

NR 548 Week 1 Discussion

Racial-ethnic matching of therapists and clients is one way to help combat the mistrust that often prevents African Americans from seeking mental health care. A study of middle-class African American women, conducted by Smith and Wermeling (2017), revealed that therapist-client racial matching may be helpful in making professional mental health services more attractive and credible for African American with the financial means to purchase counseling services. A meta-analysis conducted by Cabral and Smith (2021), revealed that while there was little to no treatment outcomes from racial/ethnic matching of clients with therapists, African Americans very strongly preferred to be matched with African American therapists

Recruit and train ethnic minority therapist

Therapeutic alliance (strong supportive bond) between therapist and clients.

Psychological and physical interventions can be designed to incorporate traditional practices.

Modify and tailor therapies so that they are come compatible with specific cultural groups', attitudes, values, norms and traditions.

Reference:

Carbral, R. R., Smith, T. B. (2021). Racial/Ethnic matching of clients and therapists in mental health Services: A meta-analytic review of preferences, perceptions, and outcomes. *Journal of Counseling Psychology*, 58(4), 537-554

Smith, J. & Wermeling, L. (2017). Counseling preferences of African American women. *Adultspan Journal*, 6(1), 4-14.