



ANTIOCH
UNIVERSITY
SANTA BARBARA

PsyD Program
Clinical Psychology

**Latino Mental Health, Education, and Community
Engagement Symposium**

January 14, 2017

9:00AM – 1:00PM

Feature Presenters

8:00 – 8:30AM

Registration
Coffee/Pastries

8:30 – 8:50AM

Welcoming Remarks

William Flores, PhD, Provost and Associate Vice Chancellor AUSB (10 minutes)

Elizabeth Wolfson, PhD, Chair Masters in Clinical Psychology Program (5 minutes)

Ron Pilato, PsyD, Chair Doctoral Program in Clinical Psychology (5 minutes)

9:00 – 9:50AM

Andres Consoli, PhD, professor of psychology UCSB, expert on Latino Mental Health, community engagement, psychologist, practitioner-scholar, author, past president National Latino Psychological Association, delegate Council of National Psychology Association for the Advancement of Ethnic Minority Interests

10:00 – 10:50AM

Brett Kia-Keating, EdD, teaching faculty AUSB PsyD Program, author, specialist in multiculturalism, community engagement

11:00 – 11:50AM

Gil Reyes, PhD, psychologist, notable expert on trauma and community response, author, past president Santa Barbara County Psychological Association

12:00 – 1:00PM

Maz Karadnish, MA, AUSB PsyD student, scholar-practitioner discusses the spiritual presence in music and melodies to soothe the soul

Salvador Treviño, PhD, (moderator), core faculty AUSB PsyD Program, psychologist, practitioner-scholar, Latino Mental Health, immigration, community engagement.

Feature Presentations

9:00 – 9:50AM

Andres Consoli, PhD

Title: Mental Health Care Access and Utilization by Mexicans/Mexican-Americans: Listening and Learning from our Clients

This presentation discusses social justice factors involved in the access and utilization of mental health services and provides an integrative framework to consider culturally congruent dimensions involved in the process of accessing and utilizing such services. (Chow, Jaffee, & Snowden, 2003; Consoli, 2000). It summarizes research findings from a qualitative study that took place in San Francisco, California, where Mexicans/Mexican-Americans who were poor had successfully accessed specialty care services in the public sector for unipolar depression. The findings are presented in terms of bridges and barriers in accessing and utilizing mental health services (see WHO mhGAP, 2010).

While there has been ample documentation of the barriers in accessing care and widespread underutilization of mental health services by Mexicans/Mexican-Americans, a growing literature is focusing on instances of realized care and successful outcome (Bardes, 2012; Satcher, 2000; U.S. Department of Health and Human Services, 1999).

The presentation underscores facilitative and impeding factors in accessing and utilizing mental health services (Substance Abuse and Mental Health Services Administration [SAMHSA], 2013). It highlights culturally congruent dimensions such as *confianza* (trust) and the bridging of stigma by Mexicans/Mexican-Americans. It also offers a metaphor that frames successful experiences, *caldeamiento* (approx., warming in), *enfriamiento* or approx., cooling off, a process that turns clients away).

Learning Objectives

1. Critique the traditional models of access and utilization of mental health services.
2. Describe an integrative model that takes into account a range of culturally congruent variable accounting for access and utilization of mental health services by people in general and by Mexicans/Mexican-Americans in particular.
3. Use the understanding of the findings or a research project concerning facilitative and impeding factors to improve access and utilization of mental health services by Mexicans/Mexican-Americans.

10:00 – 10:50AM

Brett Kia-Keating, EdD

Title: Engaging and Removing Community Barriers to Latino Mental Health Treatment

Latinos represent 17% of the United States population, the largest minority group within the country. Unfortunately, however, they access health care at half the rate of white individuals. This presentation will examine the barriers to mental health treatment within the Latino community.

Within this presentation, the mental health need within the Latino community will be presented. In addition to current rates of mental illness, the disparity in the proportion of the population that is seeking treatment as well as the differences in the quality of care that they receive compared to the White population will be discussed.

Utilizing the theoretical framework of Bronfenbrenner's Ecological Systems Theory and a lens of Community Based Participatory Research, currently perceived barriers to treatment will be reviewed and potential solutions for working with this population will then be proposed.

Learning Objectives

At the end of the presentation, participants will be able to:

1. List at least two potential barriers to mental health treatment for the Latino population that relate to the individual and how to address them.
2. List at least two potential barriers to mental health treatment for the Latino population that relate to the family and how to address them.
3. List at least two potential barriers to mental health treatment for the Latino population that relate to the community and how to address them.

11:00 – 11:50AM

Gil Reyes, PhD

Title: Addressing Traumatic Experiences in Idiographic Cultural and Familial Contexts

Traumatic experiences are not just sources of generic stress that lead to PTSD and other mental illnesses. Rather, they comprise a distinctly painful and resonant element of the lived experience, and are made sense of within each person's rich variety of experiences, beliefs, and values. Thus, while each individual can be expected to share many values with others, and especially with those to whom they are most alike, we each are still different enough that it is critically important that psychologists find ways to understand our cultural and familial contexts without resorting to stereotypical prototypes of who people are as members of vast cultural constructs such as Latino/Hispanic. Clinicians are fully capable of learning each client's idiographic cultural and familial contexts without relying upon preconceived notions of group identity based on demographic labels, but this may require considerable discipline in the face of social and professional messages that contribute to the misperception of others as being more alike (i.e., homogeneous) than are members of the groups with which we ourselves identify. The current presentation will address means whereby clinicians can assess how traumatic experiences are interacting with each client's construction of themselves as individuals within families, non-familial social groups, and broader social entities (e.g., nations), with an eye toward assist client's toward improved wellbeing through successively more effective accommodation and integration of painful experiences.

Learning Objectives

Participants will be able to:

1. Collaboratively construct with the client a shared understanding of that client's worldview and the personal frame of reference within which the client make sense of their lived experiences.
2. Collaboratively construct with the client a shared understanding of how the client's traumatic experiences influence both their broader worldview and their personal frame of reference for making sense of life and understanding of others.
3. Assist client's with integrating the meaning of traumatic experiences into their broader contexts of family, culture, and social belonging.

12:00 – 1:00PM

Salvador Treviño, PhD and Maz Karandish, MA

Title: Melodies to Soothe the Soul

Maz Karandish is a third year PsyD student at Antioch University. Alongside his studies in psychology, Mr. Karandish has deeply immersed himself in Eastern Music traditions such as Indian Ragas and Near Eastern Maqam. Mr. Karnadish will present the Indian sitar and initially explore the moods and emotions related to Indian music. This first segment will be a presentation on melodies that sooth the soul, which essentially is a melodic exploration

as it relates to psychological healing. The second half of the presentation will explore how music and these ancient instruments can show us a way towards empathy, sympathy, and unification.

Given the nature of the symposium, Mr. Karandish will break down the mechanisms of the sitar, such as the sympathetic strings, as it relates to being a sympathizer and ally to the Latino community in an attempt to amplify the voices of diversity.

Dr. Treviño will moderate Mr. Karandish's presentation and offer commentary bridging archetypal experiences with music and the lament and grief of the collective soul of Latinos. Case material will be discussed to illustrate key conceptualizations.

Learning Objectives

1. Participants will describe the therapeutic value of music in the healing traditions across cultures.
2. Participants will list and describe the healing properties of "sacred music" in the healing process.
3. Participants will learn two psychotherapeutic intervention utilizing music.