Mary Renee Alvo
Why Doesn't My Body Look Like Hers? Exploring the use of Self-Compassion-Focused Therapy for Body Self-Esteem Issues in Young Adult Females
The present study explores the use of self-compassion-focused treatment for body self-esteem issues in young adult females. Semi-structured interviews with three participants working with female clients provided descriptive narratives of their professional and personal experiences revealing three overarching themes: development of body self-esteem, effects of body self-esteem, and treatment for body self-esteem. The results of this study support the existing literature that discusses the body evaluation process, consequences, and therapy. These findings also expand upon the current research by nullifying the concept of body positivity and encouraging body neutrality to females struggling with body self-esteem.

Lori Angeles
Exploring Marital Outcomes for Bereaved Parents from a Therapeutic Lens
The present study explores marital outcomes for heterosexual married couples who have lost a child. The researcher conducted three semi-structured interviews with mental health clinicians working with couples who have lost a child that resulted in descriptive narratives of clinical and personal experiences that revealed factors that influence the marital relationship after the death. Protective factors that mitigate the outcomes and the participants' preferred treatment modalities were also explored indicating a strong leaning towards an emotionally focused therapeutic approach. The researcher derived three clinical implications for professionals working with bereaved parents from the data analysis: the importance of understanding the complexity of clinical concerns of grieve and loss, the significance of sociocultural awareness working with bereaved parents, and the importance of supportive treatment for couples who have lost a child.

Katie Angvire
Counselors' Experiences Exploring Connection to Spirituality with Young Adults
A majority of Americans (90%) believe in a higher power; 56% hold faith in God as described in the Bible and 34% report a belief in another spiritual force. Young adulthood is often marked by an exploration of personal values apart from one's family of origin, including reexamination of spiritual and religious identity and beliefs about a spiritual figure or source. This study examined how mental health clinicians explore young adults' perceptions and connection to spirituality. Three participants with backgrounds in spiritual psychology were selected via purposeful and snowball sampling and interviewed in a semi-structured format. Results were analyzed using interpretive phenomenological analysis (IPA), in which several major themes were identified, including challenges of belief systems, personal and family healing, and positive transformation of a connection to a spiritual source. Results suggested that therapists can assist clients who are questioning or disengaged from their religious upbringing in exploring their own unique connection to spirituality. Clinical implications, areas of future research, and limitations of the study are addressed.

Vanessa E. Baron
Exploring Therapists' Experiences Helping Latinx Children Overcome Barriers and Clinical Concerns Through a Child-centered Play Therapy (CCPT) Lens
Latinx children can experience low self-esteem, intergenerational conflict, and numerous societal oppressions. Stigma, lack of finances, and other barriers may prevent them from accessing

appropriate mental health resources. Although Child-Centered Play Therapy (CCPT) is thought to be applicable across cultures, more research is needed on ways cultural values can be integrated into treatment for Latinx children. This qualitative study explored the experiences of four Master's-level therapists who had experience working with Latinx children and utilizing play interventions. Interpretive Phenomenological Analysis (IPA) was used to analyze the interview data. Four super-ordinate themes emerged: (a) challenges to accessing mental health resources, (b) consequences of trauma, (c) integrative treatment, and (d) impacts of telehealth. Central findings included highlights of the benefits of therapists having cultural and linguistical similarities to the parents and clients. The study provided new information on delivering play therapy interventions through telehealth in a pandemic.

Azizeh Chamani
Finding Meaning in Loss and Life: An Existential View
The experience of grief and loss is inherent to all human beings. Existential psychotherapy focuses on self-awareness, searching for meaning, and purpose of life. This makes it uniquely suited to the work of grief and loss. Three existential therapists were interviewed about their experiences with clients experiencing grief. The primary researcher analyzed these interviews using Interpretative Phenomenological Analysis (IPA) and found three super-ordinate themes of: (1) building a trusting foundation, (2) the process and experience of loss, and (3) finding meaning in loss. Results emphasized the importance of unconditional positive regard, authenticity, and vulnerability in the therapeutic relationship. An exploration of beliefs was central to the participants' work with clients and in helping them work towards integration of the loss. Feelings of powerlessness and reframing to create meaning were examined in the context of existential therapy. Participants' lives were also impacted by their experiences using existential therapy.

Rina S. Chang
What It Took to Survive: Addressing the Ramifications of Intergenerational Trauma in Korean and Other Asian American Families Through Family Systems Theory
Intergenerational trauma remains a prominent but understated issue for Korean and other Asian American immigrant families. Therefore, the purpose of this qualitative study is to explore the experiences of mental health clinicians who treat intergenerational trauma in Korean or other Asian American families, and to place their lived experiences within the context of existing literature on this clinical issue. Participants included three Asian American mental health clinicians with experience treating intergenerational trauma in Korean or other Asian American families. Data analysis consisted of coding participants' responses and identifying emerging concepts, resulting in the establishment of three overarching themes: (1) expressions of intergenerational trauma in Korean or other Asian American families, (2) cultural beliefs impacting the therapeutic process, and (3) cultural considerations in treatment.

Camille Corio
A Clip Into the Minds of Survivors: Exploring the Clinical Aspects of Life After Mass Shootings
The considerable increase in community and school-based mass shootings within the United States has led to a rise in demand for mental health professionals who work with survivors of these tragedies. The present qualitative study explores the experiences of clinicians who have worked with survivors of mass shootings. A review of relevant literature is also provided and

was used to analyze data collected from three semi-structured interviews. The data revealed seven major themes: (a) emotional and physical dysregulation, (b) sense of control and lack of safety, (c) support and connection, (d) importance of trauma history, (e) post-traumatic growth and healing, (f) therapeutic relationship, and (g) interventions used with survivors. The results of the present study support and expand the current literature regarding mental health professionals and their work with survivors. Clinical implications, limitations of the present study, and areas of future research are also discussed.

Avalon Noel Taylor Derlacki
Better Than Before: The Journey From Grief to Growth Via Somatic Therapies
The present study explores four mental health clinicians' experiences working with trauma and grief while using somatic therapies to promote post-traumatic growth. Qualitative data was gathered, and semi-structured interviews were conducted to better understand the role somatic therapies have in the development of post-traumatic growth. Six primary themes emerged from the data: a) disconnection and connection, b) importance of the therapeutic relationship, c) post-traumatic growth, d) embodiment and expression of emotions, and f) sensations, cultural expectations, and experiences with grief. Findings suggest that individuals with trauma histories, specifically experiences with grief, could benefit by engaging in somatic therapies. Furthermore, results from this study could impact the way mental health clinicians use somatic interventions to help foster post-traumatic growth when working with parentally bereaved youth.

Danielle Espinosa
Not Your Submissive China Doll: Counseling Asian American Female Survivors of Sexual Assault at the Intersection of Racialized Sexism
Given Asian American women's unique experiences of racialized sexism including being fetishized, hypersexualized, and deemed submissive, they may be more vulnerable to sexual assault. The present study explored culturally-attuned treatment approaches when counseling Asian American female survivors of sexual assault with a concordant understanding of gendered racism. Following a review of the existing literature, three mental health professionals were interviewed regarding their experiences working with this population. Four themes emerged from the interviews: cultural barriers and considerations, violence and racialized sexism, therapist role and reflexivity, and affirming treatment approaches. Findings suggest that cultural stigma and rape myth acceptance may cause Asian American survivors to harbor more shame and minimize their trauma. Suggested treatment interventions include psychoeducation to help clients and their families unlearn rape myths as well as EMDR and strength-based approaches to help reduce shame and feelings of worthlessness. The use of family and collectivist values may also serve as a motivating factor to engage in treatment.

Erika Esquivel
Increasing Body Image Positivity for Girls and Women Through Physical and Emotional Wellness
This study explores the development of body image in girls and women while integrating physical and emotional wellness to help increase body image positivity. Four participants were interviewed, including two mental health professionals and two allied professionals focusing on physical well-being, utilizing a semi-structured interview approach. A primary code set was established through data analysis utilizing qualitative procedures and dialogic engagement. Three

major themes emerged from the interviews, including internal and external influences affecting body image development, integrating wellness to increase positive body image development, and treatment considerations for clients with body image development issues. It is hoped that this study will inform counselors, educators, and coaches of the numerous wellness approaches that could be used with this population while understanding the complexities of different influences.

Jazmyne Fortman
Exploring the Applications of Adlerian Parenting with Black Families
This study explores Adlerian theory and its parenting principles with Black families. Qualitative data was gathered, and semi-structured interviews were used with two Black Adlerian therapists who had worked with Black families. The following are the primary themes that emerged from the interviews: diversity of the Black experience, Black family values, importance of the therapeutic alliance, destigmatizing therapy, Adlerian interventions, the importance of Black representation, and limits of Adlerian theory. Findings suggested that counselors could help Black families by understanding the family's unique experience and cultural values. Black parents could benefit from understanding their ineffective parenting style and change it to build a positive relationship with their children. Adlerian-based interventions can help Black families build awareness about their patterns and understand that their behaviors are purposeful. Counselors can help Black families destigmatize therapy by educating them about the therapy process. Finally, Adlerian theory can expand its concepts by including the Black cultural values and family dynamics. Overall, Adlerian theory is an effective modality that can help Black families with parenting.

Debbie Garcia
Exploring Mental Health Clinicians' Experience with Latino clients: Barriers, Facilitators, and Treatment Considerations
The present study explores clinical experiences of therapists and their work within the Latino community. Interpretative phenomenological analysis was used to analyze qualitative data that was gathered through semi-structured interviews conducted with three clinicians with experience treating Latinos in the U.S. Four superordinate themes emerged from the interviews: (1) barriers to mental health services, (2) facilitators for mental health services, (3) common clinical issues, and (4) considerations for treatment. All participants endorsed the incorporation of a culturally adaptive treatment approach, such as providing services in Spanish and incorporating cultural values into treatment. Participants highlighted the impact of systemic oppression and discrimination on Latinos and mental health treatment.

Kayleen Garvey
Counseling Considerations for Biracial Women
Biracial women are an increasing demographic, yet research discussing within-group differences and effective interventions is lacking. While it is likely that counselors who specialize in working with this population are biracial women themselves, there is a dearth of research investigating therapist role and parallel process within the therapy room. The present qualitative study explores culturally sensitive interventions and ways in which biracial women therapists recognize and manage countertransference, as well as utilize their life experiences to align with clients. Relevant literature is reviewed and compared to interview data engaging with three mental health professionals experienced working with biracial women. Thematic analysis of the

data resulted in three main themes: Monoracial versus Biracial Considerations, Biracial Identity Development, and Tools for Therapists. The results of the study suggest it is critical for clinicians to speak candidly about race, therapy can be utilized to practice responding to microaggressions, and appropriate self-disclosure can build rapport. The discussion further examines the results in the context of reviewed literature, the researcher offers clinical implications of the findings and recommends future areas of research.

Samuel Guntner
Utilizing Humanistic Therapies to Address Loneliness, Social Isolation, and Connection in Men
Men are experiencing rising rates of loneliness across the lifespan. With this trend comes rising rates of depression, suicidality, and other detriments, both mental and physical. To counteract the effects of loneliness, increased relational connections could be beneficial if not for the unique barriers to reaching it, including homophobia and difficulty seeking help. Therapists can support male clients in strengthening their connectivity through humanistic therapy modalities. In this qualitative study, four mental health professionals were interviewed about their experiences utilizing a humanistic lens with male clients struggling with loneliness. Data analysis indicated the themes of the importance of the therapeutic relationship, gender socialization, connection, and resistance to therapy. The findings affirmed the utility of humanistic therapy modalities for working with men struggling with loneliness and how the therapeutic relationship can act as an example for healthy relationships.

Jeannie Han
Counseling Considerations for Asian American Families Impacted by Intergenerational Acculturation Difficulties: A Qualitative Study of Therapists' Experiences
The purpose of the present study is to explore counseling considerations for clinicians in working with Asian American individuals and families impacted by intergenerational conflict and acculturation difficulties. Interpretive Phenomenological Analysis (IPA) qualitative methodology was used to analyze the collected data from personal and professional experiences of three qualified licensed marriage and family therapists. The participants were interviewed using a semi-structured approach and contributed to the clinical implications for clinicians. Five superordinate themes emerged from the data: generational differences, implications of cultural values, counseling considerations, importance of psychoeducation, and advocacy. Results from the present study suggest that there are both potential benefits and drawbacks for Asian American families adhering to non-traditional values and beliefs as well as maintaining traditional values and beliefs. Parent-child relationships were also emphasized in light of different acculturation levels. Participants contributed to the extant literature and research by providing important clinical implications for treating Asian American clients utilizing a culturally adapted therapeutic approach.

Krista A. Hill
A Clinical Perspective of Black Women's Experience of Stereotype Threat in Interpersonal Relationships
The present study explores Black women's experience of stereotype threat and its impact in the context of interpersonal relationships from a clinical perspective. Three mental health professionals were interviewed using a semi-structured approach. Overarching themes that arose from these interviews included what stereotype threat looks like, factors that influence stereotype

threat, and approaches to navigating stereotype threat. The results of the study support key points from existing literature. The findings also provided additional insights regarding impact on interpersonal relationships.

Julia Salgado Santos Hollowell
A Non-traditional Approach to Working with Autism Spectrum Disorder: How Therapists Use Play Therapy to Help Clients and Their Families
Autism spectrum disorder (ASD) is a mental health condition that impacts a person's social, emotional, and behavioral functioning. Due to its spectrum of symptoms ASD treatment typically requires a multidisciplinary approach. The most widely accepted autism treatment for children is applied behavioral analysis (ABA) (CDC, 2020b). In an effort to build awareness of mental health care options, the present study examined how child-centered play therapy can be used as a treatment modality for the autism population. Three play therapists were interviewed to share their experience regarding their work with children with autism and their families. A semi-structured interview was used to collect data. The researcher used Interpretative Phenomenological Analysis (IPA) to find significant themes. There were four super-ordinate themes that emerged from the data: understanding the features of autism, challenges and barriers, defining a non-traditional approach, and the "good play therapist." The findings showed the complex impact of the diagnosis on parents and siblings. They illustrated the importance of providing the family system with support during treatment. They also highlighted that the family unit should be understood within the systemic barriers it exists in. Overall, results supported a growing literature that asserts play therapy as an appropriate intervention for social-emotional growth of this neurodiverse community.

Kasey Johnson
Counseling Considerations for Identifying and Treating Maternal Shame
The present study investigates clinicians' experiences identifying and treating maternal shame and explores ways to reduce its occurrence and impact on clients who are mothers. Semi-structured interviews conducted with three mental health professionals produced narratives that revealed key themes in understanding maternal shame. These themes included how maternal shame presents in therapy, sources that contribute to its development, psychological and relational impacts, and beneficial treatment approaches. The results support the reviewed literature regarding the pervasiveness, contributing factors, and impacts of maternal shame, and expand on published research by suggesting useful treatment interventions and offering clinical implications for psychotherapists working with this significant clinical issue.

Mikaela Beatrice R. Lopez
Understanding Engagement, Attachment, and Disengagement From Gangs From a Therapeutic Lens
Incarcerated individuals, specifically those affiliated with gangs, carry reputations that make them one of the most stigmatized groups in society. However, society neglects the circumstances that lead these individuals to that particular lifestyle, and the challenges they face if and when they decide to change. Despite programs and resources currently in place, there is much to be improved on in terms of assisting this population through the transition between gang life to civilian life. This study, therefore, explores and analyzes the motivations behind joining, staying,

and leaving gangs, as well as the therapeutic approaches implemented from the perspective of the clinicians that work with this population.

Dianne Mason
Rethinking Apostasy: Exploring Therapists' Work with Religious Disaffiliates
The present study explores the impact of disaffiliation from high-cost religious groups. As religious disaffiliation continues to rise in the United States, religious disaffiliation or "exiting" may become a more common catalyst for seeking mental health treatment. The effects and process of religious disaffiliation from high-cost religious groups is reviewed in the context of Fisher's (2016) model of religious change. Qualitative data was gathered through semi-structured interviews with six mental health clinicians who had experience working with religious disaffiliates. The primary themes gleaned from the research were: (a) recognition and validation, (b) the pervasive consequences of religious exiting, (c) the LBGTQ experience, and (d) therapeutic considerations. Findings suggest that the effects of religious exiting can be all-encompassing as individuals mourn their past identities, experience existential anxieties, and cope with lost family or community support. Implications for treatment suggest that well-rounded religious and spiritual educational opportunities may contribute to better informed practice with religious disaffiliates. While the journey out of religion may be challenging, results also suggest that leaving religion can provide opportunities for personal growth as individuals work toward rebuilding a solid sense of self outside the group.

Shelley C. Mulock
The Use of Eye Movement Desensitization and Reprocessing (EMDR) Therapy in Treating Grief and Mourning with Children
The focus of this study was to explore how Eye Movement Desensitization and Reprocessing (EMDR) therapy is currently being used by practitioners to treat trauma and loss in children and youth, to explore how grief and loss specifically may manifest in youth populations, and to assess the viability of EMDR therapy as a helpful intervention for grief processing. This qualitative study consisted of four interviews with counselors whose specialties were either in EMDR therapy or in grief therapy with children. Snowball sampling, key informants, key knowledgeable persons, and reputational sampling procedures were used. Results indicated that the grieving process of children does look different to that of adults, that children may need to reprocess grief and loss at different developmental stages, and that EMDR therapy may be a viable modality for assisting children in their natural grief process as well as for targeting complex or trauma related grief. Implications point to a need for more research of the effectiveness for EMDR therapy as a modality for grief work with children, and a need for increased exploration of the concept of possible grief reprocessing for children at different developmental stages if necessary.

Paula Margarette C. Ong

Counseling and Cultural Considerations for Psychotherapy with Filipino American Clients
As the Filipino population grows in the United States, there is an expanding need to understand the unique mental health concerns and effective counseling approaches to serve the Filipino American community. Filipino Americans experience higher severity of mental health symptoms and lower utilization of mental health services compared to other ethnic groups (Tuliao, 2014). Additionally, there is little known about how mental health clinicians can provide effective and culturally responsive support for Filipino clients. The present study is a qualitative analysis of semi-structured interviews with 5 Filipino clinicians who provide mental health services to Filipino American clients in California. It identifies counseling approaches and cultural considerations for working with Filipino clients. Common themes include mental health barriers and stigma, the therapeutic alliance, contributing factors to mental health, culturally tailored interventions, and the significance of community.

Cesar A. Pacheco
Exploring How Therapists Provide Safe Space for Men to Discuss Their Body Image
Men often struggle with their body image. However, because of traditional gender socialization, men rarely have the space to explore their issues with their bodies. The current study explores how therapists provide a safe space for men to explore their body image. Participants in this qualitative study include five male therapists currently working with men and body image. Data was collected through five separate interviews conducted through Zoom. A number of themes emerged including the importance of therapeutic relationship, gender socialization, biopsychosocial factors, influence of the media and the idealized body type. Helping men understand and process the internal and external factors that contribute to body dissatisfaction could be a beneficial option for therapists working with men. Utilizing techniques like modeling, normalization and setting realistic expectation may also help therapists in providing mental health treatment in a safe and collaborative setting.

Kevin B. Perez
A Trend of Pain Among Latinx Youth: An Exploration of Culturally-Responsive Treatments for Suicidal Latinx Adolescents
The present study explores the role of cultural values, contributors to suicidal ideation, and interventions that may be effective in the treatment of suicidal Latinx adolescents. Semi-structured interviews with four clinicians in the field provide insight into the role of Latinx culture within treatment such as with language barriers, stigma, and protective factors. Contributors to suicidal ideation such as the minimization of feelings and intergenerational trauma are also addressed. Interventions for this population such as noble intent reframing, self-disclosure of culture, psychoeducation, and a strength-based approach are presented. As a result of an analysis of the data, areas of future research are introduced, and clinical implications are made as a way to further the discussion on how clinicians can best meet the needs of this population in the Latinx community.

Kendall Brianne Raymond
The War Zone Called 'Home': Clinician Perspectives on Fostering Resilience in Adult Daughters of Domestic Violence
This study investigates how practitioners conceptualize and treat women who were exposed to domestic violence in childhood. Three mental health clinicians were interviewed using a semi-

structured approach. Three significant themes surfaced from these interviews, involving this population's enduring mental health consequences across the developmental trajectory, the role of enmeshed attachment patterns, and clinical considerations for employing resilience-based approaches upon treatment referral. The findings of this study align with previous research that evaluates the vulnerability for adult daughters of domestic violence to develop adverse long-term psychosocial outcomes, as well as implications for resiliency restoration. The findings also expand upon existing literature by providing clinicians' first-hand observations, techniques, and experiences that help foster resilience in adult female family violence survivors throughout the recovery process.

Isabel V. Reyes

Looking Into the Paper Mirror: Utilizing Journaling in the Counseling Setting to Address Clients' Mental Health and Well-Being and Experiences of Social Disconnection
This study focuses on clinicians' experiences with utilizing journaling as a counseling intervention to address clients' emotional and psychological well-being and experiences of social disconnection. Three mental health therapists were interviewed using a semi-structured protocol. From the narratives of the participants, three themes emerged: the benefits and strengths of journaling, how to navigate around the stereotype of journaling and what adaptations can be made to the journaling process, and how journaling can facilitate social connection. The results of this study affirm existing literature regarding the positive outcomes from various journaling interventions, the relationship between social disconnection and mental health, and promoting connection through writing. These findings also expand upon the current literature by detailing the clinical implications for the use of journaling in the therapy process.

Janelle B. Santucci

Utilizing Mindfulness-Based Interventions to Address Posttraumatic Stress Disorder Among Veterans
The present study explores the utilization of mindfulness-based interventions (MBIs) to address posttraumatic stress disorder (PTSD) among veterans. Barriers, such as hypermasculinity and stigma, inhibit treatment of this population, yet there has been limited research into the perspectives of clinicians in this field. After reviewing the literature, the researcher conducted semi-structured interviews with three mental health practitioners experienced in working with the military population. Thematic analysis of these interviews revealed three themes: barriers to getting help, innovation and integration of MBIs, and therapists going the distance. The researcher concluded by connecting these results with previous findings, suggesting clinical implications, and proposing future research directions.

Morgan P. Sheldon

Clinicians' Perspectives on Affirming Trauma-Informed Care for Multiple-Marginalized Genderqueer Clients
The present study explores the specific multiple-marginalization traumas facing genderqueer clients, the impact of these stressors through internalization, and challenges facing these clients upon engaging in therapeutic care. A review of existing literature and thematic analysis of three interviews with expert clinicians are presented. Three primary themes emerged from their narratives: intersectional oppression's impact on seeking and receiving care, clinician positionality and its impact on therapeutic work, and trauma-informed provision of affirming

services. Findings suggest that cultural humility is a primary requirement for providers, shared lived experience is an asset to affirming care if appropriately protected, and several trauma-informed modalities may be appropriate for mindful use with multiple-marginalized genderqueer clients.

Naomi Tapia
The Path to Healing: No Longer Your "Gordita"
The present study aimed to get a better understanding of the causal factors for Latinas struggling with disordered eating, eating disorders, low self-esteem, and negative body image, and to explore the use of Health at Every Size, in combination with existing modalities, for treatment. Semi-structured interviews with four clinicians and one dietician working through a Health at Every Size framework produced narratives of clinical experiences revealing factors that influence the development of disordered eating, eating disorders, low self-esteem, and negative body image. The analysis revealed three themes: 1) factors influencing disordered eating, eating disorders, low self-esteem, and negative body image, 2) access of care and the integration of Health at Every Size, and 3) the path to healing. Results of this study suggest Health at Every Size, in combination with existing modalities, could be an effective healing approach for Latinas struggling with disordered eating, eating disorders, and negative body esteem.

Andrea Tiêu
Examining the Narrative Approach to Intergenerational Trauma Within Global-Majority Families
The present study examines how counselors have utilized a narrative therapy approach when working with global-majority refugees and their families, particularly in regard to intergenerational trauma. The existing literature regarding the presentation of intergenerational trauma and common issues encountered by refugees is reviewed. Semi-structured interviews were conducted with four mental health professionals to understand their experiences of working with global-majority refugees. The data was analyzed by two researchers, and five themes emerged from the data: (1) how to combat shame and stigma, (2) how intergenerational trauma presents, (3) considering intersectionality, (4) narrative approaches, and (5) countertransference. The findings support the present knowledge base regarding the varied and insidious ways that intergenerational trauma may present within global-majority families, as well as how narrative approaches create space for healing through a coauthored, collaborative process. Clinical considerations, areas of future research, and limitations of the study are also discussed. Findings from this study may have implications for how clinicians can incorporate new ways of working with refugee and global-majority clients using culturally responsive post-modern and strengths-based techniques

Kimberly Virrueta
Play Heals the Hurt: How Therapists Utilize Play and Filial Therapy to
Treat Children with Chronic Illness
When a child is diagnosed with a chronic or terminal illness, the child and their family experience high levels of psychological distress. Young children benefit from play-based interventions that do not require verbal processing or cognitive maturity. The present qualitative study explores how mental health professionals use play and filial therapy in the hospital to reduce stress in patients and families facing serious illness diagnoses. Three mental health

professionals working with this population were interviewed. Interpretive phenomenological analysis (IPA) was used to explore the data, from which six main themes and 29 subthemes emerged. The present study explores and analyzes the main themes: treatment approaches, advocating for patients and families, benefits of play for this population, effects on the family, effects on the patient, and strengths and resiliencies. Results of the study suggest that play, family systems, and a trauma-focused framework are helpful approaches that address distress for patients and families. Clinical implications are discussed. Areas of future research include exploration of strengths-based, medical trauma, and medical family therapy (MedFT) modalities for patients and families facing chronic or terminal illness.

Edward Zamora
Culturally Sensitive Treatment for the Impacts of Machismo on Hispanic Men
The present study explores the use of culturally sensitive treatments for the impacts of *machismo* on Hispanic men. Semi-structured interviews with three participants working with the *machismo* population provided descriptive narratives of their professional and personal experiences revealing three overarching themes: cultural expectations, treating men who adhere to *machismo* values, and challenges to successful treatment. The majority of the results of the current study support the existing literature that discusses the stigma of help seeking, *machismo* and familial relationships, negative mental health consequences, acculturative stress of bicultural Mexican American men, and treatment approaches, with some areas of the results lacking existing literature to support the data. The findings suggest that applying culturally sensitive treatments to *machismo*-oriented men can significantly produce successful outcomes. More research adhering to culturally sensitive methods to treat the *machismo* population is needed to solidify preliminary findings.