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CELEBRATING HISPANIC HERITAGE MONTH

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

INTRODUCTION

Hispanic Heritage Month begins September 15th! This celebration of Hispanic and Latino culture is not just limited to Mexico. Americans observe this month by celebrating the histories, cultures, and contributions of Americans whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. Hispanic Heritage Month starts in the middle of a month because the first 5 nations that were independent from Spain achieved independence on September 15. These nations were Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Following the first 5 countries were Mexico, Chile, and Belize who gained their independence from Spain and the United Kingdom on September 16th, 18th, 21st, respectively. We encourage you to celebrate Hispanic cultures and traditions this month. This can be done by making efforts to support Latinx-owned businesses, reading books written by a Spanish language author, watching a movie related to Hispanic heritage, or even attending one of our university events highlighted in this newsletter! Please take advantage of your free time and read through this informative and entertaining newsletter to learn something new.

It is important to note that there is a difference between the terms Hispanic and Latino. Many use them interchangeably but Hispanic describes someone of Spanish-speaking origin while Latino/a/x describes someone of Latin American origin.

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UNCC FACULTY SPOTLIGHT

Dr. Gil-Rivas, PhD

V. Gil-Rivas, PhD, is a Professor of Psychology and Director of the Health Psychology Ph.D. Program. As a developmental health psychologist her work has focused on research and intervention efforts aimed at factors that contribute to the health and well-being of youths, women, and marginalized and underserved populations. In particular, her program of research has focused on: 1) factors that contribute to successful adjustment among individuals exposed to major negative life events (e.g., serious illness, disasters, mass trauma, violence exposure, and forced migration) and chronic adversity (i.e., poverty, discrimination, chronic health conditions) with an emphasis on the role of close interpersonal relationships and the larger social context; and 2) the development, implementation, and evaluation of brief cognitive behavioral interventions that are culturally and contextually appropriate to promote health behavior change. She currently serves as a member of the editorial board for the Journal of Abnormal Child Psychology, the American Journal of Orthopsychiatry, and as a member at large of the Global Alliance for Behavioral Health and Social Justice.

[Click here to look at her lab and research](#)



Dr. Maria-Carla Chiarella

Dr. Maria-Carla Chiarella is a senior lecturer in her 18th year of teaching. She is a first-generation American and a second-generation professor. Her primary areas of teaching are adolescence, adulthood, aging, identity, ethnicity, and gender development. Dr. Chiarella is especially interested in engaging students in active learning. She is active through peer advising, practicum, service learning opportunities and has led seven short-term study abroad programs. Her teaching, research, and clinical work have all emphasized multi-cultural influences with particular attention to Latin@ populations.



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HISPANIC HERITAGE MONTH

INFLUENTIAL FIGURES IN PSYCHOLOGY HISTORY



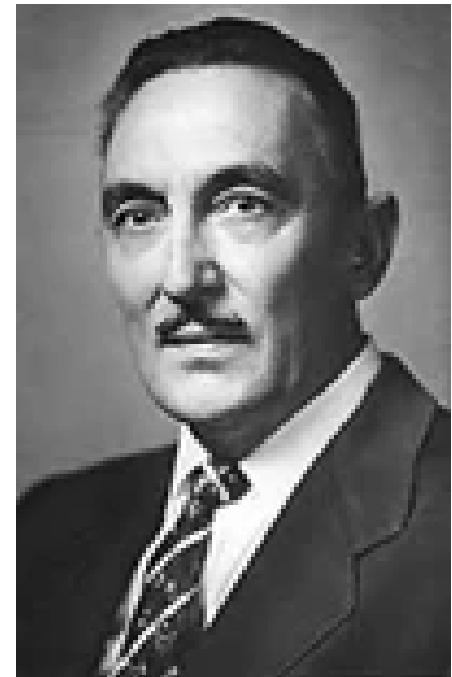
Dr. Martha Bernal

Dr. Martha Bernal was the first Latina to receive a Ph.D. in psychology in the United States. Her work started the conversation about the mental health of Hispanics in the United States. Dr. Bernal researched how Hispanics and other minority children develop their identities. Her work focused on increasing multicultural training in clinical and counseling psychology. Dr. Bernal was committed to promoting and advancing the presence of ethnic minority psychologists in the profession. Learn more about Dr. Bernal [here](#).

George I. Sanchez

George Sanchez was a Hispanic leader who helped make psychology more inclusive.

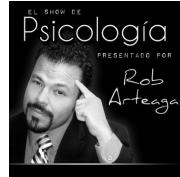
Sanchez was an expert in mental measurements and bilingual education. He was the founder of Mexican American educational psychology and fought for equal educational opportunities for Mexican American students. Additionally, he opposed the use of racially-biased standardized tests and segregation based on proficiency in English. Learn more about George Sanchez [here](#).



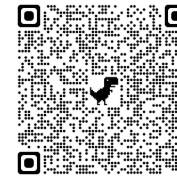


PODCASTS

Click the link to listen to Mental Health Professional Rob Arteaga, born in Mexico and raised in the USA, talk about psychology in our daily life, how it can improve our behavior and change unhealthy habits. He also answers questions about relationships, obsessions, and guilt.



Scan the QR code below to tune in with Adriana Alejandre as she discusses mental health topics related to Latinas, Latinos and Latinx individuals in efforts to demystify myths and diagnoses. Cultural and commonly stigmatized themes will be discussed with Latinx mental health professionals, psychiatrists, doctors, bloggers, tv personalities, social media influencers, entrepreneurs and many more. Spanish segments are aired every other week!



Click the link below to listen to this podcast: At Beyond the Couch. They have a mission to break the stigma of mental health, normalize help seeking, & create a culture where growth, development, & healing are celebrated. Tune into their monthly series called HOT TAKES where Dr. Jehu and Dr. Rudolph break down mental health hot topics in the news, media, and popular culture.



VIDEOS



What Is Hispanic Heritage Month—and Who Celebrates It?

Hispanic Heritage Month 2021 begins on Wednesday, September 15, and ends on October 15. It's a period meant for recognition, education, and celebration.



I am Psyched! for Hispanic Pride Month

The American Psychological Association invites you to watch I am Psyched! For Hispanic Heritage Month where we honor prominent Latinx women psychologists who are working to transform society for the better and who have broken barriers in their respective professional careers.



Nearly 1 million Latinos, Hispanics in CA unable to receive mental health services

Dr. Carlos García, a psychologist, said there's a significant shortage of Hispanic counselors and therapists. Only 1% of all psychologists in the U.S. identify as Hispanic, according to the American Psychological Association, and nearly one million Hispanics and Latinos in California have struggled to receive counseling or therapy since the beginning of the pandemic.

[Click Here to learn more!](#)

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ANNOUNCEMENTS

Social Justice Book Club

- Interested in a Social Justice Book Club? The SJC is not only looking for members but also looking to fill exec board positions as well. SJC listens to podcasts, watched videos and holds space for workshops and discussions. If interested please fill out this [google form](#)

2021 Mental Health Summit

- The 2021 Mental Health Summit hopes to advance health outcomes for racial and ethnically diverse populations with key note speaker Dr. Rheedra Walker. More information can be found [here](#). Free tickets are available using code 2021MHSPSY.

National Latinx Psychological Association

- The [NLPA](#) is a great resource for gaining a larger supportive community within the profession that focuses on the mental and emotional well being of Latinx populations

CAMPUS CLUBS HIGHLIGHT

- Latinx Student Union (LXSU)**- Supports the student body and connects them with the larger community. Emphasis on Community and outreach.
- Latin American Student Org (LASO)**- Social Emphasis
- Latinx Honors Society**- Academic Support
- Hispanic College Awareness Program**- College Awareness
- Society of Hispanic Professional Engineers** - Focus on Hispanic Engineering Students
- ALPFA** - Focus on Networking and Business Latinx Students



Student
Orgs - Niner
Engage



RESOURCES

Here are some resources for latinx students and faculty

[The Focus on You](#)

[Latinx Therapist and Speakers](#)

[NAMI Compartiendo Esperanza](#)

[National Endowment for the Humanities](#)

[National Alliance for Hispanic Health](#)

[National Endowment for the Humanities](#)

[Therapy for Latinx](#)

[Library of Congress Primary Source Sets](#)



ADDITIONAL READINGS

Latina Psychologists : Thriving in the Cultural Borderlands

Edited By Lillian Comas-Diaz, Carmen Inoa Vazquez

Twelve eminent Latina Psychologists illustrate how they practice gender- and culture-sensitive psychotherapy, counseling, research, pedagogy, social justice, and mentoring. They share how they create their own path in the midst of oppression – by becoming aware of the connection between their lives and their gendered, cultural, social, and political circumstances – and how they liberate themselves and those who seek their psychological services.

Grief Therapy with Latinos: Integrating Culture for Clinicians 1st Edition

Grief Therapy with Latinos: Integrating Culture for Clinicians advances the field of grief therapy by offering a culturally sensitive model for Latino/as. Rich in theory and practice, this book offers a culturally congruent approach to grief therapy. The authors present an effective model that teaches therapists how to comprehend Latino/as' 'mourning in Spanish.' Grief Therapy with Latinos: Integrating Culture for Clinicians can serve as a graduate textbook as well as a reference for novice and seasoned clinicians."--Lillian Comas-Diaz, PhD, in Psychoanalytic Psychology.

