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INTRODUCTION

A New, More Inclusive Name: The *Journal of Latinx Psychology*

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In this article, we introduce the journal's new name: the *Journal of Latinx Psychology* (JLP). We explain the rationale for the change, which is primarily about being as inclusive as possible with respect to gender and sexual diversity. We provide a brief explanation and history of the term Latinx as well as an overview of the process that the National Latinx Psychological Association undertook in changing the name of both the organization and the journal.

Keywords: Latinx, inclusivity, equity

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Welcome to a new year! As we enter our sixth year, we are excited to continue to serve as a home for the advancement of Latinx psychology. The last 5 years have been tremendously successful, as we have witnessed steady growth in the number of submissions while maintaining the journal's high quality and rigor of published research. In 2018, we were also pleased to learn that the journal received its first impact factor score (1.375) from Clarivate Analytics, a welcomed milestone in establishing the journal's presence as an important academic outlet in our field. The sustained success of the journal is due to the impressive scholarship taking place all over the country as well as to the hard work of the journal's editorial team. Our current team consists of Drs. Ignacio Acevedo-Polakovich, Consuelo Arbona, Esther Calzada, Edward Delgado-Romero, and Omar Gudiño. These internationally reknowned scholars are supported by a thriving group of consulting editors and reviewers as well as American Psychological Association production staff who support the publication process in invaluable ways.

Readers will surely notice that the sixth volume of our journal arrives with a small but meaningful change in our name: we are now the *Journal of Latinx Psychology* (*JLP*). This change was made for several reasons, including recognizing the evolving nature of language, being as inclusive as possible around gender, and being consistent with the name of our parent organization, the National Latinx Psychological Association (NLPA), which also recently changed its name. In this editorial, we provide a brief explanation and history of the term Latinx (pronounced *La-teen-ex*) as well as an overview of the process NLPA undertook in changing the name of the organization and the journal.

"Latinx": A Move Toward Equity and Inclusion

Language is always evolving, so it is not surprising that the terminology used to describe individuals who trace their heritage to Latin America has also been dynamic (Santos, 2017;

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Vidal-Ortiz & Martínez, 2018). One of the first pan-ethnic terms, Hispanic, was created in 1978 by the Federal Office of Management and Budget to better identify, count, and understand the growing immigrant population from Latin America (Alcoff, 2005; Delgado-Romero, Manlove, Manlove, & Hernandez, 2007; Rumbaut, 2006). This term is generally understood to refer to individuals who identify as being of Spanish-speaking background and who trace their heritage to Spain, irrespective of race (Rumbaut, 2006). Subsequently, the term Hispanic became the official term of the U.S. Census Bureau and all other governmental agencies (Alcoff, 2005; Rumbaut, 2006). Importantly, although the term was broadly disseminated, it was not necessarily widely taken up by those to whom it referred: Many individuals identified more with their national or regional origins, preferring terms like Mexican American, Cuban American, or Puerto Rican (López, 2013). Still others preferred terms with more political connotations, such as Chicano (Urrieta, 2007).

In the 1990s, the term Latino began to emerge as an official and alternative pan-ethnic term. Although this term has its roots in Latin and Roman culture, it was first used in the U.S. Census in 2000 (Delgado-Romero et al., 2007; Rumbaut, 2006; McConnell & Delgado-Romero, 2004). Although the two terms are often used interchangeably (Salinas & Lozano, 2017), there are important differences. In particular, the term Latino is generally understood to refer to individuals with heritage in Latin America, but not Spain, and so includes individuals whose cultures did not necessarily speak Spanish, including those from Brazil (Salinas et al., 2017; Santos, 2017). Some self-identified Latinos preferred this term because it represented the rejection of a term that felt imposed on them by the U.S. Government (Fears, 2003; Gonzales, 1992; Vidal-Ortiz et al., 2018). As such, some of the preference in terminology has been connected to political activism because Latino has been considered to be a more progressive term (Alcoff, 2005; Delgado-Romero et al., 2007; Vidal-Ortiz et al., 2018).

However, using the term Latino involved several considerations when thinking about the inclusivity of the journal. In particular, it is a gendered word that, in typical Spanish usage, would indicate the gender of the referent individual (i.e., Latina when referring to a female, Latino when referring to a male). Moreover, when referring to more than one person, the masculine form would be used for all groups except those composed entirely of women. Thus, a group of nine women and one man would be referred to as Latinos, as would a group of 10 men and no women (see Vidal-Ortiz et al., 2018 for a discussion of this point). This male-centered approach is at odds with the mission of the journal and the NLPA, both of which endeavor to maintain a stance that is affirming to all members of the Latinx community. As a result, the NLPA Leadership Council (LC) made the conscious decision to use the term Latina/o in the name of both the organization and the journal. Using the term Latina/o, although awkward when spoken and not aligned with traditional Spanish, draws explicit attention to the importance of gender and equity. Thus, from its inception, the NLPA and *JLP* have been conscious of the importance of names and the messages they send.

Although this approach lasted for the first 5 years of publication, there has been a growing awareness that the term Latina/o also had important limitations. In particular, it reified the cis-gendered heteronormative gender binary that assumes the existence of only two genders (Santos, 2017; Vidal-Ortiz et al., 2018). As a result, it excludes individuals who identify their gender in ways that exist outside the gender binary. These individuals include those who identify as transgender, genderfluid, genderqueer, agender, and others (Santos, 2017). As a result, several alternative terms began to emerge, including Latinx, Latin@, Latine, and LatinU (Vidal-Ortiz et al., 2018). The term Latinx is the one that has acquired the most attention and begun to be used in academic and social circles alike (Santos, 2017; Vidal-Ortiz et al., 2018). It is used to challenge the gender binary of language; to build unity and affirmation with the diversity of all humankind; and to bring attention to the colonization, marginalization, and violence created by this binary (Blackwell, Lopez, & Urrieta, 2017; Santos, 2017; Vidal-Ortiz et al., 2018).

It is true that the term Latinx has been criticized as being a form of intellectual imperialism (Guerra & Orbea, 2015), as inconsistent with traditional Spanish language grammar (Real Academia Española y Asociación de Academias de la Lengua Española, 2018), as an-

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other inappropriate pan-ethnic term that obfuscates within-group variability (Hernandez, 2017), or as a term that could risk erasing important gender struggles advocated by cisgendered women (Trujillo-Pagán, 2018). These criticisms have been explored in a variety of eloquent articulations (e.g., De Onís, 2017; Santos, 2017; Scharrón-del Río & Aja, 2015), and thus, we will not repeat them here. However, through a process of careful discussion of these issues of language and inclusion, the NLPA leadership and the editorial team of *JLP* believed that the terms Latino and Latina/o were leading our journal to feel increasingly exclusionary, out of step with changing norms, and inconsistent with its mission and the values of the organization to which it was connected. Something had to change.

NLPA and Latinx

In parallel with these reflections on the name of the journal, the NLPA in 2018 undertook a process to review its name and consider changing the term Latina/o to Latinx. Because the term Latinx represents an all-inclusive identification that is not grounded in a gender binary model, the NLPA believed that a name change would embody the organization's social justice mission by making it clear that it is inclusive to members of our sexual and gender-diverse community. In addition, the change would support the organization's role as a national thought leader, allow it to remain relevant and current in the field, and perhaps most importantly, clearly state that the NLPA welcomes and values everyone in our community.

NLPA leadership has historically been forward thinking and intentional in defining the Association's identity, as evidenced by its choice to name the organization the National *Latina/o* Psychological Association in 2002. This original decision to use the term Latina/o, rather than Latino, highlighted the organization's commitment to inclusivity and self-definition, and it demonstrated the NLPA's flexibility, courage, and foresight. As a result, the NLPA's recent discussion to replace the term Latina/o with the term Latinx is consistent with the values that the organization has demonstrated since its inception.

The process of considering the use of the term Latinx in the organization's name was initiated by a proposal from a former Student Representative, Laura Minero, who noted that the term Latinx would send a message of greater inclusivity to all members of the NLPA, in particular to those who identify as lesbian, gay, bisexual, transgender, and questioning (or queer), gender diverse, or nonbinary. Upon receiving the proposal, NLPA's LC held extensive discussions to consider all of the arguments relevant to changing the association's name to use the term Latinx. The LC recognized that language evolves and that the NLPA and *JLP* could play an active role in contributing to this evolution. The LC also acknowledged that there is no existing perfect term that embraces the complexity and diversity of nuestra familia. Moreover, the LC also recognized the potential consequence of inaction if the proposal was deferred to a later date in the hopes of identifying a different term in the future. These Council discussions were informed by NLPA's commitment to social justice and human rights and guided by its mission "to create a supportive professional community that advances psychological education and training, science, practice, and organizational change to enhance the health, mental health, and well-being of Hispanic/Latina/o populations" (National Latinx Psychological Association, 2018). The LC understood the significance of this change and the potential for differing perspectives within our membership, and so, it created a space to hear from all perspectives, consistent with NLPA's commitment to respectful dialogue and open communication.

As part of a process to elicit membership feedback, the LC engaged NLPA's sexual orientation and gender diversity special interest group (Orgullo Latinx SIG). Orgullo developed and helped distribute an anonymous poll to all members that asked about support for changing the organization's name to use the term Latinx instead of Latina/o. Fifty-six members responded to the survey, of which 68% ($N = 36$) indicated support of the name change, whereas only 21% ($N = 12$) expressed opposition. Thirty-three respondents also added qualitative comments. An informal content analysis of these comments indicated that that 67% ($N = 22$) conveyed clear support and 24% ($N = 8$) expressed mixed reactions (i.e., both support and concern; did not endorse but did not rule out), whereas only 9% ($N = 3$) conveyed clear opposition.

Following the dissemination of this survey, Orgullo held a membership-wide conference call in February 2018 to discuss the issue in an open format. In this discussion, there emerged a general consensus on several points, including the strong sentiment that the NLPA has a history of being inclusive, challenging traditional language norms around gender (e.g., using the previously novel term Latina/o), and welcoming all members. Thus, members on the call expressed a desire for the NLPA's name to be as inclusive and representative as possible.

Because NLPA bylaws require a membership vote on this type of change, the LC put the issue to a formal vote in April 2018. Of 140 votes, which represented 28% of the total membership 89.3% ($N = 125$) voted in support of the name change. As per NLPA organization bylaws, because less than 50% of the organizational membership participated in the vote, the executive board voted on the name change at the June 2018 LC meeting. The vote was unanimous (7-0-0) to approve the name change. Ultimately, what members of the LC found most compelling, and why the change was supported was the recognition that NLPA members—nuestra familia—particularly those who identify as gender and sexual minorities, have felt marginalized, excluded, or devalued by the status quo. It was recognized that other members might leave the NLPA because of this change, although it was hoped that this would not occur or be minimal. The NLPA LC felt secure in its decision because the name change is consistent with the NLPA's mission and its commitment to social justice to recognize and act to address something that is both within its control and negatively impacting its members. Inaction perpetuates existing, known injustices.

Following this decision, Dr. Elizabeth Aranda, current Orgullo SIG cochair, served as chair of the Name Change Task Force that coordinated all matters related to the transition to the new name. She worked closely with the then-presidential trio (Drs. Fred Millán, Y. Evie Garcia, and Brian McNeill), coordinating with the LC and all relevant stakeholders (including the website, this journal, and the NLPA newsletter *Latinx Psychology Today*) to ensure a smooth and timely transition. This included formal incorporation under the new name as well as commissioning the design of the new logo that appears in this issue. With regard to JLP, once the NLPA formally advanced its own name change, it was a relatively quick process to change the name of the journal. Discussions with the associate editors, the NLPA's LC, and our American Psychological Association publishing partners facilitated the transition.

Final Thoughts on Latinx and JLP

With this name change, the NLPA and JLP are making an affirmative and transparent decision to elevate the use of the term Latinx, and its plural Latinxs, over other terms, including Latina/o and Latina/o/x. However, an important value that guides the mission of the JLP is that all individuals should have the autonomy to make their own decisions about language. We therefore will continue to accept articles in which the authors use terms other than Latinx to refer to this population. We ask that authors be thoughtful about their choices of terminology and those authors who choose to use terms other than Latinx explain their rationale in a footnote. Apart from the name of the journal, these changes in terminology will not occur immediately because a number of in-press articles have already been published in our Online First Publications.

Our journal's success and growth are a reflection of the outstanding academic work that is currently being conducted in the field of Latinx mental health and psychology. The journal, like its parent organization, the NLPA, strives to include and reflect the wide and diverse experiences of individuals from all Latinx backgrounds. Although the current sociopolitical climate can at times devalue and marginalize members of the Latinx community, the mission of our organization is to maintain a strong, affirmative, and inclusive stance. We are proud to promote a professional space that promotes a culture of inclusivity, one in which hopefully all feel welcome. Our strength is in our unity, and as such, we are excited about the evolution of our organization and the journal. We look forward to your article submissions and encourage you to enjoy the articles in this issue.

Resumen

En este artículo, presentamos el nuevo nombre de nuestra revista: el *Journal of Latinx Psychology*

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(JLP). Explicamos las razones para el cambio, que se trata principalmente de ser lo más inclusivo posible con respecto a la diversidad sexual y de género. Proporcionamos una breve explicación e historia del término Latinx, así como una descripción general del proceso que la National Latinx Psychological Association llevó a cabo para cambiar el nombre de la organización y la revista.

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