



Christauria Welland, Psy.D

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Christauria Welland, Psy.D. (Doctor of Psychology), a native of Canada, is a Catholic clinical psychologist residing in San Diego, California, USA. She is the founder of Pax in Familia, an international Catholic ministry dedicated to peace, and to the prevention of violence and abuse in Catholic families.

Dr. Welland was an invited speaker at the Catholic University of America conference in July, 2016, entitled *Hope, Help, and Healing: A Catholic Response to Domestic Abuse and Violence*. She was named as a special delegate to the upcoming Synod on the Family in the Diocese of San Diego (Oct. 29-30, 2016), where she will address the topic of the needs of young couples. She is currently arranging workshops for 2017 in South India, Rwanda, Ecuador, and Mexico, for priests, seminarians, and lay groups.

Dr. Welland was invited to speak at the World Meeting of Families in Philadelphia, USA, in September 2015. At the Meeting, Dr. Welland addressed the participants on the topic of pastoral responses to domestic violence in Catholic families. She was asked to speak on this area of specialization after a meeting with Bishop Jean Laffitte, Secretary of the Pontifical Council for the Family, in Rome during the Extraordinary Synod of 2014. His Excellency also requested that she write an illustrated booklet on pastoral responses to domestic violence in Catholic families in time for the World Meeting. This booklet was printed in six (6) languages and carries the imprimatur of the Bishop of San Diego. Archbishop Laffitte has written the preface to this booklet. Dr. Welland will present the booklet to all the Bishops of the universal Church, and provided copies for each of the Synod Fathers in Rome in October, 2015. The booklet is also available for free download online in all 6 languages at her website www.paxinfamilia.org/

In 2014, Dr. Welland sent copies of her Spanish treatment programs for Catholic couples and for partner-abusive men to His Holiness Pope Francis, through Archbishop Laffitte, and declared her desire to work for a more effective pastoral response to Catholic victims and perpetrators of domestic violence worldwide. She also gave a conference to the seminarians at North American College in Rome on the topic.

Dr. Welland has a private clinical psychology practice in Solana Beach, CA, where she works with a predominantly Catholic population, and a hospital practice in the rehabilitation department of Paradise Valley Hospital in National City. She sees patients, including victims of clergy abuse, for the Diocese of San Diego when needed.

Dr. Welland is Adjunct Faculty at Alliant International University in San Diego, where she has taught the doctoral-level licensure course on domestic violence since 2004. In September 2008, she received a Fulbright Specialist grant from the United States Department of State, to teach at universities in Mexico (UNAM and the Universidad Iberoamericana) and Peru (Universidad Nacional de San Agustín, Arequipa) on the topic of intimate partner violence (IPV or DV) and the treatment of violent men.

Prior to coming to San Diego in 1990, she spent 19 years as a professed religious of the Missionaries of Charity (of Calcutta), and as such, witnessed the effects of spousal violence on various continents, including 8 years in Mexico. Dr. Welland made partner abuse the topic of her doctoral studies, and has conducted further research on IPV among Latinos through the University of San Diego. She has written a column for families in a Catholic

weekly in Tamil Nadu, India.

As a result of working with Latino men who are violent to their partners in therapy groups since 1995, she co-wrote with David Wexler, Ph.D. a Spanish-language treatment program specifically for them, *Sin Golpes, Como transformar la respuesta violenta del hombre en la pareja y la familia*. The cultural adaptations were based on the literature and her doctoral dissertation, as well as a 4-year pilot study co-designed with Latino perpetrators in her therapy groups. This book and an accompanying workbook for the client were published in Mexico City in 2007 for distribution in the US and Latin America. It is one of the only approved treatment programs for partner-abusive men that includes sessions on the importance of spirituality in preventing relapse into violent behavior. With Neil Ribner, Ph.D., Dr. Welland published *Healing from Violence: Latino Men's Journey to a New Masculinity* in 2008 (Springer, NY). She has published articles on Latino IPV in *Violence and Victims* and in *Partner Abuse*.

She presents on the topic of IPV among Latinos and does intensive workshops at universities, parishes, houses of formation, conferences, and for state governments in the United States, Mexico (Mexico City, Guadalajara, Puebla, Chihuahua, Durango, Veracruz, Puerto Vallarta, San Luis Potosí, Mérida, Tijuana, Mexicali, Ensenada, etc.), Guatemala, Peru, Nicaragua, South India and Uganda. She was selected as a mentor for the APA Minority Fellowship Program in Washington in 2008. She often presents trainings with adults, young people and children on recognizing and preventing partner violence in their communities and their relationships, and has authored and piloted a research-based 8 week violence prevention program for Latino parents in San Diego area schools and parishes since 2005. These programs were published in Mexico in 2010 and 2011. She is also trained as an interpreter and translator for English/Spanish and presents material in Spanish as well as English.

In August, 2015, Dr. Welland partnered with the national pastoral coordinator of the Uganda Episcopal Conference to provide a three-day training to the priest pastoral coordinators and the head catechists of all the dioceses of Uganda. They discussed the topic of domestic violence and pastoral responses that are appropriate to Ugandan culture. This will be an ongoing collaboration to identify, pilot, and diffuse effective interventions to reduce and prevent domestic violence in Catholic families.

Dr. Welland and her husband of 25 years have been engaged in voluntary ministry with migrant workers at their parish in San Diego since 1992. In 2012 she received the Lifetime Achievement Award presented by Border Angels of San Diego, in recognition of her two decades in ministry with Mexican migrant workers in the San Diego area. She and her husband are the founders and directors of the Oaxaca Education Fund, ministering in person to the educational needs of Oaxacan families in the villages from where many migrants come to San Diego from Mexico.

Because Dr. Welland has worked with the very poor and uneducated for the past 45 years, she is well prepared to present not only to professionals in the catechetical and healthcare fields, but also to adapt the information for instruction and treatment with those who have lacked educational opportunities. Dr. Welland is an advocate for qualitative enquiry - listening to the voice of the poor and the cultural experiences of those who are in the field, to co-design interventions that will be most effective. She is deeply committed to educating Catholic clergy and pastoral workers on an appropriate response to and prevention of intimate partner violence in Catholic families worldwide. She and her patients, colleagues, and students pray that the Holy Father and the Bishops of the Church will address the victims and perpetrators of family violence, as well as those who minister to them, in an official document in the not-too-distant future.