



# Minority Fellowship Program

The National Board for Certified Counselors

## Innovations in Counseling: Working with Minority Populations- Part 4 Session 8: Cultural Applications of Neurocounseling for Clinicians

Webinar Follow-up Question and Answer Session with Dr. Sandra I. Lopez-Baez.

1. **Question from Tiffany Cagle-Schrift**

What are your thoughts on states pushing TF-CBT as the 'best' treatment for clients who have trauma histories? We are seeing that more here in NC.

Answer

Trauma Focused - Cognitive Behavior Therapy is one of the "Evidence Based Interventions (EBT) endorsed by the National Institute of Mental Health for the treatment of trauma. But like "one size fits all" approaches, it may not work with those clients whose traumatic issues trigger cognitive impairment (thought disorders). I do believe that TF-CBT provides an excellent evidence based set of counseling interventions for clients dealing with traumatic experiences, adopting it as the only modality may not be appropriate for all victims of trauma. There are a wide variety of approaches and techniques that may fit clients for which TF-CBT is not a successful intervention.

2. **Question from Amy Cole**

How does hypnotherapy affect the neuro specific counseling?

Answer

I am not aware of any research that addresses a connection between hypnotherapy and neuro specific counseling. Most neuro specific counseling approaches aim at increased conscious awareness, hypnotherapy may pass conscious awareness, thus making research on their connection difficult.

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