



Handbook of Multicultural Mental Health: Chapter 17. Assessing and Treating Latinos: Overview of Mental Health Research

Andrea J. Romero, Lisa M. Edwards, Shannon Corkery

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This chapter provides an overview of research on the mental health of Latinos in the United States with emphasis on the cultural constructs and theories with relevance for assessment and intervention with this population. A distinction is made between factors that confer advantages and those that may increase vulnerability at both the individual and environmental levels. This chapter suggests that treatment considerations need to be tailored based on individual needs that incorporate complexities of culture and gender so that clients are not viewed in a stereotypical manner. This discussion is followed by a summary of contemporary research rooted in positive and resilience psychology in order to build on strengths within the culture, such as positive ethnic identity, civic engagement, family support, bicultural teaching in the home, spirituality, and storytelling.

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