

ASIAN AMERICAN Psychologist

Newsletter of the Asian American Psychological Association Summer 2016

<u>President's Column</u> Kevin L. Nadal



Dear AAPA Family,

By the time you read this, we will likely all be getting ready for the annual AAPA convention in Denver. AAPA conventions have always been meaningful for me because it signifies the end of the summer and the beginning of a new academic year. And since AAPA has become a professional family for many of us, it feels like a family reunion.

I attended my first AAPA Convention in 2001. I was finishing up my Mas-

ter's degree in Counseling at Michigan State University, when my mentor Dr. Alfiee Breland en-

couraged me to submit my research project for a presentation at AAPA. I had never heard about the organization, but I was very familiar with the works of AAPA trailblazers like the Sue brothers and others. So I submitted a paper proposal and fortunately was accepted.

Having attained my Bachelors from a university where there were lots of Asian Americans (UC Irvine) to a graduate school where there was only one or two (MSU), was very difficult. I experienced a lot of racism and racial microaggressions inside and outside of the classroom, and I just presumed that such experiences were the norm of the field of psychology.

When I entered the AAPA convention for the first time, it was overwhelming to see so many Asian Americans, who were interested in Asian American Psychology, all in one place. What was even more meaningful was that many Filipino American psychologists and graduate students attended my presentation, and I was able to interact with them personally during the lunch hour. Being around so many

Features

President's Column	1
Connections	4
Membership Report	6
Financial Report	9
Announcements— Officers	9
Announcements—Dr. Wong	9
Announcements-Books	10-12
AAPA Newsletter Staff	12

like-minded people who were committed to promoting multicultural competence was such a great feeling. Being around so many people who were also the "only ones" at their institution felt validating.

One of the people who I met during the lunch hour was Dr. Jeanne Manese. She asked me about my inter-

ests and I told her that I was interested in attaining my doctoral degree. We exchanged email addresses, and when I returned to Michigan, I reached out to her. She encouraged me to apply to graduate school, and she graciously offered tips on what I should include in my application. A few months later, I was admitted into the Ph.D. Program in counseling psychology at Teachers College - Columbia University, and the rest is history.

Since attending AAPA conventions, I have met so many wonderful people - some who have become some of my closest friends. Because of that, AAPA has been an annual homecoming - an opportunity for friends and colleagues from all over the world to reunite each year. It's an opportunity for us to present our work; to network with other scholars and organizers; to vent about professional obstacles and community struggles; and to sing karaoke with a bunch of Asian American psychologists at the after party. AAPA really has become my professional family, and I know/hope that I can be that family for others as well.

On a separate note, I am delighted that this issue of the Asian American Psychologist is focusing on the complexities of being Asian American during our current political times. Given the history of anti-Black racism in our country, Asian Americans and other non-Black people of color are often "put in the middle" of conversations regarding race. One such way that we've experienced this struggle is through the indictment of former NYPD Officer Peter Liang, for the accidental death of 28 year old Akai Gurley. Some Asian Americans (mostly from younger, US-born generations) have aligned with the #BlackLivesMatter Movement, while other Asian Americans (mostly from older, immigrant generations) have protested the guilty verdict. In fact, in February, thousands of Asian Americans (mostly Chinese Americans) gathered to protest the verdict, citing that it was a "Tragedy, Not a Crime."

I understand that there are racial implications of Peter Liang being convicted while White officers have not. However, I also realize that Liang made horrible mistakes that cost a young Black man his life. There was enough evidence to support that Liang had his finger pressed firmly on the trigger of his gun, without any indication that he was in harm's way. Perhaps he was scared because he was walking through a housing project in Brooklyn, which was housed by almost all African Americans. There was also enough evidence to prove that Liang called his supervisor instead of 911 and did not perform CPR on Akai Gurley. If Liang used his certified CPR training, Akai Gurley would likely be alive.

From an insider perspective, I can tell you that one of the reasons why Liang was convicted was because the prosecuting attorney did his job, as compared to other attorneys who were not able to provide enough evidence to support their cases. For instance, prosecutors who prosecuted the cases of George Zimmerman (the neighborhood watchman who shot Trayvon Martin in Florida) or Daniel Panteleo (the NYPD officer who was responsible for Eric Garner's death in Staten Island, NY) were not able to convince jury members, beyond a reasonable doubt, that the defendants were responsible for those deaths.

The system is not perfect and there are definitely loopholes that prevent justice from being served. But we have to question why some Asian Americans think that Liang should have special treatment. By asking for that Liang be pardoned (regardless if White officers have gotten away with murder), the community implicitly condones that Liang's life is more than Gurley's. Further, by advocating in mass numbers for Liang, without showing the same fervor or concern in knowing that 1,134 Black men were killed by police officers in 2015, AAPI community members communicate a covert message that thousands of Black lives do not matter, and that the life of one Asian American man (who did do something wrong) matters more. I mention that the crowd of protesters in support of Liang was mostly Chinese American, because I also wondered if we would stand up for each other in our AAPI community? When South Asians are targeted for hate crimes, do we all vocalize our rage? When police officers racially profile Pacific Islanders and Southeast Asians, do we say anything? When immigration officers deport undocumented Asian Americans from staying in the country they grew up in, or when bathroom laws prevent transgender Asian Americans from peeing in peace, does the community rally together in the thousands? If we don't organize for one injustice, why do we do activate for another?

In April, District Attorney Kenneth Thompson recommended that Liang not serve any jail time; the judge sentenced him to five years of probation and 800 hours of community service. If you do the math, Liang could work 40 hours a week at a service agency, be done with his sentence in 20 weeks, and then move on with his life.

Imagine if you were Akai Gurley's family member, or part of a community that sees so many innocent people killed by police each year. Would this sound like justice to you?



Connections

Darcy S. F. Ing, Psy.D.

The Peter Liang case and its outcome were intensely emotional for both African American and Asian American communities. The case triggered deeply personal feelings for many, whether shock, anger, grief, frustration, or some combination. The court's decision strained ties between ethnic communities and those sworn to protect them.

People were already suffering from experiences of racism and violence before the incident. Some have been angry about their history of injustice and oppression within a dysfunctional system, and this only inflamed them. Some lost hope that changing the system was possible. Many decided to speak out and take action, even if they had never done so before. There were no winners, only pain and suffering which divided and isolated people. Akai Gurley's loved ones lost him forever. Though he did not lose his freedom, Liang lost his career and reputation, gained national notoriety, and his life will forever be changed. Trust in the NYPD was deeply damaged by the perception that officers were enabled by a legal system failing to hold accountable those who are violent towards those they serve. The whole community has been traumatized.

Writer Parul Seghal says that in Japanese, the word "trauma" is symbolized by two characters: one each for "outside" and "injury." Trauma is suffering which is observable by others, but it is also suffering that becomes a part of one's identity. Trauma can be simplified, trivialized, stigmatized, or even romanticized. Dealing with traumatized communities is in some ways, though obviously not entirely, similar to dealing with traumatized individuals.

Psychologists are familiar with treating traumatized clients. They can use different techniques, such as cognitive behavioral therapy, exposure therapy and stress inoculation, group therapy, EMDR, and can even refer out for medication management. Often methods are combined to find the most effective means to helping the client. Depending on the client, different methods or combinations will work better than others. However, no one technique for therapy is started the moment the client walks through the door. Something else happens first, without which no technique would work at all. That something is taught at the very beginning of graduate school, for all of us in the mental health profession. That something is building rapport.

The very first action any therapist takes is to make an empathic connection with the client. Early graduate school training focuses on training graduate students to create temenos (Greek for sacred space), a place where the client feels understood, accepted, and respected. The foundation of any psychotherapy is built on the relationship between therapist and client. Regardless of the therapist's prestigious professional development or decades of practice, if a positive relationship is not established, therapy will not succeed.

The therapist must find personal ways to communicate such messages as "I'm here for you," "I know it is not easy to talk about this," and "I may not understand exactly how you feel but I care about you and want to help." As rapport is built, interventions, individually tailored to the needs and situation of the client, can then begin. The road ahead can involve ups and downs, and if failure to progress warrants it, can lead to changing methodology. However, as long as progress is generally forward and hope is maintained, treatment can be said to be successful.

Likewise, healing the community in the Peter Liang case begins with remembering and honoring our shared humanity. It begins by honoring our connections, our interdependence and individual human worth. That's not always easy, especially if we are hurting, and the actions of another person are the source. It's normal in that case to want to be heard and affirmed, in a safe and fair place. It's also normal to minimize the needs of the "bad" person, to blame and want punishment, and otherwise be "right." However, to paraphrase Dr. Martin Luther King, Jr., we have a choice of "chaos or community," and so do others in the community. Those of us working towards change must strive to adapt our approach to the needs of other individuals, realizing that some are not ready or able to hear what we have to say. We may need to wait, try again, try another method entirely, or have someone else make the attempt.

After finding ways to connect with each other and to hear each other's concerns, the overall goal of healing the community is superordinate. As in psychotherapy, different methods will work for different people. Healing grief is different from healing anger, and both will take time. Encouraging others to reflect on their values and assumptions, or make substantial changes in police or legal systems, can take even longer. Sophisticated communication techniques are needed as well as mutual trust, and both may not be easy to obtain. However, honoring shared humanity is a place to start.

As psychologists separate people from problems and help clients to modify core thoughts and behaviors no longer serving them, so helpers must encourage communities to name and denounce unhealthy patterns. Racism and violence are learned behaviors and can be changed. That doesn't mean that everyone will agree with each other, that the same approach will work for all, or that each person gets what s/he wants, especially when egos are involved. Sometimes a direct challenge is needed; other times, pointing out inconsistencies; or knowing when we need to let go of our own assumptions and consider alternatives. Helpers may need to self-reflect and realize when they may need outside assistance, either for consultation or to accomplish goals that cannot be reached alone.

Participant's agreement to a common goal is needed, and the motivation and readiness to change will vary with each person, as will needed methods. Of course, all this takes time, energy, flexibility, and a wide range of skills, meaning that as many as possible need to be involved throughout the journey's ups and downs. Making the vision real involves group participation, buy-in, agreement to standards and accountability, and willingness to change methods when needed. However, the dream of co-creation of a multicultural, pluralistic inclusive society can become reality.



Membership Report

Frances Shen, Ph.D.

Hello AAPA Members,

The AAPA currently has a total membership of 728 members. See the table below for the breakdown of the membership categories

Membership Categories	Number
Student	417
Professional	300
Retiree/Emeritus	11
TOTAL	728

If you have not renewed your 2016 AAPA membership yet, be sure to renew your membership on our website so that you can begin to enjoy the many benefits of being a current AAPA member, including discounted AAPA convention rates! There are many other benefits for AAPA members only, such as the AAPA listserve, professional development blogs, online access to the Asian American Journal of Psychology, etc. Your membership will last for an entire year from the date that you renew your membership.

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!

2016 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 a	ddress:			City	
State	Zip	Phone:		Gender:	
Highest of	degree earned:	Year degree ear	ned:		
Institutio	n from which this degree wa	s earned:			
Ethnicity	:	Languages (othe	er than English	ı):	
Researcl	h/Practice Interests (5-6 wor	rds):			

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, addres	s, email) and/o	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:_____

<u>Please Note</u>: 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/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.* 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	\$
(1year)		\$70.00	Ψ
	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 Ameri- cans 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.

Financial Report– Summer 2016

Razia F. Kosi, Financial Officer

We are pleased to report that the AAPA has a balance of \$47,050.90 in our bank accounts and \$47,350.36 in our Paypals account. We earned \$12,440.19 this year from the AAPA Journal and additional funds from our membership and the AAPA Conference.

Respectfully Submitted by, Razia F. Kosi, Financial Officer.



President-Elect : Helen Hsu (1-year term begins August 31, 2016, followed by a 2-year term as President, followed by a 1-year term as Past-President)

Vice President : Richelle Concepcion (2-year term begins August 31, 2017)

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Council of Representatives (CoR) Chair: Monique Shah Kulkarni (2-year term begins August 31, 2016)

Announcement – Dr. Jorge Wong

Congratulations to Dr. Jorge Wong, who will be receiving the 2016 Okura Community Leadership Award at this year's AAPA Banquet in Denver! His most recent article in Good Practice Magazine (Spring/Summer 2016 issue) can be found at http://www.apapracticecentral.org/good-practice/. Dr. Wong is also running for a seat in the Committee for the Advancement of Professional Psychology (CAPP) in Slate 2: Development/Management/Administrative Experience in Large Systems. If AAPA members are APA Practice Organization (APAPO) members, please urge them to vote for him in Slate 2 in the September 2016 elections.

Make Room in Your Suitcases – Be Sure to Attend This Year's Annual Book Sale at the AAPA 2016 Convention!



By Michelle Lee (Columbia University) and Kayi Hui, Ph.D. (The Ohio State University) AAPA Book Drive Committee





One of the many titles donated to this year's Book Drive.

Born in North Korea, Eunsun Kim loved her country... despite her school field trips to public executions, daily self-criticism sessions, and the increasing gnaw of hunger as the country-wide famine escalated. By eleven years old, her father and grandparents had died of starvation—and she too was in danger of starving. Her mother decided to escape North Korea with Eunsun and her sister, not knowing it would take them nine long years to complete. Before finally reaching South Korea and freedom, Eunsun and her family would live homeless, fall into the hands of Chinese human traffickers, survive a North Korean labor camp, and cross the deserts of Mongolia on foot. Told with grace and courage, this remarkable memoir, A Thousand Miles to Freedom (Macmillan), gives voice to millions of North Koreans still suffering in silence, and is a riveting exposé of North Korea's totalitarian regime and a testament to the resilience of the human spirit.

Another exciting award-winning title, Night Sky with Exit Wounds (Copper Canyon Press), will also be featured in this year's book sale. Born in Saigon, Vietnam, Ocean Vuong lives in New York City. His first full-length collection aims straight for the perennial "big"—and very human—subjects of romance, family, memory, grief, war, and melancholia. None of these he allows to overwhelm his spirit or his poems, which demonstrate, through breath and cadence and unrepentant enthrallment, that a gentle palm on a chest can calm the fiercest hungers.

A Thousand Miles to Freedom and Night Sky with Exit Wounds are two of the over 110 exciting titles that have been generously donated to this year's annual book sale, hosted by AAPA's Book Drive Committee. This year, we are excited to feature a plethora of diverse genres, including clinical and counseling psychology, social psychology, self-help, politics, children's books, adult fiction, Asian American studies, sociology, poetry, education, and cookbooks. Other notable authors whose books will be sold include: Andrew Aoki, Brian Barry, Ping Chen, Shilpa Dave, Jay Deshpande, Chitra Banerjee Divakaruni, Nicholas Gulig, Nagayama Hall, C. Winter Han, Wei-Chin Hwang, Joseph LeDoux, Chang-Rae Lee, Frederick Leong, Rodney L. Lowman, Jeffery Mio, Leslea Newman, Celeste Ng, Sumie Okazaki, Wang Ping, Matthew Salesses, Marjorie Sarnat, Lisa See, Derald Wing Sue, Okivoshi Takeda, Paul Yoon, Nolan Zane, and Jeffery Zeig.

Several 2015 and 2016 releases will be available for purchase, including: Evidence-Based Psychological Practice with Ethnic Minorities: Culturally Informed Research and Clinical Strategies, by Nolan Zane, Guillermo Bernal, & Frederick Leong (APA); The Hundred Year Flood by Matthew Salesses (Little A); Geisha of a Different Kind: Race & Sexuality in Gaysian America, by C. Winter Han and Desi Hoop Dreams: Pickup Basketball and the Making of Asian American Masculinity by Stanley I. Thangaraj (NYU Press); Clinical Mental Health Counseling: Fundamentals of Applied Practice by Donna Sheperis and Carl Sheperis (Pearson); Diversity and Leadership by Jean Lau Chin (Sage); Chord by poet Rick Barot (Sarabande Books); South Korea's Education Exodus: The Life and Times of Study Abroad, edited by Adrienne Lo, Nancy Abelmann, Soo Ah Kwon, and Sumie Okazaki (University of Washington Press); Love the Stranger by Jay Deshpande and North of Order by Nicholas Gulig (YesYes Books).

Accepted payment methods are cash, credit, debit, and check, made payable to the Asian American Psychological Association. All purchases made at the Book Drive will help fund AAPA student travel to next year's convention. Please remember to stop by the Book Drive this year to help support our students!

AAPA 2016 Book Drive Sponsors:

Academic Press Akashic Books American Psychological Association Bantam Books Better Homes and Gardens Bloomsbury Brunner/Mazel, Inc. Cambridge University Press **Candlewick Press** Coffee House Press Copper Canyon Press CreateSpace Independent Publishing Platform **Dover Publications** Eastern Washington University Press Global Book Publisher Grand Central Publishing **Guilford Press** HarperCollins Publishers Hay House Publishing Impetus Books John Wiley & Sons, Inc. LFB Scholarly Publishing, LLC

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Simon & Schuster St. Martin's Press Stewart, Tobari, & Chang StirFry DVD Teachers College Press Touchstone Books Tuttle Publishing University of Georgia Press University of Illinois Press University of Pittsburgh Press University of Washington Press VDM

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> 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 nonprofit 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 textonly 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).