

November 2023



CCSP'S COMMUNITY CANVAS: STORIES OF COLLECTIVE PROGRESS, UNITY, AND GROWTH

reflections and reminders

November is a time of change. We change the clocks, shift our patterns, enter the new pace of the holiday season, and prepare for Winter. It is also the month of gratitude, reminding us to notice and appreciate the experiences to come and the ones that we leave behind, an opportunity to be present and acknowledge the small things of beauty that we encounter in every moment. Imagine if you vowed to tell one person each day this month what you appreciate about them. In this harsh and harried world that is in so much more than ever. With its earlier

pain right now, our work is needed sunsets, November invites us to go inside to get cozy, to light a candle, and to enjoy the warm glow. As psychologists, our service is to light a candle in the dark. Poets often say it best, so I turn to them for solace and contemplation. Perhaps you will find the same in the words of Mahmoud Darwish:



MARYAM KIA-KEATING, PH.D.
PROFESSOR & CHAIR

JOIN US

November 6, 4-5 pm, South Hall 4603: Dr. Della V. Mosley, *Healing Healers Heal: Definition, Expansion, & Insistence for our Wellness*, for livestream register [here](#)

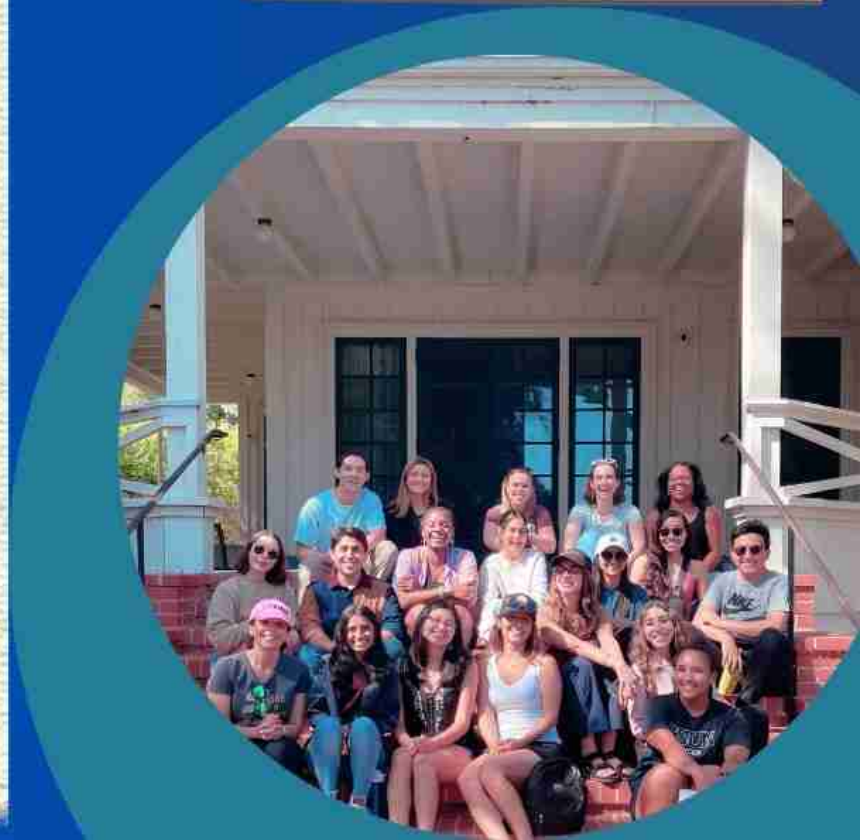
November 8, 11:15 am-12:15 pm, ED 4108: Dr. Giovanni Ramos, *Reducing Mental Health Inequities in Racially and Ethnically Minoritized Families: Risk and Resilience Factors, Culturally-Robust Care, and Digital Interventions*.

November 13, 8:25 am-12:20 pm, ED 1217: CCSP Annual Research Festival

Think of Others

- As you prepare your breakfast, think of others (do not forget the pigeon's food).
- As you wage your wars, think of others (do not forget those who seek peace).
- As you pay your water bill, think of others (those who are nursed by clouds).
- As you return home, to your home, think of others (do not forget the people of the camps).
- As you sleep and count the stars, think of others (those who have nowhere to sleep).
- As you express yourself in metaphor, think of others (those who have lost the right to speak).
- As you think of others far away, think of yourself (say: If only I were a candle in the dark).

Mahmoud Darwish
(translated by Mohammed Shaheen)





A MONTH OF GRATITUDE

DIVERSITY, EQUITY, INCLUSION OFFICER

DR. MIRIAM THOMPSON



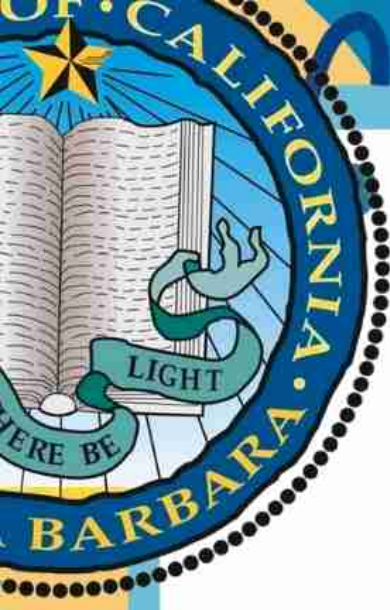
As human beings, our minds are wired to be negative. If we receive 9 positive remarks and 1 negative remark, we concentrate on the negative remark. Or if we received a 90/100 on an assignment (an excellent grade), we may find ourselves scrutinizing the items we got wrong. It's a strange phenomenon that impacts humans, which is why being intentional about gratitude is so important.

Professionally, I am grateful to be able to work at UCSB, specifically in CCSP where I am surrounded by the brightest minds in the field. I am also grateful to be an influential component of my students' training.

Personally, I am grateful for my family; my significant other and my daughter are stable sources of joy and love in my life. Whenever I have a bad day, I think of them, which reminds me that I do not have a bad life.

On a different note, as much as I love work, I love to have fun! I recently learned how to make a spiral lanyard and since learning how to make them, I have made a lot. If anyone comes by my office, you can ask for one and I'll give it to you. Although I'm fluent in Spanish, I don't speak it as often as I'd like, so I have been taking weekly Spanish lessons which I have been enjoying. Also, I make it a point to cook a new meal for my family each week. Nothing fancy, just something delicious and edible. As a final note, when I don't feel energized to do anything, I am perfectly content just watching reality TV, a documentary, or a horror movie.





"WHAT ARE YOU GRATEFUL FOR THIS MONTH?"

GRADUATE ADVISOR

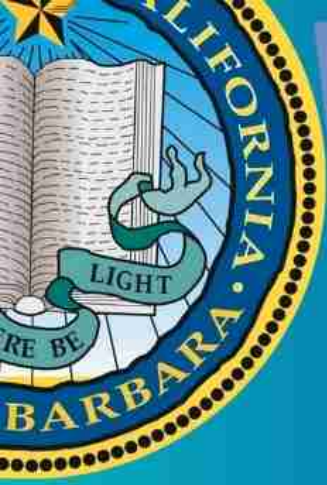
DR. MATT QUIRK



I am thrilled that I was selected to contribute to our community canvas during the month focused on gratitude. In a community of psychologists, the power of gratitude is no secret. That said, centering gratitude and engaging in routines that continually refocus my attention on all of the things (little and big) that I am truly grateful for/about has been an incredibly positive influence on my mental health and wellbeing, particularly over the past decade.

I began writing in my gratitude journal in 2013 while my father was dying of brain cancer and have continued building on these initial entries through serious accidents, personal and familial health challenges, and the seemingly endless string of disasters and injustices that continually emerge locally, across the US, and globally. Weekly entries (sometimes daily and at other times monthly) that refocus my attention on the joys of fatherhood, the beauty of travel, and the gift of time are powerful reminders of the things that are going well in my life and in the lives of those that I care about most, regardless of what might be creating headlines in the news. While each individual entry might feel obvious or insignificant at the time it is written, the power of gratitude builds over time and I find my brain involuntarily seeking opportunities to identify gratitude in many of my day-to-day activities, interactions, and experiences.

Circling back to the prompt that I was given, asking "what am I grateful for this month?" Some of my most recent entries describe the joys of a weekday game night, a good hang on the couch with my (rapidly changing) teenage sons, and the good fortune of having a job that allows me to connect with our community while also providing me with the time and flexibility to be present with my family and enjoy the natural beauty of life in Santa Barbara.



STAFF UPDATES

Please remember that we are having our annual CCSP Research Festival on **November 13, from 8:25 to 12:20 p.m.** First and second-year students must attend. All are encouraged to attend!



MARÍA SÁNCHEZ
GONZÁLEZ

STUDENT STORIES



I express my deepest gratitude to my family, friends, and colleagues whose kindness, generosity, and support motivated me to enjoy the journey in good and bad times. The graduate school journey is difficult, especially when life throws unexpected challenges. I'm grateful for persevering through challenging yet enlightening experiences to be who I am today. Though academic work would continue, engaging in meditation, self-growth, and sharing time with loved ones is truly unique when I think about how to spend "86,400 seconds in a day" (quoting Dr. Jimerson). I am truly blessed to have amazing people to share this journey with.

LAHKVIR KAUR

November

BIRTHDAYS: LET'S CELEBRATE!

DR. MARYAM KIA-KEATING

GABY HINOJOSA

Reminder

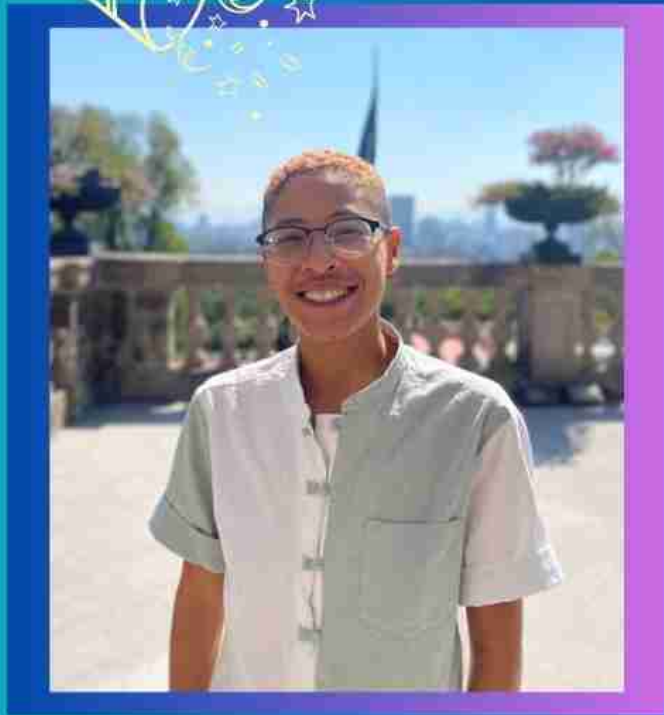
Join our Birthday Wall.
Please fill out the 2-ifem form [here](#)



Need a moment to rest and restore?
Visit our
Reflection Room
in 2146 to relax,
renew, and reset!



CONGRATULATIONS, JACKIE!



I feel SO honored & excited to receive the **2023 Wayne F. Placek Grant** (for \$15,000 teehee), which I'll use to conduct my dissertation research: "A Mixed-Methods Evaluation of a Community- Partnered Mental Health Intervention for Black Queer Young Adults."

Black LGBTQIA+ (queer) young adults are at elevated risk for mental health concerns including major depressive disorder, generalized anxiety disorder, and suicidality. Community-based and community-partnered mental health interventions have shown promise in addressing health disparities for both Black communities and queer communities. However, the literature on the effectiveness of community-partnered interventions is limited. Much of the research consists of systematic reviews or qualitative methods, restricting the kinds of conclusions we can draw about their usefulness.

Intervention evaluation studies often analyze Black and/or queer participants as a sub-population, rather than the intended audience of intervention. Therefore, this proposed mixed-methods study aims to examine the effectiveness of a community-based mental health intervention designed to address mental health outcomes among Black queer young adults (age 18-26) based in Los Angeles, California. The findings will inform future interventions and contribute to the field of mental health research targeting historically marginalized communities, specifically Black and queer-identified populations. My research focuses on empowerment evaluation, racial identity development, sexual and gender diversity, and community-based methods. I'm working to improve mental health outcomes among queer racial-ethnic minority (e.g. Black, Latinx, Asian, people-of-color) communities by increasing access to culturally-responsive interventions. I am currently a Mental Health Associate at SBCC's Health & Wellness Center, a T.A. for Intro to Helping Skills, and am working on the CDPH's LGBTQ Health Equity Initiative in funding community-based organizations to evaluate their racial health equity outcomes among LGBTQ women.

I experience heavyyyy imposter syndrome when it comes to fellowships & thangs – so I'm doing my best to remind myself that I am worthy of funding & recognition – and you are too! Go slay that grant application, girlie. Secure that bag! (salute emoji)



BLAZING THE TRAIL: Q&A WITH DR. DELLA MOSLEY

Q: What are your hopes and fears for the future of psychology?

A: My hopes and fears for the future of psychology are deeply rooted in the transformative potential of our field. I hope that psychology can genuinely serve as a vehicle for advancing wellness. I hope that we can candidly address the ways we fall short, both as a discipline and as individuals within it. My aspiration is for us to avoid getting paralyzed in self-reflection but to instead recognize our inherent power and actively work towards realizing the possibilities within our grasp. However, my fear is that we might not fully embrace this potential. I worry that we'll continue to go through the motions of "dismantling," "decolonizing," and acknowledging our complicity in erecting barriers to wellness, without diving into the real, necessary work. Nonetheless, my perspective is grounded in the knowledge that people worldwide have been caring for themselves and each other long before the term "psychology" was coined. This reality provides reassurance, as I engage daily with individuals who are on their healing journeys. They inspire me with their commitment to personal healing, removing obstacles for others, and continually refining their skills in these vital endeavors.

Q: What do you want graduate students to know as they set their course for their careers and becoming the next generation of healers?

A: As you embark on your journey to become the next generation of healers, it's crucial to truly understand the essence of being a healer. What does it mean for you to claim the title healer or counselor or psychologist? How have you found your way to this understanding? Reflect on how those traditions and knowledges that inform your healing identity have either served you or not, and how they can serve your community and those you will work with. Taking the time to explore the legacy and lineage of healers and healing traditions that have shaped you is so important. For anyone interested in this imperative exploration see *Healing Justice Lineages* by Cara Page and Erica Woodland! No matter your lineage, transparency is key. Share with people the lineage you come from and why you've chosen it, or how you're setting yourself apart within it. Rather than merely identifying as a clinical psychologist or trauma psychologist, express your values, beliefs, and practices. Explain how you intend to make a meaningful impact through these principles, and to whom you hold yourself accountable as a result of them.

Q: What advice would you give to your younger self if you could go back to the outset of your career?

A: Looking back on my journey, I would advise my younger self to actively seek out opportunities where I could be a genuine learner rather than feeling the pressure to always be the expert. It's essential to recognize that growth and transformation are ongoing processes, and there's no shame in embracing the role of a perpetual student. So take control of your learning experience as much as possible. This might entail exploring unconventional avenues, attending radical conferences, or seeking guidance from nontraditional mentors outside the typical academic or professional realms. Customize your learning blueprint to align with who you are and where you're headed in your role as a healer.

A portrait of Dr. Giovanni Ramos, a man with dark hair and a beard, wearing a dark blue shirt and tie, looking directly at the camera. The background is a blurred brick building.

BLAZING THE TRAIL: Q&A WITH DR. GIOVANNI RAMOS

Q: What do you want graduate students to know as they set their course for their careers and becoming the next generation of healers?

Q: What advice would you give to your younger self if you could go back to the outset of your career?

A: As someone not far removed from being a student, I clearly remember the grad school experience. That's why my hope is that you try new things every day, make mistakes all the time, and be okay with the discomfort of doing so. You must be saying, "Give me a break..." I know. Just humor me for a second.

Many of you get to this stage in your career because you are very conscientious, your work is top-notch, and you know a lot about your area of specialization. These are the same reasons that can make grad school incredibly challenging. Always trying to be perfect, know it all, and produce a masterpiece of each task is paralyzing, emotionally taxing, and frankly, unrealistic. For this reason, I encourage you to approach your time in grad school as an opportunity to get out of your comfort zone and try to do those scary things you know you have been avoiding for a long time, with the explicit understanding that you will make mistakes and you will be fine! This shift in perspective can be liberating, as it lifts some weight off your shoulders when you prepare that fellowship application, practice your clinical skills in front of a supervisor, begin using a new statistical methodology, work on your dissertation, or prepare internship applications. This way of thinking has genuinely made a difference (and continues to do so) in my academic life.

As these things are often easier said than done, I would like to share a personal example of how this approach benefitted me during my own training. As a non-native English speaker who learned this language in my mid-twenties, I often felt self-conscious about my accent and ability to communicate my ideas verbally when I began grad school in this country. To make things worse, I was surrounded by all these incredibly articulate native speakers who had a mind-blowing way with words! If you have spent some time with me, you know I'm not a shy person, but interestingly, I found myself often quiet in academic settings. That's when I decided to try something new. I forced myself to participate in every class at least a couple of times, asked to lead discussions in lab meetings, and because I just don't know how to do things half-heartedly, I gave several oral presentations at multiple national conferences. Don't get me wrong, it was super hard! I made many, many mistakes (as I expected!). I often felt uncomfortable or embarrassed but also embraced these experiences as a natural part of practicing a new skill. Then, I learned that I was perfectly capable of doing this and was even getting good at it! By the way, if you ever see me give a presentation or talk publicly, don't be misled: I still get a bit nervous. And yet, now I can also say I enjoy it!

May you allow yourself to try new things every day, make many mistakes, and always accept yourself just as you are!

JOIN US

RESEARCH FESTIVAL 2023

November 13, 2023: 8:25 AM - 12:20 PM
ED 1217

Sarely Licona	Modifying Autism Early Interventions for Spanish-Speaking Families: Evaluating Outcomes of a Translated Pivotal Response Treatment Program
Hanan Salem	Evaluating How Natural Helpers Engage Low-Income Latinx Parents in Parent-Child Interaction Therapy
Gabriella Hinojosa	Impostor phenomenon in Black school psychology graduate students
Arnold Rodriguez Robles	Examining the Effects of Language Instruction Models on Executive Functioning in Elementary School Students
Maira Anaya-Lopez	Parental Trajectories and Well-Being of Latine Spanish-speaking Parents of Children with Autism
Nic M. Ramirez	Queer and Nonbinary Survivors of Trauma: A mixed methods exploration of sexual negotiation and shame following sexual assault among queer women and nonbinary people
Emmanuel Jose Pérez	Supporting Kindergarten Readiness by Supporting Parents
Daniela Sarmiento Hernández	Acceptability and effectiveness of a mindfulness-based prevention program for Latinx families: Empowering youth perspectives
Lindita Djokovic	"It's Hard to Have Hope When You Don't See Any Hope": The Mental Health Impact of the Pandemic on Adults Who Lived Alone
Angela Pollard	Patterns of Youth-Caregiver Agreement and Intervention Outcomes: Findings from the Youth Empowerment Services Program
Isaiah Jay Jones	It's Not Just How Hard You Work, but Who You Work With: The Power of Micro- Aggressions & Affirmations on Student Women of Color
Damaris Garcia Valerio	Returning to Birth Land: An Exploration of DACA Recipients' Journey to Their Ancestral Roots
Lakhvir Kaur	A Latent Class Analysis (LCA) Examining School Climate Perception Among Indian American Adolescents



NOVEMBER 2023

Happiness Calendar for Educators



This month, feel and foster gratitude in your school community with practices and resources from the Greater Good Science Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Greater Good Science Center ggie.berkeley.edu greatergood.berkeley.edu</p>			<p>1 See six ways gratitude benefits teachers.</p>	<p>2 Find gratitude activities for the classroom.</p>	<p>3 Give time for staff members to say "thanks."</p>	<p>4 Quiz yourself: How grateful am I?</p>
<p>5 Reflect on the good things in life.</p>	<p>6 Take a gratitude walk.</p>	<p>7 Learn three ways to cultivate gratitude at school.</p>	<p>8 Help students recall a time they felt grateful.</p>	<p>9 Reflect on your awesome school memories.</p>	<p>10 Appreciate good music together.</p>	<p>11 Help families cultivate gratitude at home.</p>
<p>12 Explore five myths about gratitude.</p>	<p>13 Foster kindness by saying "thank you."</p>	<p>14 Discover how gratitude changes your brain.</p>	<p>15 Consider how to foster gratitude to tweens and teens.</p>	<p>16 Interview an elder about gratitude.</p>	<p>17 Explore non-verbal ways to say "thank you."</p>	<p>18 Reflect on a pleasant experience from today.</p>
<p>19 Talk kindly behind someone's back.</p>	<p>20 Appreciate the beauty of nature.</p>	<p>21 Reflect on the power of giving.</p>	<p>22 Learn how to practice gratitude when you're not feeling thankful.</p>	<p>23 Explore two free curricula on gratitude.</p>	<p>24 Appreciate your strengths.</p>	<p>25 Learn how gratitude can reduce cyberbullying.</p>
<p>26 Try the complaint challenge.</p>	<p>27 Share appreciation for your colleagues.</p>	<p>28 Consider obstacles to expressing gratitude.</p>	<p>29 Reflect upon the golden rule.</p>	<p>30 Watch an inspiring video.</p>		