

HISPANIC AND LATINO CULTURAL VALUES

HISPANIC AND LATINO CULTURAL VALUES NEED TO BE ADDRESSED CAREFULLY TO AVOID PERPETUATION OF STEREOTYPES. IT IS IMPORTANT TO RECOGNIZE THAT OTHER CULTURAL GROUPS SHARE MOST HISPANIC AND LATINO VALUES. THE MAIN IMPORTANCE OF THESE CULTURAL VALUES IS THE INFLUENCE THEY HAVE IN HELP-SEEKING PRACTICES.



Religion, Spirituality and Traditional Healing Practices

Many Hispanic and Latino individuals are very spiritual, and many are very religious. Religious practices among Hispanics and Latinos are diverse and can include Catholic, Protestant, Jehovah Witnesses, Jewish, Muslim and other practices (1). Hispanics and Latinos may believe that their mental health illness is a spiritual punishment, fate cannot be changed and therefore, they may be less likely to present help-seeking behaviors. Traditional healing practices like *curanderismo*, *yerberos* and *soberos* are used as part of the daily life and impact the view of healing for some Hispanic and Latino communities (2).

Respeto - Respect

There is a high value placed on demonstrating *respeto* (respect) in interactions with others. Hispanic and Latino individuals expect status differences between professionals and non-professionals, which may be different from other cultures, including United States. Healthcare professionals are viewed as authority figures and, Hispanic and Latino individuals may hesitate to ask questions or express concerns about recommendations when they perceive it as disrespectful.



Personalismo - Formal Friendliness

For Hispanics and Latinos *personalismo* is described as a formal friendliness and there might be the expectation to develop a personal relationship with providers. Hispanic and Latino individuals expect health care providers to demonstrate *simpatía*, or friendliness, and *personalismo*. If these values are not expressed, they could feel slighted, or that the health care provider did not deliver a good service. This reduces the likelihood of adherence to treatment and to the mental health care providers' recommendations.

Confianza - Trust

Confianza is a form of mutually reciprocal faith that individuals will help each other to the best of their abilities based on the relationship. During the therapeutic process, mutual reciprocity is emphasized and expected by the client. Small self-disclosures from providers may provoke trust in the therapeutic relationship (3).



Familismo - Familism

Hispanics and Latinos are known for having strong family ties because they value family and community as sources of identity and support. Latinos reference to *familia* (family) may often expand beyond nuclear and extended family to include not only parents and siblings, but also grandparents, aunts, uncles, cousins, close friends, and godparents (4). Family could be a risk and protective factor for our client/patient, it mostly depends on their view of mental health conditions.