

A LEGACY OF GROWTH: A TRIBUTE TO GUILLERMO BERNAL'S CONTRIBUTIONS TO PSYCHOLOGY

UN LEGADO DE CRECIMIENTO: TRIBUTU A LAS
CONTRIBUCIONES DE GUILLERMO BERNAL A LA PSICOLOGÍA

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In this first issue of 2025, the Puerto Rican Journal of Psychology (*reps*) pays tribute to Dr. Guillermo Bernal's legacy to the psychology field in Puerto Rico, Latin America, the Caribbean, and internationally. For *reps*, Guillermo left a significant legacy during his tenure as editor-in-chief (2015-2020), shaping his vision and structuring the editorial processes to enhance their rigor on the path to internationalization.

On a personal level, I met Guillermo in 1997 when he was member of my dissertation committee. However, it wasn't until 1999 when I began a second specialty in clinical psychology and he was my professor for my first clinical practicum, that we began a collaboration that would define my professional career. I remember him being amazed to have me as a student, after seeing me defend my dissertation two years earlier. He asked me what I was doing and immediately told me he had a job and thought I was the right person. That's how he recommended me to serve as project coordinator of a clinical trial for depression, in which Guillermo was a co-investigator with Dr. Margarita Alegría, at the Medical Sciences Campus. This collaboration, which continued over the years, had an impact on my professional development as a researcher and, unmistakably, laid the foundation for my development as a researcher and my professional career. Although our research interests diverged, I always had his support in the projects I organized at the Institute of Psychological Research. Sometimes he would say to me, "I don't agree, but if that's what you want to do, I support you." In 2008, when I had the opportunity to move to the University of North Carolina at Chapel Hill, he was excited about what the move would mean for me, but he also wanted me to stay at IPSI and continue my projects. He respected and supported my decision, and we stayed in touch, sharing our professional journey and pushing me to continue developing to my full potential.

When I took over the role of editor-in-chief of the *reps* in 2021, we discussed it, and he shared wise advice on how to continue developing the journal. I remember it today and continue to value it. I am grateful for his commitment to mentoring and for paving the way for his students to fully develop. I am grateful for his continued commitment to our capabilities and for selflessly making all the resources and his professional network available to us for our professional development. For this and many other reasons and contributions to our discipline, we celebrate his legacy.

This first issue of Volume 36, in recognition of his legacy to psychology, includes a special section with comments from colleagues who, over time, developed a bond of friendship and reflect on Guillermo's contributions in the various roles he assumed as a professor, mentor, researcher, and dream maker. In this special section, we feature a commentary written by Dr. Ricardo F. Muñoz and Dr. Yvette J. Flores, who recall Guillermo's beginnings in the University of California and how they transformed a psychology department into one that was more diverse and culturally sensitive. Dr. Wanda C. Rodríguez Arocho tells us about the training programs Guillermo developed since his arrival at the University of Puerto Rico, Río Piedras Campus, and the impact they have had on hundreds of students who today hold important positions in Puerto Rico and beyond. This impact is evidenced by the commentaries of Dr. Mildred Maldonado-Molina and Dr. Eduardo Lugo Hernández, who were part of these training programs. Finally, Dr. Lillian Comas-Díaz talks about Guillermo's contributions to psychology in the United States, particularly his leadership of task groups within the American Psychological Association to promote culturally sensitive interventions. Each comment highlights his role as a mentor, researcher, and dreamer for a more just and culturally sensitive psychology.

This issue also features seven regular articles addressing a variety of topics. From the regular articles, two of them present therapeutic modalities. Olmo Jesus Sierra Moreno presents the impact of group therapy for depression from a psychodynamic model, while Horacio Daniel García et al. present a psychotherapeutic intervention using a virtual assistant in a case of alcoholism. Jorge Chávez Bidart et al. present an overview of psychological practices in Uruguay. On the other hand, we have an article that assesses the needs of the homebound population and the stereotypes associated with them (Vázquez, S.A., et al.). The well-being of caregivers is a focus of attention in two of the articles. Rodríguez Rivera et al. study the psychological well-being of caregivers of adults with dementia in Puerto Rico, particularly during the pandemic. Also, Rolón-Sanfeliz et al. present their study with caregivers of adolescents with type 1 diabetes. Finally, we present a study that develops and validates a scale on

agency in the professional process among adolescents in France (Ollivier & Soidet). This study underscores the importance of validating instruments in cultural contexts. I hope this issue continues to foster interest in further research for the improvement of our communities.

Finally, I would like to thank the authors who have trusted the Puerto Rican Journal of Psychology to submit their work, all the reviewers who contributed with the review process of manuscripts to guarantee a higher quality. A special gratitude to our editorial assistants Jorge L. Rivera Carrasquillo and Mariely Vélez Pérez for their assistance on the details of the editorial process and Dr. Marco Peña-Jimenez, for the coordination and production.

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