

RADICAL RESEARCH:

Promoting Healing Through Social Justice

WEBINAR RECAP Panelists define and explore Radical Research, and discuss how they work intentionally to promote healing through social justice focused research within different areas of study.



HELEN NEVILLE
DIVISION 45
PRESIDENT

CANDICE HARGONS

On racial violence and trauma: "I was exhausted, I was concerned. I felt like I had a **skillset** that could be useful and so I was thinking about... what I needed to do to contribute my skills to that."

"My identity as a researcher has kind of evolved and shifted as I've tried to figure out how I can, as a researcher, really impact social injustice."

"I started trying to think about developing **accessible, ecologically valid** in the real world, **culturally responsive**, and **evidence-based** intervention models for addressing the impact of racism."



MATT MILLER

"To me that is the most radical piece – is that the networks of scholars that came together to do this work grew."

"Through creating a community of scholars that were collaborative and growth-oriented, and courageous enough to give feedback, and courageous enough to give support and to be happy for each other for our successes, we have built a **knowledge base** that is critical I think to Latinx families in the United States, Mexico, and Puerto Rico."

**MELANIE
DOMENECH
RODRIGUEZ**

"If we are thinking about **critical consciousness**, if we are thinking about **liberation**... we are talking about an approach that is **challenging the status quo**. And for me that would also include the status quo of our structures of publication, of our ways of thinking about research and scholarship, and about ways in which we have been socialized to value certain kinds of knowing, or writing, or being, and not other kinds."



KAREN SUYEMOTO

MELANIE DOMENECH RODRIGUES, PH.D.
**CULTURAL ADAPTATION AND
LATINX MENTAL HEALTH
RESEARCH**

Cultural Adaptation Process Model

"Family structures create the conditions for oppression, and conducting sound research could be a really good vehicle for **providing a different context** and providing resources for **liberation** for these families."

Context → parenting practices → child outcomes

"We saw changes, we saw positive changes in families... In fact in some instances parents considered them therapeutic."

"We new were doing something right; we knew we were connecting with the community."

CANDICE HARGONS, PH.D
HEALING RACIAL TRAUMA

Race-based stress + limited coping strategies
= **racial trauma**

Research: Heart-rate variability Vs. HR under racism
Findings: Experiencing racism has biometric effect.
Black people have been found to have higher HRV – better ability to cope – but the examination of race-based stress has shown to have **long ranging impact on overall health**.

Intervention

Personal level: coping strategies

Systemic level: anti-racism work

RADICAL RESEARCH

MATT MILLER, PH.D.
**HEALING FROM RACISM THROUGH
FIRST-PERSON NARRATIVE
DOCUMENTARY FILM**

Communication science: presentation affects effectiveness

Narrative persuasion: changes health beliefs and behaviors

Validating experiences of racism → corrective emotional experience → allows distress to dissipate → increase racism coping self-efficacy → reduced impact of racism related stress

"In a way, filmmakers, therapists, counselors, clients, we are all story tellers in some way. And our work as social justice researchers who are really seeking to disrupt and end racial injustice... is crafting and empowering and **healing narratives**."

KAREN SUYEMOTO, PH.D.
**HEALING THROUGH
SCHOLARSHIP:
BROADENING OUR PERCEPTIONS
AND POSSIBILITIES**

Epistemology: whose voices are heard, what questions are asked, and why they're asked

Goal-centered Research:

Scholarship centering ultimate goal and the effect of that goal, and less focus on a particular method or approach in the field

"Thinking about how to use the knowledge that we have to influence other people's ways of **pushing against the status quo of oppression**."

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Society for the Psychological Study
Of Culture, Ethnicity and Race
DIVISION OF THE AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)

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