

Sara Anne Arsenault*Clinicians' Experiences Working with Social Support Systems: The Impact of a Sexual Assault Disclosure*

The present study explored how friends, family members, and significant others of sexual assault survivors were affected by the assault disclosure. The researcher interviewed three mental health workers in the field of sexual assault about their experiences and observations working with the survivors' friends, family members, and partners. Four major themes emerged from the interview: common reactions of the social support systems, what typically influences those reactions, possible treatment interventions for this population, and the barriers to treatment. The participants stated that reactions to sexual assault were influenced by preconceived notions, especially culture and adherence to rape myths. The participants varied on their recommendations for therapy, two recommending individual therapy and one endorsing family therapy, and they all did agree that group therapy could be a useful intervention for the social networks of survivors. They also all asserted that education about sexual assault was the most important aspect of helping this population. Barriers were also revealed from the interviews, such as institutional barriers of limited resources for therapeutic treatment of the social support system or cultural barriers such as negative beliefs about therapy. This study concludes with clinical implications, limitations of the research design, and areas of future research.

Kacey Bean*Clinicians' Experiences of the Impact of Mobile Devices on the Health and Well Being of Children*

This study investigates the impact of mobile devices on the health and well being of children, caregivers, and how this concern is being addressed in therapeutic settings. The author reviews existing literature related to symptomology and mobile device use in children, issues related to caregivers' device use and their attitudes related to child use, as well as potential counseling treatment options. This study includes a thematic analysis of five semi-structured interviews with professionals in the field of mental health who are dedicated to working with children and families, and who are aware of the detriment that devices are posing to the attachment system and negative symptomology in children. The study presents the treatment options that are currently being used in the mental health field according to the study's participants. The discussion offers an in-depth analysis of the results within the context of the existing literature, as well as the clinical implications of this research and recommendations for future studies.

David Boyajian*Porn and the Pious: Exploring the Treatment of Problematic Pornography Use Among Religious Populations*

The purpose of the present study was to examine problematic pornography use among religious populations and the methods for treating it. Four semi-structured interviews were conducted with sexual addiction clinicians revealing a major theme that pornography addiction exists despite no official diagnosis. Further themes revealed symptoms unique among religious populations such as shame and spiritual struggles. Additional themes indicated multiple outpatient treatment options. Results from this study can inform clinicians about the unique effects of pornography addiction on religious individuals and what treatment is available. Future research may benefit from studying shame associated with pornography and the effectiveness of treatments for pornography addiction.

Michael Boyer*Self-Criticism and Young Millennials: Examining Cohort Trends and Treatment Efficacy of Narrative Therapy*

Mental health issues are on the rise, and young adults are being acutely affected. This study examines the phenomenological trend of increasing self-criticism amongst young millennials by defining the construct of self-criticism as a key transdiagnostic element, and linking sociocultural trends to its proliferation. Qualitative interviews were conducted to further understand this issue from the perspective of mental health professionals working in the field, and also to explore the efficacy of narrative therapy to treat young millennials experiencing self-criticism. Four mental health professionals were interviewed using a semi-structured interview process. Data analysis revealed four themes: young millennial cohort trends, self-criticism in the narrative paradigm, narrative theory and techniques, and personal agency. Implications of this research direct future researchers and mental health professionals to attend more directly to the sociocultural and clinical impacts of self-criticism for this and future generations; the study also exposes a gap in the research around the use of narrative therapy in the treatment of young millennials experiencing self-criticism.

Matthew J. Duarte*Exploring how Therapists Work with Sexually Inexperienced Men*

Men who are sexually inexperienced encounter a variety of external and internal challenges. Being sexually inexperienced can lead to feelings of shame and fear, which may cause men to suffer in silence or cause relational issues. This qualitative study on how therapists work with men who are sexually inexperienced analyzed three interviews from licensed mental health professionals who have experience working with this population. Five themes emerged out of the interviews: a) mixed messages b) lack of sex communication c) impact on interpersonal experience d) impact on relationships e) perceived benefits and f) factors in treatment. It is hoped that this study will inform mental health professionals in working with men by using more strength-based approaches. By focusing on what strengths men possess rather than looking at their perceived deficits, therapists could better serve their clients with his modality. Therapists may benefit from exploring societal pressures men encounter and discussing their upbringing regarding sexuality to understand their interpersonal struggles.

Maribel Flores*Exploring the Use of Motivational Interviewing with Adolescents Impacted by Obesity*

There has been growing concern with the increasing prevalence of obesity among adolescents. The purpose of this study aimed to get a better understanding of obesity and to explore the use of motivational interviewing with adolescents impacted by this health issue. Four participants working in the mental health field with experience treating adolescents with obesity were interviewed. Qualitative data were collected using in-depth semi-structured interviews. The analysis revealed five themes from working with this population: (a) awareness of struggles, (b) familial, cultural, and societal influences, (c) need for education, (d) treatment options, and (e) support systems. Results of this study suggest motivational interviewing could be an effective treatment approach for preventive measures as well as successful outcomes in treating obesity. Additional education and intervention efforts along with collaboration between all stakeholders could prove beneficial.

Diana Garza*Influence of Stressors on Adults with Intellectual/Developmental Disabilities and their Families*

This study investigates the influence of stressors on the lives of adults with intellectual or developmental disabilities (ID/DD) and their family members. The author reviews the existing body of research into quality of life of this population, the use of a family systems approach in treatment, clinical considerations, and provides a thematic analysis of semi-structured interviews with professionals who have extensive experience working with adults with ID/DD and their families. The issues most highlighted by the participants were stressors within relationships, communicative behaviors and modalities of adults with ID/DD, and inadequate measures for assessment of the population. This study further examines additional presenting concerns of the adults and their families and the negative societal and political impacts that exist. Finally, the study examines treatment approaches to address the presenting concerns of adults with ID/DD and their families. The discussion contextualizes the thematic analysis within the existing literature, and the author reviews clinical implications and suggests recommendations for future research.

Carrie Grubisic*Resolving Negative Self-Conscious Emotions in Adolescence Through Compassion Focused Group Therapy*

The present study examines therapists' experiences working with teens struggling with negative self-conscious emotions (SCE) and explores compassion focused group therapy (CFGF) as a treatment approach. Common themes from five interviews with therapists treating adolescents emerged through the transcription, coding, and analysis of the interviews. The results of the study are presented and compared to current research of the topic. The findings support the literature that negative SCE peak in adolescence, as teens often believe their peers perceive them as inadequate. The participants concluded that these emotions are the root cause of many concerning behaviors seen in teens, ranging from gang affiliation to suicide. CFGF may resolve negative SCE in teens by building acceptance and healthy relational functioning amongst peers.

Laura Helquist*Exploring How Clinician's Incorporate Animal-Assisted Psychotherapy to Address Attachment Concerns*

The present study was an examination of how canines are incorporated into the therapeutic process when addressing attachment concerns; as well as clinician's experiences incorporating canines into their work. Eight clinicians were interviewed regarding how they incorporate their dog into their work with an array of presenting concerns and populations. A semi-structured interview format was used to gather information. Six main themes and a variety of sub themes emerged through thematic analysis. These themes include the relationship that emerges, interventions, unique features when working with children, modeling behaviors, ethical considerations, and potential negatives of including canines into the therapeutic process. The results suggest that the incorporating a canine can help to enhance the therapeutic alliance and can be beneficial when working with many different client populations and presenting concerns. The findings also highlighted an important need for further ethical and training standards for the implementation of animal-assisted therapy. Results from this study suggest that counselors may

improve how they incorporate their canines into the therapeutic process by understanding the relational impact and ethical issues.

Stephanie Islas

Exploring how Counselors Treat the Effects of Adverse Childhood Experiences in Parent-Child Dyads

The present study explores the use of treatment for parent-child dyads who have adverse childhood experiences. A review of relevant literature is provided as well as results gathered from four interviews with clinicians working with this population in a qualitative manner. The literature is then critically analyzed with the results from this study. The relevant themes identified were generational trauma, types of trauma, trauma treatment, and healing and resiliency factors. The participants provided insightful information on how to effectively work with parent-child dyads with different treatments, and from a trauma informed lens. The effects of unresolved generational trauma was heavily explored. The participants agreed that helping the parent heal in a parallel process is beneficial to the child's healing as it can yield modeling of positive behaviors, being attuned with the child, and creating a secure attachment.

Alexis Lynne Jardine

Exploring the Use of EMDR Therapy with Women Experiencing IPV Associated Trauma

The high prevalence of intimate partner violence experienced by women decreases the need for effective trauma-focused therapy. This study explores the use of EMDR therapy with women who have experienced IPV associated trauma to better understand whether EMDR therapy can assist in reaching resilience or posttraumatic growth. Through a qualitative research design, four mental health professionals were interviewed, each a licensed marriage and family therapist, a trained EMDR therapist, and with experience of using EMDR therapy with female survivors of trauma. Seven main themes emerged from the interviews, with three subthemes. The main themes include understanding trauma as the root, the relationship between trauma and EMDR therapy, the EMDR therapy toolbelt, therapist experiences, client-reported experiences, and resilience and posttraumatic growth. The subthemes include exploring bad therapy, building safety for the client, and understanding the window of tolerance. These emerged themes were then analyzed against current literature. Clinical implications, limitations, and guidance for future research were also explored. These themes have clinical implications for clinicians working with women who were IPV victims providing guidance as to how EMDR therapy can be of benefit, tools available to help build inner resources, and EMDR therapy alternatives available to meet the client where they are, reducing the likelihood of revictimization.

Stacey Kojaku

Exploring How Counselors Address Career Development Issues among Asian American College Students

As Asian American college students may face race-related challenges and parental pressures in their career development, they may experience feelings of ambivalence towards their career-related pursuits. Racial occupational barriers and family pressure to pursue occupations in science, technology, engineering and math (STEM) fields may restrict their occupational horizons, leading to psychological distress and other mental health outcomes. This qualitative study explores how counselors conceptualize and address these issues when working with Asian American college students. Five mental health professionals were individually interviewed using

a semi-structured approach. Four major themes emerged from the data, including overcoming racial occupational barriers, working with cultural expectations and family conflict, conflict resolution through compromise, and Asian American counselors' therapeutic presence. The results of the present study support existing literature on racial stereotypes and culturally-based family conflict related to Asian American career development. These findings also expand on the extant research by providing several culturally-sensitive approaches that may be effective when working with this population and issue and by identifying how Asian American counselors' ethnic identities may impact the therapeutic relationship with Asian American undergraduates.

Carolina Pacheco

Clinicians' Experiences Utilizing Culturally Adapted Treatment With Spanish-speaking Latinas Impacted by Intimate Partner Violence

The present study explores the use of culturally-adapted treatment for Spanish-speaking Latinx women impacted by IPV. A review of relevant literature is provided and used to critically analyze the data gathered from three interviews conducted with marriage and family therapists working with the population. The salient themes identified included IPV and the Latinx population, barriers Spanish-speaking victims of IPV encounter in obtaining mental health treatment, and therapists' experiences utilizing culturally-adapted treatment. All of the participants provided insight regarding culturally-adapted therapy and emphasized the importance of integrating a Latinx client's culture into treatment. Particular emphasis was placed on the process of conceptualizing Latinx clients through a culturally competent lens and taking cultural psychosocial variables into account in treatment.

Catherine Wong

The Unique Role of Spirituality on Clinician Self-Care and Burnout

Given the severity of impairment from burnout symptoms and lacking self-care among mental health professionals, this qualitative study explores the impact of spirituality on clinician self-care and burnout. Using purposive sampling, the researcher conducted semi-structured interviews with three clinicians with experiences in the role of spirituality on clinician wellbeing. Axial and open coding was used to identify the following themes: clinicians' understanding of burnout, self-care and spirituality, contributors to burnout and self-care, differentiating meditation and prayer, and spiritual support and barriers to self-care. Results from this study suggest that clinicians' awareness and understanding of spiritual beliefs is necessary for self-care. Additionally, miseducation on burnout could lead to harmful stigmas about clinicians' roles and increase the risk of burnout.