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Titolo	Toolkit for Counseling Spanish-Speaking Clients : Enhancing Behavioral Health Services // edited by Lorraine T. Benuto
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Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Delivering psychological services to Spanish-speaking clients -- Using treatment terminology with Spanish-speaking clients -- Tools for treating trauma-related disorders among Latinos -- Tools for treating generalized anxiety disorder among Latinos -- Tools for treating social anxiety disorder among Latinos -- Tools for treating panic disorder among Latinos -- Tools for treating obsessive compulsive disorder among Latinos -- Using behavioral activation to treat depression among Latinos -- Using cognitive interventions to treat depression among Latinos -- Tools for treating substance use, abuse, and dependence among Latinos -- Tools for treating anger management among Latinos -- Tools for treating eating disorders among Latinos -- Tools for treating sleep disturbances among Latinos -- Tools for treating with behavioral problems among Latino adolescents and children -- Tools for treating trauma-related disorders among Latino children -- Tools for treating anxiety among Latino children -- Tools for treating depression among Latino children -- Tools for working with Latino couples -- Tools for working with Latino sex offenders --

Sommario/riassunto

This timely practical reference addresses the lack of Spanish-language resources for mental health professionals to use with their Latino clients. Geared toward both English- and Spanish-speaking practitioners in a variety of settings, this volume is designed to minimize misunderstandings between the clinician and client, and with that the possibility of inaccurate diagnosis and/or ineffective treatment. Coverage for each topic features a discussion of cultural considerations, guidelines for evidence-based best practices, a review of available findings, a treatment plan, plus clinical tools and client handouts, homework sheets, worksheets, and other materials. Chapters span a wide range of disorders and problems over the life-course, and include reproducible resources for:

- Assessing for race-based trauma.
- Using behavioral activation and cognitive interventions to treat depression among Latinos.
- Treating aggression, substance use, abuse, and dependence among Latino Adults.
- Treating behavioral problems among Latino adolescents.
- Treating anxiety among Latino children.
- Working with Latino couples.
- Restoring legal competency with Latinos.

The Toolkit for Counseling Spanish-Speaking Clients fills a glaring need in behavioral service delivery, offering health psychologists, social workers, clinical psychologists, neuropsychologists, and other helping professionals culturally-relevant support for working with this under-served population. The materials included here are an important step toward dismantling barriers to mental health care.