



Double Consciousness and Afro-Latinas:

NAVIGATING MULTIPLE IDENTITIES,
MENTAL HEALTH, AND
DISCRIMINATION

by Litza C. Bodden, LPC-S

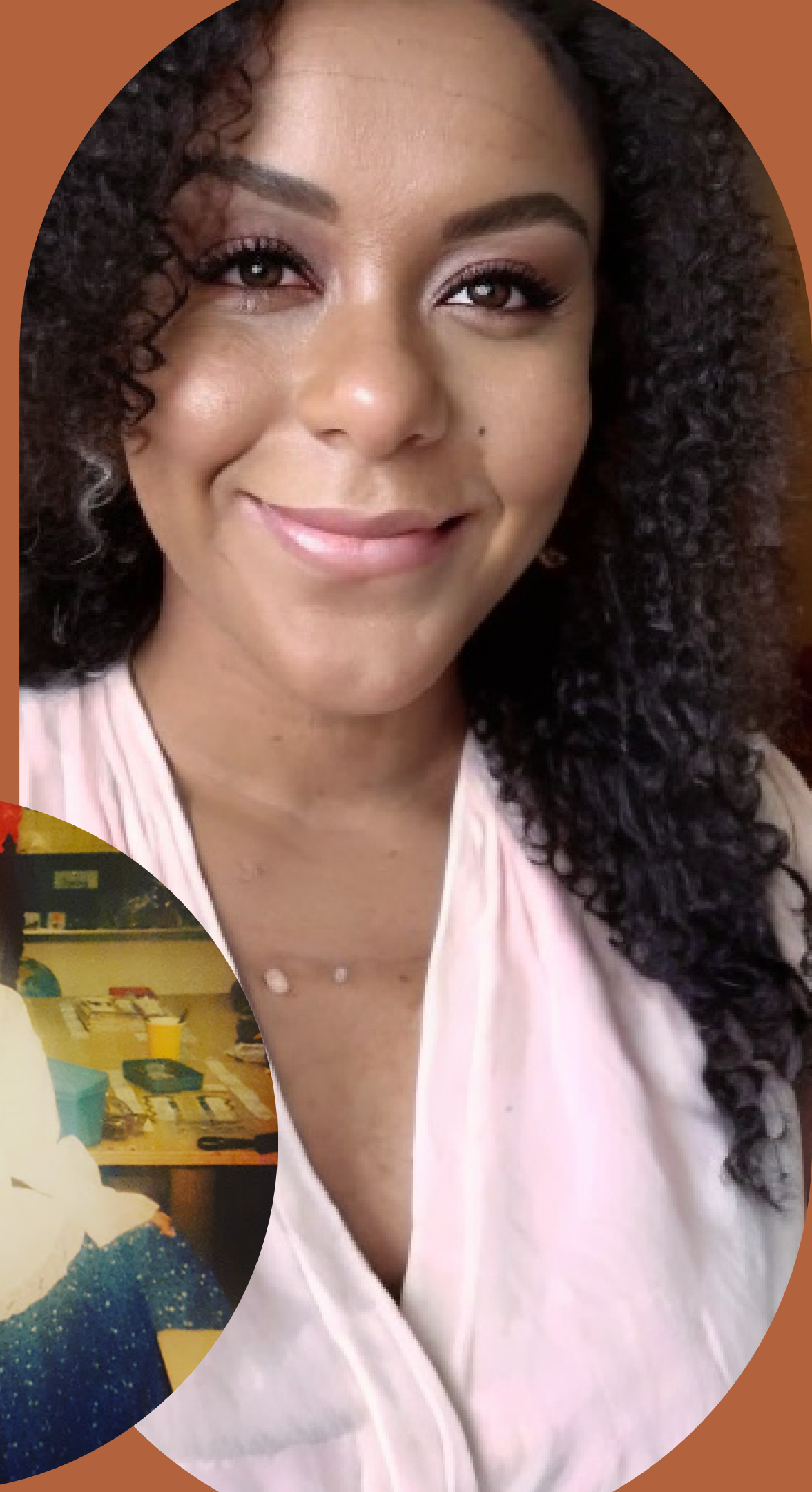
Karen C. Giddings, LPC





Karen Giddings

Karen Giddings, a Licensed Professional Counselor from Panama, specializes in trauma counseling in Dallas, Texas. With extensive experience helping individuals, couples, and families, she addresses challenges related to trauma, grief, anxiety, and depression. Karen holds a Bachelor's degree in Spanish and Psychology from the University of North Texas and a Master's in Counseling and Development from Texas Woman's University. She creates a safe and supportive environment, guiding clients towards healing and growth. Passionate about mental health awareness, Karen actively participates in community events and workshops while mentoring aspiring counselors. Her expertise in trauma counseling allows her to help clients overcome emotional and psychological effects, fostering their best mental health.

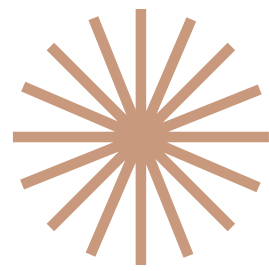


Litza C. Bodden

Litza is a licensed professional counselor-supervisor, speaker, and life coach who is passionate about changing the way people view mental health. Originally from Panama, Litza now resides in Dallas, Texas, where she owns and operates her private practice, Shining Lights Counseling LLC. With years of experience working with individuals of all ages, Litza helps clients navigate a variety of challenges and life transitions. Through her practice, Litza empowers clients by highlighting their inner strengths and encouraging self-care practices. Her ultimate goal is to help everyone let their inner light shine brightly. Litza has a Bachelors in Spanish and Psychology from the University of North TX and a Masters in Community Counseling from Argosy University.



Outline



- **Afro-Latina?**
- **Race vs. Ethnicity**
- **What is Double Consciousness?**
- **Challenges Faced by Afro-Latinas**
- **Impact on Mental Health**
- **Microaggressions and Discrimination**
- **Culturally Sensitive Mental Health Resources**
- **Dismantling Systemic Racism and Discrimination**
- **Increasing Representation and Visibility**
- **Engaging the Audience**
- **Conclusion**
- **Q&A Session**



Afro-Latinas???

The term Afro-Latino is relatively new in academia. It was adopted as a response to the invisibility of Black people while discussing issues of Latinidad ethnicity.

Other terms used to describe the Afro-Latino community are Afro-Hispanic or Black Hispanic, however, it is important to note that Latin and Hispanic, while often used interchangeably, are not synonymous terms.

Afro-Latino, Afro-Latina, Afro-Latine, Afro-Latinx

Black Latino, Black Latina, Black Latine

Afro-Caribbean or Black Caribbean

AfroLatinidad or Black Latinidad

Afro-Latin American or Black Latin American

Afro-Hispanic American or Black Hispanic American

Afro-Chicano

Afro or Black [ethnic/national group]

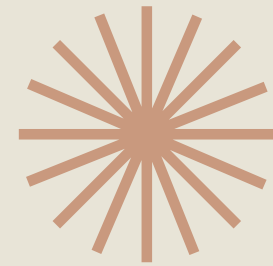




Race vs Ethnicity

Race:

a social construct that categorizes people into groups based on physical characteristics, such as skin color, hair texture, and facial features

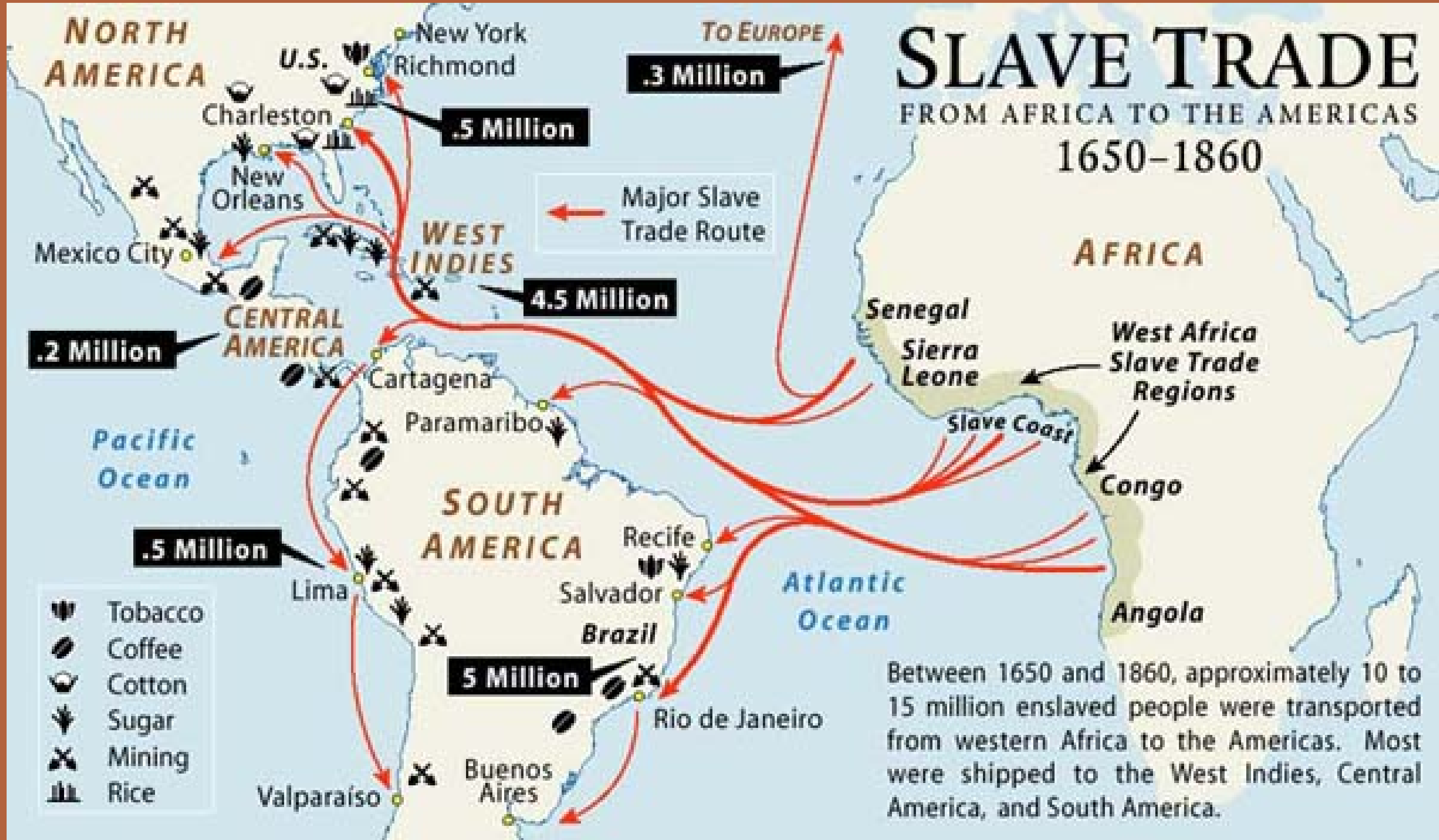


Ethnicity:

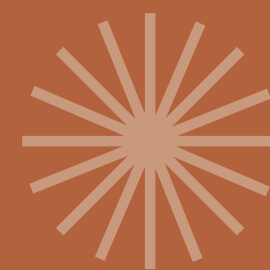
refers to a shared cultural heritage, ancestry, language, customs, and traditions. It is based on a group's cultural practices, beliefs, and self-identification. Ethnicity is often associated with a particular geographic or regional origin, but it is not limited to that.

SLAVE TRADE

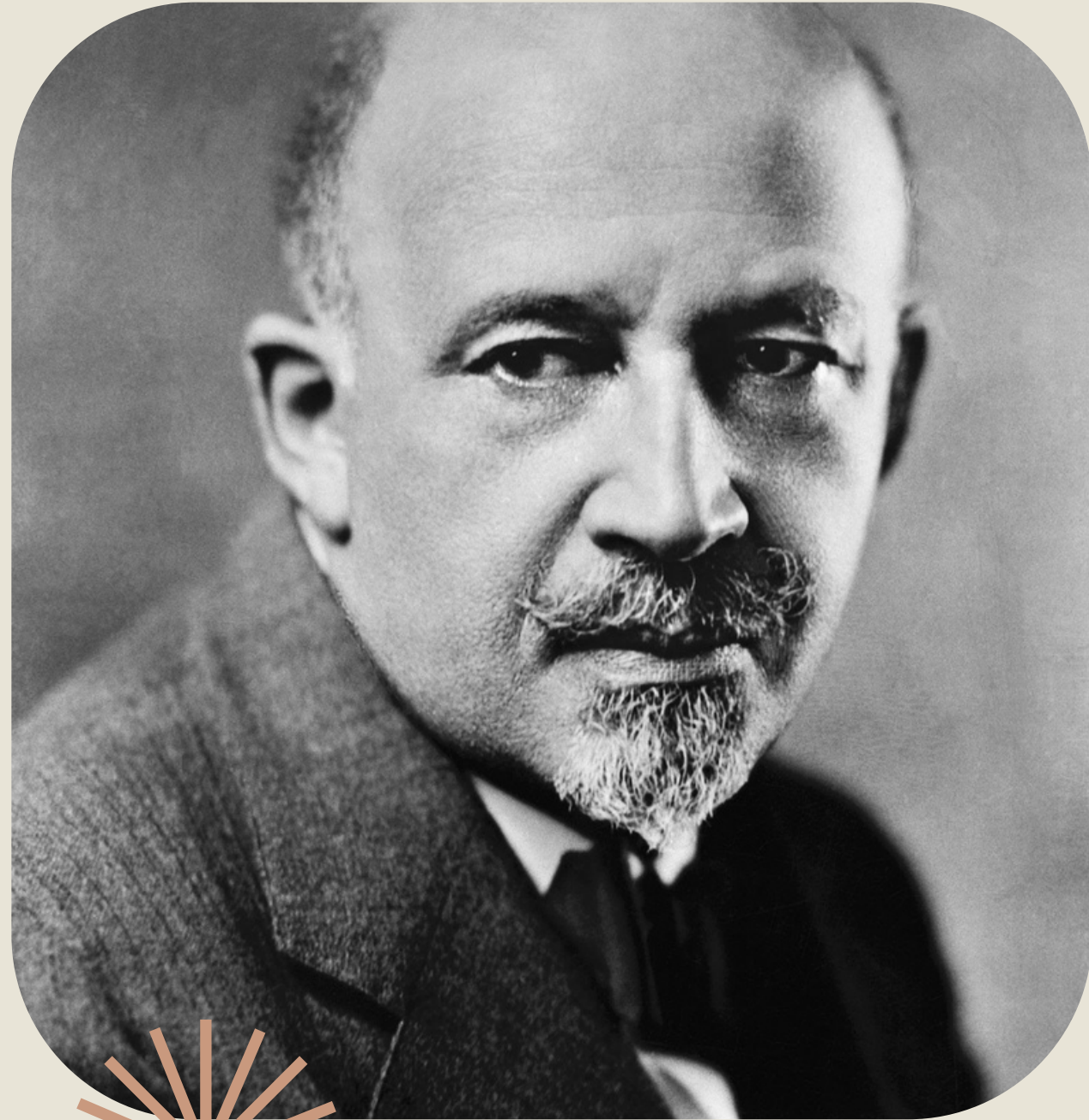
FROM AFRICA TO THE AMERICAS
1650-1860



Between 1650 and 1860, approximately 10 to 15 million enslaved people were transported from western Africa to the Americas. Most were shipped to the West Indies, Central America, and South America.



What is Double Consciousness?



W.E.B. DuBois

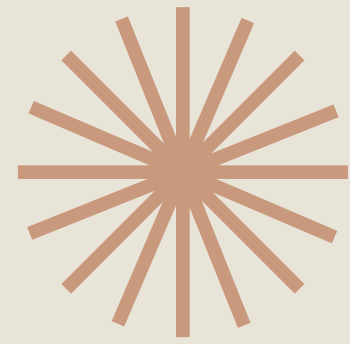
Who is W.E.B. DuBois

Du Bois was an American sociologist, socialist, historian, and Pan-Africanist civil rights activist. He is considered the first sociologist to articulate the agency of the oppressed.

Definition of Double Consciousness.

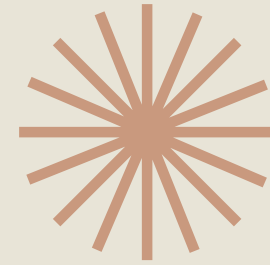
Double consciousness refers to the psychological experience of holding multiple identities and cultural expectations simultaneously.

How does it affect Afro-Latinas?



- **Identity Conflict:** Balancing identities can lead to confusion, identity crisis, and a loss of sense of self.
- **Emotional Burden:** Constantly managing cultural expectations and stereotypes can result in heightened stress and emotional exhaustion.
- **Internalized Oppression:** Internalizing societal biases can impact self-worth and overall mental health.
- **Isolation and Alienation:** Navigating multiple identities can lead to feelings of isolation and lack of social support.
- **Barriers seeking help:** Cultural stigma and limited access to culturally competent services may hinder seeking help.

Microaggressions & Discrimination



- Experience of subtle and overt forms of discrimination
- Examples of microaggressions faced by Afro-Latinas
- Effects on mental health and well-being

"I am both Black and Latina, and I carry the weight of microaggressions in both worlds. It's the constant questioning of my identity, the 'Where are you really from?' and 'You're not Latina enough.' These microaggressions may seem harmless, but they chip away at our sense of belonging. We deserve to be seen, heard, and validated in all our intersecting identities." - Anonymous

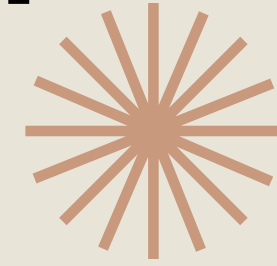


SHINING LIGHTS



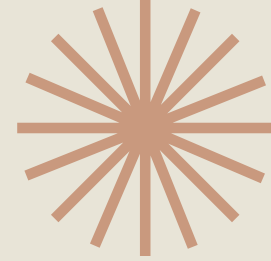


Challenges Faced by Afro-Latinas



“Black women are often overlooked in people’s conversations about racism and sexism even though they face a unique combination of both of these forms of discrimination simultaneously. This ‘intersectional invisibility’ means that movements that are supposed to help Black women may be contributing to their marginalization.” – Stewart Cole

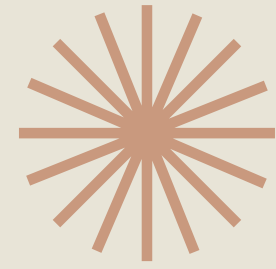
Impact on Mental Health



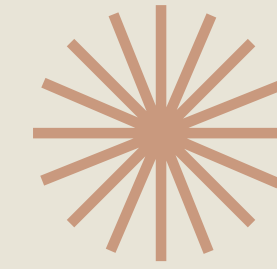
- **Feeling of isolation and identity conflict**
- **Low self-esteem and negative self-perception**
- **Higher risk of depression and other mental health disorders like:**

- PTSD
- Anxiety
- Intergenerational Trauma
- Eating Disorders





Culturally Sensitive Mental Health



**Importance of
tailored
mental health
support for
Afro-Latinas**



**Addressing
systemic
racism and
discrimination**



**Enhancing
inclusivity and
representation
in mental health
advocacy**



**Addressing
Stigma**



Dismantling Systemic Racism and Discrimination

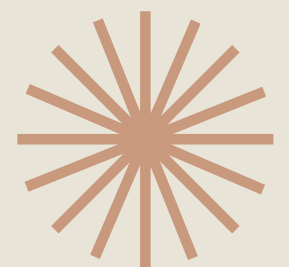
Systemic racism refers to the entrenched structures, policies, and practices within society that perpetuate racial inequalities and disparities. Discrimination, on the other hand, involves the unequal treatment and prejudice experienced by individuals based on their race or ethnicity

Strategies to challenge and dismantle systemic barriers



Creating safe spaces for Afro-Latinas to address mental health challenges

Promoting social justice and equity





Increasing Representation and Visibility

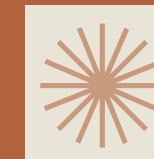
Representation matters, especially in the field of mental health advocacy. When individuals see people who look like them, it can have a profound impact on their sense of belonging and empowerment



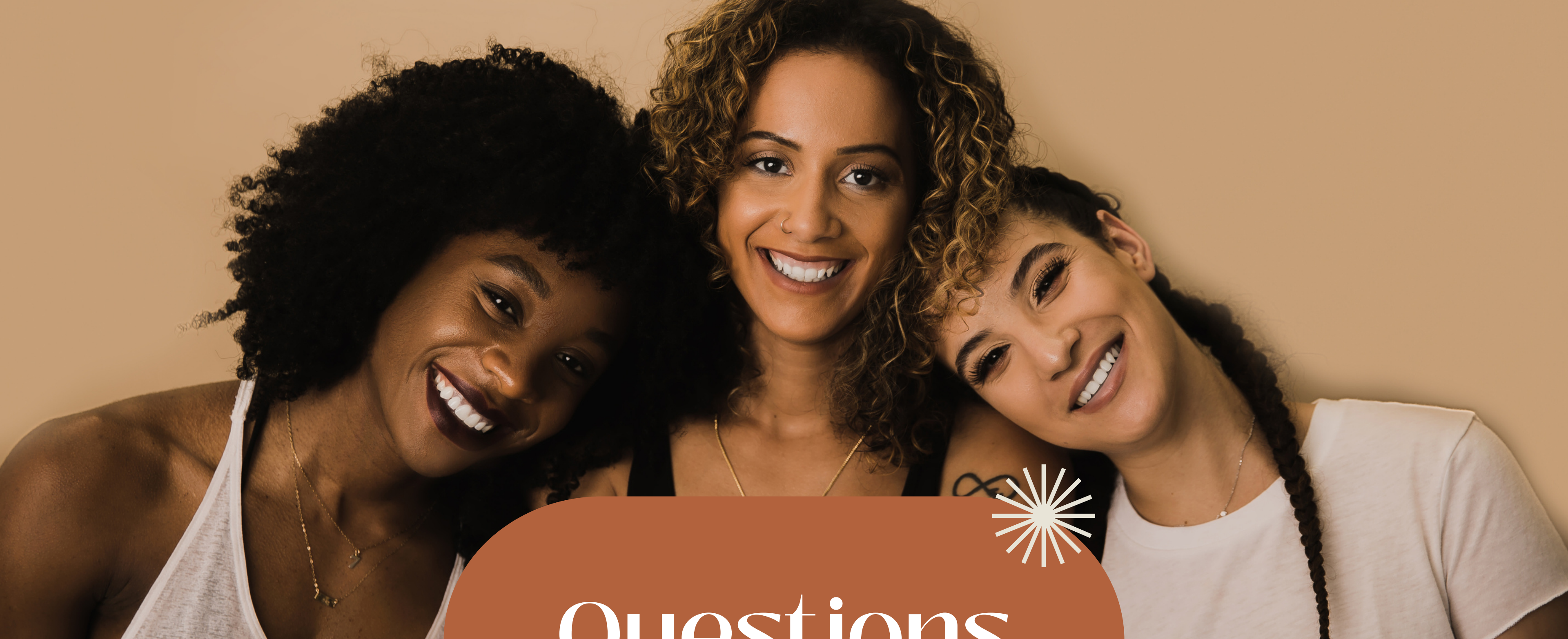
Importance of Afro-Latina representation in mental health leadership roles



Advocacy and initiatives for greater visibility



Celebrating Afro-Latina voices and experiences



Questions

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