



Counseling Hispanics Through Loss, Grief, And Bereavement: A Guide for Mental Health Professionals

Ligia M. Houben

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Counseling Hispanics through Loss, Grief, and Bereavement is an extremely timely and welcome addition to the literature in thanatology. Counselors will find in it the tools, knowledge, and insights to respond to a growing and diverse Hispanic community as individuals cope with loss and grief.

From the Foreword by **Kenneth J. Doka**, PhD
Professor, The College of New Rochelle
Senior Consultant, The Hospice Foundation of America


Hispanics, the fastest growing minority population in the United States, are increasingly willing to seek mental health counseling, creating a critical need for counselors to understand the values and traditions of Hispanic culture. This book examines these values and traditions and their impact on the ways in which this population copes with loss, grief, and bereavement across the life span.

The book addresses the unique losses that may be faced by Hispanics, particularly newcomers who must adapt to a different language and unfamiliar customs. It focuses on such important cultural considerations as styles of verbal and nonverbal communication, personal space, social organization, environmental control factors, and the significance of gender. Competency-based models and Latino-specific counseling frameworks are integrated into the text, along with the historical and political context from which they arise. Numerous practical recommendations for improving quality of care are provided, with specific attention given to the great diversity of cultures within the Hispanic population, and the need for counselors to take these variations into consideration.

Key Features:

- Facilitates understanding of Hispanic values and traditions to promote more sensitive and effective treatment
- Provides exercises to help therapists evaluate their own knowledge and awareness of particular Hispanic cultures
- Addresses factors that may impede a successful therapeutic relationship
- Presents specific techniques for building trust with Hispanic clients
- Includes illustrative case studies throughout the text

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Princess Bequette:

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Megan Jordan:

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