

Working with Latinos
Spanish Speaking Peoples
Brought to you by a Chicano Trainer
Brian Serna LPCC LADAC MAC

Mestizos
Hispanics
?

Hispanic
Originally used to refer to people from the Iberian Peninsula



Hispanic

- ▶ The 1970 Census was the first time that a "Hispanic" identifier was used. The definition of "Hispanic" has been modified in each successive census.
- ▶ The 2000 Census asked if the person was "Spanish/Hispanic/Latino".
- ▶ The U.S. Office of Management and Budget currently defines "Hispanic or Latino" as "a person of Mexican, Puerto Rican, Cuban, South or Central American, or other Spanish culture or origin, regardless of race".

Race in the USA

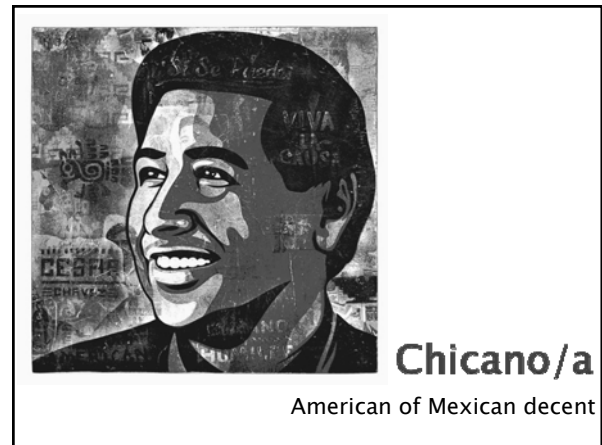
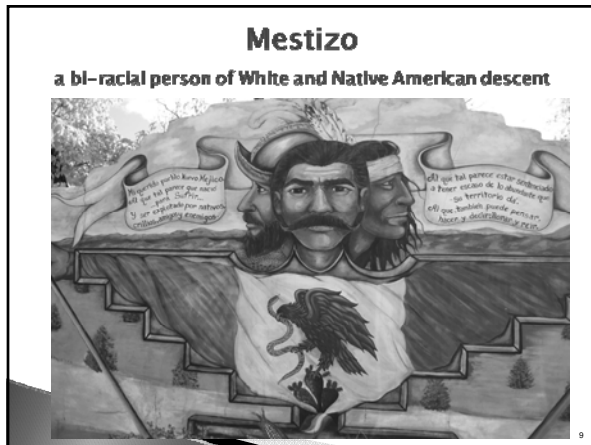
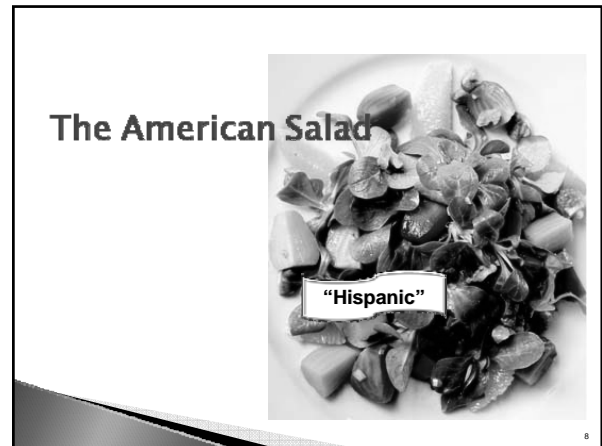
- White
- Black
- Native American
- Asian
- Pacific Islander

Race in Latin America

Belize	Mestizo 34%, Creole 25%, Spanish 15%, Maya 10.6%, Garifuna 6.1%, other 11% (2000 census)
Costa Rica	White 85%, Mestizo 10%, Black 3%, Amerindian 1%, Chinese 1%
El Salvador	Mestizo 90%, White 9%, Amerindian 1%
Guatemala	Mestizo (mixed Amerindian-Spanish - in local Spanish called Ladino) and European 59.4%, K'iche 9.1%, Kaqchikel 8.4%, Mam 7.9%, Q'eqchi 6.3%, other Mayan 8.6%, indigenous non-Mayan 0.2%, other 0.1% (2001 census)
Honduras	Mestizo (mixed Amerindian and European) 90%, Amerindian 7%, Black 2%, White 1%
Nicaragua	Mestizo (mixed Amerindian and White) 69%, White 17%, Black 9%, Amerindian 5%
Panama	Mestizo (mixed Amerindian and White) 70%, Amerindian and mixed (West Indian) 14%, White 10%, Amerindian 6%

Race in Latin America

Argentina	White (mostly Spanish and Italian) 97%, Mestizo (mixed White and Amerindian ancestry), Amerindian, or other non-White groups 3%
Bolivia	Quechua 30%, Mestizo (mixed White and Amerindian ancestry) 30%, Aymara 25%, White 15%
Chile	White and White-Amerindian 95.4%, Mapuche 4%, other indigenous groups 0.6% (2002 census)
Colombia	Mestizo 58%, White 20%, Mulatto 14%, Black 4%, mixed Black-Amerindian 3%, Amerindian 1%
Ecuador	Mestizo (mixed Amerindian and White) 65%, Amerindian 25%, Spanish and others 7%, Black 3%
Paraguay	Mestizo (mixed Spanish and Amerindian) 95%, other 5%
Peru	Amerindian 45%, Mestizo (mixed Amerindian and White) 37%, White 15%, Black, Japanese, Chinese, and other 3%
Uruguay	White 88%, Mestizo 8%, Black 4%, Amerindian (practically nonexistent)
Venezuela	Mestizos (mixed Amerindian and White), White, Africans and Amerindians.



"A Chicano lives in the space between the hyphen in 'Mexican-American'"
 —Bruce Novoa


- ### Internalized racism
- Colonization
 - In every colonized land, there can be evidence of social order that is influenced by skin color.
 - America
 - Brazil
 - India
 - Africa
 - American Indians
 - Self identifications of "White" or "Spanish" can be an artifact of identifying with the colonizer.

Internalized racism



Chicanos Vs. Mexicanos (Norteños Vs. Sureños)

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Zooming In...

Reviewing Cultural Issues in Counseling

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Tripartite Development of Personal Identity

“All individuals, in many respects, are

- ▶ (a) like no other individuals,
- ▶ (b) like some other individuals
- ▶ (c) like all individuals” (Sue and Sue, 2003)

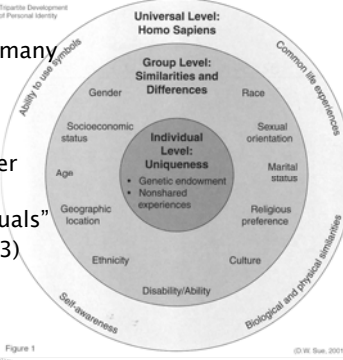


Figure 1 © W. Sue, 2003 15

COLLECTIVISTIC VS INDIVIDUALISTIC CULTURES

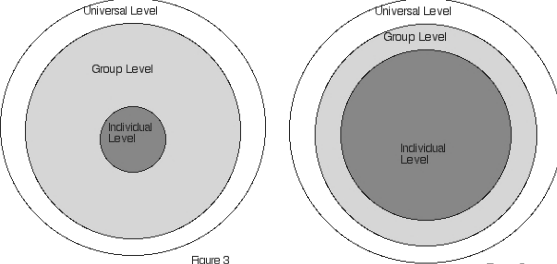
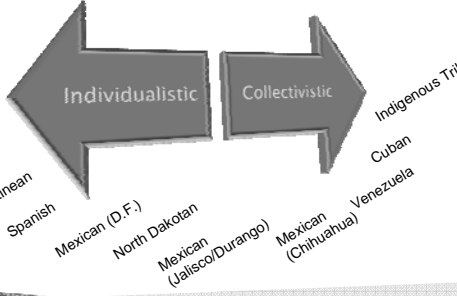


Figure 3 Figure 2 16




Individualistic Collectivistic

Los Angelino "American" Argentinean Spanish Mexican (D.F.) North Dakotan Mexican (Jalisco/Durango) Mexican (Chihuahua) Venezuelan Cuban Indigenous Tribes

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But what does this mean in a session?

»» Coming back to earth...



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Cornerstones of Cross Cultural Counseling

- ▶ Client Centeredness
- ▶ Phenomenological Viewpoint
- ▶ Genuiness



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Common Mistakes in Cross Cultural Counseling

- ▶ Counselor is unaware of their own culture and cultural biases
- ▶ Confusing “political correctness with cultural competence”
- ▶ Color Blindness
- ▶ Over Identification



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In sessions:

- ▶ Maintain awareness of your biases, stereotypes and assumptions.
- ▶ Don't be afraid to check your assumptions with your clients.
- ▶ Learn as much as you can about that particular cultural group in between sessions.
- ▶ Use “Values Clarification” exercises
- ▶ Look for commonalities but don't minimize differences between you and your client

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In sessions:

- ▶ Ask about culture during assessment/intake
- ▶ Ask clients how they feel about seeking help
- ▶ Ask clients what they expect from you
- ▶ Create a space that is safe enough for the client to correct you when you make a false assumption

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Above all, be genuine

And curious...

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