



WILLIAM JAMES
COLLEGE

Center for
Multicultural & Global
Mental Health

CMGMH CONNECTION

JANUARY / FEBRUARY 2019

Social, Spiritual & Therapeutic Roles of Barber Shops



For generations, barber shops have been a place where Black men gather – for haircuts, yes, but also to talk. *Barber Shop Chronicles*, a play performed at the American Repertory Theater (A.R.T.) in Cambridge, traces the global ties between these spaces as they exist in different geographical contexts. The show takes audiences to barber shops in London, Johannesburg, Kampala, and Lagos, and offers a window into a space that is part newsroom, part political arena, part stadium, part confessional – and all important to the men who gather within.

Dr. Natalie Cort, Assistant Professor in the Clinical Psychology Program at William James College and Director of the *Black Mental Health Graduate Academy*, was invited to facilitate a post-show discussion with the actors following the December 15th performance. Several Scholars from the Academy were also in attendance.

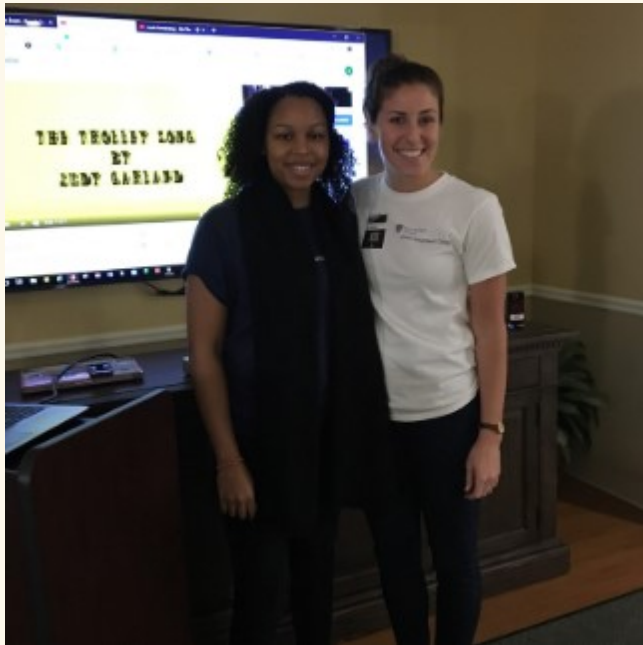


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WJC in Action

In December 2018, members of the Gero Volunteer Corps organized a community service activity at [Avita of Needham](#), an assisted living memory care unit. The team of students volunteered their time to provide a program to the residents that combined music and reminiscence therapy. If you are interested in joining the Gero Volunteer Corps, please contact Dr. Erlene Rosowsky, Founding Director and Coordinator of the [Alliance for Aging](#) and Director of the Geropsychology Concentration in the Clinical Psychology Program. [#WJCGivesBack](#)



WJC Dean of Students
@wjc_dos

Follow

@WilliamJamesEdu students making a difference for @_MealsOnWheels and enjoying some food too. We're doing it all again Wed&Thur, 12-1; join us! [#WJCGivesBack](#) [#willYUMjames](#)



11:40 AM - 27 Nov 2018



WJC in Action

WJC Students Organized Fundraising to Support Survivors of Domestic Violence

In December 2018, as part of a community service project for the course, *"Systems Theory and Practice: Psychological Interventions in the Community,"* a group of students (Ayesha Ludhani, Emily Montgomery, and Peter Moulton) organized a fundraiser to collect toiletries for a shelter that serves survivors of domestic violence and their children. The shelter is a non-profit agency in Massachusetts that works to prevent domestic violence and aid survivors in a variety of ways. In addition to offering housing to women who are escaping abusive relationships, the organization facilitates separate support groups for survivors and children who have experienced domestic violence. It also engages in public policy, legal and advocacy efforts that recognize and support survivors.



Peter Moulton and Ayesha Ludhani, Clinical PsyD Students

Domestic violence is a pervasive problem that affects more than 10 million individuals in the U.S. annually. According to the [National Coalition Against Domestic Violence](#):

- ♦ 1 in 3 women and 1 in 4 men in the U.S. have experienced some form of physical violence by an intimate partner.
- ♦ Each day there are more than 20,000 phone calls to domestic violence hotlines in the U.S. (approximately 15 calls every minute).
- ♦ Intimate partner violence accounts for 15% of all violent crimes.
- ♦ 19% of domestic violence cases involve a weapon. The presence of a gun in the home during a domestic violence incident increases the risk of homicide by 500%.

In support of the organization's heroic work, the students reached out to the WJC community and a local apartment community to help collect toiletries for the shelter. The group gathered a large number of items that were donated to the shelter prior to the holidays. Thank you to the Dean of Students Office and to everyone who contributed so generously!



Black Mental Health Graduate Academy

William James College's Black Mental Health Graduate Academy—an emerging academic pipeline program—is designed to recruit, mentor, and support Black students in Master's and Doctoral degree programs for mental health counseling and psychology. Under the auspices of the Center for Multicultural & Global Mental Health, the Academy provides critical mentorship, career orientation, skill building, and professional enrichment to support academic excellence in graduate school. The Academy represents the College's commitment to decreasing racial/ethnic disparities by diversifying the mental health workforce and providing support to historically marginalized and underserved groups.

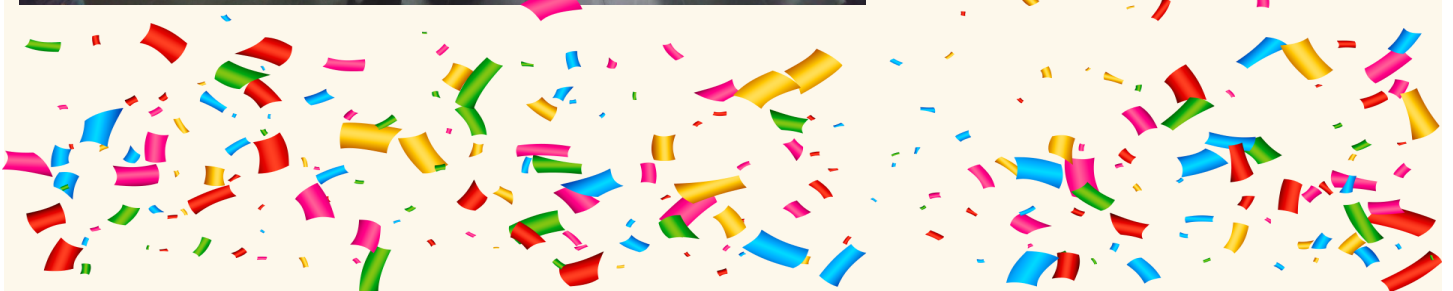
Here are some memories from the fall of 2018!



Latino Mental Health Program's Annual Fiesta

On December 14th, the Latino Mental Health Program hosted an end-of-the-year Fiesta at WJC. The Fiesta was filled with great music, dancing, and food. We would like to thank everyone that attended!

El 14 de diciembre, el Programa Latino de Salud Mental organizó una Fiesta anual de fin de año. Tuvimos buena música, baile y comida. ¡Nos gustaría agradecer a todos los que asistieron!



Save the Date!

Conference on Latinx Mental Health

Culturally Responsive Assessment Practices for Latinx: Meeting the Needs of a Growing and Diverse Population

Saturday, March 30, 2019

9:00 a.m. - 3:30 p.m.

William James College

The need for culturally responsive mental health services for Latinx in the United States has never been greater. Developing culturally relevant mental health services, including diagnostic and assessment procedures, for this population is essential. Furthermore, there is a growing need for specialized assessments of refugees and asylum seekers. Yet, there are limitations with regard to the availability of instruments and procedures that can be used validly and reliably with this diverse population in the U.S. The presenters will discuss available procedures and instruments that have been researched with Latinx. They will discuss unique considerations in both general assessments as well as trauma specific for refugees and asylum seekers.

Program Coordinator: Mari Carmen Bennasar, PsyD
Presenters: Lara Guzman-Hosta, PsyD; Gilbert Kliman, MD;
Nilda Laboy, PsyD; & Veronica Zapater-Rabero, PsyD

Fees: \$120 for CE credits; \$60 for no CE credits
Lunch will be provided.

For more information or to register, [click here](#).



Holidays & Observances

January & February

January

1st New Year's Day

1-31st: Poverty in America Awareness Month.

[Read More Here.](#)

1-31st: National Slavery and Human Trafficking Prevention Month. [Read More Here.](#)

6th: Epiphany. [Read More Here.](#)

14th: World Day of Migrants and Refugees.

[Read More Here.](#)

21st: Martin Luther King, Jr. Day. [Read More Here.](#)

21st: Tu B'Shevat. [Read More Here.](#)

27th: International Day of Commemoration in Memory of the Victims of the Holocaust. [Click Here.](#)

February

1-28th: Black History Month

1st: National Wear Red Day

4th: Rosa Parks Day

5th: Chinese New Year

12th: Lincoln's Birthday

14th: Valentine's Day

15th: Susan B. Anthony's Birthday

18th: Presidents' Day

18th: Washington's Birthday

Save the Date!

Upcoming CMGMH Events

February 28, 2019: The African Diaspora Comes to Party—Black History Month

March 28, 2019: You Are the Brand: Men of Color in Psychology and Mental Health

March 30, 2019: Culturally Responsive Assessment Practices for Latinx

April 7, 2019: Lucero Walk/Run

April 17, 20, 21, 2019: MFA Film Series- "Moral Dilemmas"

June 13, 2019: Annual Cultural Diversity Celebration

June 19, 2019: Juneteenth Celebration

June 22, 2019: ACT Workshop with Dr. Kenneth Fung

For more information, please contact cmgmh@williamjames.edu

Mental Health in the News

How Zimbabwe's grandmothers are turning the tide on mental health

Sitting together on a Friendship Bench in a quiet corner of the grounds of a health centre, community grandmothers listen and spend time working through problems that could be causing or worsening a person's mental health, coming up with possible solutions and agreeing on a plan of action.



In Davos, Prince William Calls for Action on Mental Health

Prince William, who has long spoken publicly about his emotional struggles, has taken his campaign for mental health awareness to Davos, Switzerland, urging global leaders to help break the stigma.



"Trauma Spa" Pilot Set for Female Survivors

City and health care experts are calling a proposed Dorchester-based trauma spa for women who lost loved ones to murder "groundbreaking" and part of a solution to support communities victimized by violence.

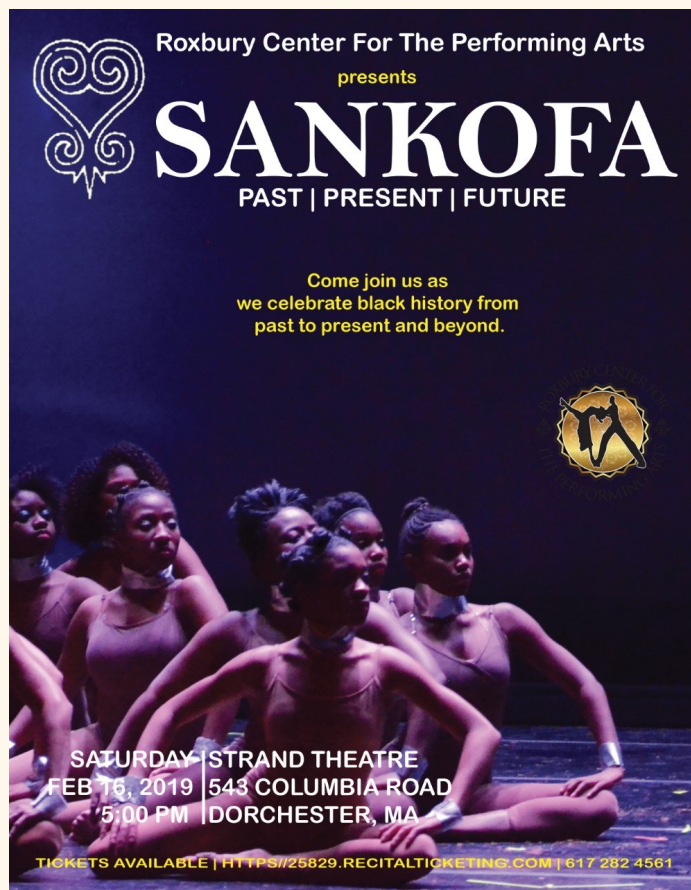


"Climate Grief": The Growing Emotional Toll of Climate Change

Last year, the American Psychological Association issued a report on climate change's effect on mental health. The report primarily dealt with trauma from extreme weather but also recognized that "gradual, long-term changes in climate can also surface a number of different emotions, including fear, anger, feelings of powerlessness, or exhaustion."



Community Events, Workshops & Conferences



SANKOFA

February 16th, 2019, The Strand Theater
Roxbury Center for the Performing Arts RCPA



Sankofa is a word in the Twi language of Ghana that translates to “Go back and get it” and also refers to the Asante Adinkra symbol represented either with a stylized heart shape or by a bird with its head turned backwards while its feet face forward carrying a precious egg in its mouth.

- January 5-15, 2019: [APA International Learning Partner Program in Tanzania](#)
- January 22 - 23, 2019: [California Student Mental Wellness Conference](#)
- January 28-30, 2019: [6th International Conference on Education and Psychological Sciences](#), Singapore
- February 8th, 2019: [Decolonizing Global Health Student Led Conference](#), Harvard T.H. Chan School of Public Health, Boston, MA
- March 21-23, 2019: [The Asian Conference on Psychology & the Behavioral Sciences](#), Tokyo, Japan
- March 28-31, 2019: [Anxiety and Depression Conference](#), Chicago, IL
- April 13-14, 2019: [Global Health and Innovation Conference](#), New Haven, CT
- April 25-27: [Annual Meeting of The Society for the Study of Psychiatry](#), Toronto, Canada
- May 3-4, 2019: [7th Annual LGBT Health Workforce Conference](#), New York City
- May 23-25, 2019: [Society for the Teaching of Psychology - Global Education Summit](#), Costa Rica
- May 26-June 2, 2019: [National Taiwan University's \(NTU\) College of Public Health Wellness Tour](#), Taipei, Taiwan
- May 31, 2019: [Supports & Challenges in Childhood Development: Individual & Community Resources in a Changing World](#); 42nd Annual Erich Lindemann Memorial Lecture, William James College, Newton, MA
- June 13-15, 2019: [Annual Mental Health Conference Dueling Diagnoses](#), Washington, DC
- June 21-23, 2019: [The Society for the Psychological Study of Social Issues](#), San Diego, CA
- June 25-27, 2019: [19th Annual IAFMHS Conference Cultural Diversity at the Intersection of Mental Health and the Law](#), Montréal, Canada