

# Group Counseling with South Asian Immigrant High School Girls: Reflections and Commentary of a Group Facilitator



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Ulash Thakore-Dunlap  
Patricia Van Velsor

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4444D#A4E - @SA=4F\$. \$AB4# . B4BAA -4. 4G . , HA=40 - ( , A. BA40 -4\$#A4 - +G1A, 4\*?4(#0/=, A-4 I #\*4#. CA4. \$4/A. B\$4\* - A4% . , A- \$41\* , -4  
^dcbXST cWT K ]XcTS IcPcTb # : P\_\_b Tc P['% +) ) . \$' 9Tc f TT ] \*22. P ]S +) \*+% cWT \_^\_d[PcX^ ] ^U sabc& P ]S bTR^ ]S&  
VT ]TaPcX^ ] X \ \ XVaP ]c RWX[SaT ] X ] cWT K ]XcTS IcPcTb X ]RaTPbTS Qh // ! # : WX[S JaT ]Sb ; PcP 9P ]Z% +) \* , \$' J WXb  
bWPa\_ aXbT Xb X \ \_^acP ]c U^a 8 \ TaXRP ] RxcTb QTRPdbT 2 . ! ^U P[ [ RWX[SaT ] ^U S \ SVaP ]db (hc^ ]S(TaQP ](bbW^ATb # ]XY

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(\*+-BA/@-24?\*(+BA=4\*-4%,ACA-\$@\*-4\*?4%,\*1/AGB4,A/.SA=4\$\*4.(+/S+,.\$@\*-4.-=4@=A-\$@SM4(\*+/-41A4#A/%?+/4\$\*4\$#A4F\*+\$#4  
>B@.-4B\$+=A-\$B4@-4#A,4B(#\*\*\*/049A(.+BA4\$#A4F\*+\$#4>B@.-4(\*//A(\$@C@B\$@ (4\*,@A-\$. \$@\*-4@B4(\*-B@B\$A-\$4 I @#\$4\$#A42\*./B4\*?4  
Va^d\_R^d]bT[X]V #IWP a \ P% +))\*\$% bWT RW^bT cWxb P\_\_a^PRW' 8b P I^dcW 8bXP] WTabT[U% cWT sabc PdcW^a QT[XTeTS  
\$#. \$4#A,4+-=A,B\$. -=@-24\*?4F\*+\$#4>B@.-4(+/\$+,A4(\*+/-4(\*-\$,@1+\$A4\$\*4#A,4A??A(\$@CA-ABB4.B4?. (@/@\$. \$\*,4\*?4.42,\*+%4 I @#\$4



c^ P ]T f Rd[cdaT P]S STeT[^\_X]V P Rd[cdaP[ XST]cXch #8W \ PS&Ic^dc " EPcW% +)\*,4 IWPaxUU% +))2\$' JWT sabc PdcW^a  
b^dVWc c^ \_a^eXST P bPUT \_[PRT U^a cWT I^dcW 8bXP] Vxa[b c^ Tg\_[^aT cWTbT XbbdTb ^U PRRd[cdaPcX^] P]S XST]cXch' IWT  
\_aTbT]cTS c^\_XRb Pc TPRW bTbbX^] STbXV]TS c^ T]R^daPVT cWxb Tg\_[^aPcX^]'

JWT sabc PdcW^arb P\_\_a^PRW c^ R^d]bT[X]V cWxb Va^d\_ f Pb X]cTVaPcXeT4 bWT Q^aa^ f TS R^]RT\_cb Ua^ \  
,A/. \$@\*- ./N(+/\$+, ./4\$#A\*,M4.B4 I A//4.B4G+/\$@(+/\$+, ./4(\*+ -BA/@ -204KA/. \$@\*- ./N(+/\$+, ./4\$#A\*,M4@B41 .BA=4\* -4\$#A4@=A.4  
cWPc \_bhrW^[^VXRp[ Va^ f cW cPZTb \_[PRT X] cWT R^]cTgc ^U aT[PcX^]bWx\_b RWPaPRcTxiTS Qh T \ \_PcWh \ dcdP[Xch P]S  
T \ \_^ f Ta \ T]c #: ^ \ bc^RZ Tc P[% +))14 A^aSP]%)\$' Dd[cXRd[cdaP[ R^d]bT[^ab P[b^ \_a^ \ ^cT T \ \_^ f Ta \ T]c 1M4  
WT[\_X]V R[XT]cb STeT[^\_ bcaPcTVXTb U^a TgTaRXbX]V R^]ca^[ X] cWTxa [XeTb #: aTcWPa% HXeTaP% " EPbW% +))14 J^ \_^aTZ%  
CT f Xb% " : aTcWPa% +))2\$' 9PbTS ^] cWTbT R^]RT\_cb% cWT sabc PdcW^arb V^P[ f Pb c^ \_a^eXST P bPUT b\_PRT X] f WXRW  
\$#A4F\*+\$#4>B@. -42@,/B4(\*+/=41+@/=4G+\$+ ./M4B+%\*,\$@CA4,A/. \$@\*- B#%B4. -=4 I #A,A4B#A4(\*+/=4#A/%4%, \*G\*\$A4\$#A42@,/B[4  
bT[U&R^]sST]RT Pb I^dcW 8bXP] UT \ P[Tb'

4444>/B\*42+@=@-24F\*+ \$#4>B@. -4/@?AB\$M/A4@B4(\*//A(\$@C@BG04F\*+ \$#4>B@. -42@,/B4.,A4\$. +2# \$4\$\*4,AB%A(\$4\$#A4@G%\*, \$. -(A4

@] PSSXcX^ c^ cWTbT X]cTa]P[ bcadVV[Tb% PccT \\_cX]V c^ sc X]c^ P \ PX]bcaTP \ 8 \ TaXRP] bRW^^[ ^UcT] R^ \ Tb f XcW \*\$#A,4(\*B\$B4?\* ,4.4F\*+\$#4>B@. -42@,/049A( .+BA4\*?4\$#A4=?A,A-(AB41A\$ I AA-4OAB\$A, -4. -=4F\*+\$#4>B@. -4\$, .=@\$@\* - ./4C./+A4 bhbcT \ b% PS^[TbRT]RT RP] QT P SXUsRd[c cX \ T U^a I^dcW 8bXP] X \ \ XVaP]c UP \ X[XTb #HP]VP]PcW " HP]VP]PcW% \*220\$' 8] TgPRTaQPcX]V UPRc^a Q^a]T ^dc X] aTbTPaRW Xb cWPc oRWX[Sat] ^U X \ \ XVaP]cb PSP\_c \ ^aT `dXRZ[h c^ cWT ]T f Rd[cdaT cWP] S^ cWTXa \_PaT]cbp #=PaeTa Tc P[% +) +% \_' \*,\$' JWBtT RxaRd \ bcP]RTb RP] RaTPcT R^] tXRcb f XcW % . ,A-\$B4. ,\*+ -=4@BB+AB4B+(#4. B4(#\*@(A4\*?4?,@A-=B#%B;4=. \$@-24. -=4A=+(. \$@\*-04F\*+\$#4>B@. -4@GG@2. . -\$42@,/B4G.M4 ^QbTaeT cWTXa \ PX]bcaTP \ 8 \ TaXRP] \_TTab WPeX]V SXUUTaT]c PS^[TbRT]c Tg\_TaXT]RTb #T'V% b\_T]SX]V cX \ T f XcW Q^hb\$ P]S \ Ph f P]c^ WPeT cWT bP \ T Tg\_TaXT]RTb' @] S^X]V b^% ^a TeT] R^]bXSTaX]V S^X]V b^% cWTh \ Ph STP[ f XcW P]gXTch P]S WT[\_Tbb]Tbb Pb f T[[ Pb UTPab ^U \_PaT]cb s ]SX]V ^dc' 8[cW^dVW cWT Vxa[br SX[T \ \ Pb f TaT bX \ X[Pa c^ cW^bT X] cWT sabc PdcW^arb Tg\_TaXT]RT Pb P] PS^[TbRT]c% bWT f Pb ]^]\_[dbbTS Pc cX \ Tb Qh cWT ST\_cW ^U cWT bcadVV[Tb ^U cWT sabc&VT]TaPcX^] Vxa[b X] ]TV^cXPcX]V cWT c f ^ Rd[cdaTb' 8b P bTR^]S&VT]TaPcX^] I^dcW 8bXP]% cWT sabc PdcW^a f Pb Q^a] P]S aPXbTS X] C^]S^]' @] R^]caPbc% \ P]h ^U cWTbT Vxa[b f TaT Q^a] X] cWTXa W^ \ T R^d]caXTb P]S X \ \ XVaPcTS c^ cWT K]XcTS IcPcTb% b^ \ T ^U cWT \ Pb cTT]PVTab' JWdb cWT sabc PdcW^a f Pb b^ \ TcX \ Tb RWP[[T]VTS

\*?41A. +\$M4\$#. \$4=@??A,4?, \*G4OAB\$A, -41A. +\$M4@=A./B4@B4#A/%?+/4?\* ,4M\*+ - 24F\*+\$#4>B@. -4?AG./AB[4BA/?N@G.2A04

(\*+-BA/\*,[B4.1@/SM4\$\*4AG%/\*M4(+/\$+,./M4.%%,\*%,@.SA4#A/%@-24BH@//B4.-=4@-\$A,CA-\$@\*-B04:\*+-BA/\*,B4G+BS4%.@,4\$#ABA4  
BH@//B4.-=4@-\$A,CA-\$@\*-B4I@\$#4H-\*I/A=2A4\*?4\$\*%@(B4\$#. \$4.,A4,A/AC.-\$4\$\*4\$#A4%.,\$@(+/. ,4M\*+\$#4\$#AM4.,A4BA,C@-204







4444> -4@G%\*,\$. - \$4=@B(+BB@\*-4G.M4@-C\*/CA4=@B@\*-4G.H@-24.,\*+--=41A#.C@\*,B4\$#. \$4=@CA,2A4?,\*G4##GA4(+/\$+,. /4  
] ^a \ b% QTRPdbT I^dcW 8bXP] h^dcW \ Ph RW^^bT c^ STeXPcT Ua^ \ \_PaT]cP[ P]S Rd[cdaP[ Tg\_TRcPcX^]b X] b\_XcT ^U  
cWT R^]bT`dT]RTb^ JWT R^d]bT[^arb aTb\_^]bXQX[Xch Xb c^ WT[\_ Vxa[b Tg\_[^aT cWT \_a^b P]S R^]b ^U \_dabdx]V cWTxa  
\_Tab^]P[ WP\_X]Tbb Pc cWT Tg\_T]bT ^U cWTxa \_PaT]cbr f XbWTb ^a ST \ P]Sb #ITVP[% \*22\*\$' =^a TgP \ \_[T% XU cWT c^\_XR ^U  
SPcX]V #P] PaTP ^U R^] tXRc QTc f TT] W^ \ T P]S bRW^^[ Rd[cdaT\$ PaXbTb% cWT R^d]bT[^a \ dbc WT[\_ Vxa[b Tg\_[^aT f WPc  
@4GA. -B4\*\$4\$AG4\$\*4=. \$A;4\$#A@,4.A.B\*-B4?\*,4 I . -\$@-24\$\*4=. \$A;4. -=4@?4\$#AM4. ,A4=. \$@-2;4@BB+AB4,A/. \$A=4\$\*4=. \$@-24 I @\$#\*+\$4  
?. G@/M4%A,G@BB@\*-04

K. (@BG4@B4. -4@G%\*,\$. -\$4\$\*%@(4?\*,4F\*+##4>B@. -4@GG@2,. - \$B;4AB%A(@. //M4=+A4\$\*4\$#A4@G%. (\$4  
^U cWT M^a[S JaPST : T]cTa PccPRZb ^] IT\_cT \ QTa \*\*\* +) ) \* #2(\*\*\$' @] cWT PUcTa \ PcW ^U 2(\*\*\* P R[X \ PcT ^U aPRXP[  
\_a^s[X]V T \ TaVTS X] cWT K]XcTS IcPcTb% P]S I^dcW 8bXP]b WPeT QTT] bdQYTRcTS c^ \_aTydSXRXp[ PccXcdStb PUUTRcX]V  
Q^cW \_Tab^]P[ Pdc^] ^ \ h P]S Va^d\_XST]cXch #@] \ P] % NTW% DPSP]&9PWT[% " EPcW% +) ) OS' @] cWT sabc PdcW^arb  
Tg\_TaX]RT% Pb f T[[ Pb cWPc ^U \ P]h ^U WTa I^dcW 8bXP] R^[[TPVdTb% aPRXP[ \_a^s[X]V Xb ] ^c d]R^ \ \ ^] f WT]  
caPeT[X]V% TeT] U^a \_a^UTbbX^]P[ f ^ \ T]' @c P[b^ Xb ] ^c Pch\_XRP[ U^a I^dcW 8bXP]b c^ Tg\_TaX]RT \ XRa^PVVaTbbX^]b  
B+(#4.B41A@-24B\$. ,A=4. \$4\*,4. BHA=4%A,B\*- . /4R+ABS@\*-B4. 1\*+\$4A\$#-@(\$M41M4B\$, . -2A,B04K. (@BG4#. B4)BM(#\*/2@(. /4  
X \ \_PRcb #8bcT[[&9dac% DPh]PaS% CT]VdTaaP]S% " ?PaSX]V% +) ) \*+\$ P]S P[b^ RP] RaTPcT UTPa' I^dcW 8bXP]b fTPaX]V  
\$, . =@S@\*- . /4=,ABB4G.M41A4B+1)A(\$A=4\$\*4- . GA4( . // @-2;4. ( @. /4B/+,B4. -=4ACA-4%#MB@(. /4C@\*/A- (A04>=\* /AB(A-\$B4 I @#\$4  
f W^ \ cWT sabc PdcW^a Wpb f ^aZTS aT\_ ^ac Tg\_TaX]RX]V cTPbX]V ^a Qd[[hX]V Pc bRW^^[ Pb f T[[ Pb ^cWTA U^a \ b ^U  
aPRXb \ f WT] f P[X]V f XcW P UP \ X[h \ T \ QTa fTPaX]V caPSXcX^]P[ SaTbb #T'V%' WTPSbRPaeTb% cdaQP]b\$' @] P bcdSh  
^U I^dcW 8bXP] f ^ \ T] X] : P]PSP% 9TWPaaH P]S : a^iXta #+) ) 1\$ U^d]S cWPc aPRXb \ X] h^dcW WPS P \ ^aT \ PaZTS  
TUUTRc ^] bT[U&TbcTT \ P]S bT[U&TUsRPRh cWP] cWPc X] PSd[cW^^S' D^aT^eTa% b^RXp[ bd\_ ^ac ]Tc f ^aZb f TaT RaXcXRP[ X]  
WT\_X]V f ^ \ T] PSSaTbb ]TVPcXcT Tg\_TaX]RTb^ 8 R^d]bT[X]V Va^d\_ ^UUTab P\_b\_PRT U^a I^dcW 8bXP] Vxa[b c^ bWPaT  
cWTxa Tg\_TaX]RTb% Tg\_aTbb cWTxa UTPab P]S STeXbT f Phb ^U R^\_X]V f XcW aPRXb \ X] P bd\_ ^acXcT T]eXa^] \ T]c'

JWT ^]T RWP[[T]VT cWPc T[dSTS cWT sabc PdcW^a SdaX]V WTa aTRadXc \ T]c ^U I^dcW 8bXP] PS^[TbRT]cb f Pb W^ f  
\$\*4GAAS\$#A4-AA=B4\*?41 \*MB04>/\$#\*+2#4@4G. =A4BA-BA41A( . +BA4\*?42A -=A,4, \*/AB4\$\*4#. CA4. -4. /N2@, /42, \*+%;4B#A4. /B\*4  
,A(\*2-@LA=4\$#A4-AA=4\$\*4. ==,ABB4@BB+AB4?\*,4F\*+##4>B@. -41\*MB04 O#A-4\$#A42@, /B[42, \*+%4\$A, G@- . \$A=;4B#A4#A/%A=4\$#AG4  
?\* ,G4. 4F\*+\$#4>B@. -4BS+=A-\$4(/+14 I @S#@-4\$#A4B(#\*\*/04> //4\$#A42@, /B4?, \*G4\$#A42, \*+%4 I A, A4GAG1A, B4\*?4\$#A4 I @=A,4  
F\*+\$#4>B@. -4(/+1;41+\$4@-4. ==@S@\*-4\$\*42@, /B;4. 4-+G1A, 4\*?4F\*+##4>B@. -41\*MB4)\*@-A=04D#A4(\*B%\*-B\*, 4\*?4\$#A4F\*+##4  
>B@. -4(/+14@B4. 4G. /A4\$A. (#A, 4 I #\*;4. /\$#\*+2#4-\*\$F\*+\$#4>B@. -;4@B4X. \$@- \*4. -=4 I A /N/@HA=4. -=4, AB%A(\$A=41M4B\$+=A-\$B;4  
X]R[dSX]V I^dcW 8bXP]b' @] PSSXcX^] c^ s]SX]V f Phb c^ d]XcT cWT Va^d\_ cWT R^b\_^]b^a P]S cWT sabc PdcW^a WPPhb a\_T]

# C c

4444D#A,A4@B4.4-AA=4?\*,4,ABA.,(#4?\*(+B@-24\*-4F\*+ \$#4>B@.-4>GA,@(. -4?. G@/AB4.-=4.4?+,\$#A,4-AA=4?\*,4,ABA.,(#4  
 U^RdbTS b\_TRXsRP[[h ^] cWT XbbdTb ^U I^dcW 8bXP] X \ \XVaP]c h^dcW' 8b cWT \_^\_d[PcX^] ^U I^dcW 8bXP] X \ \XVaP]c  
 M\*+ \$#4@-4E0F04(\*GG+-@S@AB4.-=4B(#\*\*/B4@-(,A.BAB;4@S4@B4(,@S@(. /4\$\*4+-=A,B\$. -=4\$#A4+-@R+A4-AA=B4\*?4\$#ABA4M\*+ \$#4  
 I #\*4.,A4/A.,-@-24\$\*4?\*,2A4.-4@=A-\$@SM41.BA=4\*-4\$#A@,4#\*GA4(+/\$+,AB4.-=4G.@-B\$,A.G4>GA,@(. -4(+/\$+,A049A(. +BA4  
 cWTaT PaT SXUUTaT]RTb X] cWT K'I' R^ \ \ d]XcXtb X] f WXRW I^dcW 8bXP]b [XeT% aTbTPaRWTab P[b^ \ dbc Tg\_[^aT cWT  
 =@??A,A-(AB4@-4@=A-\$@SM4=ACA/%GA-\$4\*?4F\*+ \$#4>B@.-4@GG@2,. -\$4M\*+ \$#4/@C@-24(/\*BA4\$\*4.4F\*+ \$#4>B@.-4(\*GG+-@SM4  
 eTabdb cW^bT f W^ [XeT X] P WTeTa^VT]T^db #]^]&I^dcW 8bXP]\$ T]eXa^ \ T]c' K]STabcP]SX]V cWT I^dcW 8bXP]  
 Tg\_TaXT]RT X] cWT K]XcTS IcPcTb f X[[ \_PeT cWT f Ph U^a STeT[^\_X]V Rd[cdaP[[h P\_\_a^\_aXpCt X]cTaeT]cX^]b U^a  
 I \*,H@-24 I @S#4F\*+ \$#4>B@.-4@GG@2,. -\$4M\*+ \$#4

4444\_,\* I @-24=@CA,B@SM4@-4>GA,@(. -4B(#\*\*/B4=AG.-=B\$#. \$4(\*+-BA/\* ,B4=ACA/\*%4(+/\$+,./M4.%%,\*,@.\$A4B\$,.\$A2@AB4  
 ?\*,4 I \*,H@-24 I @S#4M\*+ \$#4?,\*G4.4 I @=A4C.,@SM4\*?4(+/\$+,AB;4@-(/+=@-24\$#\*BA4@-=@C@=+./B4 I #\*4(\*GA4?,\*G4@GG@2,. -\$4  
 ?. G@/AB04D\*=.M[B4@GG@2,. -\$4?. G@/AB4B\$,+22/A4 I @S#4(+/\$+,./4=@??A,A-(AB;4.(@BG4.-=4\*%%,ABB@\*-4\*?4A.,/A,4  
 VT]TaPcX^]b% Qdc S^ b^ X] cWT R^]cTgc ^U TPbXTa PRRTbb c^ caP]bPc[P]cXR caPeT[ P]S V[^QP[ R^ \ \ d]XRPcX^]  
 cTRW]^[^Vh #9WPcXP " HP \ % +) )-\$' GaPRcXRP[[h b\_TPZX]V] cWTbT R[^bTa UP \ X[h R^] ]TRcX^]b f XcW cWT W^ \ T R^d]cah

8bcT[[&9dac% J'% DPh]PaS% D' A% CT]VdTaaP]S% <'% " ?PaSx]V% I' #+)\*+\$' HPRxb \ % TcW]XR ST]bxch P]S \_bhRW^[^VxRP[ f T[[&  
 1A@-24\$#, \*+2#4. =\*/AB(A- (A&4YC@=A- (A4?, \*G4\$#A4=ASA, G@- . -SB4\*?4. =\*/AB(A-\$4B\*(@./4 I A/N1A@-24. -=4#A./\$#4/\*-2@ \$+=@- ./4  
 B\$+=M04 ; % 0\*m10' S^X3\*)'\*)1)(\* , . .01.1'+)\*\*'/-.\*. ,  
 8cZx]b^] % ; ' H' #+))-\$' #/cW TS'\$' 9^bc^] % D 83 DR>aP f & ? X[[  
 8hhdQ% H' #+))\$' ; ^ \ TbcXR eX^[T]RT X] cWT I^dcW 8bXP] X \ \XVaP]c \_^\_d[PcX^] X] cWT K]XcTS IcPcTb'  
 ; % +,Om+-1' S^X3\*)'\*)+, (83\*)2- \*+\*\*2)\* /  
 9P]TaYTT% E' % BPX\_P% I' % " Id]SPaP[X]VP \ % G' #<Sb'\$' #+)\*\$'



