



Student Association Committee

Giselle Leal, Psy.D- Chair

Yayci Patiño, Psy.D.-Co-chair

Resilient Like an HNS Trainee



What does it
mean to be
resilient?



According to the APA Dictionary,

RESILIENCE IS *“the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. A number of factors contribute to how well people adapt to adversities, predominant among them (a) the ways in which individuals view and engage with the world, (b) the availability and quality of social resources, and (c) specific coping strategies.”*



Types of Resilience

- Inherent Resilience
- Adapted Resilience
- Learned Resilience



Unique Challenges as Minority Students/Trainees

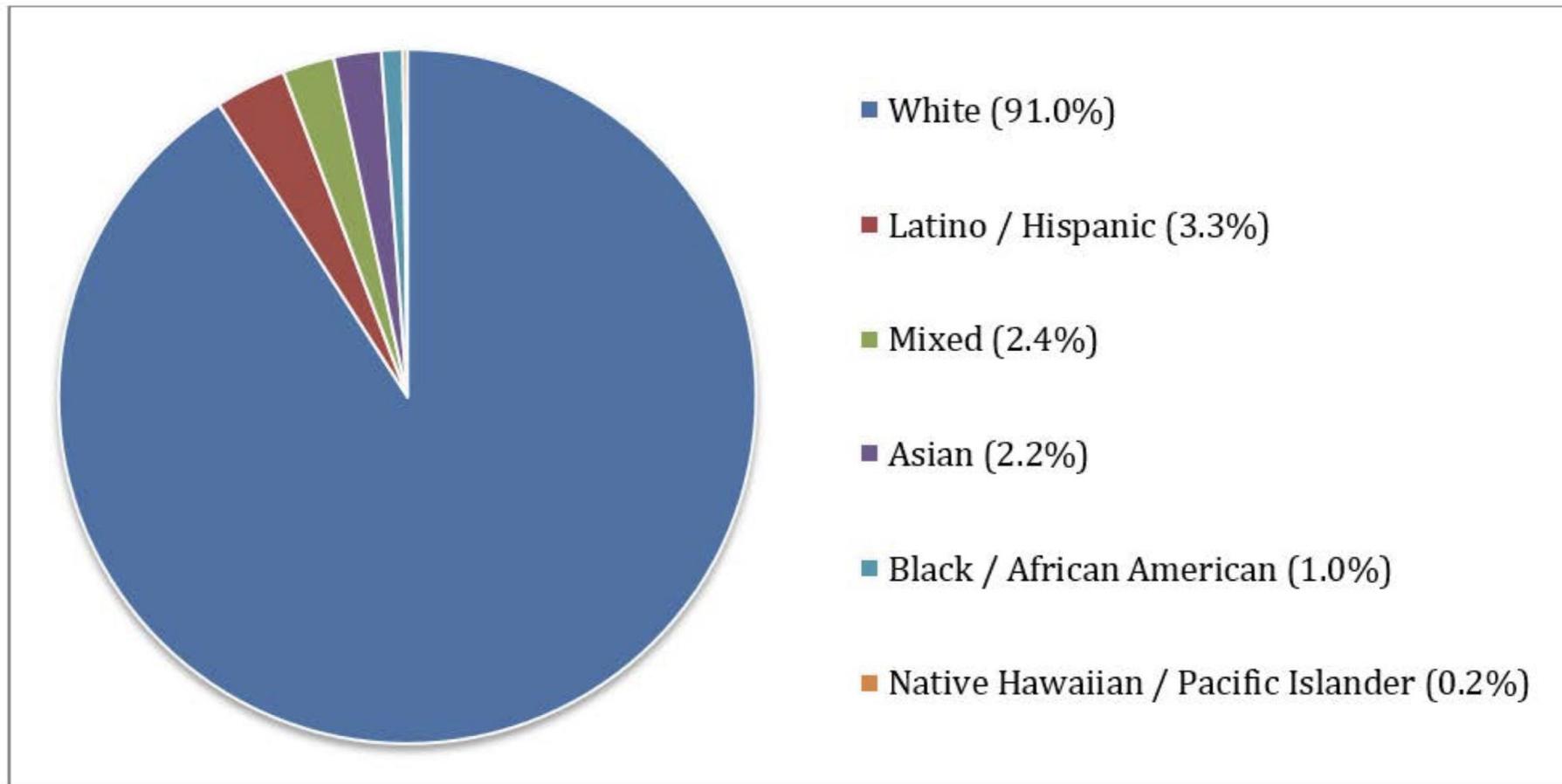
- Interrupted schooling and levels of native education
- Language and cultural barriers
- Minority religious beliefs
- Socioeconomic resources
- Level of acceptance or rejection
- Stressors and challenges associated with immigration
- Occupational and economic hardship
- Acculturative stress

(Benavides et al. 2012; Cuellar, Bastida, & Braccio, 2004)

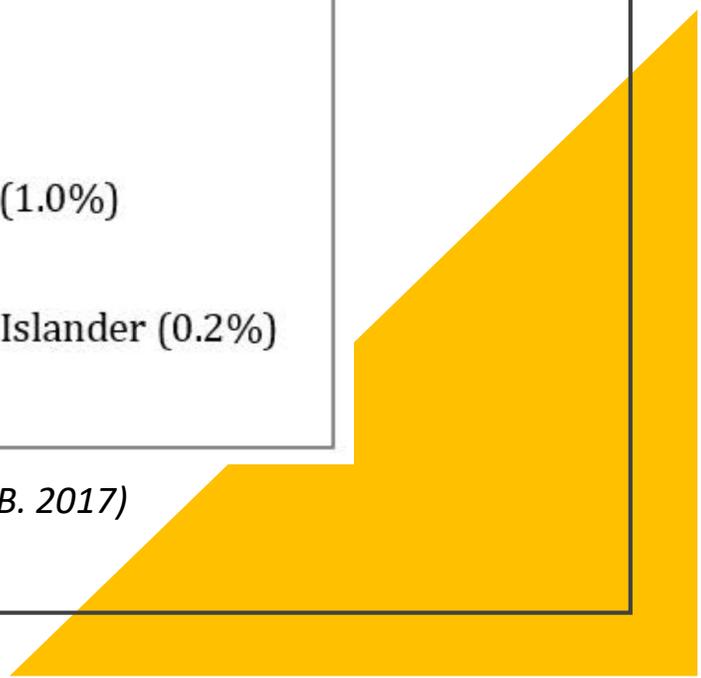


Hispanic/Latinx Representation in Psychology

- Approximately 5,000 psychologists in the United States are Hispanic, representing 5 percent of all psychologists (APA, 2018)
- 5.5 percent of psychologists, who may be Hispanic or another race or ethnicity, reported that they can provide services in Spanish (APA, 2018)
- As of 2017, a survey of 510 neuropsychologist in the U.S revealed that approximately 3.3% of neuropsychologists identified as Hispanic (Rabin et al., 2017)



Rabin, Brodale, Elbulok-Charcape, Barr, W.B. 2017)





What is it like for a Hispanic/Latinx Neuropsychology Trainee?

- Larger case loads
- Complexity of cases
- Little or no compensation
- Limited training through graduate programs
- Reduced fellowship opportunities due to immigration status (e.g., international visa vs. American citizenship)



Depersonalization

Emotional exhaustion

Frustration

Reduced personal
accomplishment

Limited coping capacity



Hispanic clinicians endorse lower degrees of burnout relative to their monolingual, English counterparts; specific sociodemographic and individual characteristics influence burnout (Teran, Fuentes, Atallah, & Yang, 2017)

**Personal
Characteristics**

Family Strengths

Cultural Factors

Community Support



Protective Themes among Hispanics/Latinx

- Personal characteristics
 - Self-mastery, autonomy, and motivation, have been tied to academic resilience (Perez et al., 2009)
 - Positive ethnic identity has been related to higher levels of self-esteem, which weakens the negative effects of discrimination and lowers depressive symptoms (Edwards & Romero, 2008)
- Family Strengths
 - Loyalty, respect, solidarity, and interdependence
 - Latino immigrant parents are highly involved in encouraging academic success through fostering open communication about school (Ceballo, 2004)
 - *Familismo* as a protective factor. Being family-oriented and having larger family networks with robust ties of loyalty and reciprocity (Gaines et al., 1997).



Protective Themes among Hispanics/Latinx

- Cultural Factors
 - Cultural rituals and spiritual systems
 - Ethnic pride and cultural orientation are linked to positive psychological/cognitive development, academic motivation, and successful family and community relationships (Cabrera & Padilla, 2004; Espinoza-Herold, 2007)
- Community Support
 - Church is a major source of support and continuity in the lives of both immigrant adults and youth.
 - Spirituality and religiosity are associated with greater resilience (Hull et al., 2008), long-term well-being, and life satisfaction (Levin & Chatters, 1998)



And Last but not Least...





Ways to Increase Resiliency

- Build connections
- Join community groups or organizations
- Practice self-care (e.g., regular physical activity, healthy eating habits, time to disconnect from work-related activities)
- Avoid maladaptive coping mechanisms and focus on increasing positive resources
- Develop realistic and attainable short-term goals
- Give your thoughts a healthy twist (e.g., embrace changes, adopt a hopeful perspective)
- Ask for help!



What aspects of being
Hispanic/Latinx foster your
resilience?



“Luchando mil batallas por dentro,
con mil sonrisas por fuera”