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**Cultural Foundations and Interventions in Latino/a Mental Health:  
History, Theory, and Within-Group Differences. Hector Y. Adames, & Nayeli Y.  
Chavez-Dueñas. (2016). Routledge. pp. 276. ISBN-13: 978-0-8153-8637-7. Paperback:  
\$49.95**

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The mental health of the Latinx population has not been a widely discussed topic, even among Latinas/os themselves. However, as the Latinx population in the United States grows, so does the need for trained professionals in the mental health field with insight on how to best attend to this population. In the book *Cultural Foundations and Interventions in Latino/a Mental Health, History, Theory, and Within Group Differences*, Adames and Chavez-Dueñas set out to give readers a guide on how to better serve clients that come from a Latinx background. The intended audience for the book is professionals in the mental health field as well as educators who want to learn more about effective Latinx mental health practices.

The book is an up-to-date reference on the Latinx population, which focuses on the diverse cultural and historic backgrounds members from this population share. The book is divided up into four parts, containing individual chapters. Part I centers on the history, religion, societal organization, and holidays of Mayans, Tainos, Aztecs, Incas, and Caribs; successful indigenous groups whose traditions are still kept alive today by many Latino families in the U.S. The authors discuss how colonization changed and damaged these civilizations by decreasing their populations, and how the transatlantic slave trade brought with it an enriching dynamic, adding to the cultural practices of the region. The authors suggest it is important for clients of Latinx descent to understand how their history evolved and how it plays a part in their multicultural identities today. Additionally, the authors discuss within-group biases based on skin color and practices of concealment that are still used by many today, and note that it is important to make Latinos aware of these biases as they are not often talked about within the population. This first part also explains the different reasons Latinx groups have decided to migrate to the United States as well as the policies that have been put into place as a result of this migration.

Part II encompasses a holistic view of gender orientation, which is key to understanding the part gender roles play in creating identity. The terms *machismo* and *marianismo* are explained as central to the discussion of gender within the Latinx community, as they dictate many of the behaviors men are expected to display within their community. Part III discusses important themes that health practitioners servicing this population should keep in mind such as *respeto*, *personalismo*, and *confianza*. The chapters in this section offer readers insight into what these words mean, how they are represented in the Latinx community, and why they are central to the traditions that the Latinx community practices. Lastly, Part IV centers on narratives and reflections of students and professionals who have read this book and how it has impacted their practices. This section is insightful in that it resonates with the theme of awareness that is felt throughout the book. This section is helpful for educators in understanding how to better connect with Latinx students in their classrooms and advocate for their mental health. Consisting of reflections written by mental health professionals on how this book has affected their mental health practices; this last part gives readers a glimpse of how it can help them in their practices.

Overall, the book provides insight into Latinx history, migration, and how to best serve this population from a mental health perspective. The authors thoroughly explain concepts that are important in to the Latinx population and how they apply in the mental health field. Yet, the book lacks information on the current immigration policies and how this might affect the mental health of young Latinos/as, as well as their parents. That aside, this book is a great asset for anyone in the mental health field to understand the Latinx experience. The book can be a valuable tool in the hands of educators, who can gain insight into the history, identities, and practices of their Latinx students and in this way be able to connect and understand them on a deeper level. This book can also enable educators to create better lessons for their Latinx students having more knowledge of the themes of *respeto*, *personalismo*, and *confianza*.

### **References**

Adames, H., & Chavez-Dueñas, N. (2017). *Cultural foundations and interventions in Latino/a mental health: History, theory, and within-group differences*. Routledge. doi:10.4324/9781315724058