



University of San Diego

# **Se Habla Español: A Resource Guide for Bilingual MFT Therapists**

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## Introduction and Acknowledgments

This guide is to be a professional resource for bilingual MFT students at the University of San Diego. Research suggests that bilingual therapists face special rewards and challenges. Therefore, our goal is to not only highlight the advantages of being bilingual in the workplace, but to also offer insight in overcoming potential struggles.

Section one examines possible rewards and challenges faced by bilingual therapists, with suggestions for dealing with the potential challenges.

Section two focuses on challenges of speaking Spanish in a clinical setting. The guide includes an appendix with a glossary of Spanish clinical terms.

Section three explores how speaking Spanish with clients can impact the therapeutic process in ways that may be different from working with English speaking clients.

Section four provides insight on cultural considerations that bilingual therapists may encounter during therapy. Although the comments are not exhaustive, the suggestions from students and alumni confirms the importance of attending to cultural considerations when working with Spanish-speaking clients. Finally, we have included appendices with additional resources that may be of help.

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*Mariana Mesnik*, class of 2010  
*Graciela Baron*, class of 2011  
*Ninamarie Maspons*, class of 2011  
*Cielo Jimenez*, class of 2012  
*Janet Rodriguez*, class of 2012

If you have suggestions for improving future editions of the guide, please feel free to contact me with your ideas.

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## ***Part I – Professional Rewards and Challenges***

### **Professional Rewards for Spanish-Speaking Therapists**

#### *Increased Job Opportunities*

Every year, the population of Spanish-speakers in the United State continues to grow. According to the 2010 US Census, the number of Hispanic residents living in the US has increased by 43% within the last ten years. Currently, 16.3% of residents living in the US are Hispanic. In California, the number of Hispanic residents have grown by 27.8%, accounting for 37.6% of the total population. This has created a large need for bilingual representation in the workforce and specifically amongst psychologists where only 5.7% are ethnic minorities (Reynaga-Abiko, G. 2010). According to Salary.com, bilingual workers earn between 5 and 20 percent more per hour, and because the demand of bilingual workers continues to grow, many graduates find themselves at a competitive advantage amongst their peers.

“A HUGE benefit of being bilingual are the job opportunities. All of the bilingual therapists were able to find jobs here in San Diego right away. It was awesome.”

*Mariana*

#### *Satisfaction from Working with an Underserved Population*

Students also find rewards in serving what they have found to be an underserved population. Mariana states, “it is a population with limited resources to begin with and helping them navigate through all the issues they come across is very rewarding. Some of the issues are mainly accessing other services and [tackling] issues of acculturation.”

#### *Joining Advantage*

Ninamarie feels that being able to speak the same language of her clients allows her to achieve a “deeper level of joining.” Mariana would agree, “When I began working as a case manager for Phoenix House before grad school, I noticed that the families were very accepting of me despite being part of the probation system. I really think that being able to speak Spanish helped me develop rapport so much faster.” Having similar ethnic backgrounds can also create a connection between patient and therapist, and therapists have reported feeling more relaxed in session when they are of the same ethnicity as clients (Verdinelli & Biever, 2009a).

#### *Enhanced Credibility*

Speaking the clients’ language may not only enhance one’s ability to join with Spanish-speaking clients, but it may also enhance the therapist’s credibility. “[A] client looks to you (the therapist) as an authority figure or as someone who knows what they are doing.” –

*Ninamarie*

## Professional Challenges for Spanish-Speaking Therapists

Being bilingual has shown to be very beneficial to therapists professionally. However, they can also face potential challenges as they enter a profession with few resources, limited Spanish-speaking supervision, possible feelings of exploitation, and little experience with non-Hispanic populations.

### *Lack of Materials in Spanish*

Ninamarie complained about the “limited availability of resources in Spanish for both the client and therapist.” Mariana noted a similar concern, “A challenge I've come across is a lack of documents and assessment tools in Spanish. I've had to go to my Spanish-speaking colleagues to help me hunt down Spanish assessment tools. Research supports that bilingual therapists often have trouble with obtaining Spanish language documentation - such as consent forms - for clients, and documents provided in Spanish are often poorly translated (Verdinelli and Biever, 2009b). Most of the materials students get from their training programs are in English.

Some therapists report having to translate formal documents into Spanish for office use. Using students to translate documents when they haven't been trained in clinical Spanish terminology risks making errors on important documentation. To assist our bilingual therapists, **Appendix A** includes a list of assessment instruments that have been translated into Spanish. We hope that these instruments will be a helpful resource to you.

Sometimes therapists want to recommend books to clients for bibliotherapy. Once again, finding materials in Spanish may be a challenge. **Appendix B** lists books for Spanish-speaking clients and therapists.

### *Conceptualizing Cases*

In their graduate studies, students learn to use therapeutic models that are most applicable to Anglo-American clients. While these theories are extremely helpful in treating English-speaking clients, they are hard to apply cross-culturally. “Sometimes I felt that the theories that exist did not quite fit the different factors and dynamics that exist in a Latino family,” explains Graciela. Students who wish to work with Spanish-speaking clients would be at a great advantage if they knew of concepts that are explored in Spanish cultures. For example, “cuento” - a form of folktale therapy - is a style of therapy that is sometimes shown to be beneficial for Hispanic clients (Santiago-Rivera et al., 2009).

### *Need to Supplement Training*

A study by Verdinelli and Biever (2009a) has found that mental health practitioners often have to refer to resources outside of their formal education due to inadequate training in bilingual therapy. Verdinelli and Biever (2009a) suggest therapists continue to read up-to-date research on therapy and bilingualism as a way of “[improving and understanding] their own practices.”

### *Lack of Spanish-speaking Supervision*

Supervision is an essential part of practicum as students learn to communicate with and provide treatment to clients. Graduate students look to supervisors to give feedback on their

performance so that they can develop their skills as therapists. Unfortunately, Spanish-speaking supervisors are scarce as one former student noted:

“In the five years I have been providing services, I have only had one Spanish speaking supervisor and that was Dr. Estrada [USD faculty member]. No one at Phoenix House, Catholic Charities, San Diego Youth Services, or San Diego Unified School District provided supervision in Spanish. This has been a challenge.” *Mariana*

With a small number of bilingual supervisors in most organizations, trainees can face challenges with supervisors that do not speak Spanish. “It isn't just the language [that] makes the difference, but [it is] also having a supervisor that has the cultural knowledge and experience of the population you work with,” recalls Mariana. A lack of support and adequate supervision in working with Spanish-speaking clients can also result in feelings of isolation (Biever & Verdinelli, 2009b).

As a result, the amount and quality of supervision can help or hinder a practicum experience. Unfortunately, graduate students report deficiencies in both facets of their experience with supervisors. Studies find that during sessions with Spanish-speaking clients, students receive little supervision (Biever & Verdinelli, 2009a) which can result in feelings of isolation (Biever & Verdinelli, 2009b).

Biever and Verdinelli (2009a, 2009b) found many issues with inadequacy of bilingual supervision including:

- lack of competency standards set by the organization
- limited cultural knowledge
- lack of cultural sensitivity in therapeutic approach
- limited to no Spanish-speaking skills

All of these limitations can put students at a disadvantage when working with Spanish-speaking clients as they receive little feedback on what may and may not be working in therapy.

Clearly, working with a Spanish-speaking supervisor is ideal. To partly address this need, bilingual therapists each year have the opportunity to be part of a Spanish-speaking practicum group at USD with Dr. Estrada. Mariana noted, “Being part of a Spanish practicum group was amazing. We really got a chance to lean on each other and share our frustrations.”

Mariana also noted the importance of finding other bilingual therapists in which to obtain support after graduation. “When I worked with SDYS, we were three bilingual therapists, so I had support there at the time when we had group supervision. Now I work with licensed clinicians that don't need supervision, so I need to advocate more for myself and maybe start my own Spanish consultation group.”

To assist therapists in finding colleagues and supervisors, **Appendix D** includes a list of some Spanish-speaking therapists in the community. In addition, **Appendix E** includes a list of AAMFT-approved supervisors that are bilingual.

### *Feeling exploited as the (or one of the) only Spanish-speakers in the workplace*

Therapists report many instances where they feel they are asked to work beyond the expectancies of the position. Therapists can feel "overworked and overextended" (Medina & Reyes, 1976) as they are usually selected to work with the ethnic group that they represent.

Studies find that students may see patients almost immediately since the need for their services are so great, often with little prior training. Janet stated, "I was shocked at the lack of preparation and the assumption of me doing [therapy in Spanish]. In a sense, I feel obligated to do it. Practicing and role-playing in Spanish would be nice [to get some practice]."

Earlier we noted that there might not be sufficient materials in Spanish such as forms or assessment instruments. Sometimes therapists may be asked to create these forms or instruments. Translating can become an implicit and time-consuming requirement for some. Mariana shared the following story. "The last job I worked in, the manager had the Spanish-speaking therapists translate all of the documents for the program. I'm not a professional translator, I'm not getting paid to be a translator, but how do I tell my new boss from my first job out of grad school that I refuse to do something? So unfortunately I think Spanish therapists can get taken advantage of and become the office translator."

They may also find themselves in sessions and translating conversations for non Spanish-speaking therapists; a responsibility most students are not trained to do (Biever & Verdinelli, 2009b). In addition, they may be asked to translate case notes written in Spanish for reports (Millán 2010; Verdinelli & Biever, 2009b). This creates more of a time commitment for bilingual therapists.

Despite these responsibilities, therapists may not always be compensated with bilingual pay. "I am not getting the bilingual salary," says Mariana, "The bilingual positions were already filled. So now I am a bilingual therapist making monolingual pay, and I do provide services in Spanish."

It is important that bilingual therapists learn to be appropriately assertive, and indicate when they are experiencing overload. They also need to indicate when they are asked to do something that they do not feel qualified to do, such as translate assessment instruments into Spanish. Agencies should use professionally translated instruments that have been evaluated for reliability and validity with a Spanish-speaking population. Increasingly, these instruments are commercially available.

### *Experience with non-Hispanic Clients*

Because the demand for bilingual services is high, bilingual therapists may find themselves seeing primarily Spanish-speaking clients. Thus, exposure to other ethnicities can be limited. Graciela commented, "I have gotten little experience working with White Anglo and other ethnic families because most of my caseload has been with Spanish-speaking families." Having restricted access to a variety of clients can curb the learning experience for bilingual therapists-in-training. This can have many consequences for students who wish to work with a diverse population, as they are pigeonholed into working with a single demographic. Again, therapists must learn to advocate for their needs, including a more diverse caseload.

## ***Part II – Speaking Spanish***

### *Feeling Proficient in Speaking Spanish*

Some therapists may not feel proficient in Spanish, particularly if Spanish is not their primary or native language. As a result, therapists may question their ability to effectively serve their Spanish-speaking clients. They may also feel uncomfortable with speaking Spanish to those whom they feel are more proficient in the language.

Many therapists have taken the initiative to improve their skills by using Spanish outside of therapy. Practicing Spanish with friends, family, and colleagues, and paying attention to Spanish culture (e.g., literature and music) are some ways that therapists build their vocabulary (Mount, 2007; Verdinelli & Biever, 2009a). Verdinelli and Biever (2009a) encourage therapists to participate in any available immersion experiences in Spanish-speaking countries, if the opportunity presents itself.

Having a bilingual supervisor is also beneficial because they not only tend to understand cultural issues relating to different ethnicities, but they can also be a useful resource in Spanish terminology (Verdinelli & Biever (2009b).

While it is important to practice and gain experience in developing one's language skills, having patience with the learning process is also essential. "My advice to other trainees would be to not be afraid," says Mariana, "even if you are not 100% comfortable with your Spanish, don't worry. And if you mess your Spanish up, that's OK, we are human!" Mariana makes a great point. As challenging as it may be to learn and develop the necessary skills as a bilingual MFT, it is important to remember that mistakes will happen, and one's skills can only improve with time and practice.

### *Translating Clinical Concepts*

In utilizing theories they learned in school, students have found it difficult to translate concepts to another language. Verdinelli and Biever (2009a; 2009b) found that because training was conducted in English, students struggle with translating psychological and technical vocabulary for clients. Mariana echoed this sentiment, "Personally, doing therapy in Spanish has been SO much harder for me than English because I learned in English and now I have to figure out how to translate all I've learned." Another reason they have trouble is that some words simply do not translate. Ideas such as coping, for example, do not have a direct Spanish translation. "It's almost like we have to create our own clinical language," said Mariana. To help therapists with this challenge, **Appendix F** has a glossary of clinical terms both in Spanish and English.

### *Diversity of Spanish*

Not only must trainees be familiar with the English-to-Spanish translations of concepts and vocabulary, but they must also recognize and prepare for the the variety of Spanish spoken among different cultures. Spanish is the official language in twenty-one countries across the globe; therefore, many cultures have their own style of speech. For therapists whose primary language is Spanish, there is a chance that they learned it in a different country or setting than their clients. In addition, most schools in the United States have developed a Spanish language curriculum based on a standard set of rules and practices for speaking the language.



As a result, students may find challenges regarding "different meanings [of words and expressions] for different Latino groups, the speed of speech used by immigrants, accents or intonations, the use of colloquialisms, and the use of a more sophisticated Spanish spoken by educated immigrants" (Verdinelli & Biever, 2009a, p. 239).

Many USD graduates similarly ran into difficulties speaking the same type of Spanish as clients while in practicum. "It is difficult if client and therapist are not from the same Spanish-speaking country because different words mean different things," says Ninamarie. And while using expressions and sayings unique to the Spanish language in therapy have shown to reinforce the therapeutic alliance and increase trust (Santiago-Rivera et al., 2009), problems may arise due to linguistic differences. In an attempt to join with clients, students may accidentally use conversation that is acceptable in their culture, but does not translate correctly in others. An example of how miscommunication can manifest during an attempt to join is illustrated in the following example:

"My Spanish was from Argentina and the majority of my clients were from Mexico, so our Spanish is a little different and I'm still learning Mexican terms. For instance, in Argentina it is very common to use the verb "joder." I thought it was meant, "Mess around" or "play around." a client told me what it actually meant: "screw" [in Mexican Spanish]. In Argentina, it is used so frequently I had no idea it was so vulgar! So in Argentina it would be appropriate, but in Mexican Spanish it isn't." – *Mariana*

### *Writing in Spanish*

Therapists can experience challenges not only in speaking Spanish, but also in reading and writing in Spanish. Janet offered, "Writing notes from Spanish sessions in English is also challenging. I think it may be helpful [to have the opportunity] to have an elective or prep course for Spanish-speaking therapists to get training in how to switch back and forth from Spanish to English. Maybe a continuing ed (CE) course to help us feel more competent and prepared for the gap in treatment."

## ***Part III – Speaking Spanish and the Therapeutic Process***

### *Accessing Client Emotional Experiences*

Having the ability to use multiple languages in therapy is advantageous to both the therapist and their Latino clients. Studies have found that because clients have a larger range of emotion in their first language, they are more able to express their feelings in that language (Santiago-Rivera & Altarriba, 2002). Therefore, bilingual therapists give clients the opportunity to express their feelings in the language they feel most comfortable.

An experience is encoded in the memory in which the language occurred (Santiago-Rivera et al., 2009), so clients will be able to recall an event more vividly in that language. For example, a Latino client who was abused by his father before he learned to speak English may only be able to recall and describe the details of the incidents in Spanish. Therefore, having a bilingual therapist allows clients to explore their history in the language they feel most comfortable, which not only improves the quality of the sessions, but can also strengthen the client-therapist bond.

### *Language Switching*

Clients who are bilingual may switch from Spanish to English, or from English to Spanish in the middle of therapy. Sometimes, this may be because they are having difficulty finding the right words in one language to express themselves. A client's nonverbal behavior may also be indicative of how they feel. Paying attention to these nonverbal cues can help therapists have a better understanding of what the client is trying to communicate during therapy (Verdinelli & Biever 2009b; Agguire, 2004). At the same time, clients may also switch to the opposite language in order to distance themselves from the feelings that come from recalling painful memories (Santiago-Rivera et al., 2009; Verdinelli & Biever, 2009a). Being able to bring clients back to the memory through language switching is a skill many therapists use to make progress in therapy.

Language switching between sessions can be very laborious for therapists. Therefore, scheduling Spanish-speaking clients in sequence can alleviate the strain that switching may have on clients as they see multiple clients in one day (Mount, 2007).

### *Client Fears of English Proficiency*

Spanish-speaking clients who are preoccupied with trying to speak proper English may have trouble focusing on the content of the session (Verdinelli & Biever, 2009a). For example, it is possible that clients for whom English is a second language may be more concerned about being grammatically correct than about the content of their “emotional expression,” which could ultimately hinder the therapeutic process (Ramos-Sanchez et al., 1999). Bilingual therapists offer clients the opportunity to speak in their native language, which alleviates the stress of trying to communicate in English, and makes more room for progress in the therapy sessions.

### *Fluidity of Therapy Process*

For therapists whose first language is English, they may find themselves translating their own thoughts from English to Spanish during the session, which can interrupt the pace and fluidity of

the discussion (Verdinelli & Biever, 2009a). “It’s important to translate carefully and to be able to know the difference between translating and speaking the language that’s more conversational,” says Janet. Initially, this may be difficult for some therapists who have few experiences speaking Spanish outside of the classroom.

### *Formal vs. Familiar*

Unlike English, Spanish has both a formal (Usted) and familiar (tu) version of the word *you*. As a result, issues of respect and authority may be reflected in which form of *you* is used in Spanish that may not be explicit in English. This can be important to consider in regards to how therapists and clients relate to one another:

“In my experience Spanish-speaking families usually want those that are younger than them to refer to them by "Usted" rather than "tu" because it is a sign of respect. Thankfully, I was also brought up this way; to always refer to adults by "Usted" so I never had a parent feel uncomfortable because I didn't refer to them by Usted. I am sure that the level of acculturation matters but I would go with the safest and refer to Spanish-speaking parents or adults that are much older than us by "Usted." Unless, parents wanted me to call them by "tu" then I would do so, however I haven't had a parent request this. I have also had parents call me by both "Usted" and "tu" but I don't mind either one. If a Spanish-speaking therapist wants to be referred by "Usted" then he or she might let the family know, but I, personally, would not do so. - *Graciela*

## ***Part IV – Cultural Context***

*This section contains additional pieces of information regarding cultural context and diversity that therapists brought up as important things to consider when working with Spanish-speaking clients. However, please keep in mind that this list is not exhaustive. If you think of a cultural issue that is applicable or important to include, please contact Dr. Williams at [williams@sandiego.edu](mailto:williams@sandiego.edu).*

### *Understanding culture*

While speaking the same language and having the same ethnic background as a client can aid in the joining process, it is also important to understand the cultural differences that may exist between therapist and client. Graciela says, “They see that I speak Spanish and understand their language [therefore] they often want me to agree with some of the norms and values that are attached to being Hispanic.” With this in mind, it may be helpful to recognize certain beliefs of clients by way of sex roles, hierarchy, and power roles among others. For example, the male-centered principles of “machismo” can present itself as a challenge in therapy not only between the couples, but also between therapist and client. By taking the time to understand not only the beliefs of the clients, but also how it affects their relationships, therapists can have a more successful interaction with patients in therapy. Moreover, while a client’s beliefs can be attributed to their culture, it is important not to generalize those values as characteristic of that specific ethnicity.

### *Generalizing Culture*

A common theme that emerged among USD graduate students is the concern over grouping clients based on their ethnicity. Cielo observed, “The variety of social and educational backgrounds is as wide from Hispanic individuals as it can be from any other ethnicity, and that will make the immigration experience very different for each family, in addition to the specific circumstances that may bring them to the US.” Therefore, one must very mindful of why families immigrated, and how it has impacted the family:

“Given the current state of affairs in Mexico, in terms of social stability—It may not be uncommon to find the following trend in immigration: Well educated families, used to a comfortable lifestyle, who, either decide to move to the US looking for a safer environment; or who have experienced losing a member, and/or most of their assets to kidnapping. In both cases, moving to the US involves significant changes that go well beyond acculturation, their level of anxiety can be considerable in different ways.” *Cielo*

In addition to immigration experiences, there may be many other factors to consider, including gender, socioeconomic status, religion, urban/rural, and the region from where the client originated. This is illustrated in the following quote:

When working with people of rural origin, specifically from southern states of Mexico (such as Chiapas and Oaxaca), it is not uncommon to find that the gender socialization places very little value on women there, to the point that many fathers sell their daughters to older men as soon as they enter puberty. [This happens] to either support the rest of the family, or their [substance use]. In these cases, domestic abuse and violence are not the exception at all; superstition is mixed with Catholicism in very unique ways, and is very much a part of their belief system. We are talking about indigenous communities where poverty is extreme, in

regions that have been historically left behind in terms of infrastructure, education, and progress. It is important not to overgeneralize these patterns [however], as people from capital cities on these same states, or even from indigenous communities in other regions [will not necessarily] share this background.” *Cielo*

From this description, one can hypothesize that while each client’s situation is unique, they also may share similar beliefs and practices. However, it is important for therapists to familiarize themselves with the unique needs and background of clients in order to avoid generalizing and missing important details of the client.

### *Pathologizing Culture*

While providing counseling services, therapists will encounter many clients with psychological disorders. However, because certain disorders are culturally specific, they may misinterpret a Latino client’s behavior as pathology. Below are examples as experienced by graduate students:

“Another challenge that I see is that I don't find the DSM, some theories, and evidence based practices to be culturally sensitive. If you ask me, many Latina women could classify as histrionic! And good luck talking about differentiation with them either! I guess it can be difficult to navigate what is culturally accepted when it contradicts with the mainstream culture. I try to remind myself that the most important question to ask is "Is that working for you?" *Mariana*

*“Spanish language ascribes gender to objects with the use of third person; therefore, people may refer to a computer as "she" or to a car as "he" and even talk about these objects in a somewhat humanized way, so be aware that this is just based on the way these objects are grammatically spoken about, and the way language influences thinking; but does not necessarily reflect pathology.” – Cielo*

“Traditional Mexican families are very collectivist; a certain lack of differentiation is even expected. For most Mexican families, togetherness is very valued, it holds a meaning of love and mutual caring. So navigate carefully around structure and issues of differentiation, and explore the meaning of a family patterns on a case by case basis, before assuming toxicity or pathology.” *Cielo*

“This one client—when he was talking, was very passionate. People thought he was bipolar, but he wasn’t.” *Janet*

Because cultures tend to express themselves differently, it is important for therapists to consider whether the client has a diagnosable disorder or if it is simply a difference of culture.

## ***Appendix A – Popular Assessment Instruments in Spanish***

### *Couple Assessment*

Dyadic Adjustment Scale – Contact Lee Williams for a copy\*

Conflict Tactics Scale – <http://casaa.unm.edu/inst.html>

Conflict Tactics Scale 2 - <http://pubpages.unh.edu/~mas2/cts-Translations.htm>

### *Family Assessment*

Family Assessment Device (FAD) – Contact Lee Williams for a copy of an article (Barroilhet, et al., 2009) that includes a Spanish version of the FAD\*

### *Psychopathology and Substance Abuse*

A number of instruments related to substance abuse can be found at  
<http://casaa.unm.edu/inst.html>

Alcohol Use Disorders Identification Test (AUDIT) and manual -  
[http://www.who.int/substance\\_abuse/activities/en/AUDITmanualSpanish.pdf](http://www.who.int/substance_abuse/activities/en/AUDITmanualSpanish.pdf)

CES-D (Depression) - <http://www.psy.miami.edu/faculty/ccarver/scspan.html>

Geriatric Depression Scale - <http://www.stanford.edu/~yesavage/GDS.html>

PHQ-9 (Depression) - <http://patienteducation.stanford.edu/research/phqesp.html>

Adult ADHD Self-Report Scale V1.1 Screener -  
<http://www.hcp.med.harvard.edu/ncs/ftpd/ahhd/6Q-Spanish-USMexico.pdf>

## ***Appendix B – Therapy Books in Spanish for Clients and Clinicians***

### **Bibliotherapy for Clients**

#### *ADHD*

Como ayudar a los niños con déficit de atención ADD/ADHD (How To Help Children with ADD and ADHD) by Dr. Laura J. Stevens (2001)

Hiperactivo, Impulsivo, Distruido; Me Conoces? Segunda Edición: Guía Acerca del Déficit Atencional para Padres, Maestros y Profesionales (Hyperactive, Impulsive, Distracted: You Know Me? Second Edition: Guide about Attention Deficit for Parents, Teachers and Professionals, Spanish Edition) by Jose J. Bauermeister Ph.D. (2008)

¡No puedo estar quieto!: Mi vida con ADHD (I Can Not Stand Still: My Life with ADHD) by Pam Pollack and Meg Belviso (2009)

Ibarraran Pernas, G. (2010). *Trastorno por déficit de atención e hiperactividad (TDAH): Manual para padres y maestros*. Guadalajara, Jalisco, Mexico: Especialidades de Occidente.

#### *Alcoholism/Substance Abuse*

Alcoholicos Anonimos: Version en Espanol (Spanish Edition) by Alcoholics Anonymous (1987)

¡Basta Ya!: Una Guía para la Recuperación de la Adicción al Alcohol y a las Drogas (Enough is Enough! A Guide to Addiction Recovery of Alcohol and Drugs, Spanish Edition) by Bob Tyler (2009)

Colocados: Lo que hay que Saber Sobre las Drogas mas Consumidas, Desde el Alcohol Hasta el Extasis (Buzzed: The Straight Facts About the Most Used and Abused Drugs, Spanish Edition) by C. Kuhn, S. Sqartzweider, and W. Wilson (2001)

El Castillo de Cristal (The Glass Castle, Spanish Edition) by Jeannette Walls (2008)

Mi Hijo Precioso: El Viaje de un Padre a Traves de la Adicción de su Hijo (My Precious Son: A Father's Journey Through his Son's Addiction, Spanish Edition) by David Sheff (2009)

Side by Side – The Twelve Steps and a Course in Miracles in English and Spanish (Family, Friends, and Forgiveness) by Bette Jean Cundiff, J.R. Richmond and Alvia Acuna (2010)

Sobriedad: Una Guía Para la Prevención de Recaidas (Sobriety: A Guide for the Prevention of Relapse) by Terence T. Gorski (2005)

## *Anger*

El Enojo (Anger, Spanish Edition) by Gary Chapman (2009)

## *Anxiety and Fear*

10 Soluciones Simples para *Vencer* la Angustia by Kevin Gyoerkoe and Pamela S. Wiegartz (2010)

Como Superar Los Ataques De Panico (Coping Successfully with Panic Attacks) by Shirley Trickett (2002)

Convivir con Ninos y Adolescentes con Ansiedad (Living with Children and Adolescents with Anxiety, Spanish Edition) by Cesar Soutullo Esperon and Ana Figueroa Quintana (2010)

El Manual de Ejercicios de Sentirse Bien (The Feeling Good Handbook) by David Burns (2004)

El Miedo y Otras Emociones Indeseables (Fear and Other Uninvited Guests: Coping with Negative Thoughts That Cause Unhappiness) by Harriet Goldhor Lerner (2005)

Sentirse Bien (Feel Good) by David Burns (2005)

Vencer la Ansiedad (Overcoming Anxiety, Spanish Edition) by Domenec Luengo (2003)

Vivir sin Ansiedad (The Anxiety Answer Book, Spanish Edition) by Laura Helgoe (2007)

## *Autistic Spectrum Disorders*

Asperger...Que Significa Para Mi? Un Manual Dedicado a Ayudar a Ninos y Jovenes Con Asperger O Autismo de Alto Funcionamiento (Asperger's...What does it mean to me?: A Manual Devoted to Helping Children and Youth with Asperger's or High Functioning Autism) by Catherine Faherty, Karen Sicoli, R. Wayne Gilpin, and Karen L Simmons (2005)

El Sindrome de Asperber: Una Guia para la Familia (Asperger's Syndrome: A Guide for Families, Spanish Edition) by Tony Attwood (2002)

Los Trastornos del Espectro de Autismo de la A a la Z (Autism Spectrum Disorders from A to Z) by Barbara T. Doyle and Emily D. Iland (2005)

Mi Hermano Tiene Autismo (My brother is Autistic, Spanish Edition) by Jennifer Moore-Mallinos (2008)



Soluciones Practicas para Problemas Corrientes de Ninos con SIndrome de Asperger (Practical Solutions to Everyday Challenges for Children with Asperger's Syndrome, Spanish Edition) by Morgan Myles (2004)

### *Couples & Relationships*

Abrazame Fuerte (Hold Me Tight, Spanish Edition) by Sue Johnson (2009)

Amale Sin Dejar de Quererte: Como Seguir Siendo tu Misma Dentro de la Pareja (Loving Him Without Loving You: How to Remain Yourself in a Couple, Spanish Edition) by Beverly Engel (2002)

Como Mejorar la Comunicacion en su Matrimonio (Improving Communication in Your Marriage – Family Life Homebuilders Couples Group, Spanish Edition) by Gary Rosberg, Barbara Rosberg, & Dennis Rainey (2002)

Danza de la Ira (Dance of Anger, Spanish Edition) by Harriet Lerner (1995)

Despues de la Boda: Meditaciones Para Parejas (After You Say "I Do:" Meditations for Every Couple, Spanish Edition) by H. Norman Wright (2004)

El Contacto Intimo (Intimate Contact, Spanish Edition) by Virginia Satir (1997)

El Matrimonio: Pacto y Compromiso (Marriage: Covenant and Commitment, Spanish Edition) by Gary Chapman (2005)

Entre Tu y Yo: La Incomunicacion y el Desencuentro en las Relaciones Amorosas (Between You and Me: Miscommunication and Disagreement in Loving Relationships, Spanish Edition) by Walter Dresel (2009)

Las Cuatro Estaciones del Matrimonio (The Four Seasons of Marriage: What Season is Your Marriage? Spanish Edition) by Gary Chapman (2006)

Limites (Boundaries, Spanish Edition) by Henry Cloud (2006)

Limites Cara a Cara: Como Sostener esa Dificil Conversacion que ha Estado Evitando (Boundaries Face to Face: How to Have that Difficult Conversaion You've Been Avoiding, Spanish Edition) by Henry Cloud and John Townsend (2005)

Limites en el Matrimonio (Boundaries in Marriage: Understanding the Decisions that Make or Break a Relationship of Love, Spanish Edition) by Henry Cloud and John Townsend (2009)

Llimites en el Noviazgo (Boundaries in Dating) by Henry Cloud and John Townsend (2003)

Lo que el Necesita, Lo que ella Necesita: Edifique un Matrimonio a Prueba de Relaciones Extramatrimoniales (What He Needs, What She Needs: How to Build an Affair-Proof Marriage, Spanish Edition) by Willard F. Harley (2007)

Los Cinco Lenguajes Del Amor: Como Expresar Devocion Sincera a Su Conyuge (Five Love Languages, Spanish Edition) by Gary Chapman (2002)

Los Hombres son de Marte, las Mujeres son de Venus (Men are from Mars, Women are from Venus, Spanish Edition) by John Gray (1995)

Los Siete Principios Para Hacer Que el Matrimonio Funcione (The Seven Principles for Making Marriage Work, Spanish Edition) by John Gottman Ph.D. (2010)

Mas Alla de la Codependencia (Beyond Codependence) by Melody Beattie (1992)

Manual Ilustrado de Terapia Sexual (The Illustrated Manual of Sex Therapy, Spanish Edition) by Helen Kaplan (2010)

Practica de la Terapia Matrimonial Concentrada Emocionalmente – Creando Conexiones (The Practice of Emotionally Focused Couple Therapy: Creating Connection, Spanish Edition) by Susan M. Johnson (2007)

Sexo Inteligente: Como Nuestra Infancia Marca Nuestra Vida Sexual Adulta (How Your Childhood Shaped Your Sexual Life and What to do About It, Spanish Edition) by Aline P. Zoldbrod (2000)

Siete Reglas de Oro Para Vivir en Pareja (Seven Golden Rules for Living as a Couple, Spanish Edition) by John M Gottman (2002)

Terapia Cognitiva Con Parejas (Cognitive Therapy With Couples, Spanish Edition) by Frank M. Dattilio and Christine A. Padesky (2008)

Ya No Seas Codependiente (Codependent No Longer) by Melody Beattie (1998)

### *Depression*

El Dolor del Alma: Un Camino Para Salir de la Depresion (The Pain of the Soul: A Way Out of Depression) by Jaime Smith Semprun (2010)

### *Domestic Violence*

Hombres Que Agreden Sus Mujeres (When Men Batter Women, Spanish Edition) by Neil Jacobson and John Gottman (2001)

Mejor Sola que mal Acompañada: Para la Mujer Golpeada (For the Latina in an Abusive Relationship, bilingual edition) by Myrna M. Zambrano (1993)

## *Eating Disorders*

ABC de los Desordenes Alimenticios: Anorexia, Bulimia, Comer Compulsivo. Guia Practica Para Adolescentes (The ABC's of Eating Disorders: Anorexia, Bulimia, Compulsive Eating. Practical Guide for Teens, Spanish Edition) by Andrea Weitzner (2008)

Adolescencia y Trastornos del Comer (Teens and Eating Disorders, Spanish Edition) by Diana Guelar (2001)

Como Entender y Superar la Anorexia Nervosa: Ayuda Practica Para Comenzar, Para Seguir Comprometida y Para Comer sin Miedo (How to Understand and Overcome Anorexia Nervosa: A Practical Way to Begin, to Remain Committed and Eat Without Fear) by Lindsey Hall & Monika Ostroff (2001)

Como Entender y Superar la Bulimia (How to Understand and Overcome Bulimia: A Guide to Recovery, Spanish Edition) by Lindsey Hall & Leigh Cohn (2001)

Superar una Imagen Corporal Distorsionada: Un Programa Para Personas Con Trastornos Alimentarios (Overcoming a Distorted Body Image: a Program for People with Eating Disorders, Spanish Edition) by Lorraine Bell & Jenny Rushforth (2010)

Trastornos Alimentarios: Como Prevenir, Dectectar y Que Hacer si se Presentan: Anorexia, Bulimia, Comer Compulsivo (Eating Disorders: How to Prevent, Detect and What to do if You have Anorexia, Builimia, Compulsive Eating, Spanish Edition) by Cecilia Silva (2008)

## *Emotion*

La Inteligencia Emocional (Emotional Intelligence, Spanish Edition) by Daniel Goleman (2011)

Las Emociones que nos Enferman (Emotions That Make You Sick, Spanish Edition) by Arturo Eduardo Aguero (2011)

## *Mindfulness*

Mindfulness in La Vida Cotidiana (Mindfulness in Everyday Life, Spanish Edition) by Jon Kabat-Zinn (2009)

Mindfulness to Reduce Stress: A Practical Guide (Spanish Edition) by Bob Stahl, Elisha Goldstein, Saki Santorelli, and Jon Kabat-Zinn (2010)

Mindfulness: O Como Practicar el Aqui y el Ahora (How to Practice the Here and Now, Spanish Edition) by Monica Lavilla, Diana Molina, and Beatriz Lopez (2008)

## *Parenting*

Atrevete a Disciplinar (Dare to Discipline) by Dr. James Dobson (1993)

Como Hablar para que los Ninos Escuchen y Como Escuchar para que los Ninos Hablen (How to Talk so Kids Will Listen and Listen so Kids Will Talk, Spanish and English Edition) by Adele Faber and Elaine Mazlish (2005)

Como Hablar para que los Adolescentes Escuchen y Como Escuchar para que los Adolescentes Hablen (How to Talk so Teens will Listen and How to Listen so Teens Will Talk, Spanish Edition) by Adele Faber and Elaine Mazlish (2006)

Disciplina con Amor: Como Poner Limites Sin Ahogarse en la Culpa (Discipline with Love: How to Set Limits Without Drowning in Guilt, Spanish Edition) by Rosa Barocio (2005)

El Primer Ano Del Bebe (What to Expect the First Year) by Heidi Murkoff, Arlene Eisenberg, and Sandee Hathaway (2005)

Limites Con Los Adolescentes Cuando Decir Si, Como Decir No (Boundaries with Teens: How to Say Yes, How to Say No, Spanish Edition) by John Townsend (2006)

Limites Para Nuestros Hijos (Boundaries for Our Children: When to Say Yes, How to Say No, Spanish Edition) by Henry Cloud and John Townsend (1999)

Los 5 Lenguajes Del Amor De Los Ninos (The Five Languages of Love for Children, Spanish Edition) by Gary Chapman and Ross Campbell (2000)

Piensas Salir Vestida Asi? (You're Wearing That?: Understanding Mothers and Daughters in Conversation, Spanish Edition) by Deborah Tannen (2007)

Que Se Puede Esperar Cuando Se Esta Esperando (What To Expect When You're Expecting, Spanish Edition) by Heidi Murkoff, Arlene Eisenberg, and Sandee Hathaway (2006)

Ser Madre, Empezar Una Nueva Vida (The Mother Dance, How Children Change Your Life, Spanish Edition) by Harriet Lerner (2000)

## *PTSD*

EMDR: Una Terapia Revolucionaria Para Superar la Ansiedad, el Estrés y los Traumas (EMDR: A Revolutionary Therapy to Overcome Anxiety, Stress, and Trauma, Spanish Edition) by Francine Shapiro, Magot Silk Forrest, and David Servan-Schreiber (2009)

## *Self-Esteem*

Autoestima (Self-Esteem, Spanish Edition) by Virginia Satir (1998)

Como Recuperar su Autoestima: Guia Para Mujeres que Desean Sentirse Mejor (How to Recover Your Self-Esteem: A Guide for Women Who Want to Feel Better) by Carolynn Hillman (1995)

### *Spiritual*

Limites (Limits, Spanish Edition) by Henry Cloud (2001)

## **For Clinicians**

### *ADHD*

Mexican Association for Attention Deficit, Hiperactivity and Related disorders -  
[www.deficitdeatencion.org](http://www.deficitdeatencion.org)

### *Bilingual*

Bilingual Language Development and Disorders in Spanish-English Speakers by Brian A. Goldstein (2004)

### *Child Abuse*

English/Spanish Child Abuse Phrase Book: Family-Social Worker Interview manual/Manual Bilingue Para Families (English and Spanish Edition) by Edward Stresino

### *Eating Disorders*

Anorexia: Teoria y Clinica Psicoanalitica (Anorexia: Theory and Clinical Psychoanalysis, Spanish Edition) by Graziella Bravalle (2002)

### *Group Therapy*

Group Therapy Manual (Spanish Edition) by Ricardo F. Munoz, Ph.D., Sergio Aguilar-Gaxiola, M.D., Ph.D., & John Guzman, Ph.D.

### *Manualized Treatments*

Manual de Tratamiento de los Trastornos de Personalidad Limite (Skills Training Manual for Treating Borderline Personality Disorder, Spanish Edition) by Marsha M. Linehan and Rafael Santandreu (Translator)

### *Theory-Based*

Terapia de Aceptacion y Compromiso (ACT). Un Tratamiento Conductual Orientado a los Valores (Acceptance and Commitment Therapy: A Behavioral Value-Oriented

Treatment, Spanish Edition) by Kelly G. Wilson, Luciano Soriano, and M. Carmen (2007)

### *Trauma*

EMDR: Desensibilizacion y Reprocesamiento Por Medio de Movimiento Ocular (EMDR: Eye Movement Densensitization Reprocessing, Spanish Edition) by Francine Shapiro (2010)

NOTE: TF-CBT*Web* (<http://tfcbt.musc.edu>) has a web-based course on Trauma-focused Cognitive Behavioral Therapy. Under the Resources tab, you can find some materials in Spanish.

## ***Appendix C – Spanish-Speaking Agencies and Crises Hotlines***

American Psychological Association – Centro de Apoyo

<http://www.apa.org/centrodeapoyo/index.aspx>

Association of Hispanic Mental Health Professionals

<http://www.ahmhp.org/home/>

Autism Society of America – San Diego County Chapter

<http://www.sd-autism.org/resourcesSpanish.html>

Bilingual Counseling Collaborative Online Network

[http://prtl.uhcl.edu/portal/page/portal/SOE/Programs/COUNSELING\\_MS/Counseling\\_Resources](http://prtl.uhcl.edu/portal/page/portal/SOE/Programs/COUNSELING_MS/Counseling_Resources)

This website, an extension of University of Houston, Clear Lake, provides resources and presentations in English and Spanish which address various topics including abuse, bullying, eating disorders, anger management, gender and sexuality issues, parenting, and suicide. Resources may be downloaded as video clips or in PDF format.

California Latino Psychological Association

[www.latinopsych.org](http://www.latinopsych.org)

California Latino Legislative Caucus

<http://www2.legislature.ca.gov/LatinoCaucus/>

Center for Disease Control and Prevention

<http://www.cdc.gov/omhd/Spanish/HLSpanish.htm>

Center for Psychiatric Rehabilitation

<http://www.bu.edu/cpr/latino/resources.html>

Eating Disorder Websites

Anorexia Nervosa <http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000362.htm>

Binge Eating

<http://www.nlm.nih.gov/medlineplus/spanish/ency/article/003265.htm>

Bulimia

<http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000341.htm>

Pica

<http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001538.htm>

Health Care Access: For Immigrant Victims of Domestic Violence

<http://www.vawahealthaccess.com/espanol.htm>

Hispanic Health Council

<http://www.hispanichealth.com/hhc/>

Hispanic Journal of Behavioral Sciences

<http://hjb.sagepub.com/>

IDS/QIDS – Instruments in English and Multiple Translations

<http://www.ids-qids.org/tr-spanish.html>

Latino Behavioral Health Institute

<http://lbhi.org/index.html>

Latino Social Workers Organization

<http://www.lsw.org/>

National Latino Behavioral Health Association

<http://www.nlbha.org/>

National Latino/a Psychological Association

<http://www.nlpa.ws/>

Respuestas a la Depresion

<http://www.respuestasaladepresion.com/>

USA Learns – A free site for adults to improve English skills

<http://www.usalearns.org/index/welcome.cfm?CFID=3488649&CFTOKEN=15700197&jsessionid=3c30cbdb3265064c72f5626a2246126e7a65>

U.S. Department of Health and Human Services

<http://www.healthfinder.gov/espanol/>



### ***Spanish-Speaking Agencies & Crises Hotlines***

Access & Crisis 24-Hour Hotline	800-479-3339
Casa Familiar	619-428-1115
Chicano Federation of SD County, Inc.	619-285-5600
<b>Child Abuse Hotline</b>	<b>800-344-6000</b>
Children's Hospital's Family Violence	619-533-3529
Domestic Violence Hotline—YWCA	888-305-SAFE
North County Lifeline	760-726-4900
Pregnancy Hotline	877-675-5900
<b>San Diego Access &amp; Crisis Line</b>	<b>800-479-3339</b>
San Diego DV 24-Hour Hotline	888-385-4657
San Diego Family Justice Center	866-933-4673
South Bay Community Services	800-640-2933
<b>Suicide hotline</b>	<b>1-800-SUICIDA (1-800-784-2432)</b>
Sure Help Line Center	760-352-RAPE
The Children, Youth & Family Help Line,	1-800-675-2229
– Refers expectant mothers to physicians who accept Medi-Cal.	

### ***Adoption***

Catholic Charities Adoption Agency	619-231-2828
Indian Child and Family Services	909-793-1709
International Christian Adoptions	909-695-3336 (Spanish by request)
LDS Family Services	858-467-9170
Night Light Christian Adoptions	714-278-1020
San Diego County Adoptions	877-I-ADOPTU
Silver Spoon Enterprises	800-488-3238

### ***Alcohol & Drug Treatment***

Crash Inc. Day Treatment	619-229-8201
Family Recovery Center	760-439-6702
North County Serenity House	760-741-5098
Options for Recovery	760-726-2656
Professional Community Services	619-449-8703

### ***Housing***

Casa Maria of Catholic Charities	619-231-2828
Chicano Federation of San Diego	619-236-1228
El Nido Transitional Living Program	619-563-9878
Hidden Valley House	760-747-6281
Home Project	760-489-6380
Inclement Weather Shelter	619-702-5399
Libre-Community Resource Center	760-942-5485
Loving Choice (Murrieta)	909-677-5667
Project Safe House	619-267-8023
Rachel's Women Center	619-236-9074

Salvation Army	619-231-6030
San Diego Housing Commission	619-231-9400
San Diego Rescue Mission	619-687-3720 ext. 36
South Bay Services – Family Violence	800-640-2933
St. Vincent De Paul Village	619-233-8500
The Storefront	866-752-2327
Women’s Resource Center	760-757-3500
YWCA Domestic Violence Services	619-234-3164

### ***Infants and Toddlers***

The following resources provide medical services including well-child visits, immunizations, and homecare visits.

Central Region Public Health Center	619-229-5400
El Cajon Public Health Center	619-441-6500
North Coastal Public Health Center	760-976-4401
North Inland Public Health Center	760-740-4000
North San Diego Public Health Center	858-490-4400
South Bay Public Health Center	619-409-3110
Baby Shots Line	619-692-6600 (Spanish by request)
Saint Vincent de Paul Village	619-233-8500 Ext. 4820 (Spanish by request)

### ***Child Care***

Chicano Federation Child Care	619-336-6030
Child Development Associates, Inc.	619-427-4411
SD Schools Early Childhood Program	858-496-8126

### ***Parenting***

Home Start Inc.	619-692-0727
Jewish Family Service	858-637-3375 (Positive Parenting Program)
New Alternatives	619-233-6788
Parenting Link	866-4-FAMILIES
San Diego Urban League	619-263-3115

### ***Pregnancy***

Alternatives Pregnancy Care Clinic	760-741-9796
Birth Choice of Encinitas	760-942-5220 (Spanish by request)
Birth Choice of San Marcos	760-744-1313
Birthline of Chula Vista	619-425-5012
Birthline of San Diego	858-270-2491
Catholic Charities	619-231-2828 or 800-CARE-002
LDS Family Services	858-467-9170
Life Choices	858-486-1738 (Spanish by request)
Pregnancy Care Center	619-442-4357 (Spanish by request)
Pregnancy Resource Center	760-945-HOPE

### ***Special Needs***

Exceptional Family Resource Center	800-281-8252
San Diego Regional Center	858-576-2996

### ***Transportation***

Provide bus tokens for health care appointments and job interviews.

Community Christian Service	858-274-2273
Crisis House	619-444-1194
Interfaith Community Services	760-489-6380

### ***Other Resources***

Family Nutrition Program	858-694-2862
SD CO. Dept. of Health Services	800-675-2229
SD CO. Health and Human Services	858-514-6885

## ***Appendix D – Spanish-Speaking Therapists in the Community***

<b><i>Contact Information</i></b>	<b><i>Specialties</i></b>
Aguila, Dr. Lorena, Psychologist, PhD 2525 Camino Del Rio South, Suite 205 San Diego, CA 92108 (858) 367-3907	Academic Underachievement, Anxiety or Fears, Coping Skills, Depression, Domestic Abuse & Violence, Life Coaching, Loss & Grief, Parenting  Cost: \$110
Aguayo-Lopez, Silvia, M.A., LMFT 637 Third Ave, Suite E-1 Chula Vista, CA 91910 (619) 737-9029	Anxiety or Fears, Loss or Grief, Trauma and PTSD  Cost: \$70-\$100
Alanis, Elsa, Psychologist, PhD 224 Landis Avenue Chula Vista, CA 91910 (619) 324-3814	Anxiety or Fears, Depression, Addiction  Cost: \$120-\$130
Alvarez, Dr. Miguel, PhD Love & Alvarez Psychology, Inc. 2333 Camino Del Rio South, Suite 110 San Diego, CA 92108 (866) 225-5141 x2  Love & Alvarez Psychology, Inc. 535 Encinitas Blvd, Suite 110 Encinitas, CA 92024 (760) 632-7223	Divorce, Parenting, Workers Compensation
Baez, Glenda, LMFT 2081 Camino Del Rio South, Suite 211 San Diego, CA 92108 (619) 760-2413	Family Conflict, Behavioral Issues, Domestic Violence  Cost: \$50-\$100
Balke, Michelle, M.S., LMFT 5945 Pacific Center Blvd, Suite 510 San Diego, CA 92121 (619) 512-2920	Adoption, Parenting, Relationship Issues  Cost: \$50-\$100
Barrett, Barbara Pizzarello, LCSW, BCD A Helping Hand Counseling 3914 Murphy Canyon Road, Suite A170 San Diego, CA 92123 (858) 215-1966	Depression, Children & Adolescents, Relationship Issues, Christian  Cost: \$120-\$130

181 Rea Avenue, Suite 202F El Cajon, CA 92020 (858) 279-6721  A Helping Hand Counseling 270 East Douglas St., Suite 102A & 102B El Cajon, CA 92020	
Behbehani, Soraya Susan, M.A., MFT 5850 Oberlin Dr., Suite 330 San Diego, CA 92121 (619) 796-3989	Anxiety or Fears, Depression, Relationship Issues
Bobadilla, Estela, M.A., LMFT 3309 Fourth Ave San Diego, CA 92103 (619) 324-3909	Addiction, Depression, Relationship Issues Cost: \$80-\$100
Boscan, Deisy Cristina, Psychologist, PdD 2870 Fourth Ave, Suite 101 San Diego, CA 92103 (619) 663-5915	Eating Disorders, Dissociative Disorders, Obsessive-Compulsive Disorders
Bryan, G. Edward 238 Cassou Road San Marcos, CA 92069  3254 Eureka Pl Carlsbad, CA 92008 (760) 591-9364	Divorce, bereavement, alcohol use, depression, abuse, premarital counseling, spiritual issues
Christian Women's Counseling International 8320 Allison Avenue La Mesa, CA 91942 (619) 741-4148	Depression, Relationship Issues, Christian Therapy Cost: \$50-\$130
Cognitive Therapy Institute, APC James L. Shenk, PhD 3262 Holiday Court, Suite 220 La Jolla, CA 92037 (858) 201-6524	Anxiety or Fears, Depression Cost: \$140-\$180
Corrigan, Larry, Clinical Social Work 8340 Clairemont Mesa Blvd, Suite 101 San Diego, CA 92111 (858) 376-7945	Sexual Addiction, Relationship Issues, Domestic Violence Cost: \$60-\$200

<p>Cortina, Rafael, MBA, MFT Crownview Medical Group 158 C Avenue Coronado, CA 92118 (619) 870-1263</p>	<p>Depression, Grief or Loss, Relationship Issues Cost: \$130-\$150</p>
<p>De Andrade, Nancy, PhD La Jolla Holistic Center 3252 Holiday Ct. La Jolla, CA 92037 (858) 459-1273 www.nancydeandrade.com</p>	<p>Anxiety/Panic Disorders, Depression, Immigration/Newcomers, Parenting Issues, Spiritual/Religious Concerns, Stress, Trauma, PTSD, Women's Issues Cost: \$120</p>
<p>Diani, Christopher, LCSW 1835 El Cajon Blvd, Suite A San Diego, CA 92103 (619) 873-4144</p>	<p>Relationship Issues, Depression, Children or Adolescents Cost: \$60-\$100</p>
<p>Dupree, Debra, M.A., LMFT 4075 Alder Drive, First Floor San Diego, CA 92116 (800) 743-1973</p>	<p>Relationship Issues, Divorce, Conflict Management Cost: \$130-\$140</p>
<p>Durso, Sol, M.A., LMFT 3914 Murphy Canyon Rd, Suite A237 San Diego, CA 92123  7301 Girard Street, Suite 302 La Jolla, CA 92037 (619)663-5910</p>	<p>Children or Adolescents, Relationship Issues, Depression</p>
<p>Evans, John Lee, Psychologist, PhD 15525 Pomerado Road, Suite E4 Poway, CA 92064 (858) 248-4015  3252 Holiday Court, Suite 205 La Jolla, CA 92037 (858) 673-9600</p>	<p>Anxiety or Fears, Depression, Addiction, Trauma, PTSD Cost: \$120-\$130</p>
<p>Family Therapy Institute 2160 Fletcher Parkway, Suite M El Cajon, CA 92020 (619) 562-2130 www.familytherapyinstitute.com</p>	<p>ADHD, Child Abuse and Neglect, Eating Disorders, Family Dysfunction, Obsessive-Compulsive Disorder, Parenting Issues, Phobias Cost: \$150</p>

Gamsie, Mariela, PsyD 5 <sup>th</sup> & Olive Psychologists 2760 5 <sup>th</sup> Avenue, Suite 205 San Diego, CA 92103 (619) 307-9346	Attachment Disorders, Depression, Immigration/Newcomers, Life Transitions, Multicultural Issues, Personality Disorders, Stress Cost: \$125
Gilbert, Kathy J., LCSW 3937 9 <sup>th</sup> Avenue San Diego, CA 92103 (619) 574-0677	Relationship Issues, Depression, Mood Disorders
Hirsch, Steven M., Psychologist, PhD 5333 Mission Center Rd., Suite 100 San Diego, CA 92108 (619) 312-6088 (619) 395-1694	Testing & Evaluation, Substance Abuse, Alcohol Abuse Cost: \$200-\$300
Hybarger, Dr. Chad, PsyD, MFT Family Therapy Institute 2160 Fletcher Parkway, Suite M El Cajon, CA 92020 (619) 562-2130 (619) 345-0118	Children or Adolescents, Anxiety or Fears, Eating Disorders Cost: \$80-\$150
Larkin, Maricela V., LMFT, CEAP 224 Landis Ave. Chula Vista, CA 91910 (619) 427-7817	Addictions, Career/Employment Concerns, Depression, Domestic Violence, Immigration/Newcomer, Life Transitions, Multicultural, Spiritual/Religious Concerns, Trauma & PTSD
Larsen, Jeff, M.A., LMFT 2801 Camino Del Rio S Ste 202 San Diego, CA 92108 (619) 377-8230	Brief Therapy Cost: \$60-\$100
LeBlanc, Margaret (Peg) 1527 W. Lewis Street, Suite D San Diego, CA 92103	Brief therapy for depression, anxiety, addiction, positive psychology, clinical hypnosis
Martinez, Dr. Francine, Psychologist, PhD Therapy Changes 5055 North Harbor Dr., Suite 320 San Diego, CA 92106 (858) 376-7935	Adoption, Children or Adolescents, Relationship Issues Cost: \$120-\$150

McMahan, Nicolee 1054 2 <sup>nd</sup> Street Encinitas, CA 92024 (858) 538-0789	Addiction, pre-marital, sandplay, EMDR, couples & families, children/adolescents
McWhorter, Jon, M.A., MFT, BCETS Inner Solutions 5858 Mt. Alifan Drive, Suite 206 San Diego, CA 92111 (858) 376-7914	Board Certified Expert in Traumatic Stress with advanced training in EMDR, Relationship Issues, Addiction
Mission Valley Counseling Services 2801 Camino Del Rio South San Diego, CA 92108 (619) 377-8555	Wide variety of services available. Cost: \$60-\$100
Nerhood, Lucinda, Clinical Social Worker 3225 4 <sup>th</sup> Avenue San Diego, CA 92103 (619) 377-8366	Addiction, Anxiety or Fears, Depression, Parenting, Relationship Issues, Personality Disorders, PTSD, Trauma Cost: \$110-\$120
Pontillo, Deborah, Psychologist, PhD San Diego Kids First 12625 High Bluff Drive, Suite 113 San Diego, CA 92130	Children or Adolescents, ADHD, Autism Cost: \$250
Ramirez, Georgina, MFT, PSYC-Mex 4130 La Jolla Village Dr., Suite 301 La Jolla, CA 92037 (858) 779-4953  625 Third Avenue Chula Vista, CA 91910 (619) 922-9737	Relationship Issues, Depression, Anxiety or Fears Cost: \$110-\$140
Reasbeck, Dr. Sherry, PhD, MFT 5440 Morehouse Drive, #3800 San Diego, CA 92121 (858) 367-3930	Relationship Issues, Anxiety or Fears, Career Counseling
Reyes, Dr. Rafael, Psychologist, PsyD Psych San Diego 311 Laurel Street San Diego, CA 92101 (858) 376-7963	Child or Adolescents, Depression, Anxiety, Fears Cost: \$120-\$150



San Diego Counseling Kellye Laughery, MBA, M.A., LMFT 1850 John Towers Ave El Cajon, CA 92020 (619) 377-3693	Relationship Issues, Anxiety or Fears, Self-Esteem  Cost: \$80-\$120
Sanchez, Esperanza, M.S.W., LCSW 224 Landis Avenue Chula Vista, CA 91910 (619) 370-0575	Depression, Anxiety, EMDR/Trauma and Abuse, Pregnancy/Postpartum Issues
Segall, Merav, MFT 8601 Aero Drive San Diego, CA 92123 (619) 754-9666	Child, Adolescent, and Parenting Issues, Chronic Pain or Illness  Cost: \$60-\$120
Shibley, Mariela G., Psychologist, PsyD 2760 5 <sup>th</sup> Avenue, Suite 205 San Diego, CA 92103 (619) 377-8532	Relationship Issues, Depression, Anxiety or Fears  Cost: \$80-\$150
Skomal, Maria Gallegos, LMFT 237 Church Avenue Chula Vista, CA 91910 (619) 324-3945	Depression, Anxiety or Feras, Children and Adolescents  Cost: \$60-\$100
Smith, Jacqueline Bonelli, MFT 1761 Hotel Circle S, Suite 120 San Diego, CA 92108 (619) 378-7111	Depression, Anxiety or Fears, Relationship Issues  Cost: \$90-\$100
Solorzano, Esmeralda 5120 Robinwood Rd. Bonita, CA 91902 (619) 567-7399	Children, adolescents, couples & families; body, mind, & soul connection
Stracka, Rachael, LCSW 127 East Third Avenue, Suite 201 Escondido, CA 92025 (760) 489-1092	Anxiety/Panic Disorders, Child Abuse and Neglect, Couple/Marital Issues, Immigration/Newcomer, Infertility, Multicultural Issues, Sexuality Issues  Cost: \$125
Sussman, Paul R., Psychologist, PhD 3101 Fourth Ave San Diego, CA 92103	Sex Therapy, Anxiety or Fears, Relationship Issues  Cost: \$150-\$200

(619) 663-5916	
Vargas, H. Luis Rancho Bernardo & Mission Valley (619) 280-3430	Diversity, child abuse, domestic violence, homicide, kidnapping, family hostility, divorce, acculturation, immigration
Welland, Christauria G., PsyD 990 Highland Drive, Suite 103 Solana Beach, CA 92075  South Bay Rehabilitation Center 2400 E. 4 <sup>th</sup> St. National City, CA 91950 (858) 922-8555	Anger Management, Anxiety/Panic, Behavioral Problems, Couple/Marital Issues, Depression, Domestic Violence, Grief/Loss, Multicultural, Spiritual Issues, Certified in EMDR
Whitaker, Paul M., Psychologist, PhD 4420 Hotel Circle Court, Suite 235 San Diego, CA 92108 (619) 800-3970  15706 Pomerado Rd, Suite 210 Poway, CA 92064 (619) 204-2382	Depression, Relationship Issues, Anxiety or Fears  Cost: \$80-\$100

## ***Appendix E – Supervisory Resources***

### ***AAMFT Approved Spanish Speaking Supervisors in San Diego***

LeBlanc, Margaret (Peg) 1527 W. Lewis Street, Suite D San Diego, CA 92103	Brief therapy for depression, anxiety, addiction, positive psychology, clinical hypnosis
Vargas, H. Luis Rancho Bernardo & Mission Valley PO Box 6160 San Diego, CA 92166 (619) 280-3430	Diversity, child abuse, domestic violence, homicide, kidnapping, family hostility, divorce, acculturation, immigration

## ***Appendix F: English/Spanish Clinical Terms***

The following list of English/Spanish Clinical Terms is adapted from following website (retrieved August 2011). Please be advised: This is not intended to be an exhaustive list of terms and phrases, but to be used as a supplement to assist clinicians in their work with Spanish-speaking clients.

<http://www.proz.com/glossary-translations/spanish-to-english-translations/120/a>

<b>A</b>		aloneness/loneliness	aislamiento y soledad
AA sponsor	Padrino		
ability	capacidad	aptitude tests	pruebas de aptitud
account for	dar cuenta de	as compared with controls	comparado con el grupo de control/grupo testigo
accountability	capacidad de rendir cuentas/responsabilidad		
acoustic-amnesic aphasia	afasia acústico-amnésica	at risk for or has failed family home placement	en riesgo de perder o ha perdido la posibilidad de ser ubicado/colocado en un hogar familiar
acting-out behavior	comportamiento agresivo/ impulsivo/ descontrolado	autistic spectrum disorder (ASD)	Trastorno del espectro autista
adjusting emotionally	ajustes emocionales	avoidant personality disorder	Trastorno de la Personalidad por Evitación
adjustment	requiere un gran ajuste/adaptación	<b>B</b>	
Advantages	ventajas	backlash	reacción antagónica
affect	estado afectivo	badly needed	sumamente necesario
affect: full range, flat	afecto: total, plano	bandwagon effect	efecto de arrastre
affective attunement	sintonía afectiva	baseline depression	depresión base
age-long history	historia ancestral	baseline visit	visita de referencia
stimulant medications	Medicamentos estimulantes	basic drive	impulso básico
		become happier & more present	llegar a ser mas feliz y (estar) mas presente

began easing her way back into	comenzó a hacerse a la idea de regresar	brooding	cavilar tristemente
behavioral interaction	interacción conductista	bully-victims	victimias de acoso escolar o bullying
behavioral markers	indicadores de comportamiento o de conducta	bullying	intimidante
behavioral scientists	científicos del comportamiento	burnout	Síndrome de desgaste profesional/ ocupacional
behavioral withdrawal	retramiento conductual	<b>C</b>	
Benefits	beneficios	case management	Coordinación de casos
bereavement counselor	Consejero de duelo	Catchall	genérico
(to) best serve	Para una mejor atención	challenge	desafío
biological psychiatrist	psiquiatra biológico	(the most) challenging emotional breakthrough	el avance emocional más retador
blank stare	Mirada en blanco/ vacía	Chaotic environment	Entorno caótico
blanking everything out	dejar todo en blanco; desconectar de todo	(to) check the flow of words	Refrenar/ contener el flujo/ la corriente de las palabras
blind spot	punto ciego	Child	niño/a
borderline personality disorder	trastorno limite de la personalidad	Circle share	Compartir en rondo/compartir con colegas
bounces off the wall	trepar por las paredes	Circuitry	Sistemas de circuitos
brain wiring / connection	conexión cerebral	Clinical functioning	Funcionamiento clínico
bridge the barriers	salvar las distancias/barreras	Clinician	Clínico/ especialista /médico/ psiquiatra
brief supportive treatment	psicoterapia de apoyo breve	Co-parents	Padre divorciado (separado) o madre divorciada (separada) que comparte en la crianza (educación) de

	los hijos	behavior	
Cognitions of distress	Percepciones/ cogniciones y expresiones de sufrimiento/angustia	Conscience	Conciencia/ consciencia
Cognitive baggage	Bagaje cognitivo	Conscious sentry or recognition	Centinela consciente o reconocimiento
Cognitive mediation of CBT effects	Mediación cognitiva de los efectos de la Terapia Conductivo Conductual	Consider	Considerar la posibilidad de...
Cognitive-behavioral	Cognitivo-conductual	Consistent	De acuerdo con... / consistente
CBT	Terapia cognitivo-conductual	Consumer	Usuario/ consumidor
Collaboratively	En colaboración	Contained solitude/self	Soledad contenida/ ego, uno mismo, si mismo, el Yo (depende del contexto)
Community panel	Panel comunitario/ mesa redonda comunitaria	Context-driven	Producto de un contexto concreto/ de las circunstancias
Community-based sample	Sobre muestreo de la población local	Contract for safety	Contrato para su seguridad
Co-morbidity	Comorbido	Contributors	Colaboradores/ contribuyentes
Comparative focus	Foco/ centro de atención comparativo	Control freak	Obsesión por controlar
Competing commitments (make people immune to change)	Compromisos competitivos (hacer a las personas inmunes al cambio)	Controlling system	Sistema de control
Condescending	condescendiente	Controls	Controles
Condition	Condición/ enfermedad / trastorno	Convincing case	Argumento/argumentación convincente a favor de...
Confidently controversial	A gusto en su papel de autor controvertido	Counselors	Terapeutas o consejeros
Conforming and nonconforming	Conducta conforme y disconforme	Counter-therapeutic	Contraproducente para la terapia
		Credit	Crédito
		Crisis-intake team	Equipo de manejo de crisis

**D**

Danger of parenting cycle repeating itself

Peligro de que repita el ciclo familiar de crianza

Day care

Guardería (infantil)

De-escalating

Apaciguar/ sosegar

Debriefing

Sesiones de análisis o reflexión/ resumen

Dedicated room

Espacio/ lugar/ ambiente exclusivo/ destinado

Defend against (feelings)

Resistir/ rechazar

Defensive

Persona que siempre esta a la defensiva

Delusions

Confusiones/ delirios

Deprecates or minimizes

Deprecia o minimiza

Developmental skills

Habilidades/destrezas de desarrollo

Developmentally retarded/ developmental delay

Retrasado en su desarrollo

Deviant behavior

Conducta desviada, comportamiento anormal

Diagnostic labeling

Etiqueta diagnóstica

Diagnostic workups

Estudios intensivos de diagnóstico

Differential diagnosis

Diagnóstico diferencial

Difficult to penetrate

Difícil de entender (en este contexto)

Difficulties of understanding and attempting to change human behavior...

Disability preventing interview

(con una) discapacidad que imposibilite/ haga imposible la entrevista

Disparaging (remarks)

(Comentarios) denigrantes

Displacement activity

Actividad de desplazamiento

Disruptive behavior disorder/ conduct disorder

Trastorno del comportamiento disruptivo (TCD)

Dysthymia

Distimia

Distractibility by self-generated thoughts

Distracción a causa de pensamientos propios/ por/ con el pensamiento propio

Double-blind

(estudio) doble ciego

Drug buzz

Sensación de placer pasajera que causan las drogas

**E**

Early-onset depression

Depresión de inicio temprano

Educational achievement settings

En el ámbito de los logros educativos

Effective parenting skills

Métodos efectivos de crianza

Ego-analytic

Teóricos analistas del yo

Either-or thinking

Manera disyuntiva/ modo disyuntivo de pensar

Elementary school	Educación primaria (España/Latinoamérica )	include:  Every bit as much as	etiológico incluyen:  Cada tanto como
Elicitation approach	Enfoque guiado; aproximación guiada	Evidence-based best practice recommendation	Recomendaciones de mejores practicas con base en la evidencia
Embedded command	Comando subliminal	Excessive need for approval	Necesidad desmedida de aprobación
Emotional breakthrough	Revelación emocional	Executive life coach	Mentora en cuestiones profesionales y personales
Emotional support/ “legs”	Soporte/apoyo emocional	extended family	Familia completa
(to) empower	Dar la posibilidad/ ofrecer los medios	Extensive recruitment	Reclutamiento amplio/ extenso
Emotional tone-deaf	Sordera emocional	(the) extent	La medida, el grado
Empowered to care for themselves and each other	Si se faculta a las personas para cuidar de si mismas, así como para cuidarse mutuamente	<b>F</b>	
		Facilitators	Facilitadores
		Fact finder	Detector de realidades
Enabling	Facilitar/ posibilitar	Failure to thrive	Desarrollo deficiente
Engaging/ to engage (this context)	comprometerse	Family caregiver issues	Problemática(s) de quienes brindan atención/ cuidado familiar
Enhanced productivity	Mayor productividad	Fear of opposition	Miedo/ temor a la oposición
Enmeshed	Enredado	Fearful faces	Rostros que reflejan miedo
Environment	Entorno	Feel terrible	Sentirse de lo peor
Environmental	Del entorno	Feeler	Receptor
Establishing personal boundaries	Estableciendo limites personales	Feeling empathy	el sentir empatía
Etiological general medical conditions	Las condiciones médicas/ clínicas generales de carácter	Fell apart	Se vino abajo
		First several times	Las primeras varias veces



Flashbacks      Escena retrospectiva/Flashback

Flush with his success      Con la euforia de su éxito

Focused thought      Acción que requiere concentración

(to) follow through and show progress      Acompañar/ hacer un seguimiento del tratamiento e informar/ dar cuenta de la evolución/ los resultados

For what they are      Por lo que son

For what they represent      Por lo que representan

Foreshortened sense of the future      Percepción/ sensación reducida/limitada sobre el futuro

Freaking out      Salirse de sus casillas/ perder los papeles

Freaks      Los raros, extravagantes, excéntricos

Fresh ways      Expresiones innovadoras/ nuevas expresiones/ nuevas formas

From the heart to the mind      Desde el corazón a la mente

Functional academics      Estudios académicos funcionales

Functionally impairing and relatively irresponsible      Que reducen/ afectan/ deterioran las capacidades funcionales y las tornan/ vuelven relativamente insensibles

## G

Gambling help line      Línea de ayuda para problemas de adicción al juego

Geeks      Sabelotodos

Get into a tight spot      Meterse en un aprieto/apuro

Get leverage      Obtener influencia

Go off the deep end      Perdió los estribos/ se salio de sus casillas; desaparecer el extremo profundo (literal)

Go out of your way      Hacer un esfuerzo especial; salir de su camino (literal)

Goal oriented profiles      Perfiles orientados a lograr ciertos objetivos

Goal orientation theory      Teoría de orientación a/hacia metas

Goal-directed sequencing      Pensamiento ordenado (consecuencial) dirigido al objetivo

Goal-related experience      Experiencia relacionada con metas/ objetivos

Grant or manuscript writing      Solicitud de financiamientos – becas, subvenciones, etc. – y elaboración de escritos

Gridlock issues      puntos muertos/asuntos sin resolución

Grief counseling      Apoyo psicológico/terapéutico para personas en duelo

Grounding      (necesitan tiempo para reflexionar y)

	consolidarse	partner	pareja
Group safety	Seguridad de grupo	Households	Hogares, viviendas
Groupthink	Pensamiento grupal	Human services	Servicios humanos
Guided imagery	visualización guiada	<b>I</b>	
<b>H</b>		I lose it	Se me quitan las ganas
Auditory/visual hallucinations	Alucinación visual y auditiva (auditivo-visual)	I-it vs. I-you	Yo-ello vs. Yo-tú
Hard-wiring; genetic inheritance	Herencia genética	Ill-timed expressions	Expresiones inoportunas
He goes further to explain	Profundiza en la materia agregando que	Image distorting	Distorsión de imágenes (alteración)
Health functioning	Rendimiento de la salud; funcionamiento de la salud	Impression management	Manejo de las apariencias
Heavy petting/ “making out”	Juegos previos al acto sexual y caricias en los órganos genitales	In adjusting to...	En adaptarse a
Helping aids	Técnicas de ayuda	In between	Mas o menos; entre
Helpless anxiety	Ansiedad por (sentimiento de) desamparo; sentirse indefenso	In early middle age	De poco mas de cuarenta años
High grade cannabis	Marihuana con alto contenido de THC	In inhibiting	(la dificultad) para inhibir (los afectos negativos en respuesta a estímulos...)
(to) highlight; summarize	resumir	In stride	Como si nada; como si no me afectaran
Hippocampus damage	Lesión hipocampo o del hipocampo	Inability to delay gratification	Incapacidad para postergar la gratificación
Holding onto yourself	Conservar la identidad propia; ser fiel a si mismo	Increased severity of depression	Incidencia mayor de severidad depresiva; severidad de depresión en aumento
Holding onto yourself and holding onto your	Sostenerse a si mismo o sostenerse en su	Individual members	(en relación a) cada uno de los miembros
		Initial assessment	Evaluación inicial
		Inner	Interna

Insight (in this context)	Comprensión, comprensión súbita/ revelaciones/ discernimiento claro	Is acceptable with each of	indicación del/ indica el Es posible con cada una de; es aceptable con cada uno de
Insight to people	Entrenamiento/ conocimiento profundo/ perspicacia/ comprensión hacia las personas	Is not greater than	No es mayor que
Intake procedure	Proceso de (o para) admisión	Is not susceptible to direct solution	No se presta a una solución directa
Interact	Te relacionas con otros/ se relaciona con otros; interactuar	Is the rule rather than the exception	Es la regla en lugar de la excepción
Internalized object relations	Relaciones objeto interiorizadas	It is worth noting that...	Vale la pena mencionar
Internally restless	Inquieto internamente/ sentir una inquietud interna	It's getting what is inside out	es sacar lo que se trae por dentro
Interval history	Lo sucedido durante un intervalo de tiempo	Its meaning or what it signifies	Su significado, su sentido o lo que significa
Introducing listening behaviors	Presentar los distintos comportamientos que componen el escuchar	<b>J</b>	
Intrusive mental health treatment	Tratamiento/ terapia intrusiva de salud mental	Journal about them	Escribir sobre [algo]
important	Considerados (as) importantes/ revestidas (os) de importancia	Judgment of ability	Evaluar la capacidad; juicio de capacidad
Involvements	Participaciones	Judgmental statement	Declaración crítica sobre la capacidad de juicio (de la persona)
Internal dialogue	Dialogo interno	Judgmental and value laden	Son prejuiciosos y subjetivos; critico y cargada de valor
Irritable debility	Debilidad irritable	Justify the ways of God to men	Justificar ante los hombres el comportamiento de Dios
In a case of the pot calling the kettle black	Dijo la sartén al cazo: que me tiznas	<b>K</b>	
In a measure of	Mide el... /es una	Keeping love and intimacy alive	Mantener vivos el amor y la intimidad
		Kept his emotions	Reprimía sus

inside	emociones	Linear thinking	Pensamiento lineal
Key health risk behavior	Conductas clave que ponen en riesgo la salud	Little-remembered	Casi olvidado
(the) knowledge we do have about...	Los conocimientos que ya poseemos sobre...	LMFT, LPC	Licenciado en terapia de pareja y familia, licenciado en consejería profesional
<b>L</b>		Long-term sufferers	Pacientes de larga duración/ crónicos; enfermos a largo plazo
Lack of responsiveness of depression	Falta de respuesta ante el estado depresivo	look within oneself	Buscar en su interior...
Lacking the courage to hold your beliefs	Carecer del valor para sostener tus creencias/ ideas/ opiniones/ ideales	Looking at each other during face-to-face intercourse	Establecer una conexión profunda mirándose a los ojos durante la relación sexual
Lapdog willingness	El deseo perruno por agradecer	(to) loom in the background	amenazar/surgir/aparecer en segundo plano/en el fondo
Large spread	Gran dispersión	Lovability; ability to be loved	Capacidad de ser amado/a
Larger meta-theory	Metateoría mas amplia/ general	Love busters are your habits that cause your spouse to be unhappy	Obstáculos para el amor conyugal – como identificarlos
Leaden paralysis	Fatiga incapacitante	Love, sex, and intimacy in emotionally committed relationships	Amor, sexo, e intimidad en relaciones con un compromiso emocional
Legibility and readability	Legibilidad tipográfica y legibilidad lingüística	<b>M</b>	
Libidinal cravings/ desires	Deseos/antojos libidinosos		
(obstacles) Lie in the way	Existen (otros obstáculos) que dificultan ...	Main effect	Efecto principal (significativo)
Life events	Acontecimientos de la vida	Major mental disorders	Trastornos mentales graves
Light touch	Sutileza/ delicadeza	Make it less likely for people to hurt	...que hace menos probable que las
Limbic system	Sistema límbico		
Limited make-believe play, taking-turn games	Juego imaginario limitado, juegos por turnos		

others...	personas hagan daño a los demás...	it doesn't matter.	importa.
Maladaptive cognitions	Adaptación perceptiva inadecuada	Mindedness	Conciencia psicológica
Malignant introjections	Introyección maligna	Minimal standard	Estándares mínimos
Managed-care environment	Ambiente de atención controlado	Mirror response	Respuesta en espejo
Managers in the front lines	Gerentes que están al pie del cañon/ gerentes en la vanguardia	Misattribution	Atribuciones (del origen) erradas o incorrectas
Manipulative, controlling, withholding	Manipulador, dominante, y egoísta	Mood congruence	Congruencia de humor
Matched cohorts (others in the same situation)	Otros en la misma situación	More likely	Mas propensas
May be most toxic/harmful in the absence of ...	En ausencia de (...) pueden resultar sumamente nocivos	Mother transferences	Transferencias maternas
Measure of distress used for screening	Medida de aflicción/angustia empleada para clasificar/ determinar un resultado y la medida sesión por sesión...	Mother complex	Complejo de madre
Measures/ questions related to social influences	Cuestiones/ asuntos relacionadas con influencias sociales	Motives	Motivaciones; motivos
Meet	Cumplir; satisfacer (los criterios)	Move past procrastination	Superar la tendencia a dejar las cosas para mañana/ de procrastinar
(Willingness to) make eye contact in a loving way	(estar dispuesto a) corresponder amorosamente a su mirada	Mutative	Cambiante
Mind over matter. If you don't mind,	Todo esta en la cabeza. Si no te importa, no	My comment wasn't lost on either of them	Los dos entendieron perfectamente mi comentario
		N	
		Nasty side	Lado maligno/ malvado
		Naturalistic process	Posesos naturalísticos (en el contexto)
		Naturalistic treatment	Tratamiento naturalistico
		Nature-nurture debate	La controversia naturaleza-crianza
		Negative cognition	Cognición negativa
		Neuro-education and activities for	Neuroeducación y actividades de los niños

children

lenguaje

Neuro-imaging techniques

Técnicas de neuroimagen/ observaciones (prácticas) de la neuroimagen

Old subconscious (unresolved issues)

Asuntos inconscientes no resueltos

On edge

Al límite/ tener los nervios de punta

Nevertheless

Sin embargo; no obstante

On resources

En base a sus recursos/ teniendo en cuenta sus recursos

Non-engagement

Falta de compromiso/ implicación con el tratamiento

On the line

En juego

Nondirective, non-coercive counseling

Orientación/asesoramiento/ asesora no directiva, no coercitiva

Once we know our limits

Una vez que entendamos nuestras limitaciones

Non-manic psychotic disorders

Trastornos psicóticos no maníacos

One-on-one coaching and instructions

Asesoramiento uno a uno

Normalize

Normalizar

One-time trauma

Trauma único

Nursing mothers

Madres lactantes

Open marriage/ open relationship

Matrimonio abierto/ una relación abierta

Nurture (need for nurture)

Crianza (necesidad de cuidado/educar)

Optimistic interventions

Intervenciones optimistas

**O**

Object of voyeurism

Objeto de voyeurismo

Or pathologizing yourself, diminishing your self-worth

...o catalogar su problema como patológico, bajar su autoestima...

Object play

Juego con objetos (juguetes)

Organic basis

Origen orgánico, origen físico

Object relations theory

Teoría de las relaciones objetales

Organizational psychologist

Psicólogo organizacional

Object relationships

Relaciones objetales

Otherness

Otredad

Observing and nesting instincts

Instintos/ hábitos de observación y anidamiento

Others in the same situation

Otros en la misma situación

Out of balance

Fuera de balance

Oddities of speech

Singularidades/ peculiaridades/ trastornos del habla/

Out of control

Fuera de control

Out the window

Por la ventana

Outside raters (in this context)	Observadores externos/ ajenos al tema/ no involucrados en el tratamiento	Passive-aggressive behavior	Comportamiento pasivo agresivo
Overachiever	(personas) que exceden las expectativas	Patient has never received a certain treatment	Paciente que nunca ha recibido un tratamiento determinado
Over-learned behaviors	Conductas que se refuerzan luego de ser aprendidas	Patronizing	Paternalista, desdeñoso
Overreaching; overexertion	Sobreesfuerzo	Pediatric-pharmacology clinical trial	Ensayo clínico de farmacología pediátrica
Overt sexism	Sexismo manifesto	Peer	Compañeros
<b>P</b>		Peer audit	Juicio/opinión/ revisión de los colegas
Pairing assumption	Supuesto básico de emparejamiento	Peer record review	Revisión del expediente del anterior psiquiatra/ colega
(to) panic	Sentir pánico	People mapping	Mapeo de información personal
Panic-focused psychodynamic psychotherapy	Terapia psicodinámica centrada en el pánico	(People) growing process	El proceso de crecimiento personal
Parent management training	(curso de) formación/ orientación para el manejo de padres y madres/ de los padres	Perceived limitations assessment	Evaluación de las limitaciones percibidas
Parental alienation	(síndrome de) alineación parental	Performance anxiety	Preocupaciones sobre rendiendo; la ansiedad por el desempeño
Parental role modeling	Comportamiento de los padres a imitar/el modelo del comportamiento de los padres	Personality measure	Medición/ medida de la personalidad
Parental substance abuse and criminality	Consumo de drogas y delincuencia por parte de los padres	Personality modeling	Modelador de la personalidad
Parenting/ peer-related maturation process	Proceso de madurez relacionado con la crianza/grupo social/ padres	Persistent and pervasive sadness	Tristeza esencialmente penetrante y persistente
		Person, personality	Persona, personalidad
		Pervasive	Generalizado

Pharmacy pill counts	Recuentos de comprimidos/ píldoras recetados	Preferred provider organizations	Organizaciones de proveedores preferentes
PhD, PsyD, MFCC, LCSW, MD	Doctorado, Dr. En psicología, asesor en asuntos de matrimonio, familia y la niñez, trabajador social clínico licenciado, Dr.	Premature/ infant delays	Retrasos en bebés prematuros o en lactantes
Piece-of-meat model of sex	El modelo objeto sexual que apela a lo carnal “cacho de carne”	(Prepubescent) early-onset depression	Depresión de inicio temprano
Pious churchgoer; devout parishioners	Devotos feligreses	Pre-pubertal samples	Muestras prepuberales
Pivotal response training	Entrenamiento en respuestas centrales/ giratorias/ pivot	Pretend play	Juego simbólico/ juego de ficción
Place-keeper	Guardián del lugar	Prewired	Preprogramado; predeterminado; predisposición innata
Play themes	Temas lúdicos; temas de juego	Prime time	Para salir a la luz/ a escena/ para hacerse públicos
Policy makers	Los que dictan las leyes/reglas	Problem-Centered systems Family Therapy	Sistemas/ métodos de terapia familiar centrados en los problemas
Polity (in context)	Sistema de gobierno	Process	Procedimientos educativos; proceso
Pop	Explotar/ explotas (en este caso)	Progressing a spectrum model	Desarrollo de un modelo espectral
Positive framework	Marco positivo	Proponent	La primera en enunciar
Positivity log	Registro de experiencias positivas	Provisional diagnostic impressions (multi-axial, DSM IV)	Impresiones provisionales de diagnóstico
Practice population	Población del consultorio	Pull together	Lograr hacer lo necesario/ lo adecuado
Practitioner (applied to psychiatrists and psychologists, without distinction)	Terapeuta	(to) put (oneself) down; underestimated	Menospreciarse/ subestimarse



## Q

Question of conflict      No hay lugar para conflictos

Quiet conviction      Convicción serena/ tranquila

## R

Rapid order of neuronal firing      Sucesión rápida de la activación de las neuronas; sucesión rápida de la activación neural

Rated with      Calificado con

Ratio of events to patient years      Tasa de casos por años-paciente

Read the person      “estudia” a la persona

Real early traumatic historical events      Historial de eventos traumáticos de nuestra infancia

Reassurance      Consuelo/confianza

Rebound      Recuperación/ reacción

Receptive vocabulary      Vocabulario receptivo

Recurring effects      Efectos recurrentes

Reduce marriage to providing safety, security, and compensation      Reducir a la institución de matrimonio a la de proveedor de seguridad...

Reflected sense of self      Imagen de si mismo reflejada por otros; refleja sentido de si mismo

Refocus in the face of      Reenfocarse/ volver a concentrarse ante las/ frente a las

Regressive pull/      Impulso regresivo

impulse

Relations among selves/ between individuals      Relaciones entre individuos/ entre los seres humanos

Remedial      de rehabilitación/ rehabilitador; correctivas

Re-shaming the patient for dependency      Avergonzar nuevamente al paciente por su dependencia

Residual      Residual/ residuos

Resurrecting sex: how to solve sexual problems and rejuvenate your relationship      Renacer al sexo: como solucionar los problemas y rejuvenecer su vida sexual

Retrospective course of illness      Curso (transcurso) retrospectivo de la enfermedad

Return to mastery or success; proficiency      Nivel de dominio

Right-brain learning/ left-brain learning      Aprendizaje a través del hemisferio derecho/izquierdo

Role introduction      Introducción a su rol

Role modeling      Modelado de roles

Registered Psychologist      Psicólogo Registrado

## S

Saline placebo      Placebo salino

Satisfying and optimizing behavior      Comportamiento satisfaciente y optimizante

Scaffold learning activities      Actividades graduales de aprendizaje guiado

Schizoid personality disorder	Trastorno de la personalidad esquizoide	Self-report	Autoinforme
Schoolwork	Trabajo escolar, actividades escolares	Self-silencing	autocensura, silencio autoimpuesto
Seat-of-their-pants; improvising	De forma improvisada	Self-soothing	Auto-consolación (America Latina); auto-consuelo (España)
(the) Self	El Yo	Self-talk; internal dialogue	Diálogo interno
Self psychologists	Auto psicólogos	Seminal research	Investigación seminal
Self-report	Auto informe	Serotonin transporter	Transportador/ portador de serotonina
Self-realization	Auto-realización o autorrealización	Session at the clinic for treatment	Sesiones en la clínica para tratamiento
Self-centeredness	Egocentrismo	Setting	Entorno
Self-completed non-diagnostic questionnaires	Cuestionarios completados por los pacientes, sin valor diagnóstico	Setting her mind	Haberse condicionado
Self-disclosing	Autorrevelación	Severe condition, with either sad or irritable mood	Condición severa, con estado de ánimo triste o irritable
Self-disclosure	Darse a conocer puede ser útil	Sexual excitement; arousal	Excitación sexual
Self-esteem	autoestima	Sexual progress	Progreso en el campo sexual
Self-feeling	Sensación propia	Sexual pleasure – give and receive	Dar y recibir placer sexual
Self-importance	Auto importancia/ importancia del yo	Sexual touching (groping) problem	Problema de tocamiento/ manoseo sexual
Self-nurturing	Gratificarse a si mismo (alimentar el espíritu y el intelecto)	Short-term harm	Lesión/ daño a corto plazo
Self-referenced criteria	Criterios auto referidos/ de autorreferencia	Shortness of temper	Falta de temperamento
Self-referenced focus	Foco/ centro de atención autorreferente/ auto referenciado	(to) show hurt feelings	Demostrar que se sienten heridos
Self-rejection	Auto rechazo		

Showing nerve	Mostrando los nervios	part-time basis	parcial
Silently and internally tuning in with affect	En silencio internamente con sus afectos	Spiraling down	A experimentar un bajón/ una caída/ un fracaso a nivel social y académico
Single-word responses	Respuestas individuales	Spitting up	Regurgitar, regurgitación
Single-loop learning	Aprendizaje en espiral simple	Splitting and denial mechanisms	Mecanismos de disociación y negación
Situational awareness	Conciencia situacional	Steeper	Mas alta, mas pronunciada, mas brusca
Sleep-Onset Disorder/ difficulty falling asleep	Dificultad para conciliar el sueño	Stereotype labels	Etiquetas estereotipadas catalogadas
(to) slip out of it/ fade away	desvanecerse	Stereotype-consistent	Que concuerda con los estereotipos
Snapped	Perdían la cabeza (el control)	stick figure	Figura humana hecha con líneas o trazos sencillos
Social bond	Vínculo social	Stirring, restlessness	Inquietud
Social structuring	Estructuración social	Stressful life events	Acontecimientos vitales estresantes
Socially vigilant; suspicious	Receloso/sospechoso	Structured interview	Entrevista estructurada
Softening	Flexibilidad; reblandecimiento	Stubborn depression	Depresión persistente
Somatic complaints	Quejas somáticas	Students often form cliques – jocks, future entrepreneurs...	A menudo los estudiantes forman grupos selectos – los atletas, los futuros empresarios...
Soothe-ability	Capacidad de quedarse tranquilo/ calmado/ relajado	Suicidal ideation	Ideación suicida
Sound patterns	Patrones de sonido	Summary of student's	Resumen de los puntos fuertes del estudiante o
Span	Abarcar/ comprender/ incluir		
Spatial reasoning	Razonamiento espacial		
Specialized resources on a	Recursos/ personal especializado a tiempo		

strengths	alumno		algún tema
Super-power	Potenciar al máximo	Target	Dosis efectiva fijada
Supercharged/ full of emotion	Cargado/ repleto de emotividad	Task as ...	Tareas obligatorias
Superior performer	Actor/ actriz de primer orden	Tellingly	De una forma reveladora
Supportive employment services	Servicios de apoyo en la búsqueda de empleo	Tender point pain threshold	Umbral del dolor puntual (desencadenado) con la palpación
Surround	Entorno, ambiente, marco, borde	Test subject	Sujetos del estudio
Survival-type analysis	Análisis de supervivencia	Tester	Evaluador/ evaluadora
Sustained impairment	Deterioro sostenido	That we learn to take care of ourselves	Que aprendamos a cuidarnos nosotros mismos/ que aprendamos a querernos a nosotros mismos
Symptoms ego-alien/ego-dystonic	Síntomas ajenos al ego/ ego-distonicos	(the) treatment setting and the therapeutic frame	El ambiente del tratamiento y el marco terapéutico
System-building	Sistematizar	Think ideas through	Analizar ideas
Systemic bias	Inclinaciones sistémicas; tendencias sistémicas	Think/no-think phase	En la subsiguiente fase de pensar-no pensar
<b>T</b>		(to) this extent	En este sentido/ así pues/ en consecuencia/ por lo tanto
(to) take a clinical history	Hacer un historial clínico	This volume	Este volúmen
take the part for the whole	Tomar la parte por el todo	Thought content: ideas of reference, flight of ideas	Contenido del pensamiento: ideas de referencia, fuga de ideas
(to) take its toll on	Tener un grave efecto en	Thought empathy	Empática de pensamientos
Taking out frustrations	Desquitar/ desahogar las frustraciones	Thought-organized content	Contenido organizado
Taking out grievances	Desquitándose; tomando de quejas		
Talk therapy	Terapia hablada		
Tap into; open	Abrir/hacer incapié en		

Thought-shifting	Cambio de pensamiento, de convicción	<b>U</b>	
		(the) ultimate point	El punto culminante
Tight lid	Bajo (un) fuerte control	Unbearable affect	Afecto insoportable
Time in synch	Tiempo en sincronía; tiempo de unión; tiempo de conexión	Uncooperative and verbally abusive	No colabora y utiliza lenguaje ofensivo/ insultante
Timing and rapid order of neuronal firing	Sincronización y sucesión rápida de la activación (disparo) neuronal	Under pressure	Bajo presión
To be beyond help	No tener remedio	Underachiever	Rezagado, persona de bajo rendimiento o que no excede las expectativas
To be demonstrating quite a bit of ownership	Esta mostrando un marcado sentido de la propiedad	Understanding analogies	Comprensión de analogías
Tobacco use	Uso del tabaco	Uniquely screwed up	La peculiaridad de nuestros propios traumas
Toddlers	Niños pequeños (entre un año y dos años y medio de edad)	Unknowable	(lo) incognoscible
Tough love	Mano dura	Unruly	Desobedientes/ indomables/ rebeldes/ insubordinadas
Trained observation	Observación calificada/ profesional	Up to	Hasta
Trait-like/ personality trait or state	(entendido) como estado/ como rasgo de personalidad	Upbringing	Crianza
Trauma life experience	Modelo de vida basado en una experiencia traumática	Usual initial target dose	Dosis inicial habitual
		Utilities	Ventajas/ beneficios
		<b>V</b>	
Treatment (mental health)	Terapia/salud mental	Validity	Validez
Treatment protocol	Protocolo de tratamiento	Variance in association with depression	Varianza en la asociación con la depresión
Triggers	Factores que desencadenan	Vicinity	Proximidad
		Visual short-term	Memoria visual a corto

memory	plazo
<b>W</b>	
Waking sleep	Sueño conciente/ sueño lucido
Walk-in	Paciente/cliente que llega sin previa cita
Was/is intake welcoming?	¿fue/ es cálido/ cordial el ingreso/ admisión/ reclutamiento?
We are often socialized into the idea...	La sociedad a menudo nos inculca la idea...
We know a lot about...	Sabemos muchísimo sobre...
Web-administrator	Administrador/ a de la red
What he has to say	Quiere decir; lo que tiene para decir
When analyzed	Cuando se analiza
Where both carry some of the blame	Cuando ambos/ ambas cargan con algo/ parte de la culpa/ tienen algo/ parte de la culpa
Winter blues	Melancolía invernal
Wishful thinking	Pensamiento ilusorio/ confundir los deseos con realidades
Within course of at least a year	Con una duración de la menos 1 año
With being understood the way we want and getting the response we expect	Ser entredidos de la forma que queremos y obtener el tipo de respuesta que esperamos
With the availability of	Con la disponibilidad de profesionales de la

local expertise	zona
Withdrawal thoughts	Pensamientos/ ideas de retraimiento/ desconexión
Withholding	Retraída/ alejada/ desapegada
Witness	Testigo; testimonio; presencial
Womb-like	Seguras, reconfortantes, tranquilizadoras
Working through	Aplicado como corresponde
(to) work through issues	Su capacidad, destreza o pericia para resolver problemas
Writing	Escrito; composición escrita
<b>Y</b>	
Yields	Produce/ genera resultados
You show your partner who you really are	Se muestra ante su pareja como realmente es

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