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# Crossing the Border: Improving Therapeutic Relationships between First Generation Mexican Americans and Western Health Providers

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## **Crossing the Border: Improving Therapeutic Relationships between First Generation Mexican Americans and Western Health Providers**

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In health care, the needs of the patient are always first and determine the course of patient care. Due to the strong presence of Mexican Americans in the United States, and consequently the nation's hospitals, their expectations may be influenced by cultural norms. The aim of this presentation is to give health care providers the information they need to deal with Mexican cultural norms, traditional Mexican folk remedies, and general preexisting notions about Western health care. This information is necessary to create patient-client trust and, subsequently, a therapeutic relationship between patient and practitioner.

*Information about the Author:*

Meg is a junior nursing major with a Spanish minor. She has spent 10 weeks volunteering at the YMCA in Chile and is currently working the Gloria Dei as a tutor and ESL teacher.

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