Strive for Diversity

Through my training in clinical psychology, my outlook on diversity continues to grow. My views on diversity have been shaped by and are integral to the roles I play as a clinical psychology trainee, scientist, teacher, and mentor. Below is my current lens and approach to diversity.

I must be intentional. My pursuit of diversity, equity, and *integration* has to be an intentional and active process. In this journey, I have found three ingredients to be essential: awareness, respect, and gratitude. I strive to become aware of diversity factors including race, sex, gender identity, sexual orientation, age, education, country of origin, language, religious and spiritual beliefs, physical disability, mental health, cognitive function. Respecting and showing gratitude for these differences is critical in my interactions with patients, research participants, and students. On a fundamental level this acknowledgement of human differences is what makes our interactions rich.