

LUNA ~ PLÁTICAS SAGRADAS

Feature Presentations

February 25, 2017

PROGRAM

9:00 – 9:50 AM



Emily Maynard, PhD, University of California Santa Barbara Hosford Clinic, Latina Mental Health, Cultural Competence, Community Engagement, Psychoanalytic Psychotherapy.

Title of Presentation: The Intersection between Immigration, Trauma, and Substance Abuse: Considering Culture in Substance Abuse Interventions for Latinos

This is a clinical case presentation comparing the therapies of two Latino patients with substance abuse histories in an outpatient clinic in New York City. Immigration status, social class, language, sexual orientation, trauma history, and substance abuse are explored in relation to treatment course. Prominent in their narratives were themes of loss and rupture from one's home, shame in and betrayal by one's body, and a nascent hopefulness in the body as the site of health and connection. Implications for treatment of Latinos with substance abuse are discussed.

Learning Objectives:

1. Participants will learn how standard substance abuse interventions can be adapted to work with Latino patients.
2. Participants will learn how aspects of Latino culture can both contribute to addictive behaviors and provide healthier alternatives to substance use.

10:00 – 10:50 AM Panel Presentation:
Steven Razo, MA, LMFT and Erika Noriega-Pigg, PhD



Steven Razo, MA, LMFT, PsyD Candidate, Scholar-Practitioner, Latino/a Mental Health, Cultural Competence, and Community Engagement.

Title of Presentation: The Maternal Metaphor in the Practice of Psychotherapy

The essence of the 'Mother' is a significant element to the way I carry out psychotherapy. In my presentation, *The Maternal Metaphor in the Practice of Psychotherapy*, I share my lived-experiences with powerful Latina women who embody the spirit of the maternal. Their qualities of warmth, compassion, and security have shaped the way I live my life and the way I relate to others. Additionally, the maternal virtues of these influential Latina women have molded how I attempt to connect with clients and the way I foster a therapeutic environment conducive to healing. In sharing my engagement with the maternal, both personally and clinically, I aspire to influence other clinicians in their efforts towards building strong therapeutic relationships which are a major component to change.

Learning Objectives:

1. Participants will learn and describe how family traditions influence clinical practice.
2. Participants will describe two culturally informed clinical interventions relevant to Latino patients.

Erika Noriega-Pigg, PhD (Moderator), Researcher, Latina Mental Health, Scholar-Practitioner, Multiculturalism, Cultural Competence, and Community Engagement.

Title of Presentation: A Latina Way of Looking at Things

This presentation addresses Latina culturally informed clinical practices. It is a psychological examination of power, privilege, and the impact of discrimination on the client-therapist relationship. Emphasis is placed on describing and understanding *Latinidad* as an important element in the therapeutic alliance. This presentation offers clinical conceptualizations of case material through a social justice Latina perspective. The philosophical foundation for this presentation emphasizes two principles: 1) A person is the expert in her/his own lived experiences, and 2) knowledge can be constructed by listening to the descriptions of the person's lived experiences.



Learning Objectives:

1. Participants will learn how issues of power, privilege, and social marginalization manifest in clinical practice.
2. Participants will learn and identify alternative clinical approaches to Latin patients.



11:00 – 11:50 AM

Dalia Ruiz, PsyD, LMFT, Researcher, Expert in Latina Mental Health, Child Trauma, Cultural Competence, Community Engagement, San Luis Obispo Behavioral Health.

Title of Presentation: TBA

The NCTSN conducted a study in 2005 that examined a national sample of traumatized children and found differences among ethnic groups in the types of traumas they experience. This study revealed that 72% of Latino children experienced complex trauma, followed by exposure to domestic violence (53%). Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) has been identified as an evidence-based modality for treating children. Cohen et al. (2012) has adapted TF-CBT to treat Latino children. Their adaptation has been tested and supported by empirical data as effective in treating children with complex trauma. One of the modifications was to integrate the cultural constructs of folk beliefs (*cuENTOS/dichos*) into each of the TF-CBT components (Davidson & de Arellano, 2008). In the area of mental health, clinicians use the healing power of a metaphor to help children whose security has been disrupted by trauma to find within them the power to heal. Through the use of metaphor and storytelling, issues can be resurfaced and then discussed without the child feeling threatened (Early, 1993). This individual talk will focus on reviewing research on the use of *dichos* and *refranes* in clinical practice with Latinos. It will also explore how doing so can offer a culturally sensitive form of treatment, which serves to honor the cultural beliefs and ideas of Latino cultures. A structured treatment approach that integrates both TF-CBT components and *dichos/refranes* will be presented and discussed.

Learning Objectives:

1. Participants will learn and describe how trauma is processed by Latino children.
2. Participants will learn and describe two culturally informed interventions that can be utilized with Latino patients and their families.

12:00 – 12:50 PM

Vanessa Olguin, MA, PsyD Candidate, Researcher, Scholar-Practitioner, Substance Abuse Treatment/Prevention, Latina Mental Health, Cultural Competence, Santa Barbara City College.

Title of Presentation: Message in A Bottle: Alcohol Use During Pregnancy



Fetal alcohol spectrum disorder (FASD) is one of the leading causes of preventable intellectual and physical disability in the United States. Identification, diagnosis, and management of care of FASD requires knowledge, training, and efficacy, but knowledge, training levels, and efficacy regarding the identification, diagnosis, and management of care of FASD are low among professionals. Further, evidence suggests that less experienced professionals may be more knowledgeable about FASD than more experienced professionals and no previous studies have explored predictors of efficacy in

identification, diagnosis, and management of FASD. Therefore, to fill these gaps in the literature, the presently proposed study was specifically designed to survey practicing psychologists and doctoral psychology interns regarding their FASD knowledge and training levels, and to determine which factors may be predictive of efficacy regarding the identification, diagnosis, and management of FASD. Data will be analyzed using analysis of covariance (ANCOVA) and multiple linear regression at the $p < .05$ threshold for statistical significance. Study findings can foster positive social change by providing empirical evidence regarding the relationships between knowledge, training, and efficacy in the identification, diagnosis, and coordination of care of FASD and by delineating differences between practicing psychologists and doctoral psychology interns, which may lead to policy changes that can potentially improve the quality of psychological interventions and outcomes for sufferers of FASD.

Learning Objectives:

1. Participants will learn and describe the impact of alcohol use during pregnancy.
2. Participants will learn two culturally informed psychological interventions for FASD.