

# LATINX PSYCHOLOGY TODAY

AN OFFICIAL PUBLICATION OF THE NATIONAL LATINX PSYCHOLOGICAL ASSOCIATION

VOL 9 ISSUE 1

Summer/Fall 2022

*Celebrating 20 Years of Latinx Comunidad, Resistance, Resilience, Success, and Excellence*

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#NLPA2022

## FROM THE PRESIDENT:

Greetings NLPA Familia,

I hope this Newsletter finds you and yours well. It has been a year of great successes and progress for our beloved National Latinx Psychological Association. Your Leadership Council has worked diligently on strengthening the infrastructure and sustainability of our organization for decades to come. This has been evident through their work on renewing a strategic plan, establishing a Taskforce to address anti-Blackness and DEI issues in our organization, as well as engaging in the hard work of reviewing our bylaws and budget so that our words, actions and financial resources are aligned to best serve you. Despite these administrative gains as a business, NLPA has also worked hard to expand our reach to professionals and communities alike. For the second year in a row, we participated in the Wellness for All Campaign, sponsored by Meta, that allowed us to publish videos of culturally safe practices to improve mental wellbeing in the Latinx community. Additionally, Oscar Rojas-Perez, your Senior Advisor on Public Policy, has facilitated NLPA's endorsement of numerous laws and interventions that uplift our Latinx community's quality of life.

This week, many of us will gather together for a 20th Anniversary Celebration of our organization at NLPA2022 taking place in Denver, Colorado. It will be our first in-person gathering since the start of the COVID-19 pandemic and I can hardly wait to see all of you. Our conference theme is Dynamic Latinx Healthcare: Integrative Wellness Through the Lens of Culture and Community. Thank you to the emotional labor of love from our Conference Chair, Ingrid Atiles, and the rest of our Conference Committee who have ensured that this gathering is an inclusive learning and safe space that is enjoyable for all. I know many of you share my belief that holistic health is the most effective and culturally safe healing we can help facilitate for our clients and community.

Thank you to the Leadership Council, Special Interest Groups, members and allies of NLPA who have stated 'presente' over and over again to being servant leaders for our Latinx community. We are a community of many riches, beauty, talent, and wisdom and it has been the greatest honor to serve with all of you.



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NLPA has partnered with the various other ethnic psychological associations, Facebook, and the consulting firm Provoc located in Washington, D.C. to launch a mental health wellness campaign for populations of color. This new venture will enable our ethnic and racial communities to access self-help information with healthy tips, ability to ask experts, and provide educational materials for our emotional and mental well-being with an eye on using culturally informed strategies. July 15, 2021 is the anticipated launch date for this campaign in various languages. We hope this is a start for new collaborative efforts in reaching out and being a resource to the general public. Meanwhile, Facebook is donating one million dollars in advertising for the participating associations for their efforts and contributions to this campaign.

As issues emerge NLPA has supported statements on various social justice issues throughout the year, established a formal MOU with the Interamerican Society of Psychology (aka as SIP) in order to foster collaborations with psychologists abroad in Latin America, and has collaborated with the American Psychological Association (APA) on various activities with the other ethnic psychological associations. We have developed collaborations with the National Hispanic Medical Association and intent to reach out to other associations that serve and represent our Latinx communities.

With the help of our management team at AMC Source, our NLPA website is being redesigned and should be online by August 1, 2021 in the hopes of making it easier to access information and to be updated in its design. This new website will house continuing education courses “on demand” to enhance our professional development. In particular, there will be special sections for students and for early career professionals on our new website. We will be posting information about funding opportunities and professional development activities in order for you to be informed and take advantage of these opportunities.

Our journal is doing extremely well and is now producing revenues for the association. Many thanks to our journal editor Esteban Cardemil, Ph.D. and all of the associate editors and reviewers for producing such a wonderful resource for our profession. I encourage you to continue to choose our *Journal of Latinx Psychology* published by APA Publishing for your best work and to keep us at the forefront of the latest information.

NLPA leadership Council has hired consultants, Obsidian Consulting, to assist us in how we are addressing racial diversity and in reviewing our policies. This is the first step for NLPA to do a self-examination, especially with regard to AfroLatinx concerns. We plan to review the recommendations of the consultant’s report and continue these efforts moving forward so that our association is responsive and supportive of our diversities.

Please consider being a part of the leadership of NLPA through the various appointments and elected positions in the association. Meanwhile, thank you so much for your support and engagement in NLPA. I look forward to seeing you at our virtual conference this year.

Cynthia E. Guzmán, PhD, MSCP  
President of the National Latinx Psychological Association

**Cynthia E. Guzmán , Ph.D.**

## OUR MISSION

To create a supportive professional community that advances psychological education and training, science, practice, and organizational change to enhance the health, mental health, and well-being of Hispanic/Latinx populations

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## CELEBRATING ...EVERY STEP OF THE WAY

FIGURELLA L. CARLOS CHAVEZ<sup>1</sup>

### Editorial

We, the NLPA editorial team, are excited to bring you the Summer/Fall 2022 issue of *Latinx Psychology Today* (LPT). We gather together to celebrate NLPA 20 years of work, community, and growth. We have all gone through several transitions, changes, and adaptations as we navigate a 2022 with non-transitory inflation and health challenges. True, 2022 has proved to be a very busy year for all of us; full of expectations, and work-life demands. However, despite all this, we continue to show up in comunidad, exemplifying resilience (no matter how big or small) and moving forward the field of Latinx psychology successfully and with excellence. This is my last edition as the newsletter editor and I am proud of the work, time, and effort the newsletter team has dedicated to NLPA to make this newsletter a reality. I want to thank all the NLPA community for taking the time to be part of our newsletter; and we hope you enjoyed it as much as we did during these past two years.

The current issue is a collaborative effort of graduate students, early career, mid-career, and established members from NLPA focusing on the theme, **“Celebrating 20 years of Latinx comunidad, resistance, resilience, success, and excellence.”** This week’s conference is the first NLPA in-person conference since 2019 and I am excited to see how our NLPA family has persevered, adapted, and grew these past two years. This newsletter edition is a small reflection of all the great projects and work our members have engaged in for the betterment of our Latinx people and community. In our summer/fall 2022 newsletter issue, we highlight the discussion of the following themes: Narratives from Mexican-American Millennial

Women, the Findings from a National Collaborative effort to assess the needs of the Latinx community during COVID-19 conducted by Latinx researchers and practitioners, NLPA Member Spotlight: Interviews with an NLPA Student Leader and NLPA Professional Member, Revelations of a Latina Firstborn, as well as published work (i.e., books, articles) from our members. In the present newsletter issue, we aim to highlight the essence of our members by creating inclusive spaces that elevate the voices of those who often are not given a platform. We recognize that we are living under extraordinary circumstances and therefore these stories and calls to action are much needed.

We present to you Goldie Barajas who using qualitative approaches, explores enculturation, identity, and adhering or aiming to adhere to a vegan or vegetarian diet among Mexican American millennial women, The COVID-19 Needs Assessment of U.S. Latinx Communities Findings lead by Dr. Cristalis Capielo Rosario and team, including Drs. Fiorella L. Carlos Chavez, Yolanda, E. Garcia, Delida Sanchez, German Cadenas, Alison Cerezo, and Lucas Torres. Supplemental report on Mental Health and Wellbeing in United We Dream Community and Two Pandemic Snapshots lead by Dr. Melanie M. Domenech Rodríguez and her team. Next, we present to you the NLPA Member Spotlight featuring interviews with an NLPA student, Loíza DeJesús Sullivan and NLPA professional member Dr. Gabriela Hurtado. We also present work title Revelations of a Latina Firstborn by Michelle Varela, and published work by three of our members; Drs. Celia Jaes Falicov, Esther J. Calzada, and Milton A. Fuentes.

Finally, I want to say ¡Muchas Gracias! to the contributors to our Summer/Fall 2022 newsletter, my editorial team for their dedication and hard work in this newsletter and for their patience toward me in this process, the leadership council (LC) for giving us the opportunity to create inclusive spaces and trusting us with this work, and to all our resilient membership community for making LPT a reality.

Fiorella L. Carlos Chavez, Ph.D.

Editor

The mission of NLPA is to create a supportive professional community that advances psychological education and training, science, practice, and organizational change to enhance the health, mental health, and well-being of Hispanic/Latinx populations.

The NLPA newsletter fall 2020 edition aims to highlight the essence of our members by creating inclusive spaces that elevates the voices of those who often are not given a platform. We recognize that we are living under extraordinary circumstances and so these stories are much needed.

*Dr. Fiorella L. Carlos Chavez is an Assistant Professor in the Edson College of Nursing and Health Innovation at Arizona State University. She applies qualitative and mixed-methodologies to understand the implications of culture, family, and work-life related stressors on Latino migrant farmworker youth' psychosocial adjustment. She has been nominated twice (2019 and 2021) as the Undergraduate Mentor of the Year at the University of Missouri – Columbia. In 2020, Dr. Chavez received a COVID-19 Needs Assessment grant from the National Urban League; she's focusing on the effects of stress and household food insecurity on Latinx youth and essential workers' mental health.*

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# Recruiting Students & Professionals

The NLPA Mentoring Program is recruiting student and professional members to be part of this important group in our association. As a student you can get advice from a professional member to help you navigate your educational and professional goals. As a professional you can guide a student member and help our community.

**Email us at: [mentoring@nlpa.ws](mailto:mentoring@nlpa.ws)**

# NARRATIVES FROM MEXICAN-AMERICAN MILLENNIAL WOMEN: A QUALITATIVE STUDY EXPLORING ENCULTURATION, IDENTITY, AND ADHERING OR AIMING TO ADHERE TO A VEGAN OR VEGETARIAN DIET

GOLDIE J. BARAJAS, M.A.

## Introduction

Relatively few studies have been conducted to examine the impact of cultural factors on lifestyle choices such as eating and exercising behaviors in part due to the lack of culturally sensitive medical and health decision-making models and culturally sensitive treatment interventions (Alden et al., 2018; Betsch et al., 2016; Walsh, 2011). An unhealthy diet and physical inactivity, among other factors, have been correlated to diseases with some of the greatest mortality and morbidity rates in the U.S. such as cardiovascular disorders, obesity, diabetes, and cancer (Barnard et al., 2009; Betsch et al., 2016; Walsh, 2011). This is especially concerning given that over their lifetime, Hispanic/Latinx American adults are reported to have more than a 50% chance and risk of developing type 2 diabetes and obesity at a younger age (CDC, 2021). The Food and Agriculture Organization (FAO) (2010) recommends the adoption of healthy and sustainable diets to counteract non-communicable diseases and reduce climate change. The FAO (2010) has identified vegan and vegetarian diets as sustainable, and these diets have gained more attention over recent years, especially among Millennials. The health benefits of both vegan and vegetarian diets have been well established in the literature (Craig, 2009; Fraser, 2009; Le & Sabaté, 2014). Mexican-American Millennials learn about their ethnic culture through the process of enculturation. During the enculturation process, Mexican-Americans Millennials learn from familial ties about gender role attitudes (e.g., marianismo) and about familismo, respeto, personalismo, simpatía, and fatalism (Falicov, 2014). These cultural components were explored due to their relevance to the population of focus and their impact on medical and health-related decision-making.

## Methods

After extensive consideration of the purpose and rationale for choosing one methodological approach over another, it was decided that a qualitative design would be used. Narrative analysis is a type of qualitative research that focuses on participants' stories and recognizes that people hold their own truth. One of the common approaches for qualitative

psychological explorations is to conduct interviews with the target group to gain personal narrative data. Narrative Analysis allows the researcher to understand the narratives depicting people's own reality (Richardson, 1990a; Taylor, Bogdan, & DeVault, 2016) and how this shapes their identity (Charon, 2006). It allows the researcher to preserve the integrity of the participant by analyzing a story/narrative not only for its content, but also for how it is told (Taylor, Bogdan, & DeVault, 2016). In the Mexican culture, storytelling is an oral tradition. Storytelling in Mexican culture encompasses various genres such as corridos (narrative-based folk songs or poems), riddles, proverbs, and folk tales (Farr, 2003). Since storytelling has been identified as a valued cultural tradition in Mexican culture, this qualitative study adopted a Narrative Analysis as the method for gathering and analyzing data.

## Results

This analysis was guided by the following research questions: 1. What are some motivators for leading a vegan or vegetarian diet? 2. How does following a vegan or vegetarian diet impact Mexican-American Millennial women's relationship with their family? 3. How do Mexican-American Millennial women integrate a vegan or vegetarian diet and their Mexican-American identity?

### Thematic Findings

The following are some of the themes identified in the thematic analysis:

Theme 1: Health related reasons as motivators for leading a vegan or vegetarian diet

Theme 1 centers around a health-related reason as a motivator for following a vegan or vegetarian diet. Health related reasons are referred to as a desire to improve one's health after receiving unfavorable health related information from a medical doctor or to improve overall health functioning (e.g., improve physical energy). It also incorporates disease prevention (e.g., avoiding negative health outcomes) and coping with disease (e.g., diagnosis of cancer and pre-diabetes).

Theme 2: Animal ethics as a motivator for leading a vegan or vegetarian diet

Theme 2 centers on animal ethics as a motivator for following a vegan or vegetarian diet. Animal ethics were described as a shift in attitude toward animals.



It incorporates giving animals full moral consideration. In other words, to consider animal ethics as equal to human ethics. Participants spoke about the “right or wrong way” to treat animals on Earth and a belief that the Earth belongs to all living organisms. They discussed believing that animals are not inferior to humans despite their limitations, including their inability to make conscious decisions in the same manner that humans do, which does not excuse killing them for human benefit. Additionally, participants shared that they do not want to participate in animal suffering.

Theme 3: Coping with micro-aggressions by family members

Theme 3 centers on how participants make sense of their experiences with micro-aggressions from family members and others. Participants described often being told: “Just eat meat this once, it will not hurt.” “You are not going to save the planet; people eat meat regardless of whether you don’t.” “Just remove the meat from the X dish, it is okay.” Participants shared often coming up with explanations to minimize the negative impact that micro-aggressions had on them. These explanations, at times, turned into over-explanations. Participants also “laughed it” off. Lastly, participants shared eating before gatherings, looking at the menu before attending a restaurant, or taking their own food.

Theme 4: Modifying cultural dishes

Theme 4 centers on how participants integrated both their vegan or vegetarian lifestyle with their Mexican identity. They reported modifying cultural dishes, such as making pozole without the meat and using vegan products to season it. Participants shared they often use vegan replacements for meat such as vegan chorizo, and jack fruit. They believe this does not make them “less Mexican.”

### Concluding Thoughts

The intention of this researcher is not to magically turn people vegan or vegetarian, as many people assume when an individual shares about their dietary preferences. This is a judgment free zone. The researcher intends to share awareness, through the narratives of those beautiful souls who participated in her study, about how one may react to others when one encounters differences. I will leave you, the reader, with this—Try to understand instead of judge.

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# UNDOCUHEALTH REPORT

## Mental Health And Wellbeing in United We Dream Community

PREPARED BY  
Latinx Immigrant Health Alliance  
United We Dream



For more information please visit:

<https://www.nlpa.ws/assets/docs/resources/2021%20UndocuHealth%20Report%20-%20Mental%20Health%20and%20Wellbeing%20in%20United%20We%20Dream%20Community.pdf>





## SUPPLEMENTAL COVID-19 NEEDS ASSESSMENT OF U.S. LATINX IMMIGRANTS

JUNE 2021

# TWO PANDEMIC SNAPSHOTS: IMMIGRANT HEALTH IN THE TIME OF COVID



THIS REPORT WAS PREPARED BY THE LATINX IMMIGRANT HEALTH ALLIANCE (LIHA) FOR THE NATIONAL LATINX PSYCHOLOGICAL ASSOCIATION (NLPA) AS PART OF THE COVID-19 NEEDS ASSESSMENT OF U.S. COMMUNITIES OF COLOR, SPONSORED BY THE NATIONAL URBAN LEAGUE. THESE RESULTS ARE COMPLEMENTARY TO THOSE PRESENTED IN THE COVID-19 NEEDS ASSESSMENT OF U.S. LATINX COMMUNITIES REPORT BY NLPA.

For more information please visit:

<https://www.nlpa.ws/assets/docs/resources/2021%20LIHA%20%28Two%20Pandemic%20Snapshots%29.pdf>





# COVID-19 Needs Assessment of U.S. Latinx Communities

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Preliminary Report  
February 15, 2021

For more information please visit:

<https://www.nlpa.ws/assets/docs/resources/Preliminary%20Report%20-%20COVID-19%20Needs%20Assessment%20on%20U.S.%20Latinx%20%20Communities.pdf>





**NATIONAL LATINX**  
PSYCHOLOGICAL ASSOCIATION

January 20  
**2021**

# **COVID-19 Needs Assessment on U.S. Latinx Communities Interim Report to the National Urban League**

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National Latinx Psychological Association [NLPA] Phase I Research Team:

1. Lead Principal Investigator (P.I.): Cristalis Capielo Rosario, Ph.D. (Arizona State University)
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For more information please visit:

<https://www.nlpa.ws/assets/docs/resources/Interim%20Report%20-%20COVID-19%20Needs%20Assessment%20on%20U.S.%20Latinx%20%20Communities.pdf>



# National Latinx Psychological Association (NLPA)

## Findings

For more information please visit:

<https://www.nlpa.ws/assets/docs/resources/Final%20Report%20-%20COVID-19%20Needs%20Assessment%20on%20U.S.%20Latinx%20%20Communities.pdf>





**NATIONAL LATINX**  
PSYCHOLOGICAL ASSOCIATION

**Final Report to the National Urban League  
COVID-19 Needs Assessment on U.S. Latinx Communities**

**April 26, 2021**

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For more information please visit:

<https://www.nlpa.ws/assets/docs/resources/Final%20Report%20Summary%20-%20COVID-19%20Needs%20Assessment%20on%20U.S.%20Latinx%20%20U.S.%20Latinx%20Communities%20.pdf>





## NLPA Member Spotlight: Interviews with an NLPA Student Leader and NLPA Professional Member

Loíza DeJesús Sullivan, Dr. Gabriela Hurtado

### Interview with Loíza DeJesús Sullivan

Stephanie Carrera: *We really want to be able to help our membership get to know its individuals, particularly those in leadership, and we have a few questions today that we wanted to just introduce you with. Of course, you have had the list of questions before, but I want to be able to jump around depending on what you share.*

Loíza DeJesús Sullivan: Sure.

Stephanie: *We'll start off with just a really broad and general question to help our members get to know you. Can you tell us a little bit about you and your background?*

Loíza: Sure, so I was born and raised in Chicago. I'm of Puerto Rican descent. My dad was born in Puerto Rico but came to Chicago when he was only six. My mom is actually New York-born, but also of Puerto Rican descent. It's actually kind of miraculous that I actually speak Spanish. But I was educated by two awesome community organizers, community leaders, who were really dedicated to the Puerto Rican community and to Latinx values and the struggle, and that was definitely part of what's inspired everything in my life. I am a first year PhD student at Arizona State University in Dr. Capielo Rosario's PLENA Lab and currently studying the effects of colonialism and coloniality on the well-being of Puerto Rican youth.

Stephanie: *In this case taking a little bit of some of your experience to inform your doctoral studies...*

Loíza: Definitely.

Stephanie: *And that's the part of our second question here, is how do you find yourself working in PLENA? How did you move into psychological sciences?*

Loíza: Yeah, so psychology in general was always something that was part of the family world, I guess you could say... It's interesting, I was just telling this story yesterday my grandmother was actually a patient, I guess we would say client now... but back then she was patient of Dr. Lillian Comas-Díaz back in the 80s, and my father actually studied under Dr. Comas-Díaz, so I had this sort of knowledge that psychology is there, psychology exists, but it wasn't something that I saw as my path. It wasn't until I started teaching. I actually worked as a middle school teacher for a while, and I saw the incredible lack of mental health



resources available to the students that I had that I cared so much about. The closest that they had to any kind of mental health services was the SEL curriculum, the social emotional learning curriculum, and honestly it was a joke. The other teachers didn't want to do it; they didn't want to have anything to do with it. It was all very Eurocentric. So seeing that there was a need made me realize that if I wanted to help my students, that I could do more as a therapist than I could as a teacher. That was kind of the beginning of it, and then I got my Masters at Roosevelt University. While doing that, I kind of realized that research was interesting, and maybe there just more [to it] than just doing assessments and things like that, so [I realized] maybe school psychology wasn't the path. I wanted to be involved in something more along the lines of counseling psychology, where I can do community psychology and social psychology in a more applied way, still have a license, do some of the research, create evidence-based practices that are culturally sanctioned, really—I want to be able to create things that are rooted in our culture, not just that are adapted to our culture. So that's how I came across Dr. Capielo Rosario, looking at the work that she's doing, There aren't too many Puerto Rican researchers out there in psychology. I made sure to look up all of them, and I was just obsessed with the work she was doing with coloniality and coloniality of being, and I wanted in on that. I could see the connections. Most of the work she is doing is with more recently arrived Puerto Ricans, so people who have come to the U.S. after Hurricane Maria or after La Junta, but I could see the connection to the second-, third-, and fourth-generation Puerto Ricans who were my students. I wanted to be able to learn from her and see how I could apply to that knowledge back in my own community.

Stephanie: *And searching for those roots to then be able to take back the culturally-rooted interventions, spaces, to hold for your students. Yeah. For your entrance into the psychological sciences, I imagine that you're in a space where you're being exposed to different projects, different initiatives, different experiences generally in the lab. I wonder, what are you working on or what are you pursuing that you're really excited about right now?*

Loíza: So I guess sort of coming full circle, in terms of family and personal stuff, I'm actually working on a chapter about Dr. Comas-Díaz's dissertation, which I'm really excited about. I'm working on that with a coauthor who is a graduate student from Pacific University. I've really been enjoying that. I'm also working on my thesis and just really getting that off the ground, putting the protocol together. We're in the final stages of getting the protocol ready so I can do my interviews hopefully over the summer, looking at the impact of colonial logics on Puerto Rican youth in Chicago, analyzing the ways that second- and third-generation Puerto Rican youth talk about their Puerto Rican identity, their American identity, and thinking about how coloniality and colonialism have played into the transmission of colonial logics.

Stephanie: *It's really, really exciting. I think that that's going to be fundamental since some of the lived experiences of the people you're interested in, and you yourself even, having that space to perhaps identify like you said "full circle" with your own life in your work. When I think about what it takes to enter an academic space like this, I think about some of the triumphs, some of the supports, some of the ways that you were able to access PLENA and your current advisor's work. So this is sort of a two-part question because they may go hand in hand, or they may be separate for you. I wonder, up until this point, could you tell us a time where either currently or as you were arriving into your program that you faced some challenging moments? That could be on a personal level, professional level, or intersecting experience that shaped you as the person you are becoming now?*

Loíza: Yeah. During my master's program, I was an Albert Schweitzer Fellow, which is a

year-long public health service fellowship that funds a service project. I collaborated with the Segundo Ruiz Belvis Cultural Center in Chicago, which is a Cultural Center that I had been a part of since I was a child. I had proposed a very specific intervention that I wanted to do, and I was sure like this is gonna be awesome, this is what I wanna do, this could set me up for dissertation, it's gonna be great. And then COVID hit. And it all fell apart. My youth participants didn't need, at that point, what I had offered. They needed a support group. So, learning to have the flexibility, the patience, and the humility to adjust to what the community needs... I think that was one of the most difficult planning experiences I've had, but also one of the most rewarding and beneficial. I cannot imagine how horribly this would have failed if I had tried to plow through with what I had originally planned. They just were not in the headspace for that, but I gave them the space to come in and talk about you know, "My parents don't understand that I am actually doing work when I'm sitting in front of a computer," or that "I can't babysit my younger siblings when I'm in class." You know those kinds of things that were really weighing on them. I felt so incredibly privileged to have those nine months of acompañamiento with them, where they needed me to be, meeting them where they were, doing what was right for them, and not pushing my agenda, even though at times it felt like, this isn't enough, or it's "not academic enough," or "research enough." It was still the intervention that they needed at that moment in time.

Stephanie: *That is a challenge, not just with having to switch and adjust, but also kind of at least maybe put on hold a dream. I thought this was really impacting when you said it could connect to your dissertation one day. My hope is that that could be something you can return to...*

Loíza: That is the hope, I hope to return to it at some point. It's definitely something that I continue to talk to my advisor about. Dr. Capielo Rosario is phenomenal. I think that if I had tried to it—it all worked out for a reason—I think if I had tried to do it at that point, it would not have been the project that it could be when I do eventually do it, if that makes any sense. I was not ready, I was not prepared enough, to have done it justice, to do the project justice. I thought I was, but I don't think I actually was.

Stephanie: *And perhaps that preparation was for a time where a pandemic would not be the way that we were living, but now maybe recreating the space that you need as we're still moving through it, to make space for your intervention one day... that takes, like you said, patience, flexibility, humility... and this goes into my second part of my question, which is whether it's with this challenge or with anything else that you've experienced so far, what resources, what supports, what inspirations, what sources of empowerment did you access to help you to get to where you are? They could be with this challenge or could be more general. What have you been able to access that's been helpful?*

Loíza: I think the first thing is that I have an awesome family support system. My parents, they drive me nuts sometimes, but they're still just the most incredibly supportive parents I could possibly imagine. I kind of worship the quicksand they walk on. I also have an extended family that, when I whenever I need anything, they're there, even if it's not as regular. I always know if I need to call one of my aunts or my cousins, they'll be there. Through my bachelor's, my master's, and now in the PhD, I've been blessed to have some really incredible mentors. I wasn't always a psychology person. I was a Black Studies major first, and then I eventually got my degree in Power and Identity Studies. I had just some fantastic folk that I worked with in the Black Studies Department at Amherst College that I just would not be the researcher and student that I am now if it wasn't for them. I also had a couple of mentors at Roosevelt that were there to support me through the whole application process and all of that.

When I said I wanna do this Schweitzer thing, they didn't bat an eye at the fact that I was the first one in my university to even apply for a Schweitzer Fellowship. Drs. Bibiana Adames, Susan Torres-Harding, and Leila Ellis-Nelson were there to support me through every step of the process. I've been lucky enough to have Dr. Cristalís Capielo Rosario and her extended network. Dr. CR has very intentionally created a family in the PLENA Lab. We always support and challenge each other. Dr. CR brought in another student with me, Anyoliny, we joke that we're lab twins, but it is true that the bond I feel with my Lab siblings and my cohort is very special. CR is also sort of a package deal, so you get her, and you kind of instantly also get Dr. Eduardo Delgado-Romero, you get Dr. Melanie Domenech-Rodríguez. Dr. Delgado-Romero is CR's son's godfather, sí, es una familia. It's just been such an incredible experience to have these people in my corner... to be able to text Dr. Domenech-Rodríguez and say like, "Hey, can you look at this thing that I'm writing?" She just did the edits for my chapter and that was incredible. I know that's not something everybody has access to, and I'm incredibly grateful for that. And before I forget, I also have a therapist I've been working with since before I started my master's. She's been with me through a lot of ups and downs, a lot of change and growth.

**Stephanie: *Is there a way that your therapist has provided different support or empowerment compared to the others?***

Loíza: Definitely. I mean I'm sure you know that when you're beginning in this process especially, a lot of stuff comes up. I'm in pre-practicum now where we're learning the basic skills and techniques. Things come up that you didn't think were going to come up. She was also the one that was there encouraging me to apply for the Schweitzer Fellowship and for the PhD and all of that when I still wasn't confident enough in myself to think that I could do any of that.

**Stephanie: *Ella creyó en ti. She believed in you. Those are priceless and valuable gifts and sources of energy. The nature of this interview is such that we want to be able to help you pass what you have received and experienced to others who may be searching for that, especially in an organization like NLPA. So now you'll see that we will change our questions a little bit to NLPA. What had you join NLPA, and what keeps you renewing your NLPA membership?***

Loíza: I thought about that question a lot when I saw it on the list because I was a little bit hesitant about how honest I should be. But I figure I'm gonna go with full honesty here. I had heard a lot about NLPA from different people in the university that I was at, at Roosevelt, in the community, and they were like it's like a family! You have to join! It's the best! So I joined, but I joined right at the point that everything kinda hit the fan with the anti-Blackness stuff. And I consider myself Afro-Indígena, so for me there was very quickly within a month or so of having joined, a question of like, is this something that I want to even stick with? This is causing harm. But what I kept finding, every time I would go to a townhall, every time I would go to a meeting, or just talk to somebody, is that the students were so engaged and so interested in doing better for the organization. There was frustration, there was anger, there was hurt, sure... But they wanted to push the organization forward, and that was exciting. That was exciting to see that passion. And so I wanted to be with them, I wanted to join them, I wanted to have these conversations. I wanted to know these people that were so invested in this, and that's how I got into, first, the editorial board for the newsletter, and then eventually the student committee, and now the Student Representative-Elect. But it's, I think more than anything, it's still the passion that I see in the students that keeps me engaged and keeps up my strength when things get a little frustrating.

Stephanie: *And potentially harmful, as you mentioned at the beginning. It's very easy for us on the other end who are not students to say, "Oh, well students are the future; they're more than half of our membership." Students are the now. That is a familia that I hear you say you connect with. And full honesty is what we can call for here, for your sharing of your experience. And in that honesty, now I ask for that in this next question too. What would you like to see from NLPA moving forward? What are we calling the organization in for?*

Loíza: I don't think that I could possibly even begin to give any... There are no simple fixes. There are no simple solutions to where we are. It's too complicated of a problem. I think one of the biggest things right now is transparency. I think that a lack of transparency has been a big issue in terms of where there's been a lot of hurt. I remember when everything kind of went down, there was like, I think it was like a six-month gap between all of the conversations, the townhalls, and the [discussions on the] listserv, and when it was announced that Obsidian had been hired. And there were conversations I'm sure in the LC, but those were not conversations that the members knew about. And so for somebody who was not privy to any of those meetings, it felt like, "Oh, this issue just disappeared for six months." And that hurt. So I think transparency is one place that we can start to do better. I'm not gonna say inclusion because I think that that's just an easy thing to say, but it's a lot more difficult to actually enact. We have to figure out, and I don't know how, to reach out to our Black brothers and sisters and non-binary siblings, our LGBTQ siblings, our Indigenous siblings, everybody who's felt marginalized, and repair the hurt. We can't fix it, but we can acknowledge that it happened, that we caused harm as an organization, and try to do better. I don't know what that looks like, but I know that not being intentional, not being very careful, would be a huge mistake.

Stephanie: *Repair with transparency. You don't have to be tasked with telling us how. That is your answer, and it is up to the organization to fill in the blanks. Now, we have just a couple questions left, and again wanting to be respectful of your time, I know we did a little bit of a journey from your own personal history, the narrative of your ancestors and more recent family members, and then we moved into a little bit about NLPA. I want us to kind of complete the circle, which has been maybe a theme that you brought in today, with a couple of pieces you would share for Latinx folks who are interested in getting into psychology and maybe a former version of yourself who could hear from you. So my two-part question is, knowing what you know now about your experiences in this field so far, what would you tell a younger version of yourself? And what would you tell other people who might follow in some of your footsteps?*

Loíza: Number one: Therapy is good for you. Get a therapist.

Stephanie: *I'll snap here. No bias, but I'm going to snap here.*

Loíza: So that's number one. Number two: I think it's been really hard to, even at almost 33 and with tons of therapy under my belt, to break away from some of the generational trauma, some of the boundary issues. I think that most of it could sort of be summed up in, "It's OK to take care of yourself." I have finally started to accept that, and even that's still a journey because that's not how we're raised, right? You gotta take care of everybody else. If there's time leftover, maybe you can take care of yourself. But it's not selfish to take care of yourself. It's the responsible thing to do.

Stephanie: *Your experiences have led you to be able to emphasize this. You work toward keeping yourself well and providing within and for you. Now, to help us end, I wonder, just being able to kind of look internally to feel what's around you as we wrap up today... What words, what affirmations, what images would you like to end with as we close our meeting—our introduction to you today?*

Loíza: That's funny, the first thing that popped into my head is, it's an image that I think of a lot when I am trying to kind of center and ground. But it's also one of the places that I feel most connected to myself, my ancestors, the land... And it's just standing in any body of water and letting the waves hit you. Not hard waves, it's just maybe ankle deep or shin deep, and just letting them come to you. And that's a metaphor for so many things in our lives, but I think that that for me at this space in my journey, in my life, it's really just remembering to stay connected through the waves of doubt, through the waves of discrimination... Everything that comes against you, against me, trying to stay grounded in who I am.

Stephanie: *I'm with you in that water as it hits. Thank you so much for this time and space today.*

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### **Interview with Dr. Gabriela Hurtado**

Rita Rivera: *Would you mind telling us a little bit about you and your background?*

Dr. Gabby Hurtado: Absolutely. My name is Gabriela Hurtado. I go by Gabby, and I'm a licensed psychologist here in Austin, Texas. I finished my PhD in 2015 at the University of Toledo in Ohio. At that time—it feels like a previous life—in my research, I was very focused on suicidal behaviors amongst Latinx folks, especially adults. Since then, I've moved clinically... Trauma was always part of my interests, but I think I've moved more towards the treatment of complex trauma and developmental trauma in Latinx communities. Right now, I'm the Co-Founder of my own private practice here. The name is Prickly Pear Therapy and Training, and it's a Latinx-focused therapy practice. Most of our clients are Latinx- or Latina-identifying, mostly women, and we focus exactly on that—on the treatment of complex PTSD, complex trauma, and the different things that might result from that: eating disorders, anxiety, depression, family conflict, identity, those kinds of things.

Rita: *Thank you so much for sharing that. That's very interesting, suicidal ideation among Latinxs—because that can be a taboo in our culture, right? Can you tell us how you got into psychological sciences, or what led you to study psychology?*

Dr. Hurtado: I think it was probably like the end of senior year in high school when I decided to move towards studying something in the lines of human development or psychology. Part of that was I think my own background and exactly what you tapped into, the stigma of talking about mental health. Back then, though, I really wanted to work with children and adolescents. So my focus was mostly on developmental psychology. I always thought I wanted to go down that path, but I got exposed as a requirement in my undergrad to research. I began to explore anxiety and depression in Latinx children and adolescents, and families and family dynamics. After that, I decided that I was gonna go into graduate school to pursue a PhD, and I decided to go into clinical psychology because it allowed me to do a lot of the different things I wanted to do with the degree: assessment, evaluation, therapy, all those

things. After that, I moved towards focusing on adults, and I started to do more of the hands-on research in the PhD program, and I loved it. I continue to do a little bit of research, but it's more community-based participatory research, very much [involved] with the different organizations that are here. But yeah, I landed on a completely different side of psychological science.

**Rita: *That's so funny. I also started with child psychology being my focus, and then I moved to neuropsychology, and then I moved to trauma psychology. So it was very interesting how we usually come up with the idea, and then we switch in our studies. Thank you so much for sharing that. And what led you specifically to NLPA, and what keeps renewing that membership?***

Dr. Hurtado: Absolutely. I joined when I was a graduate student in Toledo, and as you can imagine in the Midwest in Ohio, it was a predominantly White institution where I was at in the area that I was in. So I wanted to meet and connect with people who had the same research and clinical interests as I did. I also wanted to see other people that looked and sounded like me in the program in terms of degrees and different paths and to get to know more people. That's why I joined NLPA originally. After that, I think it was later on as a postdoc actually, I returned [to NLPA] because I knew other people that were part of NLPA, and it felt like home. A lot of the people that I knew from grad school, and a lot of the people that I knew from my professional career and personal [life], I think we coincided there, and it felt good to be able to be back and to give back, especially to graduate students, to students, people who are earlier in their career. I think for me it's that connection, and I think authenticity—we can be our authentic selves there, and that felt really good for me.

**Rita: *Thank you for sharing that. And what would you like to see from NLPA going forward? Is there anything you would like to see differently maybe, or add in the organization?***

Dr. Hurtado: I wish that we could see more representation around the wide variety of identities that make up the Latinx community or the Latino community and the different intersections of those identities. So I think that if I had to pick something, it would be that both in leadership and within the organization, we would see more intersectionality, and that we would talk more directly about intersectionality and how those different issues affect and impact our community and our own experiences as Latinos and Latinas, and everyone else. It doesn't get discussed enough in our communities, and it definitely doesn't get discussed enough in our professional settings.

**Rita: *Yeah, definitely, those individuals that share intersectional identities, we need to uplift them and empower them a little bit more because they're usually going through extra challenges and issues that we are not always aware of. Can you tell me about a challenging moment in your personal, professional, or intersecting personal/professional experiences that shaped you as a person?***

Dr. Hurtado: Sure. I came here to the United States at 17 for college, and all my family stayed back in Mexico. I chose to go through the undergraduate and graduate programs as an international student in institutions that may not have had a full understanding of what that meant and the challenges that come from that position because it is pretty unique. There are certain things that you cannot apply for, right? There are certain opportunities that you're not eligible for. And that doesn't mean that you cannot have a meaningful career, right, but it definitely is challenging to be able to—especially if you want to go into a very heavy research

career—to learn how to navigate some of the challenges that that status [as an international student] can create. Additionally, having moved so far away from home, there was definitely isolation and disconnection professionally and personally. I was not seeing people that were like me, sounded like me, had similar stories. I think for me that was what pushed me into wanting to create a space for people where they can be their authentic selves, where all those intersectional identities can be recognized, and then we can also address mental health in the community in a way that is culturally relevant and responsive and is healing-centered. So that resulted in the position I'm in right now.

**Rita: *Thank you so much for sharing that. Actually, as a matter of fact, I'm an international student, so it's very touching to hear your story. I came to the US when I was 18 to do my undergrad, and I stayed for my graduate program, so I'm also curious... What are some of your most valuable resources, or supports, or inspirations, or sources of empowerment that helped you get to where you are right now?***

Dr. Hurtado: I mean, I'll say first and foremost, my family, right? La familia was the backbone that carried me through in moments that were really difficult and showed up in ways that honestly I didn't expect them to because they didn't really fully understand what I was doing. You talk about psychology, and I'm sure you can relate, right? They're like, "I don't know this position, this research. You're kind of a student, but you're working, but you have these different responsibilities," right? And so definitely that, of course, it comes with its own battles, challenges. But then I think that for me, it was later on in my career that I found what one of the academics in NLPA mentioned is like your "dolphin crew"—the people who will be there for you outside of the institutional areas that you're in, outside of your regular academic circle, professional and personal circle. Those people who will be there for you to kind of provide mentorship and support at different levels, but also as friends and part of the community. People who feel like family, like an extension of your family back home, of course with boundaries and all of that. In a way that feels conducive to being who you are and talking about really what are the different challenges that intersect in your educational and personal life, in the legal part of things, and who get it and who will involve you in different opportunities and who will be excited for you to rise. Part of that was found through NLPA, part of it was found through the APA Minority Fellowship program, and some of that honestly was community. It was just like reaching out to people who I knew were here in Austin and had similar interests and similar experiences in connecting, and we ended up bonding and co-founding this organization that we are in. And so I think a big part of that was finding those people who want to uplift you and want to understand and who have been down the road you've been and get it, right. Like you don't have to explain it; they just get it.

**Rita: *That's really beautiful. Thank you so much for sharing that. That's great. I think that the value of community—it's so, so big—you can't really measure the impact it makes in your life. Knowing what you know now, what would you tell a younger version of yourself?***

Dr. Hurtado: I think the first thing that comes to mind is, "Sí, se puede." I think that no matter what the challenge is, you'll figure it out. Because we're social and resilient, but I think the biggest thing is, find your people. For me, it felt like I had to do it all by myself because I didn't know the system, and it felt like—and you get this—I had to figure out how this system worked and understand all the little things that go with that. For me what really changed was when I found people who I could trust and build a friendship and a connection with and see that they were there for me, that made all the difference. Seeing yourself where you're going and seeing yourself represented matters. Finding your people in academia but also outside of that, who are the people you can trust and you can rely on? Allow yourself to be loved and to

be helped and to be mentored.

**Rita: *It's very beautiful, just being able to be your authentic self with what you said, your dolphin crew. I really like that term! I'm gonna use it. Is there any current project that you're working on that you're particularly excited about or you would like to share?***

Dr. Hurtado: Yes! In our practice, we see clients—individuals and families. Being able to provide care for the community is fantastic and extremely fulfilling. Another part that we are working on in our practice is to bring folks in who are earlier in their career or in their postdoc year to provide training in Spanish that is community-grounded: to be able to provide empirically-based treatments, but also to ensure that care is evidence-based and also culturally-grounded and culturally-relevant. We do a lot of somatic approaches and training in intersectionality, issues of Latinx psychology, mental health, and all those topics. We also focus on eating disorders in the Latinx and BIPOC communities. Outside of that, how can we show ourselves authentically and have a system and a practice professionally where we can really take an anti-racist and decolonized approach? What does that look like practically to bring down some of those concepts? Part of what we do with our team is a lot of healing practices; to be able to heal from those different traumas that we have from graduate school, from undergrad, from immigration, from the system, and to be able to self-actualize.

**Rita: *Thank you for sharing that. For my very last question, is there any piece of advice that you would like to share with other Latinx folks who may also be interested in psychology?***

Dr. Hurtado: Definitely reach out! I think joining NLPA is a good first step—and going to the conference and connecting with others. A lot of the time, there's a push to connect with professors or people who are more advanced in their career, but connecting with people who are your year in grad school or in college doing the things that you would want to do [is valuable]. Talk to them about what that looks like and what their path was like... Because there isn't one way to do things; there's a million different ways and a million different careers that would satisfy the different things we want to do with our degrees and with our skillsets. Talk to people; get familiarized with what that can look like and why you might need to get there.

**Rita: *Those are the questions I've had for you, and if there's anything you'd like to share or any final remarks?***

Dr. Hurtado: No, I just wanted to thank you for the opportunity to chat and for those questions.

**Rita: *No, thank you so much, Dr. Hurtado. I learned so much, and I appreciate that, and I appreciate you sharing your experience as an international student; that really connected with me. Thank you very much.***

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# Revelations of a Latina Firstborn

BY: Michelle Varela

## SPOKEN WORD

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No matter how hard I try,  
what I do or what I say,  
who I am or what I accomplish,  
I'm never enough.  
I'm not the priority despite  
placing you all on top,  
building each of you your very own pedestal.  
Adorning it with the sound of my tears  
and lifting you all despite my fears.

Nobody gets it  
and nobody seeks to.  
There is not enough time for me to explain  
and for you to process, listen, and understand.  
So, I find myself lamenting in the melody of silence.

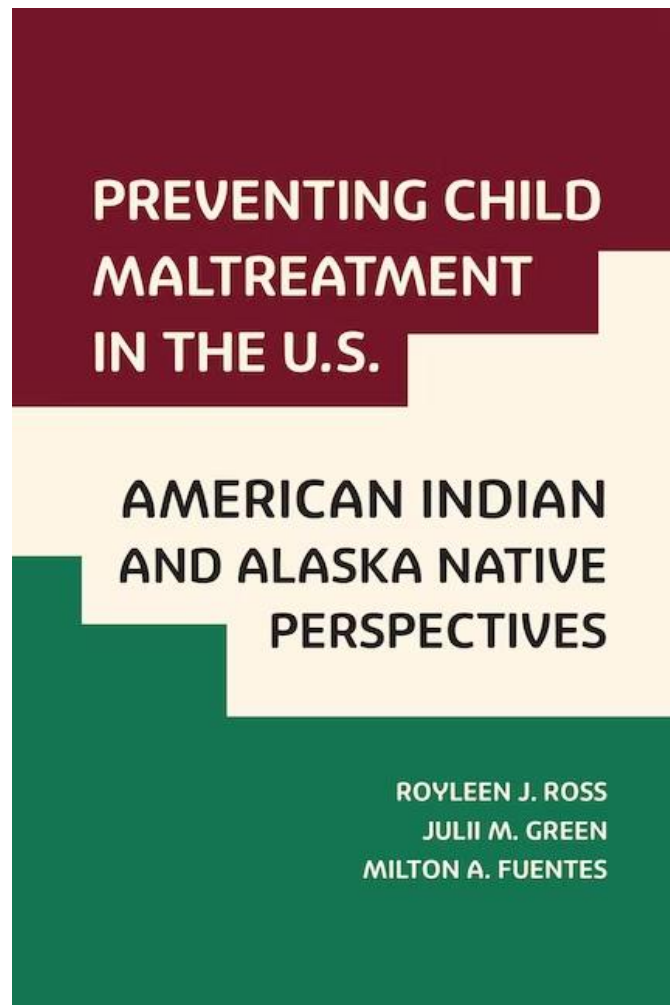
But why would you care  
when I have conditioned you all to rely on me  
and led you to believe that I'm Stronger,  
Tougher  
Resilient.  
I am the helper  
(Why would I need help?)

My ego deprives me of asking for help  
And your id prevents you from offering.

Solitude has now transformed into loneliness.  
I simply want to fulfill my humanness,  
But I'm looked upon  
And must behave like  
a demigod.

Divine is that which gave me these talents  
And demonic which torments me

Featuring our members' work: Dr. Milton A. Fuentes

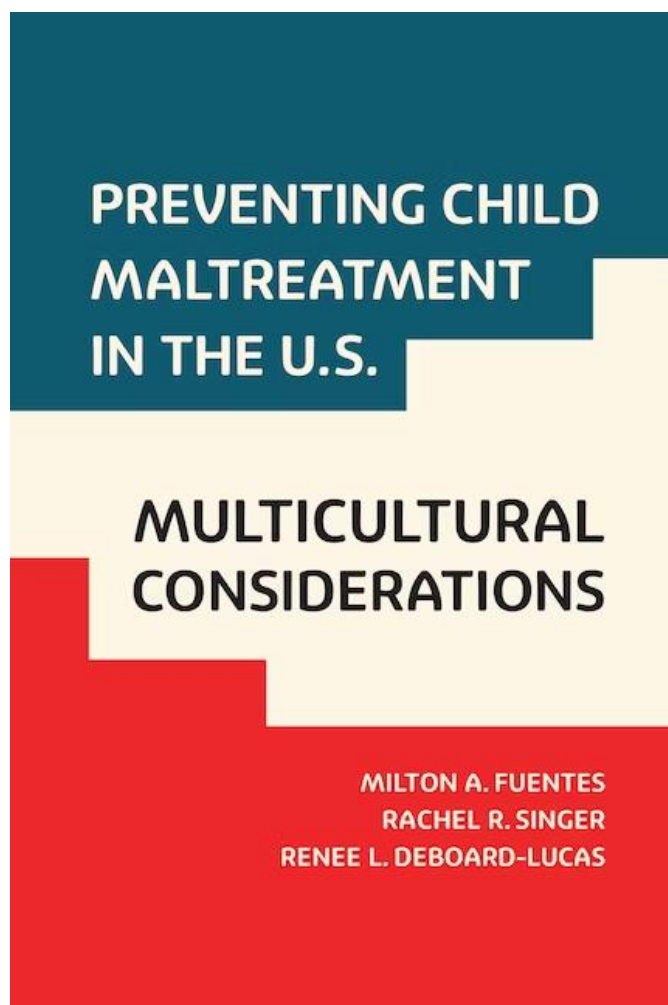


by **Royleen J Ross, Julii M Green, Milton A Fuentes**

This book embraces a decolonizing praxis that emphasizes a broader understanding of Native American/Alaska Native child maltreatment and utilizes an Indigenous-feminist lens to conceptualize, treat, intervene, and promote wellness. Specifically, this book examines child maltreatment through the intersection of feminist, multicultural, and prevention/wellness promotion lenses. This state of the art text interconnects Native elders/scholars' stories (brief case studies) with historical context, theory, and culturally-informed as well as trauma-informed approaches of treating Native Americans/Alaska Native populations.

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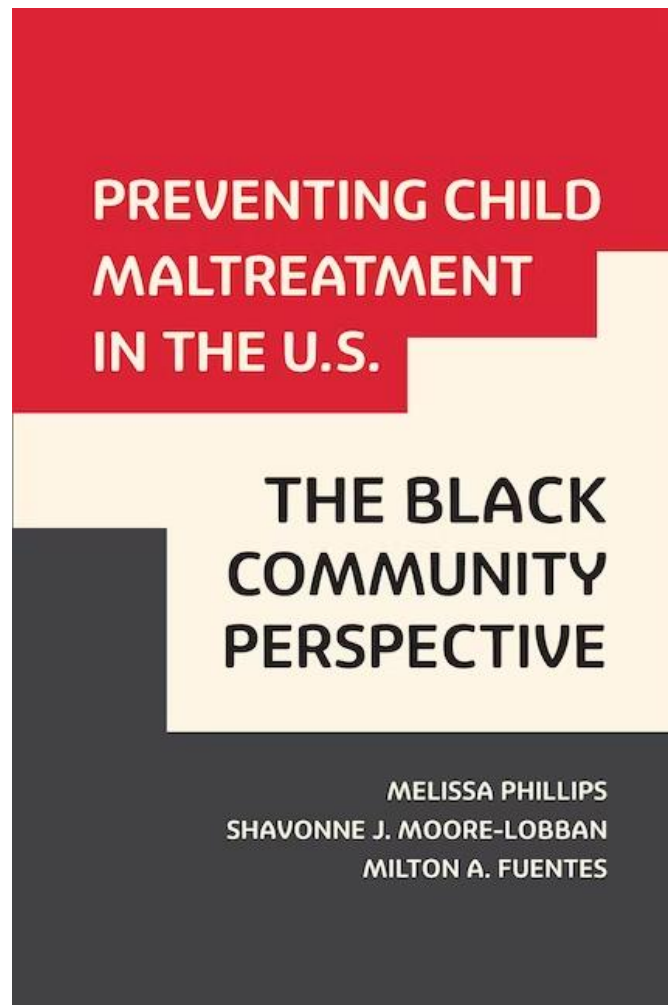


by **Milton A Fuentes, Rachel R. Singer, Renee L. DeBoard-Lucas**

This book examines core multicultural concepts (e.g., intersectionality, acculturation, spirituality, oppression) as they relate to child maltreatment in the United States. Specifically, this book examines child maltreatment through the interaction of feminist, multicultural and prevention/wellness promotion lenses. Five case studies, which are introduced early on are revisited to help the readers make important and meaningful connections between theory and practice.

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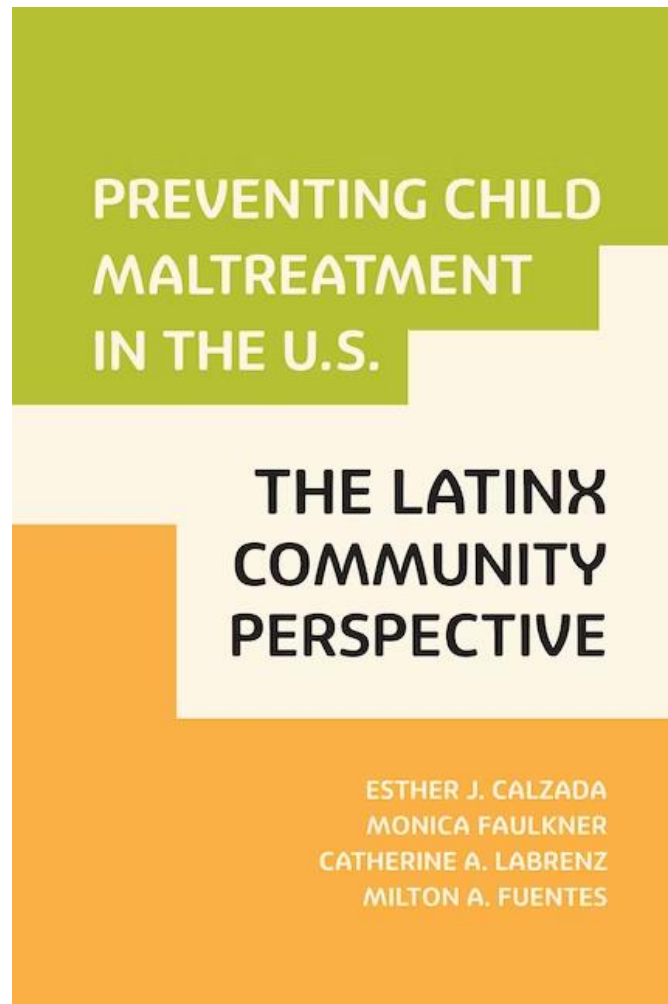


by **Melissa Phillips, Shavonne Moore-Lobban, Milton A Fuentes**

Child maltreatment occurs in the Black community at higher rates than any other racial group. Through a feminist and womanist lens, the authors unpack the factors impacting the Black community that lead to maltreatment of Black children. This book offers resources and guidance for preventing maltreatment, promoting health and wellness, and to empower Black children.

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by **Esther J. Calzada, Monica Faulkner, Catherine LaBrenz, Milton A Fuentes**

This book examines core concepts relevant to Latinx families as they relate to child maltreatment. Utilizing cases of three families, child maltreatment in Latinx families is contextualized within the pervasive structural racism and inequality in the United States while the resilience and strengths of Latinx families are highlighted.

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## Published Articles

BY: Dr. Celia Jaes Falicov



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### STANDING AND RESPONDING IN SOLIDARITY WITH DISENFRANCHISED IMMIGRANT FAMILIES IN THE UNITED STATES: AN ONGOING CALL FOR ACTION

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*The status of immigrant families resettled to the United States in the past decade has been fraught with upsurges of governmental policies that have systematically increasing the levels of oppression, violence, and abuses of human rights. The socio-political-economic toll of xenophobic practices on specifically targeted immigrant populations is magnified by the psychological and relational impact they have on individuals, families, and communities. This manuscript is conceptualized as an ongoing call for social action and specific mobilization by mental health professionals in response to the increasing threats to civility and dignity faced by various immigrant communities. The paper is organized in three sections: (a) an overview of the effects of immigration policy on immigrant family experiences; (b) the impact of mental and relational health on immigrant populations; and (c) elaborations of three exemplar community projects designed to support immigrant families. The manuscript concludes with a discussion exploring avenues for promoting a stronger base for solidarity and social action.*



## Expanding Possibilities: Flexibility and Solidarity with Under-resourced Immigrant Families During the COVID-19 Pandemic

CELIA FALICOV\*  
ALBA NIÑO†  
SOL D'URSO‡

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*The novel coronavirus has added new anxieties and forms of grieving to the myriad practical and emotional burdens already present in the lives of underserved and uninsured immigrant families and communities. In this article, we relate our experiences since the COVID-19 crisis to the lessons we have learned over time as mental health professionals working with families in no-cost, student-managed community comprehensive health clinics in academic-community partnerships. We compare and contrast the learnings of flexibility of time, space, procedures, or attendance we acquired in this clinical community setting during regular times, with the new challenges families and therapists face, and the adaptations needed to continue to work with our clients in culturally responsive and empowering ways during the COVID-19 pandemic. We describe families, students, professionals, promotoras (community links), and IT support staff joining together in solidarity as the creative problem solvers of new possibilities when families do not have access to Wi-Fi, smartphones, or computers, or suffer overcrowding and lack of privacy. We describe many anxieties related to economic insecurity or fear of facing death alone, but also how to visualize expanding possibilities in styles of parenting or types of emotional support among family members as elements of hope that may endure beyond these unprecedented tragic times of loss and uncertainty.*

*Keywords:* Under-resourced; Immigrants; Community Clinic; Health Disparities; Latinx; Telehealth; COVID-19 Impact

*Fam Proc* 59:865–882, 2020



# Centering the Voice of the Client: On Becoming a Collaborative Practitioner with Low-Income Individuals and Families

CELIA FALICOV\*  
ORA NAKASH<sup>†,‡</sup>  
MARGARITA ALEGRÍA<sup>§,¶</sup> 

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*Despite current interest in collaborative practices, few investigations document the ways practitioners can facilitate collaboration during in-session interactions. This investigation explores verbatim psychotherapy transcripts to describe and illustrate therapist's communications that facilitate or hinder centering client's voice in work with socioeconomically disadvantaged populations. Four exemplar cases were selected from a large intervention trial aimed at improving shared decision making (SDM) skills of psychotherapists working with low-income clients. The exemplar cases were selected because they showed therapist's different degrees of success in facilitating SDM. Therapist's verbalizations were grouped into five distinct communicative practices that centered or de-centered the voice of clients. Communication practices were examined through the lens of collaborative approaches in family therapy. The analysis suggests that cross-fertilization between SDM and family-oriented collaborative and critical approaches shows promise to illuminate and enhance the challenging road from clinician-led to client-led interactions. This paper also stresses the importance of incorporating relational intersectionality with individuals and families who may not feel entitled to express their expectations or raise questions when interacting with authority figures.*

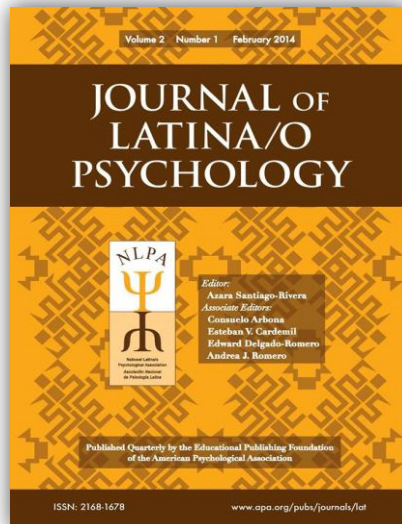
**Keywords:** Shared Decision Making; Collaborative Practices; Intersectionality; Low-income Populations

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