

# **Counseling Latino Students and Parents**

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# Case Studies

**Six case studies are presented in the following slides. Please study each of them and discuss with your local program facilitator the following:**

- What are the major counseling issues?**
- How would you handle each situation?**
- What are the “Best Practices” related to each situation?**

# Juanita

**Juanita, a 15 year old Aspirante, is seeking help from her Counselor, Roberta. She asked her if she could stay at her house for a week because her parents just put her out.**

# Jose

**Jose lives with his father who drinks frequently. Jose often cares for his two younger siblings. He informed his ASPIRA Counselor that he just took three sleeping pills.**

# Marisol

**Marisol, a 16 year old Aspirante, has asked her Counselor for a favor. Tomorrow morning she needs a ride to the clinic. She is having a medical procedure and does not want anyone to know her business.**

# Maritza

**Maritza has a crush on her Counselor, Raul. She visits his office on a weekly basis and greets him with a big hug. Jose does not want to hurt her feelings, but is beginning to feel uncomfortable.**

# Luz

**Luz is seeing a psychiatrist due to a recent psychotic episode.**

**Although she has informed her ASPIRA Counselor about the episode, she has requested that he not contact her psychiatrist. The Counselor is not sure what she should do.**

# Carlos

Carlos, a 14 year old, informs his Counselor that he has been hearing voices. He says that “Mi Abuela me llama.” His mother also hears voices from “espíritos buenos.” His mother has been hospitalized numerous times due to her “nervios”.