



# Therapist Factors Project

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# Therapist Factors

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- Examine relationship between therapist cultural competence and treatment outcomes for ethnic minorities
- Determine whether this holds above and beyond the effects of other therapist factors
- Identify what components of cultural competence are most associated with facilitating positive outcomes
  - Awareness, knowledge, skills, other?



# Adult-Treatment Sample

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- San Francisco County
  - Random selection of Marital Family Therapists, Psychologists, and Social Workers
  - Individual psychotherapy
  - Adults 18 to 65-years-old
    - 100 therapists who treat African-Americans
    - 100 therapists who treat Asian-Americans
    - 100 therapists who treat Latinos
  - Collect retrospective and prospective data for adults



# Child-Treatment Sample

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- 100 therapists who treat African-American children
- 100 therapists who treat Asian-American children
- 100 therapists who treat Latino children
- Collect retrospective and prospective data for children



# Procedure – Online Survey

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- Therapist Characteristics/Demographics
- The Multicultural Social Desirability Scale (Sodowsky, Kuo-Jackson, Richardson, & Corey, 1998)
- The Multicultural Counseling Inventory (Sodowsky, Taffe, Gutkin, & Wise, 1994)
- The Vancouver Index of Acculturation (Ryder, Alden, & Paulhus, 2000)
- The Multicultural Awareness-Knowledge Survey (D'Andrea, Daniels, & Heck, 1991)
- The Brief Symptom Inventory (Derogatis & Melisaratos, 1983)
- Personal Involvement subscale from the Cultural Competence Self-Assessment Questionnaire (Mason, 1995)
- The Generalized Self-Efficacy Scale (Jerusalem & Schwarzer, 1992)
- 40-Item Mini Marker Set (Saucier, 1994)
- One of the following - White Racial Identity Attitude Scale (Helms & Carter, 1990); People of Color Racial Identity Attitude Scale (Helms, 1995); Black Racial Identity Attitude Scale (Parham & Helms, 1981)



# Procedures

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- Compensation
  - Full-length survey = \$50.00
  - Shortened survey = \$15.00
- Shortened survey for decliners
  - Therapist Characteristics/Demographics
  - The Multicultural Counseling Inventory (Sodowsky, Taffe, Gutkin, & Wise, 1994)



# Extracting Client Data

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- One-year retrospective and prospective client data
- Adults
  - Client and Service Information
- Children
  - Client and Service Information
  - Child, Youth, and Family System of Care
  - Child and Adolescent Needs and Strengths



# Study Progress

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- Therapist list received
  - Community mental health therapists (n=299)
  - Private practice therapists (n=102)
- Letters to clinic directors
- Gathering therapist emails
- Surveying therapists



# Therapist Information by Client's Race

<b>Therapist Type</b>	<b>African Americans</b>	<b>Asian Americans</b>	<b>Latino</b>
Community mental health therapists	60	38	32
Private practitioners	23	16	24

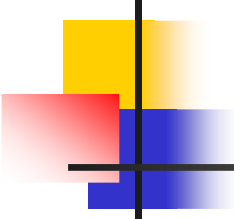
<b>Therapist Type</b>	<b>African Americans</b>	<b>Asian Americans</b>	<b>Latino</b>
Community mental health therapists	126	87	86
Private practitioners	35	29	38



# Additional client data

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- Reason for Termination
  - Identifies the reason of termination of services



## Children's Data - Child and Adolescent Needs and Strengths and Child, Youth, & Family System of Care

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- Presentation: symptoms, behaviors, onset, duration, severity, and family response
- Presence/severity of psychosis, depression, anxiety, eating disturbances, etc
- Impact of functioning
- Relevant History: events leading up to current situation
- Cultural Factors: cultural factors influencing the problem
  - Ethnicity, Race, Religion, Spiritual practice, etc.
- Risk Behaviors: Suicide risk, sexual aggression, violence, etc.
- Substance Abuse/Disorder



# Child Strengths & Supports/ Family Strengths & Needs

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- Child Strengths:

0 = centerpiece strength – 3 = not identified strength

Family, Educational, Optimism, Spiritual/Religious, etc.

- Caregiver Strengths:

0 = no evidence/strength – 3 = severe need/ act immediately/intensively

Mental health, Supervision, Involvement, Residential Stability, etc.



# Child's History

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- Psychiatric History
- Medical History
- Developmental History: Problems with Motor, Sensory, Substance exposure, Communication, etc.
- Abuse/Trauma History: Sexual abuse, Emotional abuse, Witness family violence, Attachment, etc.



# Mental Status

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- General Appearance
  - Poor hygiene, Inappropriate, Good self care, etc.
- Motor Activity
  - Tics, Tremors, Unusual gait, Repetitive acts, etc.
- Speech
  - Pressured, Slowed, Loud, Slurred, Stuttering, etc.
- Affect/Behavior
  - Angry Outbursts, Hostile, Sensitive, Withdrawn, Callous, Uncooperative, etc.



# Mental Status

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- Mood/Self Report
  - Elevated, Euphoric, Dysphoric, Anxious, Irritable, etc.
- Flow of Thought
  - Circumstantial, Flight of Ideas, Incoherence, etc.
- Content of Thought
  - Antisocial attitudes, Phobias, Somatic complaints, Ideas of worthlessness, Magical thinking, etc.
- Hallucinations
  - Auditory, Olfactory, Gustatory, Somatic, etc.
- Delusions
  - Of persecution, Somatic, Being controlled, Nihilistic, etc.



# Mental Status

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- Intellect
  - Above normal, Paucity of knowledge, Poor abstraction, etc.
- Insight and Judgment
  - Poor insight, Unrealistic regarding degree of illness, Unmotivated for treatment, etc.
- Areas of Immediate Concern
  - Suicidal thoughts, Assaultive ideas, Homicidal plans, Under the influence of alcohol, illicit drugs, and/or prescribed medicine



# DSM IV Diagnosis

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- Axis I: Clinical Psychiatric Syndromes & Other Conditions
- Axis II: Personality & Special Developmental Disorders
- Axis III: Physical Disorders
- Axis IV: Psychosocial & Environmental Problem Areas
- Axis V: GAF Scale