

Ariel Aguirre

Counselors' Use of Cognitive Behavioral Therapy in the Treatment of Lesbians and Gays with Body Dysmorphic Disorder

While there has been a plethora of research on body image amongst non-heterosexuals and BDD in the general population, the research on BDD amongst gays and lesbians has been negligible. Therefore, this study was designed to bridge this gap through the exploration of counselors' use of CBT in the treatment of BDD in homosexuals. Based on intensive interviews with three clinicians who specialize in BDD treatment, a number of themes and subthemes emerged. Central themes included the following: (a) appearance pressures, (b) BDD as a problem compounded by marginalization, (c) familial influences, (d) presentation, (e) functioning, (f) client strengths, (g), what works in treatment, (h) that cosmetic surgery is contraindicated, and (i) going forward after the conclusion of treatment. The clinical implications and limitations of this study are discussed, as well as potential areas of future research.

Fabiola Calderon

Counseling Latino Families Using Positive Parenting Family Interventions to Decrease Behavioral Problems in Children

In a qualitative investigation of clinicians using positive parenting family interventions with Latino families to decrease behavioral problems in children, four counselors who service Latino families using the evidence-based practice of Positive Parenting Program (Triple-P) were interviewed. Three participants were marriage and family therapist interns. The last participant was a license marriage and family therapist. Respondent's answers to the open ended questions were categorized into six themes: (1) developing therapeutic relationship, (2) Latino parenting challenges, (3) Latino culture values, (4) Triple-P material flexibility, (5) helpful Triple-P interventions, and (6) barriers to treatment. Findings of this study indicate that counselors who work with the Latino population will have to be patient in building a therapeutic relationship and be knowledgeable of cultural values; in addition, Triple-P can be a helpful tool to empower parents to address children behaviors positively, and it is important to recognize families' limitations when providing family behavioral interventions. Future areas of research were suggested, and the results of the study and limitations are furthered discussed.

Janny Condie

Counselor's Use of Mindfulness Based Approaches When Working with Asian American Women Struggling with Body Image and Disordered Eating

There is much research on disordered eating and body image issues with European Americans and more current research has begun examining Asian American women in their studies; however, the studies have revealed mixed findings when it comes to how Asian American females are affected by these issues. Due to the fact that mindfulness-based approaches are rooted in East Asian philosophy it has been hypothesized that that this approach can be an effective form of treatment when working with Asian Americans. However, there is no current research that examines mindfulness-based approaches specific to Asian American women suffering with disordered eating and/or body image issues. This is a qualitative study that examines the experiences of therapists who have worked with Asian American women that have struggled with body image issues and/or disordered eating. It also explores the therapist's perspective and experience of mindfulness-based approaches and how it can be an effective

approach when working with this population. There were three major themes and ten sub-themes that emerged from the interviews. The three main themes consisted of: 1) Contributing factors that led to disordered eating and/or body image issues, 2) barriers when working with this population, 3) effective treatment. The sub-themes for contributing factors include: 1) acculturation level, 2) cultural ignorance to disorder, 3) and familial criticism. The sub-themes that emerged for barriers included: 4) rigidity, 5) perfectionism, 6) and resistance. The themes that came up for effective treatment included: 7) confidence, 8) psychoeducation, 9) individual and cultural needs, 10) and therapists own use of mindfulness. The implications of the study were also discussed in terms of what this means for therapist working with Asian American women struggling with these issues. Future areas of research were also proposed.

Angelica Galvan

An Exploration of Counselor's Use of Mindfulness in Treating Symptoms of Anxiety in Latino Youth

Despite evidence suggesting Latino youth are at risk for developing anxiety due to stressors unique to the population, little research has been done devoted to exploring evidenced-based treatments for Latino youth suffering from anxiety. Therefore, understanding and discussing effective treatments is essential. This qualitative study examines the use of Mindfulness to decrease symptoms of anxiety in Latino youth. Four therapists were interviewed using a semi-structured format. The data analysis revealed 6 themes: (1) (a) therapeutic relationship, (b) cultural sensitivity, (c) cultural stressors (d) psycho education, (e) presentation, (f) response to treatment. Cultural sensitivity contained multiple sub-themes, including family and religious beliefs. Findings from this study suggest that the use of Mindfulness can reduce symptoms of anxiety in Latino youth and enhance overall well-being.

Catrina Grove-Reyes

Being Good Enough: Using Mindful Self-Compassion With Women Experiencing Shame

Shame is a taboo in our culture and is even avoided in therapy, however shame is a universal emotion which is correlated with various emotional and psychological maladjustments, therefore understanding and discussing shame is crucial for therapeutic treatment. This qualitative study examines the use of Mindful Self-Compassion to increase overall well-being in women experiencing shame. Four therapists were interviewed using a semi-structured format. The data analysis revealed seven themes: (1) shame as an attack, (2) self-compassion as a response, (3) underlying concerns, (4) universality, (5) forms of therapy, (6) critical elements of therapy, and (7) response to treatment. Findings from this study suggest the use of Mindful Self-Compassion with women experiencing shame can enhance overall well-being.

Krystle Hoyt

Counselors' Use of Adlerian-Based Treatment in Addressing Gender Role Conflict of Heterosexual Couples with Low Marital Satisfaction

Married or cohabitating heterosexual couples may often experience dissatisfaction within the relationship due in large part to gender role conflict. This conflict may manifest in various ways dependent on the individuals, the couple as a unit, and a range of extraneous variables. Further, couples are often unaware of how they have reached their current situation. In many cases, couples are unsure of how to navigate this dilemma and seek the assistance of a professional. This study examined this phenomenon and was conducted using a qualitative approach. Three

mental health professionals who each employ an Adlerian-based approach to counseling were interviewed about their experiences counseling couples with gender role conflict and low marital satisfaction. In addition, a review of relevant recent research was conducted. The following themes and subthemes were identified in the analysis of those interviews as well as when examined in regards to current research: (a) gender roles and gender role attitudes, with subthemes of generational differences and socialization and culture, (b) expectations, (c) coping strategies used by couples, (d) awareness, (e) the therapeutic environment, (f) treatment, with subthemes of Adlerian principles of treatment and interventions, (g) treatment compliance, (h) factors that support couple satisfaction.

Janell A. Maffey

Examining The Use of Emotionally Focused Therapy for Insecurely Attached Individuals in Romantic Relationships

From everyday life challenges to the wounds of early childhood, internal and external pressures impact relationships. Attachment styles can act as pressures in relationships when they influence each partner's perception of love and security. This qualitative study explores how attachment styles impress on relationship functioning and satisfaction. Additionally, this study will examine how these attachment styles are addressed within Emotionally Focused Therapy. Four mental health professionals were interviewed regarding their knowledge and experience of emotionally focused couples therapy with insecurely attached individuals. Seven themes emerged through the qualitative analysis: attachment filters, shared responsibility, slowing, intensifying and identifying, eclectic enhancement, cultural sensitivity, vulnerability, and attachment continuum. When compared with current literature, these themes provided both uniformity and divergence. This study may provide insight to mental health professionals in their work with insecurely attached individuals in romantic relationships.

Farah Ragan

Exploring Counselor Development of Resiliency in Adults Suffering From Depression Due to Childhood Neglect

The treatment of depression is a common focus of counseling and a primary concern for adult clients seeking counseling treatment. The recognition of the factors contributing to depression in an adult can lead to issues from childhood, issues which can have a long term affect on development. This qualitative study explores the experiences of mental health professionals in promoting resilience in individuals with depression who have a history of childhood adversity including neglect and abuse. Interviews with practicing counselors were conducted to explore whether CBT was effective in working with depressed adults who have a history of childhood adversity such as neglect and abuse. The literature review and interviews provide direction for future treatment development and therapy and also highlight some of the issues in treating adults who experienced childhood adversity.

Desiree Reusch

A Doubtful Mind: Examining Counselors' Experiences Treating Memory Uncertainty Associated With OCD

A common occurrence among many of those with Obsessive Compulsive Disorder is the experience of feeling doubtful about one's memories related to intrusive thoughts. Memory

uncertainty appears to be a factor that contributes to the maintenance of obsessive-compulsive symptoms. This qualitative study examined three therapists' observations working with clients who have OCD and who report memory difficulties. A literature review was first conducted, and three participants were then interviewed using a semi-structured interview based on their experience working with the OCD population. Results from the interviews revealed six themes as well as multiple sub-themes: (1) low motivation to change (2) CBT model (3) cultural awareness (4) beliefs (5) self-doubt and internal focus (6) multiple potential causes. These themes were compared to data found in the literature review. Implications for clinicians and future research were also discussed.

Christine Schaffer

The Vital Role of Happiness in the Hospitality Industry: Why Management Should Invest in Employee Happiness and How Positive Psychology Can Help

The performance of hospitality employees on the frontline has been shown to have a significant impact on guest satisfaction and loyalty. Since guest satisfaction and loyalty ultimately drive hospitality organizations' success, factors that affect frontline employees' performance should be of considerable importance to management. Such factors include job satisfaction, work engagement, and affective organizational commitment, all of which are concepts that comprise what this study will refer to as *employee happiness*. Five professionals who work in the field of organizational psychology and/or organizational development were interviewed regarding their experiences and beliefs surrounding the most effective methods to help organizations raise performance and productivity levels and how employee happiness factors into affecting such change, especially in the hospitality industry. While not all the participants were well-versed in positive psychology, many of the tools and techniques they utilize in their practices have much in common with positive psychology concepts. This qualitative study explores the benefits of investing in the happiness and well-being of hospitality employees and how positive psychology and its concepts can help achieve employee happiness and organizational success.

Aliza Yesachar

Families Living with Autism: Examining How Counselors Address Sibling Relationships

With the rapid increase in children diagnosed with autism, more families nowadays have to learn how to live and care for a person with ASD. The complexity of these neurodevelopmental disorders that manifest mainly in impairments in social communication and restricted behaviors makes it especially challenging for families to adapt to. How families and siblings understand, accept, and care for a person with autism, and how the world of therapy can support them is the purpose of this qualitative study. To further explore these challenges, four therapists who work with people with autism and their families were interviewed with an instrument consisting of 12 questions. The seven themes that emerged from the analysis of the results were: No One Like the Other, It Take a Family to Treat Autism, The Issue of Denial, Issues with Siblings of Children with Autism, Supporting Families, Meeting Families Where They Are, and Marrying ABA with Family Therapy. The results indicated that individuals with autism and their families could benefit significantly from therapy that focuses primarily on family issues and not treating autism per se. Educating families about autism and providing them with tools to live with autism as a system is very effective.