

# Embracing Social Justice

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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



# APA

- 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.

## PRIVILEGE

A special advantage or right that a person is born into or acquires during their lifetime. Often unaware of it and goes unexamined.

## ALLY

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.

## INTERSECTIONALITY

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.

## ACCOMPLICE

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.

## BIAS

A prejudice in favor of or against one thing, person, or group compared with another, usually in a way considered to be unfair.

## ADVOCACY

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).

## Political\*

Of or relating to the government or conduct of government.

“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



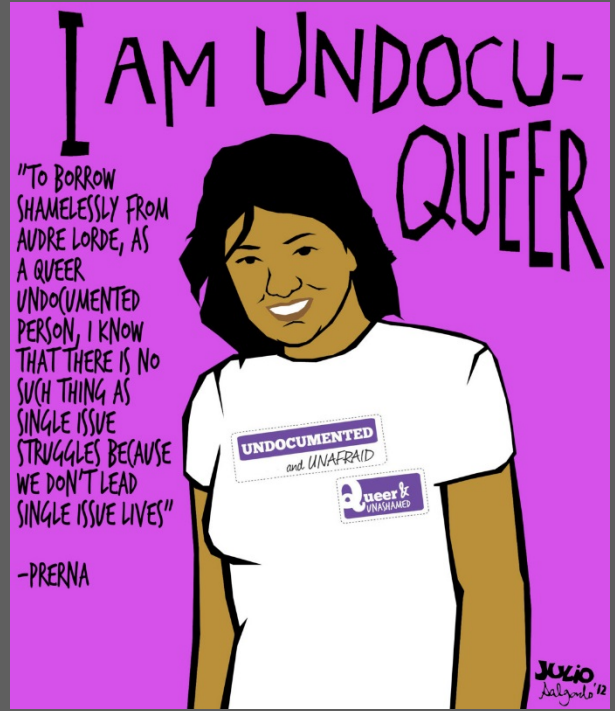
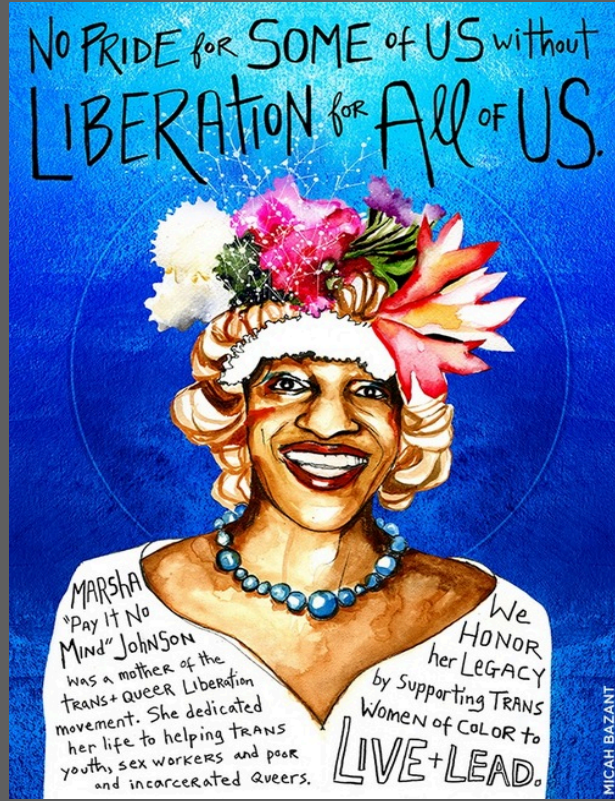
# You've done this before.

- 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.

ABORIGINAL ACTIVISTS GROUP QUEENSLAND, 1970s



# 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?