

Uplifting Ourselves, Uplifting Our Communities

OPA Diversity Committee
May 1, 2021

Overview

- Existing models of community-based care
 - Liberation psychology
 - Community psychology
 - Bioecological model
 - Counseling for Empowerment
 - Post-colonial psychology
- Small group breakouts
- Conceptual discussion (large group)
 - Defining health, wellness, intervention, community, access to care from a culturally responsive lens
 - Who is at the table when terms are defined, and when treatment is provided?

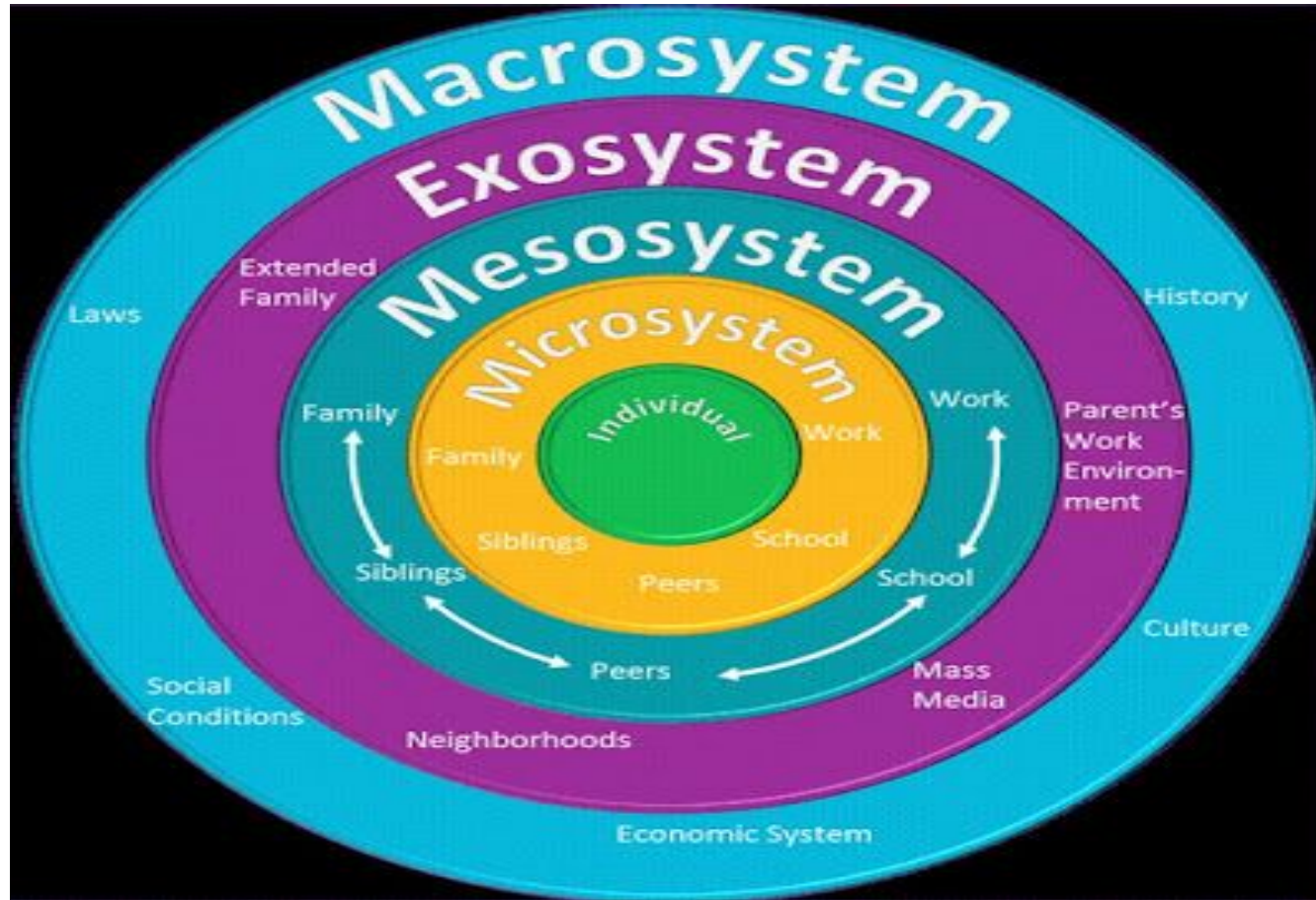
Liberation Psychology

- Aims to actively understand the psychology of oppressed and impoverished communities by conceptually and practically addressing the oppressive sociopolitical structure in which they exist
- Removes the blame of psychological distress solely from the individual and their immediate circumstances
- Rather, it reframes the origin of distress as the environmental and social structure to which people are subjugated
 - Helps people to understand their relationship to the power structure, and the ways in which they participate in it
- In liberatory approaches to mental distress, therapy is only one of many steps towards the 're-insertion' of a person into their social milieu

Community Psychology

- The study of people in context
 - Relationships of the individual to communities and society
- Framework for working with people marginalized by the social system, leading to self aware social change with an emphasis on value based, participatory work
 - First-order change: Positively changing the individuals in a setting to attempt to fix a problem
 - Second-order change: Attending to systems and structures involved with the problem to adjust the person-environment fit
- Focuses on strengths of those living within adverse conditions, as well as the strengths of communities, rather than focusing on deficits, which places people in a subordinate position to whoever is making the categorization

Bioecological Model of Human Development



Bioecological Model of Human Development

Interventions focus on utilizing interventions within systems that impact the individual and are considered to be more comprehensive

Research suggests that clients involved in decision-making are more likely to have positive health outcomes (Greenfield et al., 1988)

Examples also include community-based intervention to prevent alcohol, tobacco, drug abuse

Empowerment Model of Counseling/Psychotherapy

- Role of clinician is to facilitate each phase of client empowerment
- Empowerment: the process by which people, organizations, or groups who are powerless or marginalized:
 - (a) become aware of the power dynamics at work in their life context,
 - (b) develop the skills and capacity for gaining some reasonable control over their lives
 - (c) which they exercise
 - (d) without infringing upon the rights of others, and
 - (e) which coincides with supporting the empowerment of others in their community (McWhirter, 1994)

Post-colonial psychology

- Challenges Western Eurocentric standpoints of “culture” (Mohammed, 2006)

- Pre-existing and then “discovered”
- Can be written about in a neutral way (without acknowledging the cultural identity of the writer)
- ...resulting in descriptions of groups of people based on colonialist assumptions (e.g., “noble warrior”), and the erasure colonial injustices (e.g., genocide, forced removal from land)

- Resists stereotypes, elevates the voices of marginalized communities, and disrupts discourses based on dominant cultural lenses

- Culture influenced by power dynamics and the legacy of colonization

- Acts of domination/oppression and resistance (Duran, 1995; Wesp et al., 2018)

- Health/wellness- Not dichotomous or individualistic; relational and interactive (contingent on social context and historical relations)

- Intervention

- Evaluate conditions in power systems (e.g., healthcare, community, therapeutic relationship) that contribute to oppression (e.g., viewing patient as “object of study”) (Bickford, 2014; Kirkham, Baumbusch, Schultz, & Anderson, 2007)
- Intervention is in the relationship and co-defined space, not in the modality of care (Wilkin, 2001; Horrill, McMillan, Schultz, & Thompson, 2018)
- Outcome is interdependent; relationship hierarchies and symbols of power (e.g., DSM-5) are acknowledged and addressed

Break out groups- Part I (10 minutes)

Discuss the similarities and differences of how the models previously presented conceptualize wellness, health, community, and intervention.

What were you taught in clinical training about health and suffering? To whom were wellness interventions geared?

How is your current practice informed by any of the models presented, or any additional models not previously discussed?

Large group debrief (5 minutes)

What were you taught in clinical training about health and suffering? To whom were wellness interventions geared?

How is your current practice informed by any of the models presented, or any additional models not previously discussed?

Break out groups- Part II (10 minutes)

What influences how you conceptualize wellness, health, and community for yourself?

What might hinder certain communities from seeking care? What factors may reduce barriers to access to care?

Large group debrief (5 minutes)

What influences how you conceptualize wellness, health, and community for yourself?

What might hinder certain communities from seeking care? What factors may reduce barriers to access to care?

Large group discussion

There is a bidirectional influence between the health of the individual and their community. How do we incorporate communities into treatment plans, to extend beyond the individual?

How can we support individual/community healing when we cannot meet and be with our community?

Conclusion

- If you are interested in receiving the powerpoint slides, please email Nina at ninajhidalgo@gmail.com.
- We welcome new members who are committed to diversity, are interested in recruiting a diverse group of licensed psychologists, students and psychologist trainees. Please contact Jess at jbinklepsynd@gmail.com if you are interested.

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