**Vincenzo A. Abbondanza**

*Parental Loss: The Effects of Parentification Beyond Adolescence*

The present study explores the experiences of clinicians who counsel adults affected by parentification during adolescence and the lasting mental health effects that follow. Through a comprehensive review of existing literature and three semi-structured interviews with mental health professionals, two strong themes emerged: the challenges of parentification and its enduring outcomes, and the intricate power dynamics involved. The findings resonate with existing literature, revealing that many adults who were parentified in their youth continue to confront mental health struggles such as anxiety, depression, OCD, and suicidal ideation. Moreover, the study highlights effective treatment modalities, including CBT, DBT, EMDR, and IFS, offering hope and pathways for healing.

**Jess Adams-Gracia**

*Give Me an Insight Check: The Use of Table Top Role Playing Games as Group Therapy for Identity Formation Amongst Clients Exploring Existential Ideals of Death & Dying*

This qualitative study explores the use of therapeutic tabletop role-playing games (TTRPGs) as a group counseling modality to support identity formation in clients engaging with existential concerns related to death and dying. Drawing from existential-humanist theory and geek therapy, the study investigates how projection and displacement within TTRPG settings may allow clients to explore themes of mortality, meaning-making, and connection from a psychologically safe distance. Four licensed clinicians with experience facilitating therapeutic TTRPGs were interviewed using a semi-structured format. Seven primary themes emerged from the analysis, including the therapeutic potential of playfulness in facing death, the reimagining of mortality through character narratives, and the importance of therapist engagement in group dynamics. Findings suggest that TTRPGs can provide meaningful opportunities for clients to explore their dying identity, confront taboo existential topics, and build community in ways that traditional group therapy may not easily achieve. The study contributes to a growing body of literature on creative counseling interventions and advocates for further research into the efficacy of TTRPGs in addressing existential dread, particularly among populations facing terminal illness or death anxiety.

**Katherine Baer***Overwhelmed and Overlooked: The Psychosocial Impact of Women Living with Undiagnosed or  
Misdiagnosed ADHD Until Adulthood*

ADHD diagnoses in adult women have increased dramatically in recent years, nearly doubling

among women ages 23-29 and 30-49 between 2020 and 2022 (Russel et al., 2023). However,

ADHD remains widely misunderstood as a childhood disorder affecting boys – a misconception

that has historically and continuously contributed to the under recognition and undertreatment of

ADHD in girls and women. This qualitative study explores the psychosocial impact of women

living with undiagnosed or misdiagnosed ADHD through the perspectives of mental health

professionals who specialize in this population. The researcher conducted 60–90-minute semi-

structured interviews with four clinicians who work with women diagnosed with ADHD in

adulthood. Using a phenomenological framework and interpretive thematic analysis, the

researcher identified eight core themes: a) the phenomenology of ADHD in girls and women, b)

the psychosocial toll of living undiagnosed or misdiagnosed, particularly internalized shame and

self-blame, c) societal and systemic issues impacting women with ADHD, d) the emotional

complexity of processing an adulthood ADHD diagnosis, e) empowering clients through client-

centered, neuroaffirming, adaptive care, f) internal family systems (IFS) and somatic

interventions, g) understanding your brain and finding what works, h) rewriting the narrative

with strengths, acceptance, and self-compassion. The findings reveal the profound psychosocial

consequences of overlooked ADHD in girls and women and identify effective therapeutic

approaches to support this population. This study adds to the limited research on ADHD in girls

and women by offering a deep, nuanced understanding of their lived experiences and providing

insights to improve their mental health outcomes.

**Emily K. Barkley**

What the House Won’t Hold: Counseling Lesbian Couples Through Experiences of Homophobic Family Rejection

This study explores how clinicians conceptualize and treat lesbian couples with experiences of rejection from their families of origin due to homophobia. Four licensed therapists who specialize in couples therapy were interviewed using a semi-structured approach. The major themes that emerged from the interviews included the cultural contexts that inform couple and family relationships, the presenting concerns of lesbian couples in treatment, and perspectives on the influence of therapists’ identities and interventions. The results of this study support and expand upon the existing literature that discusses the harmful impacts of family rejection on lesbian couples’ relationship functioning.

**Evelyn Chavez**

*Exploring the Efficacy of EFT in Reducing Trauma Related Symptoms on Vulnerable  
Populations*  
This qualitative study explored the effectiveness of Emotional Freedom Technique (EFT), also known as tapping, in reducing trauma-related symptoms among individuals from vulnerable populations. The research aimed to understand how licensed clinicians tailor EFT to meet the complex needs of clients impacted by trauma, particularly those from marginalized communities. Five licensed clinicians with EFT training and experience working with trauma-exposed clients participated in a semi-structured interview.. Seven key themes emerged: (1) trust and safety in the therapeutic relationship, (2) clinician adaptability, (3) titration and trauma-sensitive pacing, (4) practitioner intuition, (5) a pathway to emotional and somatic awareness, (6) client empowerment and autonomy, and (7) effectiveness in rapid symptom relief and sustained change. Findings suggest that EFT may provide rapid symptom relief and sustained trauma recovery by addressing emotional and physiological regulation through somatic techniques.  
Additionally, EFT’s non-verbal and body-based approach was viewed as particularly beneficial for clients with limited access to mental health services or difficulty articulating traumatic experiences. Clinicians emphasized the importance of therapeutic attunement, cultural humility, individualized pacing and honoring client autonomy when introducing EFT. The study underscores EFT’s potential as an integrative and culturally responsive intervention, especially for underserved communities. Implications for clinical practice, counselor training, and future research are discussed, highlighting EFT’s potential as a trauma-informed intervention that bridges somatic, emotional, and cultural dimensions of care across more diverse clinical settings within Western contexts.

**Salina Crespin**

*Healing Trauma and Addiction:The Role of Psychedelics in PTSD Treatment*  
This qualitative study explored the perceived effectiveness and clinical implications of  
psychedelic-assisted therapy for individuals with co-occurring post-traumatic stress disorder (PTSD) and substance use disorders (SUDs). The research explored the question: How do clinicians and clients experience the use of psychedelic-assisted therapy as a treatment for dual-diagnosis PTSD and addiction? Four participants with direct clinical experience in psychedelic-assisted therapy were interviewed using a semi-structured interview protocol. Data were analyzed using a thematic analysis approach to identify recurrent themes across participant narratives. Key findings included the centrality of personal insight during psychedelic sessions, the critical role of integration support, the importance of trauma-informed and harm-reduction approaches, and the potential for psychedelic therapy to complement other modalities. Participants emphasized the need for careful screening to mitigate risks and highlighted the impact of restrictive government regulations on accessibility. While results align with growing evidence supporting the efficacy of psychedelics for PTSD and addiction separately, this study extends those findings by highlighting their perceived benefits in dual-diagnosis contexts. The  
results suggest that psychedelic-assisted therapy may enhance emotional processing, reduce substance cravings, and promote post-traumatic growth. Implications include the need for expanded training in integration practices, continued advocacy for policy reform, and further research with larger and more diverse samples.

**Kendra Dalman**

*Exploring Therapeutic Attachment with Individuals Diagnosed with Dissociative Identity Disorder*

Dissociative identity disorder (DID) is a complex trauma-related condition that can emerge in response to interpersonal trauma in early childhood. Individuals diagnosed with DID frequently have experienced inconsistent and unsafe attachment. A goal of treatment can involve fostering secure therapeutic relationships. The therapist relationship can be central in addressing attachment wounds that sometimes underlie dissociative processes. This qualitative study explored how therapists cultivate therapeutic attachment with individuals diagnosed with (DID.) Four licensed clinical practitioners chosen for their experience and skills working with this population were interview. Qualitative data was collected and themed coding was applied in a team format. Themes that emerged out of the data include challenges in clinical work, challenges in the therapeutic relationship, and the unique transference and countertransference issues that can emerge in working with this population. Implications of this research involve a need for information and training for those working with complex trauma and dissociation. Further implications involve the presence of systemic bias within the mental health system which may contribute to treatment delays and inadequate treatment for individuals diagnosed with DID.

**Jena D’souza**

*Liberation in Practice: Black Clinicians Fostering Radical Hope and Resilience in Black Clients Overcoming Racial Trauma*

Anti-Black racism is so pervasive that the Centers for Disease Control and Prevention (CDC) has

declared it a public health issue, citing its detrimental impact on the psycho-physiological health

of Black individuals. Moving beyond individual-level coping strategies for racial trauma, this

thesis honors the Psychological Framework of Radical Healing as a pathway to liberation and

healing for racialized communities in the United States. Developed by Dr. Helen Neville and

colleagues, Radical Healing upholds five core tenets—critical consciousness, cultural

authenticity, radical hope, resilience, and collectivism—as guiding principles to restore, reclaim,

and nurture one’s racial identity in the face of ongoing oppression. Four Black mental health

clinicians were interviewed about their process of fostering radical hope and resilience in Black

clients overcoming wounds of racial trauma. Through semi-structured interviews, six themes

were identified in how these clinicians conceptualize and enact anti-oppressive and liberatory

therapeutic practices, namely: culturally authentic clinician, historical knowledge, embodied

hope, inherent resilience, self-agency, and collectivism. The findings of this study highlight the

inherent wisdom Black clinicians bring to the therapeutic space and the urgent need to reimagine

therapy as a site for liberation.

**Lauren Franklin**

*The Impact of Screen Time on Child and Adolescent Mental Health: Exploring Play Therapy as a Therapeutic Intervention*

This qualitative study explored how licensed mental health professionals perceive the emotional, behavioral, and developmental effects of excessive screen use in children and adolescents, and how play therapy is used as a therapeutic intervention. Three clinicians who specialize in working with youth were selected through convenience sampling and participated in semi-structured interviews. Data were analyzed using open coding and thematic analysis to identify patterns across clinician experiences. Seven key themes emerged: rising diagnoses of anxiety and mood disorders, developmental regression, the importance of parental involvement, emotional disconnection modeled by caregivers, the effectiveness of play therapy and psychoeducation, school avoidance, and the influence of cultural and socioeconomic factors. Clinicians reported that excessive screen time is linked to increased dysregulation, language delays, social isolation, and emotional dependency. Participants emphasized that family-centered approaches, especially  
play therapy and parent education, are critical in reversing these effects and rebuilding relational and emotional skills. The findings suggest that addressing screen overuse requires a systemic, developmentally sensitive, and culturally informed approach. This study offers clinical insight into the ways therapists are responding to screen-related challenges and calls for future research on the effectiveness of play-based and community-level interventions, especially among underserved families.

**Genesis D. Fuentes**

*Impact of Childhood Trauma in Children and the Importance of Utilizing Trauma Focused-*

*Cognitive Behavioral Therapy (TF-CBT) for Healthy Functioning*

This qualitative study explores how childhood trauma affects children and examines the

effectiveness of trauma-focused cognitive behavioral therapy (TF-CBT) in supporting healthy

functioning. Using a phenomenological approach, three licensed mental health professionals with

experience using TF-CBT were interviewed. The participants had diverse cultural and

professional backgrounds. Interviews were analyzed using McLeod’s (2003) five-step method

for qualitative analysis, which included reviewing transcripts, identifying themes, and

interpreting the data in collaboration with a second trained researcher. Results showed that TF-

CBT is an effective and adaptable approach, especially when caregivers are actively involved.

The importance of building a trauma narrative, supporting emotional regulation, and addressing

cultural differences emerged as key themes. Counselors are encouraged to adapt TF-CBT to meet

the needs of different populations by using culturally sensitive materials, involving extended

family members, and adjusting the pace of sessions to build trust, especially in communities

where mental health stigma exists. For counselor educators and trainers, the findings highlight

the need to include trauma-focused approaches like TF-CBT in graduate training programs.

Ongoing education should focus on core elements such as the trauma narrative, caregiver

participation, and cultural responsiveness. For caregivers and families, TF-CBT can be tailored

to fit their values and backgrounds, making the therapy process more meaningful and effective.

Caregiver involvement helps reinforce skills at home, improve communication, and promote

healing together.

**Brenda Rocisela Godoy**

*Tejiendo el Lazo Perdido: Clinician Experiences on Healing Latinx Parent-Child Relationships After Trauma*

This study weaves together the voices of clinicians who work with Latinx families to restore something deeply sacred: the parent-child bond after trauma. Centered on the question of how emotional and relational healing is supported in therapy, this research draws from interviews with four clinicians selected through convenience and snowball sampling. Each participant brought experience working with Latinx youth and their caregivers. Through semi-structured interviews, clinicians shared how they navigate treatment, cultural dynamics, and the delicate process of rebuilding trust. Five core themes emerged: psychoeducation, parent barriers, emotional detachment, cultural considerations, and healing. While caregivers often arrive carrying unspoken trauma, resistance, or silence shaped by culture, clinicians emphasized the transformative power of consistent, emotionally attuned care. They described how small shifts, intentional listening, validation, and presence, can slowly rethread connection between parent and child. This study highlights the need for culturally responsive practices that honor generational context while gently challenging patterns that hinder closeness. The findings point to the importance of centering caregivers in trauma recovery and open the door to future research that includes caregiver perspectives and explores the long-term impact of relational repair.

**Natalia A. Gomez**

*The Use of Emotion-Focused Therapy to Foster Resiliency and Connection in Men Experiencing*

*Negative Outcomes Associated with Infertility and Miscarriage*

The purpose of this qualitative study was to examine how counselors can utilize emotion-focused

therapy (EFT) to support male clients experiencing reproductive distress, including infertility and

neonatal loss, to foster resiliency and emotional connection in their romantic relationships. Four

licensed mental health counselors with ample experience using EFT with men or couples were

selected to participate in semi-structured interviews to understand how they utilize EFT for

relational and reproductive stress. Each interview was conducted through Zoom, transcribed, and

analyzed using a multi-stage thematic analysis process. From these interviews, eight major

themes emerged, including the effects of male socialization, male patterns of resolving distress,

intimacy loss, influences on male grief following neonatal loss, the manifestation of relational

disconnection through the EFT cycle, psychological distress associated with reproductive

challenges, the counselor role, and EFT interventions that promote renewed connection, along

with twelve supporting minor themes. The findings suggest that a key component of using EFT

effectively is the awareness of sociocultural narratives that impose significant barriers to men’s

emotional experiences. Furthermore, when EFT is adapted with appropriate pacing, somatic

awareness, and psychoeducation, counselors can effectively engage male clients and promote

relational connection. The participants also highlighted the importance of the therapeutic alliance

and emphasized that it can be developed partially by normalizing vulnerability and

deconstructing restrictive gendered norms. The results revealed a need for cultural and gender-

informed care and suggest that EFT has a promising framework for supporting men’s resiliency

when facing reproductive stress and grief. Future research should expand on the implications for

diverse populations and include client perspectives to understand the long-term efficacy of

tailored EFT interventions.

**Gabriela Gonzalez-Zuniga**

*Understanding the Influence of Parenting Styles, Personality, and Temperament in Adolescent Development and Effective Approaches*

This qualitative study investigates how parenting styles, parental personality traits, and child temperament interact to shape the emotional, cognitive, and social development of middle school-aged children. Drawing on in-depth interviews with four licensed mental health professionals with diverse clinical and cultural backgrounds, the research explores how therapists support parents in fostering healthy, developmentally appropriate relationships with their children. Using a semi-structured interview protocol and thematic analysis, the study identified several core themes: the reciprocal influence of temperament and personality in parent-child dynamics, the critical role of parental self-awareness, and the value of culturally responsive interventions. Participants emphasized the importance of helping parents understand their emotional reactivity, regulate their behaviors, and adapt strategies based on their child’s unique temperament. They employed strength-based approaches, narrative therapy, psychoeducation, and culturally grounded techniques to enhance parent engagement and reduce resistance. Contextual stressors such as trauma, socioeconomic pressures, and cultural expectations also emerged as influential in shaping parenting practices. The findings highlight the need for therapeutic approaches that consider both individual and systemic factors, supporting parents in breaking generational cycles, and cultivating emotional resilience in their children.

**Stacy S. Green**

*Addressing the Stigma That Exists Among African Americans Seeking Mental Health Treatment*

Historically, African Americans have experienced stigma and shame related to seeking mental health treatment, which has contributed to disparities in access and utilization of mental health services. The stigma surrounding mental health treatment among African Americans can, in part, be attributed to systemic racism and mistrust of healthcare systems with the community. The Black church plays an influential role in perpetuating stigma and shame as it has been considered a cornerstone of the African American community. The present study explored the stigma that exists among African Americans seeking mental health treatment. Five mental health professionals were interviewed to explore their experiences providing therapy to African American clients. Seven themes emerged from the interviews that were conducted. The themes are stigma and shame, normalizing therapy, cultural harm, building trust, gender norms, multifaceted role of the Black church, and reimagining mental health in Black communities. The findings highlight the cultural traditions and past experiences that influence how African Americans access and navigate mental health care and the strategies therapists use to build trust and reduce stigma. Implications for practice include the need for culturally responsive care and collaboration with community institutions such as the Black church. Future research could investigate ways to reduce stigma among African Americans seeking mental health treatment. This could involve meetings between mental health professionals, pastors/faith leaders, and community leaders where collaborative conversations can take place, bridges can be built, and ideas can be shared regarding normalizing therapy and mental health care in the African American community.

**Alexa N. Guerrero**

*El Apoyo Entre Hermanas: The Power of Sibling Relationships in Latinx Families*

Latinx youths face increasing mental health problems but are less likely to seek out services or remain in treatment due to various barriers. Family participation is an apparent barrier and this study intends to explore therapists’ experiences using sibling-centered family therapy to treat Latinx youth and families. Following a literature review, the researcher gathered qualitative data through three semi-structured interviews with mental health clinicians. Three overarching themes emerged from the interviews: understanding Latinx family dynamics, how clients present and manage clinical concerns, and relevant treatment considerations. Findings suggest the importance of cultural sensitivity to understand family dynamics, engaging with the entire family system, the prominence of family dysfunction, and effective strategies for family therapy. Results of this study support existing literature and expand on the importance of fostering positive sibling relationships among Latinx children to build familial support and process family issues.

**Christina Gurdzhyan**

*Managing and Treating Complex Trauma: The Role of Religious and Spiritual Factors*

A significant body of literature suggests that religious and spiritual (R/S) factors can play a role

in promoting mental well-being overall, as well as in the face of complex trauma. The present

study sought to investigate this relationship further, with particular focus on the incorporation of

R/S factors in addressing complex trauma within a psychotherapeutic setting. This study utilized

qualitative interviews to explore five participants’ experiences treating complex trauma with a

faith-integrated approach to psychotherapy. Six major themes emerged, namely: clinical and

spiritual understandings of complex trauma, healing as multifaceted, the role of truth, the role of

the therapist, degrees of integration, and the separate and complementary nature of psychology

and spirituality. Finally, implications for clinical application were explored. Of note was the

recommendation that clinicians consider incorporating evidence-based, non-traditional means of

psychotherapy (including faith-integration) into treatment of complex trauma for clients who

consent to such treatment and are well-suited to it. Other recommendations were that clinicians

practicing in this area be well-trained and well-supervised, and that they understand the vital

importance of the therapeutic relationship in treating complex trauma.

**Jinae Higashino**

*Born and Raised: Therapeutic Considerations for Working with Second and Multi Generation Adults in Cult Recovery*

Cults have long captured public attention, invoking a mix of fascination, ridicule, revulsion, and fear. This study is a qualitative investigation into the impacts of cultic involvement for second and multi generation adults (SMGAs) who were born or raised in high demand groups. Through interviews with five experienced mental health professionals, this study explores the multifaceted challenges of second and multi generation adults in cult recovery. Emerging themes include identity confusion and disconnection from self, complex trauma and developmental gaps, functional challenges navigating the world, profound grief, isolation, and alienation after leaving, residual psychological control and embedded ideology, making sense of cultic experience through psychoeducation, invisibility of cultic trauma in mainstream systems, important therapeutic considerations for SMGAs, benefits of creative expression, and SMGA resilience and strengths. Findings highlight how counselors can support SMGAs in processing their cultic experiences, reclaiming authentic identity, and strengthening self-determination to foster a meaningful and empowered life.

**Parker Huo**

*Unseen and Underserved: Bridging Gaps in Therapeutic Care for Asexual Clients*

This qualitative study explores deficits in therapeutic care for asexual individuals, highlighting significant shortcomings in clinical understanding and affirming practices within mental health spaces. Existing literature suggests that insufficient clinician knowledge and inadequate education and training may contribute to the widespread pathologization and therapeutic harm experienced by asexual clients. In-depth, semi-structured interviews were conducted with four mental health professionals experienced in working with asexual clients to gain insight into best practices and considerations for this population. Data analysis employed a team-based format and involved independent transcript reviews, thematic categorization, and triangulation to ensure consistency and credibility. Thematic analysis revealed seven key themes: clinical training deficits and misconceptions; representation and community; romantic, platonic, and non-normative relationships; boundary setting, consent, and relational safety; pathologization and internalization; intersectionality and cultural considerations; and therapeutic interventions, modalities, and clinical considerations. The findings underscore the necessity of integrating comprehensive education on asexuality into clinical training and adopting trauma-informed, identity-affirming therapeutic practices.

**Heather Inners**

*Exploring the Efficacy of Eye-Movement-Desensitization and Reprocessing in Reducing Borderline Personality Symptoms Among Young Adult Females*  
A particularly pervasive developmental outcome of childhood maltreatment and adverse  
childhood experiences is borderline personality disorder (BPD) which is characterized by disorganized attachment, severe psychological distress, and decreased quality of life. The goal of this present study is to explore the efficacy of eye-movement desensitization and reprocessing (EMDR) in reducing borderline personality symptoms among the young adult female population. Thematic analysis of results was conducted using semi-structured interviews with four licensed therapists trained in the therapeutic modality. Results suggests that EMDR can reduce the impact of relational trauma and internalized stigma as well as improve attachment security of individuals impaired by the psychiatric illness. The results are discussed within the context of the residential level of care and propose new perspective regarding stigma surrounding the clinical diagnosis, which suggests advancements in training and cultural competency among mental  
health professionals. Implications of this study also indicate the need for future studies to promote access to evidence-based and trauma-informed practices of care specifically for BPD.

**Rachel Johnstone**

*Effectiveness of Integrative Therapy: The Role of Reiki Combined with Conventional Therapy for Anxiety and Depression*

This qualitative research study explored the integration of Reiki with conventional therapeutic practices for treating chronic anxiety and depression. The central research question asked whether integrative therapy, specifically the combination of Reiki and traditional talk therapy, could enhance the clinical management of these mental health conditions. Four mental health clinicians who are certified Reiki practitioners participated in semi-structured interviews lasting between 60 to 90 minutes. Using a phenomenological methodology, the interviews were transcribed and analyzed for emerging themes. Seven major themes emerged: (a) ethical and legal boundaries, (b)Reiki as a complementary modality, (c) anxiety relief and regulation, (d) easing depression symptoms, (e) uncovering unresolved trauma, (f) client openness to energy

work, and (g) enhanced mindfulness and emotional awareness. These findings suggest that Reiki may serve as a useful adjunctive tool within therapeutic settings, especially for clients who struggle with verbal processing or who come from culturally diverse or trauma-impacted backgrounds. The study also highlights challenges around ethical practice, insurance reimbursement, and legal boundaries, emphasizing the need for clearer practice guidelines. Results indicate that Reiki may support emotional regulation, deepen therapeutic rapport, and provide a non-invasive avenue for healing. Clinical implications include the potential for integrating Reiki to enhance trauma-informed and culturally responsive care.

**Jacqueline E. Leaño**

*Examining Cultural Stigma, Help Seeking, and Postcolonialism: Filipino American Clinicians’ Experiences Providing Psychotherapy to Culturally Matched Clients*

Limited research exists on the topic of Filipino Americans’ experiences in mental health care and there is no preexisting literature focused on Filipino American therapists’ experience serving culturally matched clients. Furthermore, few resources exist regarding how to provide culturally affirming psychotherapy to this population of clients. The present study examined how Filipino American therapists observed themes of cultural stigma and help seeking in the therapeutic setting, in addition to how they utilized postcolonialism and decolonizing practices with their culturally matched clients. This occurred through a qualitative analysis of semi-structured interviews with five Filipino American-identifying therapists who provide clinical mental health care to Filipino American clients in California. Emerging themes were barriers, facilitators, and patterns in clinical help seeking, and postcolonialism in therapeutic practice. Findings provide insight into how Filipino American clinicians serving clients of the same culture can provide optimal psychotherapeutic services and how mental health professionals in general can best integrate culturally affirming care to Filipino American clients.

**Christoper Lambert**

*Death on the Couch: An Exploration of Death and Loss in Psychotherapy*  
This qualitative study investigated how psychotherapists with existential and psychodynamic theoretical orientations approach issues related to death and loss in clinical practice. Drawing on literature from existential psychotherapy, the study examined key concepts such as death awareness, death anxiety, death denial, and meaning making. It also focused on psychodynamic psychotherapy literature addressing psychosocial development, early childhood conflict, transference, and countertransference. Semi-structured interviews with four clinicians who specialize in death and loss yielded seven emergent themes. Several of these themes reflected congruence between the clinical practice of the participants and the literature reviewed for the study. In addition, some themes expanded upon or reflected gaps in the existing literature. The themes developed from the interviews suggest that both existential and psychodynamic psychotherapies can be powerful and effective approaches for a variety of issues related to death and loss. The themes also suggest that cultural awareness around death, integration of other therapy modalities, and awareness of one’s own motivation for working with death and loss can  
be important aspects of clinical practice. The study underscores that death and loss are not limited to bereavement, but are essential aspects of being human and are therefore relevant across a wide spectrum of clinical issues.

**Leslie Leanos**

*Overcoming the Aftermath: Counseling Women Survivors of Intimate Partner Violence*

The purpose of this study was to explore the impact of intimate partner violence (IPV) as well as

modalities that mental health clinicians utilize to assist women survivors. Four semi-structured

interviews were completed with mental health clinicians who have significant experience with

this population. Thematic analysis revealed eight themes: shame/guilt, negative internalized

monologue, therapeutic relationship, meeting client where they are, group therapy, use of

psychoeducation, use of CBT with other approaches, and the evolution of victims’ sense of self.

These findings suggest that the impact of being a survivor of IPV has various adverse

psychological and emotional effects for its survivors. They also suggest that there are effective

approaches mental health clinicians can use when working with this population such as

establishing a positive therapeutic relationship, supporting clients in their willingness to disclose,

providing psychoeducation, incorporating CBT with other modalities and engaging in group

therapy. These approaches may help clients with their overall well-being. Future research for this

population should consider the use of somatic modalities given the physiological responses

survivors may have in discussing their traumatic experiences.

**Christopher D. Littman**

*You are an Attractive, Intelligent, Confident Businesswoman: Counseling Latinx Women with Body Image Issues Through a Decolonization Framework*

Latinx women experiencing body image issues often encounter a scarcity of culturally responsive interventions, which may exacerbate their marginalization given the structural and systemic barriers they already face in accessing care. The present study conducted a comprehensive review of the literature on existing sources of support and decolonial interventions aimed at mitigating the distress associated with body image issues in this population. To further contextualize these findings, qualitative interviews were conducted with three mental health professionals who have clinical experience working with Latinx clients. Thematic analysis of the interview data yielded three primary themes: Decolonizing the therapist, decolonizing the client, and how the therapist is kept colonized. Findings highlight the critical importance of establishing culturally attuned therapeutic relationships and integrating Latinx cultural values into clinical practice. The study advocates for the incorporation of decolonial frameworks in mental health treatment as a means to more effectively address body image concerns and their associated psychological sequelae within Latinx communities.

**Josh Lowe**

*Unmasking Manhood: How Therapists Break the Chains of “Toxic Masculinity”*

This qualitative study explored how mental health professionals support male clients in navigating the internal and interpersonal challenges created by “toxic masculinity.” This study was guided by the research question: How do therapists support male clients in overcoming toxic masculinity and guide them toward healthier, more adaptive expressions of masculinity? The study interviewed three experienced male therapists with extensive clinical backgrounds in men’s mental health. Semi-structured interviews were conducted, transcribed, and thematically analyzed using McLeod’s (2022) five-phase qualitative data analysis method. Four major themes emerged: complexity of masculinity, shame’s impact on emotional expression, how therapists create pathways to emotional expression, and men’s evolution of emotional expression. Findings suggest that masculinity often surfaces indirectly in therapy and that therapists must be attuned to its nuanced presence. Participants emphasized that interventions rooted in positive masculinity, emotional literacy, and the modeling of vulnerability foster deeper therapeutic engagement and transformation. This study contributes to the growing field of gender-responsive therapy by underscoring the need for flexible, culturally informed approaches that affirm male clients’ emotional complexity. These findings offer practical guidance for clinicians seeking to create safer, more affirming spaces where men can begin to rewrite their relationship with masculinity.

**Gladys Martinez**

*Mending Affairs of the Heart: Therapists’ Approaches to Infidelity and Healing*

This qualitative study investigates therapists' experiences in supporting couples recovering from infidelity. The central research question guiding this study was: How do therapists describe their experiences working with couples experiencing infidelity? Four licensed mental health professionals with significant clinical experience in couples therapy were interviewed using semi-structured questions. Participants represented diverse backgrounds and therapeutic approaches, and the interviews concentrated on interventions, emotional processes, and clinical challenges associated with infidelity. Ten major themes emerged, including: infidelity being defined by the couple, healing necessitating individual self-exploration prior to couple work, and long-term healing requires time and emotional investment. Findings underscored the significance of therapist neutrality, emotional attunement, and the application of structured interventions over surface-level analysis of the affair. Therapists highlighted relational patterns and emotional injuries rather than placing blame and indicated the need for specialized training and culturally responsive frameworks. The results suggest that recovery from infidelity is not a straightforward process, but one requiring profound emotional work, trust-building, and clinician self-awareness. These findings bear implications for counselor education, supervision, and future research. Further studies might explore couples’ perspectives directly, examine long-term outcomes, and address cultural gaps in the current literature on infidelity recovery.

**Emilio Lara Maza**

*Holding Space for Belonging: Decolonizing Trauma-Informed Counseling with Latine*

*Transgender Immigrants*

This phenomenological study explores the experiences of healing among transgender, gender

non-conforming, and intersex (TGI) Latine immigrants navigating immigration trauma. Drawing

from semi-structured interviews with mental health professionals experienced in trauma informed care with TGI clients, the research highlights the unique challenges faced by this

marginalized population, including systemic oppression, acculturative stress, isolation, and the

complexity of intersectional identities. Participants emphasized that immigration trauma is often

chronic, exacerbated by legal uncertainty, economic exclusion, and cultural disconnection. Key

findings identified radical acceptance, identity work, and culturally responsive, psychodynamic,

and narrative-based therapeutic interventions as critical to the healing process. The research also

illuminates how client-led therapy and adaptive therapeutic spaces foster safety, trust, and

resilience. Importantly, the study underscores the privilege of the counselor and the necessity for

clinicians to approach this work with humility, cultural responsiveness, and commitment to

advocacy. This research contributes to a growing body of literature that aims to humanize and

uplift TGI immigrants and calls for further participant-led, community-centered research.

**Kieran Lewis Mead**

*Keep On Dancing in the In-Between: Therapists’ Processes for Fostering Well-Being among Transgender Adolescents*

Transgender and/or nonbinary (TNB) adolescents occupy a liminal space, existing at a complex intersection of age and gender, which frequently undermines their ability to live authentically at a time when it is developmentally crucial. However, despite the need, few studies have identified effective interventions to support their well-being. After reviewing relevant literature, five mental health professionals who specialize in providing affirming care were interviewed. Interviews were semi-structured and conducted virtually. Transcription and coding of the interviews elicited three major themes surrounding treatment of TNB adolescents: Within-room counseling practices, beyond-room counseling practices, and clinician perspectives on affirming care. The results of this study support existing literature on health disparities and protective factors among TNB adolescents. They also offer directions clinicians can take to support the adolescents they work with, even in uncertain times. The study concludes with a call for future research into this oft misunderstood and maligned population.

**Viviana Mejia**

*Exploring the use of Holistic Therapy for Treating Latinas with Generalized Anxiety Disorder*This qualitative study explored how therapists use culturally sensitive holistic methods to support Latinas with Generalized Anxiety Disorder (GAD). Guided by the question, “How do therapists integrate holistic methods that honor culture and identity in supporting Latinas with GAD?”, three licensed mental health professionals were interviewed using semi-structured interviews. Thematic analysis was used to code and analyze the data, revealing five major themes: (a) familypressure and emotional labor, (b) cultural stigma against emotional vulnerability with a subtheme of healing through community, (c) spiritual sensitivity in healing, (d) grounding and nervous system regulation with a subtheme of grounding through parts work, (e) somatic and energy- based work with a subtheme of therapist personal experience with holistic practices. These themes show how culture, values, and body-centered healing play important roles in treating anxiety among Latina clients. The findings support earlier research and add new insight into how holistic and culturally respectful therapy is being used in practice. This research suggests that training counselors in integrative and culturally responsive methods could improve mental health care for Latinas. Future research may explore how these practices work across more diverse populations and how clients themselves experience these approaches in therapy.

**Rebekah (Beck) Marlene Wood Miller**

*Seen, Desired, Dehumanized: A Clinical Inquiry into Trans Women's Objectification in Intimacy*

This qualitative study examined how mental health professionals understand and respond to the objectification of trans women in romantic and sexual relationships. Guided by objectification theory and the gender minority stress model, the research aimed to explore how clinicians conceptualize dynamics of desire, power, and vulnerability affecting trans women clients. Four participants with professional experience working with trans women participated in semi-structured interviews. Six major themes emerged from the data: (a) objectification and relationship dynamics, (b) fetishization and sexual objectification, (c) psychological impacts of objectification, (d) concealment, safety, and hypervigilance, (e) intersectionality and cultural narratives, and (f) clinical interventions and affirming practices. Findings suggest that trans women are often subjected to covert and overt forms of objectification that manifest through fetishization, dependency, and emotional labor within partnerships. Participants described how cultural narratives and systemic inequities, such as racialized stereotypes, financial instability, and limited access to gender-affirming care, amplify relational power imbalances. This study offers implications for counselor training and practice, emphasizing the need for reflexive, identity-affirming approaches that validate the lived realities of trans women.

**Lexi Michaud**

*She’s More Than What Happened to Her: An Exploration of the Treatment of Sexual Trauma with College Age Women from a Holistic Perspective*

This study explores how clinicians conceptualize and treat college-age women with sexual trauma from a holistic perspective. Three mental health professionals were interviewed using a semi-structured approach. Five major themes emerged from these interviews, including the experience of sexual trauma, challenges associated with sexual trauma, treatment considerations, interventions, and holistic interventions. The results of this study support the limited existing literature that explores alternative treatment methods as efficacious in treating sexual trauma. These findings also indicate the need for future research to expand the existing knowledge on holistic approaches to sexual trauma, specifically regarding incorporating community, somatic awareness, and social justice-oriented approaches into the treatment process.

**Lesley M. Miranda**

*Built to Withstand, Not to Heal: Examining Effective Therapeutic Approaches and the  
Challenges Men Encounter*This study explores how traditional masculinity influences men’s emotional expression, help-  
seeking behaviors, and engagement in therapy. It highlights societal norms that discourage  
vulnerability and emotional openness, leading to isolation and disconnection. Semi-structured  
interviews with four professionals, including therapists and others with expertise in men’s mental  
health, identified key themes such as male socialization, lack of connection, and therapeutic  
approaches. Interviews were conducted via Zoom, transcribed, and analyzed through multi-stage  
thematic analysis. Findings reveal that male socialization encourages emotional suppression and  
prioritizes logic over vulnerability. Men also struggle with a lack of emotional connection, both  
in relationships and therapy. Establishing a trusting therapeutic relationship was emphasized as  
crucial, with professionals needing to adapt to men’s unique emotional expressions. Somatic and  
group therapies were particularly effective, offering men spaces to explore vulnerability and  
build emotional connections. Group therapy, in particular, helps cultivate camaraderie and  
support. The study calls for professionals to reflect on their biases and adapt their approaches to  
better meet the needs of male clients. Further research is needed to explore the long-term impact  
of these therapeutic strategies.

**David Patty**

*Outside Together: Exploring the Use of Adventure Therapy with Couples and Families*

This study investigates the potential utilization of adventure therapy with couples and families. In addition to a literature review on the current research, this study explores the experiences and perspectives of four licensed mental health professionals who have practiced adventure therapy for many years. Through these conversations, three major themes emerged: the benefits of nature and adventure therapy, the techniques and practices used by adventure therapists, both in general and with particular attention to families and couples, and finally, the various strategies and regulations that help ensure client safety when engaging in outdoor therapeutic adventures. The results of this study suggest that the use of adventure therapy with couples and families is a promising and emerging treatment approach with many benefits. It is also relatively underexplored and deserving of future study and implementation.

**Ana Quatami**

*Examining the Effectiveness of EMDR for PTSD in Adult Survivors of Child Abuse*  
This qualitative study explored clinician experiences using Eye Movement Desensitization and Reprocessing (EMDR) with adults who have experienced childhood trauma. Four licensed female clinicians were interviewed to understand how EMDR is applied in a clinical setting. Key themes that emerged included the impact of childhood trauma on core beliefs, the individualized treatment timeline, the integration of EMDR with other modalities, and the importance of safety and stabilization throughout the process. Clinicians emphasized that clients often enter therapy with deeply rooted beliefs of shame and worthlessness, which can function as protective mechanisms. While EMDR was identified as a highly effective intervention for reprocessing these beliefs, participants stressed the importance of individualized treatment based on the client’s trauma history and readiness. The study also highlighted how EMDR is often integrated with modalities such as CBT, DBT, mindfulness, and somatic practices to enhance client care. Participant insights aligned with existing trauma research but also revealed some challenges of  
trauma-informed care. This research contributes to the growing understanding of EMDR as a flexible and effective modality. Findings demonstrate the need for further research on EMDR’s effectiveness with additional holistic modalities

**Angelina Reatiga**

*Examining the Link Between Late-Diagnosed Autism and History of Trauma in Women*

The diagnosis of autism in women and girls is a complicated process that can present with a multitude of barriers, which can be further compounded by the presence of trauma. This study is explored treatment approaches when supporting late-diagnosed autistic women, with an emphasis on how trauma may intersect with a delay in diagnosis. A review of the existing literature was conducted, followed by a thematic analysis of results from semi-structured interviews with four licensed mental health professionals experienced in working with this population. Five major themes emerged from the interviews, including structural and systemic barriers, impacts of gender, intersection of trauma, lived realities of autism, and evolving knowledge and neurodivergent-affirming care. Findings provide insight into how counselors can support late-diagnosed autistic women by recognizing and addressing the unique challenges they face, promoting neurodivergent-affirming practices, and developing accommodations within trauma-informed approaches for this population.

**Bryan Robertson**

*Exploring How Counselors Support Identity Development in LGBTQ+ People Utilizing Tabletop Role-Playing Games*

This study explored how counselors support LGBTQ+ identity development utilizing tabletop role-playing games (TTRPGs) as a therapy modality. Five mental health professionals with expertise in the field were consulted, and data were collected through semi-structured interviews. Seven major themes arose: (a) adaptive storytelling, (b) gender identity exploration, (c) character externalization, (d) identity and skill building, (e) community building/socialization, (f) adaptability of the game, and (g) not just for kids. These themes highlight the potential of TTRPGs to create safe spaces, facilitate identity exploration, build community, and promote resilience. The findings suggest that TTRPGs offer a promising therapeutic modality for supporting identity formation by providing opportunities for self-exploration, skill development, gender exploration, and connection with the community. TTRPGs promote growth in a space that is exciting and safe. Further research is needed to explore the direct experiences of LGBTQ+ individuals in therapy with TTRPGs. The exploration of TTRPGs as a therapeutic modality is exciting, with numerous possibilities and avenues. Limitations suggest that while valuable insights were gained, a more diverse and vast sample size is needed

**Brenda A. Rodriguez**

*Calladita No Más: Reclaiming Self, Voice, and Empowerment Through Community Healing Among Undocumented Latinx Women Impacted by Intimate Partner Violence*

This qualitative study explored therapeutic interventions within the Personal Empowerment Program (PEP) that center community, culture, and empowerment to inform more holistic interventions for undocumented Latinx women (ULW) who have experienced intimate partner violence (IPV). Three marriage and family therapists working in IPV/DV agencies participated in semi-structured interviews. Using open and axial coding, the analysis identified three themes: emotional and psychological impact of IPV, client readiness and resistance in PEP, and therapeutic approaches clinicians used to support client growth and healing. Findings reveal that trust, safety, and community-building are essential to the healing process. Clinicians emphasized how culturally responsive practices and trauma-informed care benefited clients to start the work of unlearning harmful narratives and reclaiming agency. Each therapist shared powerful success stories, highlighting the impact of PEP and the importance of community healing. These findings may support future work that deepens culturally grounded and community-based approaches for ULW survivors of IPV.

**Robina Royer**

*Taking Out the Trash: Exploring How Therapists Help Couples Navigate the Chore Wars*

Despite significant professional advancements, many women in different-sex partnerships—whether married or cohabiting—continue to perform more than twice the amount of domestic labor as their partners. This inequitable division of labor contributes to relationship strain and is a common focus in couple therapy. The present study explored how mental health professionals assist different-sex couples in navigating disputes about the division of domestic labor. Six mental health professionals were interviewed regarding their experiences working with this population. Emerging themes include: the presentation and significance of domestic labor disputes in therapy; gender roles, cultural conditioning, and socialization; communication patterns and conflict cycles; mental load and cognitive labor; the impact of the chore wars on marital satisfaction and resilience; therapeutic tools and interventions; and markers of progress and resolution. Findings provide insight into how therapists can support couples by reframing communication and emotional dynamics, implementing behavioral and structural interventions, while also highlighting the need for greater clinical awareness of cognitive labor and its disproportionate burden on women.

**Devon Salazar**

*Kicking Butt and Tackling Dungeons: Examining the Therapeutic Use of TTRPGs*

Due to stigma some perceive against seeking mental health services, novel approaches that promote accessibility are paramount. This qualitative study explored the validity of using tabletop roleplaying games (TTRPG) as a therapeutic intervention. An extensive review of the scholarly literature explored the history of TTRPGs and the possible benefits for participants. Four clinicians who had run at least one TTRPG therapy group in a professional setting engaged were interviewed about their experiences in this budding field. Five themes emerged from the interviews: game design and modality, rapport between participants, the narrative, the therapeutic process and benefits, and measuring progress. The themes were compared to the existing literature to see what was confirmed, contradicted, or further expanded upon. Implications from the study suggest extensive freedom in how one could implement the intervention and with what populations. Areas of future research are suggested to focus on the optimization of TTRPGs in a therapeutic setting through an experimental design.

**Gabrielle Sigüenza**

*Redefining Depression and Hopelessness in Women Using the Internal Family Systems*

*Framework*

The present qualitative study explores how clinicians utilize the internal family systems

(IFS) framework when providing support to women who experience depression and

hopelessness. The research was conducted in a semi-structured interview format with mental

health professionals who are trained in IFS and have diverse clinical backgrounds. Eight major

themes emerged from the assessment of the interviewee responses: a) the counselor self, b) client

led pacing, c) legacy burdens, d) hopelessness as protective, e) trauma informed care, f) spiritual

openness, g) limitations for highly cognitive systems, and h) lack of information on gender.

Several subthemes were also identified. The results expand on the potential benefits of utilizing

IFS for people who have experienced trauma, with a focus on working with and redefining

depression and hopelessness through the lens of self-compassion. The results also inform future

insight on the role of spirituality in IFS that may help clients connect with expansive themes and

processes. Lastly, the research explores the implications for utilizing IFS with women while

addressing sociocultural influences at play*.*

**Shira Tarrant**

*With Care: The Art and Alchemy of Narrative Letters*

This qualitative study explores the art and alchemy of narrative letters through interviews with four seasoned therapists. Drawing on rich practitioner insights, the research identifies three core themes: therapeutic technique, reflective pauses in the practice, and therapeutic impacts of narrative letters. These findings add depth and detail to the ways in which narrative letters transcend clinical documentation by including creativity, humor, and authenticity. Narrative letters are collaborative, empowering tools that flatten power dynamics, dignify the struggle, foster client agency, facilitate a sense of recognition, and deepen therapeutic rapport. While participants upheld a predominantly orthodox narrative approach, the data yielded compelling reasons for integrating letters with neuroscience and somatic practices. This study summarizes the limitations and implications of the research and suggests future exploration at the intersection of narrative letters and AI therapy to further emphasize the transformative power of human connection.

**Ryan Tsou**

*Exploring Counselor Use of Mindfulness-Based Interventions on Children/Adolescents Experiencing Emotional Dysregulation*

This study explored mindfulness-based interventions (MBIs) as an approach for managing emotional dysregulation in children and adolescents. Participants included counselors experienced in applying MBIs with youth. They provided insights through qualitative interviews. Utilizing thematic analysis, key themes emerged, such as the integration of mindfulness with therapies like CBT and narrative therapy, practical implementation in family contexts, addressing client resistance, sensory awareness, emotional regulation, cultural adaptability, and client autonomy. Data analysis noted different factors that contribute to the effectiveness of MBI use with children, including the significance of engaging clients in MBIs through adaptive and playful methods, as well as emphasizing client empowerment and autonomy. Clinical implications suggest that counselors could incorporate MBIs flexibly within various therapeutic frameworks and actively involve caregivers to sustain benefits. Limitations of the study include the qualitative nature and limited generalizability. The researcher recommends further research to examine longitudinal effects, diverse populations, and quantitative measures to enhance understanding and implementation of MBIs.

**Nan Wang**

*Assessing AI’s Role in the Future of Mental Health Practice*

Integrating artificial intelligence (AI) into mental health care presents promise and uncertainty for clinicians. This study explored how mental health professionals perceive, engage with, and evaluate emerging AI tools as a lens into how such technologies may shape the future of clinical practice. Semi-structured interviews were conducted with four clinicians across diverse practice settings. Using five stages of qualitative data analysis, four key themes were identified: (1) current state of AI in mental health, (2) future applications and adoption, (3) risks and limitations of AI tools, and (4) advice for clinicians. While all participants acknowledged AI’s inevitable influence on the mental health profession, their current engagement with the technology varied. Trust in its future utility was closely tied to the presence of human oversight, ethical transparency, and the protection of therapeutic relationships. Participants expressed the greatest interest in tools that augment rather than replace clinical decision-making. Future research may expand these findings by including mental health practitioners across different specializations and technology developers who play a critical role in shaping the design and adoption of AI tools.

**Hailey Wright**

*Examining Clinicians’ Approaches to Children of Divorce Through Narrative Therapy*

This qualitative study explores how clinicians utilize narrative therapy (NT) when working with children and adult children of divorce (COD/ACOD). With divorce affecting millions of children each year, the emotional, psychological, and relational consequences are profound and often long-lasting. The research aimed to understand how NT interventions help clients reframe internalized beliefs, build emotional resilience, and make sense of their experiences. Three licensed marriage and family therapists with expertise in NT participated in semi-structured interviews. Data were analyzed using thematic analysis, following McLeod’s (2022) five-step process. Six core themes emerged: systemic and cultural considerations, challenging problem-saturated narratives, externalization and separating the person from the problem, voice, agency, and collaboration, trust and relationship challenges, and high-conflict and complex family dynamics. These findings suggest that NT may help COD/ACOD develop healthier self-narratives, improve emotional regulation, and restore agency after experiencing family disruption. The results also highlight the importance of developmentally appropriate, culturally responsive, and relationally attuned approaches. While the small sample size and geographic limitations narrow generalizability, this study offers meaningful insights for clinicians and points to future research opportunities to expand the understanding and application of NT for this population.

**Georgia Vargas**

*Healing the Inner Team: IFS Therapy for Disordered Eating and Mental Health in Female*

*Athletes*

The purpose of this study was to explore the relationship between disordered eating among the

female athlete population and how the internal family systems (IFS) framework can improve

recovery. Three participants with expertise working with female athletes and disordered eating

were interviewed to identify key points influencing these overarching issues. A thematic analysis

revealed seven major themes: (1) body image ideals in athlete culture, (2) seeking control

through eating behaviors, (3) female health considerations, (4) contributing influences on

disordered eating, (5) IFS best practices, (6) structural barriers to athlete wellbeing, and (7)

psychological effects of disordered eating. Subsequent findings revealed that additional factors

such as performance pressure, internalized perfectionism, and a lack of female-specific health

considerations also contribute to maladaptive eating behaviors. IFS was identified as an effective

therapeutic approach for helping female athletes navigate these obstacles by fostering self-

awareness and compassion while learning to balance their athletic identity with overall well-

being. This study suggests a need for greater support systems assisting female athletes and calls

for further research into the efficacy of IFS therapy with female athletes who experience

disordered eating behaviors.

**Samantha Yin**

*The Effect of Discrimination on Body Image Among Nonbinary People of Color*

As non-cisgender identities begin to rise in the social consciousness, greater attention may need to be paid to how genderqueer identities navigate American society, especially those of a racial and ethnic minority. This qualitative study analyzed how discrimination affects nonbinary people of color (NBPOC) and their body image. A review of the literature was initially conducted before four mental health professionals were recruited using information rich and convenience sampling to participate in a semi-structured interview regarding their experience working with NBPOC. The results of the interview revealed five themes: nonbinary gender exploration, body policing, intersectionality of identities, unhealthy coping mechanisms, and encouraging resilience through community. These themes were contextualized within the information gathered during the review of the literature, which led to the discussion of balancing safety and gender exploration, intersectionality and cultural pressure, body policing, and a need for community. Certain implications for future work are discussed, such as how further understanding and education for clinicians regarding how ethnic culture may affect an NBPOC’s ability for self-expression may be required to best assist the population.