



# Grief Therapy with Latinos: Integrating Culture for Clinicians

*Carmen Vazquez PhD, Dinelia Rosa PhD*

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We recommend this work for both bilingual counselors and for mono-lingual counselors in schools and clinical settings. The grief counseling techniques are clearly explained and are accessible even to those who have not been extensively trained in the areas of loss and grief."--**Illness, Crisis and Loss**

*Grief Therapy with Latinos: Integrating Culture for Clinicians* advances the field of grief therapy by offering a culturally sensitive model for Latino/as. Rich in theory and practice, this book offers a culturally congruent approach to grief therapy. The authors present an effective model that teaches therapists how to comprehend Latino/as' 'mourning in Spanish.' *Grief Therapy with Latinos: Integrating Culture for Clinicians* can serve as a graduate textbook as well as a reference for novice and seasoned clinicians."--**Lillian Comas-Diaz, PhD, in Psychoanalytic Psychology**

This book serves as both a graduate textbook and clinical reference that helps in the understanding of relevant cultural values and their effect on the grieving process. *Grief Therapy with Latinos* also addresses the application of specific interventions in a culturally appropriate manner, including the importance of language in grief therapy, psychology, and counseling with a Latino population.

The main focus of this book is to identify underlying pathologies, depressions, or anxieties that could have existed before, and the relevance of the cultural components that can interfere with the adaption to and the resolution of grief. Written in three parts-specific cultural and psychological components of Latino grief, the many faces of grief, and grief within the family context-each part demonstrates a clear hands-on approach to how to respond to Latino patients and addresses aspects universally related to grief and psychological points of view.

## Key features:

- Addresses culturally specific and diverse narratives of loss to illustrate cultural revelations in the grief process and the clinical assessment of denial and spirituality
- Discusses the relevance of language in the expression of grief, assessment, and treatment
- Presents clear and easy-to-read grief therapy approaches and methods
- Includes adaptations of traditional psychotherapeutic techniques, incorporating relevant cultural values

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