

Lillian Comas-Diaz: A Trailblazer in Multicultural Psychology

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Abstract

Lillian Comas-Diaz helped found APA's Division 45, the Society for the Psychological Study of Culture, Ethnicity, and Race. In this poster, we highlight Comas-Diaz's journey from Chicago, to Puerto Rico, to Washington, DC, and how her personal experiences have influenced her work as a psychologist and an activist. We also emphasize future directions and applications of her research in an effort to advocate for increased multiculturalism and inclusion in the teachings, and future, of psychology.



“My clients, fellow travelers from diverse areas of the world, taught me that we all are part of the same circle... I have not separated my personal identity from that of a multicultural therapist. Culture, ethnicity, gender, race, among many other diversity variables, have infused plurality into my development.”

Creator and first editor-in-chief of the journal of *Cultural Diversity and Mental Health*

Lillian collaborated on a work, *Women of Color: Integrating Ethics and Gender Identities in Psychotherapy*, that became a focal point in studying gender and race

Furthering her research in racial trauma, microaggressions, and multicultural therapy with George Washington University

Helped found Division 45; the Society for the Psychological Study of Culture, Ethnicity and Race

Comas-Diaz's tenure at the University of Puerto Rico to receive her bachelor's degree coincided with Puerto Rico's political movement for independence, which bolstered her interest in oppression

Recognized with the achievement of the American Psychological Association Gold Medal Award for life achieve in practice of psychology