



## **AAPA Statement on Israel/Palestine October 23, 2023**

We, at the Asian American Psychological Association, are deeply concerned about the ongoing war in the Middle East that has resulted in human suffering, displacement, and the killing of civilians. We offer this statement in response to the recent violence in Gaza and Israel. As other associations and mental health communities have struggled to engage in conversation about these atrocities, the AAPA Executive Committee has also had these same difficult dialogues.

AAPA's mission is to advance the mental health and well-being of Asian American communities through research, professional practice, education, and policy. For our AAPA community to thrive, we acknowledge our need to be in solidarity with our sibling ethnic psychological associations. We stand with them, especially AMENA-Psy, and affirm our commitment to human life, difficult dialogue, education, decolonization, and liberation of all oppressed communities.

As we are all well aware, histories can be difficult to fully capture and comprehend, and the history of conflict in the Middle East is no exception. What we are sure of is that it has and continues to cause and bring up much trauma, distress, and heartbreak for our community. There are many voices that can attest to the history of colonization, oppression, and violence that has been perpetuated against the civilian population - both Palestinians and Israelis. As an Asian and Pacific Diaspora, we are no strangers to war, genocide, and its complexities. To that, we are deeply saddened that history continually repeats itself. We are reminded of the Vietnam-U.S. war, the Khmer Rouge, Korea-U.S. War, Partition of India and Pakistan, the overthrow of Hawaii's monarchy, and colonization in the Philippines, Indonesia, Micronesia, and countless other countries.

Regardless of where injustice is occurring, we remain committed to engaging in and calling for meaningful action towards ending oppression:

- We advocate for an inclusive cross-racial/ethnic solidarity approach to healing and remain committed to raising awareness for peaceful solutions as allies/accomplices for all communities.
- We condemn the killing of civilians and encourage our members to support humanitarian aid in the region in any way that you are able to.
- We encourage you to educate yourself on the history of the region and its parallels to other Asian and Pacific Islander countries.

- We call upon scholars and teachers to share information that may inform our members about recent and historical events so as to foster understanding and mutual respect.
- We remind everyone to reach out to your elected representatives to vote for a ceasefire and donate to the humanitarian efforts in the area.
- We invite you to make intentional space for conversations to support your students, advisees, and colleagues.
- We encourage everyone to hold one another's hearts as well as each other's pain, and strive to be in honest and respectful dialogue with each other despite the discomfort, fear, and difficulty of this work.

Finally, we recognize that AAPA is an organization that is a community first and foremost. It is this quality that makes AAPA not just a professional home for many of us, but one in which we trust that our bonds and care for one another will move us through difficult moments. In that spirit, we ask that all of us come together to support each other during this time.

In solidarity,  
The AAPA Executive Committee

**Resources:**

[Find and Contact Your Elected Congressional Officials](#)

[Resources to Navigate Trauma - APA](#)

[NCAPA Statement on the Murder of Wadea Al-Fayoume](#)

[Resources for Palestine - AMENA Psy](#)

[Mental Health + Somatic Resources for Palestinians in Diaspora / SWANA Folks](#)