

TOWARD A PSYCHOLOGY OF CHANGE

HACIA UNA PSICOLOGÍA DE CAMBIO

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Mae Lynn **Reyes-Rodríguez** ¹

¹The University of North Carolina at Chapel Hill, North Carolina, United States of America

The Puerto Rican Journal of Psychology (reps) ended 2023 with its third issue that includes the special section “*Transformations and Emerging Problems in the World of Work.*” We have many reflections during the 2023 considering the various crises that are being experienced nationally and globally. We cannot ignore the state of war that exists in the Middle East where the most vulnerable communities are being displaced and massacred. We condemn any act of violence that threatens the lives and well-being of all communities, regardless of race, ethnicity, and/or religion. As mental health professionals, we are aware of the emotional damage that wars bring. The right to a dignified life is annihilated, leaving a trail of orphanhood, deaths, hopelessness, uprooting, separations, and traumas that will impact generations to come. Raising our voices and condemning acts of war and injustice is essential to putting ourselves on the right side of history. It is important not to overlook what underlies our scientific contribution is the well-being of our communities.

In our commitment to the equity and well-being of communities, we include a special section on emerging aspects in the world of work. This section includes five articles that address challenging areas in the workplace. Recently, the results of the study carried out by Álvarez, Oliveras, González and Disdier were published (December 2023)¹, in which they identified the needs of working women in Puerto Rico. A population group that is the central axis in the country’s economy, and with a remuneration that is not equated to their education, even with bachelor’s or master’s degrees. Among the results, acts of gender violence stand out through workplace harassment, gender discrimination, sexual harassment, working conditions that do not consider the needs of women (e.g., maternity,

menstrual period), double-time work hours that is not remunerated and low participation in supervisory roles, even though they have higher education compared to men. These and other areas of needs that affect other population groups need to be addressed if we want to foster spaces and working conditions that are fair and equitable. This issue also features five regular articles addressing a variety of topics. Two articles are aimed at addressing mentoring processes (Candelaria Sánchez & Serrano García) and the teacher-student relationship (Trejo-Rivera & Sánchez-Cardona). On the other hand, two other articles address processes associated with motherhood, coping with perinatal grief (Román Abrams & Plaza Montero) and perinatal depression outside the grieving process (Lugo-Tosado & Pérez-Pedrogo). Finally, we include an article that presents general guidelines for the treatment of dissociative identity disorders (González-Rivera). I hope that these articles continue stimulating our ways of working and our approaches and interventions.

I would like to thank the authors who have trusted the Puerto Rican Journal of Psychology for the publication of their papers, all the reviewers who contributed with the revisions of the papers to guarantee a higher quality, and of course, our editorial team, who with their support it would be possible to see the final product. I hope that in the new year we work toward changes in our society.

Mae Lynn Reyes-Rodríguez, PhD., FAED
Editor-in-chief
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¹ Álvarez O, Oliveras L, Gonzalez SE, & Disdier, OM (2023). Identificando las Necesidades de la Mujer Trabajadora en Puerto

Rico: Informe Interactivo. Instituto de Estadísticas de Puerto Rico. Disponible en: <https://estadisticas.pr/Necesidades-Mujer>.