



# PASEO SALUD MENTAL

Linguistic & Cultural  
Development Program



# 2024



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# WHAT IS PASEO SALUD MENTAL?

PASEO Salud Mental is a global mental health organization focused on increasing access to mental health services for the Spanish-speaking Latinx population in the U.S.

The need for Spanish-speaking mental health providers who can provide culturally and linguistically responsive services in the U.S. continues to grow. According to the Pew Research Center, there are approximately 41 million native Spanish speakers in the U.S. (Krogstad et al., 2022). Spanish-speaking immigrants in the United States face unique challenges that can impact their mental health, including acculturation stress, discrimination, language barriers, social isolation, and limited access to healthcare. Nearly 40% of this community will have a diagnosable mental health disorder in their lifetime (Alvarez et al., 2019). Simultaneously, this community has some of the lowest mental health utilization rates compared to all other ethnic minority groups living in the U.S. (Keyes et al., 2012; McClendon et al., 2020). Limited English Proficient (LEP) Latinx individuals have been found to suffer from untreated mental illness for significantly longer than their English-speaking Latinx counterparts, with an average of nearly 15 years between the onset of symptoms and accessing care (Bauer et al., 2010).

The lack of Spanish-speaking providers is the most significant barrier to care for LEP Latinx immigrants (Bauer & Alegría, 2010; Benuto & Leany, 2017; Bridges & Anastasia, 2016; Collado et al., 2016; Hackethal et al., 2013; Valentine et al., 2017). It is estimated that only 1-5% of licensed psychologists speak Spanish (Bridges & Anastasia, 2016; Ellis & Carlson, 2008), and while approximately 77% of licensed clinical social workers (LCSWs) report having Spanish speakers on their caseload, only 4% can provide services in Spanish (Arriaza, 2015). As noted by Valencia-Garcia & Montoya (2018), "For some cultures, especially those who have been severely impacted by colonization, not allowing people to express themselves in their native tongues serves to marginalize further and oppress" (pg. 2).

PASEO is a 501c3 organization designed to help address the training gap encountered by graduate students and clinicians in the U.S. with varying levels of Spanish proficiency who seek to provide services in Spanish, but lack the training, confidence, or support to do so. The heart of the PASEO program is a 6-week intensive Spanish for mental health immersion program (the Linguistic and Cultural Development Program, or LCDP) held yearly in Trujillo, Peru. Participants in the program receive more than 60 hours of instruction in fundamental therapeutic skills for working with the Spanish-speaking Latinx population. In addition to courses, LCDP participants engage in service learning in the community, which allows them to apply their skills in real-time.

# THE LINGUISTIC & CULTURAL DEVELOPMENT PROGRAM

Offering specialized linguistic and cultural training for students and professionals in psychology & related fields seeking to serve the Spanish-speaking Latine community

The LCDP is a 6-week immersion and practicum experience in Northern Peru designed to help students and professionals in the mental health field strengthen their linguistic and clinical skills to better serve the Latinx community. We work in collaboration with local non-profits and educational centers, as well as with local language teachers and mental health professionals, in an attempt to offer a sustainable, responsible, and culturally attuned learning and service experience.

All students in the LCDP participate in the following:

1. Specialized training in Spanish for mental health
2. Didactic treatment seminars on motivational interviewing (*entrevista motivational*)
3. Didactic seminars on the psychological care system in Peru and delivering mental health in low-resource settings—skills that are directly transferable to low-resource Spanish-speaking communities in the U.S.
4. Skill practice with Peruvian conversation partners with backgrounds in social work, education, or mental health
5. Service learning through engagement in psychosocial and educational activities in the community.

This program is unique in combining didactic seminars on working with the Latinx community, formal language instruction, skill practice, service learning, and immersion. The 6-week program includes 10 hours/week of language instruction and 10-15 hours/week of service learning and related activities.



“The LCDP program gave me tangible ways to integrate cultural sensitivity into evidence-based treatments with diverse populations. It was also instrumental in my gaining confidence in myself and in my abilities to speak and work with individuals in Spanish”

- 2022 alumni

# GOALS OF THE LCDP

## 01

Goal 1: Help students build Spanish language skills for use in mental health setting, with a focus on the following areas:

- Utilize skills in initial sessions to reduce mental health stigma, build rapport, and increase the likelihood that service users return to care
- Conduct intake interviews, diagnostic evaluations, and clinical histories using ethnocultural assessment tools, like the Cultural Formulation Interview (CFI) and the Interpersonal Inventory
- Engage in basic helping skills (e.g. reflective listening, open questions, validating) to encourage the process of desahogarse
- Integrate key skills of motivational interviewing to enhance client engagement and retention
- Provide psychoeducation to clients and their family members about mental health and mental illness, and the process/purpose of therapy to increase engagement and transparency
- Conduct risk assessments related to suicidality and situations of crisis, and engage in appropriate brief intervention or triage. This is a key skill given the increased likelihood for Spanish-speaking Latinx individuals to enter psychological treatment after symptoms have become severe
- Carry out basic therapy skills training for clients to assist with symptom reduction (e.g. relaxation, grounding skills, mindfulness, behavioral activation, emotion regulation, cognitive restructuring, and interpersonal effectiveness skills)

## 02

Goal 2: Increase knowledge and competencies in working with Latinx youth and families, with a focus on:

- Conducting ethnocultural mental health assessments in order to develop cultural case formulations, improve diagnostic accuracy, and develop collaborative treatment plans
- Appreciating the importance of language in the assessment and treatment process from a multifaceted perspective, including such topics as language synchronicity, second language acquisition, and use of code switching as a therapeutic tool
- Building participants' knowledge of key treatment considerations for working with Latinx families, with a focus on Peruvian culture as a framework for understanding mental health barriers and effective treatment strategies
- Addressing stigma, marginalization, and discrimination against individuals with mental illness within their communities in order to increase the acceptability of mental health care
- Methods for culturally adapting treatments to better fit the needs of a given community

## 03

Goal 3: Build a connection with other individuals serving the Spanish-speaking community, reducing personal and/or professional isolation

Often trainees and clinicians providing services in Spanish might be the only person at their practicum or job site with this skill, and/or might experience high caseloads and long waitlists. They might be asked to translate their own forms and tools, or provide services outside of their boundaries of competence. In the LCDP, we strive to connect you with others facing similar challenges so that solutions can be shared, reflection can take place, and connection can be fostered.

# COURSES & INSTRUCTORS

Participants spend approximately 8-10 hours a week in class. All courses are taught entirely in Spanish.



COURSE	INSTRUCTOR	DESCRIPTION
<p>Advanced Spanish for Clinical Practice.</p> <p>4hrs/week</p>	<p>Brieanne Kohrt, PhD</p>	<p>This course focuses specifically on clinical skill development as described in Aim 1. Student learn everything from initially contacting the client and discussing consent, basic helping skills, intake and risk assessment, to more specific treatment skills for individuals with depression, anxiety, trauma, or behavioral concerns.</p>
<p>Motivational Interviewing</p> <p>2hrs/week</p>	<p>David Martinez, PhD</p>	<p>This class focuses on the development of motivational interviewing skills in Spanish, which can be a key treatment component for building buy-in and increasing the collaborative nature of therapy for individuals more accustomed to an "expert-recommender" model of treatment</p>
<p>Seminar on Psychology in Peru</p> <p>2hrs/week</p>	<p>Lourdes Cabel Salinas, Lic.</p>	<p>This weekly seminar focuses on providing mental health care in low resource settings/communities: Students develop a better understanding of the Peruvian health and mental health system, and learn methods for delivering mental health care in a way that addresses stigma and cultural context. This course is taught by a local Peruvian psychologist.</p>
<p>Advanced Treatment Seminar</p>	<p>Rotating guest instructors</p>	<p>This weekly seminar features Spanish-speaking mental health professionals with expertise in such areas as Acceptance and Commitment Therapy (ACT), Interpersonal therapy (IPT), and other treatment modalities used in their country of origin, including BioDanza and "Terapia de un ojo."</p>

# SERVICE LEARNING

Service learning is conducted in partnership with community organizations in and around Trujillo, with a focus on mental health promotion and prevention and capacity building. Students will either be involved in the *assessment track* or the *violence prevention track*. Students in the violence prevention track will also have the chance to provide brief mental health screenings and psychoeducational sessions with youth and parents. *Please note that additional opportunities may be available, and will be discussed during program interviews and information sessions.*

## VIOLENCE PREVENTION AND SCHOOL-BASED CONSULTATION

For 2022-2026, our focus for service learning is on preventing, reducing, and treating family violence. Each year, we provide a 6-week school-based program in secondary (high) schools located in migrant communities with high rates of familial violence. The program, called Program H/Program M, was developed by the organization Equimundo, and is based on extensive research of what works to reduce partner violence in Latin America. Topic areas of the program include:

- Gender, identity, and power
- Sexual and reproductive health rights
- Caregiving: promoting gender-equitable norms that help young men and women think about equal division of care work and potential roles as parents
- Violence prevention

Students will work in small groups to **co-facilitate the violence prevention curriculum in secondary schools**. They may also **assist with administering research questionnaires** about gender equitable attitudes and familial violence, conduct focus groups with youth, teachers, or parents, and **develop resources for the home**. We will also **offer a screening and consultation space for teens** from the schools we partner with who express a need for short-term psychosocial support.

## COGNITIVE ASSESSMENT AND PSYCHOSOCIAL CONSULTATION

In collaboration with a local non-profit, Sayariy Resurgiendo, students in the assessment and feedback group will **provide brief developmental and cognitive evaluations for children aged 3-13** using the Inventario de Deteccion Temprana (IDT), the Bateria Breve (Woodcock-Johnson brief cognitive screener) or selected indices of the WISC (Spanish version). While prior coursework and familiarity with assessment are required, experience with these specific tools is not. Advanced linguistic proficiency is required. Students will **administer, score, and write brief, parent-facing (and highly visual) reports to help families understand their children's strengths, gaps, and needs**. Students in this practicum will also **provide brief psychosocial consultations for youth and mothers** in the program.



# LIVING IN PERU

PASEO students live in Huanchaco, Peru. Huanchaco is a surfing and fishing village about 30 minutes north of Trujillo, the capital of the region La Libertad and the third biggest city in Peru. Huanchaco is best known for having waves that are surfable year-round and for its traditional ancient fishing methods using reed fishing boats called Caballitos de Totorá. These boats date back 3,000 years, and a number of festivals during the year celebrate the strong fishing culture.

- The town of Huanchaco has about 5000 inhabitants, and at its outskirts there are several shanty towns largely populated by migrants from the highlands. Many of these migrants came to the coastal region due to extensive flooding caused by the natural phenomenon El Niño in 1997/98. This creates a contrast between the wealthier beach town of Huanchaco and the socioeconomically disadvantaged shanty towns. In addition to the influx of migrants over the past twenty years, Huanchaco has also had a small but significant increase in the number of European expats living in the area. This population change is largely related to the increasing presence of international NGO's and international schools in the Trujillo area, as well as to the pleasant climate and laid-back lifestyle.
- Within Huanchaco, PASEO participants live either in a homestay or in a shared home made up of primarily other PASEO students. The majority of students live in the shared home, with space for approximately 4 students per year in the homestay options. Students coming with partners, families, or with specific circumstances may also want to live individually, and this can be arranged on a case-by-case basis. It is important to note that most rooms in the shared house involve living with a roommate. If students would like to live individually, this can be arranged but will involve an additional cost.
- Both home stays as well as the shared home include wi-fi, use of the kitchen, and purified drinking water. It is important to note that hot water in parts of Peru is somewhat inconsistent- we can guarantee warm showers, but hot showers are not as easy to find!





# PROGRAM ELIGIBILITY



Ideal students for the program are those committed to increasing access and quality of services for Spanish-speaking clients and families.

## 01

Current students or professionals in psychology and related fields, to include:

- Current graduate students in psychology (e.g. clinical, school, or counseling psychology programs at the masters or doctoral level) or related fields (e.g. social work or psychiatry)
- Working professionals (e.g. psychologists, LCSWs, or LPCs) already in the field who are looking to advance their linguistic and cultural competencies for clinical practice

## 02

Language requirements:

- Participants should have intermediate to advanced Spanish language skills. You will self-rate on your application,
- If you're not sure about your oral language skills in Spanish, review pages 6-8 of the [ACTFL guidelines](#). If you fit into one of these levels, you probably have the appropriate language skills!

## Note about practicum hours:

Dr. Kohrt and Dr. Martinez are both licensed and practice in the U.S., thus all practicum hours can be counted towards internship. We work with practicum students and their universities to ensure that level of supervision and clinical work are commensurate with university standards

# Program Costs

The cost of the 6-week program is \$3,300

## Costs include:

- Ten hours/week of Spanish for mental health language instruction
- 2 hours/week of skill practice with a local conversation partner
- Clinical supervision
- Curriculum materials
- Service learning materials
- Two standardized evaluations of language level at the end of the program
  - Oral Proficiency Interview (OPI), an assessment of general oral language certified by the American Council for the Teaching of Foreign Languages
  - The Paseo Psychological Spanish Clinical Proficiency Exam (PPS-CPE)
- Housing for six weeks
- Transportation to and from the airport in Trujillo

## Costs do not include:

- Airfare and other transportation costs
- Food (note that the cost of meals in Peru is very affordable)
- Transportation within Trujillo/Huanchaco

## Where does the money go?

PASEO Salud Mental is a non-profit organization and a 501c3. Our team is 50% Peruvian, and we always seek to give back to the Peruvian economy when possible as a measure of gratitude for allowing us to learn on their soil. Approximately 60% of program costs go directly into the Peruvian economy through our Peruvian teachers, supervisors, housing providers, and local vendors.

## F

### *Do I have to pay it all at once?*

- A \$250 deposit is due April 1st to hold your spot in the program. The rest of tuition can be paid all at once, or in monthly installments in May, June, and July if this is a better fit for the student's financial situation.

## A

## Q

### *Do you provide scholarships?*

- This year, we hope to raise funds to provide two 1/2 scholarships (\$1,625 each), which are need and merit-based. We will send out scholarships forms after reviewing initial applications.

## S

### *Other ideas for funding:*

- Students are encouraged to speak with their university's academic departments and study abroad offices, as many universities offer small scholarships to cover training abroad.
- [Rotary International Ambassadorial Scholarships](#) (check local Rotary club for specifics)
- Summer research grants. This year we are collecting data as part of the Program HMD pilot project. Students would be responsible for drafting their applications, but we would be happy to assist. Relevant grants include:
  - [Mamie Phipps Clark Research Grant](#)
  - [Psi Chi Graduate Scholarship](#)
  - [Psi Chi Summer Research Grant](#)
  - [Michael Sullivan Diversity Scholarship](#)

# THE APPLICATION PROCESS

OK, I'M INTERESTED! HOW DO I APPLY?



## Complete the application form

Applications are completed via google forms and can be accessed by clicking [here](#). You can also copy and paste the following into a web browser:  
<https://forms.gle/vhBjV7zxtAjvvKFM9>

## Submit your speech sample

You will be prompted to upload a 2-5 minute speech sample. No need to prep or practice- we want to hear your genuine level!



## Upload your CV

Submit your most recent CV with your application. Please use .doc, .docx, or .pdf

Applications are due by **Jan 31st, 2024**. Interviews are extended by **Feb 15th**, and decisions made by **March 15th**.

**READY TO  
APPLY?**

**CLICK HERE**

# QUESTIONS?

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Thank you for your interest in our program, and for your commitment to improving access and quality of mental health services for the Latinx/Latine community.

## CONTACT

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