



ASIAN AMERICAN PSYCHOLOGIST

Newsletter of the Asian American Psychological Association November 2016

President's Column **Kevin L. Nadal**



This past year has been quite stressful for many of us - especially for individuals who have been paying attention to what has been happening in our country and abroad. Not only did we endure a highly charged election, we have also endured the horrific aftermath of racism, Islamophobia, xenophobia, sexism, heterosexism, and transphobia. As an Asian American community, we have witnessed many incidents of anti-Asian sentiment, as well as some within-group bias that we have had to address.

First, there was the Islamophobic, xenophobic, and anti-immigrant narrative that we heard from many politicians and their supporters. We painfully watched a segment on Fox News' The O'Reilly Factor that painted Chinatown inhabitants as perpetual foreigners, exoticized objects, or intellectually and politically uninformed. Sadly, these stereotypes still manifest in the everyday lives of Asian Americans - despite the fact that we have been here for hundreds of years.

As a general Asian American community, there were many conversations via social media campaigns. First, #ThisIs2016 was created by New York Times Editor Michael Luo, who reported a horrific instance of a White woman in Manhattan telling him go back to "his own country". In response to his story, thousands of Asian Americans shared similar stories via twitter (along with the hashtag), which eventually inspired a video where 25 Asian Americans recalled these experiences with both blatant racism and microaggressions.

While well-intended, the NYT video featured no South Asians, while a NYT video on Asian Americans and race in April featured no Filipino Americans. Given that Filipinos and South Asians each make up 20 percent of the Asian American community (so combined 40% of the Asian American community), these groups should be included. Thus, the new hashtag #BrownAsiansExist was created by AAPA Members EJ David, Razia Kosi, Ali Mattu, and others to remind East Asian Americans to include other Asians (e.g. South Asians, Filipino Americans, and others).

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Though conversations about racism towards Asian Americans and exclusion within Asian American communities are difficult, these are the types of dialogues that we need to be having in our families, in our social circles, and in our organizations. How can we advance our AAPI communities so that we no longer have to face blatant racism or subtle microaggressions? How can we work WITHIN our communities to address issues of power, privilege, colorism, colonialism, and exclusion? And how can we uplift other historically marginalized communities (e.g., Black communities, transgender people, Native Americans) who are experiencing so many injustices in their lives?

Despite these challenges, it appears that many of us came together as the election results unfolded, and we learned of the values of a new silent majority (or at least the silent majority of the electoral colleges). While some were not surprised, many of us were shocked to our very core. Some have described the experience as a collective trauma - one in which many of us grieved together, cried together, and became angry together. What I hope is that it is one in which we will also become activated together.

After the election, we saw an increase in hate crimes and hate violence towards many Asian American subgroups. Muslim South Asians encountered all sorts of blatant and violent discrimination - ranging from graffiti in a Muslim student prayer room to young women who were physically assaulted and had their hijabs forced off of them. Asian Americans of all ethnicities have reported being verbally accosted to "go back where they come from" or threatened that they should be deported. LGBTQ people of all racial groups have reported encounters with homophobic intimidation, with some being violently attacked. And while nothing compared to what others have encountered, even I have been targeted with anonymous, homophobic death threats.

Despite these atrocious acts, the election did have a few silver linings. First, the most women of color have been elected to the Senate - three who have Asian American or Pacific Islander heritage. Second, exit polls from the presidential elections indicate that majority of Asian Americans have become more liberal, as evidenced by the overwhelming majority of Asian Americans who voted for the Democratic candidate (some estimating about 75%). Further, reports from exit polls show that Asian Americans are more committed to social justice issues (e.g., gun control, abortion, LGBTQ rights, etc.), and that Asian Americans are voting more than in the past. While these findings signify that we care about issues that affect our community, they also demonstrate that we do have the power and the voice to guide the direction of our country.

So what does this mean for AAPI? It means that we can continue to educate others on issues of importance to our communities. It means that we can continue to have conversations on how these issues affect the mental health of our community members, and to provide strategies to support them. It means that we need to remember the power we have (individually and collectively) to change lives and to make a difference in our world. It also means that we have to remember the power we don't have, in order to advocate for our communities and for all of those in need of justice.

In solidarity,

A handwritten signature in black ink, appearing to read 'xne' or 'Kevin Nadal' in a stylized cursive script.

Kevin Nadal, Ph.D.
AAPA President

What does it mean in practice?



Chia-wen (Winnie) Hsieh
Asian Pacific Family Center

I am blessed and privileged to work a mental health agency that exclusively serves an Asian Pacific Islander (API) community. Providing mental health services to primarily state Medicaid program recipients also means working with some of the most under-served and under-privileged clients. Many of the clients are new immigrants, and a majority are monolingual in their native language. Most of the clients arrived in the U.S. with complex traumas in their background, often with fear and trust issues due to political climate of their native country.

Upon reflection on what it means to be an Asian American practitioner in the current American political climate, I have chosen to use a case example to illustrate the explicit impact of being an Asian American clinician on the clients we serve in community mental health settings and the implicit impact it has on us as practition-

ers.

Having the (most unfortunate) privilege of being a 5150 designee under Los Angeles County and in my agency, there are times when the field-based service team encounters a client who meets criteria for involuntary hold and I am required to attend to such crisis by providing crisis assessment and submitting an application for involuntary hold to ensure the safety of the clients we serve and that of the public. Recently, while completing my application for involuntary hold, I encountered a rather interesting new experience which surprised me even though I am a seasoned practitioner, who has been working in the field for the past decade.

Faced by an aggressive client making physical threat to one of his family members, and concerned with imminent danger to the public, a decision was made to contact local police department for back-up support despite the family's opposition. I empathized with the family's concerns regarding the client's safety that is linked to their fear that the police officers may use unnecessary force against the client, but also felt that they may have some mistaken concerns over law enforcement's misconception and stereotyping of individuals suffering from mental illness.

Within minutes of placing the 911 call, several police cars arrived to offer their assistance. With police officers on the scene, I felt confident that the client would finally receive the mental health care needed once hospitalized, and stabilized on medication. However, I was stunned at how the event unfolded that night and the response of the police sergeants to our calls for assistance.

Despite spending hours attempting to talk client out of his locked room and negotiating with law enforcement of what was needed to be done to protect public safety, the police sergeants at the scene stated that they feared they would causing physical harm to our mentally ill client and attempted to convince me that my application for involuntary hold was not valid. I expressed my respect for their concern for the client's safety but respectfully held firmly to my clinical judgement. Nonetheless, I cannot help but wonder about the reverse effect of recent community events and its impact on law enforcement, which also directly impacts

field-based practitioners when working with clients who may require physical intervention to ensure the safety of the clients we serve and of the public.

As a field practitioner, I find myself faced with this new challenge of becoming a bridge between our local law enforcement and our API community members. On the one hand, I need to continue to work on reducing API community's externalized/internalized stigma about mental illness while also advocating and providing education about the resources in the community including mental system and judicial system. On the other hand, I must be sensitive to the current political movement and understand its impact when serving API community, and this impact is definitely not unidirectional.

This case illustration provides some perspective of a much larger systemic issue, and what I am hoping to initiate, is the beginning of a fruitful discussion on the subtle and not so subtle impact on those we serve in the API community.

all identifiable information has been removed to protect client's privacy

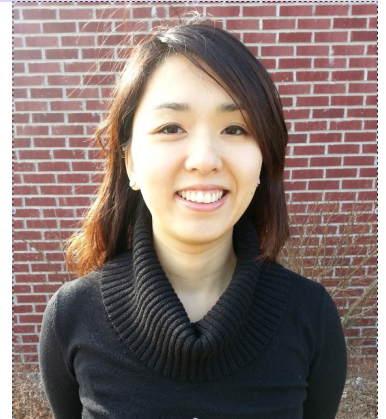
Membership Report

Frances Shen, Ph.D.

Hello AAPA Members,

Currently, AAPA has a total membership of 769. The breakdown for membership categories is as follows:

Membership Categories	Number
Students	446
Professional	312
Retiree/Emeritus	11
TOTAL	769



Anyone interested can easily begin or renew an AAPA membership through our website at www.aapaonline.org. Please be sure that you just use the AAPA website, especially for renewals. This ensures continued enjoyment of the many benefits that come only with belonging to AAPA. These include: the AAPA listserve, professional development blogs, an annual subscription to the Asian American Journal of Psychology, members-only discounts for the AAPA convention, and more! Membership benefits last for an entire year starting from the renewal date.

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

2017 AAPA Membership Application Form

Please check one: ☐ New Member ☐ Renewing ☐ Renewing, but new category (e.g., Student to Early Career)

If you were referred by an AAPA member, please list person: _____

A. All Members -- Please complete the following:

Name: _____ E-mail: _____

Mailing address: _____ City _____

State _____ Zip _____ Phone: _____ Gender: _____

Highest degree earned: _____ Year degree earned: _____

Institution from which this degree was earned: _____

Ethnicity: _____ Languages (other than English): _____

Research/Practice Interests (5-6 words): _____

Areas in psychology in which you received or will receive your degree (e.g., clinical, I/O, social, etc) _____

I permit AAPA to release my contact information (name, address, email) and/or research interests:

To professional organizations? _____ YES _____ NO

In AAPA member directories (e.g., print or on the website)? _____ YES _____ NO

To prospective employers? _____ YES _____ NO

B. Professional & Retiree/Emeritus Members -- Please complete these items:

Institutional/Organizational affiliation (if employed, current; if retired, previous and year retired): _____

Position Title (current/previous): _____

C. Student Members only -- Please complete these items:

School where you are enrolled: _____

Degree objective (e.g., Ph.D., Psy.D., MA., M.S.W.) : _____

Expected graduation date: _____

Please Note: Membership in AAPA runs one year from the date when membership dues are received. You can register online (for new or renewed membership) at our website, www.aapaonline.org. If you wish to mail in your membership application form and payment to our central office (see address below), please allow 6-8 weeks for processing. Checks not honored by your financial institution will be subject to a \$25.00 fee.

Please make your check payable to AAPA and send this entire form with your payment to:

Asian American Psychological Association
9393 N. 90th Street, Suite #102
Mailbox #515
Scottsdale, AZ 85258

Description of Membership Statuses

Professional Members - Persons with a master's or doctorate degree in psychology, mental health, health, or related fields and/or professionals whose work and interests are consistent with the purposes of the Association.

Retiree/Emeritus members - Professional members who are retired from their positions. These persons must have been a member of AAPA for at least 5 years before paying dues at this level. Retiree/emergitus members pay dues at one-half the rate as professional members.

Student members - Undergraduate or graduate students in psychology, counseling, mental health, or related fields. *Student members of AAPA also automatically become members of the Division on Students with no additional fee.* Ten dollars in dues support the Student Division, while the remaining dues support AAPA.

DUES & DONATIONS		AMOUNT	ENCLOSED
A. General Membership	Professional Member	\$70.00	\$
	Retiree/Emeritus Member	\$20.00	\$
	Student Member	\$35.00	\$
B. Division on Women ¹	Division Member	\$10.00	\$
C. Division on South Asian Americans ¹	Division Member	\$10.00	\$
D. Division on Filipino Americans ¹	Division Member	\$10.00	\$
E. Division on LGBTQ Issues ¹	Division Member	\$10.00	\$
F. Division on Practice	Division Member	\$10.00	\$
G. Division on Students	Division Member (for non-students)	\$10.00	\$
F. Donations ²	General Fund	\$25 \$35 \$50	\$
	Dissertation Grant	\$25 \$35 \$50	\$
	Best Poster Award	\$25 \$35 \$50	\$
	Student Travel Award	\$25 \$35 \$50	\$
	Division on Women	\$25 \$35 \$50	\$
	Division on South Asian Americans	\$25 \$35 \$50	\$
	Division on Filipinos	\$25 \$35 \$50	\$
	Division on LGBTQ Issues	\$25 \$35 \$50	\$
	Division on Practice	\$25 \$35 \$50	\$
	Division on Students	\$25 \$35 \$50	\$
TOTAL AMOUNT ENCLOSED			\$

¹Membership in the Division on Women, Division on South Asian Americans, Division on Filipino Americans, or Division on LGBTQ Issues is optional, but you must be a member of AAPA to join.

²AAPA is a tax-exempt organization under IRS code section 501c (3) and all donations to AAPA are tax deductible. As a nonprofit, AAPA and its Divisions accept donations to help finance activities. Please consider donating.

Preparing for Internship Interviews

Submitted by

Dr. Jocelyn Buhain (Associate Director/Training Director), Dr. Jade Garneau-Fournier (Psychological Resident), Dr. Anna King (Licensed Psychologist), Ms. Yiset Perez, Licensed Clinical Social Worker

University of Central Florida Counseling and Psychological Services

This is a very busy time of year as many doctoral students are preparing their internship applications and wondering where they may find themselves next year. By the time this newsletter gets printed, many application deadlines may have passed and applicants will begin to hear back about whether they are being considered for on-campus, phone, or video interviews. While in my position as the Training Director at the University of Central Florida's Counseling and Psychological Services (CAPS) APA-Accredited Doctoral Internship in Health Service Psychology, I observed many bright and talented individuals who have strong applications struggle during the interview phase of the internship selection process. In coordination with members of CAPS' Training Committee, we offer the following tips in hopes that you may have a better experience during your interviews:

- Embrace your cultural background. Include in your answers information about how your unique cultural background has been influencing your values, theoretical orientation, career goals, and areas of interests.
- Take a moment to reflect on your journey as a psychologist-in-training before your interview and find ways to feel empowered.
- Learn about the internship site. Review the agency's website as well as the specific internship website to find out what excites you about their program. As the internship selection committee, it is great to hear about the parts of the program an applicant is interested in. For example, be able to name specific therapy groups that you want to lead during internship.
- Prepare 2-3 clinical case examples. Focus on your strengths as a clinician – What do you do well? Does it highlight your theoretical orientation? Your focus on diversity? How did you use supervision?
- Be mindful about your non-verbal behaviors. Behaviors sometimes speak louder than words.
- Review your written application materials. You may be asked to clarify or expand on what you wrote in your cover letter and/or essays.
- Allow the interviewing process to be interactive, ask clarifying questions, and share about your challenges and strengths.
- Be ready to ask well thought-out questions for each site. Is there something that is important to you that you would like to know?
- Practice interviewing with someone – either in person, on the phone, or via video. Ask the person you are interviewing with for constructive feedback regarding your responses. Was it clear? What could be improved? What information was missing?

- Connect with a mentor. Is there a psychologist, professor, or past supervisor who can provide you extra support and encouragement?
- Reach out to current interns, and learn from their experiences going through the interview process.
- Continue practicing good self-care. The interview process can be a costly experience in terms of time, financial resources, and energy. Identify ways to rejuvenate yourself between interviews to stay fresh and invested in the experience.

We wish you the very best during this challenging process. If you have any questions or feedback you would like to share with us, please feel free to contact us at JocelynMichele.Buhain@ucf.edu

Finding Meaning After the Election



Darcy S. F. Ing, Psy.D.

The other day I watched some YouTube commentaries on old episodes of “Buffy the Vampire Slayer.” This fantasy series with the silly title follows the heroine and her friends through high school, using demons and monsters as metaphors for the challenges of adolescence. Over the first three seasons, Buffy and her friends make their way through high school, gradually became more mature, thoughtful, and independent. They learn to make sacrifices for others known and unknown, and for a greater good and purpose that they may never see. The reviewer, “Passion of the Nerd,” remarked that Buffy’s character development was “A journey meaningful not simply for its completion, but for the things that happened along the road.”

This statement struck me as being quite profound, not only describing the events of adolescence but the process of life overall. Growing up is about leaving a dominant, sometimes culturally homogenized environment and entering a larger, less controlled and much more diverse society. It’s about having both hard choices and good opportunities, hopefully after we’ve been somewhat prepared with tools to reach our goals. In fact, it’s in some ways similar to psychotherapy, which also strives to prepare us to face life’s challenges over time, with specific training and learned skills.

At the same time, maturity isn’t always what we thought it would be. I saw an old Calvin & Hobbes cartoon where the family had come home after a trip to find that they had been robbed. The dad mused to himself, “If I had known what adulthood was going to be like, I wouldn’t have been in such a hurry to grow up.” Life is not easy, especially during what the Chinese might call, “interesting times.” Right now, those interesting times consist of the current election and its strong emotional aftermath.

Many of my clients, family members and friends are dismayed, shocked, or otherwise upset by the election results. Leading up to the election was unprecedented vitriol, anger, hatred, and threatened, or real violence. Kelly McGonegal, writing for the Greater Good Science Center, described those months as a time of losing both our social trust in others and our concept of humanity as a collective whole. For many, faith in systems, democracy, and the media has eroded, and the idea that both sides can ever agree seems nearly impossible. We’re no longer “all in it together.”

Psychologist Michael Poulin at the University at Buffalo, NY studies the effect of social trust and mistrust on physical and mental well-being. A 2015 study of adults in 87 countries found that agreeing with the statement, “Most people can be trusted” was regularly associated with greater life satisfaction, happiness, and health. Mistrust, on the other hand, was connected to increased distress and poor health. In other words, our belief in the ideas that people or societies are basically good (or trying to be better) can affect our risk of everything from depression to heart problems. Our sense of distress during and after this election literally affects our well-being.

Some are turning to their usual stress reduction methods, and self-care and self-soothing do work. However, regaining a sense of control or that we can do something about it, in however small a way, will help even more...for ourselves and for others. McGonegal maintains that doing this requires the moral courage to stay engaged, open, and compassionate, and to hold on to your faith in human connections. Her list of suggestions below are suggested for before the election, but they can be just as effective in its aftermath.

- 1) *Doing something*. Identify your values and put them into action. Find a positive reason(s) to continue working for change, before, during, and after the election.
- 2) *Look for the good*. There is good in others, even if we disagree with them. We all have both good and the not-so-good in us. Find a way to establish balance and to witness the unique outcome or occasional positive trait, even among those with different values. Share your stories, and seek a way to connect, even in a very small way. Seek to understand, regardless of agreement.
- 3) *Be the good*. Find ways to let go of your negative feelings. Look for ways to “Think Globally, Act Locally” in your own community, helping others, especially those who are without hope. All of us hoped for a better world, regardless of how we voted. No one wants to suffer, and most of us don’t want others to suffer either. Every moment alive is an opportunity to relieve the pain of others. We may not change the world, or even the rules where we live. But we might change the world of one person or small animal, if only for a few moments. For them, it will be worth it.

We become psychologists because we want to help others, to relieve or prevent unnecessary suffering where we can. That mission continues, and may well be even more needed in the future. There is uncertainty and anxiety, as there always is during times of unprecedented change. Psychologists are needed, and that does not change, especially during times of extraordinary stress. People may feel the loss of control, and face obstacles and hard choices ahead. Getting through them together prepares us with the tools to reach our goals, and to help others reach theirs.

Compassion is greatly needed, not only for others, but for ourselves as we all live through “interesting times.” We are not asked to do the impossible, but to strive to do what we can with what and who we are as psychologists and as human beings. It is especially important for us to remember our connections, including with those with whom we disagree. They are also part of humanity. All of us are in it together on this journey called life. “A journey meaningful not simply for its completion, but for the things that happened along the road.”

Finance Officer's report for the Asian American Psychological Association Fall 2016

It is my pleasure to provide the following information about AAPA's financial health. As of November 11, 2016, we have \$49,333.82 in our checking account, \$3,832.11 in our money market account, and \$55,543.76 in our PayPal account for a total of \$108,709.69. We received large payments from royalties from the the AAPA Journal and additional funds from our membership dues and the AAPA Conference. As she rotates off and transitions AAPA's finances to me, I would also like to thank Razia Kosi for her commitment to, and work for, AAPA.

Respectfully submitted,
Nellie Tran



Division on Practice (DoP) – News and Updates Chia-wen (Winnie) Hsieh

Dear AAPA community,

We are pleased to announce our inaugural EC members for the Division on Practice:

DoP Chair: Chia-wen (Winnie) Hsieh
DoP Co-Chair: Frances Shen
DoP Chair-elect: Ulash Thakore-Dunlap
DoP Membership/Nominations/Elections Chair: Anjuli Amin
DoP Treasurer: Kelly Liao
DoP Communications Chair: Thuy Truong
DoP Student Representative: Meiyang Kadaba

As the inaugural EC team for DoP, we will be meeting and planning on carrying out our mission of bridging the gap between research and practice. We will be actively working on a communication platform for scholars, researchers, and practitioners to further dialogue on research that truly informs practice relevant to providing services to the Asian Pacific Islander community. We aim to continue our movement in providing institutional visibility for AAPI practitioners.

Please join us in welcoming the new officers, and we look forward to a great start for the Division on Practice.





Call for Blog Posts: Sexual Violence in Higher Education

ConditionallyAccepted.com — a weekly career advice column for marginalized scholars on InsideHigherEd (<http://bit.ly/2e2vk0v>) — welcomes blog posts about **sexual assault, rape, stalking, intimate partner violence, and sexual harassment in higher education**. We are especially interested in reflections on sexual violence as a manifestation of systems of oppression other than sexism (like racism, classism) and at the intersections among systems of oppression. In addition, we are interested in featuring essays on sexual violence perpetrated against women of color, people who are **overweight and/or obese**, LGBTQ+ people, and people with disabilities. See the full call for blog posts here: <https://conditionallyaccepted.com/2016/10/04/sexual-violence/>. Blog posts should range between 750-1,250 words and be written for a broad academic audience. We pay \$200 per post (if accepted). Please email pitches or full blog posts to conditionally.accepted@insidehighered.com.

Jeffrey Mio

Dr. Jeffrey Mio has been selected as the Executive Officer of the Western Psychological Association (WPA). His term started September 1, 2016 and he will organize the 2017 Western Psychological Association Convention in Sacramento, California (April 27-30, 2017).



Asian American
Psychological Association

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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: Wei-Chun "Vivi" Hua (vivihua06@gmail.com) or Stephanie N. Wong (stephaniewong@nyu.edu).

Submit job postings by email to: Stephanie Pituc (stephpituc@gmail.com)

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).