



# ASIAN AMERICAN PSYCHOLOGIST

Newsletter of the Asian American Psychological Association July 2017

## President's Column Kevin L. Nadal



Dear AAPA Family,

On June 19, 1982, in Detroit, [Vincent Chin](#) was beaten by two White coworkers; after being struck repeatedly in the head with a baseball bat, he died four days later. Thirty-five years later, on June 18, 2017, [Nabra Hassanen](#), a 17-year-old Muslim girl was assaulted and killed after she left a mosque in Virginia. This recent incident occurred just a few months after the murder of [Srinivas Kuchibhotla](#) and almost exactly one year after the massacre of [LGBTQ Latinx people](#) at Pulse Nightclub in Orlando in 2016.

When hate violence persists, it can be hard to make sense of any of it. As psychologists, we are often so focused on taking care of other people, that we sometimes forget that it is a normal reaction to mourn and feel distraught when these types of tragedies occur. Our communities have suffered so much historical trauma – from the violent colonization of places like the Philippines, India, and the Pacific Islands; to the displacement of Southeast Asians due to war and violence; to the internment of Japanese Americans during WWII; and to the hate crimes targeting Muslim Americans and South Asians post-9/11. Because this trauma has been transmitted across generations (and is often felt vicariously and viscerally), I remind you all the importance of taking breaks, engaging in self-care, and doing whatever you may need to do to cope with any negative emotions.

The day after Nabra Hassanen was found dead, I wrote an email to our AAPA listserve describing how I was numb and at a loss for words. I promised that when I have healed (enough), I would get back up and continue my fight for social justice; and I hoped that when we as a community had collectively healed (enough), we could all get up and fight together too. Though I have not fully healed from these incidents, there have been two moments that have kept me going.

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First, at the end of June, NAAPIMHA, Asian American Center on Disparities Research, AAPA, and others

hosted the Asian American Native Hawaiian Pacific Islander Integrated Care Conference in New York City. I had the honor of facilitating a fireside chat with MSNBC News Anchor Richard Lui – a conversation that left me feeling very inspired and motivated. In 2007, Richard became the first Asian American male anchor of a national news network, and since then, he has been someone who still manages to give back to AAPI communities, while taking intersectional, social justice approaches to his journalism. He reminded me of the fact that for many of us who are the “firsts” in any way (e.g., to be the first in your family to graduate from college or to attain a Ph.D.; to be the first Asian American to get tenure in your department), there can be a lot of pressure. Sometimes, we feel like we have to leave our cultural baggage at the door to avoid being targeted for being different. Other times, we feel like we hold the weight of our communities on our shoulders, because we know that when we are in certain rooms that no one else is necessarily looking out for the best interests of our communities. In fact, on numerous occasions, I’ve often said: “The more successful I get in life, I’ve realized that the less people look like me or love like me.” And while knowing this may often feel like a burden, I try to reframe it as an opportunity – an opportunity to show others that Filipino Americans/ Asian Americans/ queer people of color are passionate, intelligent, strong-willed, motivated, and even loud. And even if others do not connect to that right away, they do see you or me at the table with them. So, in some way, your very presence and visibility can be revolutionary.

The second inspiring event was a fascinating dinner conversation that I had with my friend’s 13-year-old Filipina American daughter, while they were visiting town. My friend is a renowned Professor of Education and Ethnic Studies; so, from an early age, her daughter has learned about social justice and fighting inequity. As we talked casually about the importance of the movie *Hidden Figures*, this astute tween humbly critiqued a part of the film in which a “White savior” emerges (those were her words, not mine). We later discussed her thoughts on everything from systemic racism to her career aspirations to her desire for my husband and I to adopt babies. She may not have even remembered this conversation the next morning, but it was a very meaningful dialogue for me. It reminded me that the future is bright, and that if we teach our kids about equity and social justice, it can become an integrated part of their lives. It reminded me to get up and to continue fighting the good fight, so that future generations can benefit from the things that I never had – just as previous generations fought for me to have the things that they never had either.

Wherever you are in your process, I respect and support you. But whenever you are ready, I hope you join me in the movement to advance Asian Americans’ and Pacific Islanders’ lives – particularly involving mental health and wellness. Let’s help young people to not just survive – but to have the ability and opportunity to thrive.

With love and solidarity,

Kevin



# Writing the Most Interesting Internship Essays Ever\*

Grace A. Chen, Ph.D., Practicum Coordinator, Associate Professor  
Clinical Psychology Ph.D. Program, Palo Alto University



Internship application season is around the corner! The internship is the capstone year at the end of many years of doctoral training, so for many students it feels like everything is riding on where you get placed for internship. I have advised hundreds of doctoral students regarding their practicum placements in a competitive practicum environment (San Francisco Bay Area) for many years, and I have also provided intensive advising for internship applications for over 25 students. Based on these experiences, I wanted to share some thoughts about the internship application to help support AAPA graduate students during a stressful process.

The internship application includes four essays – autobiography, theoretical orientation, diversity, and research. After years of writing academic papers and then clinical progress notes, students must switch to yet another style of writing - personal essays...but within a professional context...and in fewer than 500 words per essay. It's a little daunting to say the least. First drafts tend to sound like academic papers (dry, intellectual, impersonal) or personal statements for graduate school applications (chronological, more about past accomplishments than the present or future in psychology). However, since you are on the verge of internship-level training, you want to sound like an advanced graduate student who has a strong sense of your professional identity.

Additionally, as Asian Americans, many of us are raised to be humble and to let our actions speak for us, so the idea of promoting ourselves for 2000 words may be a particular challenge. (Can't they simply read my CV and letters of recommendation?) However, to be successful in finding the right fit for internship, postdoc, and beyond, we need to embrace (and continually develop) the important professional skill of presenting our strengths confidently with integrity. A few thoughts:

- 1. Be yourself. Really.** Many times students will ask, "What are internship sites looking for in these essays?" While there is no right answer, generally the goal is to convey your professional development with a personal tone. The internship essays are an opportunity to showcase your professional development with a balance of sharing some of your personality. For example, describe your thought processes, include humor or vulnerability if appropriate, and/or use specific examples that illustrate your point. The goal is to hook the readers so that they want to know more about you through an interview. So...how do you do this?
- 2. Solicit feedback and revise, revise, revise!** Requesting feedback on your essays from multiple people – from psychology and non-psychology folks – is an important, although possibly uncomfortable, part of the process of refining your essays. Sometimes what you intend to say is not coming across well in writing; having fresh eyes read your essay can be helpful to highlight what you need to clarify. Fur-

thermore, take a break from writing and re-writing to talk through your ideas with someone. I often ask students, “What is the purpose of this paragraph – what do you really want the reader to know about you?” What they answer verbally is not always apparent in the written essay, and the light bulb goes off as they talk it out – they may see the need to write in a more straightforward manner. Your essay does not have to be complex or poetic – simple and concise are quite helpful to the reader who is reviewing 80 or 100 applications. (Readers will not want to re-read your run-on sentence to decipher what you are trying to say.) The students I advise end up writing multiple drafts of each essay, which can be exhausting but rewarding in the end.

Ultimately you want to be happy with your essays – namely, the goal is that the essays reflect what you want the internship sites to know about you as a person and as a professional. Therefore, try not to get too overwhelmed by others’ feedback, especially if it’s conflicting (e.g., your clinical supervisor and faculty advisor have differing opinions).

**3. Be yourself. (Again?)** A major worry for students is that they won’t stand out in their essays, that they aren’t unique enough. (Won’t many people write about CBT? How will the site know that I’m *really* into social justice and not just using buzz words?) It’s a legitimate worry to some extent – the internship selection committee has read hundreds (or thousands) of essays over the years, and your theoretical orientation will not be original. However, *how* you understand and implement the theoretical orientation in clinical work will reflect your personal style, perspective and experience. I’ll provide an example from early clinical training – when asked to identify their clinical strengths, most beginning clinicians have told me “establishing rapport.” The students cringe when I tell them it is the most common answer I hear. However, I then ask, “How do *you* build rapport?” At that point, students provide many different responses, which I find quite interesting as this helps paint a clearer picture of the student as a clinician. Thus, you do not have to come up with unique or earth-shattering ideas in each essay (whew). Nevertheless, you will be more memorable if you “finish the thought” (as I like to say) and demonstrate your point with some details or a brief example. Being genuine inevitably works out – if an internship site doesn’t interview you even though you submitted brilliant and witty essays, then it is probably not a good fit anyway.

Now back to the question of, “What are internship sites looking for?” They are looking for a good fit. One research study about the APPIC match indicated that FIT is the number one factor influencing how a site ranks applicants, and countless supervisors and advisors will say the same thing. Therefore, apply to internship sites that seem like a good fit in terms of your qualifications, experience, and training goals. Trust the process.

\*Or at least something you can be proud of.



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

It is my pleasure to provide the following information about AAPA's financial health. As of July 8, 2017 we have \$56,818.62 in our checking account, \$3,832.35 in our money market account, and \$ 44,963.70 in our PayPal account for a total of \$105,614.67. Since April 2017, we have received \$11,544.30 in income and spent \$11,104.26. Our income is generated from membership dues, journal subscriptions, and downloads. This quarter we received our annual payment for the journal from the American Psychological Association (APA) in the amount of \$15,668.52.

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 typical expenses this quarter include maintenance of the AAPA website to Bustout Solution. This quarter we began payment for a new buildout of the website that will provide an additional benefit to our members. More details will be provided as they become available.

The largest new expense this quarter went to reimbursements for the Council of National Psychological Associations for the Advancement of Ethnic Minority Interests (CNPAAEMI) Leadership Development Institute (LDI) to whom we are the fiscal agents. Additionally, we provided travel reimbursements to a past president to represent AAPA at the National Institute of Mental Health Professional Coalitaton for Research Progress Meeting in Washington, D.C.

**Finance Officer Tip:** Educators who belong to institutions with paid access to journal databases have the ability to greatly impact the finance health of our organization by helping students to download articles from the *Journal of Asian American Psychology* directly. As you know, each download results in a small payment to our organization. It also increases the visibility of the article and thus the authors of that downloaded article. Therefore, I encourage you to consider asking students to download their articles instead of uploading pre-downloaded articles to course sites such as Blackboard.

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

Respectfully submitted,  
Nellie Tran



# Membership Report

*Frances Shen, Ph.D.*

Hello AAPA Members,

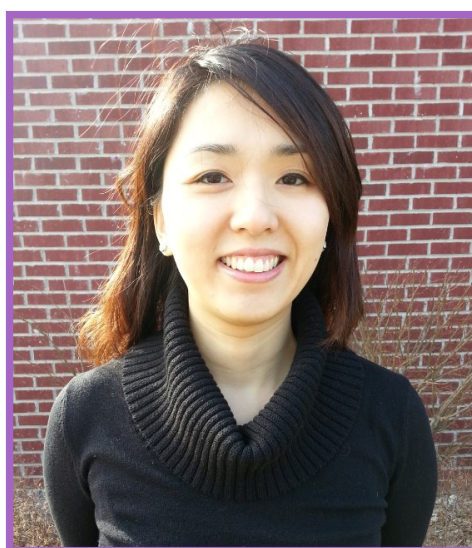
The AAPA currently has a total membership of 851 members. Please see the table below for a breakdown of the membership categories.

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. **This includes discounted registration prices for the upcoming AAPA annual convention in Las Vegas, NV!** 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](http://www.aapaonline.org).

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

Membership Categories	Number
Students	495
Professional	345
Emeritus	11
TOTAL	851



**2017 AAPA Membership Application Form**

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

**If you were referred by an AAPA member, please list person:** \_\_\_\_\_

**A. All Members -- Please complete the following:**

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Mailing address: \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone: \_\_\_\_\_ Gender: \_\_\_\_\_

Highest degree earned: \_\_\_\_\_ Year degree earned: \_\_\_\_\_

Institution from which this degree was earned: \_\_\_\_\_

Ethnicity: \_\_\_\_\_ Languages (other than English): \_\_\_\_\_

Research/Practice Interests (5-6 words): \_\_\_\_\_

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

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

To professional organizations? \_\_\_\_\_ YES \_\_\_\_\_ NO

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

To prospective employers? \_\_\_\_\_ YES \_\_\_\_\_ NO

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

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

Position Title (current/previous): \_\_\_\_\_

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

School where you are enrolled: \_\_\_\_\_

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

Expected graduation date: \_\_\_\_\_

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

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

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

## Description of Membership Statuses

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

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

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

DUES & DONATIONS		AMOUNT	ENCLOSED
A. General Membership	Professional Member	\$70.00	\$
	Retiree/Emeritus Member	\$20.00	\$
	Student Member	\$35.00	\$
B. Division on Women <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>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>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.





# Announcement!

## AAPA 2017 Election Results

Dear AAPA Members,

Thank you to everyone who voted in the 2017 AAPA Elections. We welcome the newly elected AAPA leadership team members:

Board of Directors: **Nori Lim and Ulash Thakore-Dunlap** (2017 - 2019)

Delegate to APA Council: **Leilani Salvo Crane** (2018 – 2021)

We would also like to express our appreciation to the outgoing Board of Director, **Glenn Masuda**, and APA Council Representative, **Karen Suyemoto** for their excellent leadership on the AAPA Executive Committee.



## **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.

### **Co-Editors-in-Chief**

Stephanie N. Wong, M.A., Ed.M.

Wei-Chun "Vivi" Hua, Psy.D.

### **Distributor**

Wells Ling, M.S.

### **Copy Editors**

Kathleen Young, Ph.D.

Chia-Wen (Winnie) Hsieh, Psy.D.

Cirleen DeBlaere, Ph.D.

Hannah Nguyen, M.S.W.

Darcy Ing, Psy.D.

Jacqueline Lee Tilley, B.A.

Xin Zhao

Julianne Pojas

BJ Gonzalvo, Ph.D.

Marlena Wu, Psy.D.

Stacy Ko, M.S.W.

Marisa J. Perera, M.S.

Gurminder Sandhu, Ph.D.

### **Layout Editor**

Tiffany K. Chang, M.S.

### **Columnists/Reporters**

Darcy Ing, Psy.D.

Zeb Lim, M.S.

Kristina Wong

Chia-Wen (Winnie) Hsieh, Psy.D.

Stacy Ko, M.S.W.

Marisa J. Perera, M.S.

Gurminder Sandhu, Ph.D.

## **ASIAN AMERICAN PSYCHOLOGIST**

### **Advertising Policy**

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

### **Advertising Rates and Typesetting**

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

3-inch column ad = \$60.00

6-inch column ad = \$90.00

9-inch column ad = \$120.00

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

### **Submission of Ads**

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

Submit ads by email to: Wei-Chun "Vivi" Hua (vivihua06@gmail.com) or

Stephanie N. Wong (stephaniewong@nyu.edu).

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

### **Billing**

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