

[psych-I] February 2024 Psych Diversity Newsletter

Laura Chandler lchandler2@uccs.edu <psych-I@lists.uccs.edu>

Fri 2024-03-01 8:37 AM

To: Undergraduate Psychology Majors and Minors - Information List <psych-I@lists.uccs.edu>

From: Psychology Diversity Committee <psychdiv@uccs.edu>

Sent: Thursday, February 29, 2024 9:09 AM

To: Paige Klein <pklein2@uccs.edu>

Subject: [EXTERNAL] February 2024 Psych Diversity Newsletter



Psychology Department

UNIVERSITY OF COLORADO
COLORADO SPRINGS

Diversity Committee E-Blast

February 2024

By: Paige Klein, Megan Wendling, Tess Leftwich & Kelly Dixon

This Month's Newsletter At a Glance

1. **UCCS Land Acknowledgement**
2. **Statement of Acknowledgement and Mourning**
3. **Recent Past Events**
4. **Upcoming Events**
5. **Feature:** Student Spotlight
6. **Editorial:** A Reflection on Becoming Creatively Maladjusted
7. **Learn:** Featured Articles and Relevant Resources

Committee Members

Chair: Dr. Leilani Feliciano

Faculty: Dr. Steven Bistricky, Dr. Diana Selmeczy, Dr. Rachel Weiskittle

Staff: Dr. Magdalene Lim

Graduate Student Members: Tiana Broen, Moussa Diarra, Kelly Dixon

Communications Subcommittee: Kelly Dixon, Paige Klein, Tess Leftwich, Megan Wendling

Education Subcommittee: Christine Mason

If you are interested in contributing to this newsletter or having your work featured, please email us at psychdiv@uccs.edu



UCCS Land Acknowledgement

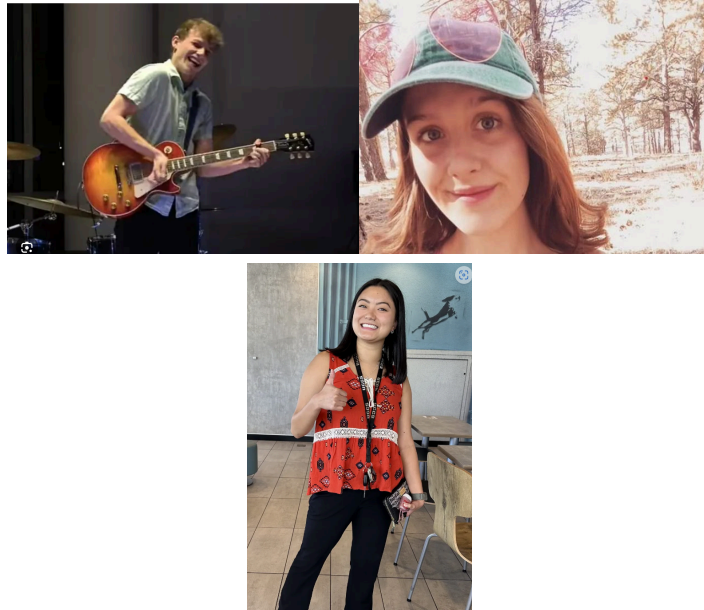
UCCS honors this land as the ancestral home of the 'Nuuchiu', which includes the Northern Ute, the Southern Ute, and the Ute Mountain Ute Peoples. We also recognize the many Indigenous Peoples in this region and their historical and continuing relationships as stewards of this land. [Full UCCS land acknowledgement.](#)

Statement of Acknowledgement and Collective Mourning

While death is a part of our life cycle, these types of losses are especially poignant when on college campuses – where so much growth and exploration is happening and losses are unexpected. On February 16th, 2024, the UCCS community was made aware of an active shooter situation on campus which resulted in the deaths of Samuel Knopp, a UCCS student, and Celie Rain Montgomery, a resident of Pueblo.

This event follows another tragic loss that occurred at UCCS on February 12th, 2024. Senior Mia Brown died at the Recreation Center following a medical emergency. She was a UCCS Nursing student who was very involved around campus.

As we, the UCCS community, try to make sense of these sudden and terrifying experiences and heal from the devastating lives lost, we encourage those who are in need of support to seek out mental health services as well as other sources of support (e.g., family members, friends, peers, partners, etc.). Our thoughts are with Samuel's, Celie's, and Mia's family and friends, as we continue to grieve with our Mountain Lion family.



- Mental health appointments with the Wellness Center can be scheduled by calling 719-255-4444.
- The Wellness Center's crisis walk-ins are open Monday – Friday from 8 a.m. – 5 p.m.
- Free and confidential mental health and wellbeing support is available 24/7 through [TELUS Health and SilverCloud.](#)

- The 988 Suicide and Crisis Lifeline also offers 24/7 access to trained crisis counselors. You can call or text 988 or chat at 988lifeline.org.
- Campus police are available at 719-255-3111 and can also be contacted through the UCCS SAFE app in any emergencies.

Recently Held Events



International Holocaust Remembrance Day (January 27th, 2024): 27,000 flags were displayed on the west lawn to honor the millions of adults and children who were murdered in the Holocaust. Each flag represented 500 lives lost and various colors symbolized different religious, ethnic, and minority groups who were targeted.

Lunar New Year Dinner (February 9th, 2024): UCCS hosted a dinner at the Roaring Fork to celebrate the Lunar New Year. The Lunar New Year is a 15-day celebration that celebrates the beginning of the new year based on the lunisolar calendar. The dinner included Asian dishes such as Vietnamese spring rolls, Chicken Pad Thai, Wonton Soup, Shrimp Shao Mai (dumplings), and fortune cookies. The event also included workshops on lantern making and red envelope decorating.

Black History Month Events

Restorative Justice Dialogue Circle (February 15th 12pm-1pm): UCCS hosted a restorative dialogue circle in the MOSAIC center. These circles are held monthly around various themes. This month's theme was "Black History, Black Futures."

Black History Month Creations and Explorations (February 29th 2pm-3pm): The Mosaic Center at UCCS will be hosting a program to discuss podcasts of Black creators.

Upcoming Events (March)



Support Aging in Place: Older Adult Peer Support Training (February 27th and March 5th 12-2pm): The E4 Center will be holding webinars focused promoting rapid uptake of digital peer support and addressing the needs of older adults. <https://e4center.org/calendar/6-session-support-aging-in-place-older-adult-peer-support-training/>

Search Guidelines and Equitable Hiring Practices Training (March 6th 8:30-9:30am): The Division of DEI and Human Resources will be launching the two-part "Equity Reimagined: Search and Hire Training" series. Part one, "Search Guidelines

and Equitable Hiring Practices," will focus on emphasizing equity in job description creation, search committee selection, and position distribution and marketing.

<https://mlc.uccs.edu/event/9918782>

DEI Munch & Learn Women's History Month (March 7th 11am-12:30pm): The

Division of DEI will be hosting an educational program for UCCS highlighting Women's History Month, featuring a panel discussing "Women in the Workplace."

<https://mlc.uccs.edu/event/9620311>

Inclusive Belonging Spotlight Series (March 8th 8:30-10am): This series will explore the DEI efforts of UCCS departments, individuals, and organizations in Colorado Springs. Engage in conversations on fostering a deeper sense of inclusive belonging at UCCS and learn more about the DEI work that is occurring.

<https://mlc.uccs.edu/event/9124375>

Engaging in Neurodiverse Practices Training (March 13th 1-3pm): This will be a training for staff, faculty, and students focusing on developing awareness of neurodivergence and will include discussion of resources and skills available at UCCS to create neurodiverse spaces and practices.

<https://mlc.uccs.edu/event/9918226>

Chinese New Year Festival (Rescheduled for March 30th, 2024 10am-3pm): The

Colorado Springs Chinese Cultural Institute will be hosting their 25th Annual Chinese New Year Festival, the Year of the Dragon at Ent Center for the Arts with 2 performances at 11am and 1pm. The Festival will also have Asian food truck vendors, jewelry, artwork, clothing, and more from 10 to 3.

Tickets for performances: <https://tickets.entcenterforthearts.org/4819/4820>

If you had tickets for the original day, they are still good for the rescheduled performance with no action needed from you!

Graduate Student Diversity Research Initiatives

Moussa Diarra, Clinical MA Student



Moussa, a third year Master's student in Clinical Psychology, is currently interested in researching the effects of racial trauma on the perception of the self and others. Furthermore, he is interested in the strategies that racial minorities - Black Americans in particular - utilize to buffer against threats to their identity and foster faith in their identities. Moussa's master's thesis examines how individuals cope with the awareness of their own death, as well as the resulting existential anxiety that results from such awareness. Specifically, this research project will investigate how historical, social, and cultural factors may influence terror management effects in Black Americans. The goal of his study is to examine the extent to which different forms of death-related anxieties may relate to one another in terms of the effects they

have on racial bias, political/social engagement, and resilience/coping strategies among Black Americans, and to examine whether death anxiety among Black Americans is mediated by a sense of collective annihilation.

Moussa's thoughts on Black History Month:

"As someone who grew up in West Africa, the concept of Black History Month was quite foreign to me when I arrived in the US some 6 years ago. Over time, I came to see it as a time for reflection, not on the perils of the past or the racial tensions that continue to permeate all aspects of our society today, but on how far we've come as a nation in supporting one another, and celebrating those who came before, who paved this road. To me, it's a reminder that my blackness and what it means changes drastically from place to place, but regardless of where I find myself, I carry with me a sense of responsibility as a producer of knowledge to ensure we are seen and heard wherever we can be. I would hope that the Psychology department at UCCS feels a similar pull towards making our field the stuff of any scientist's dream: one where what we study is examined in all its facets and variables, and not solely for the sake of inclusivity, but for the sake of moving towards a world we all want to live and participate in."

Editorial: A Reflection on Becoming Creatively Maladjusted

By: Paige Klein, B.A.



This month the Rocky Mountain Humanistic Counseling and Psychological Association (RMHCPA) hosted a seminar discussing the messages of Dr. Martin Luther King's 1967 keynote speech where he addressed the American Psychological Association in which he called for members to become "creatively maladjusted".

This seminar, titled "Becoming Creatively Maladjusted in an Ostensibly Well-Adjusted System", was led by Dr. Nathaniel Granger, a Licensed Clinical Psychologist serving the Colorado Springs community.

The phrase "creatively maladjusted", coined by Dr. King, is defined as the process of one becoming unsatisfied with the status quo of "well-adjusted systems" that are complicit in maintaining social injustices.

In his speech, Dr. King calls for psychologists to become maladjusted. Maladjustment is defined as the inability to cope with the demands of the social environment or social norms (APA, 2018). Although maladjustment is used to refer to impairment that precludes one's ability to meet social demands, Dr. King specifically chooses this

word when speaking to the APA to describe how one cannot and *should not* become adjusted to the inequalities and inequities that are ingrained into our nation's history and have persisted to the modern day.

Dr. King states, "There are some things in our society to which we should never be adjusted. There are some things concerning which we must always be maladjusted if we are to be people of good will. We must never adjust ourselves to racial discrimination and racial segregation. We must never adjust ourselves to economic conditions that take necessities from the many to give luxuries to the few." (1967). With Dr. King's words in mind, Dr. Granger calls for students and practicing professionals in psychology to not only become creatively maladjusted in their own psychotherapy practice, but to embody the change they wish to see in the world in all domains of their lives.

About Dr. Nathaniel Granger



Nathaniel Granger, Jr., PsyD is a past president of the Society for Humanistic Psychology (APA Division 32) and the recipient of the division's Hari Camari Early Career Award as well as the Sandy Sela-Smith Exemplar Award presented by the Rocky Mountain Humanistic Counseling and Psychological Association. He is an adjunct professor at Saybrook University and is the founder and director of Be REAL Ministries, Inc., where he serves the community by working closely with marginalized groups as a pastor and psychotherapist. Dr. Granger is a sought-after speaker with several publications, presentations, workshops, and keynotes to his credit. Among his published works are *Stay Awhile: Poetic Narratives on Multiculturalism and Diversity*, *Silent Screams: Poetic Journeys Through Addiction and Recovery*, *Rising Voices: Poems Towards a Social Justice Revolution*, and *Humanistic Approaches to Multiculturalism and Diversity* in addition to his doctoral dissertation *Perceptions of Racial Microaggressions Among African American Males: A Heuristic Inquiry*. Additionally, Dr. Granger is a co-founder and serves as the treasurer at the Rocky Mountain Humanistic Counseling and Psychological Association.

Learn: Featured Articles and Relevant Resources

Allen, A. M., & Leach, C. W. (2018). The psychology of Martin Luther King Jr.'s "creative maladjustment" at societal injustice and oppression. *Journal of Social Issues*, 74(2), 317-336.

Becker-Blease, K. A. (2017). As the world becomes trauma-informed, work to do. *Journal of Trauma & Dissociation*, 18(2), 131-138.

Roysircar, G. (2009). The big picture of advocacy: Counselor, heal society and thyself. *Journal of Counseling & Development*, 87(3), 288-294.

The Association for Psychological Science (APS) maintains a series of [research collections](#) pertinent to diversity, equity, and inclusion. These collections of articles provide a snapshot of psychological research on diversity, equity, and inclusion and the causes and harmful effects of racism, stereotypes, and inequities.

This email was sent to pklein2@uccs.edu
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
University Colorado Colorado Springs · 6331 Village Ln · Colorado Springs, CO 80918-8347 · USA

