



CONFERENCE PROCEEDINGS

The Thirteenth Annual Diversity Challenge

**Intersections of Race and Culture and Health and
Mental Health**

October 18-19, 2013

Boston College, Chestnut Hill, Massachusetts

Diversity Challenge Committee:

Janet E. Helms, Diversity Challenge Chair

Guerda Nicolas, Conference Co-Chair

Kim Ashby

Dericka Canada

Dana Collins

Kathleen Flaherty

Susan Ginivisian

Talya Gunasekara

Alesha Harris

Hannah Hernandez

Philip McHarris

Stephanie Paulk

Maggi Price

Natasha Torkelson

Shatina Williams

Eva Wilson

Qingyi Yu

Sponsored by: The Institute for the Study and Promotion of Race and Culture
Carolyn A. and Peter S. Lynch School of Education

Table of Contents

Invited Panels.....	4
Abstracts	
Individual Presentations.....	5
Workshop.....	22
Structured Discussions	31
Symposia	36
Posters.....	38

INVITED PANELS

- **MENTAL HEALTH PERSPECTIVES IN URBAN EDUCATION**
MARY WALSH, PH.D., BOSTON COLLEGE
NADIA WARD, PH.D., YALE UNIVERSITY SCHOOL OF MEDICINE
- **MENTAL HEALTH FROM TWO CULTURAL PERSPECTIVES**
MARCIA LIU, PH.D., COLUMBIA UNIVERSITY
L. KEVIN CHAPMAN, PH.D., UNIVERSITY OF LOUISVILLE
- **MULTICULTURAL COMPETENCY AND THE RELEVANCE OF CULTURAL CONTEXT IN MENTAL HEALTH**
ESTEBAN CARDEMIL, PH.D., CLARK UNIVERSITY
MELBA VASQUEZ, PH.D., ABPP – INDEPENDENT PRACTICE
- **POLICY, PRACTICE AND HEALTH AND MENTAL HEALTH**
DJ IDA, PH.D., NATIONAL ASIAN AMERICAN PACIFIC ISLANDER MENTAL HEALTH ASSOCIATION
ALEX PIETERSE, PH.D., MONASH UNIVERSITY

INDIVIDUAL PRESENTATIONS

Psychodynamic Perspectives on Africana Migrants in China

The subjectivities and adaptive strategies of the substantive population of Black migrants in China are a significantly under-researched issue. The traditional psychodynamic literature on migration focuses on involuntary exit, loss and its associated traumas, exile and the impossibility of return. While this is true of the Africana survivors of the Middle Passage it is less the case for the voluntary migrations of Africana peoples into Asia over the past thirty years. In their narratives these voluntary migrants convey complex perspectives on their idea of home, on the pursuit of self-development that require calibrated risk-taking, resilience and re-inscribing and representing Blackness. The data presented will give us a perspective on the mental health of an increasingly globalized Africana diaspora.

C. Jama Adams
John Jay College - CUNY

Empowerment through involvement: Exploring the role of nonprofit governance among marginalized individuals

Do nonprofit organizations (NFPO) designed to increase empowerment among marginalized individuals succeed? Surprisingly, little research exists on the efficacy of such programs. The present study explored the administration procedures of a New England based nonprofit organization to establish whether the internal governance of the organization accounted for the development of empowerment among program beneficiaries. Results suggest interviewees experienced empowerment at the individual level as a result of meeting challenging goals. However, the empowerment seems to be related to the “do it yourself” approach embraced by the organization, rather than the administrative procedures. The implications of these results suggest organizations must go beyond including members in the decision-making process of the organization to influence empowerment across multiple levels.

Jose Arauz
Suffolk University

Intersectionality as an Alternative Paradigm in Health Disparities Research

In recent analysis on the success of research and clinical interventions, major health institutions have acknowledged the failure of the traditional and longstanding biomedical paradigm to make progress toward the elimination of health disparities (IOM, 2003). Intersectionality is one alternative paradigm for addressing health disparities that frames social inequalities as a result of intersections of race, gender, class, sexuality, and other dimensions of inequality. This presentation will provide an introduction to the current health disparities landscape and traditional biomedical approach to health disparities, an overview of intersectionality and its

utility as a paradigm in the health movement, as well as implications for the use of intersectionality in training, research, and community advocacy.

Diana Arntz
Suffolk University

The Impact of 9/11 on Sikh Families and their Relationships

This qualitative study aims to examine the impact of 9/11 on Sikh families and their relationships. Data was collected by interviewing Sikh couples residing throughout the New York City and New England areas. The interviews were transcribed and then qualitatively coded based on phenomenological theory. Themes revealed in the data include 9/11 shaping the Sikh family's religious experience, Sikh families engaged in outreach among their communities, and 9/11 causing generational tension and closeness between family members. This study may alert psychotherapists and other mental health professionals to particular narratives that may be operating for Sikh families or other communities that have been impacted by socio-political trauma. The results may also inform treatment plans and theories in the mental health field.

Kiran S.K. Arora
Melanie Cadet
University of Massachusetts Boston

Cultural Competency of Nursing Faculty Teaching in Baccalaureate Nursing Programs in the U.S.

A descriptive, correlational, non-experimental survey design will be used to examine cultural competence of nursing faculty teaching in (CCNE) accredited BSN programs in the U.S. and to identify and examine demographic factors that are associated with the cultural competence level of nursing faculty. The study used "Cultural Diversity Questionnaire for Nurse Educators Revised" CDQNE-R a well established tool and administered through an electronic survey. Findings from this study will provide information on the trends and differences in the levels of cultural competence among nursing faculty across the U.S. The findings will provide a better understanding of the professional development needs of nursing faculty in the area of cultural diversity by identifying faculty areas of strengths and areas of needed growth.

Nadiyah Baghdadi
Northeastern University

African American Conceptions of Assertiveness: Results from a Qualitative Study

Assertiveness has been defined as the verbal, nonverbal, and direct expression of feelings (Gay, Hollandsworth & Galassi, 1975) and the positive, productive expression of one's needs, feelings, preferences or opinions (Rathus, 1973). Measures of assertiveness have largely been developed with predominantly white samples. To work toward an inclusive model, focus groups were

conducted with community members who self-identified as African American. Groups were given a simple model of active versus passive modes and assertive versus aggressive behavior, and were asked to discuss their perceptions of the concepts. Grounded theory analysis was used to analyze transcriptions from four group sessions. Themes centered around constructs such as gender, generation, environmental context, cultural differences, and others.

C. Albert Bardi
Sewanee, The University of the South

The Intersectionality of Race, Sex, and Mental Health on Predicting Violent Crime

The current study examines the intersection of race, sex, and mental health and its effect on criminal violence, a phenomenon that plagues hyper-ghettoized neighborhoods. Participants were 1,079 female and 3,525 male Black and White correctional inmates. Life history interviews and reviews of institutional files were completed. Multivariate techniques were used. The study found that both Black men and Black women with co-morbid Antisocial Personality Disorder and Psychopathy were more likely to commit violent crime than similarly situated Whites. Results suggest that Blacks in hyper-ghettoized neighborhoods are at a heightened risk for genetic, neuropsychological, and neighborhood-based influences on antisocial trajectories. Thus, improvements in community environments are needed to alter life experiences so as to reduce behavioral outcomes related to violence.

Deborah Baskin
Ira Sommers
Loyola University-Chicago

Socio-emotional and Behavioral Needs of Youth Enrolled in Afterschool

Out-of-school time programs aim to enhance the development of youth and, when implemented in low-income and urban environments, aim to narrow the achievement gap. Our community-based afterschool collaboration over the past four years has yielded insights about the challenges OST programs face in effective service delivery. Specifically, we have spent two years observing the socio-emotional climate of programming, building relationships with YMCA staff and youth, surveying staff, and providing professional development trainings. Notably, the youth enrolled in programming experience a wide range of mental health concerns often related to trauma exposure. The adults implementing programming are under-prepared to adequately address these needs. Insights and suggestions are discussed for future work with these programs.

Meghan Blattner
Colleen Lloyd
Boston College

Race, gender, trauma and Social Security Disability Income support: Additional data

Broder and Gulnik (ISPRC, 2008) found that race, gender, and trauma were significant aspects of individuals who apply for financial support through the Social Security Disability Income (SSDI) program. To replicate this study, approximately 200 additional adult claimants' psychodiagnostic interviews were examined. The interview reports then were assessed for demographic variables (race, gender, family size), incidents of trauma, and educational, developmental, legal, and psychological histories. Analyses of the self-reported, retrospective data suggest that traumatic experiences may predispose claimants to further trauma and the subsequent development of psychopathology and impulse control problems that reduce their ability to be employed and thus lead to poverty.

Steven Broder
Boston University

Cultural and gender influences on the expression of depression among Latino men

We present findings from an NIMH-funded mixed-methods study investigating depression among Latino men. In this research, we investigated several key culture- and gender-based psychological variables, including culture-specific experiences of distress and theories of depression, as well as adherence to traditionally masculine norms. Thematic analyses of 30 semi-structured interviews support the importance of culture and gender: many participants described depression in ways that included anger and irritability, endorsed non-biological theories, and valued traditionally masculine views of emotion regulation. Quantitative analyses were complementary: scores on the BDI were highly correlated with scores on the SCL-90 Hostility scale. In addition, participants were significantly less likely to agree with biological theories of depression. Implications for both research and clinical work will be discussed.

Esteban Cardemil
Oswaldo Moreno
Clark University

Promoting the utilization of Mental Health Services Among Latino/a Youth: "We Hear You. Te Escuchamos"

Latino/as face unique pressures including those of acculturation to which youth are particularly vulnerable. Barriers such as a lack of Spanish speaking providers and the stigma associated with mental illness often prevent this community from accessing services. The Center for Latino/a Mental Health has launched, "We Hear You. Te Escuchamos," a campaign aimed at providing Latino/a youth and their families culturally sensitive resources surrounding relevant mental health issues. An interactive website and creative art component are available for youth while educational training elements were developed for both parents and mental health professionals.

The goal of this project is to increase Latino/a youth seeking mental health services, combat the stigma of mental illness and foster greater cultural competency among mental health providers

Mayra Chacon
Chicago School of Professional Psychology

Multilingualism in the Asian American Immigrant Family: Implications for Children's Socioemotional Development

The effects of family multilingualism on children's socioemotional development were examined in a socioeconomically diverse, longitudinal sample of 258 Chinese American immigrant families. Families were assessed when children were in first or second grade, and again when children were in third or fourth grade. Major constructs were assessed through parent and teacher reports and laboratory-based tasks. Gaps in parent-child Chinese proficiencies were associated with children's higher externalizing problems, with relations mediated by authoritative parenting. Children's Chinese and English proficiencies were both uniquely and positively associated with their social competence. Among English-proficient immigrant children, Chinese proficiency was positively associated with both lab-based and teacher-reported measures of self-regulation. Implications for children's broader mental health outcomes are discussed.

Stephen H. Chen
U.C. Berkeley/ U.C. San Francisco

Diagnostic Biases in Ethnic Minority Mental Health: Stereotypes effecting Asian Americans

This study will explore the influence of the model minority myth on perception of Asian Americans' mental health. Factors and predictors influencing perception of mental health needs and memory accuracy are examined. The study also examines the impact of biases in neglecting the needs of underprivileged minority groups.

Alice Cheng
Janine O'Brien
Marc Budgazad
University of Hartford

Social media as social capital for mental health of LGB individuals

Social media, a low-tool for generating social capital, were found to facilitate social information exchange among lesbians, gays, and bisexual (LGB) individuals who are subjected to social stigma. This study tests the protective role of LGB-specific social media usage and gratifications in promoting LGB group membership, which we hypothesize to reduce LGB stigma and enhance mental health among LGB individuals in Hong Kong. Based on 243 participants, structural equation modeling showed evidence for our hypotheses. Community surveillance, identity

expression, and emotional support on social media may promote mental health by instilling a sense of group membership and reducing stigma. Social media may build comraderie and bolster resilience among LGB individuals that may otherwise be difficult in conservative regions.

Eddie Chong
Boston College

Discrimination, maternal depression, and child emotional regulation: Challenges for home visiting research

Evaluation researchers face many conceptual and methodological challenges when examining links between perceived discrimination and maternal and child outcomes. To highlight these challenges, this study will assess how multiple dimensions of perceived discrimination (parenting age, religion, SES, and race/ethnicity) are associated with maternal depression, examine the relation between maternal depression and child emotional regulation, and explore these relations across neighborhoods for first-time adolescent parents participating in a statewide home visiting program. The study involves preliminary data from 150 young mothers and their pre-school aged children who are participating in a longitudinal statewide randomized control trial of Healthy Families Massachusetts (MHFE-2EC). Data from mixed-methods interviews, child assessments, and U.S. Census will be examined through a series of structural equation models.

Mariah M. Contreras
Jana Chaudhuri
Tufts University

From enrollment to completion: supporting Latina first-generation college students' wellbeing and academic success

Latinos accounted for almost 75% of the growth in college student enrollment between 2010 and 2011, becoming the largest ethnic minority group in higher education. Latino's completion rates, however, still stand at 19.2%, compared to the national average of 41.1%. This disparity in favorable completion rates is alarming, and draws attention to a system that has fallen short of meeting the needs of this growing population. This presentation reports new knowledge towards the reformulation of familiar thinking about Latina's experiences in higher education, examining disparate rates of college completion in Latinas as a phenomenon impacted by racial, ethnic, cultural, political, economic and gendered inequalities. It also offers recommendations on multiple levels: societal, political, institutional, administrative, community, and individual.

Hercilia Corona
Gaston Institute, University of Massachusetts Boston, Boston College

Conceptualizing the role of racial identity in pediatric asthma disparities research

Racial identity is an important lens for understanding race related experiences, which has been overlooked within the pediatric asthma disparities literature. We present a framework to understand the potential role of racial identity in pediatric asthma disparities. We draw on data from our work in pediatric asthma with diverse samples of Latino, Black and non-Latino White families, the available literature on racial identity in the pediatric health literature, and draw on existing theoretical models of health disparities in asthma and racial identity to support our assumptions about the pathways through which racial identity may impact children's asthma management behaviors and health care use. Additionally, we describe challenges in conducting this line of research, and discuss recommendations for future research directions.

Maria Teresa Coutinho

Bradley/Hasbro Children's Research Center/ Alpert Medical School of Brown University

Latino men and masculinity: The psychosocial benefits associated with a caballero ideology

This presentation advances our understanding of the health promoting aspects of masculinity among Latino men. Empirical tests were conducted to examine, for the first time, the psychosocial benefits related to caballerismo (gentleman masculinity). Responses to a survey on masculinity showed that men who endorsed a caballero ideology also reported greater closeness with the family and higher levels of self-esteem. The moderating effects of social milieus believed to nurture adaptive masculinity (i.e., religious involvement and brotherhood) remains unclear. This presentation reviews how softer forms of masculinity among Latino men might facilitate integration with social networks and particularly with the family. Strategies for using positive masculinity to help Latino men cope with stress and live healthier lives will be discussed.

Fernando Estrada

Loyola Marymount University

The Impact of Culture and Substance Use on Elder Mistreatment

A "silver tsunami" of aging, substance use, and elder mistreatment are predicted to soon overwhelm national resources. The elderly population is projected to increase by 56% from 40.3 million in 2010 to 72.1 million by 2030. Rising concurrently, with this population growth are the prevalence and incidence of elder mistreatment and substance use. Evidence suggests that victim or perpetrator substance abuse is a significant risk factor for elder mistreatment. Culture has been found to be a risk factor for both substance use¹²⁻¹⁴ and mistreatment.^{3,6,15-19} This mixed method proposal will use a to identify cultural factors that may impact substance abuse and commission of elder mistreatment and self-neglect among one of our nation's most vulnerable populations in order to effort innovative cultural-specific interventions.

David Flores

University of Texas Medical School

The Black Diagnostic Manual -5 (A differential Diagnosis on the basis of Culture)

This presentation is based on a March 2013 article I co-published on the Trayvon Martin phenomenon, in the Journal of Social Action, Psychology and Counseling, concerns about the social construction and justification of labeling and profiling going on in New York with the stop, question and frisk policy and concerns of the lack of cultural competence and statistics in the DSM 5. Draptonomania was a term used to describe a disorder of slaves that cause them to escape captivity; it was coined by physician, Samuel Cartwright in 1851 (White, 2002). Today, it is considered non-science and scientific racism (Caplan et. al 2004). Finally, this presentation evaluates how black men in America have been deprived of basic privileges and immunities of other American citizens (Altman, 2010). Years of oppressive trauma, through slavery, Black Codes, Jim Crow, microaggressions and institutional racism have caused black males to be viewed as antisocial, (Gabbidon, S.L., Greene, H.T & Yong, V.D., 2001). It is a great concern that many antisocial behaviors are improperly attributed to black males, as a means of societal scapegoating in efforts to justify oppressive ideologies (Goldman & Gallen, 1992). Denial of these problems only block the healing and recovery process of both black males and society.

Demetrius Ford
Michigan School of Professional Psychology

Psychological Evaluations with Hispanic Examinees: Ethical Considerations of Frequently Used Assessment Batteries

The field of psychological assessment has made great strides in accommodating examinees of various linguistic backgrounds. However, these accommodations present a range of diversity based issues and ethical challenges in the assessment of examinees from Hispanic cultures which may alter the meaning of test results from various assessment instruments. Consequently, the validity and usability of test results for Hispanic examinees could be compromised and may not be meaningful for interpretation. Examiners may be unfamiliar with which assessment batteries are culturally flawed, and therefore remain unaware of the potential negative implications to Hispanic examinees. Cultural competence will be increased by discussing specific examples of threats to interpretation and validity in frequently used assessment batteries. Implications of other factors, such as rapport building, are also discussed.

Jacqueline Gallios
Long Island University

Problems with Identifying and Treating Latino Mental Health Distress

Rates of mental health disorders among Latinos in the United States vary depending on level of acculturation. Research shows a positive correlation between acculturation and risk of psychopathology, such that the more acculturation Latino individuals become, the more likely they are to experience mental health distress. Although documentation exists on the effects of acculturation on rates of mental health distress, it is unclear why this phenomenon occurs and whether results can be generalized across Latino subgroups. Given that many of the measures

and treatments currently used within the Latino population were normed on White American cultural standard, understanding Latino mental health is critical. This presentation aims to discuss and bring awareness to mental health discrepancies within the Latino population.

Jadig Garcia
Suffolk University

Korean American Women and Meaning Making During and Post College

Marrying the theoretical work of Fine and Sirin (2007), Bruner's (1990) Narrative Theory, and the Listening Guide Method of Qualitative Inquiry (Gilligan et al., 2006), interviews were conducted with second generation, 25-35 year old, Korean American women. Through the interviews, the researchers looked to better understand the hyphenated self, meaning making, and identity during and post college. Analysis uncovered four themes, or voices, in these data; two are discussed here. The first, the Voice of the Impostor, emerged when the participant women discussed how their Korean identity conflicted with cultural understandings of the American college experience. The second, the Voice of Identity Performance, emerged when the participant distanced themselves from Korean identity in service of supporting their American identity.

Matthew Graziano
New York University

African American Women and HIV/AIDS: Impact of Race, Gender, and Economics

This presentation will examine the crisis of HIV/AIDS in African American women as a result of the legacy of racial, gender, and economic oppression in our society. African American men are also impacted by HIV/AIDS in a disproportionate way, and have suffered racial and economic violence. The struggle of women, however, is unique. African American women endure racial oppression along with Black men at the hands of the White population – male and female – plus gender oppression at the hands of men, both Black and White. Because of the negative stereotypes inflicted upon them throughout history, African American women might experience gender oppression differently from their White counterparts. While negative stereotypes exist about African American men and other groups victimized by oppression, the focus of this presentation is to examine how the *unique* history of Black women in America has placed them in “triple jeopardy” – the “targets” of discrimination based on race, gender, and economic status. The author contends that the intersection of these three factors place many African American women at risk for the transmission of HIV/AIDS. The author suggests several steps that African American women and men can take to attack this epidemic.

Barbara Haile
Florida A&M University

What Helps American Indians Succeed in Health Interventions?

The American Indian Health Intervention* is a rare instance of successful recruitment and retention in a health intervention designed to reduce cardiovascular disease risk among American Indian adults with type 2 diabetes. We conducted focus groups with three target groups: 1) retained participants, 2) non-retained participants, and 3) staff. We draw from the theory of historical trauma to describe, from an indigenous perspective, the social-historical factors that impact indigenous health. We share best practices within this intervention, providing insight into longstanding barriers to care for a vulnerable population: medical mistrust, access barriers, retention, and patient satisfaction. We conclude that relationship building is key to retaining participants within the intervention. *Name of intervention is changed to protect tribal identity.

Michelle M. Jacob
Heritage University & University of San Diego

Mary Jo Poole
CSU San Marcos

Haver Jim
Heritage University

Reconciling Divergent Paths: Emerging into Adulthood for Immigrant Origin Youth

As immigrant-origin emerging adults (EAs) come of age, they often navigate discordant cultural values between home and school about what it means to become a “culturally valued adult” (Quinn, 2006, p. 479). This can have important repercussions for a healthy transition to adulthood, particularly as EAs have the highest prevalence of mental health disorders during this time of life (Tanner, 2011). Through a qualitative analysis of focus group data with 21 ethnically diverse immigrant-origin EAs, I examine how they conceptualize adulthood and how it varies between the home and school contexts. Findings reveal the complexity of emerging into adulthood for this population. These findings will be contextualized with recommendations for how practitioners and educators can assist in the transition to adulthood.

Dalal Katsiaficas
University of California, Los Angeles

Why do first-generation Koreans in Auckland travel to their “homeland” for serious medical operations? : A qualitative analysis of health and migration

Korean immigrants in New Zealand make frequent trips to their homeland to obtain medical operations for major illnesses. Using semi-structured and in-depth interviews this research specifically focuses on why and how certain immigrants seek health care services from their country of birth. First generation of Korean immigrants in Auckland who had recently travelled to their homeland for medical surgery are the key informants in this study and they share their personal anecdotes and differing health perceptions. Their ethnographic accounts suggest that an

immigrant's health-decision undergoes several interactions between one's agency (self) and structure (society) that happen across transnational social fields. Particular themes of this paper are Korean health behaviours, cultural barriers, and Korea (the 'homeland') as therapeutic landscape. The findings suggest that immigrants' health experiences - characterised by psychological, social, political and economic difficulties - are complex. This finding contributes to understanding and interpreting the links between health and place. This study argues that patients seek not only effective, but also affective health care.

Jane Yeonjae Lee
University of Auckland

Intercultural Stressors in Chinese Immigrant Students' Life and Culturally Responsive Strategies

Using a qualitative research design, we explored intercultural stressors that Chinese immigrant children may encounter, as observed by Chinese American mental health professionals working at school settings. We also investigated culturally responsive strategies to promote a healthy educational environment for these children. Fourteen school psychologists and counselors were interviewed using semi-structured questions and an acculturation scale. Content analyses were employed to identify multiple intercultural stressors in Chinese immigrant children's lives. The first-hand experiences of Chinese American psychologists/counselors with urban immigrant children provide specific and practical cultural knowledge for conducting culturally responsive prevention and intervention for the population. The findings from the study may also inform psychologists, counselors, educators, and parents' efforts to promote immigrant children's emotional health.

Chieh Li
Northeastern University

Huijun Li
Florida A&M University

Risk Factors for Repeat Pregnancy among Black Adolescents in Low Socioeconomic Communities

An alarming public health concern exists among Black adolescents from low socioeconomic communities who experience repeat pregnancy. Not only does the incidence of inadequate prenatal care, premature deliveries, and stillbirths rise, the risk of giving birth to low-weight infants who are at a higher risk for developmental and behavioral issues also increases dramatically. Compounding this issue is the occurrence of rapid repeat pregnancy, which arises when an adolescent becomes pregnant or gives birth within 2 years of having a previous child. Although birthrates in the United States continue to decline, Black adolescents still give birth at

twice the rate of their White counterparts. This presentation will discuss risk factors from research literature and provide suggestions for future actions.

Shamiria Lindsey
Suffolk University

Is It Teenage Moodiness or a Real Mental Health Problem? Parental Recognition of Mental Illness in Chinese Americans

The stigma of mental illness plays a prominent role in how Chinese American parents recognize and obtain help for their children. Yet the onset of mental illnesses largely occurs during adolescence, a period during which parents may attribute changes in mental health status to typical developmental changes. Thus, both developmental and cultural norms may complicate parental knowledge and recognition of clinical problems. Using a vignette approach, we discuss the themes derived from interviews with 20 Chinese American parents on recognition of mental illness progress in youth. Our presentation describes qualitative methods that assess cultural and developmental norms in parental recognition of mental illness in youth among Chinese Americans, and how this information directs prevention and intervention efforts.

Cindy Liu
Beth Israel Deaconess Medical Center, Harvard Medical School

Huijun Li
Florida A&M University

Is all research multicultural? Training graduate students to conduct multiculturally competent research

This presentation will address major ethical, conceptual, and methodological issues involved in planning and carrying out graduate student research that is sensitive to multiculturalism and diversity. Although many areas within psychology have answered the call to increase multicultural competence, less attention has been paid to elevating the practices of psychological research. However, scientific disciplines, including psychology, are not value-free. Given the value-laden nature of our discipline, attention to enhancing cultural sensitivity and multicultural competence across the spectrum of psychological research efforts is critical and overdue. Considerations and recommendations will be presented in a user-friendly, interactive, and pragmatic format to serve as a guide for graduate students and advisors.

Jasmine Mena
University of Rhode Island

Race Paradox in Mental Health: Truth or Myth?

Biomedical research consistently finds that Blacks have worse physical health than Whites, an expected pattern given Blacks' greater exposure to psychosocial stress, poverty, and discrimination. Yet there is surprising lack of consensus regarding race differences in mental health, with most scholars finding similar or better mental health among Blacks than Whites. Past research often attributes this "race paradox in mental health" to various ideas, including stronger family networks, higher levels of religiosity, and stigma among Blacks. Other explanations include clinician bias and measurement bias. I present both empirical data analysis from the National Survey of American Life and a meta-analysis of past research findings in order to determine whether the race paradox in mental health is valid or a myth.

Dawne Mouzon
Rutgers University

Understanding Therapist Self Disclosure in Cross-Racial Therapy: A Mixed Method Design

Several studies that have found cross cultural differences in reactions to the self disclosures of White therapists (Constantine & Kwan, 2003). The purpose of this study is to investigate therapist self disclosures when working with racial ethnic minority (R/EM) clients by examining the therapeutic relationship and content orientation of those self disclosures (i.e. informational or experiential). The current data comes from 67 R/EM psychotherapy sessions with clients matched with a White, Non Hispanic therapist (WNH) in a hospital setting. Utilizing a mixed method design, an exploratory study was conducted to understand therapist self disclosures both quantitatively and qualitatively. Preliminary results will be discussed in this presentation.

Nancy Ng
Jeff Prout
Brad Thomas
New School for Social Research

A Review and Critique of the Current Status of Race-Related Scholarship in Counseling Psychology

Psychological aspects of race and racism have received much attention in the literature over the past 50 years. Research indicates that constructs such as racial identity and perceived racism are associated with a range of psychological processes including self-esteem, psychological symptoms and coping. An ongoing challenge in the field however relates to the measurement of race-related constructs as well as the application of research to the clinical domain. The current discussion therefore explores research models designed to more effectively capture the

complexity of race-related phenomenon and also presents the race-based traumatic stress framework as an important development in clinical assessment of race-related trauma.

Alex L. Pieterse
Monash University

Robert T. Carter
Columbia University

Considering anti-racism instruction within counseling psychology. A review and critique of course content

It is well-documented that experiences of racism are associated with adverse psychological and physiological outcomes. As such anti-racism is viewed as an important preventative strategy within counseling psychology. The current discussion therefore presents the findings from an anti-racism focused content analysis of 53 multicultural counseling courses syllabi drawn from programs across the US. The results suggest that anti-racism instruction is largely focused on individual attitudes and awareness. There is little evidence of attention to systemic strategies associated with anti-racism advocacy and activism. The presenters argue that effective anti-racism instruction needs to provide students with skills and strategies designed to challenge and confront racism at both the individual and systemic levels, and should include evaluation methods designed to accurately assess the efficacy of such instruction.

Alex Pieterse
Monash University

Michael Gale
Megan Cusick
University at Albany – SUNY

The Intersectionality of Microaggressions, Coping, and Health Among Highly Educated Women of African Descent

Qualitative data are presented on microaggressions from focus groups and semi-structured interviews conducted with Black female professionals and Ph.D. students. Microaggressions are subtle, innocuous, preconscious, or unconscious degradations, and putdowns, often kinetic but capable of being verbal and/or kinetic (Pierce, 1995, p. 281). In and of themselves microaggressions may appear harmless, however, there is a cumulative impact associated with a lifetime of microaggressions that can contribute to physical disease, shorten one's life, and derail confidence. This work will: (1) Explore the impact of microaggressions on physical and mental

health; (2) Assess the role of social networks as attenuating the impact of microaggressions on health.

Tracy Robinson-Wood
Noreen Boadi
Ami Popat
Northeastern University

Diagnostic Biases in Ethnic Minority Mental Health: Stereotypes effecting Latino Americans

This study explores the role of multicultural awareness in diagnosing Latinos with autism as children from minority backgrounds tend to receive a later diagnosis compared to Caucasian children. The study assesses and raises multicultural awareness in health professionals to improve diagnostic accuracy in Latino children with autism. The study also examines the impact of biases in neglecting the needs of underprivileged minority groups.

Stephanie Sanchez
University of Hartford

Centering Body Perceptions and Health Outcomes for Older African American Women

Physical functioning has been established as a consistent predictor of older women's physical health and emotional well-being. Although the body is the central locus for aging processes, little attention has been given to how perceptions of the body may influence functional capacities for older women. Using an intersectional approach, we challenge the notion that positive body image uniformly buffers against negative health and psychological outcomes for African American women (Sabik, Cole, & Ward, 2010). We specifically test the main effect between physical functioning and aspects of health and emotional well-being, examining body perceptions as a moderator of this association among a community-based sample of African American women aged 65 and older. Results indicate that the importance of body functioning significantly moderated the relationship between physical functioning and pain, as well as between physical functioning and emotional well-being such that women who are functioning well and rate aspects of body function as important demonstrate the lowest levels of pain and highest levels of emotional well-being. Further, women who were low in physical functioning and were dissatisfied with their body function had the highest levels of pain. These findings examine variation in body perceptions within older African American women and find evidence that challenges universal application of the buffering hypothesis. Implications for health and psychological well-being are discussed

Shellae Versey
Rutgers University

Natalie Sabik
Brandeis University

Negotiating Cultural Identities in the Therapeutic Relationship: A Qualitative Analysis

Psychotherapy researchers typically examine demographics as discrete, unitary phenomena thereby failing to account for the complexity and multiplicity of sociocultural identity. The present study explores the ways in which cultural identities emerge and are negotiated in cross-cultural psychotherapy. Self-report and archival video data from therapy dyads (N = 5) were utilized using qualitative case study methodology and Hays' (1996) ADDRESSING identity framework. Analysis yielded rich, descriptive evidence of clients and therapists as complex cultural beings. Findings also suggest that recognition of multiple aspects of identity may be an important indicator of cultural competence, an integral component of effective interventions with diverse populations in mental health care settings. Results are discussed regarding multiculturalism, intersectionality, and cultural competence in psychotherapy.

Sara Waters
New School for Social Research

Artificial Commonality: The Consequences of Laws Regarding Disabilities

The last forty years has seen great strides in the development of federal provisions for the disabled, particularly in the areas of education and employment. These laws are designed to give the disabled equal accessibility to opportunities in these realms. But one must ask: Do these laws serve not only to include but also to deepen the distinction between able and disabled? A study of the social structures that create this sense of Otherness regarding those different from the norm is vital. Because the function of the laws is to categorize individuals as 'able' or 'disabled', the laws highlight difference. By relying on the laws for protection, the disabled inadvertently make themselves vulnerable to exclusion.

Kathryn Weber
Columbia University

Outcomes of Violence Prevention Training to Diverse Inmate Parents with Young Children

Parents Raising Safe Kids is an eight-week anti-violence education program that was implemented by the Tulare County Sheriff's Department Correctional Facility to diverse Inmate Parents with young children. In this presentation, we will focus upon the outcomes of the 86 diverse Inmate Participants who attended the program and were transitioning from Inmates to their ethnic and cultural communities. Pre- and post-workshop evaluation outcome results will be discussed for the eight-week program. Our presentation will focus upon the two workshop training areas that resulted in significant changes for the Inmate Parent participants: (1) Style of Parenting in Dealing with Stress and Children's Misbehaviors, and (2) Parents' Behaviors and Role Modeling to reduce violent behaviors.

Herbert Wong
John F. Kennedy University

Latinos and Educational Achievement: How Psychological Interventions Can Help Close the Gap

This presentation will explore psychological and social explanations for the educational achievement gap between Latino boys and their peers. The author will discuss his own research on the subject, which contradicts the myth that machismo (hyper-masculinity) is the source of the issue. In particular, the presentation will review an informative study conducted at a California middle school in which Latino boys as a group lag behind their peers academically despite the fact that the majority of students share similar socioeconomic attributes such as income level, acculturation issues, minority status, and so forth. The author will discuss how both this original research as well as promising new studies from others suggest that the key to academic achievement may lie in working to increase the boys' emotional well-being.

Gabriel Young
AERO Institute, NASA

WORKSHOPS

Working with minority populations that face discrimination--From a clinical trainee's perspective

This student-led workshop will explore the limitations in addressing the mental health of ethnic minorities through traditional models of training, which may not account for the sociopolitical forces aggravating issues of mental health. Racial and religious discrimination, particularly for African and Muslim Americans, are two such examples that can have several ramifications on individuals' psychological well-being, access to, and utilization of care. The workshop is intended to present research surrounding these factors and demonstrate the importance of understanding social influences on psychological functioning. Additionally, we hope to reflect on students' own biases and create a dialogue that can highlight the most crucial issues to keep in mind when entering a therapeutic setting with a client from these ethnic backgrounds.

Aparna Arjunan
Jamila Ray
Suffolk University

Por Ahí Dicen: Transcending Power Relationships through Culturally Responsive Practices in a Public Health Research Project

In this interactive workshop, members of the Por Ahí Dicen (PAD) team will share their experiences of implementing an NIH funded community-based participatory action research (CB-PAR) project. PAD is a study of the Gastón Institute-UMass Boston, the Puerto Rican Cultural Center of Springfield, MA and the Quantitative Health Sciences Department at UMass Medical School, whose primary aim is to develop, implement, and evaluate a theory-based, culturally responsive Spanish language media campaign targeted at Puerto Rican mother-child communication about sexuality and sexual health promotion. In employing CB-PAR, PAD has focused on bidirectional learning and the co-production of knowledge on both research and community literacies through the Freirean approach of learning by doing. This workshop will highlight key components of this process and illustrates that learning by doing can break down barriers of traditional power structures and lead to more culturally appropriate practices.

Melissa Colón
Mayara Fontes
Daniela Bravo
University of Massachusetts, Boston, Gastón Institute

Ivette Cruz
Yamilette Feliciano
Natasha Rodriguez
Marilu Medina
Puerto Rican Cultural Center

Just Moves: A Work-in-Progress

JUST MOVES, an interracial collective born at Connecticut Mental Health Center (CMHC), uses a creative, embodied, process-based approach in its long-term work to help undo racism and build stronger community and individual mental health, both at the Center and within its local community in New Haven, Connecticut. Just Moves has been informed by its work with Urban Bush Women, a professional dance company based in Brooklyn, New York, and the People's Institute for Survival and Beyond, and group of anti-racist educators and organizers based in Mississippi. This workshop will offer an inside view into the unique and ongoing process Just Moves has used to build its collective and advance its goals.

Brandeis Green
Lucile Bruce
Yale University

Serena Spruill
Just Moves

Pregnancy and Opioids: What makes change possible using a critical race feminist lens?

Though the United States FDA has not approved its use in pregnancy, medical recommendations for pregnant women call for methadone maintenance treatment (MMT). It appears that reevaluation of this standard of care has not occurred despite this phenomenological shift from heroin dependence to the misuse of prescription pain relievers. Perhaps due to concerns for the developing fetus another treatment option, medical detoxification, has not been researched with this new population (Sander & Hays, 2005). There may be class and race issues that impact decision for care and thus positive maternal and fetal outcomes. Based on a recent nationally representative sample, by 2009 77.6% of charges for neonatal abstinence syndrome (NAS) were attributed to state Medicaid programs (Patrick, et, al, 2012). In response to changing profiles within the opioid-dependent populations, it is significant to consider personalized treatment programs and research with non-heroin users. This paper uses a critical race feminist analysis of pregnancy and prescription pain reliever misuse to examine the possible factors that influence treatment decisions and choice. There are major gaps in the literature that hinder our understanding of the effects of methadone detoxification and alternative treatments for pregnant women dependent on pain relievers. Furthermore there is limited research with pregnant women dependent on opioid pain relievers and the efficacy of MMT as evidenced based practice. Importantly, there is an absence of studies that attempt to understand physician perspectives on treatment protocols for opioid-dependent pregnant women. It is the goal of this researcher to look at this issue with a critical race feminist framework.

Heather Howard
Women & Infants' Hospital

The Black Lemonade Project: A Culturally-Relevant Empowerment Program for Parents of African American Children

This workshop is part of the BLACK LEMONADE PROJECT which was developed to provide a grassroots platform for parents of African American children to discuss the issues they face in raising healthy children. This project has four components: 1. the Empowerment Curriculum, a culturally specific manual for parent education; 2. two P.A.R.E.N.T Conferences, where parents dialogue about the issues they face in raising elementary school-age children; 3. the research study to determine if parents are able to reduce their stress levels, exhibit effective parenting skills, and build on cultural resources for keeping children engaged; and 4. strengthen parent-child relationships (Tough, 2012). Effective parenting skills have been shown to have a major impact on children's academic performance in elementary school, (Englund, Luckner, Whaley and Egeland, 2004). We will briefly discuss new research findings on the role of Adverse Childhood Experiences (ACE) on African American children's immune system, stress reactions to prolonged violence, and early parental attachment (Nadine Burke-Harris, 2011), as one rationale for developing parent-centered empowerment programs. Educational researchers have found that African American parents have high aspirations for their children (Bradley and Corwyn, 2005), but are often unable to translate their aspirations into consistent parenting which helps children adjust to the demands of family life and school. Parents, along with schools and society, have failed them (Kozol, 1991, Tough 2012), especially Black boys (Kunjufu, 1986; Heidergken, Hughes, Cavell & Wilson, 2004; Walker-Barnes, Imani Center, 2004). African American children are most vulnerable to gang activities and premature substance use (Walker-Barnes, Imani Center, 2004) when parents do not teach children early on the value of organization and participation in the home activities (Taylor and Lopez, 2005). When parents are inconsistent with the way they discipline, and are passively involved with teachers and schools (Overstreet, Devine, Bevans, Efreom, 2005; Clark, 1983; Bynum, 2005) children suffer. This current study is designed to explore the behaviors, cultural beliefs, stress and family life of African American parents and demonstrate how the program works with participants.

Portia Hunt
Temple University

Patricia Ackerman
Chalkdust Education Foundation

Cultural Neuropsychology: Intersection between race, culture, and brain health

Cultural and ethnic diversity in the United States poses rewards and challenges to neuropsychologists, who often need substantial education on cultural issues that arise with assessment and intervention. The purpose of this workshop is to cultivate cultural awareness, knowledge of the self and others, and the recognition of the importance of multicultural sensitivity/responsiveness in neuropsychology among mental health providers. Panelists will discuss the role of race, ethnicity, and culture on brain, cognition and test performance as well as practical guidelines to guide the provision of culturally competent neuropsychological services to people of Color. By the end, attendees will have a clear understanding on the complexity

associated with cultural neuropsychology, and the steps needed to become a culturally competent provider/researcher.

Margaret Lanca
Cambridge Health Alliance, Harvard Medical School

Sigmund Hough
VA Boston Healthcare system, Academy of Spinal Cord Injury Professionals, Harvard Medical School and Boston University School of Medicine

Yelena Bogdanova
Boston University School of Medicine

Culturally-Sensitive Child Mental Health Evaluation in a “Safety Net” Hospital Setting

Culturally-Sensitive Child Mental Health Evaluation in a “Safety Net” Hospital Setting In this structured discussion, faculty members from the Division of Child and Adolescent Ambulatory Services at The Cambridge Hospital present a model of how cultural factors (including race, ethnicity, language, socioeconomic status, immigration status, immigration story, acculturation, and intergenerational differences) are expressly considered in the mental health evaluations of children, adolescents, and their families; and how these factors help inform a cultural formulation which serves to guide disposition planning and specific treatment recommendations. Theoretical underpinnings, clinical case examples, and implications for training are discussed.\nKeywords: culturally-sensitive; children; adolescents; families; mental health

Patrick Latham
Treniece Lewis Harris
James Barrett
Nicholas Carson
Susan Walker
Cambridge Health Alliance

Testimonies: Lived Experience of Racial Oppression

Racism is potent, harmful, and deepens inequality. For generations it sustains ties with other forms of oppression, creating stress and trauma, interfering with optimal growth of people of color. This workshop shares and examines every day experiences of racial oppression/discrimination. Research participants include ethnically diverse populations of color, namely, American Indians/Native Americans, and people from the African, Latina/os, and Asian Diaspora. Framed within a Critical Race Theory paradigm, voices and narratives of those who suffer are heard. Injustices are named; stories of marginalization, domination, disempowerment, and violence are uncovered. The status quo is challenged in order to eliminate the consequences

of racism and human suffering. This workshop is interactive; participants will be engaged through discussion, role play, and teaching exercises.

Anna Martin-Jearld
Jonghyun Lee
Bridgewater State University

Reconciling Historical Trauma in Students of Color

This workshop introduces participants to multicultural student development through a historical trauma lens. Sir Aaron Mason will present on the topic of historical trauma and its effects on students of color. Participants will be guided through experiential and mindfulness exercises to deepen their understanding of historical trauma and gain insight into how to work with students of color around issues of discrimination and hate. Participants will also be introduced to Strengthening our Community an integrative self-growth group program that promotes the psychological wellbeing of students of color by drawing from prominent student development, cultural development and mental health theories.

Sir Aaron Mason
University of Wisconsin- Stout

African American women: Factors that impact on addiction severity and treatment participation

African American women are disproportionately represented among the ranks of those who suffer from abuse of alcohol or other drugs. This analysis assessed 41 African American women in treatment at an upper Manhattan based substance abuse therapeutic community, in New York City. The study explored two treatment indicators, addiction severity and treatment participation. These factors were examined utilizing the theoretical construct of cumulative disadvantages which was operationalized as socioeconomic status and traumatic life experiences (emotional, physical and sexual abuse). The second construct applied was attachment theory which is defined as the protective factor of social support. The sample size was small therefore external validity and significance was not found. However substantial data was collected to influence future practice, policy, and research.

Jacqueline McKnight
NYC Administration for Children's Services

The Promise of Transformation: Integrating cultural Health Practices into Mental Health Care

In this didactic and interactive workshop, the presenter(s) will share in-depth knowledge and experiences in preparing all future mental health professionals in the context of integrated healthcare. The presenter(s) and colleagues collectively have unique expertise including their

own cultural diversity, experiences in accessing services, administrating public mental health programs, engaging in innovative thinking, and educating, supervising and training future psychologists. Several exciting innovations are taking place including: a) honoring the perspectives of cultural and linguistic communities in their own treatment; b) incorporating culturally defined practices into health and mental health care; c) forging ongoing collaborative relationships with cultural communities; d) transforming practitioner and system services to integrate cultural into all aspects of practice from initial engagement to improved outcomes. We will bring some of the most up-to-date systems transformations from the California context given the mandates of the Mental Health Services Act (to transform the public mental health system with taxpayer support), the commitment of CAPIC (California Psychological Internship Council), and CIMH, the training and technical assistance arm for the entire State. One of the presenters who was the original project lead for “Voices: Cultural Perspectives on Mental Health” will present clips from diverse ethnic communities to facilitate rich audience participation. The role of future psychologists forging collaborative relationships with community providers in order to engage in successful clinical practices will form a forum for participant exchange and discussion. The presenters will facilitate dynamic learning through didactic presentation, videotaped respondents and narratives of consumers. To facilitate interactive learning, participants will be guided in sharing some of their own experiences in continuing to make their practices relevant to current times and challenges. In conclusion, this session should particularly benefit psychologists and professionals who have a practice with an eye on future, cutting-edge work to make a difference with improved outcomes in increasingly diverse communities.

Mathew Mock
John F. Kennedy University

My Soul's Burden: Addressing Mental Health Stigma in African American Muslim Communities

African Americans are the single largest racial group in the Muslim American community. Stressors stemming from racial and religious discrimination, historical trauma, and identity are present. Unfortunately, most research focuses on Arab Americans experiences as a result of post-9/11 backlash and the rise of “Islamophobia”. Despite evidenced need for culturally competent mental health services, there is a dearth of research and services that address the unique concerns of African American Muslims. The goals of this workshop are to highlight factors that contribute to the development and exacerbation of mental health challenges in the African American Muslim community; explore barriers to seeking professional help; offer effective faith based strategies to promote awareness and reduce disparities; and lastly explore notions of intersectionality and religio-racial narratives that act as buffers against mental health stressors.

Kameelah Mu'Min Rashad
University of Pennsylvania

Emotional Literacy: An Essential Component in Dealing Effectively with Difficult Race Relations

Re-evaluation Counseling (RC) theory is a simple, yet powerful, paradigm to use when dealing with emotionally-laden situations. Additionally combined with mindfulness strategies, RC practice allows us to be more effective in our interpersonal relationships. The facilitators of this workshop have worked together for over 30 years as reflective practitioners of RC theory. They have found that teaching emotional literacy as a part of a multicultural and/or leadership curriculum enhances the learning in both areas. The ability to understand and cooperate with one another, particularly around difficult emotional situations such as race relations, can only positively affect the quality of our lives and work.

Mary Ni
Carl Johnson
Salem State University

Analyze This: Diversity and Ethical Behavior of Clinicians as Portrayed in Film

This workshop will be an interactive discussion concerning the public and professional impact of existing trends in diversity and ethical behavior of mental health clinicians as portrayed in film, including phenomenological observations and quantitative results from 121 clinicians in 87 films between 1999-2010. Domains of diversity that are explored include race/ethnicity, sexual orientation, gender, profession, and age. Ethical behaviors of clinicians in film and how they relate to diversity characteristics are also explored, including violations of and adherence to ethical standards, private behaviors, ethical decision making, and positive or negative consequences of clinicians' depicted behavior.

Allison Otto
Chestnut Hill College

Development of a Diversity Supervision and Consultation Clinic in Graduate Training

As our nation's demographics change, it is important to ensure clinical and counseling graduate students receive ongoing training and experience with diverse populations. However, several challenges impact the extent to which students can be trained effectively. These challenges suggest that there is a need for clinics specialized in addressing diversity issues. The UNM Diversity is committed to providing culturally informed clinical services to diverse clientele, direct supervision for students, consultation for students, assessment consultations, resources, and translation services. Additionally, the clinic serves as a forum for open discussion of diversity related issues in clinical treatment and seeks to improve treatment effectiveness. The

workshop will discuss the process of developing a clinic as well as challenges faced during the process.

Yajaira Pena-Esparza
Patricia Rodriguez Espinosa
Jennifer Benson
University of New Mexico

Haitian Immigrants in the U.S.: Impact of Cultural Belief Systems, Values and Practices on Help-Seeking Behaviors

Haitian immigrants have been settling in the U.S. since the 1950s, yet have remained relatively invisible to mainstream society. Massachusetts, which has the third largest Haitian community in the U.S., has an estimated 75,000-100,000 Haitian residents, making Haitians the second largest immigrant group in Boston. Following the devastating earthquake in Haiti on January 12, 2010, there has been a heightened interest in understanding the impact of trauma on Haitians. This workshop will provide an overview of the migration history of Haitians, address key factors that may affect their help-seeking behaviors, describe two local initiatives that are providing culturally-oriented mental health services to Haitian children and families, and offer practical guidelines and recommendations on how to engage and retain Haitian clients in care.

Gemima St. Louis
Boston University School of Medicine

Marie Andree Pierre-Victor
Codman Square Health Center

Vanessa Prosper
Children's Hospital Boston

Castagna Lacet
Wheelock College

Reducing Ethnic/Racial Disparities in Health and Mental Health by Open System Assessment

Open System Assessment is used to reduce ethnic/racial disparities in health and mental health services access by identifying: (1) gaps in services, (2) strengths in programs, (3) opportunities for addressing needs, and (4) barriers to access. It is also used to benchmark performance on the National Standards for Culturally and Linguistically Appropriate Services (CLAS) and other related standards. Open System Assessment provides critical evidence-based information to develop strategic plans for culturally competent health and mental healthcare services and human

resources programs. Case examples of Open System Assessment are provided to illustrate the assessment of stakeholders' attitudes and performance

Herbert Wong
John F. Kennedy University

STRUCTURED DISCUSSIONS

Bridging the gap in access to mental health services for Asian and Asian American College Students

The Asian and Asian American community in the US access mental health treatment less often than other ethnocultural groups [CDC, 2010]. This trend has been observed among Boston College Asian and Asian American students. Through focus groups, the Asian and Asian American committee found common themes regarding overall wellbeing of the student population, such as the need to raise awareness about the benefit of mental health treatment, and to demystify the counseling experience to make it more accessible to students. The committee set out to address these themes by formulating and implementing culturally informed programming to address the needs of this student population. This session aims to share our experience and generate ideas to expand our current work to other marginalized communities.

Julie AhnAllen
Yvonne Jenkins
Jeanine Baillie
Aarti Khullar
Matthew Paek
Boston College- University Counseling Services

Ethnic Density and Health: What are the underlying mechanisms?

The ethnic density hypothesis states that greater ethnic density is beneficial to mental health due to an enriching social environment (Henderson, 2005). However, the literature provides mixed evidence for this hypothesis. The relationship of ethnic density to depression may be explained by sociocultural health beliefs, which might explain why higher ethnic density is not consistently related to lower levels of depression. In the current study we examine the relationship of ethnic density to depression in a CHD patient sample to (1) investigate the relation between Hispanic ethnic density and depression and (2) examine the characteristics that potentially explain this relation. We hypothesize that ethnic density will be positively associated with depression symptoms and this positive association will be explained by health beliefs about CHD and depression. We hypothesize that this relationship will be less pronounced for foreign born ACS patients compared to native born ACS patients. Also, we hypothesize that ethnic density will be more protective for men than for women.

Ellen-ge Denton
Columbia University

Impacts of racial humor on overall well-being: Interpersonal and media representations

A gap exists in current literature addressing the impact of media and interpersonal portrayals of overt and covert racial humor on mental health. Through a 45-minute structured discussion, hypotheses and questions will be raised articulating the processes through which racial humor is deemed acceptable or inappropriate and how such perceptions impact mental health. The discussion will also focus on identifying unique components of responses to racial humor in the media that may be translated or interpreted differently through interpersonal communication. The overarching purpose of this discussion is to ignite an experiential exchange of the content and processes necessary to catalyze future research and advocacy that will enhance public awareness of the impact of racial humor and microaggressions on mental health.

Jillian Freitas
Tara Sharifan
Roxanne Duran
Jessica Andrews
Pacific University of Professional Psychology

Community Health Resource to Reduce Poverty & Maladaptive Mental and Physical Health Outcomes

The lack of high academic and career achievement is often an antecedent that results in poverty and poor biopsychosocial health outcomes. Low academic and career achievement further supports and maintains generational poverty. Generational poverty can cripple a people, limiting knowledge and access to mental and physical health education raising opportunity for poor behavioral and/or psychosocial choices, failure to seek treatment when necessary, and the lack of understanding of the necessity of treatment adherence. Such serves as a rationale to explain the statistical data that continues to suggest an array of health disparities between minorities and their Caucasian counterparts. The proposed structured discussion aims to present an educational intervention that educators and health professionals could use with the youth they service, to aid in combating the disparity related to achievement and poor health outcomes among minority students, age 14-20 years.

Eugena Griffin
Brooklyn College, CUNY & Creating Change Publishing, LLC

Race, Culture, and Mental Health among Christian Arab Americans

This proposal will illuminate the void in the literature needed to discuss the intersections of race, culture, and mental health among the under-researched Christian Arab American adult population. This presentation will include significant findings from a dissertation completed in 2013 addressing the relationship between acculturation and depression among first generation Christian Arab American adults. In addition, this is intended to outline possible hindrances to seeking mental health treatment among the aforementioned community; cultural, financial and also religious. It will include a discussion around clinical implications and possible outreach

planning and implementation. This will also include a discussion around increasing cultural competence among mental health professionals as well as interventions at the level of both, professionals and those seeking treatment.

Salma Khshaiboon
Marty Cooper
Seton Hall University

Psychosocial Capacity Building Post Civil War in Northern Uganda

For 20 years, northern Uganda was devastated by a civil war between the Ugandan government and the Lord's Resistance Army (LRA). The war destroyed the social, economic and agrarian clan-based infrastructure, displaced thousands of people, disconnected people from their traditional cultural and social practices as well as involving the abduction of thousands of children by the LRA to serve as soldiers and sex slaves. The discussion will explore a train-of-trainers model of international support in which two US based mental health providers facilitated collaborative training for 25 Acholi community leaders regarding the communal, cultural and psychological affects of the civil war. The two day training involved interactive large and small group discussions as well as practicing different self-regulation and calming techniques.

Leah Krieger
Joshua Miller
Smith College

Hip Hop and Spoken Word Therapy for Emotional Exploration in Men

In the postindustrial 1970s hip hop culture was created as outcry against oppression and marginalization. Theorizing this process as having therapeutic implications, modern theorists have begun to examine hip hop and spoken word therapy (HHSWT) as an alternative modality when working with men of color. Specifically HHSWT has utilized lyric writing process as a vessel for self-exploration and emotional development. Such process can be hypothesized as having therapeutic value for men of color who are emotionally restricted and retain unfavorable help-seeking behaviors. This behavior is further reinforced by social male gender norms which causes men to shy away from seeking therapy. Therefore, we wish to discuss creating a culture-specific platform through HHSWT which may elicit deep emotional responses in men.

Ian Levy
Tae Hyuk Keum
Columbia University, Teachers College

Is this Helping or Hurting Me? Minority Students Reactions to Multicultural Courses

The American Psychological Association issued a resolution in 1979 that mental health workers needed to be trained to work with diverse population. Since then, psychology departments and schools of psychology have created cross-cultural competencies for therapists in training (Davis-Russell, 1990). The focus of the present discussion is around a less studied aspect of these cultural competency courses: the experiences of students of color who enroll in such courses. Very little work has looked at the unique experiences of graduate students of color who are training in multicultural courses with predominantly white classmates (Jackson, 1999; Coleman, 2006; Seward & Guiffrida, 2012). The experiences and reactions of students of color in these contexts are welcomed and encouraged. A dialogue about how to actively learn and create meaning in such courses will be also be considered.

Lia Okun
New School for Social Research

Naoko Hashimoto
Fordham University

Alicia Little Hodge
University of Hartford

Killing me softly: The psychological aspect of eating for Black women

In the last 30 years, there has been a significant increase in the overweight-obesity epidemic (Hinucane, Stevens, & Cowan, 2011), especially within the Black community. In particular, 77 percent of Black women are in the overweight or obese range (Flegal, Carroll, Ogden, & Johnson, 2002). Current research on this topic has primarily focused on behavioral interventions such a diet and exercise. However, the long-term effects of behavioral interventions are not shown to be effective. The promise of better health and wellness for Black women cannot be achieved without first examining the psychological aspect surrounding eating behaviors for black women. This discussion seeks to extend the lens in which we have come to view health promoting behaviors within Black women.

Shantel Powell
University at Albany-State University of New York

Trauma and Education Reform: A Discussion on Mental Health Risk Factors

A structured discussion to address the socio-political context of school “reforms” as related to student and teacher mental health – with a specific eye toward examining the complex relationship between schools and trauma. We will come together to consider the impacts of trauma as well as what strategies and social justice perspectives are potentially useful for educators and clinicians to address the interaction of national context, individual trauma, and resilience. This discussion aims to bring educators, youth workers, and clinicians into a

conversation about a) understanding the landscape of school “reforms” and how they impact mental health b) how these concerns intersect with race and culture in school contexts.

Erik Reinbergs
University of Massachusetts Amherst

Masculinity and Violence: The Intersectionality of Race, Sex, and Socioeconomic Status

Trends consistently indicate that most victims and perpetrators of homicide are male. Therefore, many homicide scholars presume that these events may be related to male honor contest violence. In these situations, lethal violence results from discreet conflicts between two or more males followed by physical confrontations. Inasmuch as potential outcomes from these assaultive encounters range from no injury to death, acknowledging similarities between homicide and aggravated assault is necessary to developing a full understanding of homicide offending. The present thesis uses a sociological framework that encompasses theories of criminal lethality and compulsory masculinity to explicate the sociocultural factors that dispose ethnic minority juvenile males to gun play and violent offending. The essence of this discourse hinge on cultural intersectionality, social disorganization theory, and the subculture of violence thesis as it relates to disputatiousness and assaultive violence among young, poor, ethnic minority males. It is proposed that the roots of this concentration of masculine violence are social exclusion, unemployment and limited educational opportunities.

Raquel Warley
Joseph Daniels
California State University, Los Angeles

SYMPOSIA

Individual and Contextual Operations of Racial/Cultural Identity: An illustration through Case Studies

The panel will discuss four case studies, each employing a different or overlapping lens of multicultural evidence-based theories of race and culture in regards to how they influenced the mental health of their respective cases. It will entail a demonstration of studying/teaching and treating/intervening using constructs of race and culture in professional practice, education, and mental health. It entails case examples of conducting and implementing culturally competent interventions in clinical, institutional, and educational environments. Each panelist focuses on the notion of cultural identity as it operates and intersects with other aspects of identity (Racial/Gender/Linguistic) and/or as it intersects within varying contextual (mental health and educational) settings. These case studies aim to increase awareness and cultural sensitivity in clinical work (treatment/interventions) and educational/institutional settings, with multiracial individuals.

Shamaila Khan
Boston University School of Medicine

Hannah Richardson
Michaela Smith
Sucheta Thekkedam
Vencenzo Teran
Boston Medical Center

Race and Ethnicity in Jamaica - What Do You Mean? Perspectives on Heritage, Identity and Well-Being

This symposium brings together three studies of race conducted in Jamaica: Interviews of bi/multiracial adults; observations from clinical practice; and a Critical Participatory Action (CPAR) project. These findings could inform the debate regarding the role of culture in meanings of (and distinctions between) race and ethnicity. Data also show the strength of ethnic and racial identity among Jamaicans and the relationship between these two concepts and well-being. This work may contribute to a Caribbean theory of race and ethnicity, extend global discourse on these concepts, inform clinical/counseling practice, and improve intergroup interactions in social settings (e.g., healthcare or educational institutions, and at work).

Tracy McFarlane
Rose Johnson
Alexa Chin
The University of the West Indies

Promoting Educational Success and Wellness of Diverse College Students: Using Participatory Action Research to Mobilize Culturally Meaningful Resources for Resilience

Urban, ethnic minority, first generation college graduates, immigrant, and working class commuter students often reject traditional mental health services, finding they do not contextualize experiences of societal and educational discrimination, and preferring to focus on educational goals. Yet many of these students lack knowledge of higher education settings, their rights as students, and the resources that can support their educational success. This presentation reports on evolution of a student-centered campus-wide Participatory Action Research and implementation process involving both broad “universal design” principles and culturally specific strategies bridging university peer and Community Health Worker models using a public health and health promotion approach to educational success and wellness.

Ester R. Shapiro
Esror Tamim Mohammad
University of Massachusetts, Boston

POSTERS

Adapting Trauma Focused-Cognitive Behavioral Therapy for childhood trauma in Native American youth

Emerging research suggest a possible relationship between effects of early childhood trauma, as it relates to associated risk of learning disorders. Strong parent/child attachment in early childhood may result in positive outcomes in relation to the prospect of academic success to those exposed to trauma at a young age. Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) has demonstrated successful outcomes in the treatment of childhood trauma. Currently TF-CBT is being adapted for application with the Native American population, hence warranting further investigation regarding effectiveness as it relates to this population. This poster will present results of an extensive literature review which examines the feasibility of adapting TF-CBT based on its emphasis in attachment theory, while remaining sensitive to Native American cultural norms regarding attachment.

Peggy Andersen
Pacific University

Engaging Urban Elementary School Boys in their Schooling through Song

This poster presents a rationale for meaningful enrichment programs that serve to bolster the academic experience of urban minority boys. The authors then describe a new youth development program that aims to build social skills and school belongingness in a sample of middle school aged urban minority boys. Preliminary, pre-intervention results indicate that participants perceive their social skills to be lacking in the ability to make and maintain friends. The authors plan to collect post-intervention data, as well as conduct individual interviews and assess teacher reports of participants' behavior. It is believed that this research will highlight the increased need for youth development enrichment programs, especially for the learning experience of urban minority boys.

Griselle Baret
Hunts Point Alliance for Children

Angela Vargas
Jennie Park-Taylor
Fordham University

Cultural Mistrust as a Barrier to Mental Health for African Americans

Cultural mistrust (Terrell & Terrell, 1981), defined as African Americans' mistrust of Whites, is considered an adaptive response to racism and discrimination. However, it can function as a barrier to mental health treatment by contributing to premature termination from counseling

(Terrell & Terrell, 1984), lower expectations of the White counselor and the counseling outcome (Watkins & Terrell, 1988; Watkins, Terrell, Miller, & Terrell, 1989), among other issues. The purpose of this paper is to provide an overview of cultural mistrust and offer recommendations for clinical practice. Recommendations include (a) clinicians building relationships with professionals in the African American community in order to begin establishing themselves as trustworthy, and (b) having open discussions with their clients about issues that may impede therapy (Sue & Sue, 2013).

Tyronn Bell
University of Indianapolis

White-Americans' explicit attitudes toward Korean-Americans: a national study

Investigation of stereotypes towards Asian Americans has been relatively lacking and such an examination holds promise towards increasing understanding of the complexity of intergroup relations in the United States. The current study, which takes advantage of a nationally-representative dataset of 270 White U.S. respondents, focuses specifically on White's racial attitudes towards Korean-American men in comparison to their racial attitudes towards Caucasian men. Results showed Whites explicitly view Korean-American men as less dangerous and more predictable than Caucasian men. Furthermore, results highlighted White's inclination to maintain social distance from Korean-American men and White's belief that discrimination towards Korean-American men is not a significant issue in the United States.

Jessica Benson
Rutgers University

The Persistence of Asian American Masculinity Stereotypes: Comparing Newspaper Stereotypes between Jeremy Lin and Tim Tebow

New exemplars, which defy traditional Asian American stereotypes, allow an opportunity to examine the persistence of such stereotyping. To better understand how specific stereotypes pertaining to Asian-American men manifest in a real-world context, 20 popular news articles were examined to compare coverage of athletes Jeremy Lin and Tim Tebow who shared important characteristics but differed on race. Our content analysis indicated that traditional Asian American stereotypes appeared prevalent in describing Lin, such as "modest", "unassuming", and "unathletic". Supporting norm theory, when compared with Tebow, Lin was described in his exceptionalism as an Asian-American athlete. These results have significance in terms of the future challenging of Asian American stereotypes in the media.

Jessica Benson
Rutgers University

Televised Images and Social Networking: Asian American Media Habits and Attitudes

The proposed study investigates the prevalence of Asian American media habits and what televised images Asian Americans are most concerned about. The sample is from a larger survey of 1300 participants aged 12-25 nationwide. Utilizing purposive sampling for both survey and interview data collection, the current sample focused on 353 Asian Americans. A majority of respondents report feeling upset while watching television, use television to escape from their worries, and cannot stop checking their email or Facebook account. The most troubling images were the stereotypical depictions of racial/ethnic minorities, mentally ill, and women. The mental health status of media-consuming adolescents should be further examined, including how they utilize technology and television to cope with life. Implications for mental health practitioners, educators, and policymakers are explored.

Linda Charmaraman
Bernice Chan
Wellesley Center for Women

Linking Trauma and Culture with Hispanic Combat Veterans

Hispanic veterans exhibited higher risk of developing combat post-traumatic stress disorder (PTSD), when compared to other groups. Ethnic comparisons show greater prevalence rates for Hispanic veterans in anxiety related disorders. Unlikely that Hispanics are more biologically predisposed to combat PTSD, mediating factors may include psychosocial, cultural influences and channels for coping. Hispanic cultures tolerate behavioral and emotional manifestations often not accepted in other cultures. Accepted expressions among Hispanics include *ataque de nervios*, an overriding sense loss of control, and loss of consciousness, similar to symptoms of PTSD. In learned-helplessness theory, cultural members pass on fatalismo through collective knowledge and modeling. Negative self-efficacy and outcome expectations leads to demoralization and increased vulnerability, though individuals possess strong familial, communal, and religious beliefs.

Baron Crespo
Natalie Randolph
Carlos Albizu University

Cultural Values Conflict (CVC) among South Asian Men (SAM) in the United States

Cultural values conflict (CVC) is characterized by contradictory cognitions and emotions while negotiating value systems of different cultures. In the case of South Asians (SA), as a result of being grouped into the Asian community, cultural adjustments unique to SA are often ignored. The current study aimed to qualitatively explore areas in which first and second generation South Asian men (SAM) in the U.S. experience CVC, and the coping strategies used to navigate CVC. Using an online survey method, the cultural negotiation measure (created for the study) and demographic form were administered to first and second generation SAM in the U.S. Discovery

oriented method was used to derive themes on CVC and related coping strategies. Findings, implications will be presented.

Lavanya Devdas
Lehigh University

Social Cognitive Predictors of Academic Satisfaction among African Students in U.S. Universities

Social Cognitive Career Theory (SCCT), which provides a model for understanding academic satisfaction posits that academic satisfaction is a function of various direct and indirect relationships among several sociocognitive, environmental, and personality trait factors (Lent & Brown, 2006). The present study will use structural equation modeling with latent factors to test the direct and indirect effects and overall fit of the model in a sample of college students of direct African descent (i.e., students born in Africa or whose parents were born in Africa) attending U.S. universities. The cultural variable, self-construal, will be included in the model to examine its direct and indirect effects on academic satisfaction among college students of African descent, as well.

Ijeoma Ezeofor
University of Maryland, College Park

Teaming Up to Tackle Taboos: Engaging the Asian-American Community in an Exploration of Mental Health Issues through Creative Research Methodologies and Partnerships

Issues of mental health/disability in Asian American and Middle Eastern communities have received only sporadic research and policy attention. Particularly neglected are barriers that families and these communities face in accessing services and opportunities. Although advocacy groups have attempted to address it, the civil rights gap remains. This poster highlights research methodologies that use arts and media to promote dialogue about living with a disability and/or mental health issues. The poster will introduce media efforts and theatrical performances that have helped mobilize Asian American and Middle Eastern communities to address the rights and inclusion of these community members.

Rooshey Hasnain
University of Illinois, Chicago

Examining the Influence of Stereotype Threat on Urban Minority Middle School Students' Expected Career Selves

This presentation has several aims. First, we provide a rationale for efficacious career education and mentoring programs for urban minority middle school students. Then, we define Stereotype Threat and Expected Selves and relate them to the career development of urban minority youth.

We present a pilot study that examined the influence of Stereotype Threat on the Expected Selves. Finally, we offer recommendations for improving career education/mentoring for urban minority youth. Given the dearth of research in the area of stereotype threat and urban minority middle school students' future career perceptions, our preliminary findings highlight the need for further inquiry into the possible impact of stereotype threat on the career expectations/hope/possible selves of urban minority youth.

Joshua Henderson
Jennie Park-Taylor
Sarah Sorenson
Megan Wallace
Fordham University

Perceptions of HIV risk amongst college-going women: The interplay between ethnic identity and relationship status

The current study analyzes the relationship between long-term relationships, racial/ethnic identity, condom use, and perceptions of HIV risk. The sample consisted of a racially diverse group of college-going women. Through survey measures and interviews, this study found that women in long-term relationships had lower perceptions of HIV risk. Participants were also more likely to give condoms to their partners when they perceived their risk to be high. Individual interviews indicated that differences in racial and ethnic identity for black women may create a mindset where perceptions of HIV risk are placed on other women in the African diaspora. These results may potentially inform more targeted prevention services for women.

Devin Heyward
The Graduate Center-CUNY

Body Image Issues in Asian Men: Western Media, Cultural Influences, and Muscularity

Studies on body image issues for men and evidences suggesting idealization of muscularity desires leave room for reassessment among Asian men in Western societies due to cultural intersections. The current study aims to address instrumental and conceptual gaps by methodological validation and by examining cultural influences on muscularity ideals.

Tae Hyuk Keum
Columbia University, Teachers College

Unique Perspectives: Influences of Race in Advertising on Self-Esteem of Indian-American Males

Companies invest billions of dollars in advertising to shape our attitudes and beliefs, particularly about others and ourselves. Advertising reflects cultural values. This study is an in-depth exploration of how White dominated print and online clothing advertisements from major U.S.

retailers affects the self-perceptions and self-esteem of Indian American men while concurrently ascertaining their attitudes toward such advertising. In-depth interviews were completed with a sample (N=8) of young adult Indian American males (18-25 years old; M= 21.4) born and raised in the United States. This study fills a gap in the current literature regarding how race in advertising impacts men from racial minorities. Understanding this phenomenon could inform clinicians who treat Indian American males for issues related to self-esteem.

Nikhil Jain
Harriet Curtis-Boles
California School of Professional Psychology

Reliability Generalization of the Multidimensional Scale of Perceived Social Support (MSPSS)

The Multidimensional Scale of Perceived Social Support (MSPSS) is a self-report tool that assesses respondents' perceived social supports regarding three sources: family, friends, and significant other. A reliability generalization of the MSPSS will be conducted to determine the average internal consistency of the measure when administered to various populations. Analyses will be performed to assess whether ethnicity, language, biological sex, occupation, education level, income level, geographic location, or other methodological variables (publication year, publication type, and sample size) are significant predictors of the total reliability of MSPSS scores. Understanding psychometric properties such as the reliability of scores across populations and cultures is helpful to therapists and researchers when determining whether an instrument is well-suited for use with a particular population.

Trisha Kivisalu
Colleen Phillips
Chelsi King
Siobhan O'Toole
Alliant International University

The Relationship between Acculturation, Acculturative Stress, and Body Dissatisfaction among Adult Latina Immigrants

This study seeks to elucidate the relationship between acculturation level, acculturative stress, and body dissatisfaction among adult Latina immigrants. Most eating disorder research to date has not included multicultural and economically diverse populations of women, and has instead focused on Caucasian, middle-upper class women. Furthermore, this deficiency in current research is concerning as prevalence rates demonstrate that eating disorders are a significant health concern among Latinas. As Latinos are now the largest ethnic minority in the United States, this is a disparity in need of attention in eating disorder research. Multivariable regression will analyze the association between body dissatisfaction, acculturation, and acculturative stress,

controlling for socioeconomic status, education level, age of immigration, and years in the United States.

Tessa Kramer
Massachusetts School of Professional Psychology

Parent-teacher communication as a moderator of acculturative stressors and well-being among ethnic minority elementary school students

Utilizing a cultural ecological framework, this study examined internalizing, externalizing, and interpersonal problems among 1,584 African American, 2,325 Latino, and 751 Asian students from the Early Childhood Longitudinal Study-Third Grade wave in relation to acculturative stressors and parent-teacher communication. It was predicted that acculturative stressors would mediate relationships between ethnicity and problem behavior; and that parent-teacher communication would moderate the relationship between acculturative stressors and levels of problem behavior among students. Multiple mediation analyses showed that across ethnicity, acculturative stressors mediated relationships for internalizing and externalizing, but not interpersonal behavior problems. SES and Limited English Proficiency demonstrated individual mediation effects. Multilevel analyses demonstrated that parent-teacher communication moderated these relationships, but in surprising directions: Communication was related to decreased problem behavior for English proficient and higher SES students and had no effect or reversed effects for less advantaged students. The cultural-ecological impact of social and cultural capital and the need to be specific about parent-teacher involvement practices to better inform interventions and practices for ethnic minority youth are discussed.

Amber Landers
Purdue University/Harvard Medical School/Cambridge Health Alliance

Reducing Prejudicial Attitudes through Privilege Awareness and Reduction of Social Dominance Orientation

Social Dominance Orientation, or preference for group inequalities, is consistently found to predict prejudicial attitudes. Given that SDO partially results from socialization, it is likely that it may be intervened upon through diversity education. It has been found, however, that individuals do not lack an awareness of oppression; rather, individuals lack an awareness of privilege. This study examines a model of predicting prejudicial attitudes based on both SDO and awareness of privilege, and the efficacy of existing diversity practices in reducing SDO and increasing awareness of privilege. Pre-post data was collected from students in diversity education and control courses from a large university and a small private college in the Northeast. Preliminary findings suggest support for the hypothesized relationships.

Melanie Lantz
Snehal Kumar
University at Albany, State University of New York

Intersections of Culture and Sexual Orientation Identity Development: Integration and Mental Health

Sexual minority individuals are at a greater risk for developing mental disorders (Oswalt and Wyatt, 2011). While sexual orientation itself does not precipitate a greater risk, environmental responses to an individual's sexual orientation can. Research has noted that integrating an individual's ethnic identity with their sexual identity is an essential process in identity development and an inability to do so may cause negative mental health outcomes (Vega et. al., 2012). There is limited research available on sexual minority individuals who identify as mostly heterosexual, while it has been acknowledged that these individuals present unique psychological profiles. As such, the relationship between ethnic and sexual identities and its effects will be explored within the context of the "mostly heterosexual" sexual identity.

Anthony Lombardi
Pacific University School of Professional Psychology

Changes in Multicultural Self-Efficacy and Multicultural Competence in Response to Multicultural Training

This study examined changes in masters-level counselor trainees' multicultural counseling competence upon completing a one-semester multicultural counseling course. Subjective ratings of multicultural counseling competence (i.e., multicultural self-efficacy) and objective and expert ratings of multicultural case conceptualization skills were used to evaluate trainee changes prior to and upon completion of the course. The majority of trainees were found to significantly increase in their multicultural self-efficacy, but not in their multicultural case conceptualization skills. Further, change in multicultural self-efficacy was not found to relate to demonstrated multicultural case conceptualization skills at post-test. This investigation is part of a longitudinal study that will assess trainees' multicultural self-efficacy and demonstrated multicultural skills through the entirety of their master's level training.

Denise Marques
University of Miami

Racial Microaggressions and the Latino/a American Experience

Like most marginalized groups, Latino/a Americans have an extensive history of experiences with racism and racial discrimination in the United States. While the consequences of overt racial discrimination have been heavily examined, few studies have examined the outcomes of contemporary forms of racism, specifically racial microaggressions. It is thought that racial microaggressions have the potential to be more detrimental to the psychological well-being of ethnic minorities than traditional forms of racial discrimination. Among different ethnic groups, the prevalence and prominence of the original taxonomy of racial microaggressions is unknown. To date, no one has collected data on Latinos/as, the nation's fastest growing ethnic minority

group, thus highlighting the importance of capturing the breadth of experiences involving racial microaggressions.

Ivonne Milagros Mejia
Loyola University Maryland

Differences in Health Beliefs and Practices among Mexican-American and Non-Hispanic Whites

Health disparities among cultural groups in the United States are widely documented in the literature. The genesis of these disparities is largely unknown. Participants were recruited to examine this question by comparing medical, dental and pharmaceutical beliefs and practices in 37 Mexican-Americans and 22 Non-Hispanic Whites. Participants were administered a background questionnaire, and a General Beliefs and Practices inventory designed to measure beliefs and practices regarding health, illness, prevention and treatment. Results showed significant differences as a function of cultural group membership and immigrant status. Results are discussed in terms of implications for health professionals practicing in underserved communities, and in terms of the development of interventions designed to accommodate linguistic and worldview differences in health beliefs and practices.

Carina Mendoza
University of California, San Francisco

Adapting Evidence Based Treatment to Address Cultural Factors That Maintain and Exacerbate Post-Traumatic Stress Disorder in Refugee Populations.

This poster will examine culturally bound causal, maintenance, and protective factors involved in the development of post-traumatic stress disorder (PTSD) within refugee populations in order to identify barriers to effective treatment within the population. Research has found that the incidence of PTSD within refugee populations is 10 times greater than the host country's population (Crumlish & O'Rourke, 2010). Refugees are frequently exposed to traumatic pre-migration experiences and post-resettlement stress acts as risk factors for the development of PTSD (Sack, Clarke, & Seeley, 1996). The authors propose an exploratory model which adapts evidence based practices for PTSD to refugee populations and identifies ways to utilize cultural factors as a primary frame for adapting Exposure-based approaches to treating PTSD within refugee populations.

Kelsy Newton
Roxanne Duran
William Davies
Pacific University

Ethnic differences in male body image perceptions: A comparison of African-American and Caucasian American men

The present study examined male body image in African American and Caucasian American men, as it relates to body image perception, self-esteem, social physique anxiety, and drive for muscularity. Findings suggested that Caucasian American men displayed significantly more fat displeasure than African American men. However, drive for muscularity was found to be comparable between both groups. Implications of the findings were discussed.

Brandis Ruise
University of Rhode Island

Moderators between Social Problems and Depression in Children of Immigrant Parents

This poster examines a risk factor (i.e. cognitive errors) and a protective factor (i.e. primary/secondary control) as moderators between social problems and depression within a sample of adolescents with immigrant and nonimmigrant parents. Participants include 1,208 adolescents from an urban setting on the west coast. The majority are children of foreign-born parents representing a variety of ethnic backgrounds: Caucasian (n = 100), Latino (n = 378), Asian (n = 115), Africa (n = 19) and Mixed (n = 114). Preliminary results show that the level of social problems differed between adolescents of foreign-born parents and adolescents of U.S.-born parents. Furthermore, results found significant differences in social problems between the different ethnic groups. Implications will be discussed with further analyses

Crystalia Sulaiman
DePaul University

Yo Hablo Espanol: The Professional Experience of Bilingual Latino Clinicians and Burnout

Research has identified several challenges encountered by bilingual clinicians who conduct psychotherapy in Spanish. Consequently, clinicians have reported feeling burned-out. To date, no study has measured the levels of burnout among bilingual clinicians, which this study has examined. In addition, the relationship between clinicians' background, professional characteristics, and burnout were examined. A series of one sample t-test comparisons indicated similar levels of Emotional Exhaustion, statistically lower levels of Depersonalization, and statistically higher levels of Personal Accomplishment among this study's sample compared to the mental health normative data. Predictor variables for burnout were also identified. The study's findings will help to raise awareness of the challenges and protective factors present in the provision of Spanish-language clinical services.

Vincenzo G. Teran
Cambridge Health Alliance/Harvard Medical School