

ATENCIÓN:

Cultivating Multicultural Awareness with the Spanish-Speaking population

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ATENCIÓN:

Cultivating Multicultural Awareness with the Spanish-Speaking population

- The Hispanic population accounts for 17.7% of New Jersey, and are known to be less mindful as a group(Gillum, F. & Griffith, D. M.,2010).
- This presentation will discuss Multicultural awareness in an experiential way, the clinical implications and efficacy of using mindfulness-based interventions with The Spanish-Speaking population. To promote greater awareness and understanding of the Hispanic community in the United States.

ATENCIÓN:

Cultivating Multicultural Awareness with the Spanish-Speaking population

- Mindfulness Exercise
- Culture: Race & Ethnicity
- Traditions
- Hispanic Culture
- Mindfulness Based Treatment Approaches
- REBAP
- Case Study
- Questions

ATENCIÓN:

Mindfulness Exercise

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CULTURE & DIVERSITY

- What is culture?
- Meanings, values, and behavioral norms that are learned and transmitted in society and within social groups.
- Powerfully influences cognition, feeling, and “self” concept, as well as the diagnostic process and treatment decisions

RACE & ETHNICITY

- Biology versus Traditions
- Ethnicity- social groupings which distinguish themselves from other groups based on ideas of shared decent and aspirations.
- These social groupings are also distinguished by behavioral norms and forms of personal identify.



MULTICULTURALISM

Cultural norms

TRADITIONS

- Different cultures have developed different traditions for dealing with human experiences, like marriage.
- The transmission of beliefs, celebrations, customs, ideas, information, legends, practices, stories, etc., from one generation to another.
- Hispanic Traditions include: Piñatas, Quinces, Las Mañanitas, Día de los Muertos, Noche Buena.



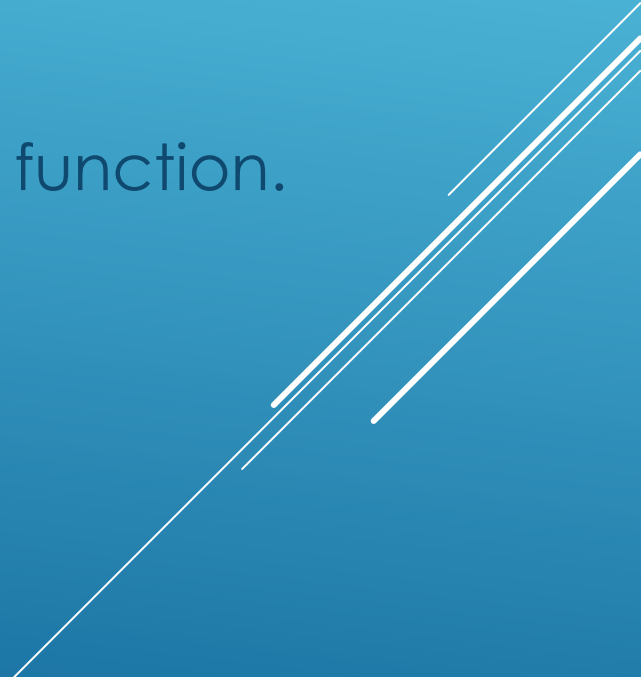
HISPANIC CULTURE

- People of Hispanic origin are the nation's largest ethnic minority.
- Hispanics constitute 16.7 percent of the nation's total population.
<http://www.census.gov>
- Hispanics in the United States includes any person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish Culture or origin, regardless of race.
- Persons of Hispanic origin therefore may be of any race, and since their culture varies with the country of origin, the Spanish language often is the uniting factor.

SPANISH LANGUAGE

- The Spanish language often is the uniting factor among persons of Hispanic origin, since their culture varies with the country of origin. It is important to be familiar with the “ Modismos” used in certain countries to be able to understand what a person is trying to express.
- Language is an important aspect that one should be sensitive about, it has less to do with competency and more to do with the cultural meaning Hispanics attach to language.
- For Hispanics in the U. S., Spanish is a key component of their identity.

HISPANIC IDENTITY

- Hispanics come from a collectivistic culture.
 - A basic feature of the Hispanic family is the extended family, which plays a major role in each family member's life.
 - Group activities are important.
 - Cooperation tends to be emphasized more than individual function.
 - Emphasis on interpersonal relations.
 - Usually all are very close, share, and help each other.
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HISPANIC VALUES

- Hispanics usually subscribe to values of “marianismo” and “machismo”
- Marianismo: women must live up to full feminine self: modest, pure, faithful, submissive, motherly, eternally self-giving. Women are supposed to be the one who takes care of the house by cleaning, cooking, caring for kids, and serving the husband.
- Machismo: The male of the house has a default lead in all family affairs. The father, the “man of the house,” makes all major decisions
- The traditional patriarchal structure grants the father or oldest male relative the greatest power, whereas women are expected to show submission (Kemp & Rasbridge, 2004).
- True to these values, men are often reluctant to consult physicians or mental health professionals.

HISPANIC TRADITIONAL MENTAL HEALTH BELIEFS

Mal de Ojo

- “Bad eye” is caused when someone looks with admiration or jealousy at another person. The person looked upon experiences sleepiness, fatigue, and severe headache. Folk remedies include saying a prayer while passing an egg over the victim’s body then placing the egg in a bowl under the victim’s bed overnight (Kemp & Rasbridge, 2004).

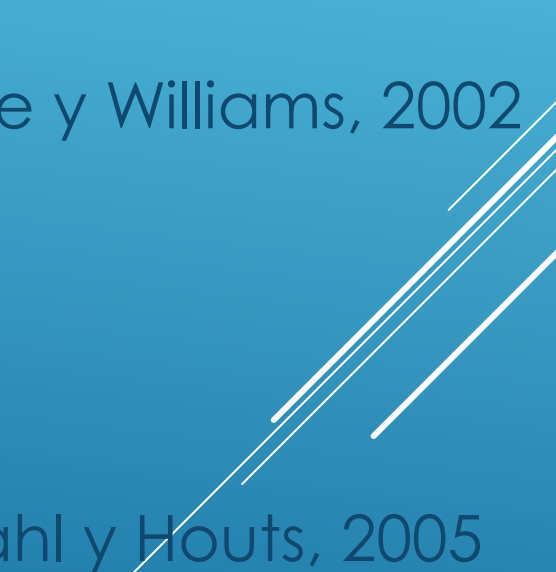
Susto

- Also known as fright sickness, susto arises from a traumatic or frightening experience and is thought to cause soul loss, whereby the soul leaves the body and wanders freely (Kemp & Rasbridge, 2004). Symptoms include anxiety, depression, insomnia, introversion, and irritability.

Ataque de nervios

- A culture-bound syndrome that occurs most often in Latino cultures. Its literal translation is “attack of the nerves.” The symptoms of ataque de nervios typically occur suddenly in response to a severe psychosocial stressor. Symptoms include impulsive, dramatic behaviors such as screaming uncontrollably, crying, trembling and nervousness, anger and violence, and breaking things.

MINDFULNESS BASED TREATMENT APPROACHES

- Mindfulness-Based Stress Reduction (MBSR) Kabat-Zinn, 1990, 2003
 - Mindfulness-Based Cognitive Therapy (MBCT) Segal Teasdale y Williams, 2002
 - Dialectical Behavior Therapy (DBT) Linehan, 1993
 - Acceptance and Commitment Therapy (ACT) Hayes, Strosahl y Houts, 2005
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MINDFULNESS BASED STRESS REDUCTION

Mindfulness-Based Stress Reduction (MBSR)


- Based on Dr. Kabat-Zinn's model.
- The program teaches mindfulness through body awareness exercises, sitting and walking meditation, and gentle hatha yoga.
- Group format.
- 8 weeks.
- Weekly two-and-a-half hour sessions.
- One all-day session.
- Each participant has an individual interview with the program instructor before and after the program.
- Daily at-home practice is required, and practice CDs are provided for this purpose.

REBAP

(REBAP) Reducción de Estrés Basados en la Atención Plena.

- Adapted by Fernando A de Torrijos, former instructor of the Worcester City Campus Program, he is currently the international coordinator for MBSR in Spanish (REBAP).
- Mindfulness translated to (atención intencional, atención enfocada, conciencia del momento, presencia mental, atención vigilante, visión cabal, atención consciente, and atención plena).
- Catholic Spanish-speaking population “Yoga” was substituted to gentle stretching (estiramientos suaves) or body movements (movimientos Del cuerpo).

CASE STUDY

- Miguel
 - Spanish-speaking
 - Puerto Rico
 - 48 years old
 - Anxiety and Depression
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QUESTIONS OR COMMENTS

Thank You!

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