



HISPANIC/LATINO
BEHAVIORAL HEALTH
CENTER OF EXCELLENCE

Entre colegas...

Dialogues between Behavioral Health Providers of Latines

Topic : **Creating a Therapeutic Alliance in Trauma Therapy with diverse
Hispanic and Latine Clients**

Guest expert: Sarah Howell, LCSW





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**Clinical Dialogues on
Latine Behavioral Health**

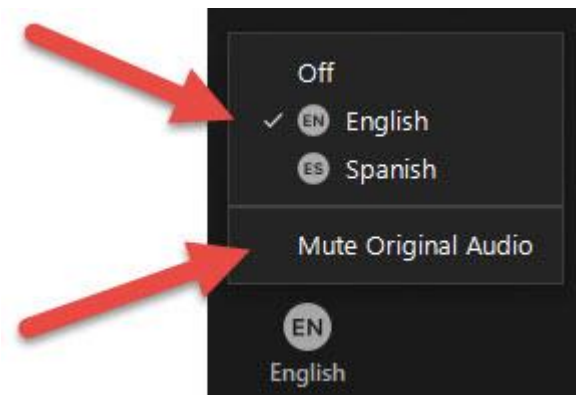
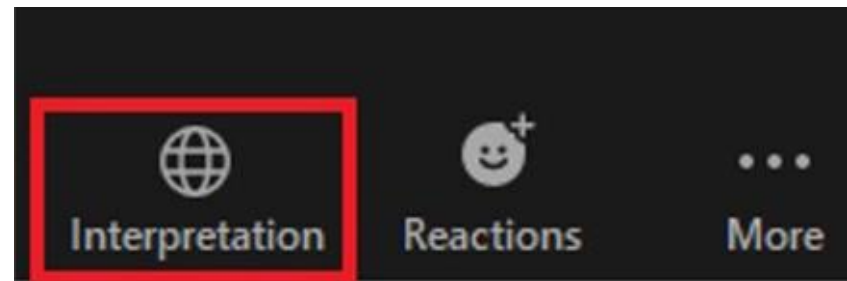


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Mission

To advance and support the sustainability of behavioral health equity by promoting community driven, culturally grounded and person-centered prevention, intervention, multiple pathways of recovery, and recovery supports for diverse Hispanic and Latine communities.

The Hispanic/Latino Behavioral Health Center of Excellence recognizes the complexities associated with gender and ethnic identification as well as the right of all individuals to self-identify. The Center uses the term Latine with the intention of both facilitating a fluent reading and pronunciation and supporting an inclusive and respectful language. Latine is a gender-neutral form of the word Latino that uses the letter e at the end; an idea native to the Spanish language.

Group Discussion

- 1.Safe Space for Sharing:** This is a safe space for everyone to share their ideas and experiences. We encourage open and honest communication.
- 2.Respect:** Please be respectful of others' approaches and experiences. We all come from different backgrounds and have unique perspectives.
- 3.Consult and Collaborate:** Feel free to consult on clinical challenges and share your clinical achievements. This is a collaborative environment where we can all learn from each other.
- 4.Confidentiality:** Please be cautious not to share confidential or identifying information about participants, clients, or patients. Privacy is paramount.




**Sarah K Howell,
LCSW-S, CCST**

Sarah K Howell, LCSW-S, CCST is the Executive Director of Survivors of Torture, Asylee, Refugee Support (STAR Support) a Houston based non-profit, and the Founder of STAR Counseling & Consultation, a clinical practice focused on complex trauma work using an integrative approach including EMDR and Sand Tray Therapy. She manages the social work department at Houston reVision and co-facilitates the Central American Minors working group in Houston, TX. Before managing STAR Support Sarah worked as the school social work supervisor at Las Americas Newcomer School and Jane Long Academy in Houston ISD for ten years. She and is an advocate for forced migrant trauma, gang involved immigrant youth and comprehensive trauma informed practices. She lives in Houston, TX with her 19-year-old daughter and loves to travel abroad as often as possible. She is currently pursuing her Doctorate in Clinical Social Work at the University of Pennsylvania.

Objectives

- **Defining the Therapeutic process and trauma therapy:** Participants will learn ways to discuss and clarify the role of therapy and trauma therapy to support client healing.
- **Creating a Therapeutic Alliance:** Participants will discuss and reflect on strategies that can be used to establish a therapeutic alliance with diverse clients, emphasizing cultural competence.
- **Designing Strengths-Based Interventions:** Participants will design relationship-focused, creative interventions that empower clients and promote resilience.



**Let's talk about how we show up:
Creating a therapeutic alliance
with diverse Hispanic and Latino
clients from both inside and
outside the culture.**

Significance

Fine Tuning your Clinical Identity

Who do you want to be?

What message do you want to send?

Who do you want to serve?

Rooted in your “why” and core beliefs

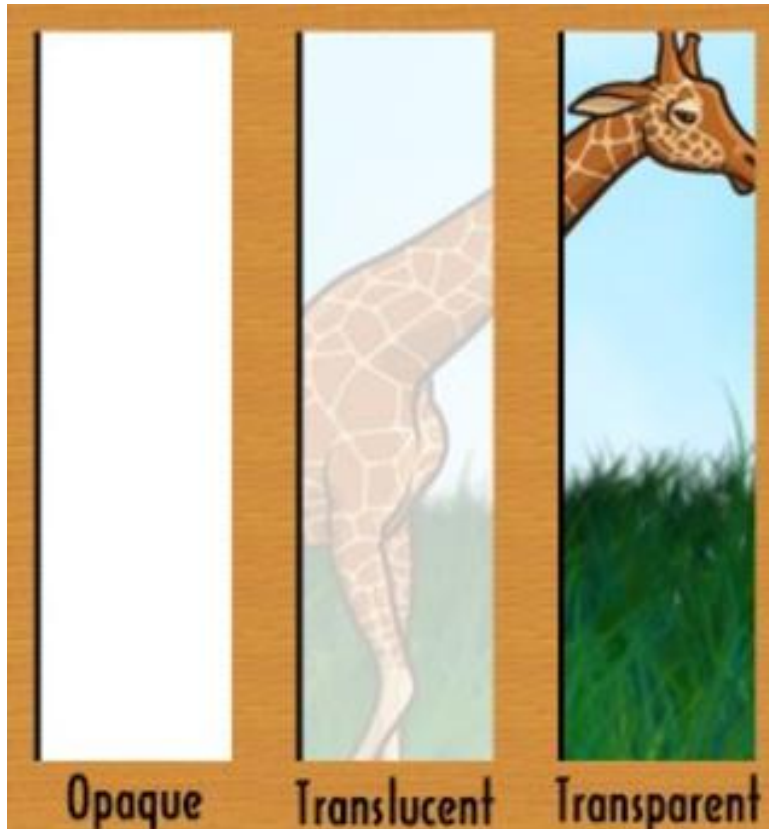


Setting the tone

Authentically you, be consistent, predictable and reliable.

Be translucent.

Acknowledge the significance of personalismo, create space for professional but personal relationships.



Setting the tone

Proactive and Informed

Aware of issues facing latine communities, and local communities. Step up, make your bid for connection and step back. Present, not pushy.

Sounds like: I realize there is a lot happening in the community and it has caused an understandable increase in anxiety, is there anything that we should check in on?

With kids: I know the neighborhood has been hot right now- are you doing okay...

Relevant

Sounds like: I know it is a hard topic to discuss, many families/clients/young people have expressed concern about discussions of possible deportations, and I realize it often affects the community regardless of status by creating tension and fear. Is there anything I can support you with?

Setting the tone

Practical

How can I support you with this (direct you to someone that can)

Sounds like: This is your time- and I am here to support you on what you need, what's your top priority today?

Patient

Therapy may be new, stigmatized or uncomfortable esp with a history of trauma.

May look like:

- *Repeating therapy expectations (maintaining appointments, scheduling)*
- *Reiterating what therapy “looks like” (for adults, children and parent-child dynamics)*
- *Reiterating what trauma work means, process*

Creating Space

Be Intentional

Do a “walk thru” to imagine how others might feel in the space.

Balance familiar and subtle elements to welcome diverse clients



Create Relevant Connections

Utilize culturally relevant visuals, create metaphors and use visuals that help bridge the therapy space and client's culture.

These can be useful for anyone and provide a different perspective for those outside the culture.



Textbook vs Reality

“Professionalism”

Dress/clothing

Not giving or receiving gifts/food

Switching languages and infusing vocabulary

Answering questions



Exercises

Part 1

Revisiting your why: How and where do you keep it at the forefront of your work.

Part 1.2

Different ways you might show up depending on your work

Part 2

Ways you could structure your office

Activities you might introduce

Part 3

Challenges might you face? (organizational, peers, or personal)

Questions?



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Evaluation



Evaluación



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