

La Comunidad

California Latino Psychological Association

Volume IX March 2009

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President's Column

¡Hola! In the past few months we have all witnessed history in the making. Whether people agree with President Obama's politics, most can acknowledge that the United States as our parents and grandparents knew it has changed. President Obama made history as the first



African American to be elected President of the United States. However, it is more than just his racial background that makes him a historic figure. Along with all the greats, he has the capacity to give voice to disenfranchised communities in a respectful and empathic manner that feels intimate and genuine. He has a charismatic ability to address us as one nation, and remind us of our core values. At the core of his political ideology are humanity and "justice" for all." Unlike many of his predecessors, he has directly addressed the diverse communities throughout our country without simply objectifying those communities. His victory was not without a battle. His bi-racial identity led to a lot of questioning and controversy about "how Black" he is or "how white" he really is. Although we have had other presidential candidates from the African American community, this was the first time in history that we were faced with race being such a salient factor throughout a presidential election. Obama's passionate stance on restoring the American Dream and value for representing the underprivileged were hard to argue against. This forced many to examine their biases and stereotypes and challenge their fear of those who are "different" from mainstream America. It is unfortunate that as a country we continue to weight in on race, but the fact that the United States elected an African American president is a monumental step that is reflective of the diversity that exists and the evolution that is taking place in our country. His presidency also marks a different reality for the next generation. This next generation has a role model; they have a president and a presidential family that reflects the future of this country. Moreover, the Obama's understand the values and hardships of immigrant communities. Michelle Obama embodies compassion and understanding for women's struggles. Her life particularly mirrors that of women of color. Similar to many Latina women in this country she comes from humble beginnings and worked hard to accomplish her career goals. She manages her multiple identities and roles; she indisputably identifies herself as a mother, she is an accomplished professional whose résumé rivals her husband's, and she is also the "rock" in their family.

Presidential Column Cont...

I believe that throughout her role as first lady she will validate and advocate for women of color whose increasing demands need affirmation.

Like many of you, when Obama was elected I had a number of thoughts racing through my mind - Hope, optimism, and change among many others. We have heard buzz words and chants that strongly resemble the faraway cries of our ancestors in the Latina/o community demanding justice and change- "Yes we can!" "¡Si Se Puede!" Similar to Obama, the CLPA has its roots in community based organizing. I am hopeful that as a nation, as a "people" and as a field, we can change. Change, however, requires effort and collaboration within and across groups. Change demands that we learn from history and rather than continue to engage in segregation as a people, it is important that we build cross cultural coalitions and work toward common goals. Our coalition building requires that we expand our perceptions of who we consider community and how we serve community. We must all take responsibility for the change we want to see in our nation and in our local communities; we cannot expect for Obama and his administration to do it alone. I invite every single one of you to answer Obama's call for action and engage in service to your community. In line with CLPA's mission statement and Obama's call for action, the CLPA has a series of community outreach efforts planned. Last fall we began our community outreach efforts which we plan to expand in the future. The CLPA will continue to initiate opportunities for community engagement that focuses on providing psycho-education to community members free of charge. If any of you would like to contribute to this effort, please contact us. You can also visit Obama's Service website to find other opportunities to contribute and serve in your communities: http://www.usaservice.org/content/home/.

Change is only sustainable if we simultaneously engage in creating it from the bottom up while building bridges with those who develop and implement laws (those in power). Along with community based organizing I encourage you to stay abreast of legislative issues germane to the Latina/o community. It is critical that we participate at the community and political level in order to have a stake in policy debates. Activism for social justice entails conscientious civil engagement, advocacy and knowledge/capacity to navigate our political system.

The California Psychological Association (CPA) has invited representatives from the CLPA and other ethnic specific associations to attend their annual Leadership & Advocacy Conference. The CPA was awarded a grant to focus on fostering relationships and leadership development in the various ethnic specific associations. The goal of the grant is to create on-going relationships with the ethnic-specific associations and to assist these associations in developing a pipeline of leaders willing to stimulate change in their communities/associations. Each of the representatives attending the conference will learn how to navigate the political infrastructure in California. During the conference, each of us will have an opportunity to meet with our local legislators and learn the intricate details of lobbying for legislative bills impacting mental health in the state.

Continued on p. 3

Presidential Column Cont...

There has never been a better time to learn how to navigate the political infrastructure and advocate for our community in the state capitol.

On a policy level we have already witnessed changes in favor of equal pay for women by the signing of the Lilly Ledbetter Fair Pay Act which will ensure closing the pay gap that currently exits between men and women. This act will benefit women of all ethnicities, particularly Latinas who, according to LULAC's National President Rosa Rosales, earn 59 cents on the dollar compared to males, while African American women earn 69 cents for every dollar earned compared to their male counterparts (LULAC, 2009). However, there are foreseeable challenges that our communities will face given the economic downturn. According to the National Council of La Raza (2009) Latinos are more likely to fall into poverty during this economic crisis due to the disproportional unemployment rates (i.e., In December 2008 unemployment for Hispanic workers was 9.2%, compared to 7.2% overall), families unable to have savings accounts to buffer the loss of their employment, and low paying jobs. Other issues that are pertinent to our communities include immigration reform, health care disparities, and education to name a few. Please take a moment to peruse through the following websites for further information on how some of these issues impact our communities: League of United Latin American Citizens: http://lulac.org/ and National Council of La Raza: http://www.nclr.org/.

For this newsletter issue we invited YOU, our members, to share with us your thoughts about President Obama's election and his administration. Our members' thoughts about President Obama are included in this newsletter issue. Please look for information on our upcoming continuing education event entitled "Immigration Evaluation Seminar: The Role of the Immigration Evaluation in Professional Practice." I hope you enjoy reading about what your colleagues and peers have to say. Please take some time to review our newsletter. CLPA has a lot of exciting opportunities on the horizon over the next few months and we are hoping you will join us. Please feel free to contact me or any of our board members if you would like to get involved with the CLPA.

¡Si se Puede! Susana O. Salgado, Ph.D. CLPA President <u>susana.osalgado@gmail.com</u>

Bibliography

League of United Latin American Citizens Press Release: Statement of LULAC National President Rosa Rosales on signing of historic Equal Pay Bill. (2009, January 29). Retrieved February 15, 2009, from http://www.lulac.org/advocacy/press/2009/equalpaybill.html

National Council of La Raza: National Issue Briefing & Advocacy Day: 2009 Issue Agenda. (2009). Retrieved February 15, 2009 from

http://www.nclr.org/section/events/advocacy_day/issue_agenda

Committee Updates

Community Outreach

CLPA is an organization committed to providing much



needed resources and information to our community. To that end, we are delighted to embark on new endeavors with Santa Ana College to provide psycho-educational workshops for parents in the community of Orange County, California. These workshops will be open to parents and general community members and will focus on topics related to mental health in the Latino community.

Mental health professionals who are looking to increase their contact with our local community and expand their roles as practitioners are encouraged to present. We also would like to encourage our graduate student population to take advantage of this excellent opportunity to give back to their community and provide some much needed outreach and support while developing an important professional skill.

Workshops will be held on the Campus of Santa Ana College. If you are interested in participating in this ongoing project please contact me for more information.

Rogelio Serrano, LMFT CLPA Community Outreach Chair roysbusy@sbcglobal.net

CLPA Social/Networking

Our January 24, pot-luck social had a great turnout. Many thanks to all that attended and contributed to the positive energy and success of this event!

As you know, the CLPA's socials provide a great opportunity for networking and facilitating interdisciplinary communication among Latino service providers and educators of all disciplines.

Mark your calendar for the next CLPA Social:

Saturday, April 25, 2009

6:30pm-9:30pm More information will follow.

Linda Luna, MSW Social Chair Ilinda13@hotmail.com

Newsletter Update

On behalf of the CLPA, I would like to thank Jime Salcedo for his contributions to the CLPA Newsletter as co-editor for the past year and a half. Jime has stepped down from his position as co-editor, but we are happy that he will continue to be involved with the CLPA in other roles. We wish him well in his new role as Chair of the California Psychological Association of Graduate Students (CPAGS).

As Jime transitions out of the newsletter coeditor position, Luis Becerra, a graduate student from Pepperdine University is stepping into it. I want to thank Luis for expressing an interest in serving as the new co-editor for La Comunidad and look forward to his contributions in the near future.

Lastly, I want to acknowledge Linda Luna & Ricardo Martinez for their continued contributions to the newsletter. Thank you for all your hard work; it is very much appreciated!

Susana O. Salgado, Ph.D. CLPA President

Student Section

The Pepperdine University LSPA chapter is looking forward to another year of successful academic achievement. Our chapter is moving forward in its attempts to collaborate with other LSPA chapters this Spring semester. Our chapter plans to coordinate outreach opportunities for students looking to augment their professional skills. Additionally, we plan to collaborate and coordinate with other LSPA chapters to provide graduate student seminars on topics relevant to the graduate student experience.

Our students remain committed to academic and professional excellence. They also share a common belief in the importance of giving back to their communities. If you are interested in being a part of the LSPA events please contact us for more information. We look forward to the ongoing support and opportunities provided by our organization.

Rogelio Serrano, LMFT LSPA, Pepperdine University Co-Chair

After having our February meeting, the 2009 year for the Latino Student Psychological Association at the University of La Verne (ULV) has gotten off to an excellent start. We welcomed our first Master's student to the organization and caught up on everyone's practicum and internship news. Members were able to speak proudly about their work within Latino Mental Health and about their aspirations for the coming year. One of our goals is to actively participate in the outreach efforts that CLPA is organizing in collaboration with Santa Ana College. Nearly all in attendance expressed interest and excitement about the possibility of delivering a workshop in the Latino community. Thank you CLPA for providing this opportunity. Secondly Kelly Abbot, LSPA's Education Chair is working hard to have a graduate level course in Latino Mental

Health at the University of La Verne. While ULV works hard to educate students in diversity issues, LSPA called for a course specifically addressing Latino Mental Health.

Speaking of multiculturalism, the ULV, LSPA is excited to host the annual California Psychological Association of Graduate Students (CPAGS) Cross Cultural Conference. The LSPA is working together with (CPAGS) to host the CPAGS' Cross Cultural Conference (CCC) which will be held at the University of La Verne on Saturday, February 28th. Conceptualized after Hay's (2001) model of diversity, this year's CCC will be entitled "ADDRESSING" Diversity in Psychology: Integrating Culturally Responsive Practices." Thus far we have 50 students registered. The conference registration is free and breakfast and lunch are included. The conference will start with a workshop focused on LGBT research and practice issues taught by Drs. Duran, Katz, Holloway and Magalhaes from CSPP-LA. Dr. Sari Shepphird will be presenting a workshop on understanding and treating eating disorders from a feminist approach. A symposium on Military Psychology will follow by Dr. Sammons and Navy Intern Nick Guzman, who is a ULV graduate student and a founding member of the ULV, LSPA. ULV has graciously offered to sponsor the conference and will contribute \$200 for food costs. LSPA looks forward to this collaboration with CPAGS!

Joe Puentes Co-Chair, Latino Student Psychological Association University of La Verne joeypuentes@yahoo.com

Comments from the National Latina/o Psychological Association (NLPA)

Edward A. Delgado-Romero, Ph.D. NLPA President

First of all I would like to begin by recognizing and thanking the California Latino Psychological Association for their hospitality during the 2008 NLPA conference in Costa Mesa. The setting for this conference was certainly dramatic as the fires raged all around us. I was glad to hear that the homes of Jose Cervantes and Manny Casas were safe from harm. I hope everyone else was as fortunate.

My term as president of NLPA spans from 2008-2010. Our next conference will be in the fall of 2010 and the location is yet to be determined. The theme is: *Latinas: Psychological Strength and Resiliency*. The keynote speakers are Patricia Arredondo, the (re) founding president of NLPA and Melba Vasquez (who will hopefully be president of the American Psychological Association by then – remember to vote for her). The conference will be an outlet for research and practice presentations, student programming, a distinguished elder panel, networking, awards and of course, our legendary conference party. I'm hard at work trying to find a location and will let you know as soon as one is determined.

State associations are critical to the success of NLPA. An active state association means that there is a critical mass of psychologists who can advocate for Latina/o issues in psychology. State associations like CLPA and the Latino Psychological Association of New Jersey (LPANJ) can respond both to local and national issues and provide a model for the rest of country as the rapid growth of the Latino population increases all around the United States. In states like Georgia and Missouri the growth of the Latino population has been dramatic and mental health providers, educators and politicians alike have been caught off guard. That is why it is important that the lessons learned in traditionally Latino states inform the demographic transformation of the rest of the country.

To be concrete I'd like to ask Dr. Salgado to join the NLPA executive committee on our conference calls to make sure that we include and are informed by the perspectives of state Latino psychological associations. NLPA was reinvigorated in 2002 and our growth has been nothing short of phenomenal. If you would like to get involved on the national level, please email me at: edelgado@uga.edu.

Members' Thoughts about Obama

Like many Americans I felt elated and hopeful about Obama's election to the presidency. It is a turning point where the forces of racist ignorance and the economics of pure greed are being challenged. As to the significance of his election for the Latino community I am less hopeful, particularly with the increased demands of a failing economy and global challenges. There are too many "other" priorities. Until Latinos acquire a more unified and cohesive form of power there is always the potential of being pushed back to square one. My wish, my fantasy, is that Latinos in the US will build strong relationships with Latin American political forces such as Brazil, Mexico, Argentina or Chile. There are other models of such relationships all around us. Across the United States we witness strong ties between many Asian communities and the governments of their homeland, US Jews and Israel, etc. Unless Latinos speak up loudly the current administration, like all others, will prefer to feign deafness. ----- Ricardo

For me, President Obama represents who we are as a people, where we have come from, where we are now and where we must go. In essence, he represents the very fabric of these United States. We are a mixed people with much diversity, not only ethnically, but diversity as it relates to our ideas, lifestyles and lived experiences. President Obama also represents what we must do as a people. He is a leader who will be judged and scrutinized in everyway and for everything he does. This judgment will begin and end with his African American heritage. While I wish he was going to be judged on his merits only, this is simply not the case. The election of President Obama, unfortunately, has not changed our fear of difference and continual efforts to maintain the status quo as a nation. And it is because of this, that we must come together, all people. As a Mexican American, I could not be more proud of his election. I have heard criticism coming from the Latino community as it relates to his presidential appointments and the lack of Latinos in his administration. From my perspective, this is a very simplistic and divisive way to examine his election and recent choices. How many Latinos compose his administration could mean something. However, how many times have we seen Latinos in places of power, yet do little to nothing to impact community. If we simply try to quantify our judgment based on how many Latinos are at the table, then we are selling Obama and his administration short. In turn, we sell ourselves short in the process. What I would rather us do is judge President Obama on the policies he changes and/or implements that positively impact our communities. Ultimately, this is what we want most. Yes, having Latinos at the table is important, but one could argue that having the policies in place to develop and grow our communities is more important. It will be our ability to come together as a people to do what we can to create the change we are hoping to see. It is unfair to expect Obama to change our country and world alone. It is going to take all of us and I hope that as Latinos, we are ready to accept the challenge and do our part in making the individual changes necessary.

----- Miguel E. Gallardo, Psy.D.

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I feel hopeful right now even though both of my parents just lost their jobs this week. I think that Obama's presence, mind and smile are exactly what we need at this moment in our history...the last president filled us with so much fear and distrust for each other, for the world...it is like we are coming out of the dark ages right now...my eyes hurt, but I am hopeful. ----- Anonymous

Upcoming Events/Announcements

The 4th Annual Youth Violence Prevention Conference- Youth Violence Prevention: It's

Never Too Early to Start

March 27, 2009; 8-4:30 Charlotte, NC 28216

http://www.charlotteahec.org/ce/program_schedule/details.cfm?EventID=25718

California Psychological Association

Psychology - A Leadership Profession

April 16-19, 2009

Oakland, CA

http://www.cpapsych.org/

Joint International Conference

HACU - CONAHEC - OUI

"An Inter-American Higher Education Collaboration: Working Together to Shape the Future of our Communities"

April 22-24, 2009

Universidad de Guadalajara Guadalajara, México

http://www.hacu.net/hacu/International_Conference_EN.asp?SnID=1496605934

9th annual Adolescent Health Care Conference

May 7-9, 2009

Boston, MA

http://www.cforums.com/m413009/bene.asp

ASIAN AMERICAN PSYCHOLOGICAL ASSOCIATION

"Strengthening Our Diverse Families and Communities in Times of Change" 2009 ANNUAL CONVENTION

August 5, 2009

Toronto, Canada

http://www.aapaonline.org/conventions/conventions.shtml



Immigration Evaluation Seminar: The Role of the Immigration Evaluation in Professional Practice

Jose M. Cervantes, Ph.D., ABPP
Dr. Cervantes is a professor at California State University, Fullerton and Pastpresident of the National Latino Psychological Association (NLPA)

Friday, May 1, 2009 9:00am-12:00pm

Pepperdine University, Irvine Campus*

The topic of immigration continues to be a major point of non-resolution in the policies and decision making of undocumented individuals and families in this country (Lansford, Deater-Deckard & Bornsteinm, 2007; National Council of La Raza, 2007). This issue is only starting to be addressed in the field of psychology with literature support for the assessment and treatment of undocumented individuals and subsequent evaluations that may require follow-up as a result of one's immigration status (Suarez-Orozco & Suarez-Orozco, 2001).

This seminar will highlight the specifics of the clinical interview, relevant psychological testing, and the definition of psychological hardship that will be helpful in any written or testimonial arguments made to the immigration court judge. In addition, this discussion will provide examples of case presentations from immigration court hearings. The ethics of these evaluations will be further discussed relative to best practices in the conduction of the assessment for this specialized group.

Please note: Registration is limited to 50 people.

Registration form with fees is attached.

3 CE Units are available. CEU's Provided by the California Psychological Association (Approved provider for APA, BBS & BRN)

This workshop is sponsored by the CLPA: www.latinopsych.org

Reduced registration fee for CLPA members! Please visit our website and join today. For more information email: clpa@pepperdine.edu

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Forthcoming Title: Available April 2009

Intersections of Multiple Identities

A Casebook of Evidence-Based Practices with Diverse Populations

Miguel Gallardo & Brian McNeill

LEA's Counseling & Psychotherapy Series

This casebook provides demonstrations of Evidence-Based Practice in Psychology (EBPP) with diverse clientele, focusing on multiple dimensions and intersections of identity and diversity. The integration of research and clinical expertise described in this volume allows the reader to examine, conceptualize and treat the multiple ways individuals identify themselves (ethnicity/race, religion/spirituality, disability, and sexual orientation). Each chapter is written by experts who illustrate their work in therapeutic encounters from an EBPP perspective, addressing various expressions of diversity in a culturally sensitive manner.

Early Praise for Intersections of Multiple Identities

"It takes a sense of social justice to forge effective psychological treatment approaches for **all** people in need, not just for the majority patients on whom clinical research has most often been focused. The editors and contributors bring determination and a strong commitment to social justice in their attempt to improve the lives of patients through the explorations in this casebook."

-Carol D. Goodheart, Ph.D., is in independent practice in Princeton, New Jersey, and a clinical supervisor at the Graduate School of Applied and Professional Psychology, Rutgers University

About the Editors

Miguel E. Gallardo, Psy. D., is a licensed clinical psychologist and currently serves as an Associate Professor of Psychology at Pepperdine University's Graduate School of Education and Psychology. He maintains an independent/consultation practice where he conducts therapy with individual adolescents and adults.

Brian McNeill, Ph.D., is a professor and director of training for the Counseling Psychology Program at Washington State University. He is the co-editor of *The Handbook of Chicana and Chicano Psychology and Mental Health* (2004) and *Latina/o Healing Practices: Mestizo and Indigenous Perspectives* (2008), and is a licensed Psychologist in the states of Washington and Idaho where he practices and consults.

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Resources

Hispanic Scholarship Fund Scholarships for the 2008-2009 academic year will be available to all students on December 1. Apply at www.hsf.net/

¿Preguntas? ¿Preocupado? ¿Necesita apoyo? **El Centro de Apoyo de la APA** es su recurso de internet para encontrar folletos, consejos y artículos sobre las preocupaciones psicológicas que pueden afectar el bienestar emocional. También puede averiguar cómo ponerse en contacto con psicólogos recomendados por la APA. Visitenos en www.centrodeapoyoapa.org/

The National Register of Health Service Providers in Psychology, in conjunction with the American Psychological Association of Graduate Students (APAGS), is pleased to announce a new award for doctoral students in psychology. Each summer and winter the National Register and APAGS will award \$300 to a group of students interested in becoming credentialed by the National Register through its student program, the National Psychologist Trainee Register. Visit us at http://www.nationalregister.org/ Click on the Students/Trainees link.

The National Health Service Corps (NHSC) Loan Repayment Program (LRP)

announces a funding opportunity for mental health providers committed to working with underserved populations. This federal program makes contract awards to clinicians that agree to serve full time for two-years at approved sites in designated health professional shortage areas (HPSAs) of greatest need. In return for this service, NHSC LRP participants receive money to repay qualifying educational loans that are still owed. Maximum repayment during the required initial 2-year contract is \$25,000 each year with the possibility of extension of service and loan repayment at \$35,000 per year. In addition to loan repayment, clinicians receive a competitive salary and a chance to have a significant impact on a community. For additional information, visit http://nhsc.bhpr.hrsa.gov/

CLPA Newsletter Submission Guidelines

Dear CLPA Colleagues,

Would you like to contribute to the CLPA's newsletter? If so, you may contribute information in the categories below. Keep in mind that the next newsletter will be released in June 2009.

Announcements: Please send any announcements about yourself, your colleagues, or anything else you think our members would appreciate knowing. These can include new jobs, promotions, book chapters or articles, or other projects in which you participated. This is your chance to Shine!!

Articles: We also publish at least one featured article in each issue. We are open to articles that are relevant to the Latina/o community. Length should be between 750-1500 words. Articles should include a short bio, and a picture if desired. Please feel free to take a look at our previous featured articles at http://www.latinopsych.org/resources.html.

Student/Early Career: We are always looking for submissions from our student/early career members. Please feel free to submit articles about research you are involved in, communities you may be working with, or experiences you would like to share about being a student and starting off in your career as a mental health provider. This is a great way to connect with others in your field and to share experiences and information.

Resources: Send us your favorite summer books, articles, or websites!

Conferences: If you know of any workshops or conferences coming up in, July, August or September 2009, please send us that information.

Mentors Column: If you are a student or early career professional and would like to have a question answered from someone who has "been there, done that," please submit them to Linda Luna at Ilinda13@hotmail.com. These may be questions regarding the graduation process, licensure, getting your first job, etc. We are here to help each other.

Paid Advertisements: Post your advertisement with us! Our newsletter is sent to colleagues all over the state and country. You may view information on our website or you may email Linda Luna at Ilinda13@hotmail.com for more details.

Position Announcements: Please include position title and description, location, minimum qualifications, salary, and how to apply. For more information take a look at our past newsletter issues at http://www.latinopsych.org/Resources.html.

Please send all your submissions and questions to Ilinda13@hotmail.com. Please write "CLPA Newsletter Submission" in the subject line.

*The editorial board reserves the right to edit all articles and submissions.

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Membership Brochure

WHY JOIN CLPA

- To advocate for the integration of research, practice, and scholarship on Latino mental health issues.
- Be an active agent of change to improve the current conditions of Latinos and the community's mental health status through public and institutional policy efforts.
- Meet other professionals invested in Psychology, specifically interested in the Latino community.
- Promote educational programs for Latinos interested in the field of Psychology.

MEMBERSHIP

Membership categories include the following:

Professional: Must have a doctoral degree in Psychology or related field from a regionally accredited institution.

Mental Health Associate: Minimum degree earned must be a bachelor's or master's degree in Psychology or related field.

Student: Must be enrolled in an undergraduate or graduate program in the field of psychology or related field.

Institution/Organization: The institution/ organization must endorse CLPA's principles set forth in the bylaws and the CLPA mission statement.

www.latinopsych.org

	Degree:
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We're on the Web!

See us at:

www.latinopsych.org

The California Latino Psychological Association was founded upon the guiding principles of enhancing the research, training, and practice of Latino/a Psychology in California. In addition, we understand the need to become social advocates within the community of mental health professionals and for our community. While our numbers continue to increase, our voice slowly follows. In order to thrive, The CLPA must educate our students, our colleagues, and Latino/a communities across California.

As a state chapter affiliate to the National Latino Psychological Association (NLPA), CLPA serves as an opportunity for professionals to network and dialogue about the mental health issues that affect the Latino community in California. The CLPA is the platform that facilitates the process of uniting us to work towards one goal, advancing Latina/o Psychology.

The CLPA is open to all individuals who endorse our mission. We welcome everyone and look forward to working with psychologists and other mental health professionals of all backgrounds invested in the Latino community. We look forward to your membership!