

Student #1

Capstone Thesis Outline

Art Therapy 455: Senior Art Therapy Seminar

Thesis Question

Could art therapy increase accessibility of mental health services in the Hispanic community?

. Statistics

- o **Define Hispanic**

- o Definition and who is considered Hispanic or Latino. U.S. Census Bureau, 2022
- o Bermudez D., & Maat M. T., 2006 (p.165-66)
 - Definition
 - Family size and income
 - Largest minority. Grew 60% between 1990 to 2000
- o 62,529,064 total Hispanic. U.S. Census Bureau. (2021).

Mexican	Puerto Rican	Cuban	Central American	South American	Other
37,2335,886	5,798,287	2,400,152	6,306,931	4,348,015	4,046,075

- o American Psychiatric Association, 2017
 - Hispanic & Latino Definition
 - Largest racial/ethnic minority
 - Projected to grown almost 30% of the population by 2060
 - 16.4% of Hispanics held a bachelor’s degree or higher in 2016 (37.7% for whites and 23.3% for blacks)
- o Mental Health America, 2022
 - “16% reported having a mental illness in the past year (p.1)
 - “2060, projected to grow to 119 million, 28.6% of the population” (p.2)
 - Demographics by country of origin, education, socioeconomic status, and state concentration (p.2)
 - Religion plays a big role (p.2)
- o Krogstad, J. M., Passel, J. S., & Bustamante, L. N., 2022

- Multiracial. (p.3).
- Hispanics grow by new birds rather than immigration. English proficiency (p.9-10)
- Increasing of college experience (p.10)
- o Funk, C., & Lopez, M. H., 2022,
 - 62.1 million, 19% of all Americans, second largest racial group behind white and ahead African Americans, grew 23% between 2010 to 2020. (p.1)
 - Latinos reshaping the demographics of US and the states (p.2)
 - Hispanics main roots are from Latin America. Percentages by countries of origin (p.3-4)
 - English proficiency table (p.5)
 - Interchangeable use of Hispanic or Latino (p.5-6)
 - **Latinx definition** and use (p.6)
 - Salinas, C. Jr. (2020).
 - o The term had gain popularity in most academic and activist spaces (p.150)
 - o an attempt to provide a more inclusive term (p.153-154)
 - o refers to all Latin American countries (central and south America) even the ones that do not speak Spanish (p.154)
 - o Only well pronounce in English (p.153&160)
 - o Term use more in “elitist circles” by highly educated people (p.162-163)
 - o Latinx to refer to the general population (p.163)
 - o Conclusion of the use of Latinx (p.165)

.Basics

- “In the 21st century the world is becoming smaller and more connected”, the role of the art therapist, “natural agents of change”, Junge, M.B., Alvarez, J.F., Kellogg, A., Volker, C., & Kapitan, L., 2009 (p.107)
- **Define Acculturation:**
 - o Linesch, D., Ojeda, A., Fuster, M. E., Moreno, S., & Solis, G., 2014 (p.126)

- “Acculturation is both richly empowering and tragically challenging” (130)
 - Acculturation gap – creates tension and conflict within families, Lee, S. Y., 2015 (p.120)
- o Importance of community, church, and family, (p.130)
- o Two major parts of acculturation, Moreno, G.P., & Wadson, H., 1986 (p.126)
- Cultural and social context of immigration in the United States, Lee, S. Y., 2015 (p.120)
- **Definition of Multiculturalism** and the role in art therapy, Maat, M.M.T, 2011 (p.4-5)
- **Definition of diversity** by AATA, Awais, Y.J., & Yali, A. M., 2015 (p.112)
- American Art Therapy Association. (2011)
 - o Definition (p.1)
 - o Competences: awareness (p.1,3&4), knowledge (p.2,3&4), and skills. (p.3,4&5)
- **Role of art therapy in mental health**
 - o Awareness of bias, understanding elements of cross-cultural therapy, finding a common ground, pluralistic approach, Westlinch, C.A., 1994, (p.187-188)
 - o How Art therapist understand clients through art, help people see, feel and change, Junge, M.B., Alvarez, J.F., Kellogg, A., Volker, C., & Kapitan, L., 2009 (p.107-108)
 - o Maat, M.M.T (2011)
 - Tools that an art therapist can use “when working with people whose perspectives, backgrounds, and life experiences differ from their own (p.4)
 - Multicultural competencies (ethics 2003) (p.5)
 - o Cultural awareness within the art therapist and as part of training (p.5)
 - o Cultural knowledge (p.5-6)
 - o Cultural skills (p.6)
 - o Bermudez D., & Maat M. T., 2006
 - Art therapy cannot be generalized, it needs to be target to according to race, class, ethnicity, gender, and values (p.165)

- Assessed 27 art therapists. 25 female, 2 male. 24 white, 1 multiracial, 1 Asian, 1 African American – indication of mainly Caucasian field (p.168)
- o Awais, Y.J., & Yali, A. M., 2015
 - White students being educated by white faculty, faculty may not have multiculturalism training depending on where they were educated, no role models that encourage diversity (p.115)
 - 1st study of its kind, addressing diversity within the field – no previous literature, Field dominated by white women (p.116)
- o Art therapy as a “participatory process by which people can better understand their reality and together find ways to transform that reality”, Golub, D., 2005 (p.19)
- o Literature mainly based in case studies, Bermudez D., & Maat M. T., 2006 (p.165) & Linesch, D., Ojeda, A., Fuster, M. E., Moreno, S., & Solis, G., 2014 (p.127)
- o Value of the art process, Linesch, D., Ojeda, A., Fuster, M. E., Moreno, S., & Solis, G., 2014 (p.130)
- o Lee, S. Y., 2015 (p.121)
 - The use of visual imagery, drawing, storytelling to help acculturation
 - Flow in art therapy
 - Flow themes: “access to diverse art media, self-assignment, self-correction” (p.126)
- **How does mental health work on Hispanic countries**
 - o Art therapy as a tool for social transformation and how it should be adapted in different countries, Kapitan, L., Liteel, M., & Torres, A., 2011 (p.68, 71-72)
 - o Moctezuma, M. B. (1993).
 - Historically mental illnesses for Aztecs (p.55-56)
 - Healing techniques: language, hypnotic sleep, herbal medicine (p.56)
 - Colonial and post-colonial periods (p.57)
 - Pre-Hispanic Mexican women were an oppressed and bused gender, valued as mothers (p.58)
 - Women in the workforce (p.59)

- Career advancement for women in Mexico (p.60-61)
- Family Therapist mainly women but not impacted by feminism. Improve gender issues and awareness (p.62-63)
- **Paradigms**
 - Consoli, A. J., Lopez. I., & Whaling, K. M., 2022
 - Definition of paradigms (p.2)
 - Multiracial psychology and multidimensional ecosystemic comparative approach (p.3)
 - Deeply rooted history of oppression and inequality (p.3)
 - Themes in working with Latinx (p.5)
 - Liberation psychology (p.6)
 - LGTBTQL – feminism and new generations (p.6-7)
 - Critical Race theory – multiple diversities within Latinx (p.7 & 15)
 - Multicultural/Multiracial approaches. Ethnopsychology (p.7-8)
 - Integrating both cultures (p.10)
 - Culturally adapted treatments – Dichos & values (p.11-12)
 - Ethical guidelines when working with Latinx (p.14)
 - Culturally adapted treatment and the need of diversify (p.14)
 - Bermudez D., & Maat M. T., 2006
 - In adolescents: idea of being “childish, unimportant, and requiring skills” (p.168)
 - Men: a women’s thing to do art crafts – no engagement (p.166)
 - Mental Health America, 2022
 - Mental illness is often a stigmatized topic that results in prolonged suffering in silence. (p.2)
 - Especially on older people, mental health topics seeing as embarrassment and shame (p.3)
- **How other fields address this issue**
 - Strategies used by related fields for increasing student racial and ethnic diversity (p.116 - 117)

- **Social Action**

- Definition, Golub, D., 2005 (p.17)
- Junge, M.B., Alvarez, J.F., Kellogg, A., Volker, C., & Kapitan, L., 2009
 - Most art therapists not yet targeting community, society, and the large world environment (p.108)
 - Are we helping people adjust to a destructive society? (p.109)
 - Usually trained to help people process and adapt not as activist or co-creators (p.109)
 - Art therapist acting in the community to generate social change – taking action (112)
 - “Creating a social community in which human growth is prized” (p.113)

I.Community Outreach according to subject

- **Accessibility**

- “Hispanic/Latino clients underuse available mental health services because they are usually not cultural compatible”, Alders, A., & Levine-Madori, L., 2010, (p.127)
- American Psychiatric Association, 2017
 - Approx. 1 in 10 Hispanics with a mental disorder look for help from a general health care provider, while only 1 in 20 look a specialist (p.2)
 - Poor communication and different assessments when done in English or in Spanish. Usually undertreated
 - 21.1% uninsured due to ethnicity, legal status, and citizenship
 - Barriers (p.3)
- Mental Health America, 2022
 - Easier to look for help from a primary care provider (p.3)
 - Communication (language) and issue (p.3)
 - Mental health problems hard to identify (p.4)
 - 80% don’t have health insurance (p.4)
 - In 2018, 56.8% of young adults 18-25 and 39.6 of adults 26-49 with serious mental illness did NOT received treatment (p.4)

- In 2020, 90% with substance use disorder did NOT received treatment (p.4)
- Self-monitor their mental illness or seek guidance from a peer (p.4)
- Mental health resources (p.5)
 - <https://www.therapyforlatinx.com/>
 - <https://latinxtherapy.com/>
 - <http://thefocusonyou.com/>
- **Programs**
 - Mental Health America Works in reducing the gap between knowledge and stigmas in the Hispanic population. Mental Health America, 2022 (p.2)
 - Bermudez D., & Maat M. T., 2006
 - “The collage of your life” produce sense of integration (p.166)
 - Storytelling (p. 167)
 - Cultural characteristics of Hispanics and how can they be treated by an art therapist, Maat, M.M.T, 2011 (p.7)
 - Moreno, G.P., & Wadson, H., 1986
 - Program at Chicago’s Northwest community center. Composed of, purpose, what they did (p.124&128)
- **Benefits of art therapy**
 - Process grief, capitalize on family strengths and integrate past experiences with present reality, Junge, M.B., Alvarez, J.F., Kellogg, A., Volker, C., & Kapitan, L., 2009 (p.110)
 - Testimony Hispanic women and adolescents, Linesch, D., Ojeda, A., Fuster, M. E., Moreno, S., & Solis, G., 2014 (p.128)
 - Art therapy to help in adaptation, Lee, S. Y., 2015 (p.127)
 - Common characteristics: Limited education, depression, and withdrawal. Many not very articulated, Art expression facilitate communication – not need to speak too much, Moreno, G.P., & Wadson, H., 1986 (p.124)
 - Moreno, G.P., & Wadson, H., 1986
 - Collage very appropriate to Hispanic (p.127)

- o Alders, A., & Levine-Madori, L. (2010)
 - Higher rates of dementia in Hispanic, Hispanic one of the largest groups of older adults growing in USA (p.127)
 - Art therapy enhances cognitive performance, enhances mood, facilitate communication, increase social support, address cultural concerns, and provide person centered interactions, while stimulating the brain (p.127)
 - Art therapy contributes to cognitive functioning, visual-spatial ability, auditory comprehension, and visual motor skills. Art Making improves self-perception, and self-confidence of one's own cognitive abilities (p.133)
- **Obstacles**
 - o Prevalence statistics, Mental Health America, 2022 (p.3)
 - o American Psychiatric Association, 2017
 - Higher suicidal rates in children and adolescents. More vulnerable to mental illnesses than white or blacks
 - Sooner use of cigarettes and alcohol
 - Use of antidepressants or ADHD treatments
 - o Moreno, G.P., & Wadson, H., 1986
 - Lack of bicultural therapist, neighborhood mental centers due to lack of transportation of Hispanic clients, (p.122)
 - Feelings of loss, isolation, and helplessness (p.122)
 - Hispanic look for help 1st in the family, then in extreme circumstances look for professional help, (P.123)
 - Rigid sex roles and adherence to gender-appropriate behavior (p.123)
 - Family structure (p.123)
 - Acculturation (p.123)
 - Depression, extreme anxiety, excessive drug taking (sedatives and tranquilizers), increase alcohol abuse in women. Unemployment, involvement in illegal activities, alcohol abuse, child, and spouse abuse in men (p.124)
 - Younger generations acculturate easier (p.124)

- Men resistant to art and dropping out of the program, Moreno, G.P., & Wadson, H., 1986 (p.124&127)
- Unresolved feelings of loss (p.125)
- “Importance of family, friends, and homelife appear as a predominant motif in all pictures” (p.125)
- o Bermudez D., & Maat M. T., 2006 (p.165-166)
 - Little literature on this topic
 - Limited time and resources from clients
 - Adaptation issues due to differences in values
 - Repressions of self-expression
 - Fatalism & machismo
 - Language barriers (p.168 &169)
- o Linesch, D., Ojeda, A., Fuster, M. E., Moreno, S., & Solis, G., 2014
 - Immigration and acculturation. Mental health stressors like legal documentation. (p.126)
 - Adolescents more private about their experiences (p.131)
 - Discrimination (p.131)
- o Migration as part of trauma continuum, Golub, D., 2005 (p.21)
- o Westlinch, C.A., 1994
 - Cross cultural barriers (p.188-189)
 - Family very important for Hispanics, look 1st for help with a family member than with a professional (p.189)
 - The client’s thought process (p.189)
- o The “gringo psychotherapist challenge”, questions as “how could drawing pictures possibly help? “Painful issues better left alone”, Junge, M.B., Alvarez, J.F., Kellogg, A., Volker, C., & Kapitan, L., 2009 (p.110)
- o Lee, S. Y., 2015 (p.126-127)
 - “Role reversal in immigrant families, being locked out of opportunities, Communication challenges in parent-child relationships
 - “Children experience frustration, confusion, and anxiety”

- **Goals of the field**

- Bermudez D., & Maat M. T., 2006 (p.166 & 169)
 - To address major problems like “depression, low self-esteem, isolation, and loneliness”
 - Integration by cultural identity (Psychiatric hospitals)
 - Loss and grief
- Symptom reduction and integration to society, Golub, D., 2005 (p.20)
- Linesch, D., Ojeda, A., Fuster, M. E., Moreno, S., & Solis, G., 2014
 - Art making as an act on catharsis and emotion regulation, (p.127-128)
 - Expression of feelings like fear and aggression (p.131)
 - Development of understanding the goal of the research project (p.131)
 - Exploration of acculturation in the field of art therapy (p.131)

II. Conclusion

- Future research, Consoli, A. J., Lopez. I., & Whaling, K. M., 2022, (p.16)
- The key to understand a cultural group is the knowledge of their family structure and ideology, Moreno, G.P., & Wadson, H., 1986, (p.123)
- “Art therapy should be consider their client’s natural support systems, such as families, in an effective treatment plan for therapy”, Westlinch, C.A.,1994, (p.189)
- Awais, Y.J., & Yali, A. M., 2015
 - “For the field to remain relevant, art therapy programs must enact strategic initiatives to increase the racial/ethnic diversity of enrolled students”, (p.112)
 - Strategies for increasing student racial and ethnic diversity (p.115 & 117-118) – table 5
 - More research needs to be conducted (p.117)
- Moreno, G.P., & Wadson, H., 1986
 - More research needs to be conducted (p.127)

- o Vulnerable population in our society (p.130)
- o Issues shared by other immigrant populations, the need of bilingual and bicultural therapist (p.130)

References

- Alders, A., & Levine-Madori, L. (2010). The effect of art therapy on cognitive performance of Hispanic/Latino older adults. *Art Therapy: Journal of the American Art Therapy Association*, 27(3), 127-135. <https://doi.org/10.1080/07421656.2010.10129661>
- American Art Therapy Association. (2011). *Art therapy multicultural / diversity competencies*. <https://arttherapy.org/wp-content/uploads/2017/06/Multicultural-Competencies.pdf>
- American Psychiatric Association. (2017). *Mental health disparities: Hispanics and Latinos*. <https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-Hispanic-Latino.pdf>
- Awais, Y.J., & Yali, A. M. (2015). Efforts in increasing racial and ethnic diversity in the field of art therapy. *Art Therapy: Journal of the American Art Therapy Association*, 32(3), 112-119. <https://doi.org/10.1080/07421656.2015.1060842>
- Bermudez, D., & Maat, M. T. (2006). Art therapy with Hispanic clients: Results of a survey study. *Art Therapy: Journal of the American Art Therapy Association*, 23(4), 165-171. <https://doi.org/10.1080/07421656.2006.10129333>
- Consoli, A. J., Lopez, I., & Whaling, K. M. (2022). Alternate cultural paradigms in Latinx psychology: An empirical collaborative exploration. *Journal of Humanistic Psychology*, 62(4), 1-24. <https://doi.org/10.1177/00221678211051797>
- Funk, C., & Lopez, M. H. (2022). *A brief statistical portrait of U.S. Hispanics*. Pew Research Center. <https://www.pewresearch.org/science/2022/06/14/a-brief-statistical-portrait-of-u-s-hispanics/>

- Golub, D. (2005). Social action art therapy. *Art Therapy: Journal of the American Art Therapy Association*, 22(1), 17-23. <https://doi.org/10.1080/07421656.2005.10129467>
- Junge, M.B., Alvarez, J.F., Kellogg, A., Volker, C., & Kapitan, L. (2009). The art therapist as social activist: Reflections and visions. *Art Therapy: Journal of the American Art Therapy Association*, 26(3), 107-113. <https://doi.org/10.1080/07421656.2009.10129378>
- Kapitan, L., Liteel, M., & Torres, A. (2011). Creative art in a community's participatory research and social transformation. *Art Therapy: Journal of the American Art Therapy Association*, 28(2), 64-73. <https://doi.org/10.1080/07421656.2011.5782398>
- Krogstad, J. M., Passel, J. S., & Bustamante, L. N. (2022). *Key facts about U.S. Latinos for national Hispanic heritage month*. Pew Research Center.
<https://pewresearch.org/fact-tank/2022/09/23key-facts-about-u-s-latinos-for-national-hispanic-herirage-month/>
- Lee, S. Y. (2015). Flow indicators in art therapy: Artistic engagement of immigrant children with acculturation gaps. *Art Therapy: Journal of the American Art Therapy Association*, 32(3), 120-129. <https://doi.org/10.1080/07421656.2015.1060836>
- Linesch, D., Ojeda, A., Fuster, M. E., Moreno, S., & Solis, G. (2014). Art therapy and experiences of acculturation and immigration. *Art Therapy: Journal of the American Art Therapy Association*, 31(3), 126-132. <https://doi.org/10.1080/07421656.2014.935586>
- Maat, M.M.T. (2011). Developing and assessing multicultural competence with a focus on culture and ethnicity. *Art Therapy: Journal of the American Art Therapy Association*, 28(1), 4-10. <https://doi.org/10.1080/07421656.2011.557033>

Mental Health America. (2022, September 21). *Latinx/Hispanic communities and mental health*.

<https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health>

Moctezuma, M. B. (1993). The social and historical context for women and female therapist in Mexico. *Journal of Feminist Family Therapy*, 5(1), 55-64.

https://doi.org/10.1300/J086v05n01_04

Moreno, G.P., & Wadeson, H. (1986). Art therapy for acculturation problems of Hispanic clients. *Art Therapy: Journal of the American Art Therapy Association*, 3(3), 122-130.

<https://doi.org/10.1080/07421656.1986.10758683>

Salinas, C. Jr. (2020). The complexity of the “x” in Latinx: How Latinx/a/o students relate to, identify with, and understand the term Latinx. *Journal of Hispanic Higher Education*, 19(2), 149-168. <https://doi.org/10.1177/1538192719900382>

U.S. Census Bureau. (2021). *Hispanic or Latino origin by specific origin*.

<https://data.census.gov/cedsci/table?t=Hispanic%20or%20Latino&tid=ACSDT1Y2021.B03001>

U.S. Census Bureau. (2022, April 15). *About the Hispanic population and its origin*.

<https://www.census.gov/topics/population/hispanic-origin/about.html>

Westlinch, C.A. (1994). Art therapy with culturally different clients. *Art Therapy: Journal of the American Art Therapy Association*, 11(3), 187-190.

<https://doi.org/10.1080/07421656.1994.10759082>