

Asian American Psychologist

Newsletter of the Asian American Psychological Association

February 2013

President's Report

Rich Lee



Aloha, AAPA members! Saying "aloha" has special meaning to me at this moment as I look out my office window to see snow falling, knowing winter will not end in Minnesota until April. But before I know it, July will be here and I will be packing my bags for this year's AAPA Convention on July 30, 2013 in Honolulu, Hawaii. Convention co-chairs, Matthew Lee and Anjuli Amin, are putting together an outstanding schedule of events that center on the theme of "Social Justice and Prevention: Strengthening Our Community." Please submit proposals and plan to enjoy the sun, surf, and presentations, networking opportunities, and of course the banquet.

The Executive Committee has been hard at work trying to make AAPA a better organization for its members and the public at-large. Let me take a minute to share some of our current projects and updates. First, as some of you may have already heard, we recently received notification from Annie Hill at APA/EPF who helps manage and publish our journal, Asian American Journal of Psychology, that AAJP (in only its fourth year of publication) has been accepted by Thomson Reuters to receive

an impact factor next year! This is wonderful news. As noted by Thomson Reuters, "Each year, the Thomson Reuters editorial staff reviews over 2,000 journal titles for inclusion in *Web of Science*. Around 10-12% of the journals evaluated are accepted for coverage." To learn more about what is a journal impact factor, click <u>here</u>.

Let me take this time to thank Dr. Fred Leong, AAJP's inaugural editor, and his editorial team for making this possible. A few years ago, the idea of a journal was just a dream, but many people have helped make to make AAJP happen, including past president Karen Suyemoto who signed the first publishing contract. And of course, thanks to all the AAPA members and supporters who have contributed manuscripts and reviews to the journal. Your dedication is so important to the success of the journal and our organization.

In addition to efforts invested in the success of AAJP, the Executive Committee has begun contract negotiations to develop an updated website that will feature the new AAPA logo, will be more interactive and user-friendly, and will allow us to meet your professional development needs. We also want the website to be the public face of AAPA. If AAPA is going to have an impact, it must think beyond training and support of practitioners and re-

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searchers. AAPA must meet the needs of the general population who seek out psychological and mental health information pertinent to Asian Americans. More and more people turn first to the internet for knowledge and information. We want AAPA to be a bookmark on people's web browsers and one of the first sites to pop up when you use Google.

In consultation with President-Elect Sumie Okazaki and longtime AAPA member Michi Fu, we are working to better serve AAPA members who are practitioners and other service providers. First, we will be creating a new Early Career Award that is specifically for practitioners and service providers. We want to recognize and honor the many emerging leaders in the field who are meeting the mental health needs of the Asian American community. Second, I have charged AAPA Communications Office Ulash Thakore-Dunlap and AAPA Student Board member Zeb Lim with exploring the development of what I am calling a Practitioners E-Digest, which will be an online publication resource for AAPA members to publish pieces about their clinical work in a format that is user-friendly. I envision practitioners and educators publishing case studies and clinical and training experiences to inform members and the public about the training and practice of psychology and mental health services.

Last, I have been working with the AAPA Leadership Fellows Program to continue with the development of fact sheets on Asian American psychology and mental health issues. Last year, AAPA fellows Nellie Tran and Shihoko Hijoka, working together with mentors Sumie Okazaki and Joel Wong, developed fact sheets on Asian American bullying and suicide. These fact sheets were distributed to the American Psychological Association (APA), the Centers for Disease Control (CDC), and the Substance Abuse and Mental Health Services Administration (SAMHSA), and response has been overwhelmingly positive. I have asked this year's leadership fellows Bong Joo Hwang and Catherine Bitney to develop a new set of fact sheets. My goal is to have fact sheets produced each year for distribution to advance the public health of Asian Americans. If you are interested in participating in the development of fact sheets, please let us know! Together, we can make a difference.

I look forward to seeing everyone in Honolulu this summer. Mahalo!

AAPA Listserv

To signup for the AAPA listserv, send an email to majordomo@sfsu.edu.

In the body of the email type (minus the quotes) "subscribe aapa"

To send a message to the entire listserv email your contribution to aapa@sfsu.edu.

Historic Meeting of Presidents

Rich Lee

The Council of National Psychology Associations for the Advancement of Ethnic Minority Issues (CNPAEEMI) convened the day before the national multicultural conference and summit for its annual meeting of president and representatives from the four ethnic minority psychology associations, as well as APA's division 45 and office for ethnic minority affairs. Afterward, there was a historic first meeting of all the presidents of the ethnic minority psychology associations (AAPA, Association of Black Psychologists, National Latino/a Psychological Association, Society of Indian Psychology) with the past and current presidents and chief executive officer of APA. – *Rich Lee (AAPA President)*



From left to right, Gwendolyn Keita (APA OEMA), Cheryl Grills (ABP President), Jacque Gray (SIP President), Donald Bersoff (APA President), Norman Anderson (APA CEO), Milton Fuentes (NLPA Past President), Richard Lee (AAPA President), Andres Consoli (NLPA President-Elect), Suzanne Bennett Johnson (APA Past President), and Linda Fields (NLPA President).

Asian American Psychological Association 2013 Annual Convention

CALL FOR PROPOSALS

INTERACTIVE SESSIONS * SYMPOSIA * POSTERS

Submission Deadline: March 23, 2013 at 11:00 p.m. PST Submit proposals at http://forms.apa.org/aapa/

ASIAN AMERICAN PSYCHOLOGICAL ASSOCIATION 2013 ANNUAL CONVENTION

"Social Justice and Prevention: Strengthening Our Community" July 30, 2013

Japanese Cultural Center, Honolulu, Hawaii

As research, practice, and community work evolve to address the unique needs of the Asian American/Pacific Islander (AAPI) population, the 2013 Asian American Psychological Convention theme, "Social Justice and Prevention: Strengthening Our Community," will reflect such efforts. This year's convention will invite programs addressing advocacy, equity, and fairness in the health care system, intergroup and community relations, and preventative efforts in reducing disparities between AAPIs and other social groups.

We are seeking submissions that highlight achievements in the field of AAPI psychology, innovative approaches in working with AAPI individuals, and collaborative partnerships with allied professions such as Asian American Studies, Education, History, Law, Nursing, Psychiatry, Public Health, 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 or prevent health disparities in AAPI communities and understand the diversity of experiences within the AAPI community

Collaborative, interdisciplinary research assessing the physical and mental health needs of AAPIs, including topics such as critical race theory and Asian American studies
Interventions (clinical, educational, community-based) that address the unique needs of AAPIs
Mentoring/leadership and community-based programs engaged in fostering the development of AA-PI 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, and practitioners, scholars, and researchers from the Hawaii region. 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 23, 2013 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 Nicole Rider at nicole.rider@gmail.com.

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 Nicole Rider at nicole.rider@gmail.com.

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 Seung Yu at seung.b.yu@gmail.com.

Guidelines for Proposals

All online proposals should include:

Contact information for the presenters

Abstract (50 to 100 words) with no author names

Program Summary (500 to 700 words) with no author names

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 end of April 2013.

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 see the AAPA website at <u>aapaonline.org</u> for more information on the 2013 Convention. For all other questions regarding the 2013 AAPA Convention, please email one of this year's co-chairs, Matthew Lee at <u>leemr@jmu.edu</u>, or Anjuli Amin at <u>amin.anjuli@gmail.com</u>.

Why Asian-Americans voted overwhelmingly for Barack Obama

Al Yee



Republicans are frustrated and confused over the November election results, because their polling had indicated that Gov. Mitt Romney would win an overwhelming victory. Romney blamed his loss on President Barack Obama's doling out financial "gifts" to many groups that in turn voted for him.

Assessing how various groups voted, they were not surprised that 98 percent of African Americans went for the President. Because it was expected, they have no qualms about 70 percent of Latinos voting for Obama. Since Jews traditionally vote Democratic, their 70 percent was no surprise either. However, Republicans have scratched their

heads over two other groups that emphatically supported Obama.

Although white voters with high school and lesser educational attainment went Republican, those with college degrees favored the President, especially those with post-graduate degrees. The second group has drawn even more comments, that is, the 73 percent of Asian-Americans who voted for Obama. Why was that surprising? The reason is that according to the Census Bureau, Asian-Americans comprise the country's most prosperous ethnic group, a number of whom are millionaires. Their economic well-being and capitalist bent seemed to assure that a large number were Republicans who would vote accordingly. It shows that one factor or a couple cannot be predictive of people. Those who know Asian-Americans and their history wouldn't have predicted that most of them would go for Romney and Paul Ryan. Let's explain.

Asian-Americans, many of whom are fourth-generation Americans and a number whom are fifth-generation, like my children, know how it was in the past, when Asians were discriminated against by reason of their race. In the 19th century, when the first Asian-Americans, the Chinese, came to the U.S., they were severely abused and treated as subhuman, as were Native Americans and Blacks. Declared unconstitutional in the end, the numerous Chinese exclusion laws remain since the Civil War America's worst racial laws.

The Japanese, who came next, were similarly treated with prejudice for being workers, like the Chinese, who were hard to compete with. The Japanese were forced into isolated internment camps during World War II, and yet their troops won more medals and awards than any other American units.

Although overt racism has declined in the U.S., it lingers in subtle ways. Asian-Americans then remain sensitive and opposed to racism and prejudice, whether directed at them or at others. When right-wing birthers accuse Obama, who is half black, of being foreign-born and thereby unqualified to be president, Asian-Americans not only see through such nonsense, they are repelled by the obvious bigotry. On national TV, Romney warmly welcomed the support of Donald Trump, who vociferously and repeatedly accused Obama of being a false American. What was Romney thinking? Why did his campaign promote contradictions that alienated key groups of voters, such as Asian-Americans and the university-educated?

Asian-Americans succeed in many professional and business pursuits, not solely for themselves as individuals but for their families and sense of achievement. Highly committed to education, they want their children to study hard and attend the best schools. They are the most highly educated ethnic group in America, both males and females. Seeking out the best schools for their kids, many will change jobs and move, even to other neighborhoods and cities, in order to put their kids in good schools. Correlative to what was said above about the support of the college-educated for the President, typical Asian-Americans are pragmatists instead of being

ideologues. Therefore, opposed to conservatives, they believe in the science of climate change. They also see through conservatives' double-talk about individual freedom and their "attack on women." Dedicated to their families and relatives, they care dearly for elders and are very supportive of social programs such as Social Security, Medicare and Affordable Care Act.

Asian-Americans are this country's fastest-growing group that includes, in order of number: Chinese, Filipinos, Asian Indians, Koreans, Vietnamese, Cambodians, Japanese, Hmong, Laotians, Cambodians, Pakistanis and Thais. The first four comprise the bulk of their 14.7 million population, about 15 percent are mixed, mostly half-white. Asian-Americans are diverse, but their various cultural backgrounds induce many similar values. Al Yee is a Korean War veteran and retired professor of psychology and educational psychology in Missoula. His latest book is "Raising and Teaching Children for Their Tomorrows."

The Middle Path

Darcy S. F. Ing



Recently my 50 year-old cousin died suddenly, to the shock and grief of his family. His loss only intensified the near-constant arguing between his sister and niece. Between being a listening ear to their complaints (and referring them out to family therapy), I kept noticing their extreme polarization. Each was very sure she was right and that the other person was not only wrong, but profoundly selfish for daring to think differently. In this battle, there was light and dark, good and evil, but there were no shades of gray anywhere.

This kind of polarization is evident in many areas of society, creating both tension and conflict. We are either for others or against them, wholly good or completely evil, or accused of "going too far" or "not far enough." Other times we are urged to "Go for

broke," "Pull out all the stops," and "be a winner" instead of a loser. Whether in family dynamics, politics, religion, or ethics, many times we are divided into camps of left or right, good or bad, black or white. Yet most of the time, people are neither completely good nor completely evil. Most of us tend to be somewhere in the middle.

Psychologist George Kelly remarked that there was '... a dichotomous quality to all human thinking', and that each human construct involves two poles, one at either end of a dichotomy. These polarities can be either explicit or implicit. The concepts "small" or "slow" imply the polarities "big" and "fast,' while a less obvious implicit polarity might be "talking" and "not talking" or "sitting" and "standing." Life is full of polarities, and many of them seem to be getting farther apart rather than reaching any kind of resolution.

Psychotherapy clients are often caught in this difficulty, trapped between extremes and not seeing any way out. Whether due to overwhelming circumstances, difficult family members, or unreasonable expectations (from self or others), clients often feel stuck between polarities. Even the helping psychologist strives for a resolution between dichotomies during therapy. While remaining fully present to our clients, part of us must remain separate enough to perceive alternatives to the client's worldview, determine a diagnosis, and consider possible treatment options or resources. When working with a family, we must take in the viewpoints of different family members to discern how the relationship broke down and what interventions might help with repairing them. Likewise, we need to be aware of the scientific literature and generally supported methods of treatment, yet remain cognizant of the needs and qualities of the unique individuals before us. How to find a middle way among all of these demands?

Of course, there are times when a position should not be in the middle, such as there being "too much" or "too little" abuse, rape, or trauma. The middle way is a way out of polarities rather than a prescription for a way of being. The lives of therapy clients are often dichotomies. Trust vs. mistrust, sobriety vs. drunkenness, self-sacrifice vs. hedonism, mania versus depression, perfection vs. imperfection, total control versus completely out of control. Therapists aim to assist clients find a middle way, a balance between extremes, some shade of gray between the black and white polarity of the client's worldview.

A model for resolving some of these challenges might be found in religions that value the practice of moderation, recognizing that humans have both the capacity for the best in virtues and the instinct for the worst in vice. Both Eastern and Western religions teach that it is only by pursuing the middle path, only in moderation, that we have positive movement in life. In finding this balance, we strive to recall that in some ways each of us will always be different and unique and in others we are always similarly human. Can we acknowledge differences in ways that don't divide us?

In Asia, both Confucius and the Buddha spoke of the Middle Way, which Buddha called the way of wisdom and Aristotle called "The Golden Mean," the middle between two extremes, one of excess and the other of deficiency. Thus, an excess of a virtue such as courage might lead to recklessness, whereas a deficiency might be seen as cowardice. The Buddha reminds us that all things lack intrinsic reality and objectivity – all things are relative. All three philosophies taught avoidance of extremes as much as possible in personal, social and emotional daily life. In addition, the well-known Golden Rule specifically describes a life of moderation, of being on the middle way in our relationships with others. The Golden Rule is found in every major religion across the globe, with Confucius writing his version of the rule four centuries before Hillel and five centuries before Christ: "Do not do to others what you do not want done to yourself."

The Middle Path can be achieved in various ways, according to Eastern religion. The Madhyamika (Middle Path) tradition of the Buddhist writers Nagarjuna and Candrakirti used meditations intended to achieve a state of liberation or unconditional freedom. One type of meditation was intended to collapse the two polarities, dissolving the dichotomy to create a middle path. Thereafter perceptions of reality are not mediated by conceptuality. For instance, one might choose to be neither aggressive nor passive, so that one's reality is not mediated by the concept of hostility. Alternately, Taoism teaches us about the *wu wei*, the alignment of one's self with the Tao, like the uncarved block P'u, which simply exists in its original nature, or like water effortlessly flows and always takes the shape of whatever container it is in.

In each case, the spiritual path teaches about letting go of the extremes, of what we think we know and of opening up to the possibility of something different. Psychologists also can help clients learn to let go, to discover a balance between extremes and a middle path beyond the rigidity of concepts. Whether through learning to find more of a balance between being and doing, increasing personal flexibility to let go of situations over which you have no control, or finding a way to say "no" that honors our own needs and respects those of others, there are many ways to help clients and ourselves find a middle path.

It is my belief that the wisdom in these traditions combined with power of compassion for one's self as well as others can transcend human-created polarities. The human spirit has potential well beyond the limitations of the human mind and can ultimately lead us to a brighter and more positive future. A future that is positive, constructive and responsible.

"Houston, We Have Solutions: Musings on the 2013 Multicultural Summit from a Cultural Competence Junkie"



by Rahul Sharma, Psy.D.

Diversity Concentration Chair and Assistant Professor
Illinois School of Professional Psychology
Chair Elect, Division on South Asian Americans, AAPA

For me, the January 2013 Multicultural Summit in Houston closes a circle involving AAPA that was almost 20 years in the making.

For many of us ... *mid*-career ... (yes, time for some of us to face the facts) psychologists interested in cultural competence – as clinicians, supervisors, instructors, and administrators – another conference on "multicultural issues" may feel redundant. After over 20

and administrators – another conference on "multicultural issues" may feel redundant. After over 20 years of immersing myself in this area, it is sometimes hard to find new, innovative, AND practically useful material. And while not everything was new at the 2013 Summit, there were some gems. Beyond this, the *spirit* of the event was unmistakable. A colleague once quipped "You know how there's 'preaching to the choir'? Well, the Summit is basically *being with the choir*." Indeed, for me, the Summit is an opportunity to *recharge*, *reconnect*, and *recommit*.

This year, I was fortunate enough to co-lead a Roundtable session with advisee and doctoral candidate at ISPP, Dipali Cleaveland. Also, as I recently joined AAPA's **Division on South Asian Americans** (**DoSAA**) Executive Committee as Chair Elect, I was eager to *recharge, reconnect,* and *recommit*. Coming off the heels of an AAPA presentation with DoSAA colleagues this past summer in Orlando, and copresenting with a South Asian mentee in Houston, I was grateful to feel connected to a growing network of caring, gifted South Asian professionals. I was also thrilled to see other DoSAA members presenting at and/or attending the Summit!

One particular theme that stood out in Houston was *effective mentorship relationships*. At "Crosscultural Mentoring Throughout the Developmental Stages of Becoming a Psychologist" (led by Drs. Anne Chan, Nima Patel, and Ted Burnes, and Cynthia Medina, M.S.), some take-aways especially pertinent to students and professionals from non-dominant groups were:

Culturally-Intentional Mentoring: Focus on mentee's wellness and resilience, while keeping in mind mentee's cultural context

Mentoring Queer Folks in Psychology: Set goals and build relationships based upon mentee's development; distinguish the needs of the mentee (community vs. psychology-specific mentoring)

Polymentoring (presenters cited Arlene Noriega for this term): Recognize that no mentor is a "one-stop shop" – encourage mentees to seek out various mentors based upon various needs. **How trainers equip themselves**: Recognize multicultural competence as a process; remember where trainees are in that process, and give them room to grow.

This and other Summit sessions affirmed themes that emerged in the session I co-led. Our Roundtable Conversation, "Learning to Be a Culturally Competent White Therapist... But Wait, We're Brown," looked at how cultural competence training was (and was not) meeting the training needs of students of color. In addition to suggesting more emphasis on *Attitudes* and *Skills* components in cultural competence training, and further incorporating **self-defined goals** both in and out of the classroom, we talked a lot about **meaningful mentoring relationships**.

NOW we get to the full circle AAPA story. One of the psychologists joining this session took me back in time: In the summer of 1994, while on break from my first year of graduate school (stop doing the math), I was visiting friends in the Bay Area. I met with a Psychologist in San Francisco who was interested in cultural issues. I sought him out for a conversation about culture and psychology. Upon our meeting, he *insisted* that I find a way to get to the AAPA & APA conference in Los Angeles, and looked in to getting me a travel scholarship through AAPA. Next thing you know, I'm at my first AAPA and APA conference! I was floored by his generosity, and the affirmation of students and young professionals at the AAPA pre-conference.

.... And now here he is, showing up to my Summit session – Dr. Matthew Mock!!! Almost 20 years earlier, he introduced me to a community of which I am grateful to still be a part. In our session, we discussed the theme of "paying it forward" in terms of effective mentoring relationships. We all talked about how invaluable mentors' acts of giving and nurturance were for each of us, and how do that for others.

In that vein, I encourage anyone reading this who is interested in South Asian mental health to **get connected with DoSAA**. For me, joining DoSAA has been incredibly rewarding. A bit about us: We're a community of students and professionals committed to understanding social, emotional, political, and personal influences affecting South Asians in psychology and creating a forum to impact change for the betterment of South Asian mental health. We want to reach out and expand this supportive community. Part of our mission is to give a home to those individuals interested in the mental health needs of the South Asian community. We were excited to see a growing number of South Asians at the conference. DoSAA highly values the role of mentorship and support – we want to connect with you! Some of our projects this past year included: Being a part of the mental health response to the Sikh temple tragedy in Oak Creek, Wisconsin; facilitating both national and local networks of DoSAA members; and putting together a Spring symposium on the mental health response to the Oak Creek tragedy, highlighting how mental health workers can work in a culturally adaptable way with a particular cultural/religious community in crisis. If anyone is interested in helping out with any of our current projects, and/or contributing to our newsletter, we encourage you to get in touch with DoSAA Membership Coordinator, Monique Shah Kulkrani, Ph.D. (moniqueshah@utexas.edu).

Following suit with the Summit's themes, let's *recharge* through seeking community, *reconnect* with each other, and *recommit* to fostering and sustaining meaningful relationships that affirm diversity and cultural competence.

AAPA Listserv

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To send a message to the entire listserv email your contribution to aapa@sfsu.edu.

AAPA San Francisco Bay Area Social

Zeb Lim



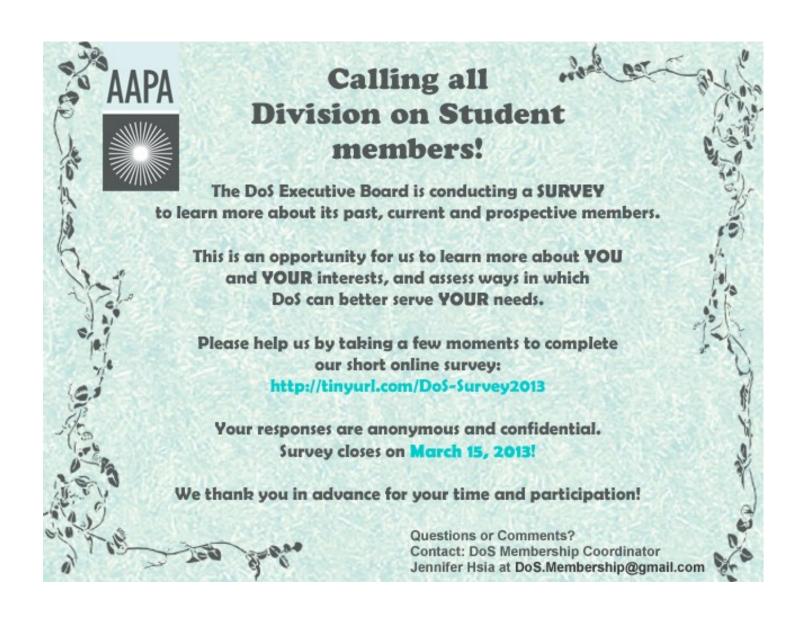
What started as a casual conversation during the APA convention in Orlando between Zeb Lim (AAPA – Board of Directors, Student Representative) and Christine Zhou (AAPA Newsletter Co-Editor) soon materialized into the first of many AAPA – San Francisco Bay Area Socials. The event recently took place on January 5, 2013. Given the number of AAPA professionals and students in the San Francisco Bay Area and the confluence of many other allied mental health professionals, such as counselors, marriage and family therapists, and social workers, it made good sense to try to bring individuals who are interested in Asian American psychology and mental health issues together.

Despite the event being a last minute arrangement, word quickly spread of the meeting as the host (Zeb Lim) invited friends and colleagues, and they in turn invited other interested parties to the event. Even though it was a rainy and cold evening in San Francisco, a group of twelve individuals descended upon Chinatown Shanghainese restaurant for an unforgettable evening of professional meeting and socializing. Granted, such meetings have happened in the past, especially when Darcy Ing (AAPA - Division of Women [AAPA-DoW] leader) was in the San Francisco Bay Area. Darcy organized a number of social gatherings under the auspices of AAPA-DoW. So in some ways, this was a continuation of an honored tradition of gathering AAPA professionals and allies in the San Francisco Bay Area.

It was a good turnout, in that we had folks involved in AAPA leadership such as Christine Zhou (AAPA – Newsletter Co-Editor), Gregory Desierto (AAPA – Division on Filipino American Student Chair), and myself (Zeb Lim, AAPA – Board of Director, Student Representative) present. More importantly, others who are in allied mental health fields were present. We had a Doctor of Pharmacy student interested in pursuing a career as a psychologist, two marriage and family therapists, (one of whom switched careers from an engineering Ph.D. to marriage and family therapy and quickly rose up the career ladder in his newfound profession to become a program co-director), and a former Stanford University neuroscience research assistant currently working with a telecommunications company. Other folks in attendance included current Psy.D. students at various stages of their professional study in universities in the area and early career psychologists.

As AAPA convention converges once a year, and with not all of our members in attendance, it is of great benefit to all members to have a regional group that they can turn to for consistent support and consultation. While AAPA is good at spearheading Asian American interests at the national level, advocacy at the grassroot level is equally important. Professionals in a given area can quickly mobilize their individual and agency resources to educate the public about local mental health issues when the need arises. One great example of this is the recent daylong event titled, "Healing and Resiliency Summit" in Oakland, California, that was coorganized by Asian Community Mental Health Services, Community Health for Asian Americans, Korean Community Center of the East Bay, The Mindful Center, UC Berkeley School of Public Health – Center for Public Health Practice, and Asian Health Services, in remembrance of the Oikos University shooting tragedy that occurred in Oakland, California in April 2012.

Given that the San Francisco Bay Area is strategically located – comprised of Berkeley, San Francisco, San Jose, Oakland, among other cities with high concentrations of Asians and Asian Americans, it is much easier to host and gather a sizeable local group of AAPA professionals and allies. So what works here may not work as well in other locations. Then again, there was never a one-size fits all in therapy either. Nonetheless, AAPA professionals and students in large Asian communities such as New York City should consider hosting a gathering of Asian American psychologists and allied mental health professionals in the future to form a regional community of like-minded individuals. Regular local gatherings of professionals, students, and allies will strengthen the bond formed during the annual AAPA convention. Hopefully the San Francisco Bay Area Social will be active in the long term and other regional groups will spring up in the future as well.



Asian Pacific Development Center (APDC)

Rudolph Lie



Introduction:

Asian Pacific Development Center is a state licensed behavioral health clinic to serve Asian and Pacific Islander refugees and immigrants and their families in Colorado. APDC is the only one of its kind in Colorado and most likely in the entire Federal Region VIII. The Center would like to reach out and network with as many national organizations as possible. This would include the Asian American Psychological Association, the Nation's Asian American and Pacific Islander communities, and other Professional Associations.

Mission:

To advance the well-being of the Asian American and Pacific Islander (AAPI) community by providing culturally appropriate and integrated medical, behavioral and related services.

History:

After the fall of Saigon in 1975, there was an influx of Southeast Asian refugees to Colorado, mainly around the Denver Metropolitan area. There was a huge need for mental health service for the population, a lot of whom were dealing with conditions such as PTSD, Depression, etc. However, due to language and cultural barriers there were hardly any resource to be found. A Federal grant was obtained to serve these refugees. The Indochinese Development Center was established under the umbrella of a Denver Community Mental Health Center. Shortly thereafter Asian immigrants from other countries started to come and seek services too. A group of Asian Mental Health and other professionals, and community leaders decided that it is time to set up an independent clinic to serve all Asians in Colorado. Hence, in October 1980, Asian Pacific Development Center was born and incorporated as a 501c3 agency. The Colorado State Division of Mental Health issued a license to APDC as a specialty clinic to cover the whole state of Colorado.

APDC Services:

Throughout the years, the APDC saw different challenges the community was facing and over time the Center has expanded its services to meet the needs of the community. Thirty two years later, the APDC offers not only mental health services but also: case management/navigation, victim services, ESL/citizenship/job readiness classes, interpretation/translation, health promotion/education, and youth services. Each year APDC reaches over 12,000 people in Colorado.

APDC's community:

The Asian American and Pacific Islander (AAPI) population in Colorado continues to grow. A steady stream of approximately 2,500 refugees arrive in Colorado every year. Most recently, they are Burmese and Bhutanese. They are facing difficulties as they adjust to a new culture. These difficulties include: language, jobs, mental health issues. Youths find it difficult to adapt to school life and face gang issues.

To learn more about APDC, please, visit our website: apdc.org

Case studies section in Asian American Journal of Psychology

Doris Chang



The Asian American Journal of Psychology invites submissions for our new Case Studies section.

Case studies are in-depth investigations of a single person, group, event or community. We are interested in all types of case studies, including:

clinical case studies of individual therapy, couples and family therapy, group therapy organizational case studies

research case studies designed to explore a specific "bounded system," such as an activity, process, or single event as experienced by a small group of individuals.

What can we learn from case studies? The strength of case studies is their ability to provide rich descriptive information about an individual or individuals, process, or phenomenon that may be inaccessible through traditional research approaches, or may be unethical or impractical to study systematically or on a large scale. In a growing field such as Asian American psychology, case studies may be especially helpful for exploring understudied phenomena and generating hypotheses that may be explored in future research.

What do we look for? Case studies must demonstrate relevance to Asian Americans in some way, for example by involving Asian American participants, clients or therapists, or organizations that provide services to the Asian American community. The *AAJP* defines Asian Americans as people of Asian and Pacific Islander ancestry in the United States and Canada.

There is no specific "gold standard" methodology for case studies. However, the best case studies present sufficiently detailed and comprehensive data to permit a rich description and analysis of the case. Clinicians submitting case studies should strive to go beyond the typical case presentations delivered in routine clinical case conferences. We are especially interested in case presentations that make substantive clinical or theoretical contributions to the literature.

Researchers may draw on a variety of methods and data sources including qualitative techniques (e.g., ethnography, participant-observation, research and clinical interviews), personal records and artifacts (e.g., diaries, photographs, personal websites), and official documents (e.g., clinical case notes, testing reports, educational records). Common approaches to data analysis include grounded theory, interpretive phenomenological analysis, and textual coding.

As with other submissions, case studies will be limited to the maximum of 30 manuscript pages including title page, abstract, and references.

Questions regarding potential submissions may be directed to the Case Studies Section Editor, Doris F. Chang (email: changd@newschool.edu).

New International Section in Asian American Journal of Psychology

Winnie Mak



I am Winnie, the section editor for the new International Section in the Asian American Journal of Psychology. When Fred introduced me to the idea of having an international section a year ago, I was thrilled with the possibility of finally having a publication venue where researchers on Asian American psychology and Asian psychology can connect and build upon each other's work to enrich our knowledge on the Asian diaspora.

Since I worked at the Chinese University of Hong Kong in 2002, I felt a strong disconnection between what psychologists in the Asian regions do and what psychologists in North America do. I felt there can be greater appreciation between the lived experiences of Asians in Asia in relation to their Asian American counterparts and vice versa, such as how "Asian culture" is being defined and constructed across geographic regions and how our cultural identities as Asians, Asian Americans, and/or specific ethnic group

play out across interpersonal situations, geographic boundaries, and sociopolitical systems. With our experiences become increasingly more transnational and our impact increasingly global, it is intriguing and important to investigate how transnational experiences define our ethnic and cultural identity, how Asian cultural practices shape our psychology and associated behavior, and how our mental and physical health is impacted by our values and beliefs, norms and practices, and how institutions and systems are shaped by our multicultural existence.

As such, I hope that the international section can provide an outlet for researchers to share their work on issues that have both relevance and implications to Asian and Asian American experiences, theoretically or empirically. For the journal, Asian Americans are defined as people of Asian and Pacific Islander ancestry in North America. Manuscripts based on Asians in Asia must demonstrate clear connections to Asian American experiences. If you have any questions regarding the International Section, I am happy to address them. Just send me an e-mail at wwsmak@psy.cuhk.edu.hk. For manuscript submissions, please specify in your cover letter that you are submitting a manuscript for consideration in the International Section so that it can be routed to me. I look forward to stimulating ideas and research that help us understand the ever-evolving Asian diaspora.

Winnie Mak
International Section Editor
Asian American Journal of Psychology
Associate Professor
Department of Psychology
The Chinese University of Hong Kong
www.psy.cuhk.edu.hk/maklab

The All-American, Asian-American Soldier

by Jack Tsai, Ph.D.

Assistant Professor of Psychiatry, Yale School of Medicine
Core Investigator, Veterans Affairs New England Mental Illness, Research, Education, and Clinical Center

Pictures of Private Danny Chen (lived 1992-2011)





It seems a contradiction that at the age of 18, Danny Chen enlisted in the military to fight and serve his country, but he couldn't legally buy beer.

An even bigger contradiction is that Danny Chen was a Chinese American soldier who served in Afghanistan and died, not by enemy fire, but by suicide, after repeated racial hazing by his fellow soldiers.

The only Chinese-American in his platoon, Danny's superiors singled him out for excessive physical exercise, including doing push-ups with mouthfuls of water, forcing him to crawl across gravel with all his equipment on while other soldiers pelted him with rocks. Several incidents that Danny was blamed for, such as breaking the hot water pump, forgetting equipment, and marking graffiti on a wall, only exacerbated the hazing. Danny's fellow soldiers called him "gook", "chink", "dragon lady", "Jackie Chan", "Ling Ling." He was instructed to give orders to other soldiers in Chinese.

In letters Danny wrote home to his parents, he said "they ask if I'm from China like a few times a day... They also call out my name in a goat like voice sometimes for no reason. No idea how it started but now it's just best to ignore it. I still respond though to amuse them. People crack jokes about Chinese people all the time, I'm running out of jokes to come back at them." When his mom had asked him if anybody was bullying him, he had replied "That's to be expected."

Eight soldiers have been charged in the case, seven of whom have been sentenced. Initial charges of negligent homicide have been dropped, and those who have been sentenced have received relatively light sentences (including rank demotions, fines, discharges, and little to no jail time).

I have been consulted on the case by the lawyers involved in the prosecution so I have knowledge of a few issues that have not been discussed in the media. For one, some of the soldiers charged have claimed posttraumatic stress disorder and traumatic brain injury as a defense, despite the fact that racism is not a symptom of

PTSD or traumatic brain injury.

Two other interesting points have come up that I believe are relevant to Asian American psychology. According to his military officers, when asked about the racist name-calling, Danny had reported he did not mind it. The military officers also attempted to justify the name-calling by saying everybody in the military gets nicknames.

In another incident, when nobody would take responsibility for spraying graffiti on a wall, fellow soldiers pointed to Danny as a scapegoat. There are differing accounts, but some have reported that Danny took responsibility for it (although he did not do it).

I think it's entirely possible that Danny endorsed the racist name-calling towards him and took responsibility for graffiti that he did not do. Why? It may be difficult to understand, but both military and Asian values may have been at play, including conformity and collectivism. In the military, the hero jumps on the grenade and in many Asian cultures, tolerance is a virtue and karma rules.

Moreover, when you are the only Chinese American in the unit and everybody is against you, there may not be much you can do except pretend to enjoy it. Numerous psychological studies have shown that when you are a minority (e.g., Asch paradigm), you can express opinions that are completely against what you believe.

There are so many reasons to be outraged with this case, along with other similar cases (e.g., Corporal Harry Lew). From the racial hazing that was allowed, to the military refusing release of Danny's journal to his own parents, to the negligible sentences that have been handed down. But at the heart of this case is a larger issue that goes beyond the military and pervades the American psyche, and that is the image of Asian Americans.

The image of an Asian American soldier is a foreign one, juxtaposed against the general notions and stereotypes of Asians and Asian American civilians in the U.S.

For one, Asian Americans are supposed to be Asian, first and foremost (the word "American" as a modifier to "Asian"). Asian Americans are not supposed to be patriotic for the white, red, and blue, but instead represent the "yellow peril." The fact that there are thousands of Asian Americans who serve the U.S. Armed Forces and dedicate themselves to protecting the nation is overshadowed by the myths of the Wen Ho Lees and media portrayals of Asian spies.

Secondly, the image of an all-American soldier is one of strength, leadership, and valor. Asians and Asian American males are rarely characterized as embodying these characteristics, but instead are relegated to be emasculated, ineffectual, immoral- the Long Duk Dong's, the Fu Manchu's. So rare are the Bruce Lee's and Jeremy Lin's that they are allowed to break the mold only partially, with still underlying suspicions of their true nature.

So the case of Private Danny Chen represents something much greater than a soldier who committed suicide. And there are certainly more Danny Chen's out there. I think Asian Americans must rally together around issues like this, to not just have a discourse, but to be a political force. Asian Americans are not active enough in the political arena, not just in national politics, but local politics- in their neighborhoods, in their cities, in their states. By being active in the communities we live in, we can enlist ourselves to be soldiers of change.

Membership report

Frances Shen



Hello AAPA Members,

Thank you to AAPA members who have renewed their 2013 AAPA membership! Thus far, AAPA has a total membership of 233 members. Please see the table below for a breakdown of the membership categories.

If you have not done so already, be sure to **renew your membership** so that you can begin to enjoy the many benefits of being a current AAPA member (listed below). 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!!!**

Individuals can easily join or renew your AAPA membership through our website at www.aapaonline.org. You are also welcome to send in the paper membership form that is included in this newsletter (instructions and address for submission/payment are listed on the form).

As a reminder, there are many excellent benefits to being a current AAPA member:

Access to the "Members Only" section of the new AAPA website, which allows members to post their syllabi and review other members' syllabi, search for members or referrals, vote in elections, and modify their personal account information at their convenience;

Free annual subscription to the **Asian American Journal of Psychology (AAJP)**, which is published by the American Psychological Association;

Access to the Asian American Psychologist, the AAPA Newsletter, which is published electronically on the AAPA website;

Discount membership prices for the AAPA annual convention registration and banquet tickets;

Interactions with other AAPA members through the AAPA listserve;

Opportunities to network with experts in the field of Asian American Psychology!

Also, please check and/or update your contact information (i.e., mailing address, email address, phone numbers, etc.). This can be done online by logging into the "Members Only" section of the AAPA website, or by emailing the updated information to me (fshen625@gmail.com). Your updated mailing address is needed so that we can continue to keep in touch with you, and to ensure that you receive your AAJP subscriptions!

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	2013
Students	86
Professional	101
New Professional	4
Early Career Professional	17
Emeritus	5
Lifetime	18
Associate Organizations	2
TOTAL	233

2013 AAPA Membership Application Form

A. All Members I	Please complete	e the following:	
Name:		E	-mail:
			City
State	_ Zip	Phone:	Gender:
		Year degree earned	
			han English):
Research/Practice	nterests (5-6 wo	rds):	
Areas in psychology	y in which you re	ceived or will receive yo	our degree (e.g., clinical, I/O, social, etc)
I permit AAPA to re	lease my contact	t information (name, add	dress, email) and/or research interests:
To professional org			YES NO
In AAPA member d	irectories (e.g., p	rint or on the website)?	YES NO
To prospective emp	loyers?		YES NO
Position Title (curre	nt/previous):		
C. Student Membe	rs only Pleas	e complete these item	s:
School where you a	re enrolled:		
Degree objective (e Expected graduatio		0., MA., M.S.W.) :	
dues are received. bership. You can re you wish to mail in y	However, dues register online (for your membership	eceived after Septembe new or renewed memb application form and p	mber 31 yearly, regardless of when membership er 30 will be applied to the following year's mem- ership) at our website, www.aapaonline.org. If ayment to our central office (see address below) I by your financial institution will be subject to a
Please m	ake your check p	payable to AAPA and se	end this entire form with your payment to:
		American Psychologic S North Central Avenue	e PMB #527

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.

Early Career members - Professional members who are within 2 years of receiving their terminal degree and who hold positions as post-doctoral interns, post-doctoral fellows, assistant professors, or comparable level positions. Members can remain in this status for a maximum of two years.

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/emeritus 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.* Six dollars in dues support the Student Division, while the remaining dues support AAPA.

Associate Organization members - Include, but are not limited to, organizations interested in the purposes and objectives of the Association.

DUES & DONATIONS		AMOUNT	ENCLOSED
A. General Membership	Professional Member	\$70.00	\$
	New Professional Member (1st year)	\$50.00	\$
	Retiree/Emeritus Member	\$20.00	\$
	Early Career Professional Member	\$50.00	\$
	Student Member	\$35.00	\$
	Associate Organization Member	\$70.00	\$
B. Division on Women ¹	Professional Member	\$15.00	\$
	Student Member	\$6.00	\$
C. Division on South Asian Americans ¹	Professional Member	\$15.00	\$
	Early Career Professional	\$10.00	\$
	Student Member	\$6.00	\$
D. Division on Filipinos ¹	Professional Member	\$15.00	\$
	Early Career Professional	\$10.00	\$
	Student Member	\$6.00	\$
E. 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	\$
TOTAL AMOUNT ENCLOSED			\$

¹Membership in the Division on Women, Division on South Asian Americans, or Division on Filipinos is optional, but you must be a member of AAPA to join DoW, DoSAA, or DoF.

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.

AAPA Newsletter Team Recruitment

The AAPA Newsletter is currently seeking candidates to fill several open positions within the Newsletter Team, including Copy Editors, Layout Editors, and Columnists/Reporters. Positions will begin Summer 2013, with training to begin in late Spring 2013..

Below are descriptions of the AAPA Newsletter and each of the three positions. If you are interested in any of these positions, please submit a short letter of intention and a list of relevant experiences to either Jane Yang (mailto:jyang01@emory.edu) or Christine Zhou (mailto:christinez@uhs.berkeley.edu) by April 15, 2013.

Please keep in mind that no prior experience is necessary for any of these positions—we will provide any necessary training! If you have any questions about any of the positions, feel free to let us know!

Cheers, Jane Yang and Christine Zhou Co-Editors-in-Chief, AAPA Newsletter

AAPA Newsletter

The AAPA Newsletter is one of the primary ways for members to communicate their theories, research, ideas on social policy and important news/events to other members; for AAPA Divisions to communicate their perspectives and events to the AAPA membership; and for the AAPA Executive Committee (EC) to connect and to distribute pertinent AAPA information to its members.

Each year, there are three issues, including the Spring, Summer, and Fall issues. The deadline for submitting articles and announcements to the newsletter are as follows: January 15th, May 15th, and September 15th of each year.

The AAPA Newsletter Team consists of two Co-Editors-in-Chief, one Distributor, two Layout Editors, several Copy Editors, and several Columnists/Reporters.

Copy Editors

Receive submissions from the Co-Editors-in-Chief and provide editing of these submissions

Ensure submissions are no longer than 1,000 words and that they abide by other editing protocols as agreed upon by the AAPA Newsletter Team

Forward edited submissions to the Distributor

Position duration is 2 years.

NOTE: No professional writing experience is required for this position.

Layout Editors

Provide typesetting and design the overall layout of the newsletter

Receive final submissions from the Distributor

Design layout to ensure inclusion of all edited submissions

Submit completed newsletter to the Co-Editors-in-Chief and make revisions, as needed

Position duration is 2 years

NOTE: No experience is required for this position! We will provide any necessary training. We simply require a passion for learning and an eye for details and creativity!

Columnists/Reporters

Write articles of 1,000 words or less about general topic areas of interest to Asian American psychology Conduct interviews, as needed, of Asian American psychologists who have made noteworthy contributions to the field

Position duration is flexible.

NOTE: No professional writing experience is required for this position.



Asian American Psychological Association

(602) 230-4257

www.aapaonline.org

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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: Jane (jyang01@emory.edu) or Christine (christinez@cc.msu.edu)

Billin

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).