



## **Unmasked: Tools to Help Your South Asian Client Break Through the Stigma of Counseling**

### **Resource List**

#### **Articles:**

- Arredondo, P., Toporek, R., Brown, S. P., Jones, J., Locke, D. C., Sanchez, J., & Stadler, H. (1996). *Operationalization of the Multicultural Counseling Competencies*. *Journal of Multicultural Counseling and Development*, 24(1), 42–78. <https://doi.org/10.1002/j.2161-1912.1996.tb00288.x>
- Chandras, K. V., Chandras, S. V., & DeLambo, D. A. (2013). *Counseling Asian American Indians from India - implications for ...* Counseling Asian-American Indians from India: Implications for Training Multicultural Counselors. Retrieved April 30, 2022, from [https://www.counseling.org/docs/default-source/vistas/counseling-asian-american-indians-from-india---implications-for-training-multicultural-counselors.pdf?sfvrsn=dfac6309\\_10](https://www.counseling.org/docs/default-source/vistas/counseling-asian-american-indians-from-india---implications-for-training-multicultural-counselors.pdf?sfvrsn=dfac6309_10)
- Channa , S., Lavis, A., Connor, C., Palmer, C., Leung, N., & Birchwood, M. (2019, March 27). *Overlaps and disjunctures: A cultural case study of a british indian young woman's experiences of bulimia nervosa*. *Culture, medicine and psychiatry*. Retrieved April 30, 2022, from <https://pubmed.ncbi.nlm.nih.gov/30919206/>
- Karasz, A., Gany, F., Escobar, J., Flores, C., Prasad, L., Inman, A., Kalasapudi, V., Kosi, R., Murthy, M., Leng, J., & Diwan, S. (2016). *Mental health and stress among South Asians*. *Journal of Immigrant and Minority Health*, 21(S1), 7–14. <https://doi.org/10.1007/s10903-016-0501-4>
- Lim S, Ali SH, Mohaimin S, Dhar R, Dhar M, Rahman F, Roychowdhury L, Islam T, Islam N. Help seeking and mental health outcomes among South Asian young adult survivors of sexual violence in the New York State Region. *BMC Public Health*. 2022 Jun 8;22(1): 1147.
- R., Balagopal, P., Raj, S., & Patel, T. G. (2018, February 18). *Vegetarian diet and cardiometabolic risk among Asian Indians in the United States*. *Journal of Diabetes Research*. Retrieved April 30, 2022, from <https://www.hindawi.com/journals/jdr/2018/1675369/>

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- Mukherjea, A., Underwood, K. C., Stewart, A. L., Ivey, S. L., & Kanaya, A. M. (2013). Asian Indian views on diet and health in the United States: *Importance of understanding cultural and social factors to address disparities*. Family & community health. Retrieved April 30, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3987985/>
- Needham, B. L., Mukherjee, B., Bagchi, P., Kim, C., Mukherjea, A., Kandula, N. R., & Kanaya, A. M. (2016). *Acculturation strategies among South Asian immigrants: The mediators of atherosclerosis in South Asians Living in America (Masala) study*. Journal of Immigrant and Minority Health, 19(2), 373–380. <https://doi.org/10.1007/s10903-016-0372-8>
- Patel, J. (2012). *To assimilate or to acculturate?* Department of English. Retrieved April 30, 2022, from <https://english.umd.edu/research-innovation/journals/interpolations/spring-2012/assimilate-or-acculturate>
- Patel K, Cardno A, Isherwood T. ' Like I said about culture. You don't talk about mental health' : An interpretative phenomenological analysis of the experience of first-episode psychosis in South Asian individuals. Early Interv Psychiatry. 2023 Jan 13
- Ram, S. S. (2017, September 5). *Why So Many South-Asian Women Have Eating Disorders*. EAT LAB. Retrieved April 30, 2022, from <http://www.louisvilleeatlab.com/>
- Rastogi, P., Khushalani, S., Dhawan, S., Goga, J., Hemanth, N., Kosi, R., Sharma, R. K., Black, B. S., Jayaram, G., & Rao, V. (2014). *Understanding clinician perception of common presentations in South Asians seeking mental health treatment and determining barriers and facilitators to treatment*. Asian Journal of Psychiatry, 7, 15–21. <https://doi.org/10.1016/j.ajp.2013.09.005>
- Siddiqui SM. Acculturative stress, everyday racism, and mental health among a community sample of South Asians in Texas. Front Public Health. 2022 Oct 24;10:954105
- Shaligram D, Khan M, Adiba A, Anam S. Cultural Considerations for Working with South Asian Youth. Child Adolesc Psychiatr Clin N Am. 2022 Oct;31(4):789-803.
- Sharma, R. (2017, September 8). *Why So Many South-Asian Women Have Eating Disorders*. Retrieved April 30, 2022, from [https://www.vice.com/en\\_us](https://www.vice.com/en_us)

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- Srinivasa, S. R., Pasupuleti, S., Dronamraju, R., & Longoria, D. (2021). *Suicide among South Asians in the United States: Perspectives, causes, and implications for prevention and treatment*. *Journal of Mental Health and Social Behaviour*, 3(2). <https://doi.org/10.33790/jmhsb1100150>
- Stroope, S., Kent, B. V., Zhang, Y., Spiegelman, D., Kandula, N. R., Schachter, A. B., Kanaya, A., & Shields, A. E. (2019). 'mental health and self-rated health among U.S. South Asians: The Role of Religious Group Involvement.' *Ethnicity & Health*, 27(2), 388–406. <https://doi.org/10.1080/13557858.2019.1661358>
- Tiwari SK, Wang J. Ethnic differences in mental health service use among White, Chinese, South Asian and South East Asian populations living in Canada. *Soc Psychiatry Psychiatr Epidemiol*. 2008 Nov;43(11):866-71. Wales, J., Brewin, N., Raghavan, R., & Arcelus, J. (2017). *Exploring barriers to South Asian help-seeking for eating disorders*. *Mental Health Review Journal*, 22(1), 40–50. <https://doi.org/10.1108/mhrj-09-2016-0017>

### **Books:**

- Harts, M. (2022). *You are more than magic: Black and brown girls claiming their space*. Dial.
- Kadokia, P. (2022). *LifePass: Drop your limits, rise to your potential: A groundbreaking approach to goal setting*. Chronicle Prism.
- Kaur, J. (2022). *Brown girl like me*. Bluebird books for life.
- Lahiri, J. (2019). *The namesake*. Mariner Books, Houghton Mifflin Harcourt.
- Nooyi, I. (2021). *My life in full*. Piatkus Books.
- Shetty, J. (2020). *Think like a monk*. Simon & Schuster.
- Singh, L., & Patel, S. (2022). *Be a triangle: How I went from being lost to getting my life in shape*. Ballantine Books.

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Tummala-Narra, P., & Deshpande, A. (2018). Mental health conditions among South Asians in the United States. *Biopsychosocial Approaches to Understanding Health in South Asian Americans*, 171–192. [https://doi.org/10.1007/978-3-319-91120-5\\_9](https://doi.org/10.1007/978-3-319-91120-5_9)

KINSEY, D. A. L. I. A. (2022). *Decolonizing Wellness: A qtbipoc-centered guide to escape the diet trap, heal your self-image, and.. achieve body liberation*. BENBELLA BOOKS.

Quist, J. (2020). *Body and mind: Lgbtq health issues*. Mason Crest.

O'SHAUGHNESSY, D. A. N. I. E. L. (2022). *Naked nutrition: An Lgbtq+ guide to diet and lifestyle*. UNBOUND.

#### **Websites:**

*Book Bingo NW 2021: BIPOC Food Writing*. The Seattle Public Library. (n.d.). Retrieved May 14, 2022, from <https://www.spl.org/books-and-media/books-and-ebooks/staff-picks/book-bingo-nw-2021-bipoc-food-writing>

#### **Newspapers/Magazines:**

Melwani, L. (2022, February 13). *Love is love is love -anu hazra & neeral sheth*. Lassi With Lavina. Retrieved March 22, 2023, from <https://www.lassiwithlavina.com/thebuzz/love-is-love-is-love-anu-hazra-neeral-sheth/html>

Austin South Asian. (n.d.). Retrieved April 30, 2022, from <https://www.austinsouthasian.com/>

Brown Girl Magazine. (2021, March 30). Brown Girl Magazine. Retrieved April 30, 2022, from <https://browngirlmagazine.com/>

10 Contemporary South Asian Artists You Must Know About and Support.  
[www.onegreenplanet.org/human-interest/10-contemporary-south-asian-artists-you-must-know-about-and-support/](http://www.onegreenplanet.org/human-interest/10-contemporary-south-asian-artists-you-must-know-about-and-support/)

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### **Resource List**

#### **South Asian Community Organizations:**

MannMukti | Removing the Stigma Surrounding South Asian ...[www.mannmukti.org](http://www.mannmukti.org)

Desi LGBTQ Helpline. [www.deqh.org/](http://www.deqh.org/). (908) 367 3374

Desi Rainbow Parents and Allies, Inc. [www.desirainbow.org](http://www.desirainbow.org)

*Austin Asian Community Health initiative.* Austin Asian Community Health Initiative (AACHI). (n.d.). Retrieved April 30, 2022, from <https://aachi.org/>

*Bangladesh association of north texas.* BANT. (n.d.). Retrieved April 30, 2022, from <https://www.bantdfw.org/>

Muslim Association for Psychological Services. <https://www.mapsnetwork.org/maps-dfw>

*India Association of North Texas.* IANT. (n.d.). Retrieved April 30, 2022, from <http://www.iant.org/>

Texas Muslim Women's Foundation. (n.d.). Retrieved April 30, 2022, from <https://tmwf.org/>

Chetna-Dfw. (n.d.). *DFW*. CHETNA. Retrieved April 30, 2022, from <https://chetna-dfw.org/>

Afghan Cultural Center US. (n.d.). Retrieved May 3, 2022, from <https://www.afghance.org/>

Bhutanese Christian Association. 8620 Park Ln, Dallas, TX 75231. (469) 585-4439

Nepalese Society of Texas. <https://ournst.org/>

*Sri Lankan American Association of Houston.* slaah-yslaah. (n.d.). Retrieved March 22, 2023

<https://www.facebook.com/SLAAHouston/>

#### **Bollywood Movies**

“3 Idiots”- education and career expectations of men

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**Resource List**

“Taare Zameen Par” (Stars on Earth)- stigma of dyslexia, disability in children

**YouTubeVideos**

**A Loving Indian Dad's Moving Toast at His Gay Son's Wedding**

<https://www.youtube.com/watch?v=gmRQ5Rtf-HI&t=573s>

**Story of Vaibhav & Parag**

<https://www.youtube.com/watch?v=h4Cb-QUq7sQ>

**How to Deal with Brown People (The Brown Bar)**

<https://www.youtube.com/watch?v=QRhGxFI0NI4>

**How to Deal with Brown People (The Brown Bar)2**

<https://www.youtube.com/watch?v=igkKs9O5wPg>

**Lilly Singh on Coming Out as Bisexual in 30s, Defining Success and Mental Health | The View**

<https://www.youtube.com/watch?v=fa644mnyqBQ>

**"A Seat at the Table" Isn't the Solution for Gender Equity | Lilly Singh | TED**

<https://www.youtube.com/watch?v=9EBkS2kE7uk>