



**2017 SYMPOSIUM ON LATINO
MENTAL HEALTH, EDUCATION,
AND COMMUNITY ENGAGEMENT**

Antioch University Community Hall

Saturday, March 18, 2017

8:30 AM - 2:00 PM

Leaders in Latino Mental Health

Reducing Mental Health Care Disparity in Latino Communities

PROGRAM

8:30 - 9:00 AM

Registration

Introduction - Salvador Treviño, PhD, Moderator

9:00 - 9:50 AM



Rut Gubkin, PhD

Psychologist, Researcher, Scholar-Practitioner, Latina Mental Health, Expert in Trauma, Cultural Competence, Community Engagement, Past Chair of the California Psychological Association Division VII Social Justice and Diversity, Expert in Disaster Mental Health, Expert Commentator for Univision, Recipient of the Distinguished Contribution to Psychology, 2015 CPA Division VII and ACPA Award 2016.

Title of Presentation - Traumatic Experiences and Culture: Working with the Latina Population in the US.

Over the last several decades, there has been a growing recognition of the challenges intrinsic in the treatment of traumatic experiences (including PTSD). Both empirical data and clinical experience show that traumatic experiences impact all dimensions of the person: biological, neurological, emotional, existential and spiritual. As the perceived meaning of the traumatic experience is culture-based, this presentation will review some aspects of the Latin@ culture and their interplay with the interpretation of the traumatic experience and the healing process. As such, clinical considerations for treatment will be discussed. The presentation will include a didactic component, clinical vignettes, as well as group discussion and a Q&A segment.

Learning Objectives:

- 1) Participants will describe a culturally-based traumatic experience.
- 2) Participants will learn two culturally informed interventions in the healing process of Latinas and Latinos.

10:00 - 10:50 AM

Miguel E. Gallardo, PsyD

Pepperdine University, Psychologist, Researcher, Author, Scholar-Practitioner, Educator, Expert in Latino Mental Health, Cultural Competence and Community Engagement, Past Governor of the Board of Psychology, Founder of the California Latino Psychological Association.



Title of Presentation - Kicking Down Signs: Learning to Always See Myself in Others.

Dr. Gallardo will discuss the role his family played in cultivating his personal and professional identities as a Mexican American psychologist. More importantly, he will discuss how his family traditions have helped him learn to love people in face of oppressive practices, racism, and injustices. He will also discuss the role cultural humility and affirming people's humanity plays in his community and therapeutic work and scholarship. Dr. Gallardo will integrate throughout his presentation the tenets necessary to serve underserved and unserved Latina/o communities.

Learning Objectives:

- 1) Participants will be able to define cultural humility and its applications with Latina/o communities.
- 2) Participants will learn how to integrate their personal backgrounds with their professional identities while serving Latina/o communities.

11:00 – 11:50 AM



William Flores, PhD

Provost and Associate Vice Chancellor Antioch University Santa Barbara, Past Deputy Secretary of the New Mexico Department of Higher Education, Executive Vice President and Provost of New Mexico State University, Dean of the College of Social and Behavioral Sciences California State University Northridge, Member of the Statewide Commission for Behavioral Health and Director of Cultural Competency Programs for all health and mental health education programs in New Mexico, Recipient of many awards and accolades for leadership in higher education and outstanding community service.

Title of Presentation – The Origins, Perspectives, and Development of Latino Mental Health Programs: Social Action Models and Cultural Competence.

In the mid-1970s, early proponents of the Latino Mental Health Association trained bilingual social workers and psychologists to provide individual, family, and community services with an emphasis on culturally-based treatment models. The presentation specifically examines the Chicano Mental Health Association of Santa Clara County. This group established El Centro de Bienestar to serve as a model for Chicano mental health by applying social action practice, cultural competence, and culturally-based treatment models. The founding social workers and psychologists not only viewed healing within Latino cultural and familial value systems, but they also placed individual and family therapy in the context of Latino's larger social dynamic issues such as alienation, discrimination, and unequal power relationships. Prevention programs addressed primary community problems by encouraging clients and families to solve those problems together. Strength-based approaches were utilized that viewed culture and experience as sources of resilience rather than deficiencies. Immigrants were viewed as resilient and resourceful, even if how they enter the US and the constant threat of deportation are often traumatic. In addition to providing individual and family treatment, Centro de Bienestar held community meetings with the local parish, community centers, agencies and organizations to discuss issues affecting the community, such as affordable housing, drugs and gang violence, and police brutality. The goal was always to find common solutions while also developing leadership and empowering individuals, families, and communities. Group discussion will include how social justice models continue today.

Learning Objectives:

- 1) Participants will identify two antecedents and distinguishing features of Latino Mental Health.
- 2) Participants will describe the relationship between social health and mental health.
- 3) Participants will identify two barriers to social action approaches today and identify at least two conditions where social action models might be applied or appropriate.

12:00 - 1:00 PM



Mariela Marin, MA, LMFT

Masters in Clinical Psychology Antioch University Santa Barbara, Past Core Faculty and Director of Clinical Training for the MACP program at Antioch University Santa Barbara, past Director of Clinical Training for the Pacifica Pride Foundation, current Co-Director of the Community Counseling and Education Center Santa Barbara, Expert in LGBTQ issues.

Title of Presentation – Intersecting Identities: What is it to be Latina/o and LGBTQ?

Gender roles in the Latina/o culture have historically fit neatly into traditional perspectives, so what does that mean for LGBTQ identified individuals? This presentation will explore the lived experiences of LGBTQ individuals along with the trajectory of shifting perspectives around homosexuality in the Latina/o community. Fueled by factors like migration, shifts in religious perspectives, and increased exposure, attitudes and ideas about LGBTQ individuals have space to transform or become even more rooted in tradition.

Learning Objectives:

- 1) Participants will learn how shifting societal views are affecting the Latina/o perspective on homosexuality.
- 2) Participants will learn two culturally informed gay affirmative approaches to working with Latina/o LGBTQ persons.

1:00 – 1:50 PM

Gustavo Arellano

Editor of the OC Weekly, an alternative newspaper in Orange County, California, Author of Orange County: A Personal History, and Taco USA: How Mexican Food Conquered America, Lecturer in the Chicana and Chicano Studies Department at California State University Fullerton, Columnist of the nationally syndicated "¡Ask a Mexican!" with a weekly circulation of over 2 million in 39 states, Winner of the 2006 and 2008 Association of Alternative Weeklies Awards for Best Column, a book of these columns was published by Scribner Press in 2007, Guest on The Today Show, Hannity, Nightline, Good Morning America, and The Colbert Report, regular Commentator for Marketplace and the Los Angeles Times, Recipient of the Los Angeles Press Club's 2007 President's Award and National Hispanic Media Coalition Impacto Award, Recipient of the 2008 Spirit Award from the California Latino Legislative Caucus. Arellano is the proud son of two Mexicans, one of whom was illegal.



"We cannot seek achievement for ourselves and forget about progress and prosperity for our community . . . Our ambitions must be broad enough to include the aspirations and needs of others, for their sake and for our own."

*~ Cesar E. Chavez, Community Activist
Founder of United Farmworkers of America*

