



Sunday, March 14, 2021

Immigration, Acculturation and Mental Health

Presenter: Aileen Torres, Ph.D.

PROGRAM:

Immigrant adults may experience unemployment, discrimination and social isolation, placing them at higher risk of victimization or mental health concerns. Immigrant parents may face language barriers or feelings of marginalization which render them less involved in their child's education, and social activities. As immigrant children develop multicultural identities that may differ from their parents', they may experience increased stress, adjustment problems, or maladaptive behaviors. Children of undocumented immigrants may experience increased fear and anxiety at the prospect of parental arrest or deportation. The sudden separation from one or both parents is a traumatic experience for children. These are just some of the mental health implications many immigrants are facing. These difficulties and their impact on our clinical work will be explored.

PRESENTER:

Aileen Torres, Ph.D., is a licensed clinical psychologist in NJ & Puerto Rico. She is currently an Assistant Professor for the PsyD program at William Paterson University. Dr. Torres is a Past-President and Lifetime Member of the Latino/a Mental Health Association of NJ (LMHANJ) and a Member-at-Large for the New Jersey Psychological Association (NJPA). She is also a recent mentor for the American Psychological Association's, Minority Fellowship Program, Training Advisory Committee (APA MFP TAC). Her private practice work for the past ten years has focused on immigration-related and child-abuse-focused forensic evaluations, as well adult psychotherapy. Developmental psychopathology is her broad area of expertise. Her main areas of research interest include child abuse & neglect, cultural issues in trauma treatment, immigration-related experiences, and clinical issues related to ethnic identity development in emerging adulthood.

Learning Objectives:

This workshop is designed to help participants:

Describe the current research on the mental health of immigrants

Demonstrate a basic understanding of the immigration process for many families in New Jersey

Explain some of the clinical implications that immigration effects can have on their work with families

Apply current research findings on immigration to clinical practice

ZOOM WEBINAR: Please register in advance for the Zoom webinar at https://us02web.zoom.us/webinar/register/WN_PH_vIbfzT3yN7jJL1nqvoA

10:45 — 11:00 AM Welcome and orientation

11:00 — 1:00 PM Program

NCAP Members and Students – No Charge • Guests/Non-NCAP members \$30

2 CE credits available for psychologists (add'l. charge): Payment for CE is to be made online only, to NJPA after the program. NJPA members \$15; sustaining members N/C. NJPA non-members \$25. After the program, you can remit payment to NJPA online using a link to be distributed at the program, after which you will receive a confirmation email with a link to the CE evaluation form.

Guests/Non-NCAP members*: payment can be made through Zelle to NCAP and cell #201-218-0430, or by check made out to NCAP and mailed to: NCAP, 8 Cricket Lane, Woodcliff Lake, NJ 07677.

*Guests/Non-NCAP members, please include your email address with your payment so you can receive instructions for joining the Zoom webinar.

RSVP by March 8. Refund available only if cancellation received by March 12.

This program is co-sponsored by NJPA and NCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program and its content. This program qualifies for 2 C.E. credit hours for psychologists.

*Intended audience: Psychologists and graduate students. *Please note that due to issues of confidentiality, the presentation is open only to people in the field.*

Program sophistication: Intermediate—some basic knowledge of the specific content is required.

The presenter has no commercial support or conflict of interest for this program.

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