International Migrants in Counseling Literature:
A 36-Year Content Analysis (1988-2023)

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Abstract

With the increasing number of international migrants worldwide and the emphasis on multicultural counseling competence and social justice, counseling professionals must learn more about how to work with this population. To address this need, we conducted a 36-year (1988-2023) content analysis of counseling literature focused on international migrants (i.e., immigrants and refugees) in 21 American Counseling Association-Affiliated Journals. Our analysis of 80 related journal articles aimed to explore publication trends, researched topics, and research methods related to this population, offering implications for counselors, researchers, and the counseling profession. The study underscored the significance of culturally sensitive counseling for international migrants, highlighting the necessity for advocacy efforts in the counseling profession to support the mental health needs of international migrants. We recommended that counselors remain informed about research and utilize digital and interdisciplinary approaches to enhance their support of international migrants.

Keywords: international migrants, immigrants, refugees, multicultural counseling competence, content analysis

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An international migrant (IM) is "any person who has changed his or her country of residence. This includes all migrants, regardless of their legal status, or the nature, or motive of their movement" (United Nations; UN, n.d.). This definition delineates the diversity in IMs, encompassing all individuals who have made the significant transition to a new country, including both voluntary immigrants and refugees. Refugees, distinct from voluntary immigrants, are individuals seeking international protection due to reasons such as "feared persecution, conflict, generalized violence, or other circumstances that have seriously disturbed public order" (UN, n.d.). According to the latest data from the International Organization for Migration (IOM), in 2020, there were 281 million IMs worldwide. Despite comprising only 3.6% of the global population, IMs have steadily increased over the last five decades (IOM, 2022).

Similarly, based on the United States (U.S.) Census Bureau's American Community Survey (ACS) in 2022, the foreign-born population in the U.S. totaled approximately 47.9 million, representing roughly 13.9% of the entire population (ACS, 2022). Specifically, Latinx American and Caribbean migrants (e.g., Mexican) continued to constitute a significant portion (around 25%) of the IM population, while Asian immigrants represented the fastest-growing racial or ethnic group. European migration remained a factor, albeit with declining proportions compared to previous decades (Pew Research Center, 2020). Moreover, unauthorized immigrants comprised almost a quarter of the U.S. IMs in 2017. About 30,000 refugees were resettled in the U.S., approximately half from the Democratic Republic of Congo (Pew Research Center, 2020). With the increasing number and diversity of IMs worldwide and in the U.S., it is crucial for counselors and other mental health professionals to develop a comprehensive understanding of this population.

The counseling profession has a long history of working with and advocating for social justice concerning minority populations, including IMs (Ratts et al., 2016). For instance, the American Counseling Association (ACA) adopted the Multicultural Counseling and Social Justice Competence (MCSJC) framework, which requires each counseling professional to be equipped with awareness, knowledge, skills, and advocacy for the population they work with, especially individuals who are minorities (Ratts et al., 2016). IMs are often challenged by social injustices, such as restricted access to healthcare (Lindvall et al., 2020), encounters with discrimination and hate crimes (Gray et al., 2015), and the impact of their migration status (Enriquez et al., 2018). The advocacy role undertaken by counseling professionals is paramount in this context. Therefore, our study aimed to provide an overview of research about IMs for counselors and other mental health professionals using a content analysis of IMs in the counseling literature from 1988 to 2023. The study's implications can be applied to practice, research, and advocacy involving IMs.

IMs' Contributions and Relocation Reasons

Despite the social injustices they may experience, IMs have made myriad contributions to their host countries. These contributions span a broad spectrum of social, economic, and cultural dimensions. Socially, IMs play a pivotal role in national population growth dynamics. Infusing a large immigrant population has been reported as an effective strategy for resolving depopulation problems in large cities (Bayona-i-Carrasco & Gil-Alonso, 2013). Economically, IMs provide labor with lower wage expectations than native populations, filling employment gaps and offering cost-effective labor (Edo, 2019). Also, the influx of IMs has injected vitality into entrepreneurship and innovation. In the U.S., for instance, immigrants comprised 16% of the inventor population but generated 23% of the nation's total innovation output (Bernstein et al., 2022). IMs' willingness to work with international inventors and engage in foreign markets has expedited the introduction and spread of cutting-edge technologies (Bernstein et al., 2022). In addition, although a rise in diversity might pose challenges to social cohesion, the cultural variety brought by IMs typically has exerted a positive effect on economic development

(Bove & Elia, 2017). Given the continuous growth in the number of IMs and their significant contributions to their host countries, it is imperative to explore various factors related to IMs.

Ravenstein (1885) stated that migration could be prompted by adverse conditions or "push factors" in the migrants' home regions and "pull factors" in the destination regions or countries. The "push factors" are conditions that force or compel individuals to leave their place of origin, including economic hardship, political instability, religious persecution, and conflict. In contrast, "pull factors" are the favorable conditions and attractions of the destination regions or countries that draw migrants toward them, including the promise of better job opportunities, higher wages, political stability, family reunification, educational prospects, and improved living standards (Ravenstein, 1885). However, IMs may encounter numerous challenges when they move to their host countries.

Challenges Faced by IMs

Enormous challenges that IMs have faced include financial strains (Parutis, 2011), difficulty related to social integration (Lyons-Padilla et al., 2015), mental health hurdles (Hasanović et al., 2020), limited healthcare access (Lindvall et al., 2020), experiencing discrimination and hate crimes (Gray et al., 2015), and the influence of migration status (Enriquez et al., 2018). IMs have frequently struggled with economic difficulties, particularly unemployment or low-wage employment, with many facing low employment rates (Correa-Velez et al., 2013). Many IMs have reported challenges obtaining foreign credentials or skills (Correa-Velez et al., 2013) and finding well-paid jobs or jobs related to their field of expertise (Parutis, 2011), which constrains their financial ability.

IMs have also faced challenges related to social integration, such as acculturation stress (Berry, 2005). According to Silva et al. (2017), people under acculturative stress frequently experience feelings of melancholy, hopelessness, and excessive concern. Further, while they attempt to acculturate into the new culture, some IMs experience a loss or fragmentation of their previous cultural identity (Lyons-Padilla et al., 2015). Acculturation stress might negatively impact IMs' mental health status (Hasanović et al., 2020; Xiong & Zhou, 2018). However, this group's mental health hurdles extend beyond acculturation stress.

The mental health of IMs has been affected by pre-migration trauma, post-migration stressors, and long-term adjustment difficulties (Sangalang et al., 2019). For instance, Bustamante et al. (2017) stated that many refugees had traumatic experiences in their original countries, including natural catastrophes, violence, persecution, and war. Post-traumatic stress disorder (PTSD), typified by intrusive memories, flashbacks, hypervigilance, and avoidance behaviors, might result from these stressful experiences (Kazour et al., 2017). Moreover, the stress of migration, including issues with language, acculturation, prejudice, and social isolation, might cause depression and other anxiety disorders in migrants (Hasanović et al., 2020).

IMs' health challenges are exacerbated by barriers to accessing healthcare, ranging from economic constraints to cultural and linguistic misunderstandings with healthcare providers (Derr, 2016). Weak social support networks worsen these difficulties due to relocation and lacking community ties. As a result, many IMs receive inadequate health care (Lindvall et al., 2020). Researchers (e.g., Memon et al., 2016) have noted that cultural stigma related to mental health disorders, self-reliance ideas, and worries about privacy and faith in healthcare systems contribute to IMs' hesitation to seek professional assistance. Cultural norms and beliefs might affect how mental health issues are perceived by people in general, which could affect how willing they are to seek professional mental health care (Corrigan et al., 2014).

Racial and societal discrimination also challenge IMs in different contexts. Prejudice and discrimination towards IMs and the effects of these unfavorable attitudes and actions have harmed their physical and mental health (Esses, 2021). The intersectionality among the identities of the IMs might make the situation worse. For example, IMs who identified with the LGBTQ+ population were more vulnerable to social exclusion, stigma, and mental health problems such as trauma, depression, and anxiety (Gray et al. 2015).

IMs might experience stress based on their immigration status. Undocumented immigrants might face unique challenges, including limited employment opportunities (Vieira, 2016), fear of deportation, and ineligibility for certain services (Hacker et al., 2015), leading to chronic stress and mental health issues (Enriquez et al., 2018). Policies like language testing for IMs might marginalize those with limited formal education (Cummins, 2015). Consequently, the absence of immigration documents might hinder IMs' ability to integrate into society, create obstacles to their professional and personal development, and perpetuate the harmful cycle of their social marginalization and economic instability.

Helpful Resources and Strategies for IMs

Despite many challenges, IMs utilize various resources and strategies to cope with obstacles. For example, social support networks in ethnic communities and religious institutions serve as crucial coping mechanisms, helping IMs navigate the healthcare system and other aspects of integration (Kivisto, 2014). According to Kivisto (2014), religion and faith provide comfort and practical assistance, serving as a crucial part of the coping strategies for several IM communities. IMs also employ various personal strategies, such as cognitive reframing and behavioral adaptability, often rooted in cultural pride and ancestral heritage, to foster resilience in the face of adversity (Schwartz et al., 2014). Education has also been a pivotal tool for IMs, offering academic advancement and serving as a coping mechanism in a new environment. Crul and colleagues (2017) proposed a multiplier effect whereby the children of low-education migrants actively pursued educational qualifications to improve their knowledge and skills, access better opportunities, and improve their socio-economic status.

Counseling could be another useful resource to help IMs navigate challenges and adjustments. Despite various barriers to accessing counseling resources among IMs, research has indicated the benefits of counseling for IMs, including promoting their mental health (Sue et al., 2022), facilitating the acculturation process (Atiyeh et al., 2020), addressing their cultural identity issues (Ibrahim & Heuer, 2016), and enhancing their overall adjustment and integration (Sue et al., 2022). Given the benefits of counseling, it is essential to review how counseling professionals have worked with IMs.

Counseling Profession and IMs

The counseling profession has historically responded to IMs' unique needs and challenges through various approaches. Counselors have increasingly recognized the importance of cultural sensitivity and competence when working with IMs (Chung et al., 2011). Counselors and researchers have also worked to understand the cultural backgrounds, values, beliefs, and traditions of IMs to provide culturally responsive counseling services, including acknowledging the impact of acculturation, language barriers, and cultural adjustment stressors on the mental health and well-being of IMs (ACA, 2014). Moreover, counselors have employed trauma-informed approaches to address the mental health needs of IMs, recognizing the impact of past experiences on their present-day well-being (Figley, 2012).

Counselors have also worked to empower IMs by fostering their resilience, self-efficacy, and coping skills. These efforts might involve strength-based approaches drawing on the assets in IM communities, supporting IMs in navigating challenges, building social support networks, and accessing resources to promote their well-being and integration (Ungar, 2012).

In addition, counseling professionals have played a vital role in advocating for the rights and well-being of IMs through advocacy efforts to address systemic barriers, discrimination, and inequalities (Ratts et al., 2016). IMs have often been marginalized from mainstream society with unequal treatment (Lyons-Padilla et al., 2015). For example, the Chinese Exclusion Act, enacted in 1882, prohibited all immigration of Chinese laborers for a decade (Lee, 2002). More recently, a Florida law now bars individuals from several countries (i.e., China, Cuba, Venezuela, Syria, Iran, Russia, and North Korea) from purchasing real estate in that state (Wiessner, 2024). In the U.S., negative political rhetoric and an unfavorable portrayal of IMs in the media have significantly influenced public perceptions of IMs, bolstering a climate of hostility and discrimination (Durand & Massey, 2019). This

climate is exemplified by the consistent rise in anti-Latinx and anti-Asian hate crimes in the top ten U.S. cities in recent years (Levin et al., 2022). The connection between immigration policies and practices and IMs' well-being is evident. The advocacy role of counseling professionals is critical in this regard. Counselors can play a crucial role as flag-bearers for policy change, working to protect IMs' rights and well-being, including comprehensive immigration reform and measures to address systemic barriers (ACA, 2014).

Purpose of the Study

In summary, the literature highlights IMs' contributions to the U.S. and their many challenges. Counseling emerges as a potentially valuable resource, among others, to aid IMs in navigating these challenges. However, a systematic review of the research on IMs in the counseling profession remains notably absent (Yoon et al., 2023). Such a review could serve the pivotal function of indexing past accomplishments, evaluating the strengths and weaknesses in the field, and directing future research, practice, and advocacy efforts (Yoon et al., 2023) linked with IMs. Therefore, this review aimed to synthesize and evaluate previous research about IMs in the counseling profession and offer implications for research, practice, and advocacy in the field. To achieve this aim, we utilized a content analysis method. Specifically, we analyzed published articles that investigated IMs in 21 ACA-affiliated journals listed on the ACA website.

The research questions that guided our study were as follows. (1) What are the publication trends (i.e., journals and published years) when studying IMs in the professional counseling literature? (2) What topics have been explored regarding IMs in the professional counseling literature? (3) What research methods have been used when studying IMs in the professional counseling literature?

Methods

A qualitative content analysis (QCA; Schreier, 2012) was conducted to examine the research about IMs in professional counseling journals affiliated with ACA. Content analysis systematically examines existing communication and literature on a given topic (Schreier, 2012). Therefore, it was an appropriate method to use in the current study. In the counseling field, content analysis has been utilized to explore the research and publication trends on certain topics, including wellness and well-being (Nice et al., 2023), counseling military populations (Prosek & Burgin, 2020), and social justice outcomes in counseling (Clark et al., 2022).

Research Team

The research team consisted of an associate professor in a Clinical Mental Health Counseling program and two students in Educational Studies. The associate professor identified as a cis-gender female faculty member; she came from China and had gone through the immigration process. Being in the U.S. for more than ten years, she has experienced and witnessed the challenges IMs face, which helped her become an advocate for IMs in various settings. One student identified as a cis-gender female, and the other identified as a cis-gender male. They were both international students on temporary visas from China. The female student came to the U.S. for her master's degree. In less than two years, she experienced the transition from being a student to an employee. Currently, she is attempting to obtain a work visa, a challenge faced by most IMs; this allowed her to better understand the situation of IMs. The male student has completed both a bachelor's and a master's degree in the U.S. He witnessed the despair of some immigrant students during the 2019 pandemic and has volunteered in local educational settings. His experience as an international student led to his research interest in exploring IMs' challenges and supporting this population.

To minimize the influences of the researchers' assumptions and biases, the research team held regular meetings led by the first author and kept journals to process the assumptions and biases. Some shared assumptions and biases about IMs reported by the team included: (1) IMs could experience challenges during the immigration process, (2) IMs could receive unequal treatment based on immigration status, and (3) it is critical to apply a strength-based approach when working with IMs. It was an emotional process for the researchers to process these

assumptions and biases as they were related to their personal experiences. However, the process was helpful for the researchers to stay objective and neutral during the course of the entire project. Despite these efforts, our assumptions and biases may still have influenced the research process, including how we interpreted the research articles we included and the codebook we developed.

The two student team members received a three-day training on content analysis led by the first author. The training included a definition of content analysis, instruction on conducting content analysis in the counseling profession, and practicing content analysis with an example article written by Clark and colleagues (2022). The students also were required to read chapters in Schreier's (2012) book on content analysis.

Procedure

When conducting the research, we followed the steps recommended by Schreier (2012): (1) selecting research materials, (2) developing a tentative coding frame, (3) pilot coding, (4) adjusting the coding frame as needed, (5) coding all research materials, and (6) analyzing, interoperating, and presenting the results. After obtaining the list of the 21 ACA-affiliated journals, the first author identified the publishers of the journals. She then used "immigr*" or "refugees" or "migra*" as keywords and restricted the journals to the ACA-affiliated journals on the publishers' website to search for targeted articles. For example, Counseling Outcome Research and Evaluation, the Family Journal, and Rehabilitation Counseling Bulletin were published by Sage Publications. The first author restricted the search field to those three journals and used the above keywords to search on the Sage website. The Journal of Military and Government Counseling and the Journal for Social Action in Counseling and Psychology were not associated with a publisher but a university. The first author used the above keywords to identify articles for the Journal of Social Action in Counseling and Psychology. However, there was no search bar for the Journal of Military and Government website; therefore, we included all the articles from the Journal of Military and Government for screening. The initial search of all the targeted journals ended with 399 articles and entries.

All retrieved content was entered into Covidence, a website for screening articles. Two master's-level graduates in education screened the articles after being thoroughly trained in content analysis and screening criteria. The inclusion criteria for the articles were: (1) the topic focused on immigrants/refugees/IMs, (2) the article was published in ACA-affiliated counseling journals, and (3) the text was available on the internet or written in English. The exclusion criteria were: (1) the articles mentioned immigrants/refugees/migrants only in passing, (2) the articles were not published in the ACA-affiliated counseling journals, or (3) the text was not available on the internet or written in English. To ensure the precision of the coding process, two students examined each article. The articles were included or excluded for data analysis only if two students agreed that the article met or did not meet these criteria. When there was a conflict, a third student voted on the article to arrive at a final decision. This review process yielded 84 articles for data analysis. During our analysis, we excluded four more articles as two were published in 1985 and 1988, and we could not access them. The other two only mentioned IMs in passing. Therefore, our final data set included 80 journal articles. Table 4 presents all the articles included in the analysis.

Coding and Data Analysis

Following the data analysis steps Schreier (2012) recommended, the first author developed an initial coding framework based on the research questions. To maintain the accuracy of the coding process, all research team members coded the articles with two people coding the same article. The coding process was divided into three stages. For the initial stage, the research team first coded ten articles to see how the code frame worked and whether any revisions were needed. For the second stage, the research team coded 20 more articles to evaluate the updated code frame and see if further revision was needed. After two rounds of discussion and coding, the research team made revisions and formed a final code frame. For example, the research team first used resilience and trauma as one topic. After coding a few articles, the team separated them into two topics because resilience and trauma were different, with resilience a strength perspective and trauma a negative experience. Based on

the final code frame, all team members coded the rest of the articles and revised the previously coded articles. During the process, the research team held regular meetings to discuss the coding process to clarify and resolve any confusion. Moreover, we used Fleiss's K to measure interrater reliability to further check the coding accuracy, with 0.4-0.75 reflecting a moderate to good agreement (Scheier, 2012). The Fleiss's K in our study ranged from 0.5 - 0.65, indicating good agreement among the coders. For any disagreement on the codes, we held regular research meetings to discuss these disagreements until arriving at a consensus.

The final code frame included authors, publication years, journal names, population of focus (immigrants, refugees, both, or other), host country, country of origin, research methods (qualitative, quantitative, mixed method, and other), and topics of focus. The topics were categorized as (1) trauma, (2) resilience, (3) mental health status, needs, and characteristics, (4) career and identity development, (5) counseling strategies and counselor education strategies to prepare counseling students to work with immigrants, or (6) acculturation experience (see Table 1). The topics were decided based on the title, abstract, and main content of the articles.

Table 1

Operationalized Definition of Topics

| Topics	Operationalized Definition
Trauma	It included pre-migration trauma and trauma after their migration, such as discrimination in the host countries.
Resilience	It describes immigrants' inner strength in coping with adversity in their environment.
Mental health status, needs, and characteristics	It elaborates on IMs' mental health status, their mental health needs, and characteristics (e.g., coping strategies).
Career and Identity Development	It describes IMs' career development and their identity development.
Counseling strategies and counselor education strategies to prepare counseling students to work with immigrants	It includes counseling strategies to work efficiently with immigrants and counselor education strategies to prepare counseling students to work with immigrants.
Acculturation experience	It describes immigrants' acculturation experience to the host countries.

Results

Publication Patterns

The first article focusing on immigrants from the ACA-affiliated journals was published in 1988 in the Journal of Counseling and Development (JCD). Despite some increase in the number of annual publications in this population, the highest number of annual publications was six per year (see Figure 1). Among the journals that published on this topic, JCD published the most (n = 16, 19.8%), followed by both the Journal of Multicultural Counseling and Development (JMCD) (n = 13, 16%) and the Family Journal (n = 13, 16%) (see Table 2).

Research Methods

Regarding the research methods employed in the published articles, 60% featured empirical research (n = 48) involving data collection and analytical processes. The remaining articles (n = 32, 40%) did not present empirical research (n = 32, 40%). According to Woo et al. (2016), these documents could be considered non-research-oriented articles as they featured literature reviews, conceptual models, theories, or case studies. Among

Figure 1

The publication trends of published articles from 1988 to 2022
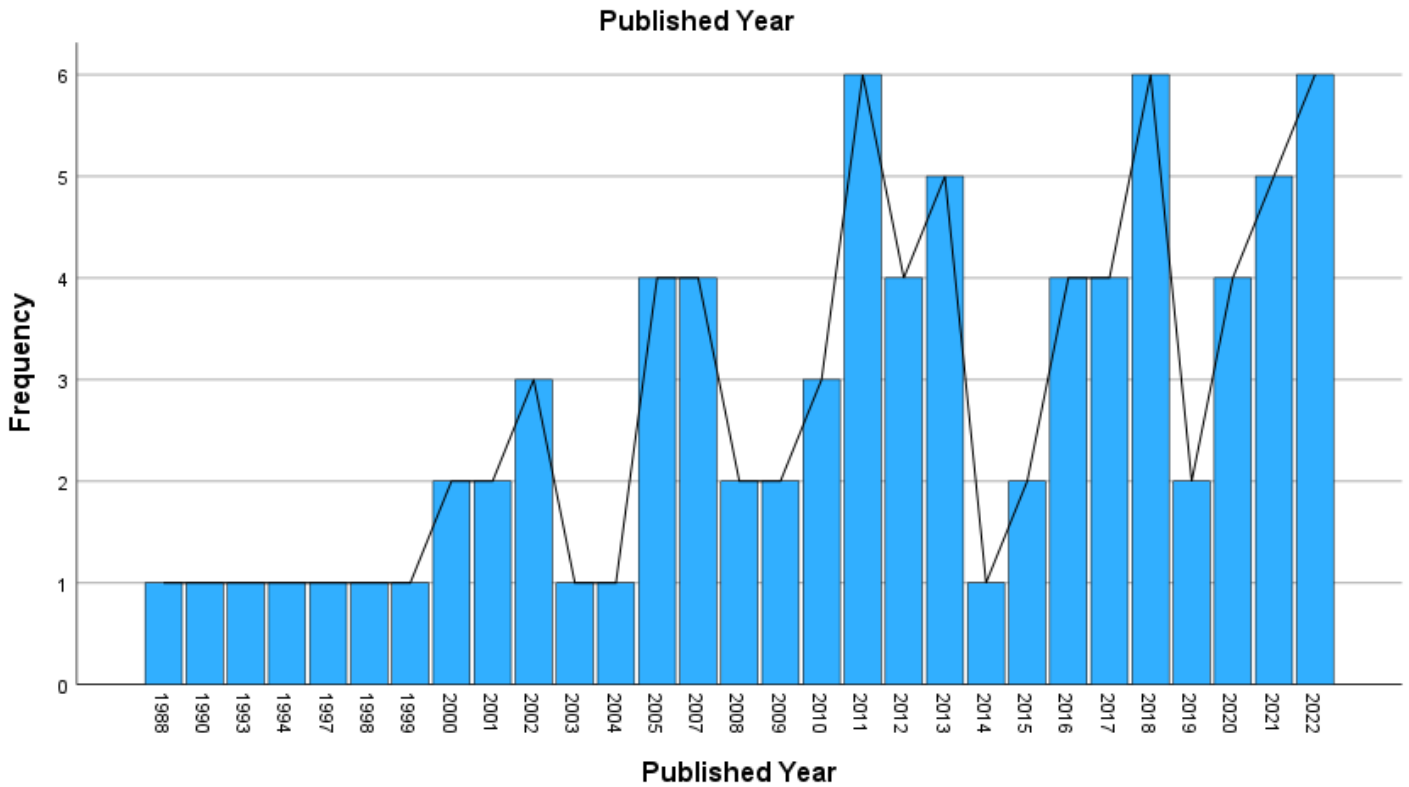
Among the empirical articles, most employed quantitative methods ($n = 26$, 54.17%), followed by qualitative methods ($n = 19$, 39.58%). Three studies (6.25%) used mixed methods.

The populations investigated in the empirical articles included both volunteer immigrants and refugees. Most of these articles focused on volunteer immigrants ($n = 41$,51.25%), while a few addressed refugees ($n = 28$,35%), and the rest discussed both immigrants and refugees ($n = 11$, 13.75%). The host countries included the U.S. ($n = 67$, 83.75%), Canada ($n = 5$, 6.25%), Australia ($n = 2$, 2.5%), South Korea ($n = 2$, 2.5%), Greece ($n = 1$,1.25%), Israel ($n = 1$, 1.25%), Jordan ($n = 1$, 1.25%), and an unspecified destination ($n = 1$, 1.25%). The countries of origin of the IMs varied, with China being mentioned the most ($n = 8$, 10%), Vietnam next ($n = 7$, 8.75%), Honduras third (n=6, 7.5%), and Mexico fourth ($n = 5$, 6.25%). The other countries of origins included Afghan, Arabia, Argentina, Australia, Bangladesh, Belarus, Bolivians, Bosnia, Cambodia, Canada, Chile, Colombia, Costa Rica, Cuba, the Dominican Republic, Ecuador, Egypt, El Salvador, Ethiopia, Ghana, Guatemala, Haiti, Herzegovina, India, Indonesia, Iran, Iraq, Japan, Laos, Lebanon, Liberia, Libya, Malaysia, Montagnard, Nicaragua, Nigeria, North Korea, Panamanians, Puerto Rico, Peru, Russia, Salvadora, Singapore, Somalia, South Korea, Sudan, Syria, Tunisia, Turkey, Bahamas, Uruguayan, Venezuelan, and Yemen. In most empirical articles, the participants were adults ($n = 31$, 38.75%), and a few included children or adolescents ($n = 13$, 16.25%). Six articles focused on immigrants who identified as LGBTQ+ group (7.5%).

Research Topics

Regarding the research topics explored, thirteen articles addressed two topics, and two focused on three topics in the same article. Forty-three articles addressed the topics of counseling strategies and the preparation of counseling trainees (53.75%), 14 (17.5%) elaborated on the topics of mental health status, needs, and characteristics,

Table 2

Journal Names and the Numbers of Published Articles on Immigrants

Journal Names	n	%
JCD	16	20.00%
JMCD	13	16.30%
The Family Journal	13	16.30%
The Journal for Specialists in Group Work	10	12.50%
Journal for Social Action in Counseling & Psychology	4	5.00%
The Career Development Quarterly	4	5.00%
Journal of Creativity in Mental Health	3	3.80%
Journal of LGBT Issues in Counseling	3	3.80%
Journal of Mental Health Counseling	3	3.80%
Counseling and Values	2	2.50%
Journal of Child and Adolescent Counseling	2	2.50%
Journal of LGBTQ Issues in Counseling	2	2.50%
Measurement and Evaluation in Counseling and Development	2	2.50%
The Journal of Humanistic Counseling	2	2.50%
Journal of College Counseling	1	1.30%
Total	80	100%

Note. The table included journals that had at least one publication about IMs. The ACA-affiliated journals that were not included were the Journal of Addictions and Offender Counseling, the Journal of Employment Counseling, the Adultspan Journal, the Rehabilitation Counseling Bulletin, and the Journal of Military and Government Counseling.

12 addressed the career and identity development (15%), ten (12.5%) focused on trauma-related issues, ten addressed the acculturation experience (12.5%), and three articles (3.75%) included the topic of resilience.

A Chi-square test was performed to measure potential differences in the research methods employed to study the various topics. The results revealed significant differences, $\chi^2 = 28.55$, $p = .018$, in the research methods utilized (see Table 3). In other words, the researchers relied on different research methods when exploring distinct topics. We conducted post-hoc tests (per Beasley & Schumacker, 2010) with Bonferroni adjustments to investigate the differences just mentioned. For the topic of mental health status, needs, and characteristics, significantly more studies used quantitative methods ($z = 4.0$, $p = 0.01$), and fewer studies utilized non-research-oriented methods ($z = -3.5$, $p = 0.01$). For the topic of counseling strategies and preparation of counseling trainees, significantly more articles employed non-research-oriented methods ($z = 2.3$, $p = 0.02$), and fewer articles used quantitative methods ($z = -2.2$, $p = 0.03$).

Table 3

Topics and Research Methods Used for Each Topic

Topics	Research Methods				
	Qualitative	Quantitative	Mixed	Conceptual	Total
Trauma	1	4	1	4	10
Resilience	2	0	0	1	3
Mental health status, mental health needs, and characteristics	3	11	0	0	14
Career and identity development	3	2	0	7	12
Counseling strategies and preparation strategies	9	10	2	26	47
Acculturation	3	4	0	4	11
Total	21	31	3	42	97

Note. The total number of articles exceeded 80 because a few articles had multiple topics.

Discussion

This study investigated the research status of IMs in counseling professional journals. It aimed to provide an overview of the landscape of current publications on IMs in counseling to offer suggestions to future researchers and practitioners interested in exploring this topic. First, compared to the increasing number of IMs worldwide and in the U.S., the number of published studies in the targeted counseling journals was very small. The highest number of published articles on IMs in the ACA-affiliated journals per year was six, while the annual total number of publications in the 21 identified journals was around 400. The JCD, JMCD, and the Family Journal published the most articles on IMs. The JCD and the JMCD are the two flagship journals in the counseling profession. Thus, this finding may indicate increasing attention to IMs in counseling. It is also important to note that the Family Journal published the second-highest number of articles about IMs. Most articles published in the Family Journal were about family and couple interventions for IMs. As stated earlier, across all 21 targeted journals, the top countries of origin of the IMs studied were South and Central America, China, and Vietnam. Collectivism is one of the key cultural characteristics in these locales, where people value family cohesion and unity (Joe et al., 2022). Therefore, family and couple interventions may be an effective way of providing mental health services to IMs, especially in these areas.

Regarding the participants in the targeted articles, the majority were volunteer immigrants, and a relatively small number were refugees, similar to a pattern found in content analyses reported in psychology journals (Yoon et al., 2023). Yoon et al. (2023) conducted a 31-year content analysis of immigrants and refugees in psychology-related journals and identified only thirteen studies that included solely refugees among 323 studies on the topic. The Yoon et. al (2023) findings and our results may be related to a lack of attention paid to refugees by the counseling and psychology fields. Another interesting finding we discovered was that most of the studies targeted adults instead of children and adolescents. This may be because it is easier to conduct research with adults than with minors, who require consent from their parents or guardians to participate in most parts of the world.

Turning to our findings about the host countries and countries of origin of the IMs, various host countries worldwide were featured in the targeted articles, with the U.S. and Canada as the top countries. This result is

similar to what Yoon and colleagues (2023) discovered. Moreover, in the current study, the top origins of the IMs were China, Vietnam, and South and Central America. This finding is fairly consistent with Yoon et al. (2023), who discovered that Latinx and Asian Americans were the most frequently studied racial and ethnic groups. Both sets of results may be related to the fact that Latinx and Asian Americans were the largest and fastest-growing IM groups in the U.S. in the latter years of the last decade (Pew Research Center, 2020).

Another highlight of the literature on immigrants investigated in the current study was the discovery that six publications focused on IMs that identified with the LGBTQ+ community. These individuals may experience more challenges than other IMs (Fournier et al., 2017). Most of the six articles we identified relied on qualitative methodology to explore IMs' experience regarding their acculturation process (e.g., Attia et al., 2022; Morales, 2013; Morales et al., 2013) and career development (Kassan & Nakamura, 2013). The publication of these articles may reflect the counseling profession's increased attention to minoritized groups, such as immigrants who identify with the LGBTQ+ population, and the field's emphasis on diversity and social justice (Crethar & Ratts, 2008).

The topics of the articles we evaluated align with the counseling field's emphasis. These topics included trauma-related issues, resilience, mental health needs, status, and characteristics, counseling strategies and preparation of counselor trainees, career and identity development, and acculturation experiences. Not surprisingly, counseling strategies and the preparation of counselor trainees were the most popular topics in the published articles (47 of 97 records). With the trend of evidence-based practice in psychology and counseling, an increasing amount of research has been conducted on counseling efficacy and strategies with diverse populations (Yates, 2013). Moreover, the Council for Accreditation of Counseling and Related Educational Programs requires accredited counseling programs to teach students to understand best practices and outcomes research in the counseling and psychology fields (Yates, 2013). Most of the 47 entries focused on intervention strategies for particular IM groups, such as immigrant women (Yakushko & Chronister, 2005), Chinese immigrant youth (Shea et al., 2011), and immigrant children (Björn et al., 2013). However, few articles presented strategies for preparing counseling trainees to work with IMs. One article reported immersing counseling trainees in an outreach program for IMs, which enhanced the trainees' multicultural development and social justice advocacy skills (Nilsson et al., 2011).

When reflecting on the topics and research methods found in the articles we investigated, we discovered that many articles about counseling strategies and the preparation of counselor trainees were conceptual in nature instead of empirical research papers. More empirical studies are needed to measure the efficacy of the conceptual models discussed in these articles.

Although several articles incorporated social justice and action, only six articles focused on social justice and advocacy for IMs, including a case study on counseling and social advocacy interventions with IMs (Kondili et al., 2022), an advocacy project for counseling services for IM adolescents (Hoffman et al., 2018), multicultural-social justice leadership and counseling when working with IMs (Chuang et al., 2008; Chung et al., 2011), group counseling strategies for school counselors to advocate for undocumented IM students (Chen et al., 2010), and a training program to enhance trainees' multicultural development and social justice (Nilsson et al., 2011).

While the other topics (e.g., trauma, acculturation, career and identity development, mental health status, mental health needs, and characteristics) were mentioned in about an equal number of articles we evaluated, only three articles addressed resilience. The underrepresentation of resilience compared to the other topics may result from a historical emphasis in the counseling and psychology fields on deficits rather than strengths among minority populations. This deficit paradigm has only begun to shift in recent years. In two of the articles we identified, however, resilience was reported to be a protective factor for immigrants and refugees (Cardoso & Thompson, 2010; Goodman et al., 2017). More attention is needed to the strengths of IMs, such as their resilience.

Finally, we assessed the research methods employed in the literature. There was a mixed usage of methods in the articles, with more empirical research articles than conceptual papers. Among the research articles, quantitative methods were utilized more often than qualitative methods, while mixed methods were the least often

employed. When assessing the research topics, we found significantly more quantitative studies than qualitative studies exploring IM's mental health status, needs, and characteristics. Of the articles that explored those topics, the published researchers utilized survey designs to explore IMs' mental health status (e.g., Brown et al., 2010), mental health needs (e.g., Chung & Bemak, 2002), self-critical perfectionism (e.g., Roysircar et al., 2024), associated factors related to quality of life (e.g., Belizaire & Fuertes, 2011; Lee et al., 2019)coping, acculturative stress, and quality of life (QOL, help-seeking attitudes (e.g., Bismar & Wang, 2021; Yee et al., 2020), and drug and alcohol abuse (e.g., Dillon et al., 2012)it is critical for counselors to understand pre- and postimmigration social contextual factors affecting the mental health of this heterogeneous ethnic population. The objective of our cross-sectional, retrospective study was to investigate the potential protective influence of preimmigration family cohesion on drug/alcohol abuse just prior to migration among 527 Latino young adults (age 18–34 years. While quantitative methods can be used to examine the topics just mentioned, qualitative studies may help reveal IMs' unique experiences (Creswell, 2012).

Implications

Our findings offer important implications for the counseling profession, particularly for counselors engaged with immigrant populations and researchers seeking to explore the experiences of IMs.

Advocacy Implications

First, it is urgent that counseling professionals focus on IMs and advocate for this population. For example, professional counseling associations could assign task groups to acquire additional knowledge about immigrants and refugees and to develop guidelines to work with this population. We searched through the ACA and ACA-affiliated counseling associations' guidelines but did not find officially published guidelines on counseling immigrants and refugees. The American Psychological Association (APA), in contrast, has published various documents about advocating for immigrants and refugees, including the APA Resolution on Immigrant Children, Youth, and Families (APA, 2008), Crossroads: The Psychology of Immigration in the New Century (APA, 2012), and The 2019 APA Immigration and Refugee Policy Statement (APA, 2019). The APA guidelines may help guide our work with IM, but it is critical to establish guidelines grounded in the counseling profession to appropriately align with the philosophy, models, and strategies of this profession.

Given the close relationship between immigrant policies and IMs' well-being, counseling professionals on the frontline can best support this population and advocate for their rights (Chung et al., 2011). Guided by the ACA advocacy competencies (Toporek & Daniels, 2018), counseling professionals and associations may engage in various levels of advocacy with and for IMs.

For example, in the public arena, counseling associations could issue social justice statements to stand in solidarity with immigrants facing injustices related to policies and societal attitudes and behaviors. Counseling associations also could advocate for policy changes at the state and national levels, including lobbying for policies that protect IMs from discrimination, ensuring their access to mental health services regardless of their immigration status, and promoting their family reunification. Moreover, at the community/school/organization level, counselors could advocate for equitable mental health services for IMs guided by data-driven strategies (e.g., Hoffman et al., 2018).

Counseling professionals also could collaborate with community organizations to create comprehensive support networks for IMs. Community partnerships could help provide holistic care for IMs by addressing not only their mental health needs but also other critical needs such as for housing, employment, and legal assistance. For example, counselors could work with local nonprofits to develop workshops and support groups tailored to IMs' unique experiences, promoting resilience and community integration. Additionally, at the individual level, counselors could educate their IM clients about their rights and provide them with tools and resources so that they can advocate for themselves in various settings.

Practice Implications

Counselors working or intending to work with IMs should equip themselves with basic knowledge of their clients' cultural backgrounds by keeping up with recently published articles on IMs and utilizing culturally sensitive interventions. For example, it is essential for counselors to reflect on their biases about IMs before and while working with this population (Chung et al., 2011).

It is also essential that counselors adopt counseling models specific to supporting IMs, such as the Social Pedagogical Model for counseling immigrant students (Nivala et al., 2022), the Achieving Success Everyday group counseling model for undocumented Latinx youth (Talleyrand & Vojtech, 2018), and the Narrative Therapy for college-age Latino immigrants (Farrell & Gibbons, 2019). These models emphasize understanding the unique experiences of immigrants, promoting their resilience, and providing culturally tailored counseling to address their needs effectively. Additionally, counselors need to recognize IMs' perseverance and strengths, implement advocacy-based approaches, and offer support that respects their clients' diversity and cultural backgrounds (Bestazza & Ranci, 2015; Chung et al., 2008; Cigrand et al., 2021). By incorporating these principles into their counseling practices, counselors can better assist IMs in navigating challenges, promoting their well-being, and facilitating their successful integration into their new environments. Counselors also should continually pursue professional development opportunities to stay informed about the latest research, policies, and best practices related to IMs.

Given our results and the practice implications just discussed, it is important that counseling programs prepare their students to work with IMs by integrating specialized courses, practical experiences, and research focused on working with IM populations. For example, counselor-educators may prepare counselor trainees to work with IMs by emphasizing MCSJC, along with skills for understanding, critiquing, and applying research outcomes about IMs found in the literature.

Research Implications

There is a great need for additional counseling research on IMs so the field can provide targeted and evidence-based services to this vulnerable population. In general, we call for research with an ecological and strength-based emphasis. Leaders in the counseling profession have recommended that counselors pay attention to the systematic influences on clients' holistic wellness, relying on a strength-based perspective (Nice et al., 2023). Embracing an ecological approach will help researchers and practitioners to understand IMs in the context of their migratory challenges, such as their need for appropriate cultural resources in the community (Yoon et al., 2023). Moreover, a strength-based approach would highlight the resilience of IMs instead of pathologizing their stress and difficulties (Yoon et al., 2023). Resilience is a protective factor for immigrants (Cardoso & Thompson, 2010). However, as stated earlier, we found only three articles focused on resilience. Therefore, more research should be published in ACA-affiliated journals investigating IMs' resilience to build a strength-based understanding of the population and to generate additional strategies to promote their well-being.

More studies on refugees, migrated children and adolescents, and other minoritized groups need to appear in counseling journals as well. Compared to other IM groups, refugees may face unique challenges related to trauma, migration, and acculturation (Attia et al., 2021). Given how trauma may influence children and youth development, more studies in ACA-affiliated journals are needed on how counseling may protect children and adolescents from the negative impacts of migration and how counseling can be used to treat the symptoms developed because of migration.

Also, more empirical studies on IMs that rely on diverse research methods need to be published in ACA-affiliated journals. While evidence-based practice is emphasized in counseling (Yates, 2013), most of the articles on counseling strategies and counselor education we identified were not reporting on empirical studies. Counseling researchers could employ a randomized controlled study design to investigate the effectiveness of a treatment module aimed at improving the well-being of immigrants and refugees. They also could utilize qualitative or

mixed-method approaches to investigate IMs' unique experiences. In addition, comparative studies are critical to understanding the experiences of different migrant groups. Such studies should be designed to analyze differences in countries of origin, socio-economic contexts, and migrant experiences to identify universal and unique challenges and coping mechanisms of IMs.

Additionally, with the development of technology and interdisciplinary collaboration, more research is needed to explore using digital counseling and interdisciplinary approaches to improve IMs' well-being. Employing these strategies could help address the psychosocial challenges faced by IMs. By avoiding stigmatization and pathologization of mental health issues, digital counseling can effectively address psychosocial stressors and post-traumatic stress disorders commonly experienced by refugees and migrants (Orang et al., 2023). At the same time, involving various professional disciplines when assisting refugees and IMs can result in these individuals receiving more comprehensive mental health care. Interdisciplinary approaches in counseling for IMs have been recognized for their potential to promote access to and uptake of services. For instance, when Medinetz, a network of volunteer medical students and mental health professionals in Germany, offered interdisciplinary services to IMs, the care that was provided was more comprehensive (Hanewald et al., 2022).

Limitations

There are some limitations to our study. First, only ACA-affiliated journals were investigated. Some counseling professionals publish their work in other journals. Second, although we used various strategies to maximize objectivity and neutrality during the research process, our assumptions as researchers could not be fully expunged. For example, we designed the codebook based on our understanding and experiences. Other researchers might create different codebooks, potentially leading to different conclusions. And third, we only used the keywords "immigr*" or "refugees" or "migra*." This decision may have omitted some relevant articles that could have been extracted if additional keywords were included.

Conclusion

We used qualitative content analysis to explore the research on IMs in the ACA-affiliated counseling literature. The analysis revealed positive trends in the literature, such as increased publications about IMs and a focus on counseling interventions for IMs. However, it also identified limitations, including a lack of empirical studies and a shortage of research employing strength-based approaches in ACA-affiliated journals. Further, the results revealed the importance of culturally sensitive counseling for IMs as well as engaging in advocacy initiatives in the counseling field to address immigrants' mental health needs. We suggest that additional research on IMs be performed and published in ACA journals. Moreover, we recommend that counselors maintain their awareness of research advancements and incorporate digital and interdisciplinary strategies to improve their work with IMs. We hope our research will help to raise the attention of the counseling profession on this vulnerable population so that we can provide more targeted services to this group.

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Declaration of Interest Statement

There are no conflicts of interest to disclose.

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Table 4

Characteristics of Included Articles on IMs

Author	Journal	Title	Population (immigrant, refugee, or both)	Country of Origin	Host country
Acquaye et al., (2018)	Counseling and Values	Religious Commitment's Moderating Effect on Refugee Trauma and Growth	Refugee	Liberia	U.S.
Akinsulure-Smith et al., (2009)	The Journal for Specialists in Group Work	Brief Psychoeducational Group Treatment with Re-Traumatized Refugees and Asylum Seekers	Refugee		U.S.
Akinsulure-Smith et al., (2012)	Journal of Mental Health Counseling	Working with Forced Migrants: Therapeutic Issues and Considerations for Mental Health Counselors	Refugee		U.S.
Akinsulure-Smith (2012)	The Journal for Specialists in Group Work	Using Group Work to Rebuild Family and Community Ties Among Displaced African Men	Refugee	Africa	U.S.
Asner-Self et al., (2005)	Journal of Counseling & Development	Developmental Indices Among Central American Immigrants Exposed to War-Related Trauma: Clinical Implications for Counselors	Immigrant	Honduras	U.S.
Atiyeh et al., (2020)	The Journal for Specialists in Group Work	Considerations for Facilitating Refugee Acculturation through Groups	Refugee		U.S.
Attia et al., (2022)	Journal of LGBTQ Issues in Counseling	Pre- and Post-Migration Experiences of LGBTQ+ Asylum-Seeking Individuals: A Phenomenological Investigation	Immigrant	Nigeria, Tunisia, Egypt, Yemen, Indonesia, Lebanon, and Belarus	U.S.
Baggerly et al., (2021)	Journal of Child and Adolescent Counseling	Group Counseling for Southeast Asian Refugee Children with Trauma Symptoms: Pilot Study Results and Practical Guidelines	Refugee	China, Vietnam	U.S.

Author	Journal	Title	Population (immigrant, refugee, or both)	Country of Origin	Host country
Beauregard et al., (2020)	Journal of Creativity in Mental Health	Being in Between: Exploring Cultural Bereavement and Identity Expression through Drawing	Immigrant	U.S.	Egypt
Beauregard et al., (2022)	Journal of Creativity in Mental Health	Creating a safe space during classroom-based sandplay workshops for immigrant and refugee preschool children	Both	Syrian	Canada
Belizaire et al., (2011)	Journal of Counseling & Development	Attachment, Coping, Acculturative Stress, and Quality of Life Among Haitian Immigrants	Immigrant	Haiti	U.S.
Bemak et al., (1994)	Journal of Multicultural Counseling and Development	Southeast Asian Refugee Adolescents: Implications for Counseling	Refugee	Vietnam, Cambodia	U.S.
Bemak et al., (2017)	Journal of Counseling & Development	Refugee Trauma: Culturally Responsive Counseling Interventions	Refugee		U.S.
Bismar et al., (2021)	Journal of College Counseling	Mental Illness Stigma and Help-Seeking Attitudes of Students With Immigrant Parents	Immigrant		U.S.
Björn et al., (2013)	The Family Journal	Brief Family Therapy for Refugee Children	Refugee	Bosnia and Herzegovina	Bosnia-Herzegovina
Blount et al., (2018)	Journal of Counseling & Development	Promoting Wellness in Refugee Populations	Refugee		U.S.

Author	Journal	Title	Population (immigrant, refugee, or both)	Country of Origin	Host country
Brown et al., (2010)	Journal of Multicultural Counseling and Development	Vietnamese Immigrant and Refugee Women's Mental Health: An Examination of Age of Arrival, Length of Stay, Income, and English Language Proficiency	Both	Vietnam	U.S.
Bunn et al., (2022)	The Journal for Specialists in Group Work	Sharing Stories Eases Pain: Core Relational Processes of a Group Intervention with Syrian Refugees in Jordan	Refugee	Syrian	Jordan
Cardenas et al., (1993)	Journal of Multicultural Counseling and Development	Transition Support for Immigrant Students	Immigrant	Mexico, Central and South American countries	U.S.
Chen et al., (2010)	The Journal for Specialists in Group Work	Professional School Counselors as Social Justice Advocates for Undocumented Immigrant Students in Group Work	Undocumented immigrant	China	U.S.
Chen et al., (2016)	The Career Development Quarterly	Career Development of Chinese Canadian Professional Immigrants	Immigrant	China	Canada
Chung et al., (2002)	Journal of Counseling & Development	Revisiting the California Southeast Asian Mental Health Needs Assessment Data: An Examination of Refugee Ethnic and Gender Differences	Refugee	Vietnam, Cambodia, Laotian.	U.S.
Chung et al., (2011)	Journal for Social Action in Counseling & Psychology	Multicultural-Social Justice Leadership Strategies: Counseling and Advocacy with Immigrants	Immigrant		U.S.
Chung et al., (2008)	Journal of Counseling & Development	Promoting the Mental Health of Immigrants: A Multicultural/Social Justice Perspective	Both		U.S.
Cigrand et al., (2022)	Journal of Counseling & Development	A phenomenological study of perseverance and resilience through the migration journey	Refugee	Mexico, Laos, Puerto Rico	U.S.

Author	Journal	Title	Population (immigrant, refugee, or both)	Country of Origin	Host country
Clarke et al., (2014)	Journal of Counseling & Development	You Got to Apply Seriousnessâ€ : A Phenomenological Inquiry of Liberian Refugees' Coping	Refugee	Liberia	U.S.
Comas-Diaz (2017)	Journal of Multicultural Counseling and Development	Crossing Borders: Multicultural Counseling With Puerto Rican Migrant Women	Immigrant	Puerto Rica	U.S.
Constantine et al., (2003)	Journal of Counseling & Development	School Counselors' Ethnic Tolerance Attitudes and Racism Attitudes as Predictors of Their Multicultural Case Conceptualization of an Immigrant Student	Immigrant		U.S.
Dillon et al., (2012)	The Family Journal	Preimmigration Family Cohesion and Drug/Alcohol Abuse Among Recent Latino Immigrants	Immigrant	Cubans, Colombians, Hondurans, Nicaraguans, Guatemalans, Venezuelans, Peruvians, Mexicans, Bolivians, Uruguayans, Argentines, Chileans, Costa Ricans, Dominicans, Ecuadorians, Salvadorans, Panamanians,	U.S.
Firling (1988)	Journal of Counseling & Development	The Afghan Refugee Client	Refugee	Afghan	U.S.

Author	Journal	Title	Population (immigrant, refugee, or both)	Country of Origin	Host country
Fontes et al., (2002)	Journal of Counseling & Development	Child Discipline and Physical Abuse in Immigrant Latino Families: Reducing Violence and Misunderstandings	Immigrant	(Latino in general)	U.S.
Gonzalaz et al., (2015)	The Journal of Humanistic Counseling	Spanish-Speaking Immigrant Parents and Their Children: Reflections on the Path to College	Immigrant	Colombia, Honduras, Argentina, Mexico, Peru	U.S.
Goodman et al., (2017)	Journal of Counseling & Development	Trauma and Resilience Among Refugee and Undocumented Immigrant Women	Both	Mexico, Central America, South America; the Middle East and Africa	U.S.
Hoffman et al., (2018)	Journal for Social Action in Counseling & Psychology	Seeing "RED" to Serve Students: An Example of Advocacy for Counseling Services for Refugee and Immigrant Adolescents	Both		U.S.
Houseknecht et al., (2019)	Journal of Creativity in Mental Health	Preparing Counselors to Work with Refugees: Integration of Experiential Activities	Refugee		U.S.
Hundley et al., (2007)	Journal of Mental Health Counseling	Russian Speaking Immigrants from the Commonwealth of Independent States in the United States: Implications for Mental Health Counselors	Immigrant	Russia	U.S.
Jannati et al., (2018)	The Family Journal	Parental Perspectives on Parent-Child Conflict and Acculturation in Iranian Immigrants in California	Immigrant	Iranian	U.S.
Kahn et al., (2018)	Journal of Counseling & Development	Facilitating Mental Health Support for LGBT Forced Migrants: A Qualitative Inquiry	Immigrant	Bahamas, Bangladesh, Iran, Lebanon, the Arabian Peninsula, and Ghana	Canada

Author	Journal	Title	Population (immigrant, refugee, or both)	Country of Origin	Host country
Kang et al., (2015)	The Career Development Quarterly	An Intersectional Social Capital Model of Career Development for International Marriage Immigrants	Immigrant	South Korea	South Korea
Kassan et al., (2013)	Journal of LGBT Issues in Counseling	This Was My Only Option: Career Transitions of Canadian Immigrants in Same-Sex Binational Relationships	Immigrant	Canada	Canada
Khamphakdy-Brown et al., (2005)	Journal of Mental Health Counseling	The Empowerment Program: An Application of an Outreach Program for Refugee and Immigrant Women	Both		U.S.
Kim et al., (2015)	The Family Journal	Characteristics and Risk Factors of Chinese Immigrant Intimate Partner Violence Victims in New York City and the Role of Supportive Social Networks	immigrants	China	U.S.
Kiteki et al., (2021)	The Journal for Specialists in Group Work	African Refugee Youth's Experiences and Impact on Career Development: An Adaptation of a Culturally Responsive Career Exploration Group	Refugee	Africa	U.S.
Kondili et al., (2022)	Journal of Multicultural Counseling and Development	Counseling and social justice advocacy interventions with refugees: Two case studies	Refugee	Sudan, Libya, Iraq	U.S.
Kwan et al., (1997)	Journal of Multicultural Counseling and Development	Internal and External Ethnic Identity and Their Correlates: A Study of Chinese American Immigrants	Immigrant	China	U.S.
Lee et al., (2019)	Journal for Social Action in Counseling & Psychology	Quality of Life for North Korean Female Refugees: The Influence of Physical Health, PTSD, and Social Support	Refugee	North Korea	U.S.

Author	Journal	Title	Population (immigrant, refugee, or both)	Country of Origin	Host country
Loewy et al., (2002)	The Journal for Specialists in Group Work	Group Counseling with Traumatized East African Refugee Women in the United States:	Refugee	East Africa	U.S.
Ma et al., (2010)	The Career Development Quarterly	Individual and Familial Factors Influencing the Educational and Career Plans of Chinese Immigrant Youths	Immigrant	China	U.S.
Mariño et al., (2000)	Measurement and Evaluation in Counseling and Development	Acculturation of Values and Behavior: A Study of Vietnamese Immigrants	Immigrant	Vietnam	Australia
McCarthy et al., (2001)	The Journal for Specialists in Group Work	Using groups to promote preventive coping: A case example with college students from migrant farm-working families	Immigrant		U.S.
Midgett et al., (2016)	Journal of Multicultural Counseling and Development	Evaluation of Service-Learning-Infused Courses with Refugee Families	Refugee		U.S.
Morales et al., (2013)	Journal of LGBT Issues in Counseling	Latino, Immigrant, and Gay: A Qualitative Study About Their Adaptation and Transitions	Immigrant	Latino in general	U.S.
Morales (2013)	Journal of LGBT Issues in Counseling	Latino Lesbian, Gay, Bisexual, and Transgender Immigrants in the United States	Immigrant		U.S.
Nilsson et al., (2011)	Journal of Counseling & Development	Facilitating Trainees' Multicultural Development and Social Justice Advocacy Through a Refugee/Immigrant Mental Health Program	Both		U.S.
Obiakor et al., (2007)	The Family Journal	African Immigrant Families in the United States: Surviving the Sociocultural Tide	Immigrant		U.S.
Oren et al., (2021)	Journal of LGBTQ Issues in Counseling	Lived Experiences of Recent Russian-Speaking LGBT+ Immigrants in the United States: An Interpretive Phenomenological Analysis	Refugee	Russia	U.S.

Author	Journal	Title	Population (immigrant, refugee, or both)	Country of Origin	Host country
Paynter et al., (2009)	The Family Journal	Multicultural Training Applied in Clinical Practice: Reflections from a Euro-American Female Counselor-in-Training Working with Mexican Immigrants	Immigrant		U.S.
Pejic et al., (2016)	The Family Journal	Community-Based Interventions with Refugee Families Using a Family Systems Approach	Refugee	N/A	U.S.
Phan et al., (2005)	Journal of Counseling & Development	Understanding Vietnamese Refugee Women's Identity Development from a Sociopolitical and Historical Perspective	Refugee	Vietnam	U.S.
Pierce et al., (2012)	The Journal of Humanistic Counseling	An Ever-Changing Meaning: A Career Constructivist Application to Working with African Refugees	Refugee	Somali	U.S.
Rajaei et al., (2021)	The Family Journal	Re-Visioning Immigrant Couple Therapy: Immigrant Couples in the United States and Telebehavioral Health	Immigrant		U.S.
Rose (2001)	The Journal for Specialists in Group Work	Group Work to Promote the Occupational Functioning of Ethiopian Minority Men with Disabilities who have Immigrated to Israel	Immigrant	Ethiopia	Israel
Rosser-Hogan (1990)	Journal of Counseling & Development	Making Counseling Culturally Appropriate: Intervention with a Montagnard Refugee	Refugee	Montagnard	U.S.
Rotter et al., (1998)	The Family Journal	Therapeutic Approaches with Immigrant Families	Immigrant		U.S.
Roysircar et al., (2022)	Journal of Multicultural Counseling and Development	Immigrant youth of Indian origin: Generational differences in self-critical perfectionism	Immigrant	India	U.S.
Rumsey et al., (2018)	Journal of Child and Adolescent Counseling	Addressing the Social and Emotional Needs of Refugee Adolescents in Schools: Learning from the Experiences of School Counselors	Refugee		U.S.

Author	Journal	Title	Population (immigrant, refugee, or both)	Country of Origin	Host country
Sciarra et al., (1999)	Journal of Multicultural Counseling and Development	Intrafamilial Separations in the Immigrant Family: Implications for Cross-Cultural Counseling	Immigrant	Salvador	U.S.
Seto et al., (2007)	The Family Journal	Helping a Japanese Immigrant Family Cope with Acculturation Issues: A Case Study	Immigrant	Japan	U.S.
Shea et al., (2007)	The Career Development Quarterly	Development of a Culturally Specific Career Exploration Group for Urban Chinese Immigrant Youth	Immigrant	China	U.S.
Sheehan et al., (2016)	Journal of Multicultural Counseling and Development	Recruiting and Assessing Recent Young Adult Latina Immigrants in Health Disparities Research	Immigrant	Mexico, Honduras, Colombia	U.S.
Shin et al., (2000)	Journal of Multicultural Counseling and Development	Informal and Professional Support for Solving Psychological Problems Among Korean-Speaking Immigrants	Immigrant	Korea	U.S.
Sohtorik et al., (2011)	Journal of Multicultural Counseling and Development	Hugging, Drinking Tea, and Listening: Mental Health Needs of Turkish Immigrants	Immigrant	Turkey	U.S.
Sonn et al., (2013)	Journal for Social Action in Counseling & Psychology	Reflections on a Participatory Research Project: Young People of Refugee Background in an Arts-Based Program	Refugee		Australia
Vassilopoulos et al., (2020)	The Journal for Specialists in Group Work	Promoting Positive Attitudes toward Refugees: A Prejudice-Reduction, Classroom-Based Group Intervention for Preadolescents in Greece	Refugee		Greece
Wong et al., (2011)	The Family Journal	Vietnamese American Immigrant Parents: A Pilot Parenting Intervention	Immigrant	Vietnam	U.S.

Author	Journal	Title	Population (immigrant, refugee, or both)	Country of Origin	Host country
Wycoff et al., (2011)	The Family Journal	Therapeutic Practice with Cambodian Refugee Families: Trauma, Adaptation, Resiliency, and Wellness	Refugee	Cambodia	U.S.
Yakushko et al., (2005)	Counseling and Values	Immigrant Women and Counseling: The Invisible Others	Immigrant		U.S.
Yakushko et al., (2005)	Journal of Counseling & Development	Immigrant Women and Counseling: The Invisible Others	Both		U.S.
Yee et al., (2020)	Journal of Multicultural Counseling and Development	Help-Seeking Attitudes of Chinese Americans and Chinese Immigrants in the United States: The Mediating Role of Self-Stigma	Immigrant	China, Malaysia	U.S.
Yznaga (2008)	The Family Journal	Using the Genogram to Facilitate the Intercultural Competence of Mexican Immigrants	Immigrant	Mexico	U.S.