



THE ASIAN AMERICAN PSYCHOLOGIST

The Official Newsletter of the Asian American Psychological Association

Fei da Costa 02/23

Spring 2023

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by Anjuli Amin, PhD & Christine Catipon, PsyD



Greetings Members,

We recently held our annual AAPA EC Retreat in Austin, TX, and it was a productive and fun experience to gather in person for the first time since January 2020. We discussed updates and plans for the coming year, some of which we will highlight in this newsletter. The EC and AAPA Division leaders also took tons of pictures, as our community does, and we loved how our EC widely represented all the committees, divisions, and different career trajectories, from students new to AAPA all the way to people who have been in AAPA for 20+ years. We also got to break bread over delicious meals, enjoy one another's previously unknown talents thanks to six hours of karaoke, and really focus on getting to know one another as people, which reinvigorated our commitment to working with one another to support AAPA. This connection is what makes AAPA so special, and the Retreat really highlighted the need for the AAPA community to be with one another again and to actively engage in and invest in the growth and expansion of AAPA into a new era. The recent town hall meeting also allowed our members to share what they would like to see from AAPA, and we would like to share some of our plans for the coming year based on that feedback. However, we need YOU to help us see these plans through.

1. **In Person Convention.** It's clear that we need to see and connect with one another. It's also evident that putting on a yearly multi-day convention by committee members who are volunteering their time and energy is no longer a sustainable option. Therefore, we propose having the multi-day convention every other year to allow the committee enough time to plan. That would allow us to have a full experience of CEs, workshops, and meetings with one another as usual. On the years we do not hold the multi-day convention, we would go back to our previous formula of having a one-day convention the Wednesday prior to the APA convention, so that students would hopefully be funded, elders would be more likely to attend, and we could focus on connection, self-care, banquet/karaoke, and creative ways to engage AAPA. Our goal for 2023 is to try and put together a smaller gathering this year in Washington DC. We are currently in the process of trying to see if this would be feasible.

2. **Leadership.** It was brought to our attention that over the years, the EC has not been as transparent about the need to have our members step into AAPA leadership roles. It may seem like we are running a tight ship, but the truth is, we really need more of our members to help run this organization. We are a volunteer-led organization, and because we do not have the same resources or pipelines as other organizations, we rely on our members to help keep our organization running. Christine did not know of AAPA until three years into licensure, while Anjali has been a part of AAPA for many years. However, both of us stepped into leadership because we love AAPA and wanted to give back. That is honestly the most important criterion for being in AAPA leadership. On that point, we still have many leadership openings available. Currently, we are seeking to fill the following positions:

- **Finance Officer**
- **Awards Committee Chair**
- **Convention Planning Committee members**

If you want to give back and help AAPA grow, please consider stepping into leadership. You won't be doing it alone, and you will have support. This is also a great way to stay connected to the AAPA family by working closely and consistently with the EC, Divisions, and Committees.

3. **Investment in AAPI community and causes.** As you all know, our community is continually impacted by events, both around the world and in our local communities. We think it's fair to say that we have been spread somewhat thin trying to manage all that is being requested of our organization. Therefore, we are committed to strengthening our working relationships with AAPI organizations such as the National Council of Asian Pacific Americans (NCAPA) and refocusing our efforts on supporting the Asian and Asian American community and the communities of our fellow ethnic psychological associations. We continue to be in awe of the way that our members show up and support one another during difficult moments. We are full of gratitude to all of you doing the challenging work day in and day out.

These are some of our takeaways for now, but if you have any other ideas or are interested in stepping into leadership, please contact us at president@aapaonline.org or vp@aapaonline.org. We would love to speak with you and work with you if you would like to give back to AAPA for all that it has given us.





Lauren Yang, PsyD



Uyen Sophie Nguyen, MA

The Asian American Psychologist

A MESSAGE FROM THE CO-EDITORS-IN-CHIEF

We are thrilled to bring you this Spring 2023 issue of the newsletter, which celebrates a theme of diversity within our pan-Asian American communities. This serves as another testament to defying the notion that we are a monolith. In this issue, Divisions continue to be active, as we received many exciting announcements and updates from most of them. We also would like to extend our congratulations to our deserving 2022 AAPA Award winners: **Nathan Lieng, Eleni A. Kapoulea, Dr. Annabelle Atkin, Dr. Michi Fu, Dr. Cixin Wang, Dr. Bryan Kim, and Dr. Christine C. Iijima Hall.** We are especially pleased to have **Fei da Costa** as our cover artist for this issue, in which she portrays various AANHPI faces that demonstrate the beauty of uniqueness and breadth of diversity. Our guest contributors also spoke well to this theme through their personal reflections on various aspects of identities, including **Sara Ahmed** discussing interracial marriage and her South Asian identity, **Ben Gulick** on being in-between across spaces, and **Neshay Mall** on being an international student with intersectional identities. Moreover, **Dr. Sue H. Kim** discussed the wisdom shared by past AAPA president **Dr. Helen Hsu** on breaking barriers but not losing ourselves in the process.

In reflecting back on this past year, we are very proud of the work that our team has put in for each issue. Spring 2022 was about **resilience** and **connection with others**, while Summer 2022 was about **joy** and **pride**. Then Fall 2022 shadowed the theme of the AAPA Convention in **remembering our elders** and **going back to our roots**. Among our highlights was continuing to showcase the creative talents of our members in their artwork and visual media. We also were honored to share personal reflections and experiences that illustrate the diversity of our membership. We wanted to bring forth the faces and stories of those in our membership as well, so we were thrilled to start featuring the **Membership Spotlight** series with support from Membership Officers. Moreover, we worked to further promote social justice and greater representation of valuable perspectives in commentary by members. Finally, we were especially pleased to have seen increased interest in the newsletter from membership, as we witnessed more submissions come in for each issue throughout the year. Most of all, we have been so appreciative of the exceedingly positive feedback that we received from our AAPA community, which fuels us even more in this coming year.

As we enter our second and last year as the newsletter's Co-Editors-in-Chief, we are keen on bringing you more engaging reads in each issue. We will continue to feature our membership and share their heart-warming AAPA stories. We also hope to highlight more diverse voices and perspectives within our growing organization. We regularly think about how the newsletter can uplift reflections from our brothers and sisters who are still underrepresented and even minoritized within our broader AANHPI community. Last but not least, we are excited to introduce a new column, **Ask EC Team**, where our amazing AAPA leaders will be answering questions from members about the organization, how to get involved, and beyond. If you have any burning questions today, please don't hesitate to send them to us at newsletter@aapaonline.org. As always, please feel free to reach out if you have any suggestions or questions. Happy reading!

Spring 2023

THE ASIAN AMERICAN PSYCHOLOGIST

The Asian American Psychologist is the official newsletter of the Asian American Psychological Association (AAPA) and is published three times annually. The newsletter serves to share perspectives of members and inform the AAPA community of relevant news and events.

For submissions and questions, please email newsletter@aapaonline.org.

Disclaimer: The opinions expressed in this issue are those of the contributors and do not necessarily reflect the views of the AAPA or the newsletter editorial leadership team.

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Finance Officers' Report

AAPA's Co-Finance Officers (FOs) Cat Bitney, Amanda Breen, and Michelle Madore are happy to report that AAPA's bank accounts are in good condition. Our total combined balance from E*trade, Chase, and PayPal is \$535,185.09 as of February 24, 2023. Subtracting fiscal agent accounts and AAPA Division balances, AAPA's main account has \$389,643.96 in working capital.

The FOs are pleased to share the following updates with the AAPA membership:

Looking for a new Finance Officer. Michelle Madore is rolling off as co-FO at the end of March 2023. We are in GREAT need of a third FO going forward. If you have any interest in exploring this role, please reach out to Amanda and Cat at finance@aapaonline.org.

So much gratitude for Michelle Madore. Thank you for your diligent service to AAPA as one of the co-finance officers for the past 2 years, Michelle! We will miss you!

2023 Budget. Thank you so much to all of the divisions and programs for updating your budgets and presenting your 2023 budget proposals at the retreat. The FO team will be working closely with AAPA President Anjuli Amin to finalize the 2023 budget.

E*Trade Account Closing. The FO team has now unlinked the E*trade account from PayPal and other accounts. We hope to have the account closed in the first half of 2023.

Chase Bank Ownership. Cat Bitney now has ownership of the Chase bank account. FO Amanda Breen also has online access to the account.

Reminder: Chase Bank Credit Card. Cat currently has a debit card and a credit card. If there are expenses that division representatives or others need paid with the credit card, please contact us at finance@aapaonline.org

Reminder: New Process for reimbursements and payments. Cat currently has a debit card and a credit card. If there are expenses that division representatives or others need paid with the credit card, please contact us at finance@aapaonline.org

Hello AAPA Members!

Updates from the Membership Team

We are excited to announce our new AAPA Membership Officers, Kamille La Rosa and Minnah Farook!

Currently, AAPA has a total membership count of **1,442** members. Student members continue to comprise the majority of our membership. See the table below for a breakdown of our membership by membership category.

As an AAPA member, you can edit your membership account by logging into your account on aapaonline.org. If you cannot remember your password, there is an option to reset it. By logging in online, you can join our wonderful AAPA divisions and update your email address for the listservs.

Your AAPA membership lasts for a year from the date you signed up, and will automatically be renewed after the year is complete. Please email us if you would like to opt out of having your membership automatically renewed.

If you have any questions or concerns regarding AAPA membership, please do not hesitate to contact our membership team at membership@aapaonline.org.

Thank you for your continued support of AAPA! We are thankful for this community.

Best wishes,

AAPA Membership Team
Kamille and Minnah

Membership Category	# of Members
Student	834
Professional	599
Retiree/Emeritus	9
Total	1442



2022

AAPA Award Winners

from AAPA Award Co-Chairs Stephen Chen, Thanh Nguyen and Sukanya Ray



NATHAN LIENG **STEPHEN C. ROSE SCHOLARSHIP**

Nathan Lieng (he/him) is a first-year Ph.D. student in the Human Development and Family Studies program at Purdue University, working with Dr. Annabelle Atkin. He is a first-generation college student and son of refugee and immigrant parents. His research focuses on how cultural intersections shape adjustment, mental health, and identity formation. He is interested in understanding the processes in which people from minoritized backgrounds internalize and resist dominant narratives (e.g., whiteness).

Nathan received his BA in Psychology and Public Health at San Diego State University and his MA in Psychological Science at California State University, Northridge, under the joint femtorship (female mentorship) of Dr. Que-Lam Huynh (CSUN) and Dr. Angela MinhTu Nguyen (CSUF).



ELENI A. KAPOULEA **DISSERTATION RESEARCH GRANT**

Eleni A. Kapoulea is a 4th-year graduate student in clinical psychology, specializing in clinical neuropsychology at the University of Massachusetts, Amherst. Her research advisor is Becky Ready, Ph.D., ABPP, the principal investigator of the Aging, Cognition, and Emotion Lab. Ms. Kapoulea is interested in examining how social relationships and culture intersect and lead to cognitive and health outcomes. Her master's thesis examined how nationality, culture, and gender moderate the associations between loneliness and

cardiovascular disease risk factors in an adult sample from the United States and Japan. The manuscript stemming from her master's thesis is currently under review. Her dissertation will be a mixed-methods study that seeks to determine: (1) if trauma, collectivism, and intergenerational family conflicts are positively associated with loneliness and loneliness severity in Cambodian Americans and (2) how Cambodian Americans identify the causes of loneliness, their most important interpersonal relationships, their personal experiences of loneliness, and the adverse consequences of loneliness. Ms. Kapoulea was inspired to pursue this project for her dissertation based on her ethnic background. She was raised primarily by her Cambodian mother and maternal grandparents, who escaped the Khmer Rouge genocide in 1975. It is both her career and personal goal to pursue research in underrepresented communities, including Southeast Asian communities.

**DR. ANNABELLE ATKIN*****DISTINGUISHED EARLY CAREER CONTRIBUTIONS TO RESEARCH***

Annabelle Lin Atkin, Ph.D., is currently an Assistant Professor in the Human Development and Family Science department at Purdue University. Her research interests are in the race-related development of Multiracial and Asian American adolescents and young adults, inspired by her experiences growing up as a Biracial Asian American. She is interested in understanding processes and experiences related to familial racial-ethnic socialization, racial-ethnic identity, critical racial consciousness, and

discrimination, and examining how these function as risk or protective factors for mental health outcomes, and promote engagement in activism.

**DR. MICHU FU*****DISTINGUISHED CONTRIBUTIONS TO LEADERSHIP***

Dr. Michi Fu is a Lifetime Member of AAPA, two-time past board member of AAPA and currently on the AAPA Executive Committee as the Council Rep to APA. They are a Professor of Clinical Psychology at Alliant International University, where they have taught Asian American Mental Health and enjoy mentoring students as the faculty sponsor of the Asian Pacific Student Network. They are also an international psychologist with a Visiting Professor position at National Taiwan University. They have hosted

colleagues for continuing education tours in Asia in efforts to bridge best practices of healing across cultures. Dr. Fu has published and presented extensively on issues related to cross-cultural psychology (especially Asian American mental health), gender studies, and sexuality. They are humbled to be recognized as a recipient of the **2022 Award for Distinguished Contributions to Leadership** by fellow awardees that they consider to be colleagues and mentors.

**DR. CIXIN WANG*****DISTINGUISHED CONTRIBUTIONS TO PRACTICE***

Dr. Cixin Wang is an Associate Professor of School Psychology in the College of Education at the University of Maryland, College Park (Department of Counseling, Higher Education, and Special Education). She received her Ph.D. in School Psychology from the University of Nebraska-Lincoln in 2011. She then completed a two-year postdoctoral fellowship at Kennedy Krieger Institute/Johns Hopkins University in 2013. Her research interests focus on bullying prevention and mental health promotion among

children and adolescents. Her research seeks to: (1) better understand different factors contributing to bullying and mental health difficulties, including individual, family, school, and cultural factors; (2) develop effective prevention and intervention techniques to decrease bullying at school; and (3) develop school-based prevention and intervention to promote mental health among students, especially among culturally and linguistically diverse (CLD) students.

**DR. BRYAN KIM*****DISTINGUISHED CONTRIBUTIONS TO SCHOLARSHIP***

Bryan S. K. Kim is a professor of psychology and the chairperson of the Division of Social Sciences at University of Hawaii at Hilo. He received his Ph.D. in Combined Counseling, Clinical, and School Psychology (Emphasis: Counseling Psychology) from University of California at Santa Barbara. Previous to UH Hilo, Dr. Kim was a tenured associate professor at UC Santa Barbara and before that a tenure-track assistant professor at University of Maryland. Dr. Kim has over 90 publications (including 9 psychological instruments) and 100 presentations in the areas of multicultural counseling process and outcome, measurement of cultural constructs, counselor education and supervision, and immigrant experiences. His current research examines the relations among enculturation and acculturation (e.g., adherence to Asian cultural values) and psychological functioning among Asian Americans and Asian international persons. Dr. Kim is currently the editor of *The Counseling Psychologist* journal and associate editor of the *Measurement and Evaluation in Counseling and Development* journal. He is the immediate past editor of the *Asian American Journal of Psychology*. In addition, Dr. Kim serves on the editorial boards of several other journals including the *Journal of Counseling Psychology*. Dr. Kim is a recipient of research awards from several psychology and counseling organizations and is a Fellow of the Asian American Psychological Association, American Psychological Association (Divisions 17, 29, and 45), and International Academy for Intercultural Research.

AAPA Lifetime Achievement Award

DR. CHRISTINE C. IJIMA HALL

Dr. Christine C. Iijima Hall has contributed to Asian American Psychology in all three categories of this award: Scholarship, Practice and Leadership. She has achieved several "firsts" in her career that created new opportunities for Asian Americans and all people of color.

Receiving her Ph.D. in Social Psychology from UCLA in 1980, Dr. Hall's dissertation was among the first studies on the identity of multiracial people and the first on Black-Japanese people (which is her own heritage).



Dr. Christine C. Iijima Hall has contributed to Asian early in her career. Asian American women are a rarity in higher education administration. This is due in part to biased perceptions of leadership qualities which create a chilly climate for Asian American women administrators. She has successfully pushed back against these biases and has tirelessly advocated for social justice for decades in her administrative roles. She has served as a role model and mentor for countless Asian American students, faculty, and staff.

Dr. Hall's first full-time position was at the University of California, Irvine where she focused on student development and retention. Later, in her leadership roles as Assistant and Associate Vice Provost at Arizona State University West, she engaged in significant amounts of time developing and implementing training and ensuring hiring practices were inclusive and equitable.

Influencing policy at the national level, from 1987-89 Dr. Hall was the third director of the American Psychological Association Office of Ethnic Minority Affairs (OEMA). She was also the only Asian American director of OEMA in its history. Her advocacy at OEMA benefitted psychologists of color and Asian Americans. In the early days, APA was just beginning to reach out to universities to provide information on hiring ethnic minority psychologists in their departments and including ethnic minority content in their curricula. Dr. Hall played a major role in this. With this position and throughout her career, she has designed, developed and implemented programs and processes to improve services and training for psychologists of color.

Dr. Hall is a born leader. She demonstrated her innovation and pioneering spirit as the first woman and first multiracial President of AAPA in 1995 (23 years after it was founded). This was a breakthrough for inclusion of women and multiracial people in AAPA leadership and throughout the association. She took the first steps to ensure professional visibility of AAPA by establishing a permanent address (PO Box), fax, and first website. Dr. Hall has been an inspirational role model and mentor to countless AAPA members and continues to be active in AAPA in her retirement.

Dr. Hall's service to psychology as a leader is remarkable. In addition to her dedication to AAPA, she also has served on numerous APA Boards and Committees. She provided extensive media appearances decades before it was a "cool" advocacy activity for psychologists, appearing in prestigious outlets such as National Public Radio (NPR), Public Television, and MSNBC. Dr. Hall continues to be in demand as a speaker on issues of biracial identity, gender issues, and multicultural psychology. She is a wonderful representative of our profession.

Although Dr. Hall's primary positions have been in higher education administration, she felt it important to continue her scholarly work. Her works have primarily focused on issues of diversity, equity and inclusion for people of color and particularly, biracial people and Asian Americans. Her scholarship spans a variety of forms including authoring 35 journal articles, book chapters, official guidelines and other forms of professional outlets. She has served as Consulting Editor for *Asian American Journal of Psychology* and *Cultural Diversity and Ethnic Minority Psychology* and has reviewed manuscripts for several other journals. Her scholarship spans her entire career, demonstrating ongoing commitment and excellence.

Dr. Hall's landmark 1997 *American Psychologist* article, "Cultural malpractice: The growing obsolescence of psychology with the changing U.S. population", was a clarion call to the field to revise its curricula, training, research, and practice to be more responsive to a diverse and diversifying society. This was an early intersectional approach, considering ethnicity/culture, gender, and sexual orientation. These ideas have impacted the field, as the article has been cited over 400 times.

Dr. Hall has positively supported and guided many Asian American psychologists and other psychologists of color. Throughout her career, she has been an unapologetic and energetic beacon of ethical and genuine inspiration.



Welcome

The New Executive Committee of the Division on Practice!

We are excited to introduce everyone to the new Executive Committee of the Division on Practice (DoP). The DoP provides a forum for Asian and/or Asian American practitioners who have vast interests in the provision of clinical services to the mental health community and in bridging the gap between research and practice. The Executive Committee is proud to lead the DoP in creating spaces for practitioners and clinicians and promoting the initiatives of the DoP. We are a diverse group of individuals with various intersecting identities, professional experiences and interests! The Executive Committee consists of the following members:



Judy Huang (she/her/they/them) is a Licensed Marriage and Family Therapist based in the Bay Area, California (www.judyhuangtherapy.com). In her clinical work, Judy is committed to therapeutic work that recognizes and undoes systemic harm. Judy is also focused on consciously rooting the DoP's work in these principles.

– JUDY HUANG, DOP CHAIR

Susan Han (she/her) is a clinical psychologist, currently working at the Johns Hopkins University Counseling Center as Associate Director. She is passionate about serving the mental health needs of traditionally underserved populations, through clinical work, research, prevention and advocacy work.

–SUSAN HAN, DOP CO-CHAIR



Jennifer Hsia (she/her) works as psychologist in her private practice, Psychological Health and Wellness, Inc., and as a part-time lecturer at California State Polytechnic University, Pomona (Cal Poly Pomona). She is passionate about serving individuals from underserved and underprivileged communities and conducts therapy in Mandarin.

– JENNIFER HSIA, DOP CHAIR-ELECT

Max Tokarsky (he/him) works for Dayton Children's Hospital and is in the early stages of beginning his own private practice, Dr. Max Wellness Ltd. Before pursuing psychology, Max worked as a middle school Spanish teacher and ran a nationally recognized after school program for Latino/a/x youth in his community.

–MAX TOKARSKY, DOP TREASURER



Ken Kikuchi (he/him) is a licensed clinical psychologist at Kenko Interventions in Park Ridge, Illinois (<https://www.kenkointerventions.com>). Ken is an advocate of providing mental health services to underserved AAPI and BIPOC populations by being involved in the Lotus Therapy Fund and a member of the Clinical Support staff at Coffee, Hip-hop, and Mental Health (CHHAMH).

–KEN KIKUCHI, DOP COMMUNICATIONS CHAIR

Zixuan Wang (she/her) is a clinical psychologist currently living and practicing in Gaithersburg, Maryland at her private practice (www.encounterpsyc.com). She is passionate about working with people of Asian descent on intersecting identity and relational concerns.

–ZIXUAN WANG, DOP SECRETARY/HISTORIAN



Paul Park (he/him) is a clinical psychologist with a private practice in New York City. He has worked at the intersection of mental health and technology for startups and held administrative positions in medium to large hospital settings. Paul also has an interest in Asian American mental health outreach, men's mental health (e.g., covert depression), identity formation, and relationships.

– PAUL PARK, DOP MEMBERSHIP CHAIR

Erica Wang (she/her) is a graduate student of Clinical Psychology at Pepperdine University pursuing dual licensure in marriage and family therapy and clinical counseling. She is aligned with whole person health and is interested in integrating creativity and expressive modalities with socioculturally inclusive and trauma-informed practices for health and wellbeing.

–ERICA WANG, DOP STUDENT REPRESENTATIVE



Join and Share the AAPA Provider Directory

By Susan Han and Judy Huang

AAPA PROVIDER DIRECTORY

Sponsored by the Asian American Psychological Association

Help us connect

AAPI with

**culturally-aware
providers**

Sign up today!



Provider
Directory



Please continue to amplify the AAPA Provider Directory to your networks (via social media and emails to your various listservs). In order to best promote comprehensive access to our AANHPI communities, we would like to encourage as many providers as possible to sign up. Thank you in advance!

DIVISION ON STUDENTS (DOS)

Mentor Office Hours Program

The Division on Students (DoS) is excited to announce the launch of the Mentor Office Hours program in collaboration with AAPA mentors to give members a chance to seek advice, guidance, and support. This initiative specifically is aimed to provide additional support and a sense of community for AAPA members during this unprecedented time of the global COVID-19 pandemic, political uncertainties, racial turmoil, and increasingly visible anti-Asian hate crimes.

The Mentor Office Hours program will be hosted (i.e. Zoom, Google Meet, Microsoft Teams etc.) for mentors and mentees to meet, connect, and build community. A wide range of topics will be offered to mentees including, but not limited to, social justice (e.g., dealing with racial microaggressions, hate crimes, etc.), career, leadership and advocacy, LGBTQIA+-related issues, intersectionality, and the often invisible challenges experienced by Asian American and international students with multiple minority statuses (e.g., women, LGBTQIA+, disability, etc.).

We anticipate having mentee sign-up dates/times sent out to the AAPA DoS listserv within the month of April for folx to actively engage the exciting discussions we have prepared. Our mission is to continue this program yearly to provide exciting community discussions and connections across multiple topics to interested mentees. This program would not be possible without the unwavering dedication of our volunteer mentors, and we thank them for their contribution to support and strengthen our community. Get ready to unlock the power of community and mentorship with the exciting launch of our Mentor Office Hours!



Division on International Students & Professionals

The Division on International Students and Professionals (DoISAP) is happy to announce our 2022-2024 officers:



Chair

Name: Sunny Ho

Pronouns: He/him

Education title: Ph.D.

Job/School: Interconnections Healing Center, Seattle, WA

Hometown: Hong Kong

What do you miss/love about your hometown? Food: HK milk tea, pineapple bun; Family gathering and playing Mahjong together.

Email: sunnyhozc@gmail.com

Chair-Elect

Name: Fei Bi Chan

Pronouns: She/her

Education title: Doctoral Student

Job/School: University of Louisville

Hometown: Subang Jaya, Malaysia

What do you miss/love about your hometown? My family and friends, the AMAZING food and shopping malls, the heat, and the sense of being home.

Email: fOchan04@louisville.edu



Student Representative

Name: Sneha Prashant Pimpalkhute

Pronouns: She/her/hers

Education title: School Psychology Doctoral Student

Job/School: Georgia State University

Hometown: Bangalore, India

What do you miss/love about your hometown? Being around family, going on family trips, playing card games, and a variety of local Indian food.

Email: spimpalkhute1@student.gsu.edu





Historian/Secretary

Name: Chun Tao

Pronouns: She/her/hers

Education title: Senior Associate Consultant/Assistant Professor of Psychology

Job/School: Mayo Clinic, Arizona

Hometown: Shanghai, China

What do you miss/love about your hometown? Family, friends, and the sense of belonging.

Email: chuntao.fdu.cuhk@gmail.com

Communications Chair

Name: Shiyu Zhang

Pronouns: She/her/hers

Education title: Psy.D.

Job/School: North East Medical Services, San Francisco, CA

Hometown: Beijing, China

What do you miss/love about your hometown? I love the mix of new and old architecture styles, diverse food options, and my old neighborhood.

Email: 10112@wi.edu



Finance Chair

Name: Akiko Kaji

Pronouns: She/her/hers

Education title: Ph.D.

Job/School: Psychologist/Private Practice, San Francisco, CA

Hometown: Tokyo, Japan

What do you miss/love about your hometown? Family and friends, food, and kindness.

Email: akikokaji3@gmail.com

Advocacy and Education Co-chair:

Name: Jabeen Shamji

Pronouns: She/her/hers

Education title: Ph.D.

Job/School: Postdoctoral Fellow at the Applied Psychology Group of Texoma, TX

Email: jabeenshamji@my.unt.edu





Advocacy and Education Co-chair:

Name: Sukanya Ray

Pronouns: She/her/hers

Education title: Ph.D.

Job/School: Tenured Associate Professor in Psychology at Suffolk University, Boston MA

Email: sraymay@gmail.com

Volunteer

Name: Rajika Mehra

Pronouns: She/her/hers

Education title: Doctoral Student

Job/School: The Wright Institute, Berkeley, CA

Hometown: Lucknow, India

What do you miss/love about your hometown? My family, my dog, delicious food and the feeling of comfort and belonging.

Email: rmehra@wi.edu



Volunteer

Name: Stella Ko

Pronouns: She/her/hers

Education title: Ph.D.

Job/School: Postdoctoral Fellow at UC Berkeley CAPS, Berkeley, CA

Hometown: New Taipei City, Taiwan

What do you miss/love about your hometown? Family, friends, food, easy access to cute stationery/art supply stores, and feelings of safety/convenience.

Email: stellakosj@gmail.com



The Division on International Students and Professionals (DoISAP) of the Asian American Psychological Association is a community of students and professionals committed to promoting the empowerment, visibility, and well-being of Asian Internationals through a greater understanding of the socioeconomic, cultural, emotional, political, and personal factors that impact the psychology of and experiences with their heritages. We define Asian Internationals as, but are not limited to, (1) students and professionals who came to the United States as non-citizens or non-immigrants, (2) students and professionals who pursued an education outside the United States but are now working in the United States, and (3) students and professionals who have lived experiences outside the United States.

Our missions include:

- (1) Providing a validating and inclusive space for APIIs and their allies, with a particular emphasis on mentoring and supporting the international community.
- (2) Developing and disseminating resources via online platforms to inform international and immigration-affirming policies, practices, and research with this population.
- (3) Advocating for the interests and representation of APIIs at local, state, national, and international levels.

Stay tuned for our membership page launch announcement on the AAPA webpage in the near future. You can soon sign up to be a member of our division!

Division on Southeast Asian Americans

Asian American Psychological Association



Division on SouthEast Asian Americans



The Division on Southeast Asian Americans Executive Committee (DoSEAA EC) team is happy to share that our membership is expanding! We currently have over 40 members with approximately half being students, and we are looking forward to increasing our membership and opportunities for networking and mentorship. We have several events in the process of planning, including our virtual mentorship social

series events and other workshop events. We are also excited to continue to collaborate within our division with hopes of also collaborating with other divisions in the future.

Please [reach out to us](#) if you have any questions for our division or ideas you would like to share!

DoSAA Advanced Clinical Consultation Group

SATURDAY, MAY 13, 2023

10AM - 11:30AM (PACIFIC TIME) VIA ZOOM

(OCCURS EVERY OTHER MONTH ON THE SECOND SATURDAY)

Led by Dr. Nida Mirza and Sonia Bajwa, LCSW, this free and recurring virtual group will focus on:

- Clinical consultation for clinicians of South Asian descent who work with clients of South Asian descent
- Consultation related to professional issues
- Stories and themes related to South Asian and South Asian American culture, immigration, and experiences

Who can participate?

- Licensed clinicians of South Asian descent
- Postgraduate licensed interns of South Asian descent
- Students and unlicensed interns are not eligible to join

Attendance at every meeting is not required, but you must register to attend.

It is recommended that you become a DoSAA member as our dues allow events like these to be offered for free.

RSVP at <https://forms.gle/bYq8dBQjcaFY8cQu6>

The consultation group typically occurs on a Saturday. If you're interested in participating, please reach out to DoSAA at dosaa.communication@aapaonline.org for details on the next meeting.

DR. NIDA MIRZA CO-CHAIR OF DOSAA



Dr. Nida Mirza (she/her) is a licensed clinical psychologist who works in private practice providing individual therapy to adults from diverse backgrounds. She is Co-

Chair of DoSAA and has previously served as Chair-Elect and Communications Chair. Mirza is on the adjunct clinical faculty at Stanford's Psychiatry Department and also works on the VA's mobile mental health apps team. She provides behavioral health advising and consultation about DEI, evidence-based treatments, and behavior change to healthcare and mental health startups in Silicon Valley.

SONIA BAJWA, LCSW CLINICAL SOCIAL WORKER



Sonia Bajwa (she/they) is a licensed clinical social worker who is pursuing her doctorate in counseling psychology. She began volunteering for DoSAA in 2021 in support of the

Community Issues Speaker Series and Summer Fellowship Program. Since obtaining her MSW in 2009, Bajwa has worked in behavioral health at VA Pittsburgh Healthcare System and as an independent practitioner at a private psychiatric practice since 2014. Currently Bajwa is training in university counseling through a doctoral internship at University of Pittsburgh's University Counseling Center.

DoSAA Summer Fellowship Program

DEAR AAPA & DOSAA MEMBERS,

It's that wonderful time of the year again! The Division on South Asian Americans (DoSAA) is excited to announce our 7th annual summer fellowship program for the DoSAA community!

The Fellowship program is a unique opportunity where a graduate student member of DoSAA is matched with a professional DoSAA member based on their professional interests to support them in producing a collaborative project that enhances further growth, learning, relationship-building, and community. We have had great success and long-lasting mentorships built from this program in the past, and we look forward to continuing to provide this to both student members and professionals in our community. Please **APPLY** and **ENCOURAGE** your students, colleagues, peers, and mentors to apply!

**Deadline to submit application: Sunday,
April 23rd, 2023, 11:59 p.m. PST**

The program runs from June through October
2023 (Subject to Project Timeline)

The Fellowship is geared towards graduate student members involved in mental health in any capacity (Ph.D., Psy.D., M.S., M.Ed., MFT, LSW etc.) who have a passion and interest for South Asian/South Asian American mental health, including research among South Asian populations, leadership, and community building. Fellows will be paired with a mentor from the DoSAA community and will complete a small project related to South Asian American mental health. These projects may vary in issue or topic but will be used to further add to mental health resources for our South Asian American communities.

DoSAA membership is required for all participants. We will prioritize student applications of those experiencing challenges in seeking mentorship.

This project will culminate in a final presentation via webinar during early Fall 2023.



Stock image by Mila Supinskaya

FELLOW'S QUALIFICATIONS:

- Currently a graduate student
- Create and communicate 1-2 structured goals for mentorship focus.
- Available to collaborate with their mentor via phone/virtual format ~2-4 hours/month for a total of at least 6 hours between program start and end dates.
- Complete a specific/short summer project (as discussed and decided collaboratively with mentor)
- Be available and willing to collaborate with other fellows (To engage in monthly fellowship calls and present their project via webinar in early Fall).

Apply to be a fellow:

<https://forms.gle/B9DMGY9PrQq7f2By8>

MENTOR'S QUALIFICATIONS:

- We welcome both early-career (including associated/pre-licensed) and mid-career professionals who have completed their graduate training (Ph.D., Psy.D., M.S., M.Ed., MFT, LSW etc.) to apply to be mentors. Early-career professionals may support fellows who are in the early stages of their graduate program (e.g., Year 1 Master's student, Years 1 - 3 Doctoral student).
- NEW THIS YEAR: We welcome graduate students in the late stages of their graduate programs to mentor incoming and early-stage graduate students.
- Willing to collaborate with a student fellow and commit to regular meetings via phone/virtual format (as agreed upon by mentor & mentee) for ~ 2-4 hours per month for the duration of the project.
- Available to check in with the Program leads for updates on project progress and to receive guidance and support in mentorship of the fellow's project.
- Able to support your mentee in creating 1-2 structured goals and brainstorm general topics that will support their research and growth. (We will help provide some general topics you can choose from in case you are unsure of what to focus on).
- Be able and willing to provide mentorship to the student and support them in accessing resources to succeed in completing their summer project.
- Open to communicating their expectations to the program leads and reach out to them if they can no longer commit to the expectations of the mentorship (life happens, just let us know as soon as you can).

Apply to be a mentor:

<https://forms.gle/SFiqmZggjKLqj4RH7>

If you have any questions or concerns in the meantime, please email us:

dosaa.communication@aapaonline.org. We are looking forward to seeing the great projects and mentorships that come out of this year's fellowship program!

DMAA New Student Representative

submitted by Jess Benson and Jason Reynolds



THE DIVISION ON MULTIRACIAL AND ADOPTED ASIAN AMERICANS (DMAA) IS EXCITED TO WELCOME MADISON NATARAJAN (SHE/HER/HERS) TO THE EXECUTIVE COMMITTEE AS A STUDENT REPRESENTATIVE!

Madison is a biracial Asian American of Indian and White ethnic descent. She currently serves as a Student Representative for the DMAA of the Asian American Psychological Association (AAPA). Madison received her M.S. in Clinical Mental Health Counseling from Lipscomb University and is a fourth-year doctoral

candidate in the Counseling Psychology Ph.D. program at the University of Massachusetts Boston. Clinically, Madison has a passion for working with those struggling with severe and persistent mental illness and works to bring a rights-based and anti-racist framework within systems of psychiatric care that include non-Western approaches to understanding mental illness. Her scholarly work focuses on using Critical Race Feminism to understand the influence of the Religious Right and evangelical Christianity on U.S. culture, particularly examining the intersection of race, gender, and sexual identity of women impacted by these institutions and ideologies.

Announcing the 6th Edition of Multicultural Psychology

Jeffery S. Mio

I am pleased to announce the 6th edition of *Multicultural Psychology: Understanding Our Diverse Communities*, published by Oxford University Press. This book has been used by many AAPA members for their undergraduate courses, and I have donated copies of it for the AAPA book sale over the years. A major feature of this book is highlighting student reactions and narratives to support research and concepts of multicultural psychology.



Celebrating Lunar New Year Away from Home

BY NICOLE R. BENQUECHEA, MA

Lunar New Year is the perfect opportunity to learn about the cultural traditions and backgrounds of your employees and clients. The long-time celebrated occasion is a time to commemorate prosperity, health, and good fortune with friends and family. Recognizing and celebrating their racial, ethnic, and cultural backgrounds is an effective strategy for building long-lasting relationships with them.

The holiday is typically celebrated with family through many traditional activities. This time is seen as an opportunity to finish any projects before the New Year. For example, people commonly prepare by scheduling appointments and doing their shopping in the weeks prior. Many people also prepare for the Lunar New Year by cleaning their houses and putting up decorations that will welcome good luck. Celebrations of the Lunar New Year are diverse, where some are more traditional and others are very modern. Traditional celebrations include banquet-hall gatherings, gift-giving, fireworks shows, dragon dances, and parades, attracting huge crowds to AANHPI communities that celebrate the Lunar New Year. They also may include visiting family, sharing a large meal, hosting parties, cooking together, offering prayers, exchanging red envelopes of money, watching fireworks, watching dance performances, and creating lantern displays.

Quyen Do has mentioned the Lunar New Year holds a special place in her heart and keeps her connected to her heritage. Currently, she is a Ph.D. Candidate in the PRIDE Family Studies Lab, Department of Psychology at the University of Texas at San Antonio. As an international student from Vietnam who has lived in the U.S. for 12 years, she didn't have the opportunity to participate in all the Lunar New Year traditions in Vietnam since she was away from her family (e.g., visiting relatives, receiving red envelopes, or eating symbolic dishes).



Photos courtesy of Quyen Do

Quyen Do explained how she has celebrated instead at her institution:

As Chief-of-Staff of the International Student Association at my institution, I hosted a general meeting on January 26. I presented to our international members what Lunar New Year is. The members and I learned a lot about the origin, traditions, and meaning of the Lunar New Year. I was pleasantly surprised at how many of our non-Asian students were interested in Lunar New Year since many of them had heard of this holiday but had no access to any information. We served Asian snacks (e.g., rice crackers, seaweed) and food (fried rice). We quizzed members on some of the presented Lunar New Year facts and played musical chairs. Each winner received a red envelope with a Starbucks gift card in it. For this part, I taught each winner to carry out the tradition of wishing HPNY to an elder (me, in this case) before receiving the envelope. Their feedback about the presentation and meeting was positive—which was very encouraging to me. I also give an indication and red envelopes to my team of undergraduate and graduate research assistants in our lab, where I serve as the Project Director. This was their first experience with Lunar New Year, and I think being able to celebrate it together strengthens our bond in the lab.

As we have seen with Quyen Do, she has continued celebrating the New Year with activities to strengthen bonds and feel comfortable in her lab. To the members of AAPA, the newsletter teams are eager to learn incredible stories from our readers about their celebrations for years to come.



Photos courtesy of Quyen Do

Lunar New Year at Gracie Square Hospital

BY NICOLE R. BENQUECHEA, MA



Photos courtesy of Gracie Square Hospital

Every year, between late January and early February, an estimated 2 billion people celebrate the Lunar New Year, which falls on the second new moon after the winter solstice. The Lunar New Year is a public holiday observed across multiple days in China, North and South Korea, Malaysia, the Philippines, Indonesia, Singapore, Brunei, Vietnam, and the United States. AAPA is proud to share our members' outstanding achievements and uplifting stories to share their cultural heritage and celebrations.

Dr. Nadine Chang is a Clinical Psychologist and Chair of the Asian Psychiatry Program Committee at Gracie Square Hospital, affiliated with NewYork-Presbyterian, in New York City. Her work is to provide culturally integrative treatment to individuals needing acute, inpatient psychiatric care for severe mental illness and engage with patients in celebrations of cultural holidays during their hospitalizations. Dr. Chang earned her Ph.D. in Clinical and School Psychology at Hofstra University and completed her postdoctoral fellowship at the University of Pennsylvania School of Medicine. In a recent interview with the AAPA newsletter, she kindly shared her expertise and knowledge about her work and festive activities her team organized for the patients at Gracie Square Hospital.

Despite the challenges of the pandemic, Dr. Chang and her colleagues at Gracie Square Hospital are making great strides in providing inpatient psychiatric treatment for people who identify as Asian and Asian American. In addition, they tailor treatments to work closely with their families. Dr. Chang explained:

We have a multilingual staff, and they are well-versed in treating Asian Americans with serious mental illnesses. So that's what we do. We focus on educating the staff, patients, and their families on severe mental illnesses like schizophrenia, major depressive disorder, substance abuse, and more to determine the best treatment for them.

She was inspired to become a clinical psychologist when she was an undergraduate researcher in research labs on psychotic disorders and severe mental illness with a focus on schizophrenia and substance abuse. She has enjoyed her career working with underserved populations in treating psychotic disorders. And so, most of her career has been in in-

patient psychiatry. Dr. Chang explained that Gracie Square Hospital is known for its person-centered approach to helping patients and families recover from psychiatric illness. She also works on community outreach, through which she presents at professional conferences and community-based webinars. Dr. Chang recommended that staff and trainees who want to work in the mental health community should do work that is meaningful to them and understand what role they play in the community. Gracie Square Hospital has other specialty programs in addition to the Asian Psychiatry Program, including their young adult program, older adult program, psychotic disorders program, dual focus program, mood disorders program, and Orthodox Jewish program. The hospital offers a multidisciplinary approach to care for patients with psychiatric disorders who can benefit from inpatient hospitalization to help patients live healthy and happier lives.



Photos courtesy of Gracie Square Hospital

They work together to conceptualize a person's unique experiences and tailor treatments and resources with a tight-knit team of doctors, nurses, social workers and other disciplines to help patients. The staff at Gracie Square Hospital work with patients' families to understand the nature of illness and how they can best support their loved ones. For example, multilingual staff in the hospital help patients and their families understand medical jargon and overcome language barriers. Dr. Chang mentioned, "There's no real word in Chinese for schizoaffective disorder, so we describe the syndrome in a way that the patient understands." She emphasized the importance of learning the cultural context without making assumptions about an individual or community. Despite challenges like language barriers and communication, the staff works hard in ensuring patients enjoy their cultural celebrations such as Lunar New Year.

Gracie Square Hospital creates fun activities for patients to celebrate their cultural heritage and holidays. The hospital had a Lunar New Year celebration in a safe and welcoming way for patients to enjoy themselves. The nurses' stations, windows, and lanterns are in place to create a festive environment and stimulate the patients to discuss the significance of the Lunar New Year. They enjoyed the celebration with snacks and gave them gold chocolate coins in a red packet. Dr. Chang and the rest of the Asian Psychiatry Program celebrated the Lunar New Year by exchanging new year gifts with the staff. Dr. Chang, the team, and their patients are looking forward to more upcoming hospital events, including the Lantern Festival, when patients learn about the holiday and can decorate and make lantern crafts. With these great activities, Gracie Square Hospital is moving forward in being active to help patients' mental-wellbeing and inclusion.



Photos courtesy of Gracie Square Hospital

COVER ARTIST FEATURE

By Fei da Costa, LMFT, ATR

Fight, You Are Worth Defending

This cover art shows a layout of 16 small squares. Each square has a pencil and watercolor portrait of a person's face, hair, and neck with emphasis on the details of the facial features. The watercolor is fluid with washes of blue, pink, brown, and purple tones. The portraits vary in their depiction of AANHPI women, queer, trans, and non-binary folx. Their expressions are knowing, observing and focused, while looking directly at the viewer.

I start off with a pencil drawing before I add the watercolor. The pencil outlines the foundation of the subject I am creating, and the watercolor tells the rest of their story. I want to show we are not a monolithic culture by representing the diversity, vulnerability, resilience, beauty, and moxie of my AANHPI siblings and all the intersections that make us unique human beings worth defending and loving fiercely.



What inspired you to create this piece?

The warriors that are the AANHPI women, queer, trans, and non-binary folx in my life are what inspired me to create this piece. Gender-based violence continues to be a prevalent issue that needs more voice and direct action. There is a misconception that violence comes from a stranger-danger scenario. In most instances, the perpetrator is someone we know. "You are worth defending" was a phrase I heard in the first self-defense class I ever attended. I learned that I had every right to fight back and be unapologetic about it. Self-defense is more than a physical confrontation. It could be a simple "No" because that in itself is a complete sentence, or it could just be walking away. We have the right to make

choices that do not involve taking care of someone at the cost of being harmed physically, sexually, emotionally, mentally, psychologically, financially, or spiritually.



About the Artist

Fei (she/her/hers) is a Taiwanese Hakka who immigrated to the Bay Area as a young child. She attended Notre Dame de Namur University in Belmont, CA. Fei is a psychotherapist and art therapist based in San Francisco, Bay Area, currently on sabbatical. Her focus is providing trauma-informed care around racial, gender, and cultural identity development from an anti-oppression framework. She works primarily with the AANHPI and QTBIPOC communities. In 2020, she co-founded API Healing Collective, a peer-run virtual healing space offering workshops in collaboration with AANHPI guest facilitators, and is currently a council member for another collective, AAPI Healers for Liberation. In her downtime, Fei enjoys community organizing, martial arts, yoga, arts, and crafts.

MEMBERSHIP SPOTLIGHT:



Donna Lynne Demanarig

SHE/HER

What is your cultural background and identities?

Filipinx American.

How did you come to find and become involved with AAPA?

I was in graduate school at Alliant International University when I first heard of AAPA. It may have been my advisor at that time who told me about this organization. She wanted me to have more experience in presenting at conferences and chose the AAPA. It was at an AAPA convention in San Diego in the mid-aughts that I presented my dissertation on Filipinx correspondence brides. AAPA was small at that time, but I found my experience as a first-time presenter to be welcoming and supportive. The room where I presented was somewhat full, which added to my performance anxiety, but folx were eager to know more about my study. It was a confidence booster.

Please share a fond or meaningful memory of your experience in AAPA.

I had been a member for several years, but did not become an active member until the last 5 years. I became more active in AAPA leadership at the start of the pandemic: as chair-elect for the sessions/poster committee for the convention (and later as co-chair the following year), LDI Fellow, Secretary/Historian, and DoFA Finance Officer. I don't have any specific memory that stands out in my head, but I cherish the relationships that I have cultivated in my little circle within AAPA. I love working with my DoFA family. We bonded - albeit virtually or via texts - through our love of Filipino food, humor, and most recently Filipino tribal tattoo. I also enjoy my socio-political discussions with folx outside of DoFA.

What advice do you have for someone new in the field?

Find a mentor. I did not have this luxury when I first started out because nobody really guided me. I had to put myself out there, which can be daunting and exhausting, and talk to people. Luckily, AAPA leadership has emphasized the importance of supporting our student members. If you don't know, ask. Ask me! I'm more than happy to answer any questions. If I don't know, I'm sure I can find someone in my network who can.

How have you changed from the beginning of your career to now?

I have not changed all that much. I can say that I am more focused and intentional in my research and in my teachings today compared to when I first started out. I knew I wanted to do something with multicultural issues, but wasn't quite sure where to go with that. My current interests align more with my core values in life, which are to cultivate solidarity work with other racial/ethnic minoritized folx and to decolonize psychology.

How can members best take advantage of their AAPA membership?

Always be on the lookout for scholarships and awards that AAPA generously hands out each year. If you're a student, take advantage of our Graduate Leadership Institution.

They are doing great work in terms of cultivating future leaders in our field. Talk to your division leaders or one of the EC Board members on possible internships. It's also important to value the relationships with your AAPA colleagues.

"Cultivating relationships and maintaining (or trying to maintain) that harmony is important."

What do you cherish from your culture?

When I read this question, my immediate reaction was food. However, I have been vegetarian since the early aughts and, unfortunately, cannot enjoy much of the traditional Filipino dishes. I still enjoy the vegetarian versions, though. Anyway, one thing that I do cherish about the Filipino culture is our emphasis on relationships, which I know is not unique to this culture. An example that comes to mind is in this other space I'm a member of - Filipinx/a/o Community Health Association (Fil-CHA). I've been telling a student member - who is the secretary and one of the founders of the organization - to just call me by my first name, since we're all part of the Executive Board committee, and I just don't like to bring that patriarchal hierarchy in that space. She was having a difficult time with this and opted instead to call me Ate, which is a term directed to an older female who is either a relative or someone you respect.

It also means sister. I felt that the title is an upgrade to my PhD. There is this understanding that this could all be due to internalized colonial mentality, et cetera et cetera, but, honestly, it felt damn good. Cultivating relationships and maintaining (or trying to maintain) that harmony is important.

What are some of your hopes for the future?

I hope that people will prioritize the environment, nature. It's daunting and oftentimes hopeless, but you can do little things in your part of the world. For instance, when I go hiking, we often bring a trash bag and gloves and pick up trash along the way. It may not significantly alter the state of the world, but I would think the animals appreciate it. I hope that we de-emphasize a capitalistic society and listen more to Indigenous folx. I hope for less violence in our society and around the world.

What does an ideal society look like to you?

I don't believe in ideals. I am willing to live in a society that is diverse - whether diverse through race/ethnicity, immigration status, gender, sexual orientation, religion, etc. - with the occasional misunderstandings, gossip, yelling, and dirty looks. However, at the end of the day, we are still a community. Also, there will be no guns in this society.

Which Divisions are you a member of?

Division on Women, Division on Filipinx Americans.

Social Media Handles

Instagram: [@dr.demanarig](https://www.instagram.com/dr.demanarig)



MEMBERSHIP SPOTLIGHT:



Loretta Hsueh

SHE/HER

What is your cultural background and identities?

American Born Chinese.

Please share a fond or meaningful memory of your experience in AAPA.

Being convinced to come out of "convention planning retirement" to work with the inspirational, caring, and funny Calvin Sims.

How have you changed from the beginning of your career to now?

I am much more forgiving of myself. At the beginning of grad school, I believed that going in at 110% was the surest way to never get "found out" as an imposter (and the surest way to get burned out every year). Now, as I'm about to start my first year as an Assistant Professor, I can't help but reflect that I am the same person I have always been. That must mean that every perceived mistake I made over the last decade did not completely derail me after all... So now, I just send the draft. I let go of projects. I say no (well, I try to). There will always be more than you can do and you cannot beat yourself up for resting.

How did you come to find and become involved with AAPA?

In 2014, I was a brand new master's student looking for an "academic home." I don't remember how I learned about AAPA, but I do remember excitedly registering for the conference in Washington, DC. That first conference was like nothing I had ever experienced. I felt understood, the scholarship spoke to me, and I knew I found what I needed to restore me over the next almost decade of graduate school and postdoc. I have been a member ever since, and my favorite thing is watching first-timers at conferences undergo the same "a-ha" moment I did.

What advice do you have for someone new in the field?

Save every paragraph you write, even if you decide not to use it. Written work takes so much labor (raise your hand if you've spent 3 hours researching literature to back up a single sentence) and it is devastating when it's not there when you need it later. At the same time, purge your files every few years. Oh, and make friends--at conferences, within your cohort, with your program administrators. Times will get dark, and it's always a little easier with friendly faces around.

How can members best take advantage of their AAPA membership?

Your AAPA colleagues are more than just your scholar-clinician-activist peers. They can be your best friends, biggest cheerleaders, and source of solidarity. Cultivate those relationships.

Social Media Handles • Twitter: [@lorettaHsueh](https://twitter.com/lorettaHsueh)

“Know What You Need to be Sane and Supported”



INTERVIEW WITH DR. HELEN HSU

for AAPA's Division on Women Digital HerStory Project

by Sue H. Kim, PhD

Looking at Dr. Helen Hsu's incredible accomplishments, talents, and career, you would never guess that she “loathed high school,” was disappointed by her experimental psychology classes in college, and was in urgent care multiple times in graduate school until she learned to listen to her body. As I watched Dr. Michi Fu interview Dr. Hsu on November 4, 2022 (on Zoom), I was struck by how honestly Helen spoke about trying to find her way and the positive impact of “finding her people.”

“We fight the good fight, but pace yourself — it's not ending in our lifetime.”

Helen recalled getting support and advice like that from “amazing faculty” at CSPP Alameda, including Dr. Derald Sue and Dr. Matthew Mock. She recognized that not every graduate school offered that kind of experience where white Eurocentric psychology and institutional racism could be acknowledged by her mentors.



“I follow in the footsteps of those who faced more barriers.”

AAPA was Helen's “home” since her second year of graduate school, when Dr. Reiko Homma True was president. Helen also joined APA Divisions 45, 35, and 44, and attended the APA Minority Fellowship Program Summer Institute. However, when she became a member of the California Psychological Association at one point, she realized, “these are not my people.” By recognizing that fact early on, she could cut her losses and gravitate to other groups and people who could help nurture and support her.

“Don't create barriers for yourself.”

In her first postgraduate job, Helen thought, “I'm not sure I can do this ... but if I can't, I'll leave!” She reflected on how with our communities, we tend to question our qualifications, undersell ourselves, and have imposter syndrome. Meanwhile, as a postdoc working for the county, she observed that certain people were not informed or reliable or qualified, and yet “they run huge things.”

“ You need to have a life ... do not be a human sacrifice. ”

Helen pointed out how easy it is to become a burnt-out activist who neglects their personal life. She said, “the work will be there,” and it’s important to attend to loved ones, pace yourself, and team up with others. Experiencing the synergy of working with like-minded people such as Sumie Okazaki, Richelle Concepcion, Nellie Tran, and Kevin Nadal, who see themselves as “doers” rather than “leaders,” was fulfilling for Helen.

“ We’ll be doing grief work for the rest of our lives. ”

As a grief specialist, Helen pointed out the immense challenge we all are facing with so much death and illness occurring around us. She also recognized that it seems that “so many forces want us to fight each other.” She encouraged us instead to collaborate, build coalitions, find like-minded people, and mentor each other. Although she does not see herself as an academic, she is teaching a course at Stanford on The Art of Grief, which explores artistic and cultural expressions of grief and how we make meaning after experiencing loss. And she pointed out that despite

not being an academic, she was invited to write a book chapter. She promptly asked a colleague to be her book chapter partner because “you don’t have to be good at everything – that’s why we have collaborations!”

When Michi asked which career she would have chosen if she had not become a psychologist, Helen admitted she would be “sitting in trees and writing books off in a jungle somewhere.” Her father and cousin write books. I forgot to ask why she said, “in a jungle somewhere.”

As an Asian American female psychologist myself, I noticed that I end up grinning, nodding, and sometimes tearful when inspirational and humble people like Helen share their stories during these interviews. I am grateful that the Division on Women created this project and that Michi is such a talented and creative interviewer, giving us such intimate access to the stories of our esteemed mentors, colleagues, and leaders. I can never be reminded enough about how badly “imposter syndrome” can damage us. Helen helped me by really emphasizing the importance of pushing forward, finding our people, and knowing that if it’s not a good fit, it’s okay to leave.



Dr. Michi Fu (left wearing black) and Dr. Helen Hsu (right wearing purple), photo courtesy of Sue H. Kim





Reflection on Gold Standards

in Psychology and Deeper Learning and
Understanding of *Sikolohiyang Pilipino*

By Samantha J. Benavidez-Walsh, MS

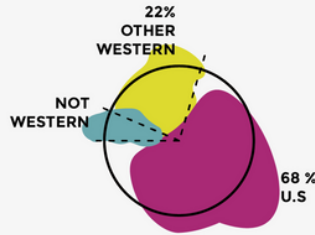
As a Filipino researcher, there are things that I've had to come to terms with during my graduate student career, and one of them was the "gold standard" in psychology. "Gold standard" generally refers to what the field considers top tier, among which can be practices, measures, methods, etc. that are supposed to give us the best result. And I get it. It is important to use things that have proven to be reliable over time. But a lot of these are from Western cultures or, as we say in general psychology classes, WEIRD (Western, Educated, Industrialized, Rich, and Democratic) societies. The seminal articles that are presented in most textbooks are done by White researchers on White folks. Jeffrey Arnett even reported in a 2008 article for the *American Psychologist* that 95% of research participants in psychology research represent only 12% of the world's population. Twelve percent. This then suggests that most of these "gold standards" are not necessarily applicable to everyone. So why do we insist on using them?

W.E.I.R.D

"THE WEIRDEST PEOPLE IN THE WORLD?"

98%

OF THE
SAMPLES
WERE FROM
WESTERN
INDUSTRIALIZED
COUNTRIES



96%

OF THE STUDIES REPRESENT



12%

OF THE WORLD POPULATION

Can we assert that a particular behavior is universal when the studies were based on the sampling of a single subpopulation?



UNIVERSITY AUTHORS



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BEHAVIORAL AND BRAIN SCIENCES (2010)

During last year's AAPA Conference, a few of my colleagues and I (shoutout to Angela, Molly, Linsey, and Natasha!) facilitated a Courageous Conversation session centered around AANHPI graduate students navigating predominantly White institutions and how White supremacy culture characteristics show up in many ways. In this conversation, I talked about this exact issue and how this is an example of the "one right way" being promoted (see Okun, 2021). We tout these "gold standards" as universally generalizable and applicable, and many alternative models and approaches receive pushback. I've heard stories from colleagues who had to fight to use a non-traditional, non-Western method and fight to use an adapted measure that is more culturally appropriate for their sample. Why is it an uphill battle for us to use the methods that will benefit not only our participants but the field as well, even if not considered the "gold standard?"

Another personal example of how this idea of "gold standard" has influenced me is through literature searches.

And maybe this is just me, but when doing a literature search, I tend to filter for studies done in Western countries and ignore those that were done anywhere else. "That won't apply for this context" is what I tell myself. But when I reflect on this justification, I think I've always had this biased attitude. Where did this come from? One reason I could think of is the fact that I've always been encouraged to look at high impact journals. True, these journals are harder to publish in, and the process may be more rigorous. However, when you look at what articles are in these journals, most of them will be from Western countries (or like the textbooks say, WEIRD societies). Recently, while working on a paper with a colleague and our advisor, I asked if we had to focus on the articles that focused on the United States. Our advisor said, "No, this phenomenon is something that people around the world experience— so why should we limit ourselves to only studies in the US context?" And they're right.

[T]hese are from Western cultures or, as we say in general psychology classes, WEIRD (Western, Educated, Industrialized, Rich, and Democratic) societies.

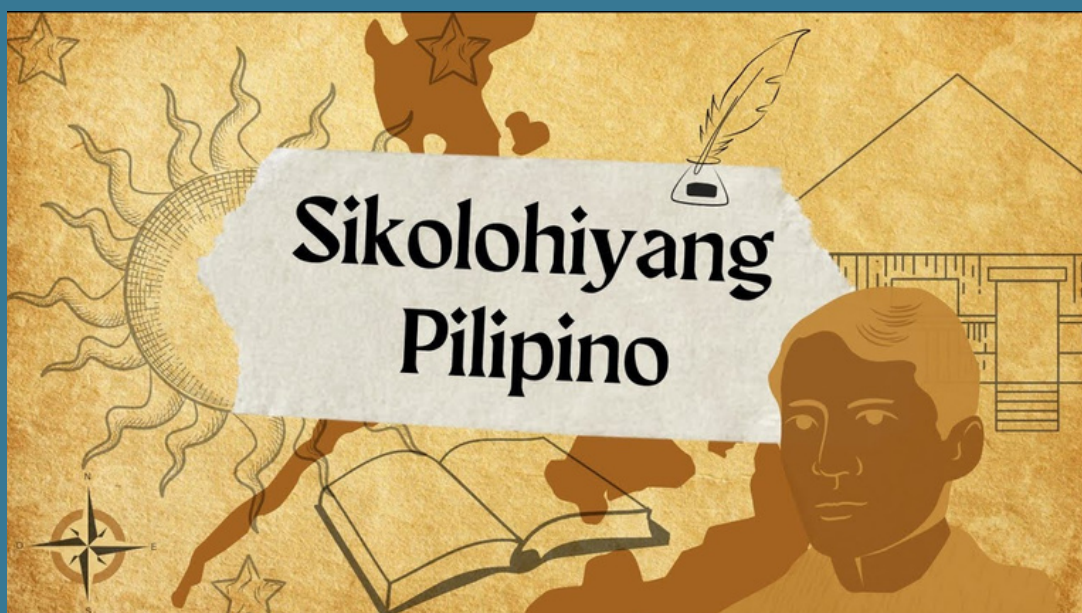
The act of asking questions gives researchers some power over the participants

The issues and topics we research on do not only happen in one place, and the context often adds a lot to the story of how much impact it could have for the individuals in different situations. While these studies may not apply to the specific context we are doing our research in, it is still good practice for us to be aware and to let our audience know about advances in the topic in other contexts.



image from the Psychologist World

This reflection of the “gold standard” in psychology has led me to find ways of resisting these biases and be intentional about my own process of research. Learning and training for my graduate studies in a predominantly White institution, a space where Whiteness is centered, has led me to appreciate learning about Sikolohiyang Pilipino (SP; Filipino Psychology) in my undergraduate courses at the University of the Philippines.



Youtube thumbnail by Trisha Baraquiel

Second, based on the idea that researchers and participants are on equal footing, participants are encouraged to ask researchers questions, and the latter should be prepared to share their stories as well. The act of asking questions gives researchers some power over the participants, and making this a mutual exchange gives the power back to the participant.

Lastly, SP researchers don't kid themselves as being "entirely objective" of the research. They acknowledge that they have their own biases and personal experiences through which they are viewing their data and the issue at hand.

One thing that I've been taught for the longest time in psychology was that we must be "objective." And I think this was a reaction to being told that psychology was not a "science." But I believe, we as researchers should acknowledge that we are never truly objective. Even in quantitative analysis, we view the numbers and interpret them through our lens. We draw conclusions based on what we know to be true.

There is more conversation to be had about the "gold standard" in psychology. And maybe I'm the only one who feels this way.

Regardless of what you think of this topic, I think we can agree though that there is still much to be done before psychological research and its findings are truly applicable and culturally appropriate for the rest of the world. It is our job to lead by example to bring about this change.

WHERE ARE YOU FROM AGAIN?

The role of culture, community and colonialism.

BY NESHAY MALL, M.ED

I still remember the first night when I flew into the United States. A small town covered in a blanket of white snow, with dark, blurry skies and blistering cold. As a part of the great Indian diaspora that grew up outside of India (in my case this was Kuwait), I came to the United States as an international undergraduate transfer student and stayed for over seven years. When I came to the United States, I felt... liberated. I was born in Kuwait, with Indian nationality, now a Canadian permanent resident, but the United States is my home. Not a simple answer to

"Where are you from?!" As an Indian woman practicing Catholicism in Kuwait, I was no stranger to racism, discrimination, and sexism. My experiences in the United States brought to light my intersectional identities as an Asian, Middle Eastern, Catholic woman, a by-product of colonial India and conservative Kuwait. My passion for education, developing meaningful relationships, and seizing unique life opportunities taught me resilience, compassion, empathy, and perseverance. At this time, I also quickly became conscious of the need for awareness of mental health and counseling services among international students like myself in the United States.

I was born in Kuwait, with Indian nationality, now a Canadian permanent resident, but the United States is my home.



Photo courtesy of Neshay Mall

I was constantly exposed to the cultural stigmas and notions attached to mental health in my personal and academic life growing up. While it is well established that the international community often shies away from using available mental health resources, I feel that these resources are not prioritized by or inclusive of the system for international students like myself. This motivated me to pursue my Ph.D. in psychology where I would have the opportunity of learning multicultural skills and applying scientific theory and research to practice, to effectively intervene in educational, emotional, and behavioral arenas with international individuals and their families in a university setting.

Counseling for international students has often been neglected. During a global pandemic, international students, students of color and immigrants face unique yet similar challenges to that of others in an educational system, often taking a toll on their mental health, psychosocial development, and identity development (Koo et al., 2021). This is often seen through signs such as poor academic performance, lack of sense of belonging, isolation, depression, and anxiety to name a few.



Photo courtesy of Neshay Mall

As a researcher, during the Fall 2020 semester, I conducted a study on the psychosocial development of international students of color, the intersectionality of their identities and its impact on utilizing campus resources during a time of a global pandemic and systemic racism. This study drove me to serve my very own community. I initiated a new partnership to provide free counseling services to international students, staff, and faculty on our campus. Having the opportunity to work with this population in these settings allows me to make a difference by encouraging resilience, recovery, and most importantly, a sense of belonging.

In my doctoral program, I learned to appreciate my own intercultural experiences and challenges while gaining a deeper understanding of my identities as a global ambassador in training, teaching, and research. However, there was something missing. I struggled to find a sense of belonging among my peers and colleagues, who may not understand the impact of my legal status on my education or the need for me to read a paragraph twice to comprehend the material, even though English is my first language. I missed my bicultural heritage and a sense of connection with the international community!

I found my missing piece when I began to actively involve myself in the Indian Association

I found my missing piece when I began to actively involve myself in the Indian Association, a student-run club that promotes awareness of and spreads Asian Indian culture on campus. Even today, celebrating festivals like *Holi* (The Festival of Colors) in March and *Diwali* (The Festival of Lights) in October are some of my favorite moments with the community. The campus community comes together with people from all walks of life, wearing colorful Indian clothing and bright smiles, dancing and performing to joyous Bollywood music, all while enjoying delicious festival dishes like Butter Chicken, Naan, and *gulab jamuns* (an Indian dessert). I saw myself playing various roles as a community member, researcher, student, and therapist to serve this international community.

Providing mental health services to international students allows me to give back to the very community I live in, change ideas, address notions of stigma and systems, share knowledge, build relationships, and make a difference in people's lives. It gives me a space to be myself and engage in efforts to reduce inequities among disadvantaged communities. If you supervise, mentor, study, or work with an international student, remind, support, and encourage them to find a sense of belonging, their 'missing piece,' and a sense of cultural connection, like I did.



Photo courtesy of Neshay Mall

ALONE IN-BETWEEN

by Ben Gulick, MA

I don't know if I'm white or Asian, though I'm both. I don't know if I'm cis or trans; he or they, or both. If I'm privileged or oppressed, but I'm both. Traumatized or powerful, yet both. I don't even know who I even am, but who I am is all I have. I can be anyone, but I don't know who I want to be. I end up being everything to everyone, anything to anyone, but never me. Seen a million different ways, but never as I am. "The one" to no one.

In a room of white people, I at once become more white and more Asian. Assimilating to the dominance of the room, but also sticking out for my differences. In a room of Asian people, I feel seen, I feel more Asian. Yet never Asian enough. Feeling pulled in every direction; many things at once, but all diametrically opposed.

"In-between" in so many ways; there's never a space where I simply fit. I have yet to decide if I even want to fit. I am my own model, my own pathway. Getting closer to myself, but further from others. Unattached, untethered, and floating out in uncharted space - alone.



REFLECTIONS ON MARRIAGE AND SOUTH ASIAN IDENTITY:

NUANCE, NOSTALGIA, AND INTERRACIAL RELATIONSHIPS

By Sara Ahmed, BS

About a year into my Master's degree in Counseling, a colleague and I presented in our Marriage and Family Counseling class on the dynamics of relationships between couples who identify as South Asian American. Through secondary literature, as well as our own personal experiences, my colleague and I discussed topics such as arranged marriages, the impact of intergenerational family relationships on marriages, the influence of gender roles, the impact of globalization on acculturation, and patterns of help-seeking behaviors. We emphasized the complicated nature of these topics, as well as the fact that I, a second-generation South Asian Indian American, and she, a Pakistani international student, have vastly different experiences. We tried to emphasize that although America has tried to paint us all as homogeneously "brown," we all come with complex identities and each one is worthy of deep understanding. Following our presentation, the class engaged in a lively discussion around our topic. The topic of interracial marriage within the South Asian community was brought up, and I shared my personal experience of being married to a white man. I spoke briefly about the difficulty that my decision to marry him came with—the difficulties of internally battling if I am a "sellout" to my culture and to my people, the difficulties of not speaking my mother

tongue with my partner, the difficulties of hearing whispers of people using the word "fetish" or "brown fever." I spoke about how, as a South Asian American

woman, sometimes it feels like you just can't win. A classmate raised their hand and offered up, "Have you tried to cook together? Perhaps creating a dish from both his culture and yours might be a way to integrate cultures." Now, at that moment, I had two thoughts. One: *If only it were that easy!* Two: *Why would I want to combine my delicious, complex, spicy curries with his ... mac and cheese? White bread? No thanks.*

My first thought is slightly more pertinent. *If only it were that easy.* For many South Asian Americans, the last word that comes to mind when thinking of marriage is "easy." During my wedding week (yes, week) I was teary-eyed for most of it thinking about the sacrifices my parents made so that I could pursue my dreams in this country. I was teary-eyed thinking of the wonderful, joyful, and boisterous celebration that marriage is in my culture. I was teary-eyed thinking of the respect for tradition that has carried on in my culture for centuries.



I was teary-eyed (and laughing a little) at the designated uncle who had to carry the iPad around all week, FaceTiming loved ones back in India to include them in the celebrations. With all these beautiful moments, there were also challenging ones. Someone said to me, "Weddings are a sham-why would anyone do so much just for something that takes a trip to city hall and a piece of paper?" I had another white colleague share with me, "I don't know why Indians spend so much time and money on weddings; I grew up poor, so I actually know the value of money. It has no hold on me." How could I explain to this individual that my parents came to the United States with just the clothes on their backs and a handful of money? How could I explain that my mother, 21 years old, and me, 5 weeks old, endured the 20-hour flight to India just to escape the loneliness of living in Pennsylvania in

Trying to fit in with my both North Indian and South Indian families (my mother is from the north and my father is from the south; anyone who is Desi understands that even that marriage is full of nuance!). Trying to fit in with my husband's family, with roots in the Midwest and in Kentucky. Trying to fit in at my PWI (Predominantly White Institution). Always trying.

When I think of the feeling of nostalgia, I think of sitting on the floor in my mother's home in Mumbai, listening to the rain, peeling lychees and pistachios with my aunt, and listening to Lata Mangeshkar. To my husband, the feeling of nostalgia comes with going to his grandmother's house in Indiana, watching sports, and playing games with his family. I used to fear not fitting into his world and I'd try to mold myself to fit, eventually left feeling like



MY IDENTITY WILL ALWAYS BE GRAY; ALWAYS AN IN-BETWEEN.

the dead of winter? How could I explain that my parents sacrificed their "I'm finding myself" era of life to ensure that every need of mine as a young child was met? How could I explain that this wedding was my dad's nonverbal way of showing his only daughter that his love and sacrifice was all for his children? There was no way to explain these sentiments to an individual who does not understand the nuances of life and marriage for a South Asian American. There was no way to explain that for me, often jokingly called an ABCD (American Born Confused Desi), I am actually not that confused. What I am not confused (read: confident) about, is that nuances exist. The life of someone born to immigrants is full of nuance. My identity will always be gray; always an in-between.

a minimized version of myself. Often it feels like this constant trying to fit in results in me feeling like I am just too much and never enough, all at once. I often wonder if the collective identity of South Asian Americans feels like just that: too much and never enough. While I don't have a solution or answer to this particular phenomenon, I myself am trying to embrace nuance in my own life. That I don't have to fit one particular mold that, throughout my life, people have expected me to fit perfectly into. Perhaps when I am older and I look back at my married life with my husband, my nostalgia will be an amalgamation of lychees, sports on the TV, rainy days, Lata Mangeshkar, my grandmother-in-law's home, games, and laughter.

