

FEBRUARY 2022

WINTER NEWS- LETTER

The Wright Institute Clinical Program
Office of Diversity, Equity, and Inclusion (DEI)



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WELCOME TO THE *SECOND EDITION OF OUR NEWSLETTER!*

BY DEI OFFICE

Welcome to the second edition of the WI Clinical Program Office of Diversity, Equity, and Inclusion newsletter!

Here you will find information and access to resources that the DEI office has provided since its inception in Fall 2019. Each edition of this newsletter will continue to update our community with new resources offered by the DEI Office. For questions or more information, feel free to contact us at deioffice@wi.edu.



WHO WE ARE

In 2018-19, Wright Psy.D. students organized to request additional support and allocation of resources to focus on advancing its mission of "Educating Clinicians to Society." In collaboration with a consultant, the board, staff, faculty, and students helped to create the Office of Diversity, Equity, and Inclusion (DEI) within the clinical program.

At the NCSPP 2022 Mid-Winter Conference, Dr. Briscoe-Smith, Director, spoke to the genesis of the office in her keynote address called Grace and Gumption-Centering the experiences of BIPOC students at the NCSPP 2022 Mid-Winter Conference.

Now in its third year of operation, the DEI Office has **two main goals:**

Support the training of a diverse student body to meet the needs of our community, including:

- Expanding training opportunities in addition to our current curriculum
- Supporting our current faculty in strengthening and updating our curriculum
- Supporting postdoctoral and predoctoral fellows

Cultivate a culture of belonging through:

- Hosting events to foster community and belonging throughout the year
- Working in conjunction with longstanding retention efforts with the Mentoring Office
- Supporting ongoing work on recruiting a diverse student body and faculty through partnering with admissions, the Pipeline Project, and other ongoing efforts

For more information, [visit our website](#) or email us at deioffice@wi.edu.



Art by London-based organizer, enby lesbian, and mental health/queer advocacy artist @hellomynameiswednesday

Our staff and student fellows

Staff

Allison Briscoe-Smith, Ph.D., Director
Eyal Matalon, Psy.D.
Marriam Zarabi, Psy.D.

2021-22 DEI Fellows

Annissa Baker, F19 (Senior Fellow)
Saima Bhatti, F18
Amina Foda-Khoury, F18 (Senior Fellow)
Luis Garcia, F17
Chizi Igwe, F18 (Senior Fellow)
Madrone Love, F18
Sabrina Mohamed Rafi, F19
Belén Mora-Navarro, F19
Sophia Sandhu, F19

We stand on the shoulders of giants

DEI Staff (2019-20)

Meiyang Kadaba, Psy.D., Staff Member
Erika Bookman, Psy.D., Postdoctoral Fellow

DEI Fellows (2019-20)

Jaeliën Pinheiro, F16
Andre Casas, F17
Richie Koenig, F17
Claudia Miranda, F17
Bhavna Sharma, F17
Josh Chow, F18
Anthony Miles, F19

If you're interested in becoming a DEI fellow for 2022-23, our application and interview process will open in the spring trimester of 2022. For more information and questions, feel free to reach us at deioffice@wi.edu



Meiyang Liu Kadaba, Psy.D.
刘眉扬 博士



Erika Bookman, Psy.D.; F15



OUR ONGOING WORK

DEI Fall Institute on Race. The DEI Office hosted a three-week mini-institute the fall to support students and members of the WI community to build foundational competence around concepts of race and intersectionality. Each week consisted of self-directed readings, talks, and other materials as well as a facilitated small group discussion with members of the DEI office. Participants who satisfied all the requirements of the institute received a certificate of completion. Given its success in the first iteration, the Fall Institute on Race has become a required component of orientation for all incoming students.

On Being Conversations. In its second iteration, this series is inspired by the [On Being Project](#) and is an opportunity for us to examine our lived intersectionality through the lens of faith. In its first iteration, we hosted psychologists and mental health professionals and learned more about integrative practices and perspectives specific to Catholicism, Islam, Buddhism, and Christianity. Most recently in February 2022, a dialogue and clinical consultation was held on psychedelic-assisted therapy and yagé shamanism.

Consulta Clínica. Created by DEI Fellows Richie Koenig and Claudia Miranda (F17), this course aims to establish an intercohort and transtheoretical consult group at the Wright so that bi/multi-lingual students have a space to safely develop their professional identity as well as their clinical skills in Spanish from the get-go. Beyond learning clinical language in Spanish, Consulta Clínica aims to privilege interdependent Latinx clinical culture and, in doing so, enhance the quality of care that students' patients receive. The course is currently led by Belén Mora-Navarro (F19) and Luis Garcia (F17).

Black History Month. This Google Classroom was introduced in 2021 during Black History Month in collaboration with the Wright Institute's Black Student Union with the purpose of providing students, faculty, staff, and alumni with a space to both celebrate Black history and share in just a fraction of the contributions that Black people have made to the field of psychology. Various resources are available to students and faculty within the classwork section, with an open invitation to thoughtfully contribute resources surrounding Black people, culture, history, and psychology using the Classroom's stream. This is the second iteration of the Black History Month classroom.



Introduction of Dialectical Behavior Therapy (DBT) for Race-Based Stress (RBS).

In 2021, the Wright Institute Cognitive Behavioral Clinic introduced a group therapy service for clients of color experiencing racial discrimination in various contexts, including but not limited to the twin pandemics of racialized violence and COVID-19. In an effort to provide culturally responsive DBT interventions toward reducing racialized stress, this group service is routinely available. The group is supervised by Drs. Huh, Clinic Director, and Marriam Zarabi, Psy.D., Group Supervisor.



"Power to the people" By Sarah Dahir
enawaalillustrations

OUR RECENT WORK

In the Center Elective. This course focused on the experiences, knowledge, theories, and writings of Clinicians of Color. To address the problem of an explicit and implicit focus on whiteness/white therapists and people of color as the "other" in our training, this space was created by Meiyang Kadaba, Psy.D. and DEI Fellow Josh Chow (F18) to focus on Clinicians of Color serving People of Color. A combination of in-class reading, discussion, and clinical consultation are the main methods of learning. Students are expected to read one required article per week, lead one discussion/consultation related to one of the articles during the trimester, and actively engage in class discussions.

Latinx Faculty Recruitment "Job Talks." In response to students' request for increasing the diversity of our faculty, especially in regards to Latinx representation and the ability to train our community on serving our Latinx community, the DEI office was deeply involved in conjunction with the faculty search committee in this process of extensive recruitment and outreach efforts, with Dr. Briscoe-Smith serving as the chair of the search committee. As a result, the Wright Institute onboarded Dr. Oscar Ureño and Dr. Kinshasa Bennett.

The development and principles of the *In the Center* elective will be published in a **Special Issue on Social Justice Pedagogy of the Teaching of Psychology** journal in early Spring 2022.

Bridges to our Families during Clinical Training, DEI Office Conversations. This community space was created to cultivate community support for students with marginalized identities. Navigating graduate clinical training with a marginalized identity presents its own set of challenges and can often times be hard to explain to our families because of the unique challenges of clinical training. This space was to counteract this isolating experience.



@korikopress

DEI OFFICE CONVERSATIONS

BRIDGES TO OUR FAMILIES DURING CLINICAL TRAINING

Navigating graduate clinical training with a marginalized identity presents its own set of challenges and can oftentimes be hard to share with our families because of the unique challenges of clinical training. This space is for students with marginalized identities looking for community support in what sometimes can be an isolating experience.

Tuesday May 4, 2021
5 PM - 6 PM

Zoom Link: <https://wright.zoom.us/j/91988700036?pwd=Rjd3LU29tcE0hV0reG4vYU1LR1NOdz09>
Meeting ID: 919 8870 0036 PW: 634303

Asian American Community Gathering on COVID-related Xenophobia and Racism (in collaboration with Mentoring Office and Masters Program DEI Office). Held in the first months of the COVID pandemic, the DEI Office collaborated with the Mentoring Program and the Masters Program DEI office to host this event as a time and space within the Wright dedicated to sharing about COVID-related anti-Asian/Asian American racism and xenophobia.

LGBTQIA2S Lecture Series & CE. In celebration of Pride Month 2020, the DEI Office hosted a weekly lecture series that invited the WI community to converse and connect as we cultivated our understanding of intersex communities, kink, TGNC-affirmative care, queer relationship theory, somatic therapy, spirituality, two-spirit communities, and more. This lecture series was approved to be continuously offered through recordings for CE credits.

CBT Clinic Multicultural Resources The DEI Office was invited by the Northern California CBT Network (NCCBT) to create an evidence-based resource list on diversity, racial equity, and inclusion to strengthen awareness of the intersections in mental health and multicultural interventions. The resource list includes articles and studies speaking to experiences of discrimination, race-based mental health disparities, and health equity, as well as non-evidence-based resources. Dr. Briscoe-Smith established a space of inquiry and thoughtful dialogue in her webinar, *How to Have Difficult Conversations About Race*, hosted by NCCBT to review psychological literature on racial identity development, implicit bias, and social/clinical psychological factors in having race-based dialogue.

Clinicians to Society psychologist interviews The DEI Office and Fellows conducted interviews with several BIPOC psychologists in the Bay Area focused on what the Wright's mission, "clinicians to society," means to them and their work.



"Changing Seasons" by Cedric Michael Cox @cedric_michael_cox

HISTORY OF EVENTS, COURSES, AND CONTINUING EDUCATION (CE) CLASSES

Decolonizing Psychoanalysis Elective

Developed with support from the DEI office, this class provided an opportunity for students to develop their critical thinking and clinical skills in applying psychoanalytic theory in a way that centers on traditionally marginalized voices. It also challenged them to incorporate these useful concepts in their work as socially responsible psychologists beyond the therapy room. The class was held in spring 2021 and taught by Dr. Meiyang Kadaba.

Latinx Speaker Series

Working in collaboration, the DEI Office and WI Latinx Student Group invited the WI community to hear from Latinx community leaders who spoke on a broad range of topics centering Latinx voices and experiences in the hope of expanding our capacity to promote advocacy and facilitate healing. This series took place from March 4th through May 6th 2021.

White Allyship Independent Study

The DEI Office was in consultation with several students to develop a future course for White-identified clinicians to strengthen their skills to work with BIPOC communities. The DEI Office supported students in the creation and organization of this independent study with a potential focus and engagement on topics as related but not limited to: the historical impact of White supremacy, White privilege, power, and the oppression of Black, Indigenous, peoples of Color.

Anti-Oppressive Praxis in Psychoanalysis CE

As a part of the first WI Decolonizing Psychoanalysis elective, the DEI office sponsored a CE event in mid-June 2021 open to all with Dr. Lara Sheehi, Assistant Professor of Clinical Psychology at the George Washington University's Professional Psychology Program. Dr. Sheehi focused her presentation on the anti-oppressive praxis of psychoanalysis. The event description is below:

Against the backdrop of the global sociopolitical climate, it becomes even more urgent that we reimagine a Psychoanalytic practice that reflects an ethical commitment to address all oppression, especially in our clinical space. This event will take up the oppressive structures in which Eurocentric clinical practice is ensconced and explore how the individual encounter, especially, falls on fault lines that can often unwittingly work in service of further marginalizing and disenfranchising those we seek to help. Special attention will be given to racial traumas, how we conceive of ability/debility, and how, most insidiously, we may come to be agents of the State. We will explore anti-oppressive theories and interventions and discuss how to apply them in service of a collective reimagining of a liberatory psychoanalytic practice.

COLLABORATIONS WITHIN THE WRIGHT INSTITUTE

THE CLINICAL PROGRAM DEI OFFICE HAS ALSO WORKED EXTENSIVELY WITH THE MENTORING OFFICE AND COLLABORATED WITH FACULTY, STAFF, STUDENTS, ADMISSIONS, AND OTHER MEMBERS OF THE WI COMMUNITY IN THE FOLLOWING WAYS:

Orientation welcome events with Mentoring Office

To kick the 2019-20 academic year, the DEI office held two welcome events, one for our Latinx entering students and one for our incoming Black students. These events included alumni, faculty, and current students.

The Office will continue to hold and expand these events as a means of welcoming all students. In the fall of 2020, the DEI Office again collaborated with the Mentoring Office to hold orientation welcome events, including a kick-off event, student group welcome spaces, and an intercohort social hour.

Partnered with Pipeline Project and Wright Institute admissions to increase diversity in student recruitment

The office has supported ongoing work on recruiting a diverse student body and faculty through partnering with, among others, the Pipeline project, headed by Dr. Anatasia Kim, and the Wright Institute admissions office. Activities have included making connections and hosting events for prospective BIPOC students and working at open house events.

Individual and community support for BIPOC students

Staff and fellows of the DEI office regularly offer formal and informal consultation to individuals and groups within the WI BIPOC community. These consultations have included one-on-one meetings, facilitating support spaces in the spring of 2020 for BIPOC students, facilitating a community-wide conversation on race and microaggressions at the Wright, and support of student groups such as the Wright Association of International Students. To request support and consultation from the DEI office, please email us at deioffice@wi.edu.

Syllabus review DEI fellows have partnered with several faculty members to identify and review ways to strengthen the addressing of diversity in curricula. The office will continue to provide support and best practices to our community.

Co-sponsored Healing Justice: Ending Mass

Incarceration conference The DEI Office was a sponsor of the Ending Mass Incarceration conference: "This is a working conference rooted in the principles of liberation psychology, decolonial praxis, and antiracist organizing. The intent is to build community and movement among mental health professionals and psychologists to end mass incarceration. We would like to invite organizers, psychologists, mental health professionals, students, attorneys, journalists, and anyone interested in how to address the trauma of mass incarceration."

Staff Appreciation and Welcome event The DEI hosted a luncheon on Jan. 17, 2020 to show our community's appreciation for the tireless work and service of our administrative staff. We also welcomed new staff as they on-boarded.

Support for conference attendance The DEI Office supported students and staff in attending professional conferences such as Asian American Psychological Association Annual Convention, the National Council of Schools and Programs of Professional Psychology Mid-Winter Conference, and the Aliento Latinx Conference at Pepperdine University.