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Title: US-trained music therapists from East Asian countries found personal therapy during training helpful but when cultural disconnects occur these can be problematic: A qualitative phenomenological study

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Highlights

- Cultural stigmas about undergoing psychotherapy still exist in East Asian countries and these can affect the experience of students from those countries who attend US-based therapy training.
- Experiencing personal therapy during training in the US promoted personal, clinical, and musical developments of music therapists who originated from East Asia
- Trainees can experience emotional confusion and conflicts during the course of their therapy because of cultural rifts between the therapist and client.
- East Asian cultural values were reported to impact the therapeutic process with the trainee's therapists, who were either from or had migrated to the US.

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