Embracing Social Justice

Enedelia Saucedo, PhD
Licensed Psychologist, Multicultural & Diversity Coordinator
University of North Texas
Pronouns: she/her/hers
What is Social Justice?

What images come to mind?

What words come to mind?
Social Justice

The concept which holds that all people should have equal access to wealth, health, justice and opportunity.

If multicultural competency is the “awareness-knowledge-skills”, then social justice are the skills used to empower and advocate.

Social justice is empathy in action.
Social Justice According to (some of) Our Professions

National Association of Social Workers

American College Counseling Association

American Psychological Association

American Counseling Association

American Association for Marriage and Family Therapy
• This current iteration of the Multicultural Guidelines also recognizes the contributions of other culturally competent models of practice such as the American Counseling Association’s (ACA) Multicultural and Social Justice Counseling Competencies: Guidelines for the Counseling Profession (Ratts, Singh, Nassar-McMillan, Butler, & McCullough, 2016); the American Psychiatric Association’s Cultural Formulation Interview (American Psychiatric Association, 2013); and the Standards and Indicators for Cultural Competence in Social Work Practice (National Association of Social Workers, 2015).

• With regard to the range of social and political challenges that have emerged across the world, and their potential to influence psychologists’ concerns for social justice, psychologists are encouraged to advocate for accessibility and pursue treatment with social responsibility, inherent to the elements of social justice within the field of psychology. All people, including racial, ethnic, linguistic, religious, and LGBTQ+ minorities, prison inmates, immigrants and refugees, the poor, and people with disabilities have a right to equitable treatment, allocation of societal resources, and decision making.

• In addition, psychologists, as upholders of social justice, strive to develop coalition building with practitioners across nationalities to stop oppression, disempowerment, and crimes against humanity.
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<tr>
<th>PRIVILEGE</th>
<th>ALLY</th>
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<td>A special advantage or right that a person is born into or acquires during their lifetime. Often unaware of it and goes unexamined.</td>
<td>A member of a privileged group who examines their privilege and bias; supports and affirms others; seeks understanding and social change against oppressive symptoms. A committed practice based on trust, accountability and consistency.</td>
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<th>INTERSECTIONALITY</th>
<th>ACCOMPlice</th>
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<td>Describes the ways in which systemic oppressions (racism, sexism, homophobia, transphobia, ableism, xenophobia, classism, etc.) are interconnected and cannot be examined separately from one another.</td>
<td>Dismantles, disrupts, challenges oppressive systems. Works with the stakeholders in the oppressed group. They understand that their liberation is tied to others’…. They drive the getaway car.</td>
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<th>BIAS</th>
<th>ADVOCACY</th>
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<td>A prejudice in favor of or against one thing, person, or group compared with another, usually in a way considered to be unfair.</td>
<td>Supporting an individual, group, cause, proposal which aims to influence decisions within political, economic, and social systems and institutions. Social justice is the result of advocacy (ideally).</td>
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“Caring for myself is not self-indulgence; it is self-preservation and that is an act of political warfare...

The true focus of revolutionary change is never merely the oppressive situations that we seek to escape, but that piece of the oppressor which is planted deep within each of us.”

–Audre Lorde
You’ve done this before.

• Talk about a time you successfully advocated for a client.

• What roadblocks did you navigate?

• What skills did you use?
If you have come to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.

4 CORNERS
MONICA
28 year old
Black
Cisgender woman
Christian
Straight
Upper class
Chronic pain
OCD

EMMA
52 year old
White
Transgender woman
Jewish
Asexual
Middle class
Army Veteran
Deaf

KD
35 year old
Latino/a/x
Non-binary
Agnostic
Queer
Middle class
Panic disorder
Depression

RAY
19 year old
Indian (student visa)
Cisgender man
Atheist
Gay
Working class status
Learning Disorder
Social Anxiety
What made you select this identity?
What made you NOT select the other identities?
Did you notice any biases?
What else did you notice?
If this were a client...

What are some ways this client’s life or wellbeing could be improved if the social/economic/political environment were to change?

List ideas for that should happen and what is our role in that change?