

# CPA'S HUMAN RIGHTS & SOCIAL JUSTICE IN PSYCHOLOGY COMMITTEE

## MESSAGE FROM THE CO-CHAIRS

Dear Steering Committee,

We hope this newsletter finds you well.

We are very excited by the many projects that have come out of the Human Rights and Social Justice working groups. As you may be aware, May 17<sup>th</sup> was the *International Day Against Homophobia, Transphobia and Biphobia*. In recognition of this day, I would like to highlight the CPA's new position statement entitled: Promotion of Gender Diversity and Expression and Prevention of Gender-Related Hate and Harm. Special thanks to the members of the working group on Societal and Sexual Violence for their contribution to this work and a special thanks to Jesse Bosse and Keira Stockdale for Chairing this group. As you can see in this news letter, the CPA and its members have been actively involved in Human Rights and Social Justice work, through various activities such as the honoring of Black History Month and International Women's Day. As well, this year the Convention will have once again feature several HRSJ events as highlighted below. We look forward to seeing everyone at the convention and hope you enjoy this edition of the newsletter.

Warmly,

Ada L. Sinacore, Ph.D. and Kerri Ritchie, Ph.D., C.Psych.

## QUARTERLY HRSJ SPOTLIGHTS

### Black History Month at the CPA: A Message from the Black Psychology Section!

Black History Month Events Hosted by the Section on Black Psychology During Black History Month, the Section on Black Psychology held multiple fascinating presentations! Here is a quick snapshot of each event!

To kick off Black History Month, our Graduate Student Representative, Jennifer McWilliams (New Brunswick), hosted a presentation/discussion on Monday, February 6<sup>th</sup>, 2023. She spoke about her personal history as a Black New Brunswicker and taught the audience about the origins of Black History Month. Ms. McWilliams also

introduced many prominent members of the Black Community and mentioned a few Black Psychologists and Black Canadians who had a significant impact on Canadian psychology. She also identified Black Canadians who are currently making massive strides in multiple areas (e.g., teaching, research, advocacy).

On Monday, February 13th, 2023, Dr. Rick Bradshaw (British Columbia) spoke about the Observed and Experiential Integration (OEI) technique used in trauma therapy to treat PTSD and other trauma-related conditions. OEI was initially developed to work with Indigenous people. Dr. Bradshaw spoke from a White Psychologist's perspective working with Black and other Racialized clients. This presentation was critical as most Psychologists in Canada identify as White and may need help working with Black clients at some point during their careers. Further information about OEI can be found at: [www.sightpsych.com](http://www.sightpsych.com)

For our final event of Black History Month, we had the honour of hosting Drs. Arthur C. Evans (American Psychological Association CEO) and Maysa Akbar (American Psychological Association Chief Diversity Officer) on Monday, February 27th, 2023. Drs. Evans and Akbar led a riveting 2-hour presentation on our theme: Are we there yet? Our CPA CEO, Dr. Karen Cohen, also shared a few words of support during the event. The event can be viewed on YouTube at: [https://www.youtube.com/watch?v=ovdBuf68by8&ab\\_channel=CPAVideoChannel](https://www.youtube.com/watch?v=ovdBuf68by8&ab_channel=CPAVideoChannel) We are delighted and proud to have been able to host these events.

We look forward to hosting more exciting events as we seek equity, diversity, and inclusion. We acknowledge the words of Dr. Martin Luther King: "Commit yourself to the noble struggle for equal rights. You will make a better person of yourself, a greater nation of your country, and a finer world to live in.

### Transgender Day of Visibility

Each year on March 31, the CPA joins the rest of the world in observing Transgender Day of Visibility, a day dedicated to celebrating transgender people, their contributions to society and raising awareness about the disproportionate experiences of poverty, discrimination, and violence the trans community faces.

### ***Gender diversity and the semi-rural performing arts: A conversation with Dr. Anastasia Jane Gibson***

- To mark the day, **Dr. Anastasia Jane Gibson** is a transgender psychologist and musician in Brandon, Manitoba came on the Mind Full Podcast. The discussion centers around the fear-mongering that is endangering the gender diverse community in the leadup to Transgender Day of Visibility March 31<sup>st</sup> as well as music and performing in semi-rural Manitoba. Listen [HERE!](#)

### International Women's Day

The CPA's Section for Women And Psychology (SWAP) creates a community of researchers, teachers, and practitioners interested in the psychology of women and feminist psychology. CPA's Psychology Month feature talks to Dr. Lorraine Radtke and Dr. Charlene Senn about the work they're doing in this space, which you can read more about [HERE](#)

A recently published study by Theule and Colleagues investigated job satisfaction, satisfaction with work-family balance, and quality of life for professionally trained Canadian women doctoral psychologists! Check out the fully study [HERE](#)

## HRSJ & CPA IN MOTION

### New Position Statement: Promotion of Gender Diversity and Expression and Prevention of Gender-Related Hate and Harm

The Canadian Psychological Association (CPA) through its Code of Ethics and policy statements, has long held a commitment to human rights, social justice, and the dignity of persons. Despite this commitment, echoed in amendments to Canada's Human Rights Act and the Criminal Code, and in the Universal Declaration of Human Rights, gender-based stereotypes, prejudice, and discrimination continue to persist across social systems and services (e.g., education, health, justice).

With the rise of gender minority hate and violence worldwide, this policy statement outlines the discrimination that people of gender minority face, as well as the changes that need to be made to redress it. The CPA commits to helping to bring about these changes and calls on legislators, policy makers, and agencies and individuals who deliver health and social services to assert their commitments to join us.

[View the full Position Statement here \(PDF\).](#)

### Homelessness, Poverty, and Food Insecurity: HRSJ Survey

Last summer, the Homelessness, Poverty, and Food Insecurity working group invited the CPA membership to participate in a survey reviewing three factsheets recently developed by the Canadian Poverty Institute (CPI) consisted of eight open-ended questions, some of which related specifically to topics discussed in the respective factsheets, and two being related to the role of psychology more broadly. With respondent feedback now integrated into the factsheets, they are under final review and should be posted in the upcoming weeks! Keep an eye out for these three new fact sheets on (1) Food Insecurity, (2) Poverty, and (3) Homelessness

### Mind Full Podcast

- Our podcast *Mind Full* spoke with **Nardeen Yalda** and her professor at the University of Western Ontario, **Dr. Leora Swartzman**. Dr. Swartzman has created a program to pair students with community organizations to implement change on the ground. That program led Nardeen to working with **organizations helping the homeless** – check out the conversation [HERE](#)
- Our Psychology Month series continues with **Canada Confesses**, an online project amplifying the voices of individuals affected by social inequalities and racism in Canada. We spoke with the project's founders, **Nancy Tangon and Priscilla Ojomu**, about how it came to be and how others can get involved – listen [HERE!](#)
- **Dr. Helen Ofosu** returns to the Mind Full podcast on the occasion of the publication of her new book, **How To Be Resilient In Your Career: Facing Up To Barriers At Work**. An Industrial/Organizational psychologist, Dr. Ofosu helps employees navigate difficult career choices, and discusses some of the themes of her new book with us, which you can listen to [HERE!](#)

Indigenous Student Award: Congratulations, Jessica Jennings!

Congratulations to our first Undergraduate winner of the CPA Indigenous Student Award, Jessica Jennings! You can read more about Jessica and her journey with Psychology [HERE](#)

## **OPPORTUNITIES & ANNOUNCEMENTS**

### **Convention 2023 – Human Rights and Social Justice Theme!**

The 2023 CPA Convention, taking place between June 23-25 at the Sheraton Centre in Toronto, is just around the corner! Similar to last year, there will be a specific human rights and social justice, which includes HRSJ-specific workshops, presentations, and keynote speakers. This is an event not to be missed! CPA Members and Student Affiliates who identify as Indigenous can obtain a registration fee waiver.

### **Sexual Orientation & Gender Identity Section of the CPA will host Preach 2023 in conjunction with the Annual CPA Convention**

Preaching to the Choir: An International LGBTQ+ Psychology & Related Social Sciences Conference will take place at the Sheraton Centre Hotel in Toronto on June 21 & 22, 2023, in advance of CPA and N5.

The conference will host international delegates sharing the latest in LGBTQ+ scholarship in one large convention space for the full 2 days of the program. More information is available on the website: <https://cpasogii.com/preach>

## **CONTACT US**

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