



Figure 1

# Student #1

ART 455:

Senior Art Therapy Seminar  
December 1, 2022

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## Art Therapy as an Active Role in The Hispanic Community

# Research Question:

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





- I am part of the population
- Create awareness

Figure 2

# Definitions

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- ❑ Hispanic – Spanish descent
- ❑ Latino/Latinx – Latin American descent
- ❑ Two different ethnic categories:
  - ❑ Hispanic or Latino
  - ❑ Not Hispanic or Latino



Figure 3

(American Psychiatric Association, 2017; Bermudez & Maat, 2006; U.S. Census Bureau, 2022)



Figure 4

# What term to use?

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- 1970 – Hispanic
- 1990 – Latino
- Latinx – Gender neutral term
  - 76% Latin adults had not heard the term
  - 3% use it to describe their own identity

(Funk & Lopez,

2022)



# Transforming the Demographics

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- ❑ The largest minority group in the U.S.A. right now
- ❑ The Hispanic population increased 60% between 1990 – 2000  
(Mental Health America [MHA], 2022)
- ❑ In 2020, 19% of the total population
- ❑ About 50% of the population live in **California, New Mexico**, Texas, and Florida  
(Funk & Lopez, 2022)
- ❑ It is estimated to be 28% to 30% of the total U.S. population by 2060 (MHA, 2022)

# Family Demographics

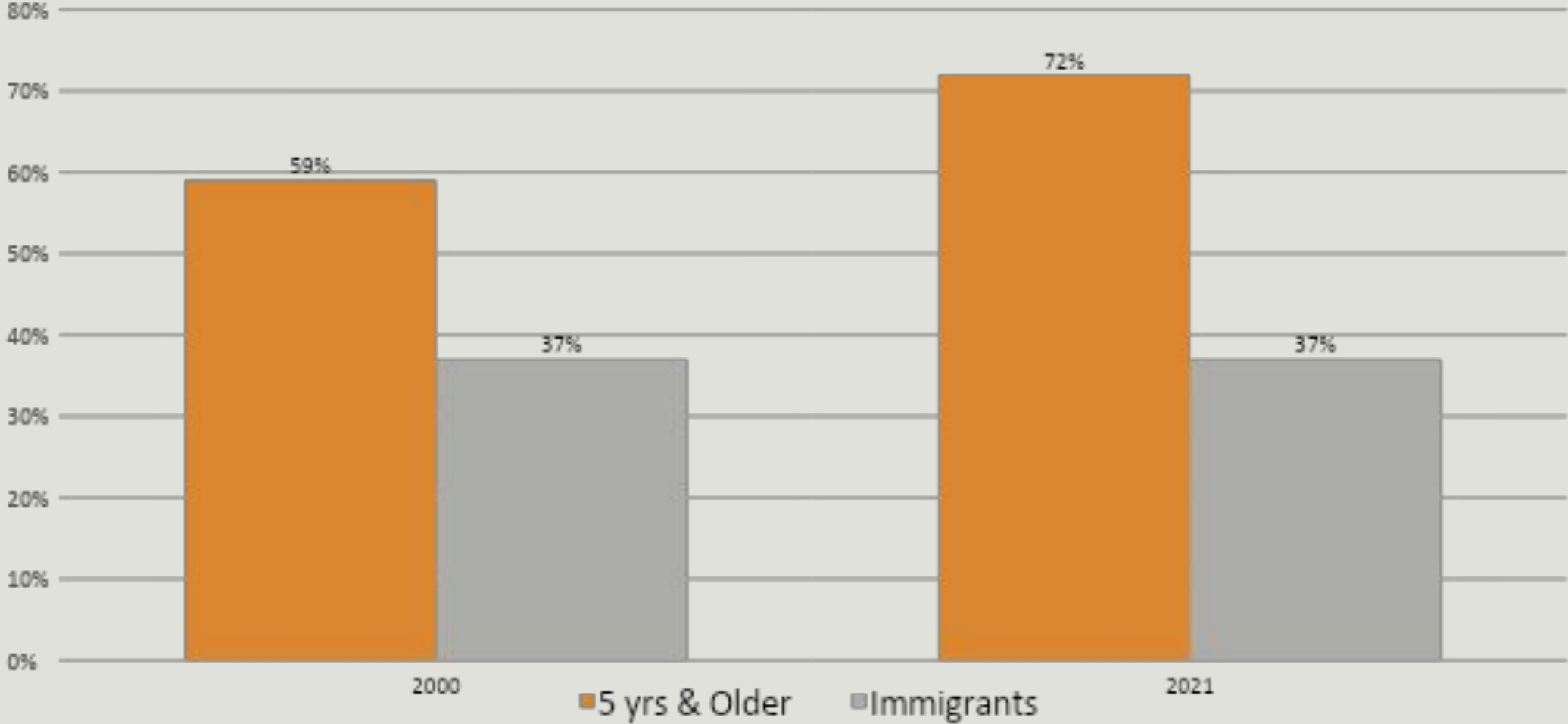
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Figure 5

- ❑ Families 3 – 5 Members
- ❑ Household Income - \$45,338 per year  
(Bermudez & Maat, 2006)
- ❑ 19% of Hispanic are considered to be in poverty in the U.S.
- ❑ 2016 - 16 % had achieved a bachelor's degree or greater.  
(Non-Hispanic White 37.3% - Non-Hispanic Black 23.3%)  
(American Psychiatric Association [APA], 2017)
- ❑ 2010 – 36% some college compared to 44% in 2021  
(Krogstad et al., 2022)

# English Proficiency



(Krogstad et al., 2022)





# Multiracial Population

- ❑ In 2010 - 3 million reported to be part of more than one race
- ❑ In 2021 - 28 million
- ❑ Changes on the census forms
- ❑ The Hispanic/Latinx community has always had very diverse origins

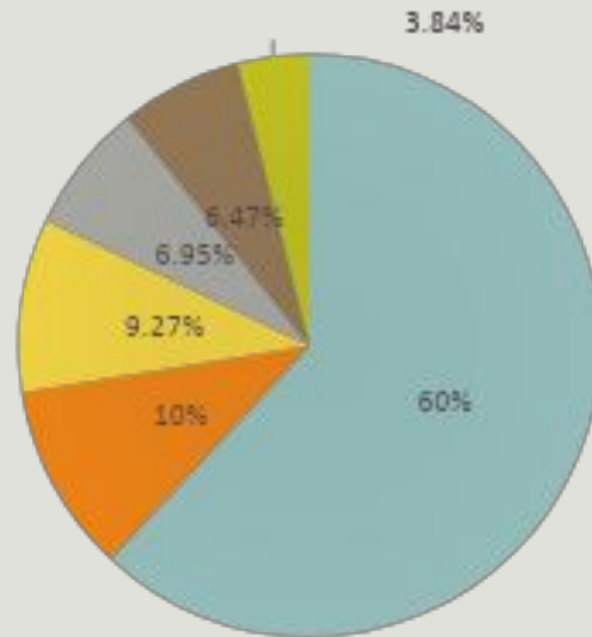
(Krogstad et al., 2022)

Figure 6

# Diverse Population

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Total Hispanic/Latinx Population 2021



■ Mexican ■ Central American ■ Puerto Rican ■ South American ■ Other Hispanic/Latinx ■ Cuban

(U.S. Census Bureau, 2021)



Figure 7

# What is all this data for?

- The need for research
- Need of services for an underserved and fast-growing population. (Bermudez & Maat, 2006; Linesch et al., 2014)
- Art therapists are “natural agents of change” (Junge et al., 2009, p. 107)
- Therapists should pursue professional acceptance towards a culturally aware and ethical practice.





Figure 8

# Acculturation

- ❑ Acculturation: Process of adaptation embracing a new culture

(Linesch et al., 2014)

- ❑ Acculturation Gap: Families adapting at different speeds

(Lee, 2015)

- ❑ Two stages: Functioning & Work adaptation

- ❑ Art therapy can help them integrate these two parts

(Moreno & Wadeson, 1986)



Figure 9

# Acculturation Challenges

- Legal Documentation
- Language
- Conflicting values
- Grief while building new relationships
- Shifting family roles
- Different working opportunities

(Linesch et al., 2014; Lee, 2015; Bermudez & Maat, 2006)





Figure 10

# Multicultural Competent Art Therapists

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- ❑ Art therapists required to provide multicultural services.
- ❑ Diverse in gender, race, religion, sexual orientation, age, or socioeconomic status

(Maat, 2011)

- ❑ Art therapists must obtain cultural understanding about the diverse social groups.

(American Art Therapy Association [AATA], 2015)



Figure 11

# Art Therapy as a Tool of Social Transformation

- ❑ Social action: Transformation that happens in a community

(Golub, 2005)

- ❑ Art therapy has also served as a tool of social transformation in different countries

(Kapitan et al., 2011)

- ❑ Junge et al. (2009) invite art therapists to go a step further
  - ❑ Target community and society

# Hispanic/Latinx's Cultural Paradigms

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- ❑ Paradigms are defined as a pattern of something
- ❑ Art therapists need to look at the history of subjugation and inequality to understand Hispanic/Latinx cultural paradigms
- ❑ Themes:
  1. Reducing subjugation and inequality
  2. Strengthen cultural values
  3. Cultural adapted therapy

(Consoli et al., 2022)



Figure 12

# Accessibility of Mental Health Services for Hispanic/Latinx

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- ❑ Lack of proper communication with the health provider
- ❑ 80 % of Hispanics/Latinx are uninsured
- ❑ Main Barriers: Disinformation, Language, Stigma, culturally customized services not available, lack of multicultural specialists, and unavailability of bilingual professionals
- ❑ Hispanics/Latinx would self-monitor their mental illnesses or find advice from a peer

(APA, 2017; MHA, 2022)



# Benefits of Art Therapy for the Hispanic/Latinx Community

- ❑ Art therapy helps with the acculturation process
- ❑ Helps express worries, anger, see things differently  
(Linesch et al., 2014)
- ❑ Extremely popular in working with diverse populations
- ❑ Breaks language barriers
- ❑ Art therapy treatments cannot be universal  
(Bermudez & Maat, 2006)
- ❑ Successful tools: Visual Imagery & storytelling  
(Lee, 2015; Linesch et al., 2014)



Figure 13



# Conclusion

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- ❑ The art therapy field can help building a strong community system to help Hispanic/Latinx
- ❑ The beginning of my career



Figure 14



# Response Image

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*TWO WORLDS (IN PROGRESS)*

OIL ON CANVAS & CLAY

24" X 30"

2022

# Artist Statement

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“Art permits us to express our deepest feelings, emotions, and social concerns without saying a word. My work depicts the experiences of the Hispanic and Latinx communities through their migration to the United States. This project explores the different challenges this population goes through including struggling with acculturation, identity, grief, adaptation, paradigms, language barriers, and social inequalities. The purpose of my work is to create cultural awareness and social responsibility.

While my medium, a mixture of oil paint and clay, seems challenging, this combination mirrors the challenges faced in the migration process. The painting lets the viewer see the duality that the Hispanic/Latinx individual experiences when coming to the United States. On one side is their natural origin, values, and customs; and on the other side the new environment they are encountering. This duality is something that is sometimes difficult and other times very fulfilling”. (Angela Lopez, 2022)





**Gracias!!!**

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Figure 15

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# Image References

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Figure 1 <https://stileex.xyz/wp-content/uploads/2019/08/continents-drapeaux-pays-capitales-amerique.png>

Figure 2 Angela Lopez, 2014

Figure 3 [https://upload.wikimedia.org/wikipedia/commons/7/71/Map-Latin\\_America2.png](https://upload.wikimedia.org/wikipedia/commons/7/71/Map-Latin_America2.png)

Figure 4 [https://owl.excelsior.edu/wp-content/uploads/2016/08/question\\_mark.jpg](https://owl.excelsior.edu/wp-content/uploads/2016/08/question_mark.jpg)

Figure 5 <https://www.primalsurvivor.net/wp-content/uploads/2017/09/Home-Loan-150x150.png>

Figure 6 [https://newsandletters.org/wp-content/uploads/2015/08/Ecuador-demo2Johis\\_009-1024x682.jpg](https://newsandletters.org/wp-content/uploads/2015/08/Ecuador-demo2Johis_009-1024x682.jpg)

Figure 7 [https://c1.staticflickr.com/3/2813/11396380473\\_26f323b1e4\\_b.jpg](https://c1.staticflickr.com/3/2813/11396380473_26f323b1e4_b.jpg)

Figure 8 [https://openborders.info/wp-content/uploads/2014/04/rsz\\_mortar\\_of\\_assimilation\\_citizenship\\_1889.jpg](https://openborders.info/wp-content/uploads/2014/04/rsz_mortar_of_assimilation_citizenship_1889.jpg)

Figure 9 <https://newsmedia.tasnimnews.com/Tasnim/Uploaded/Image/1395/12/24/1395122409354398310273184.jpg>

Figure 10 <https://www.pressenza.com/wp-content/uploads/2018/04/guayasamin.jpg>

Figure 11 [https://wagingnonviolence.org/wp-content/uploads/2013/04/246980\\_10151002330264157\\_622288330\\_n-615x805.jpg](https://wagingnonviolence.org/wp-content/uploads/2013/04/246980_10151002330264157_622288330_n-615x805.jpg)



# Image References

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Figure 12 <https://www.ssbwiki.com/images/thumb/9/9e/ParadigmShift2019.jpeg/250px-ParadigmShift2019.jpeg>

Figure 13 <https://truththeory.com/wp-content/uploads/2020/08/psychedelics.jpg>

Figure 14 [https://cdn-images-1.medium.com/max/1200/1\\*1O65lv5fjLnBdD04cS18MQ.jpeg](https://cdn-images-1.medium.com/max/1200/1*1O65lv5fjLnBdD04cS18MQ.jpeg)

Figure 15 <https://www.picpedia.org/chalkboard/images/questions.jpg>