



# La Comunidad

California Latino Psychological Association

Volume VIII November 2008

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## President's Column

### Reviewing our History, and Creating New Beginnings



¡Bienvenidas/os a nuestra comunidad – The California Latino Psychological Association (CLPA)! As part of our cultural heritage, I believe it is important to acknowledge those who came before us and to whom we owe CLPA's existence. On behalf of the CLPA I want to thank Dr. Mejia for serving as President of the association the past two years. She was instrumental in planning and obtaining a grant to fund our first Latino Mental Health Conference in collaboration with CSU Fullerton in 2007. Her leadership continued Dr. Miguel E. Gallardo's (Founding President of CLPA) vision for CLPA. As the association celebrates its fifth year in existence I am beginning my role as President of CLPA. I am enthused about the opportunity to be a part of an association that has community and social justice at its core and that is innovative in its approach.

We have had a trailblazing infancy that started with a handful of eager Latina/o psychologists determined to create a space and presence for Latino Psychology in California. This humble, yet ambitious effort has led us to cultivate a collective *consciousness* that translates into a strong commitment to Latina/o communities. The CLPA has created countless opportunities to support one another and provide mentorship to students and early career professionals. The student members have been and continue to be at the heart of CLPA. Additionally, we have established and strengthened coalitions with the California Psychological Association, California State University Fullerton, the National Latina/o Psychological Association, Pepperdine University and Santa Ana College. We hosted a conference and seminar that quenched our member's thirst for knowledge and connection, and inspired many to become more actively involved in the association. The CLPA will continue to provide professional opportunities to grow, learn, network and host socials to connect, support and mentor one another.

The CLPA's efforts are expanding to the community. Currently, we are working toward providing public education to Latina/o communities through community outreach and workshops that focus on de-stigmatizing mental health concerns and accessibility to resources.

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In early October 2008, we had our first community outreach in collaboration with Santa Ana College. It was great to directly connect with the community and informally discuss what they need and want. Community members told us that there is a dire need for psycho-education that addresses Latina/o communities in a culturally responsive manner. They shared with us the pain they experience and the "hunger" they have to learn more about how they can grow as individuals, and positively influence their families and communities. Needless to say, conversations with community members further confirmed our desire to engage in public education.

As we forge new paths and make new commitments, we realize that our country and communities are evolving. This is a year of *change* and transitions that will lead us as an association to reflect on our past five years, and begin laying the foundation for future generations, further growth, and creativity in directly impacting our various communities. Similar to many of the communities we work with, CLPA is also multicultural and has a multifaceted identity that is comprised of diverse communities and as a result has multiple needs. As U.S. Latinos grow in numbers, we are becoming more diverse. I urge us to become more inclusive of the various identities that comprise Latino communities, which include diversity in language, culture, race, nationality, gender, sexual orientation, and disabilities. As I ponder on the future of CLPA, my hope is that CLPA will be a fluid and inclusive association that embraces our ever changing, diverse communities.

As we continue to grow and gain visibility, we must continue to build solidarity with our communities, and strengthen coalitions with other associations and institutions. Similarly, we must generate a pipeline and continue to support our students to ensure the existence of CLPA for years to come and the provision of services to Latina/os. I hope you enjoy the newsletter!

Sinceramente,  
Susana O. Salgado, Ph.D.  
CLPA President

## Committee Updates

### Community Outreach



This fall promises to be an exciting time for CLPA community outreach. We have established a partnership with Santa Ana College. This community college is located in the heart of Orange County and has a substantial Latino student population. As we all know, the community college system is often the first step for many Latino students to pursue their dream of becoming a college graduate. CLPA will be providing community workshops that are free and open to all members of the surrounding community. The workshops will be facilitated by CLPA members who have an interest in providing information and resources on topics such as:

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## Committee Updates Cont...

improving family communication, managing stress, how to support students, and mental health stigma in Latino communities.

Our first workshop, which focused on improving family communication, was held on Saturday, October 18, 2008 and was met with an enthusiastic response from the community. I encourage all CLPA members to get involved by volunteering as speakers, workshop volunteers, or simply providing input on future topics. Please contact me about any community outreach opportunities you may find in your area that may be of interest to CLPA. Hasta Pronto!

For more information, contact:  
Rogelio Serrano, LMFT  
roysbusy@sbcglobal.net

### CLPA Social/Networking



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. Our October 4th social had a great turnout with representation from a variety of disciplines; all with the goal of serving the Latino community.

The energy was very positive and it was great to see people connecting both personally and professionally.

Mark your calendar for the next CLPA Social:

Saturday, January 24, 2009

5:00pm-9:00pm

More information will follow.

Linda Luna, MSW  
llinda13@hotmail.com

## Student Section

The fall semester is in full swing for all our students. This fall LSPA students are making an impact on professional conferences. We would like to recognize Erin Gabrielson, Shannon Curry Westgaard, and Jime Salcedo for their outstanding presentations at Pepperdine University's Multicultural Research and Training Lab (MRTL) Conference in October. The theme was "Confronting Symbols of Hate" and it was well attended by both students and professionals from all over Southern California. We are proud of the professionalism and devotion these students demonstrated to research with diverse populations. The National Latino Psychological Association (NLPA) conference was recently held in Orange County, CA (Costa Mesa) and many of our student members participated in the conference as attendees and/or volunteers. It was great to meet and connect with many of you.

Rogelio Serrano, LMFT  
LSPA Co-chair  
Pepperdine University

## Student Section Cont...

The second year for the Latino Student Psychological Association at the University of La Verne is well underway. Although LSPA ULV has experienced the loss of several of their founding member's participation to internship this year, the organization has seen valuable interest from the incoming first year Psy.D. students. The Association is also working hard to recruit and integrate Masters level student membership. Additionally, ULV is happy to welcome Dr. Rocio Rosales, Ph.D. to the core faculty this year. Dr. Rosales' research interests and expertise lie in Latino Psychology and Mental Health. She has pledged to support and work to further develop the LSPA ULV.

The first event of the year was the August meeting recapping last year's events, accomplishments, and challenges, as well as beginning to develop objectives and goals for the coming year. Since then, we have had a monthly meeting in September and a Saturday retreat in October. The October retreat was successful in developing plans for the coming months. There was a plethora of ideas presented and an exciting enthusiasm for the possibilities of the organization.

Members discussed recruiting new members to LSPA and creating a partnership with other campus organizations. Specifically, LSPA ULV plans to connect with undergraduate organizations such as Psi Chi and the Latino Forum for opportunities

of mentorship and community outreach, as well as working with CPAGS to help coordinate the Annual Cross Cultural Conference at the ULV campus in the spring semester. We ended the retreat with dinner and drinks and were joined by family and friends. Finally, LSPA ULV is looking forward to the November meeting and a joyous December social just around the corner!

Joe Puentes  
Co-Chair  
University of La Verne  
[joeypuentes@yahoo.com](mailto:joeypuentes@yahoo.com)

## Featured Article

### Addressing Nationalism through Immersion Education

Jason Platt, Ph.D.

Multiculturalism, as taught in the United States, can occasionally reflect subtle and not so subtle forms of U.S.-centrism. A possible contributor to this problem is the insufficient emphasis placed on how our national context shapes our clinical thinking and training. An example is that nationality is not typically included along with race, gender, culture, and sexual orientation as an area of focus within multicultural training. This may occur in part because of the privileged position of power the U.S. has internationally. As is a characteristic of almost all forms of privilege, the need for self-reflection (as opposed to simply focusing outwardly) can be to leave this privilege unacknowledged and therefore unexamined. In the interconnected and migratory nature of the world, this lack of consciousness about the influence of ones' nationality can have numerous clinical implications. Our globalized society demands therapists truly develop a worldview that includes a view of the world beyond that of the United States. This is relevant even when a clinician plans to practice only within his or her own local community. At the very minimum, a first step in addressing the topic of U.S.-centrism is rooting out the related problem of nationalism.

Nationalism, an extreme version of patriotism, is the belief that ones' own nation is superior and its interests are more important than those of any other nation. Just as with the other 'isms' (i.e. racism, sexism, ableism, etc.),

nationalism can inadvertently be recreated in clinical training programs and hinder therapists' clinical effectiveness. Examples of nationalism include trainees only being challenged to learn in ways consistent with the increasingly standardized modalities used in U.S. education, students having limited exposure to mental health approaches developed and championed by non-U.S. theorists, and deficient opportunities for trainees to critically examine how their own nationality informs their clinical epistemology. The danger with this happening at the level of training is that it can isomorphically bleed into what occurs at the clinical level.

Immersion education is a training modality increasingly used by institutions of higher education and can facilitate ways to address nationalism. An example is Alliant International University's annual five-week Spanish Language and Cultural Immersion Program based in Mexico City, Mexico. The educational approach used within the program is based on Paulo Freire's critical pedagogy. Participants are seen as co-creators of knowledge who share in the agenda of improving mental health approaches with Latino communities.

## Featured Article Cont...

Participants are also presented with Latin American originating clinical theories with a particular emphasis placed on the work of Ignacio Martin-Baró and the tenets of Liberation Psychology. In addition, the program has a '*Self of the Therapist*' agenda that encourages participants to critically examine how the contextual variables in their own lives, including their nationality, inform their approach to therapy. As higher education seeks to catch up with the impact of globalization, immersion education will likely continue to play an important role.

You are invited! Although one institution hosts the Spanish Language and Cultural Immersion program, participants come from various universities and agencies. The program also draws from the international community of faculty with specialized knowledge relevant to serving Latino clients. If you would like to hear about the experience of previous participants, please visit: if you are interested in attending this year's program, please contact Dr. Jason Platt at [jplatt@alliant.edu](mailto:jplatt@alliant.edu) for more information.

## Announcements/Upcoming Events

**MARLENE DE RIOS, PH.D.** has just published a book, "A Hallucinogenic Tea Laced with Controversy" with Praeger Publishing Co. Dr. de Rios, a medical anthropologist and licensed marriage, family therapist has conducted fieldwork in Peru, in the coast and Amazon with mestizo healers who use the powerful mind-altering ayahuasca vine to treat emotional and psychological illness. In recent years there has been an upsurge in drug tourism where Westerners provide instant mysticism through the LSD-like plant for a high price. Many Americans and Europeans are toured in cities like Iquitos and Pucallpa Peru and attend so-called shamanic sessions. Dr. de Rios and her colleague, Roger Rumrill, a journalist, interviewed 27 different healers in aboriginal settings, in rural and urban Mestizo communities and among the self-proclaimed new healers. These traditions are very old and characterize to some degree healing milieu that many of our immigrant clients have experience prior to their migration to the U.S. Dr. de Rios reviews aboriginal healing patterns as well as the use of the powerful plant hallucinogen in a new Brazilian religion, União do Vegetal, where ayahuasca (called hoasca in Portuguese) is a sacrament. Information on the book can be reached at: [www.praeger.com/author/](http://www.praeger.com/author/)

### **A Place in the Community ...and Beyond**

December 2-5, 2008 at the Convention Center in Albuquerque, NM  
<http://www.kessjones.co/events/BHC08.html>

### **Supporting Children Living with Grief and Trauma:**

December 10-11, 2008 Los Angeles, CA  
<http://www.sei2003.com/ovcttac2008/LA-SupportingChildren.htm>

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**2008 Brief Therapy Conference**

December 11-14, 2008 San Diego, CA

<http://www.brieftherapyconference.com/>

**23rd Annual San Diego International Conference on Child & Family Maltreatment**

January 26-30, 2009

<http://www.chadwickcenter.org>

## 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/](http://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/](http://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 February 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 January, and February 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 [llinda13@hotmail.com](mailto: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](mailto: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](mailto: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

## **President**

Susana O. Salgado, PhD  
*Santa Ana College*

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Olga L. Mejía, PhD  
*California State University, Fullerton*

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*California State University, Fullerton*

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Jime Salcedo, MA  
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Olga L. Mejía, PhD

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Brigette Callahan

## **Community Outreach Coordinator**

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*Pepperdine University*

## **Social Chair**

Linda Luna, MSW

## **Northern California Representative**

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## **Membership Committee Chair and Translations Committee Chair**

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*Pepperdine University*

## **Student Representatives**

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Shannon Curry Westgaard, MA  
*Pepperdine University*

Maricela Gamboa  
*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](http://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 to sponsor ____ x \$10 = ____
____ Professional \$40	
____ Mental Health Associate \$30	
____ 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 am 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**

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!

We're on the Web!

See us at:

[www.latinopsych.org](http://www.latinopsych.org)