

Rudy Roman, PhD, LMFT

Latinx Chicanx Center for Advocacy and Student Affairs (La CASA)

Tell us a bit about yourself.

I am a first-generation college graduate and first in my family with a doctorate degree. I completed my Bachelor of Arts in Psychology at California State University, Long Beach, and my PhD in Clinical Psychology at Pacifica Graduate Institute. I am a product of immigrant parents and the youngest of 3 children. I am also a father of one and consider my son to be my daily motivation.

What interests you about working with La Casa students?

My interest in working with the Latino/Latina/Latinx population is closely connected to my upbringing and experience as a first-generation college student. As a young child, my father encouraged the unity of communities, in particular communities sharing the common bond of culture; to help lift someone towards success symbolized and encouraged the success of Latinos as a whole.

In addition, as a first-generation college student, I found my experience to be one that was confusing and overwhelming. Since my parents did not attend college, figuring out college life was stressful to say the least. My hope is that I can provide the Latinx student population with the supports necessary to become not only successful students, but also successful individuals.

Do you have a favorite quote that keeps you motivated?

“I am not what happened to me, I am what I choose to become.” - Carl Jung

What do you do to de-stress?

I de-stress by spending time with family and friends, watching sports, exercising, and cooking.

