

A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.



A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

My Life Matters

*BY: DR. ANN-LOUISE T. LOCKHART
PEDIATRIC PSYCHOLOGIST, PARENT COACH*

It is no secret that there is a great deal of unrest in our country and in our world. It is not something that just happened. It has been going on for centuries...literally. Throughout history various cultures have experienced oppression and discrimination. What I want to highlight in this week's newsletter is my experience. My experience being on both sides.

I will be speaking from my narrative. My experiences. My truths. I am a West Indian woman of African, Carib Indian, and European descent. I am originally from St. Croix in the United States Virgin Islands, located in the Caribbean. Growing up on the island of St. Croix my entire childhood, I saw people who looked like me in all kinds of positions of power and influence. I grew up learning, seeing, and appreciating the beauty of my skin, ethnicity, and culture. I was not ashamed. I was not treated differently. I was not invisible, ignored, or shamed for being Black. I represented the ethnic majority. I was proud! I was privileged.



At the age of 18, I arrived in Buffalo, New York to attend college. If you're not familiar with Buffalo, then you may not fully appreciate what a huge shift and culture shock this was for me. The college demographic was less than 3% African American. My world was literally reversed from how I grew up. People couldn't understand my accent. They didn't understand why I looked the way I did, made huge assumptions about what it meant to be an "island girl", and treated me differently simply because of how I looked. This confused me. I didn't understand it. I had never experienced that before. I was now a minority.

I remember my senior year of college I lived off campus. I was in the elevator with an older white woman. We had a fabulous conversation. At the end of our chat she said to me, "You're so lovely. You're not like the others." The others? What is that supposed to mean? I was the exception? Is that supposed to be a compliment? I later learned this statement is a microaggression.

I went through many phases of my racial identity development. I began to dislike my hair texture, questioned my place in the world and where I fit in, and even had dreams of being white! I was so confused. I eventually accepted myself for who I was and celebrating my place in the world. It was a painful, difficult, and overwhelming process.

Years later, during my graduate training program in Arizona, I had a client on my caseload. They were a white family and were openly racist. They frequently made comments about various ethnic groups within the therapy room. I had a white supervisor who said I was just being "too sensitive" and that they probably didn't really mean it like I took it. During the termination session after seeing this family for several months, the family had a question for me. I knew what was next. They said, "What are you?" I asked, "You mean, my ethnicity?" They nodded. I simply said, "I'm Black." They responded, "Yeah, but what are you really?" I replied, "I'm really Black." They proceeded to say, "Yeah, but you don't talk Black or dress Black or act Black." I was at a loss. Again, how am I supposed to respond to that? Is that supposed to be a compliment? Another microaggression.

**Ready to
have the tough
conversations?
Ready to change
your narrative,
biases, internal
dialogue so that
you are prepared
to raise the next
generation?**

We can help.

This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.


Pediatric Psychology, PLLC

**16607 Blanco Road, Suite 1107
San Antonio, Texas 78232
(210) 816-4149
www.anewdaysa.com**

Now, I have lived in a variety of environments in the U.S. from the east coast, midwest, west coast, southwest, and south. Everywhere I have lived, I have had to consciously consider many things: Where is the safest place to live for Blacks? Will I be able to find a hairstylist? Will I be the only one who looks like me? What about friends? Will I be the token Black friend or will there be others who look like me? Will there be safe spaces for someone like me? Should I straighten my hair to look “professional” as I have been told by white colleagues or should I wear my hair as is? Should I speak differently?

Here are some other questions I would have asked myself in advance had I known it would have been an actual experience (Note: these have been my actual experiences): Will I have to drive through Klan country to get to the airport? Will I be called the n— word by a white child client and wait while the parent does nothing to correct it? Should I address a white friend making a “slightly racially inappropriate” joke? Will I be called the “exception” because I am educated and articulate? Do I ask the white woman who just touched my hair that I would prefer that they don’t? Will I be able to find a makeup foundation that complements my skin tone? Should I tell my white supervisor that having my dress described as having a “shaka zulu vibe” offensive? Will I be the only Black woman at a social event? Is my child’s school ethnically diverse? Will their teachers represent diverse cultures? Will the curriculum teach them a bleached history or will they teach them the real thing? Will I be able to grow my social media presence based on the quality of my work or will it be overshadowed by the majority voice? Will I be the token presenter at a conference?

These are all situations I have experienced since I moved to the United States at age 18. These are all actual experiences I have had. Are you surprised, confused, bewildered, angered? Having to process and think through these things on a daily basis, multiple times a day sometimes is overwhelming. It is exhausting. I just want to live fully wherever I choose to live without having to think about all these details all the time. It is so exhausting. Putting on a mask and being the strong Black woman, but not wanting to be too strong for fear of being viewed as aggressive or angry or “making everything about race.” It is so exhausting. Even writing the collective memory of my experiences over my 30 years in the states is quite painful. No one should have to live like this. Yet, millions of Blacks/African Americans live like this every single day. It’s painful to have to fight for the right to exist, to be seen as someone who has worth, as someone who has value. Someone whose life matters.



**Visit us on Facebook at
A New Day Pediatric
Psychology and follow
us on IG at
@dr.annlouise.lockhart
or posts, stories,
podcasts, webinars,
and discussions about
how to change the way
you speak to your
children.**



Visit www.anewdaysa.com
for more info.

**This newsletter is issued every first and
third week of each month.**

**The purpose of this newsletter is to
educate, inspire, and bring healing and
awareness by discussing a variety of
behavioral health and medical conditions.**


Pediatric Psychology, PLLC

**16607 Blanco Road, Suite 1107
San Antonio, Texas 78232
(210) 816-4149
www.anewdaysa.com**

Does racial/ethnic privilege exist? Definitely. Like I said, I had lots of privilege growing up. I didn't have to think about my race or ethnicity. At least, not in a negative way. I loved my skin color and celebrated it amongst many other islanders who loved theirs too. Moving to the States changed all of that. People ask me how I stay so positive and upbeat in the midst of all this? I say this, how can I not? If I allowed myself to constantly be burdened by the reality of it all, I would be angry all the time. I would feel traumatized, sick, and unable to function. Wouldn't you?

Instead, today I choose to lift my voice, to educate others, and to have the tough conversations. I choose to speak openly with clients, friends, and colleagues from all ethnicities and backgrounds about the tough issues. I choose to speak to my young children and my family about our history of being kings and queens, enslaved, and revolutionaries. All of our history. I continue the dialogue. Like every other Black person in America, I just want my voice, my color, and my existence to matter. Like every human being.

My Life Matters



Did you know?

**Did you know that
A New Day Pediatric Psychology
now has 2 Pediatric
Psychologists on our team?!**



**That means, we are
specifically trained to help
children and their parents work
through and adjust to medical
diagnoses using
psychological interventions.**

Let us help you.

Visit www.anewdaysa.com to
schedule your appointment.

**This newsletter is issued every first and
third week of each month.**

**The purpose of this newsletter is to
educate, inspire, and bring healing and
awareness by discussing a variety of
behavioral health and medical conditions.**


A New Day
Pediatric Psychology, PLLC

**16607 Blanco Road, Suite 1107
San Antonio, Texas 78232
(210) 816-4149
www.anewdaysa.com**