



ASIAN AMERICAN PSYCHOLOGIST

Newsletter of the Asian American Psychological Association February 2014

President's Column Sumie Okazaki

Greetings from New York! Even as I write this on a very cold winter night in January, the AAPA leadership is thinking “summer in DC.” In this issue of the newsletter, you will see the Call for Proposals for the August AAPA Convention in Washington, DC. As always, we encourage all members – professionals and students, academics and practitioners – to submit proposals and posters. In keeping with the Presidential theme of “giving Asian American psychology away,” the convention theme will also emphasize the ways in which we Asian American psychologists and allied professionals can engage with the larger public through policy advocacy, community outreach, and media outreach along with research and practice. Our annual convention also builds connections, networks, and friendships over shared dialogue, shared meals, and shared time together. So do start thinking about attending and participating in the 2014 AAPA conference!



Another important way in which we encourage AAPA member participation is through the annual election of our officers and division leadership. In this issue, you will also see a call for nominations for leadership positions in the organization. Please nominate yourself and your colleagues.

Finally, I would like to share with you about a recent opportunity I had to represent AAPA as the president. AAPA was invited to a planning meeting for a submission of a large grant proposal to establish a National Research Mentoring Network. This grant proposal is responding to an NIH request for proposal (RFP) to provide innovative and transformative solutions to increase the pipeline of under-represented minority scientists in STEM disciplines. (There is a long story of how AAPA ended up at the table, but the important thing is that we were at the table.) Even though the main focus of this NRMN grant is on biomedical sciences, I was delighted to see a good number of psychologists at the planning meeting – not only because we have a stake in increasing the pipeline of behavioral scientists but also because psychology has a great deal of relevant research and practice surrounding diversity issues in higher education. It was wonderful to be able to dialogue with scholars and educators from biomedical and behavioral science disciplines who care deeply about changing the culture of science and mentoring to improve the training experiences for underrepresented minority students and scholars at every level of career development. This gathering also got me thinking about how AAPA can improve our mentoring capacity. Our annual conference is the most active venue for mentoring and networking, but we can be doing more to build resources and capacities to facilitate mentoring of Asian American undergraduates, graduate students, post-docs, and junior colleagues year-round. I would love to hear your ideas and suggestions on facilitating successful mentoring within our organization. Please contact me at Sumie.okazaki@aapaonline.org!

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New AAPA Committee on Policy and Legal Cases

Kevin Nadal, Ph.D.

In fall of 2013, a Task Force formed to create procedures for how to best conceptualize how AAPA can approach policy and legal cases. One reason for this was that attorneys seeking amicus curiae briefs for legal cases had approached AAPA several times. The Executive Committee (EC) thought it best to form a task force to address the issue. This was because our governance structure did not have the full capacity to engage in this task. Furthermore, because Sumie and I were interested in "giving Asian American psychology away" as part of Sumie's presidential initiative, we thought it would be necessary to brainstorm ways to advocate for policy that affect Asian Americans.



I was fortunate enough to chair this task force and was able to work with several AAPA members who represented both academia and clinical practice. These included Drs. Helen Hsu, Selena Kohel, Teresa Nguyen, and Devika Srivastava. The task force proposed the formation of the "AAPA Committee on Policy and Legal Cases (CLPC)." They recommended that the committee consist of three to five AAPA members that represented the broad range of practitioners, academics, researchers, early career psychologists, and graduate students. The two main tasks of the committee would be the following:

(1) When an individual or group asks AAPA for support or backing for a policy or amicus brief, the proposal would be forwarded to the CLPC. The CLPC members would review the brief themselves or would seek consultation from other AAPA members who may be experts. They might also seek legal consult if necessary. Within a one to two week period, the CLPC would then present the EC with a brief report, discussing whether they would support the case. From there, the EC can vote if they agree with the CLPC's recommendation. Subsequently the EC can request more information or read the policy/amicus brief themselves, if desired.

(2) The CLPC can potentially create "AAPA Policy Statements" on various topics of interest, on which the EC can hold a vote. Sample policy statements can include stances on public court cases (e.g., the 2013 Supreme Court cases on marriage equality and affirmative action). Sample policy statements can also relate to popular media (e.g., the past "Tiger Mom" or "Linsanity" controversies). If the EC votes "yes" on these statements, the statements can be published on the AAPA website, the AAPA Google Groups listserv, and through social media sites. (Note: A sampling of policy statements created by APA is available here: <http://www.apa.org/news/press/statements/>).

In January 2014, the AAPA EC unanimously voted yes on the formation of this committee. We are now looking for individuals who are interested in serving in this committee. Individuals of all backgrounds and areas of expertise (including graduate students) are encouraged to apply! Please e-mail your name and a brief statement (300 words or less) describing your background and interest by March 1, 2014 to kevin.nadal@aapaonline.org.



Breaking Boundaries, Uniting Families



This January marks the fourth birthday of [South Asian Parent](#), an online magazine that caters to questions and conflicts that, let's face it, *often* occur between generations regarding longstanding cultural traditions, taboos, and ways of raising children. This year is a big milestone for the magazine, and AAPA is proud to note that contributors to South Asian Parent have included members of our organization.

Uttama Patel, Founder and Editor of South Asian Parent, talks about what inspired her to launch this resource four years ago:

As a South Asian journalist, psychologist, teacher, and daughter, I witnessed many personal dilemmas on the brink of explosion, but never brought to surface. I saw it everywhere: young adults hiding their true identities from their families, unable to navigate two cultures at the same time; parents living dual lives, floating somewhere between outdated values and new ideas.

Realizing that no resource existed to tackle the pervasive cross-generational and cross-cultural issues in the South Asian community, I decided to create a platform to encourage dialogue in these areas. I launched SouthAsianParent.com with the intention of creating an accessible and international forum for Asian families, committed to raising social awareness and addressing issues that are often brushed aside.

The goal of South Asian Parent is to foster healthy family relationships through examining existing and evolving parenting styles in our community.

It was a bold move, but South Asian Parent had a mission. We wanted to expose everything, and push parents and children to absolute honesty.

South Asian Parent is a voice committed to change, to 'breaking boundaries and uniting families.' For parents raising children in a new country, or in a context that differs greatly from their own childhood, questions do not always have easy answers: Should I let my 8-year-old wear a mini-skirt? Is sex before marriage OK? How do I explain homosexuality?

Because neither general parenting magazines nor cultural groups tackle these issues, many Asians with bicultural identities lead conflicted lives, hiding the truest version of themselves from their families. South Asian Parent aims to provide a place where it is safe and productive to expose the contradictions that so many of us face in our daily lives.

One of the tools we provide to help parents navigate this complex space is 'Borrowed Knowledge', a column that breaks down psychological literature and empirical findings so they can be easily understood by families. AAPA member, Dhara Thakar Meghani, Ph.D, is a clinical psychologist and has authored this series for two years. She covers a range of topics that include infant regulation to sibling rivalry, and executive functioning

to risky behaviors in adolescence. Where possible, she incorporates research done with Asian and South Asian participants to include a more culturally relevant interpretation.

As parents look to doctors and experts for reassurance, they are often overwhelmed with conflicting academic and medical information. And in their homes, the push and pull between older traditions and contemporary ideas about childrearing often butt heads. The goal of Borrowed Knowledge is to take away the pressure of 'perfect parenting', and equip parents with information and literature otherwise not easily within their reach.

For example, below is an excerpt from a Borrowed Knowledge article concerning gender identity development in early childhood:

“What happens when your little boy prefers to play with dolls and jewelry, and shows up to teatime dressed as his favorite Disney princess? Or when your 6-year-old daughter Amita insists she is a boy and should be called ‘Amit’ from now on?

Are you more likely to think it is a phase he will outgrow; encourage and support his behavior; or try to talk her out of it? Might you initially wonder whether it is actually possible for a 6-year-old child to know whether she feels more like a boy or more like a girl?... Read the rest at <http://www.southasianparent.com/discover/not-male-not-female/>

South Asian Parent is always looking for new and developing research to share with its readers. If you are interested in providing recently published or relevant literature as ideas for future articles in the magazine, please send them to me at uttama@southasianparent.com.

Uttama is the Founder and Editor of SouthAsianParent.com, the first online resource of its kind for South Asian families. With an MPhil in Social and Developmental Psychology from the University of Cambridge, and a Bachelor of Science in Journalism from Northwestern University, she combined her two interests and embarked on a professional career that ranged from editorial experience at *Highlights*, a multi-award-winning national children's magazine, and the parenting newspaper, *Chicago Parent*; to being a lead strategist, advisor, and liaison between families and educators at a progressive preschool in Abu Dhabi, where she developed a curriculum for the integration of special needs infants into mainstream schools. Uttama has designed and delivered parenting programs to South Asian families across Abu Dhabi, London, Toronto, Mumbai, and most recently, Hong Kong.

Dhara is an Assistant Professor of Human Development at Erikson Institute, a graduate school in Chicago, IL that offers degrees in social work, early childhood education, and child development. Dhara has a B.A in psychology and anthropology from the University of California, Berkeley and received her doctorate in clinical psychology at the University of Massachusetts Amherst. Her research broadly focuses on stress, coping, and cultural context as they relate to parenting and early childhood outcomes. She is particularly interested in examining family functioning following major life transitions, such as new parenthood and immigration. Dhara is also involved in the assessment and development of clinical interventions targeting mental health of children and families exposed to trauma and violence and is trained in Child-Parent Psychotherapy, an evidence-based treatment for parents and children under the age of six who have experienced interpersonal trauma. She is a 2013-14 AAPA Leadership Fellow and also serves on the Board of Directors for the South Asian Public Health Association.



Dhara Thakar Meghani



Having Compassion for Ourselves

Darcy S. F. Ing



Both in my life and with clients, I find myself bringing up the topic of self-compassion. Many in the helping professions teach people about having compassion for themselves and their own journey. When reflecting on the concept of compassion, we begin to realize how important both compassion and self-compassion really are. Psychologist Kristin Neff points out that fully grasping self-compassion means we must understand both compassion and our relationships with others and ourselves.

Compassion, from the Latin *compatio* or “suffering together with,” is an emotional response to the suffering of other people. Compassion usually takes place within a framework of group or societal norms of justice, fairness, or communal interdependence; thus going beyond simple empathy towards an active motivation to relieve the suffering of others. Compassion and altruism are foundational virtues in nearly all the world’s major religions, as implied in the variations of the Golden Rule. Rabbi Hillel wrote, “That which is hateful to you, do not do to your fellow. That is the whole Torah. The rest is explanation; go and learn.” Christians are taught, “Love your neighbor as yourself.” The Buddhist Udanavarga states, “Hurt not others in ways that you yourself would find hurtful,” and from Confucianism, “What you do not wish for yourself, do not do to others.”

Compassion is not pity, which comes from placing one’s self above others. Rather, compassion arises from a feeling of being one with the sufferer. It is a process of identification through entering into the subjective experience of another, understanding that they too are subject to fear, pain, grief, loneliness and all other life experiences. Compassion can be absolute, conveyed regardless of the behavior of the sufferer, or it can be relative, when we realize the person may have engaged in behavior, such as committing a crime, that resulted in his/her suffering.

Compassion can have limits. Whether because the suffering is the other person’s “fault,” or because observers cannot see themselves having similar struggles, people can fail to feel compassion for those suffering. Being able to identify with the sufferer is crucial to having compassion for them.

Whether due to having similar backgrounds, race, culture, class, or other criteria, we identify with groups of our fellow humans. The inability to identify with others can result not only in lack of sympathy, but in ignoring or disproving their common humanity. Taken to an extreme, this can result in acts such as the Holocaust, genocide, and other crimes against humanity. These atrocities can only be relieved and stopped through recognizing others as fellow human beings, in a societal framework of justice and interdependence....what we call social justice. Compassion, communication, understanding, and the resulting identification are vital to developing this process. The Dalai Lama once said, “Love and compassion are necessities, not luxuries. Without them humanity cannot survive.”

Despite striving to identify with others and seek compassion for them, both psychologists and clients often stop when this practice comes to ourselves. The constant draining of energy, caring and inspiration without pausing to recharge our own batteries can lead to compassion fatigue and burnout. Caring for ourselves must be at least as high a priority as caring for others, if not higher. Self-care involves nurturing ourselves with sympathy for our human limitations. That is, self-care is noticing and responding with compassion to relieve our own pain.

Neff states that self-compassion should not be confused with self-pity. Self-pity lacks both the balance and sense of connectedness with others present in self-compassion. Rather, self-pity isolates by allowing us to think we are different from others because our life is much harder and more difficult than theirs is. Self-pity can get in the way of an objective perspective of problems and prevent us from asking for help. Self-compassion is not a free ticket to self-

indulgence, perhaps with food, sex or drugs, without regard to long-term health or happiness. Finally, self-compassion avoids self-shaming and blaming. Sometimes people will try to shame themselves into changing a behavior, becoming their own worst critics. This will not work if you cannot admit, let alone accept, your own flaws and mistakes for fear of extreme self-recrimination. Compassion helps you to see yourself clearly and to accept yourself with, but without castigating yourself for, your weaknesses. Compassion does encourage personal responsibility through self-knowledge.

Neff states that there are three components to self-compassion: kindness, remembering our common humanity, and the practice of mindfulness. Self-compassion means recognizing that we are all imperfect, fallible human beings who are not always at our best. It means being kind to ourselves rather than angry or judgmental when things did not turn out as we hoped. Self-compassion means accepting the reality of who we are, with all our strengths and all our weaknesses, and being sympathetic to that person.

The various forms of the Golden Rule state that we should treat others as well as we treat ourselves, rather than better than how we treat ourselves. If we are to treat others with compassion, fairness and respect, we must do likewise with ourselves. We are all equally human, interconnected, and equally worthy. In addition, we must be aware and mindful of our own negative feelings without suppressing them. We cannot deny or ignore our pain and still feel compassion for ourselves. Nor should we be extremely reactive, magnifying our negative emotions and “over-identifying” with them. Neff states that we should be holding those feelings with openness, clarity, and remembrance of our interdependence and common humanity – that all of us suffer at times.

When we are able to offer ourselves this kind of support and sympathy and to let go of the idea that we are in complete control of our lives, it becomes easier to release negative feelings. In fact, self-compassion leads to even greater compassion and forbearance with others, as we begin to realize the common struggles and joys of being human. Having compassion and acceptance for ourselves helps us to help others with honesty, integrity, and greater appreciation for our lives as they are lived.



Division 45 Research Conference

On June 19-21, 2014, the third biennial APA Division 45 Research Conference will be held at the University of Oregon. The Call for Proposals and Registration is now open at <http://center.uoregon.edu/APA/Div45/2014>. APA Division 45 is the Society for the Study of Culture, Ethnicity, and Race. The deadline for the Call for Proposals is **March 1, 2014**. Early registration rates apply through May 11, 2014. There are conference hotel rates available. There are also student scholarships and student housing available. Please contact div45reg@ce.uoregon.edu for more information.

I hope you will join your friends, colleagues, and us this June in Oregon for the only conference specifically devoted to research relevant to Division 45!

Gordon C. Nagayama Hall and Robert M. Sellers, co-chairs

CALL FOR PROPOSALS

INTERACTIVE SESSIONS * SYMPOSIA * POSTERS

Submission Deadline: March 22, 2014 at 11:00 p.m. PST

Submit proposals at <http://forms.apa.org/aapa/>

ASIAN AMERICAN PSYCHOLOGICAL ASSOCIATION 2014 ANNUAL CONVENTION

“Bringing Asian American Psychology to the Forefront of Policy
and Community Engagement”

August 6th, 2014
Washington D.C. – Location TBD

Asian American psychologists have long strived to impact public policy and improve access to culturally competent mental health services. The 2014 Asian American Psychological Convention theme, “**Bringing Asian American Psychology to the Forefront of Policy and Community Engagement**,” stands to recognize such efforts. This year’s convention will invite programs that address the application of Asian American psychology to media, policy, and community.

We are seeking submissions that highlight achievements in the field of AAPI psychology, innovative approaches in working with AAPI individuals, and collaborative partnerships with policy and advocacy organizations and allied professions such as Public Health, Asian American Studies, Education, History, Law, Nursing, Psychiatry, Social Work, and Sociology.

Proposals may address, but are not limited to, the following topics within AAPI Psychology:

- Practice, policy, and research efforts to address matters such as marginality and invisibility in AAPI communities and to understand the diversity of experiences within the AAPI community
- Interventions (clinical, educational, community-based) that address the unique needs of AAPIs, including techniques that are cross-disciplinary in nature and incorporate the use of social media or political activism
- Collaborative, interdisciplinary research assessing the physical and mental health needs of AAPIs
- Mentoring/leadership and community-based programs that aim to foster the development of AAPI youth, families, and scholars

Who May Submit

AAPA members at all levels of training (professional, graduate level, and undergraduate level), including non-psychologists interested in psychological issues affecting AAPIs are encouraged to submit proposals. Non-AAPA members at all levels may also submit proposals. We particularly encourage submissions from those interested in AAPI psychology who have not previously participated in AAPA conventions. Because strengthening the diversity of our colleagues in other organizations is of particular importance for psychologists of color, we strongly encourage submissions from members of the Association of Black Psychologists, Society of Indian Psychologists, and the National Latina/o Psychological Association.

- There is no limit to the number of submitted proposals per individual.
- Individuals, however, can only be the first author of *one* proposal submission. In the event that multiple first author submissions are received by an individual, the committee will review only the first proposal received. Exempted from this rule are presenters who are invited speakers.
- Deadline for all submissions is March 22, 2014 at 11:00 p.m. PST
- Please submit presentations at: <http://forms.apa.org/aapa/>
- All presenters are required to officially register for the convention

Types of Submissions

- *Interactive Sessions*: In a typical 60-minute session, a facilitator introduces the topic and sets up a context for subsequent discussions and interactions among participants. For questions about submitting an interactive session proposal, please contact Sessions Co-Chair EJ David at ejrdavid@uaa.alaska.edu.
- *Symposia*: In a typical 60-minute symposium, three or four presentations are given around a common theme. An expert discussant may provide feedback. The symposium proposal submission must include one program summary that integrates the multiple presentations within the session. It must also clearly indicate the titles and contents of each presentation within the symposium. A chair for the symposium must be named on the application portal. No individual paper proposals for symposium presentations are accepted. For questions, please contact Sessions Co-Chair EJ David at ejrdavid@uaa.alaska.edu.
- *Posters*: Throughout the day, posters are displayed to disseminate information on various conceptual and/or empirical reports. During the designated 60-minute poster session, participants are invited to interact with poster presenters. Single research papers should be submitted as posters. For questions, please contact Poster Session Co-Chair Nori Lim at noriyell@gmail.com.

Guidelines for Proposals

- All online proposals should include:
 1. Contact information for the presenters
 2. Abstract (50 to 100 words) with no author names
 3. Program Summary (500 to 700 words) with no author names
 4. 3 - 4 Learning Objectives (not required for poster submissions)
- Proposals will be sent for anonymous reviews. As such, the Abstract and Program Summary should *not* include identifying information of the author(s) and/or presenter(s).
- Submitters will be notified by email upon receipt of their proposal.
- For submissions highlighted as being potential programs which can award Continuing Education units (CEUs), individual authors will be contacted to provide additional information.
- Submission outcomes will be sent via email by the first week of May 2014.

Additional Information

- Presenters should bring their own laptops (those with Mac laptops should bring the appropriate adaptor to connect to the LCD projector). LCD projectors for power point presentations will be provided. Requests for additional AV equipment will be addressed after the final selection of presenters has been decided.

Visit the AAPA website at aapaonline.org for more information on the 2014 Convention. For all other questions regarding the 2014 AAPA Convention, please email one of this year's co-chairs, Anjuli Amin at amin.anjuli@gmail.com or Monique Shah Kulkarni at moniqueshah@utexas.edu.

Membership Report

Frances Shen



Hello AAPA Members,

At this time, AAPA has a total membership of 286 members. Please see the table below for a breakdown of the membership categories.

We have recently moved to a new AAPA listserv through Googlegroups! With your active membership in AAPA, you will be able to connect with other AAPA members and join in on important discussions on AAPA's Googlegroups. In addition, our new website provides members with access to many of the other **new benefits for AAPA members only**, such as professional development blogs, online access to the Asian American Journal of Psychology, etc.

If you have not renewed your AAPA membership yet, be sure to **renew your membership** on our new website so that you can begin to enjoy the many benefits of being a current AAPA member. Your membership will last for an entire year from the date that you renew your membership. We would like to continue to see AAPA grow in its membership this year, so please **help us to recruit new members to join our AAPA community!!!**

You can easily join or renew your AAPA membership through our website at www.aapaonline.org.

If you have any questions or concerns regarding AAPA membership, please do not hesitate to contact me at fshen625@gmail.com. Thank you for your continuing support of AAPA!

Membership Categories	Number
Students	136
Professional	145
Emeritus	5
TOTAL	286

JOB ANNOUNCEMENT

The Student Counseling Service of Miami University in Oxford, OH, is pleased to accept applications for a position of Postdoctoral or Early Career Staff Psychologist (depending upon the candidate's status and experience) for the 2014-15 academic year. This position provides a full range of clinical, consultative, and psycho-educational interventions for university students, while receiving advanced training and supervision toward licensure, if applicable. The position includes provision of training and supervision within an APA-approved psychology internship training program. Strong preference will be given to candidates capable of providing culturally sensitive outreach, psycho-education, and clinical services to East Asian international students. Interested candidates may apply for the position by going to: www.miamiujobs.com/applicants/Central?quickFind=53377. Questions may be forwarded to Pam Wilkins, Ph.D., Associate Director, 513-529-4634 or at wilkinpl@miamioh.edu.

Call for Nominations

Dear AAPA Friends and Colleagues:

We are pleased to announce the call for nomination for leadership positions within AAPA and several Divisions. We have many important positions available. **The nominations along with candidate statements are due by April 1, 2014.**

The vibrancy of an organization is often reflected in its voting process. We strongly encourage you to nominate yourself and colleagues for a unique opportunity to serve as a leader within AAPA. In the past, nominations have been based on many factors, including expertise, passion for a particular cause, desire to help, interest in working with an inspiring group of colleagues, or even simple curiosity (e.g., what exactly does a “board member” do?). Whatever your motivation(s) might be, please consider nominating someone (or multiple people!) for these positions.

AAPA is seeking nominations for the following elected positions:

- ◆ President-Elect (1-year term begins August 2014, followed by a 2-year term as the President, followed by a 1-year term as Past-President)
- ◆ Vice President (2-year term begins August 2015)
- ◆ Secretary/Historian (2-year term begins August 2014)
- ◆ 2 Board of Directors (one Director position to be filled by a student) (2-year term begins August 2014)
- ◆ APA Council Representative (3-year term begins August 2014)

Please visit aapaonline.org/2014-elections/ for detailed information about the duties of each of these positions.

Contact Linda Juang at juang@psych.ucsb.edu for more information or with questions.

AAPA Divisions Elections:

The **Division of Women** (DoW) is seeking nominations for Newsletter Editor and Secretary. Please contact Sue Bae at sbae@argosy.edu for more information or with questions.

The **Division of South Asian Americans** (DoSAA) is seeking nominations for Chair-Elect, Communications Chair, Treasurer, Membership/Nominations/Election Chair, Historian/Secretary, and Student Representative. Please contact Monique Shah Kulkarni at moniqueshah@utexas.edu for more information or with questions.

The **Division of Filipino Americans** (DoFA) is seeking nominations for two Co-Chairs, one Financial Chair, and one Student Representative. Please contact E.J.R. David at edavid8@uaa.alaska.edu for more information or with questions.

The **Division of Students** (DoS) is seeking nominations for Chair, Assistant Chair, Secretary-Historian, Treasurer, Membership Coordinator, Expansion Coordinator, and Publicity Coordinator. Please contact Fanny Ng at psyfng@gmail.com for more information or with questions.

The **Division of Lesbian, Gay, Bisexual, Transgender, and Queer** (DoLGBTQ) is seeking nominations for two Co-Chairs, one Financial Chair, and one Student Representative. Please contact Kevin Nadal at knadal@gmail.com for more information or with questions.



Nicholas D. Hartlep was named 2014 KAERA Michael B. Salwen Scholar. This travel award recognizes junior scholars who are Korean American Educational Research Association (KAERA) members who demonstrate the potential to make significant contributions to the Korean American community and educational research through their specialized scholarship.



Dug Y. Lee, Ph.D., graduated from Fielding Graduate University in August 2013 with her doctorate degree in Psychology. She is working as a therapist at the Associates for Psychiatric and Mental Health and has just re-opened her private practice, Elements Therapy (www.elementstherapy.com) in Vancouver, WA, where she specializes in relationships and sexual wellbeing.

Julianne Pojas recently completed her Psy.D. in clinical psychology at Midwestern University (Downers Grove, Illinois). Julianne plans to specialize in the treatment of anxiety disorders and is passionate about working with the Asian American population. Julianne is currently a postdoctoral fellow at the Anxiety Treatment Center in Deerfield, Illinois, under the mentorship of Karen Cassiday, Ph.D.



**2013-2014 Officers
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**ASIAN AMERICAN
PSYCHOLOGIST**

Advertising Policy

Asian American Psychologist, the official newsletter of the Asian American Psychological Association (AAPA), is published 3 times yearly (Fall, Spring, Summer) and distributed to over 500 members of AAPA. For information on specific publication dates and advertising submission deadlines for upcoming issues, please contact the advertising editor. AAPA is a federally recognized non-profit organization.

**Advertising Rates and
Typesetting**

Typical display advertising rates are based on column length (see below). Each advertising column is approximately 2 & 1/4 inches wide. There are 3 columns per newsletter page. The advertising rates are:

- 3-inch column ad = \$60.00
- 6-inch column ad = \$90.00
- 9-inch column ad = \$120.00

Requests for alternative typesetting for an ad can most often be accommodated at no extra cost. The rate billed will be based on the page area covered that corresponds to the advertising rates shown above.

Submission of Ads

It is recommended that text-only ads be submitted via email MS Word format to the advertising editor (see below). If special graphics are desired to appear in the ad, submission of camera ready copy which conforms to the ad sizes described above is required. The name and complete mailing address of the person or institution to be billed must accompany the submission of the ad.

Submit ads by email to:

Brian (thk2119@tc.columbia.edu)
or
Jude (jbergkamp@antioch.edu)

Billing

A billing statement will be sent after an ad is successfully submitted. It is the policy of AAPA that in the event there is a delay in the publication of the newsletter such that your application deadline is missed, you will not be charged or we will fully refund your payment. Payment must be a check or money order made payable to "AAPA" (we cannot process credit card payments).