

Supporting Undocumented Students: Presenting Concerns, Therapeutic Trust, & Legal Awareness

Diana Peña, Ph.D
Staff Psychologist
Undocumented Student Program &
Counseling & Psychological Services



UNDOCUMENTED
STUDENT
PROGRAM



UNIVERSITY
OF CALIFORNIA
BERKELEY

Overview

- Therapeutic Trust
- Presenting Concerns & Resources
- Legal Aid & Mental Health
- Campus Presence



UNDOCUMENTED
STUDENT
PROGRAM



UNIVERSITY
OF CALIFORNIA
BERKELEY

Increasing Therapeutic Trust

- Proactive communication about documentation
- Address well-being with attention to family/community
- Validate pressure to uphold good vs. bad immigrant



UNDOCUMENTED
STUDENT
PROGRAM



UNIVERSITY
OF CALIFORNIA
BERKELEY

Presenting Concerns & Resources

- Career anxiety & unknown future of DACA
 - [E4FC: Life After College Guide](http://www.e4fc.org/images/E4FC_LifeAfterCollegeGuide.pdf)
http://www.e4fc.org/images/E4FC_LifeAfterCollegeGuide.pdf
- Stereotype threat & academic performance
 - [Stereotype threat interventions:](https://ed.stanford.edu/sites/default/files/interventionshandout.pdf)
<https://ed.stanford.edu/sites/default/files/interventionshandout.pdf>
- Discrimination & Xenophobia
 - Teach discrimination & xenophobia coping tools:
#RacialTraumaIsReal (ISPRC, 2015)

Presenting Concerns & Resources (cont.)

- Deportation Fear

- Anxiety psycho-ed & coping techniques
- Red cards
- “Family Preparedness Plan”

https://www.ilrc.org/sites/default/files/resources/family_preparedness_plan_v3-20170323.pdf

- Resilience & Narrative therapy

- Artistic expression



Legal Aid & Mental Health

- Legal processes that address trauma
 - U/T –Visa
 - Special Immigrant Juvenile Status (SIJS)
- Psycho-ed /assessment of trauma and PTSD
 - The Report of the APA Presidential Task Force on Immigration: <http://www.apa.org/topics/immigration/immigration-report-professionals.pdf>



UNDOCUMENTED
STUDENT
PROGRAM



UNIVERSITY
OF CALIFORNIA
BERKELEY

Campus Presence

- Informal consultation (“Drop-in”/Let’s Talk)
- Range of support opportunities
 - Support group
 - Workshops (e.g. coping with xenophobia)
 - 1:1
 - Co-sponsored events with other campus services (e.g. career center)
- Law enforcement and mental health



UNDOCUMENTED
STUDENT
PROGRAM



UNIVERSITY
OF CALIFORNIA
BERKELEY

“The job of a good ally is not to save anybody, but to create the conditions to assert and grow their own power.”

– Rinku Sen



UNDOCUMENTED
STUDENT
PROGRAM



UNIVERSITY
OF CALIFORNIA
BERKELEY