



### The Power of Psychology: A Call to Action

*“There are two ways of exerting one’s strength:  
one is pushing down, the other is pulling up.”*

—Booker T. Washington

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2008 CPA President

While the featured articles in this issue address the multitude of ways psychology contributes to the betterment of our society, I am going to close the circle of my presidency where I began. My last presidential column represents a challenge to psychologists in California.

The “*Power of Psychology*” in California lies in our ability to identify the core values that bind us. What we have learned from the most profound historical movements of the world is that when people are touched by principles that resonate with their personal and professional livelihood, community is built. What we have also learned from some of the greatest movements in our history is that reliance on one person, one committee, or one association, potentially limits us. My question to psychology and psychologists in CA – *Where is our sense of community?* We can learn so much from our history. However, if we are going to launch who we are and why it matters to the world outside psychology, we cannot afford to make the same mistakes, nor repeat mistakes of our not so distant past. We cannot rely on any one individual or entity to take us where we need to go. As I end my year as president, I believe now, more than ever, that the “*power of psychology*” is not solely dependent on the limitless ways that we contribute to the world around us, but more in the way we can come together to influence, not just those who we serve, but also educate those who we do not. Additionally, we have not found that “*one issue,*” or “*several issues,*” that bring us together in a way that generates enthusiasm and energy to sustain our efforts. I remain concerned that regardless of our individual efforts, we will remain limited.

I also believe that the “*power of psychology*” means that we are open to change, not invested in maintaining the status quo, and to expanding the lens through which we conceptualize who we are in the context of a larger whole. The myopic lens, by which we focus at times, prevents us from casting our net beyond our psychological boundaries. When we come together, consistently, our power becomes limitless, penetrates all boundaries, and we foster the mass enthusiasm and energy that sustains our cause. This will mean that each of you will need to find that place that resonates most with who you are as an individual, and decide how you will make a difference. Together we can create the needed change. In Spanish we say “*Todo es posible,*” “*Anything is possible.*” However, I would change that to, “*Todo es posible cuando trabajamos juntos,*” “*Anything is possible when we work together.*” Find your place in the CPA, and in psychology, where you can make a difference.

It has been an honor and pleasure to serve as your president. Thank you for entrusting me to lead this association. I remain invested in securing CPA and psychology’s, future in California and nationally. I look forward to working with all of you in the years ahead.



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