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BEYOND THE BOTTOM LINE

THE OFFICIAL NEWSLETTER OF THE SOCIAL JUSTICE COMMITTEE
IN THE DEPARTMENT OF PSYCHOLOGICAL SCIENCE

INTRODUCTION

Welcome everyone to the debut edition of "Beyond the Bottomline". The Social Justice Committee in the Department of Psychological Science decided to choose this title for the monthly newsletters because it exemplifies the purpose of our work. The information presented in our newsletters are meant to dive deeper into past and present leaders in the field of psychology while also providing support and encouragement to the future leaders in the field.

This month we celebrate Black History. This month is a tribute to African American people who have made significant contributions to America and the rest of the world in the field of psychology. As we go beyond the bottomline in this newsletter, we highlight influential African American figures in the field of psychology and also in our department! We then provide informational podcasts and videos about psychology and Black History. As the newsletter continues we encourage you all to take advantage of the resources and additional reading provided. Enjoy!

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BLACK HISTORY MONTH

INFLUENTIAL FIGURES IN PSYCHOLOGY HISTORY

Inez Beverly Prosser

Dr. Prosser was the first African American woman to receive her Ph.D in Psychology . Her dissertation examined the academic development of African American children in mixed and segregated schools. Her findings showed that African American children fared better socially and academically in segregated schools. Specifically, she found that African American children from integrated schools experienced more social maladjustment and felt less secure, a barrier to their learning. She spent the last seven years of her life teaching at historical Black colleges.

Nancy Boyd Franklin

Nancy Boyd Franklin is famous for her research on multicultural issues surrounding African-American families in therapy, family and couples therapy, the treatment of inner-city families through a multi-systems approach. She has received numerous awards from professional and community-based organizations due to her efforts. In addition, she was invited by President Clinton to present at the first White House Conference on AIDS.



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UNCC FACULTY SPOTLIGHT

Laura Armstrong, PhD



Dr. Armstrong's primary research interests are in the area of early childhood mental health. Broadly, she is interested in the role of family risk and parenting behaviors in the development of child emotion regulation during the toddler and preschool years. This has led to two interrelated lines of research focused on: (a) understanding how young children develop the ability to use language as a way to effectively manage negative emotions and how certain child-rearing environments (e.g., parental psychopathology, poverty) may compromise this process; and (b) examining how cognitions among low-income parents (e.g., cognitive complexity, mind-mindedness, parenting self-efficacy and locus of control) as well as child and family functioning influence parents' ability to promote self-regulatory skills in their preschool-age child. Her long-term goal is to refine intervention targets for low-income families raising young children.

Andrew Case, PhD

Dr. Case works to understand and redress racial inequalities in health and justice outcomes. A key component of his work is aiding organizations that serve disadvantaged neighborhoods in their efforts to reduce the: 1) disparate burden borne by African Americans in relation to chronic illnesses such as cardiovascular disease; and, 2) disproportionate contact with the juvenile justice system experienced by minority youth in low-income neighborhoods.



PODCASTS



Dr. Phia Salter on Systemic Racism

Dr. Phia Salter takes a cultural psychology approach to studying racism. She's an associate professor of Psychology at Davidson College, and in this episode she draws a contrast between thinking of racism as an individual bias versus thinking of it as systemic. She talks about her research on the "Marley hypothesis" and the ways in which our environments discussion of racial issues shapes our own views.



Session 134: The Impact of Racial Trauma

The Therapy for Black Girls Podcast is a weekly conversation with Dr. Joy Harden Bradford, a Licensed Psychologist in Atlanta, Georgia, about all things mental health, personal development, and all the small decisions we can make to become the best possible version of ourselves. In this episode Dr. Harden joined by Licensed Psychologist Dr. Candice Nicole Hargons

for a discussion about the work she has done and continues to do to arm Black people with resources to work through racial trauma, how we can advocate for ourselves and how that might look differently for each of us, and she offered tips for dealing with racism at work and school.



VIDEOS



I am Psyched for Black History Month (watch the full panel discussion)

Filmed At APA's I am Psyched! for Black History Month panelists include: Jessica Henderson Daniel, PhD, president of the American Psychological Association; Brenda J. Allen, PhD, president of Lincoln University; and Beverly Malone, PhD, CEO of the National League of Nursing.

Three inspiring leaders discuss what led them to pursue psychology as a career, dealing with racism and sexism, and what life lessons they would share with the next generation of women and girls going into the field. What is it like to be the "first" or the "only" as an African-American woman pursuing her professional goals?

Pearson Presents: Unwritten Ep. 14 | Black History Month (A Social Psychologist's Perspective)

Dr. Neil Lewis, Jr., a behavioral, intervention, and meta-scientist from Cornell University, joins student hosts Taylor King and Mykel Broady to explore perceptions of race and society, and racial disparities in education. This is the second in a series of Unwritten episodes dedicated to Black History Month.

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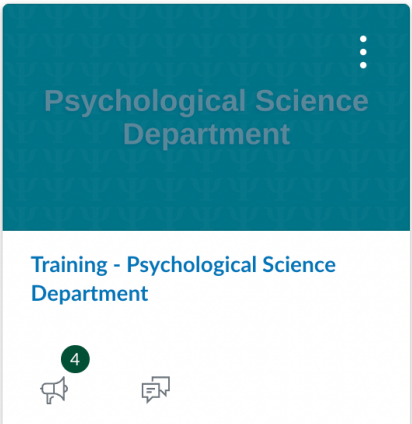
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ANNOUNCEMENTS

- The APA Women's Programs Office, Psychology' Feminist Voices, and the Cummings Center have created a virtual timeline for the History of Psychology, highlights achievements of women of color in psychology. For more information and activities related to women of color psychologists, check out [this link to their "I Am Psyched!" National Tour page.](#)
- Explore the Psychology department canvas page to stay updated with department announcements, be informed about a variety of topics and get connected to resources!



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| Advising Information | Academic Resources | Social Justice |
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CAMPUS ACTIVITES

Celebrate Black History Month at UNC Charlotte by participating in learning and service events throughout February. Follow Student Involvement on Instagram as the group partners with student organizations all month to launch social media takeovers that highlight student activities and community on campus!

Instagram: @cltinvolvement



RESOURCES

[Black Emotional and Mental Health \(BEAM\)](#)

[The Boris Lawrence Henson Foundation](#)

[Depressed While Black](#)

[Therapy for Black men](#)

[The Loveland Foundation](#)

[Innopsych](#)

[National Alliance on Mental Illness](#)

[Academics for Black Survival and Wellness](#)

[Inclusive Therapists](#)

[The Conversation](#)



ADDITIONAL READINGS

In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheeda Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in a system steeped in racial bias.

African American Psychology: From Africa to America provides comprehensive coverage of the field of African American psychology. Authors Faye Z. Belgrave and Kevin W. Allison skillfully convey the integration of African and American influences on the psychology of African Americans using a consistent theme throughout the text—the idea that understanding the psychology of African Americans is closely linked to understanding what is happening in the institutional systems in the United States.

