



# Brief Psychotherapy with the Latino Immigrant Client

*Marlene D De Rios*

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## **Brief Psychotherapy with the Latino Immigrant Client** Marlene D De Rios

Understand the unique needs, beliefs, and values of your Latino immigrant clients! Brief Psychotherapy with the Latino Immigrant Client is a manual for the practicing psychotherapist or student, with tips on the assessment process and suggested interventions that work efficiently. With this book you will explore the influence of medical anthropological concepts on Latino immigrant populations in North America. The author draws on her experience as both a medical anthropologist and a licensed psychotherapist and on her extensive fieldwork in the Amazon for help in developing psychosociocultural assessments of Spanish-speaking migrants. This valuable book examines which kinds of therapy work for the growing Latino immigrant population and looks at metaphors (dichos) that can be used to help in brief interventions for clinical issues. In relation to the specific beliefs, values, and sentiments of these clients, Brief Psychotherapy with the Latino Immigrant Client presents:

- hypnosis techniques that work with this population
- behavior modification and cognitive restructuring techniques
- specific culturally appropriate metaphors for distinctive clinical issues
- an examination of alcohol issues in this population
- psychological issues that go along with tuberculosis
- hints for the non-Latino therapist who deals with Latino clients
- case studies that illustrate the book's principles of care and assessment
- shamanic techniques of healing that can provide a model for treating these clients

Brief Psychotherapy with the Latino Immigrant Client includes a glossary of Spanish terms, appendixes on hypnotic pain control inductions, sample tests, scales and diagrams, several case studies, and listings of Spanish language resources. Every therapist who treats Latino immigrants should own this book!

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