeles
Marilyn	19	Salvadorean	Single	New York City
Jianee	23	Dominican	Single	New York City
Ross	30	Mexican	Single	Los Angeles
Lilly	34	Puerto Rican	Married	New York City
Raul	24	Venezuelan	Single	New York City
Sonia	31	Mexican	Single	San Antonio



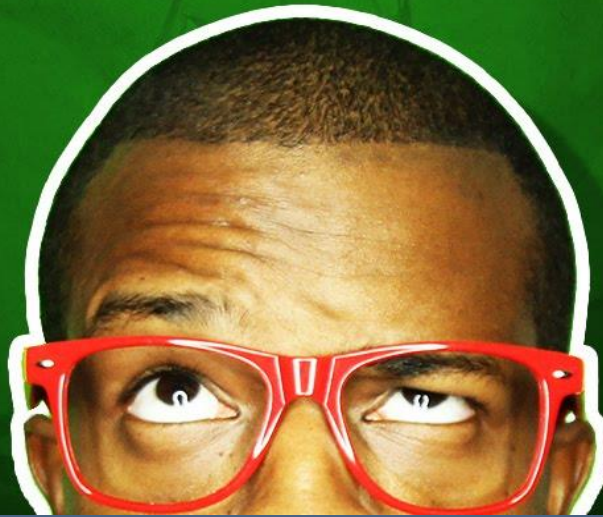
3 themes emerged

Findings as they relate to RQs

Literature - supports or contrasts findings

Findings related to conceptual framework

# THEME?



- Reasons for attending therapy and therapist selection
- Positive outcome or factors that worked
- Factors that did not work or challenges

- RQ1: What are self-identifying Latino/a/x former clients' experiences in mental health therapy?

Positive/Not positive experiences

Reasons for attending therapy



- RQ2: How do self-identifying Latino/a/x former clients perceive cultural variables such as language and ethnicity in the therapeutic process?

Language switching

Similar cultures

- RQ3: How do self-identifying Latino/a/x former clients assess their relationship with their therapist and the overall outcome of therapy?

Gender

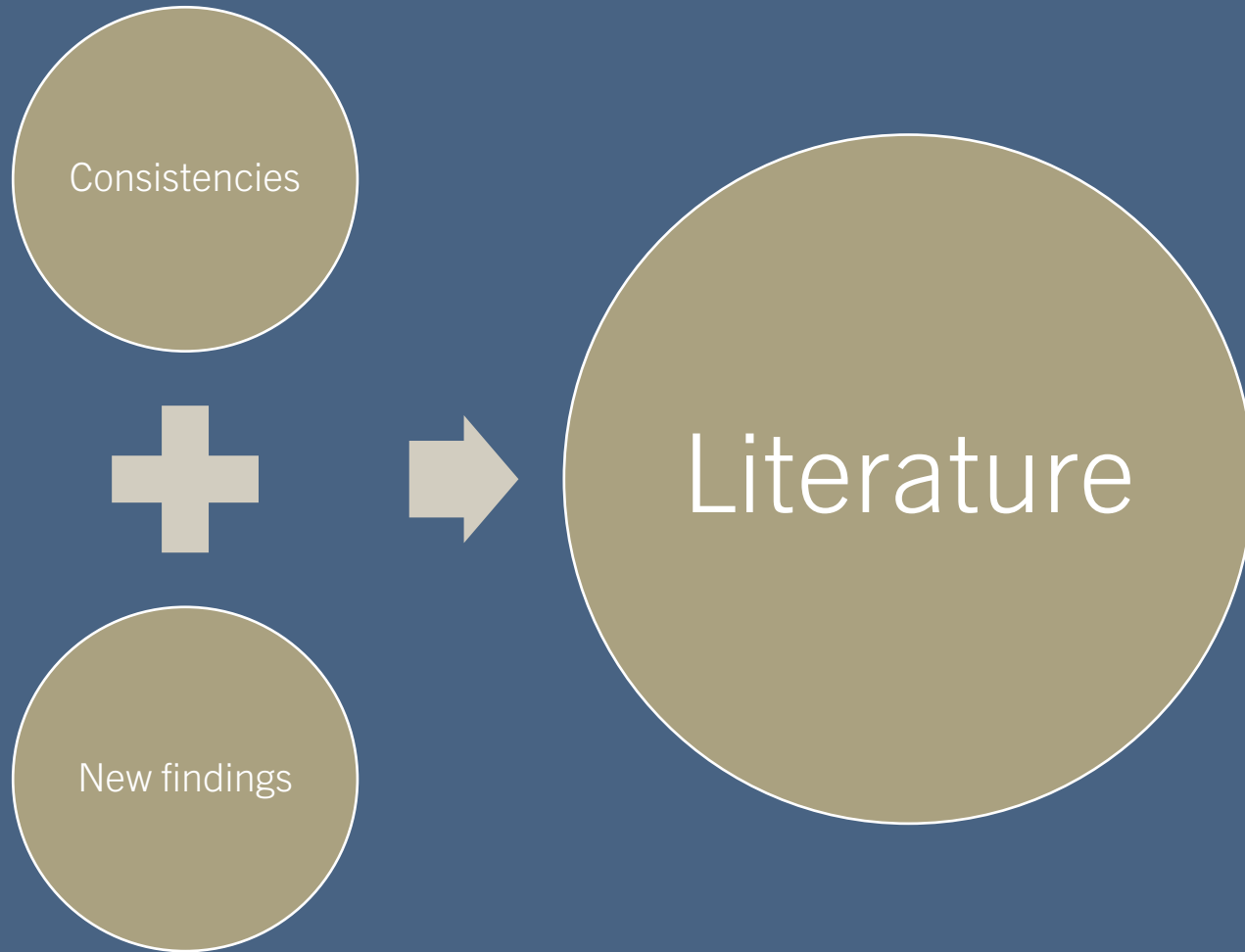
Age

Culture

Language switching

Outlet of support

# HOW DO FINDINGS RELATE TO THE LITERATURE?







# LIMITATIONS OF THE STUDY

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- Personal bias – background
- Covid – stalled data collection
- Original topic – changed
  - Access to participants
  - Exhausted original recruitment efforts
  - Needed to narrow down participant pool
- Original data collection methods – changed
  - Craigslist and compensation

# RECOMMENDATIONS FOR FUTURE RESEARCH

## Grant

- Larger participant pool

In-depth language competence and language switching

Lived experiences = further training

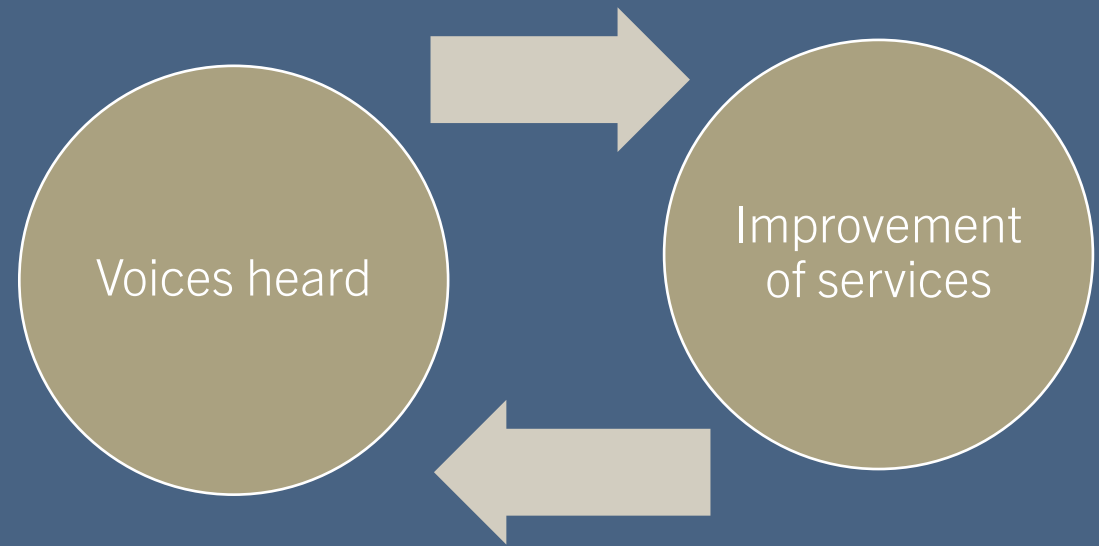
## Replicable

- Change ethnicity
- Change region

AWARENESS +

**Action**

= Social change





*“She allowed me to express myself in whichever language I felt comfortable with, and preferred, and in whichever language, I felt like she could best understand me. And she definitely did. So, I think it did help.”*

# QUESTION & ANSWER



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