



La Comunidad

California Latino Psychological Association

Volume VI February 2008

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President's Column: A Perspective on Immigration in the United States



On Saturday, March 8, 2008 the CLPA will be co-hosting a Continuing Education seminar entitled *Dos Culturas: The Latino Immigration Experience* (further details described on p. 4). As a committee, we decided to address this relevant and timely topic of immigration and the impact of this experience on Latino families for several reasons. In the paragraphs that follow, I would like to share some perspectives on the issue of immigration in the United States.

Immigration is a contentious topic, and with good reason. Immigration touches many aspects of our lives, including economic, social, cultural, political, legal, and psychological. Given that immigration tends to have wide-reaching effects, and focusing on the psychological dimension, the argument can be made that the best way to examine issues of immigration includes an ecological perspective (e.g. Bronfenbrenner's Ecological Systems Theory, 1979). In other words, as an immigrant adjusts to a new culture, he or she is likely to be affected by individual factors as well as by the broader environment, which includes family experiences, school, social services, legal services, mass media, and the predominant societal sentiments toward immigrants. Perhaps a more intriguing concept is that of Berry (2003) who notes that in addition to the immigrant being affected by their environment, the social environment itself is *also* affected by the immigrant. But this last point is a topic for another day.

The present-day United States' relationship with immigration dates back to the 1600's when immigrants from England settled in the Eastern states; those immigrants tended to primarily seek religious freedom and a better life. More recently, about 11.7 percent of the total U.S. population, or 33.5 million, are considered immigrants (Larsen, 2004), and the racial and ethnic compositions have changed significantly. Among the largest immigrant groups, 53.3 percent are from Latin America, 25.0 percent are from Asia, and 13.7 percent are from Europe. Therefore, Latinos from Mexico, Central America, South America, and the Spanish-speaking Caribbean currently constitute the largest groups of immigrants in the United States. It is important to note that all these figures represent data gathered by the U.S. Census Bureau, which does not account for undocumented persons. The numbers of undocumented immigrants living in the United States is difficult to estimate given the nature of crossing over to the U.S. undetected. Passel and Suro (2005) have estimated the number of Latino undocumented immigrants to be about 9 million.

As stated earlier, the United States was founded by a group of immigrants, and continues to be affected in significant ways by immigration. The difference,

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Presidential Column Cont...

however, is that in the past immigration was thought of as a positive influence to the U.S. (by helping the young country to grow); current day sentiments tend to be exclusionary. To gauge the national sentiment toward immigrants and immigration today, one just has to review legislation that has been passed, or is still pending. For example, in the current Presidential race, immigration is a highly contested topic, with politicians and voters alike taking a strong pro or con stance. Further, the marches throughout major U.S. cities, including Los Angeles, in 2006 were in response to legislation that targeted undocumented immigrants (Associated Press, 2006). This legislation would make undocumented status in the United States a felony, penalize employers who hire undocumented immigrants, require churches to check legal documentation of parishioners prior to receiving assistance, and build fences along part of the U.S.-Mexican border. Furthermore, in the recent past there have been other laws that were passed that target immigrants and underrepresented groups in the U.S. These propositions (187, 209, 227) and decision (Hopwood) deny public services to undocumented immigrants, prohibit state institutions from giving any special consideration to ethnic minorities, abolish bilingual education programs in California public schools, and prohibit consideration of race in admitting students to Texas state universities. Taking into account these sentiments and the psychological adjustment of immigrants to a new country, immigrants are likely to be negatively affected. Whether the legislation is passed or not, but even more so if the legislation is implemented, the negative messages extracted from such national sentiments have a great potential to negatively affect the ways that legal and undocumented immigrants live and are perceived in the United States.

Focusing the discussion on the psychological dimensions (because there are numerous levels we could use to examine this topic) of immigration and the ways individuals and families are affected – what is the mental health field's contribution to working with immigrants? Several authors have argued that psychology offers limited ways to work with

the Latino population (McNeil et al., 2001; Velasquez, Arellano, & McNeil, 2004).

Therefore, it is not sufficient to approach work with immigrants in a traditional Western psychological manner. For example, it is imperative to account for the collectivistic nature of the Latino culture when working with immigrants, particularly because immigration impacts more than just the individual. Furthermore, a major point of this piece is that as mental health practitioners, researchers, and educators, we cannot provide treatment to immigrants without accounting for the impact of external and societal influences.

Although more research and discussion about the psychological impact of immigration is needed, there are glimmers of good news in the literature. Researchers are writing about immigration and expanding the discourse of such an important topic. Authors such as Jose Szapocnik (Director of Center for Family Studies, University of Miami), Marcelo Suarez-Orozco (Professor and Co-Director of Immigration Studies, New York University), Carola Suarez-Orozco (Professor and Co-Director of Immigration Studies, New York University), and Celia Falicov (Clinical Professor of Psychiatry, University of California San Diego and private practice) are writing about immigrant issues directly. Other noteworthy resources include Santiago-Rivera, Arredondo, and Gallardo-Cooper (2002) and more recently Bacallao and Smokowski (2005, 2007). Fields such as sociology, anthropology, and migration studies offer much needed information and insights to the mental health disciplines. My hope is that these models continue to evolve through the writings of expert and early career researchers and practitioners to address the much needed treatment models with Latino immigrants.

CLPA also plays an important role in contributing to the topic of immigration. The goal of the CLPA seminar this upcoming Spring 2008 is to advance the immigration discourse with our *comunidad* in the mental health field. I hope you are able to be part of it.

Sinceramente,

Olga L. Mejía, PhD
CLPA President

***References available upon request.*

Committee Updates



Community Outreach

The Community Outreach Committee is looking to improve its participation in community based outreach programs and services. This year CLPA will increase its collaboration with the Latino Student Psychological Association (LSPA) chapters at various universities to improve the vision of reaching out to diverse student populations of southern California.



In January, CLPA contributed to the ongoing success of the HOPE Resource Center program at Children's Hospital Los Angeles. LSPA students supported this program that provides services to children in need.

We will also continue our collaboration with the Association for Latino Mental Health Awareness (ALMA). The goal for CLPA is to become part of the movement to eliminate the stigma of mental health in the Latino community and improve the relationship between mental health professionals and the greater community. For more information, contact Rogelio Serrano, MA at roysbusy@sbcglobal.net



CLPA Social/Networking

The committee aims to provide social/networking opportunities for CLPA members by facilitating participation in cultural events, outings and pot-lucks. CLPA socials provide a great opportunity for members to connect, network, hear updates on CLPA and to get involved.



Our November social at Mariposa's Restaurant (*dinner and Salsa dancing*) was well attended by new as well as continuing members. Some past social events have included: *Water & Power* by Cultural Clash, *Noche de Ofrenda* at LA's Self Help Graphics and Art's, dinners at local restaurants and of course a number of pot-lucks. If you are interested in hosting a pot-luck or have a suggestion for a social gathering please contact Linda Luna, MSW, at linda13@hotmail.com type "CLPA Social" in the subject line.

Seminar Committee

There are a number of exciting things happening with CLPA this year. As we grow as an association, we want to strengthen our roots within the various communities we exist in by offering trainings and community building opportunities. We are in the process of planning a one-day seminar for Saturday, March 8, 2008. The seminar will take place at the West Los Angeles Pepperdine campus. The title of the seminar is: "Dos Culturas: The Latino Immigration Experience." We are extremely excited to be planning CLPA's second event as an association. Our vision for the seminar is that it will be an opportunity to learn, re-energize and connect with colleagues who are also interested in working with Latino/a immigrant families.



We will be highlighting two experts in the field of Latino mental health. Dr. Celia Falicov will be discussing cutting edge research on the critical aspects of transnationalism and the impact on Latino families' immigration experience and mental health. Dr. Rebecca Lopez will be presenting on the impact of immigration policies on Latinos' family role adjustments and mental health issues. Please see the Save the Date flyer on page 4 for more details on the seminar.

We look forward to seeing and connecting with all of you in the upcoming seminar.

For more information, contact:
Susana O. Salgado, PhD,
susana.osalgado@gmail.com



Upcoming Events



Save the Date!

The California Latino Psychological Association* Hosts its
2nd Annual Seminar:

DOS CULTURAS: THE LATINO IMMIGRATION EXPERIENCE

Saturday, March 8, 2008

Full day: 6 CEU's provided

Pepperdine University, West Los Angeles Graduate Campus

Speakers:

Celia Jaes Falicov, Ph.D.

Clinical Professor, Department of Psychiatry, University of California, San Diego.
Independent Practice.

Latino Immigrants in Therapy: Transnational Journeys

Many Latino immigrants are "transnationals" who are able to maintain intense connections with their countries and families. Attention will be paid to separations and reunions that strike at the core of family attachments. An innovative binational/bicultural model that integrates *the relational, the community and the cultural-sociopolitical levels* will be presented and illustrated with clinical examples.

Rebecca A. Lopez, MSW, Ph.D.

Professor, Department of Social Work, California State University, Long Beach

Immigrant Processing and Adjustment: Clinical Implications

In this workshop, participants will learn about the many categories of legal and illegal immigration to the U.S. which should be considered for effective assessment of healthy adjustment in this country. Further, from a clinical perspective, this workshop will present a range of unique difficulties often encountered as new immigrant groups attempt to adjust in America, while retaining indigenous spiritual, cultural and health belief systems.

*Sponsored by

Pepperdine University; California State University, Fullerton; The California Psychological Association; and The California Latino Psychological Association

*For information on sponsoring this event, please contact Susana Salgado, Ph.D.
susana.osalgado@gmail.com

For more information, please visit the CLPA website

www.LatinoPsych.org

Or e-mail:

ShannonJeanne@gmail.com

Please note student registration will be limited.

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Upcoming Events Cont...

Moving Ahead: Building a Better Continuum of Care

March 19 - 21, 2008

The Embassy Suites

1441 Canyon Del Rey

Seaside, CA 93955

831-393-1115

The forensic mental health profession is a unique career with distinct training needs. This conference is solely dedicated to enhancing the education of the forensic mental health professional working in the criminal justice arena.

Cultural Competence and Mental Health Summit XV: Evolving with Communities to Achieve Culturally Responsive Approaches

March 25 - 26, 2008

Town & Country Hotel and Convention Center

500 Hotel Circle North

San Diego, CA 92108

619-291-7131

For more information: <http://www.cimh.org/training/conferences.cfm>

California Psychological Association 2008 Convention

April 3 - 6, 2008

Who We Are and Why It Matters: The Many Faces of Psychology

Disneyland Hotel

1150 Magic Way

Anaheim, CA 92802

<http://www.cpapsych.org>

American College of Forensic Psychology 24th Annual Symposium

April 10 - 13, 2008

San Francisco, Renaissance Stanford Court Hotel

905 California Street

San Francisco, CA 94108.

<http://www.forensicpsychology.org/2008program.htm>

Integrated Services 2008

April 15 - 16, 2008

Sacramento, CA

For more information: <http://www.cimh.org>

27th Annual UC Davis Child Abuse & Neglect Conference

October 27 - 30, 2008

Hyatt Regency Hotel, Sacramento, CA

<http://www.ucdmc.ucdavis.edu/caare/conferences/>

To be placed on the mailing list for this conference or to receive additional information, please contact Joseph Hori at (916) 734-4038 or joseph.hori@ucdmc.ucdavis.edu or register@canconference.com

Announcements/Resources

Congratulations! to Melvin Navarro, Ph. D. who has been promoted to Clinical Psychologist with the County of Orange, Children and Youth Services. He is working with the Safe Families Program that assists victims of domestic violence (including children) to obtain counseling, shelter, legal, and financial resources.

Melvin Navarro, Ph.D.
Clinical Psychologist
HCA - Children & Youth Services
Safe Families Program
MNavarro2@ochca.com
(714) 934-4650



Resources

¿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 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>.

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.

Hispanic Scholarship Fund Scholarships are now available for the 2008-2009 academic year. Students who will be enrolled in an undergraduate or graduate program for the Fall of 2008 and who have not been awarded a 2007-2008 HSF scholarship, are eligible to apply. Scholarships for the 2008-2009 academic year will be available to all students on March 15, 2008. Apply at www.hsf.net/

CLPA Newsletter Submission Guidelines

Dear CLPA Colleagues,

Would you like to contribute to the Summer, 2008 edition of CLPA's newsletter? If so, you may contribute information in the following categories. Keep in mind that the deadline is **May 14, 2008**.

Announcements: Please send any announcements about yourself, your colleagues, or anything else you think our members would appreciate knowing. These can include new jobs, job 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 book, articles, or websites!

Conferences: If you know of any workshops or conferences coming up in June, July, August of 2008, 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 llinda13@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 llinda13@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 llinda13@hotmail.com. Please write "CLPA Newsletter Submission" in the subject line.

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

California Latino Psychological Association

Executive Board

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University of La Verne

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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

CLPA Membership Form

Name: _____ Degree: _____

Title/Position: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Professional Affiliation: _____

Phone Number: _____ Fax Number: _____

E-mail Address: _____

Gender: _____ Ethnic Identification: _____

Clinical, Research & Teaching Interests:

<u>Annual Membership Fee</u>	<u>Optional Student Sponsorship</u>
___ Institution/Organization \$100	Number of students you wish
___ Professional \$25	to sponsor ___ x \$10 = ___
___ Mental Health Associate \$15	
___ Student \$10 (photocopy of current ID)	

Optional

Name of student(s) you wish to sponsor: _____

Voluntary Contribution \$ _____

(Donations make it possible to support the growth and visibility of CLPA. Please add your tax-deductible donation to the Grand Total.

I would be interested in volunteering for a committee.

Total

Annual Membership Fee \$ _____

Optional Student Sponsorship \$ _____

Voluntary Contribution (Tax-deductible) \$ _____

Grand Total: \$ _____

Mail form with payment (check payable to CLPA) to:

Pepperdine University

Graduate School of Education and Psychology

CLPA

18111 Von Karman Avenue, Suite 209

Irvine, California 92612

CALIFORNIA LATINO PSYCHOLOGICAL ASSOCIATION

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), The 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!