Newsletter of the Asian American Psychological Association April 2017

# President's Column Kevin L. Nadal



April 5, 2017

Dear AAPA Members,

While it is difficult to believe how quickly 2017 has been going, it is also quite daunting to reflect on the last few months and to think about all of the ways that many of our lives have changed due to several new policies and laws. In January, we saw travel bans for people coming from 7 Muslim-majority countries — which resulted in the deportation of many individuals, including refugees who were coming to the U.S. to find sanctuary. While those attempts have been found to be unconstitutional in federal

courts, the fight to negate Islamophobia and other forms of xenophobia continues.

Further, within weeks, we saw our educational system become threatened by leaders who have proposed to cut

funding for public school programs that they deemed unworthy. Transgender people saw laws and policies (that were previously changed to protect their rights) become legal again — resulting in many trans and gender nonconforming people to feel scared and hopeless. Undocumented people, who had already feared being separated from their families and the country they know as home, are now feeling even more afraid, with the increase in raids and immigration checkpoints. Women's health and reproductive rights have been under attack, with lawmakers making decisions about women's bodies without any women even being in the room.

In February, we learned that Srinivas Kuchibhotla was killed in Kansas. Kuchibhotla and his friend (both Indian immigrants who had lived in the US for over a decade) were enjoying an after-work drink, minding their own business, when a man irately fired gunshots at both of them, claiming "Get out of our country."

When I first learned this news, it really hit hard for me. It triggered memories of how I felt when I was younger and I first learned of the deaths of Vincent Chin and Joseph Ileto — both Asian Americans who were murdered for no other reason than their race. It triggered to how

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I've felt in the past few years when I heard about the deaths of Trayvon Martin, Eric Garner, Sandra Bland, and those 49 LGBTQ people of color who were killed at Pulse in Orlando. It reminded me that any one of us could be targeted and killed because of the color of our skin or who we loved or where people perceived we were from. It made me worry even more for my Muslim friends, who I know are resilient and can handle any situation, but who I don't want to ever experience pain or suffering. It made me worry for the many loved ones in my life who hold so many intersectional identities that hateful people tend to despise, who I just want to be able to survive and thrive.

Despite all of these horrific threats to justice and these people who destroy our ability to live healthy and peace-ful lives, I have been inspired by the many ways that people of all walks of live have come together as individuals and groups, building coalitions and fighting for justice. The Women's March in Washington DC and hundreds of towns and cities across the world is said to be the largest collective protest in history, and provided the opportunity for women and their allies to proclaim that they would not stand for systemic sexism and misogyny. In the past two months, people have marched for science, environmental rights, LGBTQ rights, and more. Organizations have created initiatives to combat oppression, and to uplift our communities. For instance, I recently participated in the launch of the Forward Promise project, which is sponsored by the Robert Wood Johnson Foundation and addresses the health disparities of boys and young men of color. I also coordinated the LGBTQ Scholars of Color Network conference, which aims to promote and uplift LGBTQ people of color in academia and higher education. With both programs, I noticed that there is a sense of urgency from our communities- to no longer be complacent and accept the status quo, but to be vocal, resistant, and revolutionary, in order to push for change.

I am especially proud of the ways that I've seen our own AAPA community members come together to fight for justice. Because of people like Razia Kosi and Puni Kalra, many South Asian Americans have a safe and brave space to unpack their feelings about our current state of affairs, while being able to hear other words of support and normalization. Because of people like Karen Suyemoto, our AAPA Council Representative, we know that Asian American voices are heard by APA and that positive changes are integrated into the field. Because of people like Gordon Nagayama Hall, our Past AAPA President, people in federal agencies are able to learn about the most culturally appropriate ways to work with our communities and that merely adapting Western, American models to our communities is not sufficient or effective. It is because of people like EJ David and Ali Mattu, who use multiple media which allows for a greater audience to learn more about psychology and oppression, that others can be educated and learn ways to feel less stigmatized and to even advocate for justice.

As a community, we will get through this. I hope we all remember that we can have positive influences on the field of psychology, our general Asian American communities, and on society as a whole. If we continue to be loud and resist, we channel the revolutionary spirits of all of our ancestors who fought for justice — even when it could cost them their lives. And most importantly, I hope that we can continue to support and uplift each other, so that every person in each our communities does not feel alone, isolated, misunderstood, or left behind.

If there are ways that you would like to suggest AAPA advocate for social justice, I invite you to let me know. Or we can even dialogue about social justice in Las Vegas during our annual AAPA Convention in October.

In Unity,

Kevin Nadal, Ph.D. AAPA President

# What Happens in Vegas... The 2017 AAPA Convention

By Gloria Wong-Padoongpatt, G. Nic Rider, and the 2017 Convention Committee



Greetings from the 2017 Convention Planning Team! We are beyond excited to see you all at our ribbon-cutting multi-day convention! Since our last convention ended, we have been hard at work getting everything in place. From devising a social justice theme, to setting up film screenings, to trying out convention apps, we are thrilled to see the pieces falling together.

#### The Site

The bright lights of Las Vegas, Nevada is the site of this year's AAPA convention. The conference will be hosted by the University of Nevada, Las Vegas (UNLV), bordering the infamous Las Vegas Strip. UNLV is a newly minted ethnic minority serving institution, and they are thrilled to



host our convention. So far, the Interdisciplinary Department, Department of Psychology, and Asian/Asian American Program at UNLV have agreed to help sponsor our event.

#### The Theme

Building upon last year's convention, this year's social justice-oriented theme, "RISE IN SOLIDARITY: Comradery Through Our Interdisciplinary Efforts, A Call to Action" encourages attendees to examine our own diverse identities and reach out to different fields with the goal of improving health and well-being of Asian American communities. We hope this 'Call to Action' galvanizes you all to heal and mobilize, while protecting those pushed to the margins. Within the fiber of Asian American history is our activism and fight against injustices and exclusion. Asian American psychology emerged from the Civil Rights movement, a time when communities across and within racial groups incited change for equitable treatment. While honoring our rich and complex past and celebrating our triumphs, we will continue to unite in solidarity to push forward inclusive and intersectional community activism.

## What's New This Year

The biggest change to this year's convention is having extra time! We are moving from a single-day to a multi-day conference and will kick off the convention Friday morning. Additions to the schedule include an extra poster session, film screenings, and a 'give-back to the community' activity. We extended our symposia and interactive sessions to 90-minutes and added a new session series titled 'Difficult Dialogues', an experiential discussion facilitated by one or more presenters with expertise and experiences in a particular area that relate to the convention theme. These sessions will emphasize respectful expression of opposing views, providing an environment in which differing perspectives are defended, heard, and considered by those who hold conflicting ideas and values.

In the spirit of Vegas, we will be hosting our first ever 'Casino Night' fundraiser on Friday where members can come indulge a bit to raise funds for AAPA student members. 100% of the proceeds will go towards funding dissertation, research, and travel grants for our rising stars. So bring your A-game to our tables and the 'AAPA house' will gladly take your generous donations. Karaoke will be provided free of charge.

## What's in It for You?

For many, AAPA has become their professional home, so coming to the convention is like a homecoming. The convention offers you all the chance to meet with leaders in the field or network with other like -minded individuals across disciplines who are passionate about AAPI communities and social justice advocacy. You also have a chance to learn and inspire, share your ideas/work, and collaborate with others. Lastly, AAPA is vibing with the hometown slogan, "We're Changing Everything" so let's continue our tradition of work hard and...well, you all will be in VEGAS BABY!



# Finance Officer's report for the Asian American Psychological Association Spring 2017

It is my pleasure to provide the following information about AAPA's financial health. As of April 4, 2017 we have \$52,706.67 in our checking account and \$38,32.26 in our money market account, and \$47,841.57 in our PayPal account for a total of \$104,380.57. Our income is generated primarily from membership dues and journal subscriptions and downloads. Since November 2016, we have received \$18,964.92 in income and spent \$23,294.11.

Typically, the majority of our expenses are in the form of maintaining our journal subscriptions for the membership. This expense is already included in your member dues. Other expenses this quarter included management and maintanence of the AAPA website by Bust Out Solutions. We are also working on building additional features to the website that will eventually benefit AAPA members.

An additional expenditure this quarter went to holding an AAPA Executive Committee retreat in Portland, Oregon. The retreat brought Executive Committee members, leadership fellows, and a representative from each of the divisions to discuss AAPA ongoing business and strategic planning.

Thank your for the privilege of serving as your Finance Officer.

Respectfully submitted, Nellie Tran

# **Connecting through Meaning-Making**

# Darcy S. F. Ing, Psy.D.

I recently read the book When Breath Becomes Air by Paul Kalanithi, which chronicles his journey from medical student to resident neurosurgeon, and eventually his death from lung cancer. For Kalanithi, confronting terminal illness affirmed the importance of a life with meaning. He was excruciatingly aware of his limited life span, and described in painful detail how hard it was to not know when he would die. Depending on treatment response, physical stamina, and the possibility of recurrence, he could have years left, or perhaps only months. How then to decide if he wanted to become a father (and have his widow raise his child alone), to accept a job offer in another state (and if the cancer returned, risk dying away from family and friends), or whether to continue his surgical career (or choose to write instead)? I can't imagine having to make those kinds of decisions, and yet people do all the time.

Kalanithi kept asking his oncologist how much time he had left. She wouldn't tell him. He looked up statistics, which at best gave him a rough estimate. Confronting death caused him to change his attitude and perspective. He wanted to spend his remaining days planning for the future, but understood that he couldn't know what would happen. There was only the uncertainty of the present moment, and tentative plans that might or might not work out. Kalanithi realized that while he didn't know how much longer he would live, he did have time to decide what was important to him...and what was not. The important things, like love, joy, and family, were the ones that gave his life meaning. The others were a way to pass the time.

Science and research can define meaning-making, and explore circumstances in which it occurs. Yet science cannot actually create meaning for people; we must do that ourselves. As Kalanithi discovered, one way to discern meaning is during times of trauma, such as terminal illness or injury. According to psychologist Crystal Park, the traumatized person struggles to decide if an event fits an existing system of beliefs. Meaningmaking in this context involves the active search for a positive understanding of the event and its implications. The person either strives to fit the stressor's meaning to current global beliefs (assimilation) or to change existing beliefs so that the stressor can be incorporated (accommodation). In addition to coping strategies, meaning-making also includes dealing with unconscious processes, such as intrusive thoughts and evading event-related stimuli. Researchers believe this behavior helps to reduce discrepancy and helps incorporate the stressor's meaning.

Fortunately, there are other ways besides trauma to find meaning. Nakamura and Csikszentmihalyi also describe vital engagement, or "a relationship to the world that is characterized both by experiences of flow (enjoyed absorption) and by meaning (subjective significance)." Meaning can likewise be found during moments of wonder and awe that take us out of daily life. These transcendent moments diminish the self, broaden social context, and increase prosocial behavior. A fourth way of finding meaning is through intentional assessment and reevaluation of experiences, values, coping methods, and life goals. The process often includes examining previously disregarded concerns, which may become more important. Folkman suggests that this process also involves stimulating spiritual beliefs and experiences.

In short, intentional meaning-making consists of a broad range of strategies and is intensely personal. As Viktor Frankl observed, "The meaning of life differs from man to man, from day to day and from hour to hour. What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment." We might call it self-actualization, "flow," or finding one's bliss, but successful meaning-making improves well-being. In these difficult times, it is more important than ever.

Of the methods of creating meaning, the fourth is the most convenient and within our control, since it doesn't rely on external circumstances. We begin by identifying existing values and assumptions, the "working models" of how the world works, while reviewing the past. If not living according to deeply held values, or if living contrary to those values, then emotional health will be impacted. In this case, sadness or anxiety might be expected, as well as attempts to avoid them with substitutes for meaning, like material goods or addictive behavior. For some people, a life without meaning can even lead to reaction formation and feelings of inferiority or self-hate.

After self-examination, we can strive to understand others, remembering that efforts to comprehend are not the same as agreement. Rather, these efforts are attempts to remember our common humanity. We don't need the same working model to know that all people have physical, social and psychological needs. These similar needs include security, love, belonging, significance, and fulfillment. We don't all have the same religion, but everyone has some method of ordering beliefs, goals, feelings, and events. And of course, we don't have the same politics, but most of us want free speech, fair elections, and our needs acknowledged. Working to understand the different working models of others is also meaning-making. Improved understanding of each other's values reduces conflict, providing what Nietzsche calls the "why" while working on the "how"; these are goals on which most, if not all, can agree.

It can be difficult, at times threatening, to start this process. Deeply buried experiences and emotions can make people defensive, unreasonable, or hostile, undermining our efforts. In these cases, it helps to withhold judgment without excusing harmful behavior; we can either adapt our efforts remembering Prochaska's stages of change, or wait till later. We might also need to move on to those more willing to plant those seeds. It's the ongoing process of the work over time that will bear fruit. Like Kalanithi, we don't know how much longer we have, but we do have time to decide what is important. Some things, like acceptance, understanding, and connection, are important and provide meaning. The others are a way to pass the time.



# **Membership Report**

# Frances Shen, Ph.D.

Hello AAPA Members,

The AAPA currently has a total membership of 822 members. Please see the table below for a breakdown of the membership categories.

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

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

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

Membership Categories	Number	
Students	479	
Professional	333	
Emeritus	10	
TOTAL	822	



# 2017 AAPA Membership Application Form

A. All Members	s Please comp	lete the following:	
	-	•	ail·
Mailing address	•		ail: City
State	Zip	Phone:	Gender:
		Year degree earned: _	
			n English):
	ice Interests (5-6		<b>o</b> ,
Areas in psycho	logy in which you	ı received or will receive your	degree (e.g., clinical, I/O, social, etc)
I permit AAPA to	o release my con	tact information (name, addre	ss, email) and/or research interests:
To professional	organizations?		YES NO
In AAPA membe	AAPA member directories (e.g., print or on the website)? YES NO		
To prospective e	employers?		YES NO
	anizational affilia urrent/previous):	tion (if employed, current; if re	tired, previous and year retired):
C. Student Men	mbers only Ple	ease complete these items:	
School where yo	ou are enrolled:_		
Degree objective Expected graduate		y.D., MA., M.S.W.) :	
can register onli mail in your mer	ne (for new or re mbership applica	newed membership) at our we tion form and payment to our	te when membership dues are received. Yo ebsite, www.aapaonline.org. If you wish to central office (see address below), please al- ancial institution will be subject to a \$25.00
Pleas	e make your che	ck payable to AAPA and send	this entire form with your payment to:
	A	sian American Psychological 9393 N. 90th Street, Suite Mailbox #515 Scottsdale, AZ 8525	± #102

# **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)	Professional Wember	\$70.00	Ψ
	Retiree/Emeritus Member	\$20.00	\$
	Student Member	\$35.00	\$
B. Division on Women <sup>1</sup>	Division Member	\$10.00	\$
C. Division on South Asian Americans <sup>1</sup>	Division Member	\$10.00	\$
D. Division on Filipino Americans <sup>1</sup>	Division Member	\$10.00	\$
E. Division on LGBTQ Issues <sup>1</sup>	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 <sup>2</sup>	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			\$

<sup>&</sup>lt;sup>1</sup>Membership 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.

<sup>&</sup>lt;sup>2</sup>AAPA 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.



The AAPA Divisions would like to announce a call for nominations for a number of leader-ship positions.

**Division on Filipino Americans** (*DoFA*) is accepting nominations for the position of Mentorship Coordinator. Please direct any questions or nominations to Christine Catipon at drchristinecatipon@yahoo.com or Krista Chronister at kmg@uoregon.edu.

**Division on Practice** (*DoP*) is accepting nominations for Secretary/Historian. Please direct any questions or nominations to Winnie Hsieh at drwinniehsieh@yahoo.com.

**Division on Women** (*DoW*) is accepting nominations for Chair, Co-Chair, Secretary, and Finance Officer. Please direct any questions or nominations to Monique Kulkarni at moniqueshah@utexas.edu.

Stay tuned for upcoming open positions within the **Division on South Asian Americans** (DoSAA) and the **Division on Asian Americans with Mixed Heritage** (DoAAMH)!

All nominations for open division leadership positions are due May 12, 2017 by 5:00pm PDT. To nominate yourself or someone else, please send a brief nomination statement (250 word limit) to the contacts indicated for each respective division.



# Call for Nominations for 2017 AAPA Council Representative and Board of Directors

Asian American Psychological Association AAPA is pleased to announce our Call for Nominations! We seek committed people to serve in these exciting leadership positions, which are detailed below. **Nominations are due by May 12, 2017.** 

The vibrancy of an organization is often reflected in its voting process. We strongly encourage you to nominate yourself and colleagues for a unique opportunity to serve as a leader within AAPA.

We are seeking nominations for the Council Representative and two Board of Directors member positions.

## Board of Directors

Directors will serve from August 31, 2017 – August 30, 2019.

In performing duties of their office, the Directors shall:

- 1. assume specific duties and responsibilities as directed by the President;
- 2. assist the Vice-President in planning the annual convention;
- 3. act as liaisons to other national or international organizations which purposes or actions will benefit the Association and its purposes;
- 4. assist in soliciting corporate donations and other fundraising activities to carry out the objectives of the Association, including awarding of student scholarships;
- 5. serve for no more than two (2) consecutive terms of two years each.

# Council Representative (CoR)

Council Representative will serve January 1, 2018 – December 31, 2020 (with possible attendance at Council meeting in August 2017 at APA).

In performing the duties of the office, the Council of Representatives shall:

- 1. be a member of both the Association and the American Psychological Association;
- 2. have demonstrated prior leadership, active involvement or commitment to the Association;
- 3. represent the Association at the American Psychological Association's Council of Representatives in a manner consistent with the Association's By-Laws and the interests and priorities of the Executive Committee;
- 4. attend the Council's meetings and any other meetings related to Council business or designate an Alternate with the approval of the Executive Committee;

- 5. provide a timely written report of Council's regular meetings to the membership and the Executive Committee;
- 6. communicate with the President and the Executive Committee about issues and upcoming votes on the Council, initiate discussion on the Executive Committee about such issues, and inform the President and Executive Committee of recommendations for action;
- 7. act for the Association in a particular business matter, provided that the action is supported by a majority of the Executive Committee;
- 8. serve for a three-year term of office, or until a successor assumes the office. A Council Representative cannot serve more than two consecutive terms. A Council Representative who has served for six consecutive years shall not be eligible for election or appointment for a period of one year as a Representative from any Division within the American Psychological Association or State/Provincial Association.

AAPA nominations should be accompanied by a brief statement (250 words) addressing:

- · Past AAPA offices held (if any);
- · Past contributions to AAPA and/or Asian American psychology;
- Goal statement of what the nominee hopes to accomplish as an AAPA officer.

Nominees must be AAPA members. Self-nominations are encouraged. Please send nominations and statements by **May 12th, 2017** via email (as text in the body of the email message, NOT as an attachment) to:

Amy Kobus, AAPA Secretary/Historian: kobusa@ohsu.edu



#### 2016-2017 Officers

**President** Kevin Nadal, Ph.D.

**President-Elect** Helen Hsu, Psy.D.

**Vice President**Richelle Concepcion, Psy.D.

**Finance Officer** Nellie Tran, Ph.D.

Membership Officer Frances C. Shen, Ph.D.

Communications Officer Andrew Paves, Ph.D.

**Secretary/Historian** Amy Kobus, Ph.D.

Elected Observer to APA Council

Karen L. Suyemoto, Ph.D.

Chair, Division Council of Representatives Monique Shah Kulkarni, Ph.D.

**Board of Directors** 

Marcia Liu, Ph.D. Ulash Dunlap, LMFT Glenn I. Masuda, Ph.D. Ming-Che Tu, MA (student rep)

**Asian American Journal of Psychology Editor-in-chief:**Bryan S. K. Kim, Ph.D.

Founding Editor, Asian American Journal of Psychology:

Frederick T. L. Leong, Ph.D.

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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).