
Preface

Approximately 17% of the US population is Latino making this group the largest minority group in the USA (US Census Bureau, 2015). An astounding 35.8 million Latinos speak Spanish at home, and only 34% of Latino immigrants who reside in the USA speak English proficiently. One of the inherent challenges in the delivery of behavioral health services to Spanish-speaking clients (in addition to the limited number of providers who speak Spanish) is the paucity of tools and/or resources available to Spanish-speaking clinicians. In graduate school, I worked with Spanish-speaking clients, and throughout my entire training, I didn't encounter a single resource designed for Spanish-speaking clients. When I completed my predoctoral internship at the Veterans Administration in Puerto Rico, I worked with an almost exclusively Spanish-speaking population. While there were some resources available in Spanish, the majority of them had been translated by local practitioners.

The idea for this book came to me when a friend (who is also a clinician) emailed me one day and asked if I knew of any resources that detailed psychological terminology in Spanish. At this point, I had spent several years working with Spanish-speaking clients, and much of that time was spent either struggling to find already-translated treatment materials or arduously translating the materials myself. I wondered if there was a handbook that housed evidence-based treatment protocols in Spanish and set out to look for one. My search left me empty-handed. Thus, my vision for this book came out of my own work with clients and lamentations from other Spanish-speaking clinicians who also noted that there were very limited resources available for them to work with clients. The absence of a resource that housed evidence-based treatment protocols in Spanish presented a serious limitation as most evidence-based interventions often include handouts and homework sheets as part of the treatment protocol. I thought to myself, "Wouldn't it be nice if there was a book that I could go to to find a chapter specific to my client's presenting problem and/or diagnoses, that contained the materials I needed to administer treatment?" And so I emailed my beloved editor Janice Stern, who readily agreed to let me tackle this project.

As I embarked on finding authors for the various chapters that make up *Toolkit for Counseling Spanish-Speaking Clients: Enhancing Behavioral Health Services*, I encountered some challenges largely related to the paucity of Spanish-speaking therapists and psychologists across the USA. This was challenging as most therapists in private practices declined my invitation largely due to their work being focused on service delivery. In the academic

arena, many of my invitations were declined as while those in the academy were often researching interventions, they were not working in actual service delivery. I am beyond grateful for the authors that agreed to be part of this book not only for their hard work but also for the many referrals that they provided which led me to other authors.

Each chapter in this book provides an overview of the disorder and associated cultural factors (including prevalence of the disorder among Hispanics/Latinos); a discussion of a culturally variant presentation (if applicable) including a description of how the disorder might present with a Hispanic/Latino client, relevant cultural idioms of stress that are specific to the disorder, etc.; an overview of the “gold standard” treatment for the disorder (rooted in evidence-based principles) and a summary of the literature on this treatment with Hispanics/Latinos (if any); a treatment plan; and a series of hand-outs, tools, worksheets, informational sheets, etc. that can be used in sessions as part of the treatment plan. My hope is that this book provides clinicians with much-needed resources to facilitate their delivery of evidence-based interventions to Spanish-speaking clients and more importantly that it increases the number of Spanish-speaking clients who are able to access behavioral health services.

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Enhancing Behavioral Health Services

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