

Spring 2018 Final Projects

Morgan Arroyo

Counselors' Experience with Using Narrative Therapy to Foster Resilience and Post-Traumatic Growth in Female Survivors of Intimate Partner Violence

Intimate partner violence (IPV) is a major public health concern that leads to serious consequences in the physical, mental, economic, and social well-being of women who experience it. The vast majority of existing literature regarding IPV has focused almost exclusively on the negative consequences that may result from one's experience with abuse and violence. Instead, the present study sought to identify ways in which mental health professionals can work with female survivors of IPV to enhance the development of resilience and post-traumatic growth (PTG). Due to its optimistic and empowering nature, narrative therapy was specifically examined as a modality to promote growth with this population. This study evaluated in-depth interviews with three clinicians who have experience working with female survivors of IPV and familiarity with the concepts of narrative therapy. The stages of qualitative data analysis were followed in the evaluation of material collected for this study. Three predominant themes emerged from the data, including characteristics that contribute to the development of resilience, barriers to treatment with this population as well as strategies to overcome these challenges, and the role of narrative therapy in promoting resilience and PTG.

Mike Aldrich

Therapists' Experiences Using Mindfulness Interventions as a Treatment for Depression Among Adult Males

This qualitative study investigates the relationship between traditional masculinity and depression in adult men, and the effectiveness of mindfulness interventions for this population and clinical issue. Relevant literature was examined, and three clinicians with extensive experience working with adult men were interviewed. The results of these interviews provided extensive data that illuminated the role of traditional masculinity in men's lives, and how this concept may affect the presentation and management of depression in adult men. Strategies to work with men in counseling and opinions regarding the efficacy of mindfulness interventions are also analyzed.

Jonathan Baker

Conceptualizing Male Victims of Intimate Partner Violence from a Feminist Perspective

Individuals who have been victimized in an abusive partnership face a tremendous amount of stigma, perhaps inhibiting their desire to seek mental health assistance and thereby increasing the likelihood of the perpetuation of a dangerous cycle of abuse. The stigma faced by this community is exponentially greater when the victim in questions identifies as a male. Due to the restrictive normative gender roles born out of the United States' patriarchal culture, men who have been victimized in intimate partnerships are often reticent to disclose their experiences because of the shame associated with diverging from this prescribed notion of what constitutes masculinity. Furthermore, various institutions ostensibly designed to serve victims of intimate partner violence (IPV) have internalized these cultural norms and have further shamed men in the instances in which they have chosen to disclose their experiences of victimhood at the hands of a romantic partner. Counselors who have experience working with male victims of IPV were interviewed. A variety of notable themes emerged from the interview data including the integral

role that shame & stigma play in preventing male victims from seeking treatment, the efficacy of multiple treatment modalities including feminist, narrative, and person-centered therapy, the influence of power and control in contributing towards the perpetuation of violence in intimate partnerships, and the variety of ways in which men can be victimized in an intimate partnership including financial exploitation, legal abuse, verbal/emotional abuse, and sexual abuse. Counselors additionally discussed how current systemic imbalances have contributed towards the proliferation of violence in romantic contexts and prevented victims, men included, from seeking help in the event of their victimization at the hands of their partner. The intent of this study was to provide perspectives on how mental health clinicians can help alleviate some of the stigma faced by this population group on both a micro and macro scale.

Anna Karen Becerra-Rodriguez

Examining How Counselors Treat Body Dissatisfaction with Latina Women

Body dissatisfaction, defined as a negative personal evaluation of one's physical appearance including weight and shape, is prevalent across women of all ethnicities in the United States. Despite the pervasiveness of body dissatisfaction in women, limited research exists regarding the treatment of body dissatisfaction with Latina women. Thus, the purpose of this study was to explore effective approaches and interventions used in the treatment of low body satisfaction with Latina women. Five licensed mental health professionals with extensive experience counseling Latina women with body dissatisfaction were interviewed through a semi-structured format. The participants provided substantial information about body dissatisfaction in Latina women and shared new levels of depth regarding therapeutic approaches for treatment. The interviews were recorded, transcribed, coded and analyzed. Nine major themes and twelve subthemes emerged from the data: (a) body dissatisfaction effects on the selves, (b) body image across the lifespan, (c) postpartum and the "I use to be.." thoughts, (d) western and Latino culture's beauty standards, (e) trauma and body image, (f) hazardous zones, (g) therapeutic treatment approaches, (h) emerged challenges, and (i) the needed skills. The results from the study can give mental health professionals some direction when working with Latina women with body dissatisfaction issues. Additionally, the results revealed potential areas for future research to further explore and clinical implications of the study were also discussed.

Kymerly Bermeo

Unending Sorrow: Exploration of Complicated Grief Utilizing Eye Movement Desensitization and Reprocessing

One of the most traumatic events that life can deliver is the death of a loved one. Research studies indicate nearly 10-20% of the population of individuals grieving will experience a condition known as complicated grief. The present study examined how mental health professionals utilize eye movement desensitization and reprocessing therapy (EMDR) in the treatment of complicated grief through the lens of three certified EMDR therapists. A phenomenological methodology was conducted utilizing a series of semi-structured questions developed by the researcher to explore the occurrence of complicated grief and the associated risk factors as reported by the participants. Findings supported results identified in the reviews of the extant literature. Some of the significant themes that emerged in this study included: (a) insecure attachment, (b) guilt, (c) dissociation, and (d) cultural expectations. The clinical implications of this study are discussed in addition to suggestions for future research.

Andrea Bitzer*An Exploration of Therapists' Experiences Providing Psychotherapy to Deaf or Hard-of-Hearing Clients and Their Families*

The present study explores therapists' experiences working with deaf and hard-of-hearing (DHH) children and their families. The author reviews the existing empirical research regarding treatment, and then provides a thematic analysis of semi-structured interviews with clinicians who treat DHH individuals. Many themes emerged related to the unique features when working with DHH clients, language barriers, and utilizing various therapeutic interventions to serve the DHH community. The discussion includes analysis of the results with the existing body of literature, and the author suggests clinical implications and recommendations for future research.

Candy Bui*More Than a Stereotype: Exploring Counselors' Experiences with Asian American Men*

The study explores the effects of stereotypes among Asian American men. Four mental health clinicians were interviewed regarding their experience counseling this population. The interviews were analyzed, and seven themes emerged: outreach and stigmas (accessibility to clients, importance of language sensitivity, and psychoeducation), biculturalism, stereotypes (media portrayals and affluent occupational choices), psychological distress, emotions, mindfulness considerations, and cognitive behavioral therapy. Results of the study were mostly consistent within the context of the literature. Effective suggestions for mental health professionals, clinical implications, areas of future research, and limitations were also addressed.

Tracey Casillas*Disordered Eating in Latino/as; Exploring Acculturation, Barriers and the Need for a Culturally Adaptive Treatment Model*

This study explores a culturally adaptive treatment model for Latinos/as with disordered eating, looking specifically at acculturation and barriers to treatment. Four clinicians were interviewed regarding their experiences treating the Latinos/as with disordered eating. Seven major themes emerged from the data: (a) relevant cultural factors including values, (b) issues of acculturation with the subthemes of acculturative stress and acculturation is addressed in treatment (c) identity formation (d) barriers to treatment with subthemes of stigma and secrecy, lack of awareness, language and connection and access to healthcare (e) addressing barriers in treatment and (f) effective treatment with the subthemes of psychoeducation and cultural sensitivity. The results of the study that pertain to cultural factors, issues of acculturation and barriers are supported by existing literature. The results also offer new insight on how to address some of the prominent factors that Latinos with eating disorders face in treatment. Results of this study also have implications for clinical application for further research to support Latinos/as struggling with eating disorders using a culturally adaptive form of treatment.

Michelle Charime*Exploring How Clinicians Utilize Eye Movement Desensitization and Reprocessing to Reduce Male Suicidality*

The present study explores the effectiveness of utilizing eye movement desensitization and reprocessing (EMDR) with suicidal males through qualitative research. Four licensed mental health clinicians with at least a basic training in EMDR were interviewed about their experiences

working with suicidal males and when and how they incorporated EMDR into their work. Results indicated that the participants found trauma, belief systems influenced by culture, and gender to be important risk factors among the suicidal male clients. The data also suggests the utilization of resourcing and preparation, Adaptive Information Processing (AIP) to conceptualize clients, reprocessing phases, mind-body work, instilling hope may be useful aspects of EMDR when working with suicidal male clients. Participants suggested that EMDR has been beneficial in fostering a sense of comfortability in regards to emotional regulation and emphasizing individuality and brain work with male clients, while highlighting the consideration time as a potential challenge. This study suggests there are some gaps in regards to common risk factors that influence suicidality among males as well as how EMDR can be utilized with this population. Future research may benefit from emphasizing the exploration of how common risk factors of suicide influence this population and providing more content on incorporating the use of EMDR.

Paige Cline

Occupational Threats to the Psychological Well-Being of Veterinary Professionals: The Integration of MFT Skills into Animal-Care Settings

This study investigates the nature and incidence of a unique set of occupational threats posed to the psychological well-being of veterinary professionals by the darker realities of their work. The author reviews the existing body of research into the treatment of these issues in veterinary and other human-focused medical professionals, and provides a thematic analysis of semi-structured interviews with some of the most respected experts in the emerging field of veterinary mental health. Of greatest concern were the moral stress and desensitization to death presented by the frequent performance of euthanasia, and the ongoing vicarious trauma of witnessing or contributing to the physical suffering of animal patients and the emotional distress of human clients. This study further examines the nature, prevalence, and severity of the mental health consequences that can develop as a result of an accumulation of these threats, including compassion fatigue, depression, anxiety, burnout, and an elevated risk of suicidality. Finally, the study examines treatment approaches to address the mental health concerns of all of the humans in veterinary environments, with additional attention paid to efforts to ameliorate the emotional distress of grieving pet owners that has such a detrimental effect on veterinary psychological well-being. The discussion contextualizes the thematic analysis within the existing literature, and the author reviews clinical implications and suggests recommendations for future research.

Jordan Davis

Examining the Clinical Use of Music Therapy Among Older Adults

The purpose of this study was to better understand the experiences of clinicians working with older adults using the modality of music therapy. The author examined the impact of music therapy among older adults. The author interviewed five practicing board certified music therapists and a qualitative methodology was used as all interviewees were asked a series of semi-structured questions. The results illuminated eleven core themes about the topic. They included: initial reactions of music therapy, nostalgia, gender differences, cultural sensitivity, role of therapist, interaction, strengths, barriers, frequency, short-term effects, and lasting changes. With the amount of research from cultures outside the U.S., more research needs to be conducted within the U.S. in order to make comparisons with other findings. Future research should include how older adults react to music therapists of different ethnic backgrounds than

their own. As this population continues to increase, music therapy is an ideal and effective therapeutic intervention.

Maritza Dominguez

After "I Do": Counselors' Experiences with Newly Married Couples Struggling with Marital Dissatisfaction Using Mindfulness Enhanced Emotion Focused Therapy

The present study explores common challenges newlyweds face when confronting marital dissatisfaction and further explores how the use of therapy can aid spouses in decreasing their dissatisfaction and distress. Four counselors were interviewed and among the interviews, three major themes emerged: newlyweds' adjustments to marriage, communication challenges and tools, and recommended use of therapy for dissatisfied newlyweds. A stigma against newlyweds seeking therapy compared to pre-marital or long-term marriages also emerged from the data. Participants described that the use of normalization was essential in helping newlyweds accept and understand each other and their struggles. Additionally, participants described benefits and limitations of utilizing mindfulness and EFT to help newlyweds who were experiencing marital dissatisfaction. The current study contains a discussion of the current results and situates it within previous research, followed by implications, limitations, and areas for future research.

Alexandra K. Dvornikova

The Conceptualization and Treatment for the Components of Problematic Internet Use

Problematic internet use is an emergent condition that is gaining global recognition. However, there is no current consensus among clinicians as to what criteria constitute problematic internet use. This qualitative study examines the conceptualization and treatment for the components of problematic internet use. Four clinicians were interviewed based on their experience and specialization working with clinical populations impacted by technological dependence. Data analysis of the transcripts revealed six major themes: socially accepted addiction, family dynamics, maladaptive coping mechanisms, social and relational deficits, porn, and common client characteristics. Results of these findings identify common features of problematic internet use and recommends effective interventions for this population. The implications of the research and directions for future research are discussed.

Afnan Elmaghrabi

A Qualitative Study of Counselor's Experiences in Addressing Barriers to Treatment Using Culturally Responsive Services for Muslim Americans

Since the tragedy of 9/11, hate crime and negative stereotyping have drastically increased among Muslim Americans. This exposure of discrimination has led to heightened psychological distress, isolation, and division among Arab and Muslim Americans, as they live in fear of public scrutiny. This study started looking at existing literature on barriers to accessing mental health services among this population including discrimination, shame, and social stigma associated with cultural dynamics of those who live with mental illness. Four counselors were interviewed through an open-ended discussion in these areas. Salient themes emerged from qualitative analysis and deductive reasoning. The importance of the clinician to incorporate culturally responsive services to address the psychological needs of Muslim American clients. Counselors shared their work with clients, included various challenges that deter clients from seeking help, their impressions of the effectiveness of certain modalities, and observations on how to navigate through clients' worldview, perceptions, and beliefs.

Ranie Egusquiza

Loving the Person Not the Plumbing: A Study on Clinicians Experiences with Transgender Identifying Individuals Struggling with Relational Anxiety

Despite an increased recognition of the varying obstacles transgender identifying individuals face in today's society, little research has been devoted to investigating potential causation and treatment of their psychosocial and psychopathological symptoms. This study strived to identify these factors and investigate the impact and experience of clinicians involved in the treatment process. In order to explore clinicians' approaches and experiences when working with transgender identifying individuals who suffer from relational anxiety, this project began with an examination of the literature on potential obstacles, vulnerabilities and consequences created by an individual's transgender status, and how it relates to relational anxiety. Four licensed therapists who specialized in working with the LGBTQ+ community and were experienced working specifically with transgender identifying individuals, were interviewed with questions based on the research. Prominent themes emerged from open-ended interviews with the participants, which included importance of personal characteristics of the clinician, the prevalence of trauma and mediating factors.

Megan Hoff

Utilizing Self-Compassion to Address Low Self-Esteem in Adult Survivors of Child Abuse

Many survivors of child abuse or maltreatment continue to experience complications related to their abuse well into adulthood. Low self-esteem resulting from abuse is common among this population and has been shown to have deleterious consequences to one's mental health and interpersonal functioning. The purpose of this study was to examine mental health professionals' experiences of using self-compassion to increase self-esteem and improve functioning among this population. In addition, participants explored their experiences of using acceptance and commitment therapy to teach client's self-compassion. Three mental health professionals were interviewed based on their experience and specialization working with adult child abuse survivors. Seven major themes emerged from the data: working with adult survivors of childhood trauma, self-esteem and self-compassion, impacts of child abuse in adulthood, barriers to self-compassion, self-compassion in practice, benefits of self-compassion for child abuse survivors, and acceptance and commitment therapy and self-compassion. The results of this study provide further support for using self-compassion to help individuals preserve or improve their self-esteem even when encountering failure or adversity. In addition, the results add to the literature which suggests that the concepts and techniques found in acceptance and commitment therapy could provide a suitable means for helping child abuse victims access self-compassion.

Kelsey Hollenbeck

Not Alone: Exploring the Use of Support Group Therapy with Bereaved Children and Adolescents

Many children experience the loss of a parent or sibling, and the effects of the loss can expand out into multiple areas of life, including: mental health, social support, and family functioning. This qualitative study focuses on the experiences of mental health professionals in using support group therapy with bereaved children and adolescents, specifically in the bereavement camp setting. Four clinicians were interviewed based on their experiences and expertise in working with bereaved children and adolescents and their involvement with bereavement camps. Seven major themes emerged from the data: the individualized grief process, factors affecting grief, the

impact of peer relationships, family responses to death, coping with loss, normalizing grief responses, and peer support. Results of these findings largely confirm the suggestions in previous literature that support group therapy may be an effective form of treatment for bereaved children and adolescents, and that it may uniquely impact bereaved children's loss of social support. The implications for clinical practice, recommendations for future research, and limitations of the present study were also discussed.

Jennifer Hong

Invisible Women: Utilizing a Culturally Sensitive Therapeutic Approach for Asian American Women Experiencing Self-Objectification

This qualitative study examined self-objectification such as body image dissatisfaction and appearance anxiety, and the impact of Western beauty standards among young Asian American women. Four clinicians were interviewed to discuss therapeutic approaches in treating the consequences of self-objectification which includes symptoms of disordered eating, substance use, depression, and anxiety. A reoccurring theme that emerged throughout the study was the limited amount of research in the literature, thus possibly interfering with providing the best quality of care for this population and presenting issues. Highlighted themes also include barriers to treatment, utilizing cultural sensitivity and mindfulness, and the influence of social media on body image. This study also investigates social pressures experienced among Asian American women that may lead to altering physical appearances to achieve the ideal Western beauty. Results of the study discusses recommendations for clinicians, areas for future research, and limitations regarding Asian American women experiencing self-objectification.

Alexandra Isaacs

An Exploration of Therapists' Perspectives on Treatment Approaches with Male Clients Who Have Experienced the Loss of a Romantic Relationship

This study was conducted to gain a deeper understanding of how therapists treat men who have experienced the loss of a romantic relationship. Past research studies about relationship loss, therapeutic work with men, and Solution-Focused Brief Therapy (SFBT) were analyzed, and three licensed therapists who work in one or more of those areas were interviewed. Utilizing grounded theory data analysis, the researcher inspected the data and searched for themes and similarities. Prior research presented men's struggles with seeking both social and professional help during this time of loss, and SFBT displayed promising results with men attempting to cope with their grieving, as it helped them to focus on their strengths and on finding solutions to their problems. The participants shared similar experiences with their own male clients, and focused on the harmful effects of internalized masculinity and how that is exemplified in the therapy setting, most commonly in resistance to therapy. Connections are loosely made between men coping with their loss, the role of masculinity, and the use of SFBT, and subsequent guidance for therapeutic implications and directions for future research are discussed.

Heather Lam

Therapists' Experiences Using Mindfulness Based Therapeutic Interventions in Helping the Prison Population with Emotional Dysregulation Overcome Recidivism

The present study explores the use of mindfulness based therapeutic interventions among the prison population in order to regulate emotions and decrease recidivism. The author explores existing empirical literature on the causes of crime and how mindfulness can help alleviate the

emotional difficulties associated with crime, and then provides a thematic analysis of the semi-structured interviews conducted with clinicians that had experience with mindfulness-based interventions and/or worked with the prison or criminal justice population. Themes of client conceptualization, barriers to treatment, mindfulness-based intervention strategies, and limitations of mindfulness-based interventions arose from the interviews. Clients conceptualized the cause crime in clients as attributing to emotional dysregulation stemming from mental health difficulties related to trauma. Participants attempted to help clients gain awareness, be present, cope, and recover from the mental health difficulties associated with crime. Although there are benefits in using mindfulness-based practices in the prison population, some participants explained barriers such as cultural ones and the need to use other interventions along with using mindfulness-based practices among the prison population. The discussion reconciles the thematic analysis with the existing research. The author then provides clinical implications and recommendations for future research.

Kayley Aracely Machado

Counselors' Experiences Using Forgiveness Therapy with Survivors of Domestic Violence

The purpose of this study was to examine counselors' experiences using forgiveness therapy with female survivors of domestic violence. Past and current literature on the effectiveness of forgiveness therapy was researched and analyzed. Four counselors who have experience with this client population were interviewed. Although the counselors reported they did not practice forgiveness therapy particularly, many of the common elements of forgiveness therapy emerged throughout the interview. The interviews were recorded, transcribed, and analyzed for themes. The participants shared their insight in regards to their approach to exploring the various meanings of forgiveness with their clients and exploring the possibility of forgiving their abusers. Based on the results, the participants indicated that if a client made the decision to forgive her abuser or herself, forgiveness was a major part of the healing journey. However, both the current literature and the participants emphasized that forgiveness is completely optional. Benefits and risks of forgiveness therapy as well as recommendations for considerations when working with survivors of domestic violence are discussed.

Kaitlin Morrison

Utilizing Dialectical Behavior Therapy to Treat Adolescent Females Engaging in Self-Harm

When deciding on a treatment modality for adolescent females engaging in self-harm behaviors, there are convincing reasons why Dialectical Behavior Therapy (DBT) can be a well-suited choice. As a valuable form of intervention focusing on the adolescents' background and needs, DBT teaches emotion regulation skills, interpersonal skills, mindfulness, and distress tolerance. DBT has been modified specifically for adolescent work, which includes family skills groups, and curriculum unique to teens. This population has difficulty expressing challenging emotions, relating to family members and peers, and managing their distress. In this study, applicable and current research is reviewed and three clinicians are interviewed on their experiences using DBT in the treatment of self-harm in adolescent females.

Kevin Ortiz

Listen to the Music: The Counselor Perspective when Utilizing Music Therapy with Adults who Have Depression

The present study attempts to analyze newfound data as to the unique perspective of the therapist

utilizing music therapy with adults who have depression, when compared with the existing research, which had yet to address the perspective of the clinician. Data was collected through interviews with participants recruited from the *Psychology Today* website who are currently working, licensed therapists who utilize music and art therapy while working with their clients. The interviews were transcribed and data was coded in order to reveal themes among the participants and address those themes alongside the current existing research. The researcher found there to be support for some major themes in the existing research in the newfound data from the participants. Clinicians can be more successful when utilizing music therapy with depressed adults if they allow the client to lead in some aspects in therapy and join with them in therapy as much as possible. Furthermore, the clinician being aware of their own flexibility with their language and utilization can have a positive impact on their clients.

Jennifer A. Pierce

Thriving Together: Counselor Experiences of Working with Transgender and Gender Diverse Couples and Exploration of Incorporating Relational-Cultural Therapy

Intimate relationships are a significant part of overall wellbeing that is often ignored in counseling and psychological research for the transgender community. Much of the research regarding transgender and gender diverse individuals is through a lens of pathology or focused on negative outcomes. The current study employed a strength-based perspective and qualitative methodologies to explore counselor experiences of working with transgender and gender diverse couples, where at least one partner identifies under the transgender umbrella. The study also examined the potential of using a relational-cultural therapy (RCT) approach to working with these individuals and couples. Data was collected through semi-structured interviews with five mental health professionals. There were several themes that emerged through the data analysis which included: (a) barriers to wellbeing, (b) the role of identity, (c) treatment considerations, (d) personal impact on clinicians, and (e) family representations. Clinical considerations, limitations, and areas of future research are also included in the discussion.

Stephanie Portka

Exploring How Mental Health Professionals Integrate Biculturalism in Therapy with Mexican Immigrant Families with Intergenerational Conflicts

This qualitative study explores mental health professionals' perspectives on the incorporation of Bicultural Effectiveness Therapy (BET) modalities and other ways that mental health professionals may work with Mexican immigrant families in overcoming intergenerational conflicts due to differences in acculturation and traditional gender roles. A review of the literature outlines consequences related to rapid assimilation of children of Mexican immigrants, discrepancies in cultural values and traditional gender roles between parents and children, and effects acculturation has on communication, family dynamics, and mental health, as well as explores the efficacy of BET. The present study utilized a semi-structured interview protocol to interview five licensed mental health professionals on their experiences in helping Mexican immigrant families with conflicts due to acculturative stress, with a special focus on issues with traditional gender roles such as *machismo* and *marianismo*. In a team format, phenomenological reduction was used to group together common themes, five of which emerged from the data: (a) barriers and advocacy for access to therapy, (b) effects of acculturation on the family system, (c) clashes in traditional gender roles, (d) incorporating biculturalism, and (e) counselor process and other interventions. Several components of BET

seem culturally appealing to Mexican immigrants, making it suitable for a successful intervention. Additionally, future training may focus on obtaining basic knowledge and awareness of the struggles endured by this population, as well as having a strong cultural connection and awareness. Various methods of advocacy for this population, areas of future research, and limitations of this study are also discussed.

Kascha Rowland

Mindful Schools: Mindfulness as an Intervention for Students with School-related Problems

Mindfulness based interventions with adults has been found to be highly effective and has been the subject of much research in the past few decades. However, the study of mindfulness-based approaches with youth, especially in educational settings, is still being explored. The present study examined the impact of mindfulness, when applied in school settings, on students with school-related problems. For this study, school-related problems include issues with cognitive functioning, social-emotional skills, and sense of well-being. Three mental health practitioners who were certified mindfulness instructors, participated in semi-structured interviews. Each interview provided qualitative information regarding clinicians' experiences working directly with students across diverse age groups (i.e., middle school students, high schools students, and community college students), while applying mindfulness in school settings. Data was analyzed using a phenomenological approach and revealed five major themes: (1) the need for mindfulness in schools, (2) benefits of mindfulness, (3) mindful interventions, (4) practice what you preach, and (5) and cultural considerations. The results revealed mindfulness to be an effective intervention in schools settings and showed significant results in increasing cognitive skills, social and emotional skills, and improvements in students overall well-being. Furthermore, suggestions for clinicians, areas for future research, and limitations are discussed.

Cirse Saldana

Included, but Excluded: Exploring Limitations and Barriers Experienced by Latinx Undocumented Immigrants in Counseling

There are profound implications for individuals from the Latinx population who have undocumented legal status. The process of building trusting relationships with individuals from this population can be complicated due to contextual layers involved, nevertheless, these individuals do receive mental health services. This qualitative study explores limitations and barriers experienced by Latinx undocumented immigrants' in counseling. Five participants who are mental health professionals and have extensive experience working with the Latinx undocumented immigrant population were interviewed. Qualitative analysis identified six major themes about working with this population: (a) without *papeles*, (b) vulnerability, (c) connection, (d) education, (e) treatment, and (f) reactions to therapy. The findings from the study generated expected outcomes as well as some unique considerations that clinicians may find helpful when they work with clients from the Latinx undocumented immigrant population. The implications for clinical practice, recommendations for future research, and limitations of the present study were also discussed.

Alex Smith

Counselors' Experiences with the Use of Horticultural Therapy and its Effects on Mental and Physical Health

This present study examines the use of horticultural therapy and its value when used with adult populations affected by the complications of mental and physical health. Current literature is explored, then compared through a thematic analysis derived from information gathered through interviews from five counselors currently participating in the practice of horticultural or nature therapies. The major, emergent themes and subthemes, including personal responses from the participants, therapeutic benefits and challenges, and the art of the practice of horticultural therapy are discussed and analyzed. Participants all agreed that horticultural therapy was a useful and beneficial modality in the treatment with the populations they were serving. Those populations included children and adults experiencing developmental, mental, emotional, and physical complications, though challenges during the execution of horticultural interventions, and with bureaucratic systems could also be found.

Courtney M Steiner

Healing Heroes Big and Small: Using Parent-Child Interaction Therapy to Facilitate Improved Attachment Behaviors between Military Fathers and Their Children

Military service takes a toll on all members of a military family. Despite this, there has been limited research on therapeutic interventions that are appropriate to treat relational difficulties within military families. This study examined the use of parent-child interaction therapy (PCIT) with military fathers and their children. Three mental health professionals with experience using PCIT with military families were individually interviewed. The interviews were recorded, transcribed, and qualitative data were coded and analyzed. Seven themes emerged: PCIT is a good fit for military families; benefits of PCIT with military families; deployment and reunification; awareness of military culture; mothers, fathers, and the differences; challenges; and who is the identified patient. The data was examined based on the literature reviewed related to the topic. Findings from this study add to the limited available research regarding the use of PCIT with military families. Further research is needed about the applicability of PCIT as an effective treatment for military families.

Alyssa Tan

"I Have Needs, Too": Exploring How Therapists Treat Child and Adolescent Siblings of Children with Autism

Limited research exists on the experiences of counselors who treat the child and adolescent siblings of children with autism. The purpose of this qualitative study was to enrich the mental health treatment provided to siblings of children with autism. This study explored the experiences of siblings, as well as the effective approaches and interventions used in counseling siblings. Four mental health professionals with experience working with the typically-developing siblings of children with autism were interviewed in the study. Qualitative analysis revealed five themes, as well as eight subthemes regarding the practice of working with this population: (a) the dual nature of sibling roles, (b) parentification, (c) the role of parents, (d) treatment applications, and (e) resilient siblings. Results of these findings provide unique considerations for counselors working with this population. The implications of the research on clinical practice, recommendations for future research, and limitations of the present study are examined.

Alyssa M. Theis

Therapists' Experiences Working with Male Perpetrators of Intimate Partner Violence in Individual Therapy

Research in the field of intimate partner violence (IPV) has shown that current treatment styles using a “one-size-fits-all” approach with male perpetrators, usually in group format, are ineffective. Recidivism and drop-out rates continue to be high despite the widespread and systemic use of batterer’s treatment programs. Minimal research has been conducted on the use of individual therapy with this population. The present study was conducted to gain insight into therapists’ perspectives on working with this population in individual treatment. Four mental health care professionals experienced in using individual therapy with male perpetrators of IPV were interviewed using a semi-structured interview approach. Eight themes emerged from the data: risk factors, masculinity, treatment modalities and interventions, strengths and limitations of current treatments, ethical concerns, incentives for accessing treatment, barriers and challenges, and rewards. The clinical and research implications of these themes were discussed, as well as limitations of the current study and directions for future research.

Ann Truong

Approaching Depression Amongst Adolescent Children of Immigrants using Person-Centered Therapy

Children of immigrants, also referred to as second generation, are a population not as frequently covered in studies compared to first generation. Children of immigrants experience unique stressors and challenges different from native born individuals and different from even that of their parents’ experiences. These unique stressors and challenges may place this second generation at higher risk of mental health issues. In this qualitative study, three counseling professionals were interviewed to gain a better understanding of mental health work with children of immigrants. Participants were interviewed for 45-75 minutes. Participants were asked about their experience working with adolescent children of immigrants with depression. The three participants varied in age, ethnicity, generation, and client population. However, all participants were female. Interviews were transcribed and analyzed for themes in an effort to obtain a more comprehensive understanding of working with second generation adolescents with depression and how person-centered theory may contribute to treatment. Six themes emerged from the data analysis: Them versus the worlds (with four subthemes: Acculturation and cultural conflict, identity, negative impacts, and strengths), parental relationships (with two subthemes: Insecurities and communication between parent and child), differences between populations, therapists as cultural ambassadors and bridges, approaches with the population, and barriers to treatment.