

# 2019 SOUTHWEST PSYCHOLOGY

# LATINX CONFERENCE

April 26 – 27, 2019

Hyatt Regency Hotel, Phoenix, Arizona

## Conference Session Descriptions and Agenda

### Friday, April 26, 2019

8:45 – 9:45 am | 1 CE credit

Morning Keynote: *What about us? The psychology of separated families and return migration in North America (Mexico, USA, Canada)*  
**Quetzalcoatl Hernandez-Cervantes, Ph.D.**

This keynote presentation addresses the role of psychology in the complexity of Latino migration in North America. Issues like social responsibility, ethics and cultural differences in models of psychological well-being will be discussed, not only towards policy and regulation but also on professional sensibility with processes such as acculturation, adaptation and resilience. Finally, this keynote presentation seeks to open a space with participants to share their professional experience when working with migrant clients, in either clinical, school or community settings, and hopefully serve as a starting point for networking.

10:00 – 11:00 am | 1 CE credit per breakout

Breakout I Clinical: *How does the use of interpreters affect psychiatric treatment in non-English speaking Latinx patients?*  
**Jennifer Weller, Ph.D. and Gwen Levitt, D.O., DFAPA**

This presentation focuses on ways that use of a language interpreter affects inpatient psychiatric care of non-English-speaking Latinx patients. Studies of language barriers and hospital outcomes (medical and psychiatric) suggest differences for non-English-speaking patients and English speakers, including higher readmission rates for general medicine inpatients (Karlner, Kim, Meltzer, & Auerback, 2010). Bilingual patients are evaluated differently in English versus Spanish (American Psychiatric Association, 2014), and outcomes during hospitalization are likely affected by use of interpreters during routine care and discharge planning. Psychiatric treatment requires effective communication between patient and provider. Maricopa Integrated Health System serves a significant number of Spanish-speaking-only patients. Mental health staff who are not fluent in Spanish must rely on medical interpreters, court-appointed interpreters, or phone interpreters to facilitate treatment. This presentation focuses on difficulties addressed by psychiatric inpatient providers, patients, and caregivers when interpreters are used.

Breakout I Scientific/Research: *The influence of cultural values on maternal well-being among low-income Mexican- American mothers: A longitudinal developmental examination*  
**Laura Winstone, M.A, Sarah Curci and Shannon Jewel, M.A.**

Maternal well-being across key developmental periods early in life has been linked with a variety of positive cognitive, social, physiological, and psychological child outcomes. Factors known to contribute to, or comprise, maternal well-being include sleep quality, stress, and depressive symptomatology. The extent to which a woman fuses herself with the identity of a mother and what it means to be a mother is often influenced by cultural values. Mothers who identify with cultures that highly value the maternal role may experience increased distress when the value placed on this role is incongruent with their sense of parenting efficacy.

11:15 am – 12:15 pm | 1 CE credit per breakout

Breakout II Clinical: *Disaster and diversity: Disaster mental health in the LatinX community*  
**John Delatorre, Psy.D.**

This presentation will address the various ways in which the Latinx community reacts to a disaster. Research on the various reactions in which children and adult within the Latinx community will be discussed. Effective interventions will also be discussed. Finally, there will be an opportunity for questions to be answered. Disasters can happen anywhere at any time. Often, mental health practitioners volunteer to provide much needed



interventions that can increase posttraumatic growth. However, there are disparities and difficulties when those interventions are delivered to ethnic minorities. Working in the Latinx community to provide disaster mental health services includes unique challenges.

**Breakout II Scientific/Research: *Addressing complex risk factors in Latinx immigrant families: Using immigration evaluations***  
**Mercedes P. Palacios, M.A., LMFT and Martha Hernandez, Ph.D.**

This presentation will focus on increasing in-depth understanding of the risk factors and challenges faced by vulnerable immigrant populations. A special focus will be placed on couples, children, and families and the impact that different levels of acculturation may have on family dynamics and their ability to manage immigration related concerns. Presenters will provide clinicians with specific tools, resources, and interventions drawn from current research/literature that can be utilized to address the needs of immigrant families. Highlighting the use of various forms of immigration evaluations that may be conducted for individuals seeking asylum. Special considerations and training needed for completing immigration evaluations will be discussed for both masters level and doctoral level clinicians. Given the current political climate, it is vital to equip more clinicians with training and tools to assist and empower this high-need population and reduce the current disparities within immigrant mental health.

1:30 – 2:30 pm | 1 CE credit per breakout

**Breakout III Clinical: *Cultural considerations in clinical neuropsychological evaluations***  
**Julie Alberty, Ph.D., ABPP-CN**

Recently, the importance of cultural humility in both medical and psychological practice has come to light in order to better meet the needs and provide holistic care to patients of different cultural backgrounds. In 2017, 49,780,000 people living in the United States were born in other countries. This indicates that we have multiple races, ethnicities, and cultures that live within the U.S. Culture is defined as a way of life of a population, including shared knowledge, beliefs, values, attitudes, rules of behavior, language, skills, and world views that shapes behavior is an integral part of how we as individual view and interact with the world around us. Not considering cultural aspects of patient's background has been shown to lead to improper diagnoses and/or over pathologizing cognitive impairment. The purpose of this presentation is to give an introductory look into cultural humility, the importance of culture, how culture can impact an individual's world view, how individuals of different cultures may participate/interact with neuropsychological testing. This talk will briefly address the provision of bilingual and monolingual Spanish speaking evaluations and will also review how the intake may differ in evaluations of this population. Lastly, the importance of understanding normative data and its impact on how the provider may interpret the patient's performance will also be discussed. At the conclusion of this talk participants will have received an overview of cultural humility and the significant impact culture can play in neuropsychological assessments which will in turn hopefully better their clinical practice. The below references each discuss cultural competence and its' application to culturally salient neuropsychological practice and assessment.

**Breakout III Scientific/Research: *Latino health paradoxes: Recent evidence and new directions***  
**John Ruiz, Ph.D., Melissa Flores, Ph.D. and Terrence D. Hill, Ph.D.**

Despite a significantly worse risk factor profile, Hispanics/Latinos generally live longer than non-Hispanic (NH) Whites. This epidemiological phenomenon commonly referred to as the Hispanic mortality paradox is robust, replicated, and characterized by relatively large effects (1). The magnitude and consistency of these findings have compelled researchers to move beyond questioning the validity of the paradox to investigating its breadth (2) and determinants (3). This symposium will describe new evidence regarding both points. The aim of the first presentation is to examine whether Hispanics experience a broader health advantage by testing ethnic differences in state-level hospital utilization. The next two studies examine social mechanisms that may contribute to health resilience. The third presentation considers whether religiosity serves as a resilience factor among Latinos. Together these talks advance understanding of the breadth of Latino health advantages and identify candidate social sources of resilience.

2:45 – 3:45 pm | 1 CE credit per breakout

**Breakout IV Clinical: *Suicide risk and psychotherapy with Latinx youth***  
**Quetzalcoatl Hernandez-Cervantes, Ph.D.**

This presentation departs from literature review on adolescent suicide to discuss prevention and treatment alternative in various settings. A model of risk and protective factors is presented within a public health framework in understanding suicide risk processes and behaviors. Practice parameters and guidelines for youth suicide prevention, intervention/treatment and postvention are also discussed. There will be a space for sharing professional and research experiences on the notion of networking, exploring collaboration and more efficient and effective use of local or regional resources.

**Breakout IV Scientific/Research: *Examining executive functions in executives: A platform for I/O neuropsychology in Colombia***  
**Mauricio A. Garcia-Barrera, Ph.D., R.Psych**

The effective coordination of processes and resources in order to achieve a goal define both the aim of our executive function and the crux of the



job of executives and managers in any type of organization. Interestingly, only a handful of studies have started to look at executive functioning in industry employees. In addition, the amount of research on healthy and work-engaged adults seems scarce when compared to the amount of studies in other age groups. The overall aim of the series of studies we conducted was to examine three basic executive functions, namely updating, shifting and inhibiting using a latent variable approach via confirmatory factor analysis (CFA), in 183 healthy adults (54.6% female) in higher administrative or executive positions. We also examined other higher-order cognition components such as intelligence and creativity, in addition to personality and leadership. During this program, I will explain the most commonly used and statistically derived model of executive functioning (Friedman & Miyake, 2016) and our critical work determining its robustness (Karr et al., 2018). Furthermore, in a study lead by my graduate student Emily Duggan (Duggan et al., 2018), we examined the interpretive effects of applying six different WAIS-IV norms to a Colombian sample. For this purpose, a sample of 305 highly educated Colombian corporate executives completed the WAIS-IV. Data were scored using norms from Colombia, Chile, Mexico, Spain, United States, and Canada and scores were compared using ANOVA. Additionally, a comparative sociodemographic framework was established to contextualize our sample to the standardization samples and populations of the six countries. Altogether, we are using a cross-cultural lens and hoping to make a contribution to an area or work we like to call I/O Neuropsychology.

4:00 – 5:00 pm | 1 CE credit per breakout

Breakout V Clinical: *No tener pelos en la lengua: The need for cross-cultural screening tools in the medical setting*

**Jennifer Nosker and John Martin, Ph.D.**

Disparities exist in access and quality of mental health care for Latinx Americans with psychiatric disorders in the United States. The presentation of symptoms in the Latinx community for disorders such as anxiety and depression are diverse, particularly with regards to generation, acculturation (if applicable) and culture. Complicating assessment is that there are varying culturally accepted expressions of distress, and the meaning of illness can be difference for everyone. In the medical setting, screening tools are frequently used to identify individuals with mental health symptoms for treatment purposes; however, very few studies have evaluated the psychometric properties of the screening tools specific to English and Spanish speaking Latino/as. Due to culturally specific expressions of anxiety and depression, some patients fall through the cracks in the medical setting. Similarly, mental status screenings, such as the Montreal Cognitive Assessment and the Mini-Mental Status Exam, have received little attention with regards to validity and administration among the Latinx population, which limits follow-up with patients who would benefit from additional assessment and recommendations. The references provided refer to empirical research conducted on the measures discussed in this presentation.

Breakout V Scientific/Research: *Latina leaders influenced by cultural models and applying resonant leadership practices*

**Patricia Arredondo, Ed.D., NCC, Yolanda Evie Garcia, Ph.D. and Andrea Romero, Ph.D.**

This presentation will discuss critical incidents in the lives of Latina administrators, from dean and senior vice provost to department chairs. An appreciate inquiry methodology using testimonies was used to learn from 8 Latinas about their challenges and uses of power and authority to be administrators with integrity. The literature suggests that there are structural barriers, microaggressions, and other organizational factors not supportive of women administrators. Women of Color in general, are often the only administrator of color or the first person of high rank in a university, and at times, not the preferred leader by subordinates. Latina leaders have walked the “cultural borderlands”, are bicultural, and have often been in the numerical minority in their department or institution. An analysis of the women’s behavior points to what is known in the literature as a resonant leadership style. Other take-aways include the women’s reliance on family members, their sense of dignity, and their concern about the good of their units, not their individual successes and achievements. Recommendations for persistence are provided.

**Saturday, April 27, 2019**

8:30 – 9:30 am | 1 CE credit

Morning Keynote: *Latinx immigrants enacting resilience for familias and communities: Lived experiences*

**Patricia Arredondo, Ed.D., NCC**

Sociopolitical and socioecological conditions have historically been adverse contexts for immigrants seeking survival and thriving opportunities. The forces of anti-immigrant legislation, coupled with xenophobia and overt acts of racism have physical and psychological effects on Latinx immigrants, yet they persist to make life affirming prospects for themselves and their families in the U.S. Moreover, undocumented college students have become leaders in the Deferred Action for Childhood Arrivals (DACA) program on their campuses demonstrating the grit and self-determination to transcend structural barriers. The focus of this presentation is on the post-migration phase, addressing the mindset, resolve, problem-solving, and other cognitive strengths demonstrated by immigrant adults on behalf of their families. Moreover, cultural anchors such as spiritual beliefs and faith, familismo (family-centeredness), and traditions are discussed as contributing factors to resilience.

9:45 – 10:45 am | 1 CE credit per breakout

Breakout VI Clinical: *Latinx immigrant Habitat for Humanity community research: Implications for practice and research*

**Patricia Arredondo, Ed.D., NCC and Liza Cohen Hita, Ph.D.**

A comprehensive research study was undertaken to examine several factors that might contribute to the: physical and mental health status of



Latinx immigrants living in a Habit for Humanity. In addition to assessment of anxiety, stress, depression, health status, sense of well-being, and spirituality, inquiries were also made of the meaning of homeownership and place attachment. Implications for clinical practice include: 1) taking an asset approach to engaging clients about their priorities, how they are forging new avenues for themselves and their children, how they manage their stress, and the role of spirituality in their lives; 2) reviewing stereotypes clinicians and researchers hold about Latinx immigrants; and 3) taking a couple or family intervention approach.

**Breakout VI Scientific/Research: *Latino blood donation disparities: Impact of geographical distribution of donation opportunities***  
**John Ruiz, Ph.D.**

Hispanics are the fastest growing ethnic group in the United States, occupying a projected 28.6% of the nation's population (119 million Hispanics) by 2020 (U.S. Census Bureau, 2017), yet only a small percentage of Hispanics donate blood (Shaz, 2010). Hispanics are underrepresented in blood donation (10 per 1000 Hispanics vs. 77 per 1000 non-Hispanic Whites; Gillium, Eder & McLaurin-Jones, 2008). Understanding and remediating these donation disparities could have tremendous benefits to population health (Associated Press, 2007). The aim of this study was to evaluate the geographic distribution of blood donation opportunities as a function of neighborhood ethnic density. Findings suggest that more ethnically dense Hispanic neighborhoods are less likely to have blood donation opportunities which may contribute to the observed ethnic disparities in donation rates.

11:00 am – 12:00 pm | 1 CE credit per breakout

**Breakout VII Clinical: *An exploration of bilingualism in a postmodern family therapy program***  
**Carlos Ramos, Ph.D, BCaBA, Jimena Castro, Ph.D., LMFT and Joseph Alvaro Guerrero Velez**

The presenters will discuss how the notion of bilingualism is embraced from a postmodern perspective. The references below will provide a description of postmodern philosophy in relation to social constructionism, and they will also help provide an understanding of what it means to be a bilingual scholar and family therapist.

**Breakout VII Scientific/Research: *Acculturation and weight and physical activity status in Latinx men***  
**Lisa Sanchez-Johnsen, Ph.D.**

Obesity and physical activity are greatly understudied areas in Latinx men, and this is especially true among Latinx men of various levels of acculturation. The aim of this study was to conduct a comprehensive, multidimensional assessment of acculturation as it relates to weight and physical activity status in Mexican men. A higher frequency of exercise and perceived exertion was related to higher levels of Anglo acculturation and lower levels of Latino acculturation. Results can be used as part of the development of healthy eating, physical activity, and body image interventions for Mexican American and Puerto Rican men across levels of acculturation. References focus the health of Latino men, obesity in Latinos, and recent studies with Mexican and Puerto Rican men.

12:15 – 1:15 pm | 1 CE credit

**Lunch Presentation: *Demonstrating competence across borders: The role of board certification in psychology***  
**Michael Tansy, Ph.D., Leonardo Caraballo, Psy.D. and Jessie Garcia, Ph.D., ABPP**

Attendees will be provided information regarding establishing competency benchmarks across settings and geographical location for the international practice of professional psychology. Attendees will also be provided a review of foundational and functional competencies in psychology while connecting these competencies to the board certification process conducted by the American Board of Professional Psychology.

1:30 – 2:30 pm | 1 CE credit per breakout

**Breakout VIII Clinical: *Forensic psychological consultation and evaluation in immigration cases: The psychologist's role in providing an expert opinion***  
**Eva Maldonado Renta, Psy.D., Eréndira López-García, Psy.D.**

Psychologists have become key components in assisting immigration officials and the Court system in the determination process for immigration relief. The goal of this presentation is to provide information relevant to the psychologist's role in immigration proceedings. As we become more involved, it is essential to become familiar with the relevant legal concepts and psycholegal questions, clarify specific roles of the psychologist, and address the ethical demands of this practice. This presentation will discuss the ethical obligations of the forensic evaluator, explain the difference between a psychological consultation and a full psychological evaluation and provide an overview of the most common legal concepts used in the U.S. Immigration system. Based on our professional experience with the Latinx population, we will share strategies that are culturally-responsive and specific to work with this population. We will also discuss the assessment process and preparation of reports, and the nuances of providing Court testimony.



Breakout VII Scientific/Research: *Adapting and modifying the Eurocentric psychotherapy practices that are frequently imported into Mexico*

**Monte Bobele, Ph.D., ABPP, Daisy Ceja, M.S. and Saul Cruz, MA**

This program will present recent work by Mexican and US therapists interested in adapting and modifying the Eurocentric psychotherapy practices that are frequently imported into México. Some taken-for-granted assumptions about the delivery of psychological services that we have challenged are: appointments are the optimal way to provide access, a private, cloistered office is necessary, and that therapy takes a long time. Some have noted an unfair balance when in the exportation and importation of therapeutic practices across the US/Mexican border. Presenters will discuss their work with practitioners in Mexico through a lens of mutual exchange of therapeutic practices. Especially problematic has been the entrenched notion that This We will present recent work by Mexican and US therapists interested in adapting and modifying the Eurocentric psychotherapy practices that are frequently imported into Mexico. Some taken-for-granted assumptions about the delivery of psychological services that we have challenged are: appointments are the optimal way to provide access, a private, cloistered office is necessary, and that therapy takes a long time. Some have noted an unfair balance when in the exportation and importation of therapeutic practices across the US/Mexican border. We will specifically address how we have modified many of the notions of traditional psychotherapy that are incongruent in Mexican urban and rural areas.

**2:45 – 3:45 pm | 1 CE credit per breakout**

Breakout IX Clinical: *Forensic issues demanding bilingual psychologists*

**Greg Kuykendall, Esq.**

*Forensic Issues Demanding Bilingual Psychologists* will provide attendees with an introduction to typical forensic applications of psychology, legal requirements and preferences for bilingual and bicultural psychologists in psychological assessments, and mitigation investigations and presentations in capital cases.

Breakout IX Scientific/Research: *The APA Multicultural Guidelines: An ecological approach to context, identity, and intersectionality: Summary and review*

**Christopher J. Nicholls, Ph.D.**

The information presented in this program represents a summary of the Multicultural Guidelines: An Ecological Approach to Context, Identity, and Intersectionality, 2017, prepared by the Task Force on Re-envisioning the Multicultural Guidelines for the 21st Century. The guidelines speak to the profession's recognition of the important role that diversity and multiculturalism play, both within the United States and globally.

**4:00 – 5:00 pm | 1 CE credit**

Closing Keynote: *Where we came from and where we are going - perspectives on Latinx psychology*

**Patricia Arredondo, Ed.D., NCC, Yolanda Evie Garcia, Ph.D., Andrea Romero, Ph.D., and Cristalis Capielo Rosario, Ph.D.**

Latinx psychology is evolving as a field informing psychology education, ethics, research, assessment, and clinical practices. The panel of leaders of the National Latinx Psychological Association will discuss the emic nature of Latinx psychology and their role in advancing and differentiating forms of leadership, evidence-based practices, and scholarship. Explicit forces to be discussed are are cultural values, traditions, language and the role of religion and spirituality. Latinx psychology emphasizes family centeredness and interdependence and understanding persons from their historic roots, whether or not they are immigrants. Rather than rely on Euro-centric models for understanding human development, identity formation, and acculturation processes, or engaging in the adaptation of Western evidence based practices, Latinx-grounded psychologists are taking emic approaches to understand persons and families in context. New culture-specific research is emerging that will inform all of Western-oriented psychology.

