

HOW TO INTEGRATE CULTURAL VALUES AND ATTUNEMENT WITH LATINO FAMILIES USING CPP AND TF-CBT

By Maricella Mendez-Sherwin, PhD

Lisette Rivas-Hermina, LMFT

¿CÓMO UTILIZAR LOS VALORES Y CONEXIONES CULTURALES EN FAMILIAS LATINAS DURANTE LAS SESIONES DE TF-CBT Y CPP?

By Maricella Mendez-Sherwin, P.hD.

Lisette Rivas-Hermina, LMFT

Learning Objectives

- 1. Participants will learn about recent research regarding clinical importance of the use of language working with Latino population.
- 2. Participants will understand how to address cultural and language issues to increase engagement with Latino families
- 3. Participants will observe through role play how to increase cultural attunement between clinician and Latino family.
- Participants will have an opportunity to participate in a Spanish Language workshop.

Objetivos

- 1. Los participantes aprenderán sobre investigaciones que se enfocan en la importancia de utilizar lenguaje apropiado que haga sentido a las familias Latinas.
- 2. Los participantes aprenderán cómo utilizar los temas de lenguaje y cultura para crear una mejor conexión con las familias latinas.
- 3. Los participantes podrán observar cómo mejorar la armonización/sintonía entre el terapeuta y la familia latina.

Definición de Cultura

- La cultura se define para esta presentación como un sistema de creencias, actitudes, valores y comportamientos que son transmitidos de generación a generación.
- Esto incluye el lenguaje, la manera de ver el mundo, vestimento, comida, estilos de comunicación, ideas de salud, técnicas de sanación, patrones para crear los niños, y la identidad individual o colectiva.

(Abney, 1996, pg. 409)

Definition of Culture

- Culture is defined in this workshop as a system of beliefs, attitudes, values, and behaviors that are passed down generation to generation.
- This also includes language, world view, dress, food, communication styles, ideas of health, healing techniques, child rearing practices, and self identity or collective identity.

(Abney, 1996, pg. 409)

The importance of Culture and Language

- Counselors and early interventionists provide an increasing number of services to Spanish speaking families.
- Often, cultural accommodations only imply the use of interpreters or bi-lingual providers.
- Provider awareness of risk and resiliency factors for the specific cultural group is essential for effective treatment (Withrow, 2008).
- Roles of Bilingual/Bicultural workers are many, i.e. case worker, care coordinator, social worker, interpreter, job developer, outreach worker, counselor, psychologist (Adkins, 2001).

The importance of culture and language

- Understanding of risk and resiliency factors for specific cultural group is essential for effective treatment (Withrow, 2008).
- Immigrant Latinas often are victims of emotional abuse, physical and sexual abuse or a combination thereof (Zara et al., 2009).
- Concept of 'violencia domestica' does not always fit the women's self concept or self image i.e. 'me pega, pero no es violento'.
- Trust before disclosure (Lieberman et al., 2009).

Immigrant risk factors

- Stress of the migration
- Loss of familiar surroundings
- Adjustment to new culture
- Employment instability
- Poverty
- Negative aspects of Machismo
- Confusion of power with love
- Substance abuse—(Hancock & Siu, 2009).

Immigrant risk factors

- Intergenerational cycles of violence
- Strong family orientation '*Marianismo*' (tolerate more severe or for longer periods of time before seeking help)
- Isolation (unaware of community resources)
- Fears of deportation –(Hancock & Siu, 2009).

Additional Risk factors for Latinos

- Unfamiliar with treatment and purpose.
- Misperceptions of treatment and mental health.
- “da pena”- don’t want to trouble others with personal problems
- Distrust therapist (May fear therapist is working to take child away or punish parent).
- Struggle between treatment and avoidant style of emotional processes.

Impact of Language

- Struggle to speak in non-dominant language may interfere with emotional expression
- Human change and development are rooted in emotional experience
- Context/language- switching between two languages (Spanish/English) for bi-lingual college students, resulted in increased self-disclosure
- Language switching by Euro-American counselors – enhanced perceptions of counselor as caring, empathic (Ramos-Sanchez, 2007)

Case Example “Adriana”

- Immigrated from Mexico to the U.S. to reunite with her mother after several years
- Adriana was 6 yrs old when mother came to the U.S. to work and upon reunification she was 10 yrs old.
- Adriana and mother depended on aunt and uncle economically and as cultural brokers
- Uncle was a clergy person in his community and well respected
- Adriana was extensively sexually abused by uncle
- Mother believed that at 16 she “knew better” and “could take care of herself”

Balancing Act

- Require balance of fidelity to the model and attending to the family's cultural norms and values
- Addressing barriers to treatment
- Self Awareness
- Bi-cultural/Bi-lingual stress & burnout
- Despite what you already know about cultural values (religion, family, respect).
- Heterogeneous population
 - Education level (native and U.S).
 - Socio-economic status in country of origin.
 - Racial identity
 - Customs and rituals

Background of CPP

- Roots in attachment theory, development and psychoanalysis.
- Uses techniques that foster adaptive interactions to allow child and parent to heal from trauma.
- Focus is on the parent-child relationship and each partner's perceptions of the other-
Lieberman, A.F. & Van Horn, P.(2005)

THEORETICAL UNDERPINNINGS OF TF-CBT

- A hybrid model incorporating CBT, attachment, family, psychodynamic and empowerment principles
- Goals: resolve PTSD, depressive, anxiety and other trauma-related symptoms in children and adolescents; optimize adaptive functioning; and enhance safety, family communication and future developmental trajectory
- (Cohen, Mannarino, & Deblinger, 2006)



CORE VALUES OF TFCBT- CRAFTS

- **Component based**
Respectful of Cultural Values
Adaptable and Flexible
Family Focused
Therapeutic Relationship
Self efficacy

Attachment : What little ones need

- Relationships that protect child/baby from threat
 - Babies and young children can not accurately appraise danger or protect themselves
 - Depend on caregivers
- Allow baby to form trusting relationship
- Loving well
- Growing well
- Learning well

Trauma

Does it really matter?

- CNS is developing more rapidly than it ever will again.
- Experience shape brains and stress response system.
- Infant tasks to attain mental health are accomplished in relationships.

Challenges attachment

- Belief that child will not be protected or is worthy of protection.
- Disruption of internal working model of caregiver
- Traumatic reminders and expectations

IMPACT ON DEVELOPMENT

DOMAINS OF IMPAIRMENT IN CHILDREN EXPOSED TO COMPLEX TRAUMA
PSYCHIATRIC ANNALS 35:5 MAY 2005

- **Attachment**
- **Biology**
- **Affect Regulation**
- **Dissociation**
- **Behavioral Control**
- **Cognition**
- **Self Concept**

Overview of CPP

CPP works to rebuild (establish) secure attachments to protect children from traumatic stress.

Intervention modalities:

- **Play** used to explore, contain affect, correct misperceptions.
- **Reflective developmental guidance** -child's feelings, behaviors linked to family trauma.
- **Modeling protective behavior** (explaining intervention).
- **Interpreting feelings and actions** (giving meaning to disorganized feelings)
- **Emotional support/Empathic Communication**-conveys hope for treatment goals.
 - Essential in working with Latinos
- **Concrete assistance with problems of daily living** -used first to assist family with stresses.-Lieberman, A.F. & Van Horn, P.(2005).

DIFFICULTIES ADDRESSED BY TFCBT

- CRAFTS
 - ❖ Cognitive Problems
 - ❖ Relationship Problems
 - ❖ Affective Problems
 - ❖ Family Problems
 - ❖ Traumatic Behavior Problems
 - ❖ Somatic Problems

Therapist Role

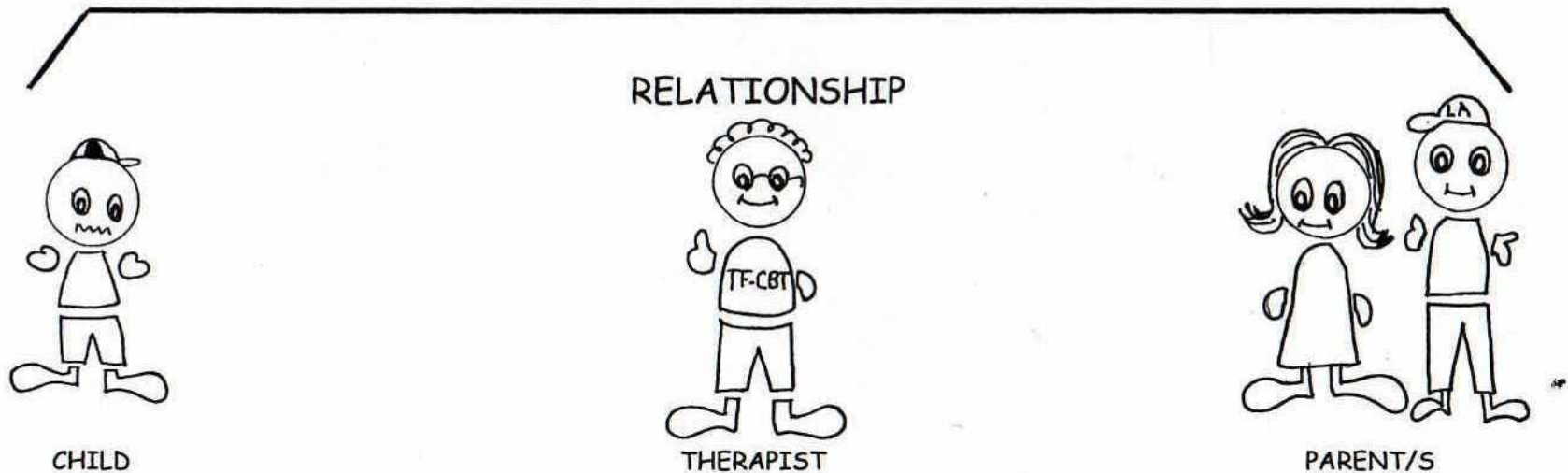
- Therapist is a conduit between child's and parent's experience.
- Target cycles of miscommunication & alienation.
- Build bridges between subjective experience of parent and child.
- Reinforce behaviors & attitudes that convey positive affect, age appropriate discipline, reciprocal play, constructive conflict resolution.
- Promote safety through trusting relationships –Lieberman, A.F. & Van Horn, P. (2008).

THE ROLE OF THE TF-CBT THERAPIST (Prepared by Luis López, MSW)

TRUSTING

GENUINE

CARING



SOME OF THE TOOLS:

- Family Systems Theory
- Trauma Theory
- Insight-oriented Psychodynamic Theory
- Cognitive-Behavioral Therapy
- Play Therapy
- Supervision
- Case Consultation
- Web-based training
- Recording/Video Taping

SOME BASIC SKILLS:

- o Active/reflective listening
- o Clinical judgment
- o Knowledge of child development
- o Body language
- o Empathy
- o Creativity
- o Respect
- o Flexibility
- o Patience

ENGAGING FAMILIES IN TREATMENT

- Team work
- What has worked for them?
- What has not?
- Ideas about Therapy
- Barriers to attend sessions



Increase cultural attunement: Engagement

- **Personalismo**- quality of being kind and friendly.
- **Concrete assistance with daily living**-helping the family to meet with immediate needs in order to set realistic collaborative goals in treatment.
- **Emotional Support/Empathic communication** that conveys hope for treatment and sees past parental traumatic expectations.
- Respect for **Fatalismo**-belief in God can be a strength.

Increase cultural attunement: Self-Reflection

- Explore the parallel process.
- Consider feelings, thoughts, actions and personal reactions to family.
- Knowing the language does NOT = cultural congruent.
- Not to impose our perceptions and assumptions onto clients.
- Reflective supervision-share frustrations, concerns.
- Role clarity and our own expectations.
- Question your assumptions.
- Avoid merely offering descriptions, evaluations, or justifications for actions taken.
- Analyze beliefs, thoughts and biases-(Gay & Kirkland, 2003).
- Supervision in Spanish language

Increase cultural attunement: Reflective Supervision

- Increases our insights into our own learning processes to i.d. strengths and weaknesses, values, emotions, success and failure.
- Understand and respond to areas of conflict and tension in relationship.
- Explore thought process that have different meaning to different groups

Case Example

- Angels in the Nursery-(Lieberman & Van Horn).
- ‘Dolores’- Honduras. Eldest of 8 children.
- Parentified, blamed by mo, rejected by father.
- Physically abused (3x a day).
- Cursed by mo-‘Un dia te vas encontrar un hombre que te pegue de atras y por reversa’.
- Pulled from school and made to work in family home.
- Ran away at 17 with 52 yr old man- 1 child.
- Met a local police officer- 8 yrs of domestic violence.
- Severe beatings.
- Chased out of the home and being shot at in the middle of the night.
- Culminated in a knife attack in Nov. '09 witnessed by 3 yr old child.

The child

- Aggressive (hitting mother and other children, authority figures).
- Cursing (at home).
- Reenactment of the trauma in play.
- Disorganized attachment (running away and then yelling out to mother).
- Delayed speech.

Process Note