

Asian American Psychologist

Mid-Year
Issue 2025



The Official Newsletter of
ASIAN AMERICAN PSYCHOLOGICAL ASSOCIATION

TABLE OF CONTENTS

**TEAM ACKNOWLEDGMENT
& DISCLAIMER 03**

PRESIDENT'S MESSAGE 04

**A MESSAGE FROM THE
CO-EDITORS-IN-CHIEF 06**

FINANCE OFFICERS' REPORT 08

MEMBERSHIP UPDATES 09

DMAA UPDATES 10



**REFLECTIONS ON
GRADUATION 12**

**PALESTINIAN SUPPORT
RESOURCES 13**

**NO ONE SHOULD FACE
CANCER ALONE 15**



**MUFFLED BY THE MODEL-
MINORITY MASK 17**

THE OTHER ONES 20



**OLA LĀHUI: INTERVIEW
WITH DR. AUKAHI 22**

MEMBERSHIP SPOTLIGHT 25



ABOUT THE COVER ARTIST 27

**NEWSLETTER TEAM
RECRUITMENT 28**

SUBMISSIONS INVITE 33

NEWSLETTER CREDITS 34

Mid-Year 2025

THE ASIAN AMERICAN PSYCHOLOGIST

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.



- 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.

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A Heartfelt Farewell: Reflections on My Presidency

President's Column

Dear Friends, Supporters, and Members of the AAPA Family,

As I prepare to conclude my term as president of AAPA at the end of this calendar year, I find myself reflecting with deep gratitude and humility on the incredible journey we've shared over the past two years.



Serving this community—my community—has been one of the greatest honors of my life. When I stepped into this role, I knew the road would be both challenging and rewarding. What I did not anticipate was the depth of connection, strength, and solidarity we would build together, as well as the profound healing and growth I personally experienced from being in community with AAPA leadership and members.

In a time marked by rising visibility for Asian voices—alongside persistent challenges—we stood strong. We launched initiatives to uplift emerging leaders, expanded our social justice advocacy work, and created spaces to come together and find strength and healing during the national and global events that continue to significantly impact our AAPA community. Together, we confronted hate, celebrated culture, mentored the next generation, and fought for equity and representation.





None of this would have been possible without you. I am continually inspired by the resilience, creativity, and generosity of our AAPA family. Whether you volunteered at an event, led educational workshops, contributed to our incredible Asian American Journal of Psychology (AAJP), or simply shared our message, you have helped shape a more inclusive and empowered future for Asian individuals everywhere.

As I pass the baton to our next President and Vice President, Drs. Donna Demanarig and Gloria Wong-Padoongpatt, I am filled with optimism. Their vision and commitment are exactly what our organization needs in this next chapter. I have no doubt they will continue to lead with passion and purpose.

Though I may be stepping down from this role and transitioning into the role of AAPA Past President next year, my commitment to our mission remains unwavering. I look forward to staying involved, continuing to support the new President and Vice President as part of the 2026 Presidential Trio, cheering from the sidelines, and supporting our continued growth.

Thank you for trusting me, challenging me, and standing with me. This has been a profound privilege, and I carry the lessons and love of this experience with me always.

With deep gratitude,
Dr. Christine Catipon AAPA President (2024-2025)



A MESSAGE FROM THE CO-EDITORS-IN-CHIEF

Greetings, AAPA members! Welcome to the mid-year issue of The AAPA Newsletter. As we close out our 2025 publishing cycle, this final issue brings together a powerful collection of voices and stories, which remind us of our purpose and shared commitment. This time, we have our AAPA president, Dr. Christine Catipon's farewell message to the AAPA members. Dr. Catipon, who has served since 2024–2025, will be stepping down from her position. It has truly been an honor and a blessing to have her lead our community this past year. We are incredibly grateful for everything she has given to AAPA, and while we say goodbye to her presidency, we carry forward her legacy in our hearts. At the same time, we are thrilled to welcome Dr. Donna Demanarig as the next AAPA President for the 2026–2027 term. Along with Dr. Gloria Wong-Padoongpatt, both of them bring a vision rooted in collaboration, empowerment, and shared leadership!



Caitlyn Suen

Next, we're excited to share updates from the Division on Multiracial and Adopted Asian Americans (DMAA) of AAPA. We proudly welcomed two new student representatives to the Executive Committee: Abby Rusnak and Charlotte Le. Additionally, past DMAA Project Award recipients Allison Drazba and Molly Sawdy showcased their research at the March 2025 event, a proud moment for our community!



Sasha Vasilou

"...this final issue brings together a powerful collection of voices and stories, which remind us of our purpose and shared commitment."

We also have a heartfelt reflection by student Nehchal Kaur, whose piece "Reflections on Graduation" beautifully captures the journey from self-doubt to self-acceptance, exploring themes of identity, growth, and gratitude. Next, Dr. Darcy Ing offers an insightful interview with Dr. Aukahi Austin Seabury about Ola Lāhui's vital work delivering culturally responsive psychological services across Hawai'i, especially to rural and underserved communities.



Linh-Nhu Hoang

In the Margins, Alicia challenges dominant narratives with her powerful essay “Muffled by the Model Minority Mask,” calling for a more authentic and nuanced understanding of Asian American wellness. Under Health & Healing, Caitlyn Suen’s article “No One Should Face Cancer Alone” sheds light on breaking cultural silence and stigma around cancer care in Asian and immigrant communities. In the membership spotlight, we have Noel Ramirez, the founder of Mango Tree Counseling & Consulting, and learn how his practice brings culturally grounded healing to the community. And don’t miss updates on our ongoing Palestinian Solidarity Resources and Immigrant Protection Services, which continue through mid-year 2025.

It is with the greatest honor that we, Caitlyn and Sasha, round the corner of our terms as Editors-in-Chief and pass the baton onto Linh-Nhu. Serving as your editors-in-chief has allowed us to get to know AAPA members from such a unique perspective. It has been our pleasure to create the newsletter issues for the past two years and put to print the thoughtful insights and earnest reflections of AAPA members. Having the opportunity to share the artworks created by members like Benné Gulick, Alicia Geng, and Anoop Sidhu is part of what makes this work so special.

“It has been our pleasure to create the newsletter issues for the past two years and put to print the thoughtful insights and earnest reflections of the AAPA members.”

Finally, we would like to introduce Linh-Nhu Hoang (she/her) as our newest Co-Editor-in-Chief who will serve in this role for 2025 through 2027. Linh-Nhu is currently a clinical psychology doctoral student in Michigan, with research and clinical interests in integrated

behavioral health work related to comorbid health conditions, trauma-, and identity-related aspects with both pediatric and racial/ethnic minority populations. She also works as a master’s level psychologist at a private practice and enjoys getting involved and networking with professional organizations such as AAPA, APA, and MPA. Outside of school and work, she enjoys reading, paddleboarding, training in muay thai, playing tennis, and eating and spending time with loved ones. Linh-Nhu has served as a copy editor for this newsletter for 3 years and is excited to keep the traditions of the newsletter alive while bringing in new ideas to celebrate the AANHPI community through stories, visuals, accomplishments, and announcements.

INTERESTED IN BECOMING A CO-EDITOR IN CHIEF?

Are you looking for an opportunity to build on your leadership experience *and* contribute to our AAPA community in a creative way?

Come join our AAPA Newsletter Team
as a
Co-Editor in Chief!

If you are interested in this unique and exciting opportunity, please send your CV and/or portfolio to
newsletter@aapaonline.org.

AAPA FINANCE OFFICER'S REPORT

AAPA's Co-Finance Officers (FOs), Soyeong Kim and Flora Surjadi, are pleased to share the financial status of our organization. As of July 15, 2025, our total combined balance across Chase and PayPal stands at \$748,727.06. After accounting for fiscal agent accounts and AAPA Division balances, the main account holds a working capital of \$576,710.80.

We are happy to share the following updates with AAPA membership:

- **Welcoming Sruthi Swami!** We are thrilled to introduce Sruthi as the newest member of our Finance Officer team. Soyeong and Flora are looking forward to working with Sruthi through the onboarding process. Following this, Flora will be transitioning out, as she completes her FO term this summer.
- **2025 Budget Approved.** The Executive Committee has officially voted and approved the budget for 2025.
- **Disbursement of Dues.** We have disbursed the division dues for 2025. Division Chairs and Finance Officers should find this reflected in their respective division ledgers.
- **Taxes.** AAPA's 2024 taxes were submitted on time!
- **Investment Update.** A portion of AAPA's funds has been invested in a Chase Certificate of Deposit (CD) account, resulting in earnings of \$14,044.25 since 2024.

Membership Updates

Membership Reminders:

- 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. Once you are logged in, you can update your account information, such as your email address, mailing address, payment information, etc.
- Your AAPA membership lasts for a year from the date you signed up and will automatically be renewed after the year is complete. If you wish to cancel your membership, you may log into your account prior to the renewal date to do so.
- At the time of renewal, please remember to update your membership category if you have transitioned from student to professional (or professional to retiree/emeritus).

If you wish to change your division memberships, please contact us at membership@aapaonline.org so that we may assist in this process.

Currently, AAPA has **1,616** members. Student members continue to comprise the majority of our membership. See the table below for a breakdown of our members by membership category. If you have any questions or concerns regarding AAPA membership, please do not hesitate to contact membership@aapaonline.org.

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

Best wishes,

Tania Chowdhury, PhD & Lisa Liu, PhD
AAPA Membership Team

Membership Category	# of Current Members
Student	933
Professional	670
Retiree/Emeritus	13
Total	1616

Note: This report is updated based on May 2025.

DIVISION ON MULTIRACIAL AND ADOPTED ASIAN AMERICANS (DMAA)

Updates for AAPA Newsletter Mid-Year Issue



WELCOME NEW STUDENT REPS!

DMAA welcomed two new Student Reps to the EC this year. Please join us in giving warm welcomes to **Abby Rusnak** and **Charlotte Le**!

Abby Rusnak

Abby Rusnak is a second-year doctoral student in the Clinical PsyD program at William James College and a Chinese transracial and international adoptee. Abby's research focuses on racial identity, trauma, and the unique experiences of transracial adoptees.

Charlotte Le

Charlotte Le is a biracial Asian American of Vietnamese and White descent and a PhD student in School Psychology at North Carolina State University. Charlotte is deeply interested in identity formation and helping clients navigate their sense of self.



DMAA Project Awards

Past DMAA Project Award recipients, Allison Drazba and Molly Sawdy, presented their research to the AAPA community in March 2025. Allison shared her project “The Role of Peer Interactions on Wellbeing Among Transracial Chinese Adoptees,” and Molly shared her work “A Mixed-Method Study Examining Stressors on Adult Transracial Adoptees of Color (TRAC) Mental Health: Preliminary Findings.”

The DMAA EC is thrilled to be able to fund research and projects that serve the multiracial and adopted Asian American community. We are currently reviewing applications for our 2025 DMAA Project Awards. **Follow our socials to find out who the new award recipients for 2025 will be—announcing soon!**

AAPA Convention 2024

In addition to hosting Zoom events this past year, DMAA was thrilled to meet members in-person at the 2024 AAPA Convention in Atlanta! We are looking forward to seeing folks at AAPA in Denver. **Join DMAA and follow our socials to learn more about events and conference funding opportunities!**



@aapa_dmaa



@aapa_dmaa



Division on Multiracial
and Adopted Asian
Americans of the AAPA

Open EC positions

Join us! DMAA currently has one open EC position. Some of the many benefits of being on the DMAA EC include leadership and professional development, informal mentorship from other adopted and multiracial EC members at different stages of their careers, and having a community outside of our universities and within AAPA.

We have collaborated on publications and numerous presentations at AAPA conventions. **Check out our most recent presentation collaboration at the 2024 AAPA Convention and our 2025 publication in the Asian American Journal of Psychology**



Asian American Journal of Psychology

2025, Vol. 50, No. 1, 25-38
https://doi.org/10.1037/aap0000001

“I Am a Normal Asian American?”: Diverse Ways That Asian Americans Respond to an Open-Ended Question About Their Racial Identification

Danielle Godon-Decoteau¹, Jessica M. Benson², Molly Sawdy³, and Jason D. Reynolds (Taewon Choi)⁴

¹Department of Psychology, Oberlin College and Conservatory

²Department of Psychology, St. Olaf College

³Department of Psychology, Suffolk University

⁴Department of Counseling Psychology, University of San Francisco

Join our team!

We’d love to have someone new join us. If you are interested in DMAA EC leadership, please contact **Yuki Yamazaki** (yyamazaki@fordham.edu) and **Danielle Godon-Decoteau** (dgodonde@oberlin.edu).

Happy to answer any questions!





Yesterday I met my pre-grad school self for coffee.

She was running late. I was right on time.

She wore her hair straight. I wore my hair natural, wavy.

She wanted to sit in the shade and prevent a tan. I wanted to sit in the sun and feel the warmth on my face.

She ordered an iced caramel latte. I ordered hot black coffee.

She was scared to leave her family and move away. I told her she would never feel closer to them and their experiences until she uprooted her life and moved by herself to a new unfamiliar place.

She asked if the guilt of moving would ever go away.

Reflections on **GRADUATION**

By Nehchal Kaur

I shared that women in her family would reach out to her to tell her how proud they were that she was able to chase her passion, pursue higher education, and travel with her friends in ways they did not have the privilege to. This would light a flame in her that would slowly melt away the guilt.

She asked if I ever put down any roots somewhere. I told her she is the root, that over the next five years, she would grow from a seed to forming roots within herself.

She asked if we successfully defended our dissertation with panic in her eyes. I laughed and reassured her the work always gets done, and to focus on nurturing the creativity within her.

She wondered if this field would give her answers about us and how we came to be as we are.

I disclosed to her there were many times where she would not see others like her in the rooms she would walk into, in the literature she would read, or in the books she would study. But she could now hypothesize, and hopefully someday, research.

She asked if she ever found herself and who she was as an individual outside of her family and community. I revealed to her that she had and that she is an individual who thrives in making community, helping others, and spending time with friends and family when balanced with time to herself.

She wondered how it felt to wear the regalia. "Amazing," I whispered to her. In many ways both women at the coffee table held the same sense of trepidation, both after graduation and at the start. Sitting in uncertainty once again. But this time, I would be more comfortable with it, grounded in it.



Palestinian Solidarity + Immigrant Support Resources



Psychologists for Justice in Palestine



The Institute for the Understanding of Anti-Palestinian Racism



Research on the Impact of Anti-Palestinian Racism



Research and Resources



Student Activism as Interpretation by Jyoti M. Rao



Palestine Legal



Palestinian Solidarity + Immigrant Support Resources



Defend and Recruit



ICEWatch



Immigrant Defense Projects



Center for Constitutional Rights

No one should FACE CANCER ALONE

By Caitlyn Suen

Cancer is a word that carries weight in every language, but for many minority communities, it also carries shame, silence, and stigma. Cultural taboos, language barriers, fear of burdening loved ones, and medical mistrust can prevent individuals from seeking help—often until it's too late.

In my work with the cancer population, I have witnessed firsthand that patients need far more than just medical treatment. They need advocacy, emotional support, connection, and guidance as they navigate fear, loss, and the life-threatening nature of their diagnosis. Many patients struggle with isolation, identity shifts, and life transitions, and for those from minority backgrounds, these challenges can be even more overwhelming due to cultural stigma and systemic barriers.

Caregivers, often family members or close friends, shoulder the emotional, physical, and logistical responsibilities of supporting their loved ones through cancer. Many caregivers report high levels of stress, burnout, and depression, yet their needs are often overlooked. For caregivers from minority communities, there may be additional cultural expectations, such as the duty to "stay strong" or avoid discussing emotions, which can intensify their sense of isolation. Without proper support, caregivers may neglect their own emotional and physical health while trying to care for others.





Fortunately, there are many community-based cancer support organizations across the country that provide free and comprehensive services—ranging from support groups and wellness workshops to financial assistance, second opinion navigation, and caregiver support. However, despite these resources, many individuals, particularly from ethnic minority groups, do not access them. During my practicum training at one of these cancer support communities, I was surprised to learn that, despite having a wide range of free and valuable services available, their member base lacked diversity.

Very few participants came from minority backgrounds. This gap reflects more than just a lack of outreach; it highlights a deeper issue of double stigma: the stigma of cancer itself and the cultural stigma around seeking psychological or emotional help. And many individuals don't realize that these services exist or assume they are costly or only for certain populations. But these resources are available to everyone—patients, caregivers, and families alike.

If you or someone you know is navigating cancer, I encourage you to explore the support available in your area. For a list of national resources, the [ECOG-ACRIN Cancer Research Group's directory](#) provides information on emotional support, transportation, nutrition, and more. I long for a future with less silent pain—where awareness replaces the suffering, culture embraces support, and no one walks the cancer journey alone, no matter who they are.



MUFFLED BY THE MODEL MINORITY MASK

To my AAPA community,

I have a confession to make. I've been brainwashed.

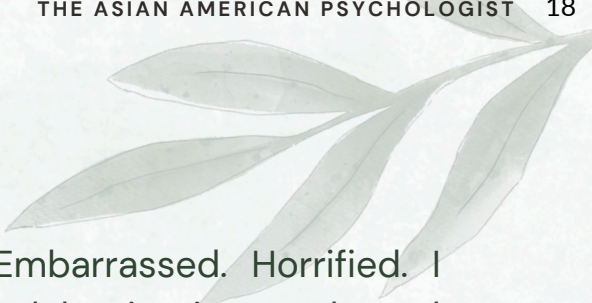
It hit me when I was faced with a frustrating case of writer's block. I was set to write an extensive literature review on Asian American mental health in the context of the Dual Factor Mental Health framework (i.e., the "wellness" and "unwellness" of Asian Americans).



By Alicia Geng


Despite impending deadlines for my qualifying exams, I kept putting off the paper. Then I opened Mimi Khúc's book, *dear elia: letters from the Asian American abyss*, and read this:

"'The Asian model minority is not doing well.' I am not doing well. I'm writing you this letter because I need you to see the crisis that is Asian American life. The civilizing terror that is model minoritization, the neoliberal American Dream... I'm writing you to tell you the lie of the thing called wellness. My child, the world makes us sick. And then tells us it is our fault. Sickness as individual pathology, a lack of ability or will to "achieve" wellness. The world tells us what wellness looks like, marks it as normal. Moral. Like whiteness, wellness as an ideal to strive for, a state of being in constant performance. Invisibilized structures holding up bodies and persons – certain bodies, certain persons. Invisibilized structures tearing apart other bodies, other persons."



The words washed over me. I was floored. Embarrassed. Horrified. I realized I had fallen into the trap of the model minority myth and internalized it so deeply that it manifested into my unyielding writer's block. Prior to reading this book, I had carried a feeling in my chest: a knot of guilt, dread, imposter syndrome, and apathy. Are Asian Americans really suffering? Do we deserve the limelight of "population in need"? Some personal context: I had lived most of my life in China, Hong Kong, and the Bay Area – spaces where Asian identity was normalized. Ever since moving to Santa Barbara, California, I have been grappling with my racial identity and internalized racism more than ever. For the first time in my life, I truly feel like the minority. In my department, nobody studied Asian American mental health. Our university-community partnerships focused exclusively on working with the local Spanish-speaking population. In my head, I was merely playing the role of a smart, capable Asian woman advocating against the system. The model minority mask is woven from silence and stitched with shame. I wore the mask so well, I didn't realize it was suffocating me.

Khúc's words ripped the mask off my face and lifted my writer's block. I started reading and writing, then writing and reading – and I have not stopped. Friends, we are unwell. Asian American suicide rates have skyrocketed. Why are we not talking about it? We carry the deadliest burdens: stress, sacrifice, shame, stigma, and silence. Sssss – in time for the year of the Snake. Filial debt hangs over our heads. Intergenerational trauma runs through our veins. A fragmented sense of belonging buries deep within our hearts. The intersection of white supremacist and traditional Asian cultural values create a gnarly bind that tells us to be exceptional – or be invisible. What if I never feel like enough? Who benefits from our unwellness?



Mental health is not simply the absence of illness, but rather a co-existence of psychological distress and subjective well-being. So just as we carry unwellness, we also carry wellness. We have strong family systems that give us meaning and purpose. We have spirituality. Modern-day Western psychology has exploded with the term “mindfulness”, but where does it come from? Let us reclaim this neoliberal, marketable buzzword and not erase its roots in Buddhism and Hinduism. The purpose of mindfulness is to quiet the ego for the sake of collective harmony, acceptance, compassion, and radical love. America has twisted mindfulness into a “life hack”, another way to “optimize the Self”, tricking us into thinking healing is a personal and individual responsibility. Let us remember that healing is done in the context of community. We are all connected. We can use our Asian identity as a source of strength, agency, and advocacy. We are the children of resilience. We are the future of resistance. Let us be no longer invisible.

Take off your mask with me and breathe.



The Other Ones by LEE

With commentary by Yosh Kawahara & Rich Lee



THE ARTISTS



RICH LEE

MARTIN LEE

A Note from the Artist Rich Lee :

It is interesting to see how readers interpret the comic as I think it will resonate differently with different people including different generations. The young girl in the comic is Young Hee, a transracially, transnationally adopted Korean American. The young boy is Diggy, a 2nd generation Korean American.

As Yosh mentioned, the comic captures how people differently interpret and respond to prejudice, stereotypes, and discrimination. It also aims to validate our Asian American experiences and model that it is ok to be annoyed, outraged, and resistant to these stereotypes. The comic also challenges Asian Americans to not accept invisibility and to be ok with speaking up.

This piece is from The Other Ones by LEE, a daily comic strip sent out by Martin Lee and Rich Lee, members of the AAPA.

I think the message is complex and provocative. It is a conversation between a first generation and second generation Asian Americans. The first generation Asian American is trying to adapt to this culture. The second generation Asian American is already more than familiar with this culture and pushes back against the sometimes condescending and sometimes racist treatment from persons in the majority culture. He sometimes bristles when his friends do not immediately share his sense of being offended. Is he correct in his harsh words to his friend? Is this a typical 'slice of life' at the intersection of identities?

As an aging member of the Asian American communities, I felt the sting of those words, and it reminded me of the ongoing attempt to balance being a good member of the American culture and also a good member of the ethnic and Asian American culture. It is not easy because the fulcrum shifts beneath our feet and sometimes we are caught awkwardly flailing to either be balanced or to fall.

I don't know if you or if Rich Lee would agree with my interpretation which goes to my point that there is a complex and provocative message in the comic strip.

Respectfully,

Yosh Kawahara
Retired professor of psychology and
former editor of the AAPA
Newsletter



YOSH KAWAHARA

I OLA LĀHUI

An interview with

Dr. Aukahi Austin Seabury

By Dr. Darcy Ing

I Ola Lāhui [Native Hawaiian: “So that the people will live and thrive”] provides culturally mindful, evidence-based psychological services to individuals and families throughout the state of Hawaii particularly to rural and underserved communities. I had the opportunity to interview their Executive Director, and have also supervised a number of their psychology interns through my position at Waimanalo Health Center on Oahu.



Dr. Ing: How did I Ola Lāhui begin?

Dr. Austin Seabury: I Ola Lāhui was founded in 2007 and grew out of a need identified while I was doing my psychology internship training at Tripler Army Medical Center. They had a specific program designed to train Native Hawaiians and provide them opportunities to serve in Native Hawaiian and rural communities. It was a very unique program that was enabled by Senator Dan Inouye. There was a group of psychologists there at that time that were drawn to this program that sat together and asked how best to address the needs of the community. “If we ran the zoo, what would we do?” Well, we would have learners placed in the community for their whole experience so that the community can teach them while we provide them with the best of what we know about combining community and cultural awareness with evidence-based practice in psychology. We recognized that there weren’t enough psychologists and behavioral health providers in Hawai‘i’s rural communities, especially on the neighbor islands, and the folks that were there would stay a few years and then leave.

We wanted a model where we would place learners who had a heart to serve in rural communities. Then, when they are postdocs, we place them in a community where they’re a good fit, and then the sites themselves have an opportunity to meet the person, see that it’s a good fit and then they hire them. Then eventually, that graduate of our program becomes part of our training faculty.

That was the vision and that’s really what happened. We’ve created a workforce pipeline for psychology that feeds into our rural, Native Hawaiian, and medically underserved communities. The psychologists who are in those isolated rural communities don’t burn out because they have learners coming in. It’s invigorating to teach and supervise. Your learning stays fresh; you’re not carrying it all by yourself. At the times when transitions do need to happen, you’ve been meeting all of these trainees along the way. As a result, program expansion and succession planning are a lot easier when you can see who’s coming through the pipeline.

I Ola Lāhui participates in the National APPIC Match. We're an APA-accredited internship program. What that means is that we recruit from applicants in graduate programs across the country. What we're looking for, of course, are people who have a demonstrated interest in serving rural native Hawaiian and/or medically underserved communities and a heart to serve.

We are a mission-centered organization. I Ola Lāhui provides culturally-minded, evidence-based behavioral health services that are responsive to the needs of medically underserved, Native Hawaiian, and rural communities. Although we have grown and expanded over the years, we are still at heart just a core group of committed psychologists and staff. We know that by continuing to stay mission-focused and passionate about training and being there to serve communities in the ways that they need, we will continue to impact the health and well-being of Hawai'i.



Dr. Ing: Can you share more about what the training experience is like?

Dr. Austin Seabury: On their very first day of the training year, we bring our trainees to the lo'i. We don't bring them to the office until after they begin immersing themselves in a Hawaiian cultural practice of farming taro. We want to teach them the Hawaiian worldview through a hands-on method, "Turn your hands to the ground," huli ka lima i lalo, and do the work. Then we ask them, "What does this have to do with being a psychology trainee, and then what does it have to do with being a human?" People seem to understand the worldview much better that way rather than us just doing the didactic. We start with that cultural foundation and throughout the year lean into that frame as we provide them with the rest of their didactics, supervision and clinical training in evidence-based practices, culturally-minded intervention, and our core experiences in adult, child and family, behavioral medicine and health psychology, and integrated behavioral health and primary care.

Many of our graduates share that they've used what they learned from us in their careers. The things that we teach them that help in rural Hawaiian communities help them move better in hospitals and urban health settings. It's something that can be generalized. The skills that we teach to help you meet those unmet needs of the underserved turn out to be really good ways to move in busy, busy places, too.



Dr. Ing: Are there any common challenges that people coming from the continent might encounter?

Dr. Austin Seabury: I think the beginning of those is maybe related to language and dialects, customs, and cultural understanding. I think that's maybe the most common.

For the kind of folks that are attracted to coming here and trying to serve, I think it's a challenge they welcome. They come hoping to learn that. Does that make it easy? No, sometimes that can be a tough beginning. But an internship is maybe the second to last year you have to have a safety net under you while you learn and try. Our goal is to help them become the best psychologists they can be in one year. That growth is clear. We tell them, "By the time you're done with internship, I want you to know that you can sit in a chair with anyone and get started. It doesn't matter what their concern is. Can you get started? Can you help them today?" By the end of the year, they know that the answer is "Yes."

Dr. Ing: What kind of tips or wisdom would you like to share with potential interns?

Dr. Austin Seabury: The better you know yourself before you apply, the more likely you are to pick a situation that's going to be a good fit for you.

When we meet applicants, we listen around the words to see who a person is, and to see those moments when their real selves shine through. That heart to serve. That's what matters the most. And maybe being open to being changed by this. And building community when you get here. We do some of that as didactics and training as part of the program. But really, to be happy and fulfilled and make this year unforgettable, engage with the community here, live among us, and let it teach you is probably the best way to do that.

Dr. Ing: What kind of direction do you see I Ola Lāhui going in? Where do you see long-range goals or developments?

Dr. Austin Seabury: I Ola Lāhui is responsive to the ways that the people who come into it and feed it begin to grow. So, the next expansions that we'll do, I would imagine, are going to be led in large part by what the ones that come after me are passionate about. I think how we work will remain the same. We've learned a lot about the various approaches to getting services out there to those that need them. I think we're going to continue to invigorate and reach out to the folks that have not yet been engaged with behavioral health care, or those that need it, and it's felt bumpy and not a good fit. We will keep doing our best for them.



I OLA LĀHUI
1441 Kapi'olani Blvd.
Suite 1802
Honolulu, HI 96814

Tel. (808) 525-6255 | Fax: (808) 525-6256 | Web: iolalahui.org

MEMBERSHIP SPOTLIGHT

Noel Ramirez

What is your cultural background and identities?

Filipino-American, 2nd generation, gay cisgender man

What do you cherish from your cultures?

We are always looking for each other.

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

Email

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

The programming done during the pandemic felt really healing and supportive.

Anything else you would like to add about your AAPA experience?

I'm glad we are creating experiences for each other.



Membership Level

Professional

Division Membership

Division on Filipino Americans

Affiliation

Mango Tree Counseling & Consulting

Contact

IG: mangotree.counseling



How can members best take advantage of their AAPA membership?

The listserv provides really important updates to practice and scholarship that are important for many of us doing this work in the diaspora.

“Many of us are holders of powerful narratives—whether we are in research or clinical practice—I crave and wish for more spaces where we can share those narratives, insights, and hopes in less formal and more community-oriented ways. If anyone is interested in creating this, I am signing up.”

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

I had a lot of doubt and worry during 2007 – some of it was developmental and some of it was environmental and psycho-social – being an Asian-American and Queer person in mostly black and white spaces. The last couple of years, particularly in launching Mango Tree, I’ve found so much energy and inspiration from professional and personal community to take up the space that I’m rightfully entitled to and to create more opportunities for others.

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

Graduate training is a buffet of concepts and practice — true identity formation and clinical training comes in the form of experience, community engagement, and deep reflection with peers who seek to elevate their practice and professional identity.

What are some of your hopes for the future?

I hope to be able to elevate more folx in clinical positions and to continue to contribute to the canon of diaspora and mental health.

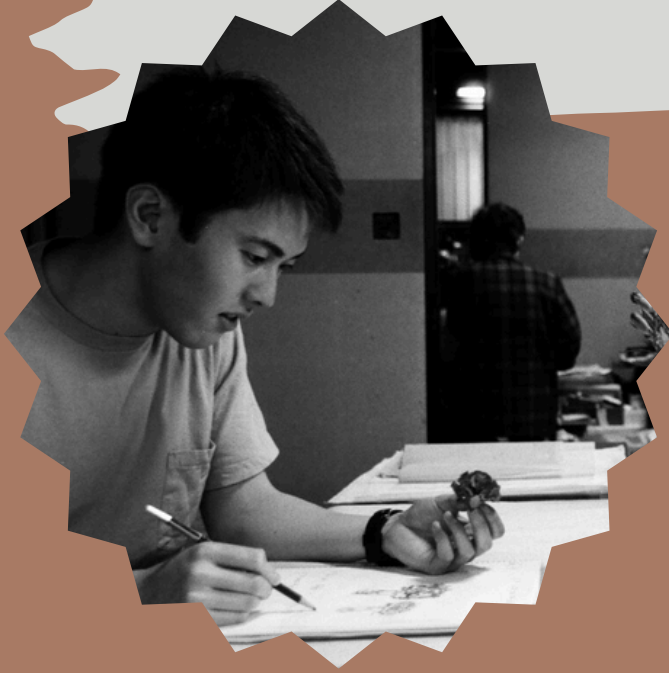
INTERESTED IN SHARING YOUR STORY?

Help us continue to build our AAPA community by sharing about yourself, your experience, and reflections. Please complete [this form](#) if you would like to be featured in our ongoing Membership Spotlight series.



ABOUT THE COVER ARTIST

MAKO FUWA



This issue's cover artist is a contribution from guest artist, Mako Fuwa. He currently makes works in Chicago and is originally from Tokyo, Japan. Here, we share his artist's statement, a short reflective piece of writing.

AFFILIATION

The School of the Art Institute
of Chicago (SAIC), MFA studio,
chicago
Columbia College, BA film,
chicago
Chuo University, BA law,
tokyo

One winter evening,
I was walking home alone...
a rabbit appeared in front of me.
A cute rabbit. I liked him.
I tried not to scare him so I could introduce myself.
I know rabbits usually don't care so much about meeting
me...
but this particular one seemed very friendly.
very slowly I moved forward.
One step, two steps, one step back...
another step, one more step...rest.
I looked at him without "looking-looking".
He is still there, kind of welcoming...
Good!
Side steps, diagonal steps... turn around...
I made a tiny dance introducing myself to him.
He was looking straight at me... one bold rabbit.
I was amazed by his stillness...
then, a very funny thing I noticed...
The rabbit was a rabbit,
but it was a rabbit made of branches, wet plastic bag, and
shadows....
I looked again...
it was a rabbit.
one more time...
Again, piles of branches, plastic bag and shadows.
one moment it was a pile of garbage,
another moment it looked like a treasure.
I like the fact the garbage can do small sloppy magic on
themselves.
I believe in that kind of magic.
If the garbage can act for me and be a treasure of the
moment,
I have courage to make something...
Mako Fuwa



**AAPA
NEWSLETTER**



WE ARE EXPANDING OUR TEAM

- Co-Editor-in-Chief for 2026 - 2028
- Columnists for 2025 - 2027
- Copy Editors for 2026 - 2028
- Layout Editors for 2025 - 2027



Send your CV and/or portfolio to:
newsletter@aapaonline.org



AAPA Newsletter

DEADLINE SEPTEMBER 15 2025



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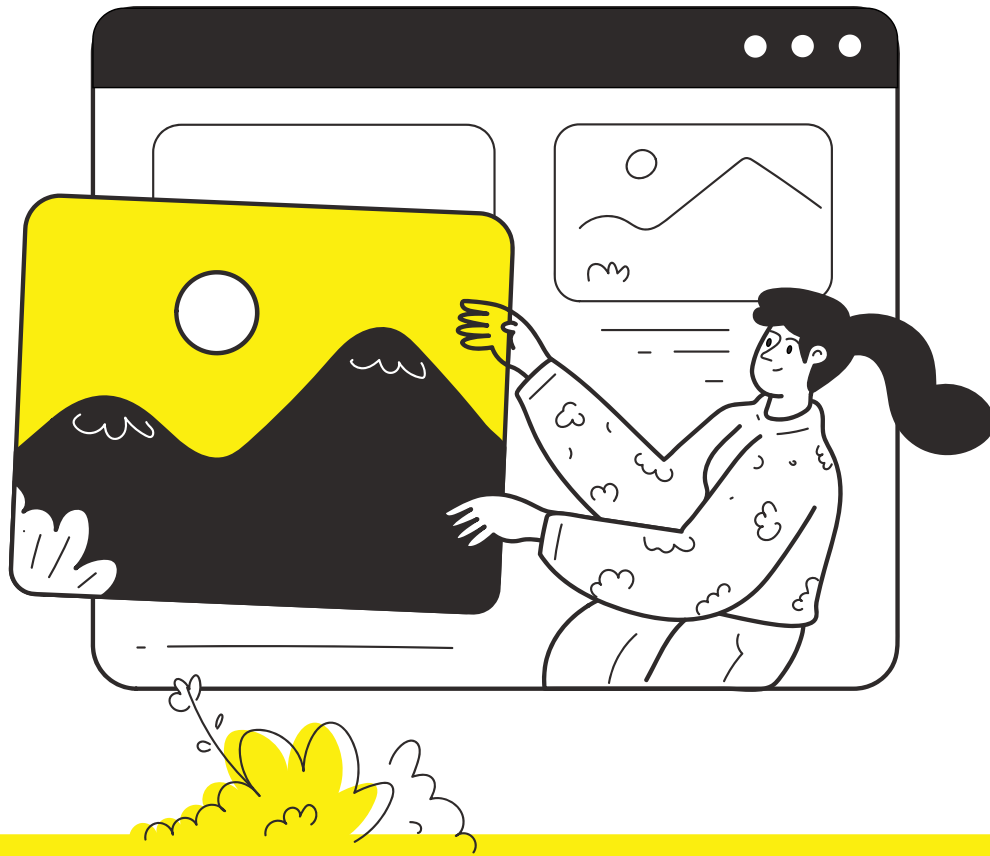
REPORTER X 2
COPYWRITER X 1
LAYOUT TEAM X3

[ROLE DESCRIPTIONS](#)

2-YEAR TERM WITH FLEXIBILITY

Send your Resume/Portfolio to
newsletter@aapaonline.org

LAYOUT DESIGNER WANTED



RESPONSIBILITIES

- ✓ Provide overall design and layout of the newsletter in a creative and accessible format
- ✓ Submit draft of newsletter to the Co-Editors-in-Chief for distribution to team within 3-4 weeks and make revisions within a week of team review
- ✓ Prior experience in layout and knowledge of design software (e.g. Canva, Adobe InDesign) is preferred. However, we will consider any application of those who are eager to learn and have a keen eye for design.

Apply now!

newsletter@aapaonline.org

join our team ✨

COLUMNIST/ REPORTER

CALLING ALL
WRITERS AND
CREATIVES!

Share your skills and
insights in the AAPA
Newsletter

2 - YEAR TERM WITH FLEXIBILITY
2025 - 2027 OR 2026-2028

- Write articles for each issue of the AAPA Newsletter
- Review and approve edits
- Write personal reflections and commentary on current news
- Review recently released media that inspire or resonate with you



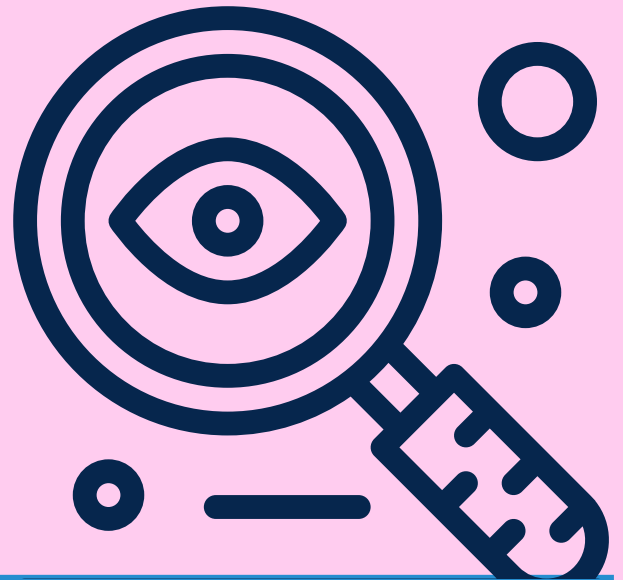
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JOIN OUR TEAM!

AAPA NEWSLETTER

COPY EDITOR



DEADLINE AUGUST 2025
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(2025 - 2027 OR 2026 - 2028)

- Provide primary and secondary edits of submissions
- Communicate suggested edits to reporters/guest contributors and confirm their approval
- Finalize assigned submissions in preparation for layout team



Send your resume or portfolio
to newsletter@aapaonline.org



Are you interested in contributing to advancing AANHPI psychology?
 Do you have an idea for a related topic you'd like to write about?
 Do you have any exciting news or announcements?
 Do you want to share about your experience at a recent conference?
 Do you want to connect with others through your art or poetry?

If you answered "yes" to any of the questions above. . .

YOUR NEWSLETTER NEEDS YOU

The AAPA Newsletter Team would love to collaborate with you!

We welcome commentary on **current events, personal reflections, cultural events and celebrations**. etc. We also encourage AAPA members to nominate colleagues and peers to highlight their **accomplishments**. Examples may include but are not limited to AAPA **events, new positions, awards, honors, graduation/commencement, licensure, tenure, publications**, etc.

Visual Media and Artwork

Throughout the year, we invite AAPA members to submit their visual artwork or photography for consideration as the cover of the newsletter or featured in general.

Membership Spotlights

We are also looking to highlight more of our AAPA membership and continue building our community. We all would love to learn more about you, your experiences, and reflections.

For information on how to submit your contributions to the newsletter, please contact newsletter@aapaonline.org.

The AAPA Newsletter is the space for our membership to learn about, get to know, and celebrate each other. Everyone has a story to tell, and we would love to feature yours. Our Newsletter Team would like to thank you for your valuable submissions. We look forward to receiving your articles and announcements.

COVER PAGE

Artist: Mako Fuwa
 Copy Editor: Newsletter Team
 Layout Design: Jacqy Lopez

TABLE OF CONTENTS

Author: Layout Team
 Copy Editor: Newsletter Team
 Layout Design: Jacqy Lopez

TEAM ACKNOWLEDGMENT & DISCLAIMER

Author: EICs
 Copy Editor: Newsletter Team
 Layout Design: Jacqy Lopez

PRESIDENT MESSAGE

Author: Christine Catipon
 Copy Editor: Linda Zheng, Lydia Liu
 Layout Design: Sasha Meiko Vasilou

EIC MESSAGE

Author: Sasha Meiko Vasilou, Caitlyn Suen, Linh-Nhu Hoang
 Copy Editor: Alicia Geng, Lydia Liu
 Layout Design: Jacqy Lopez

FINANCE OFFICERS' REPORT

Author: Finance Team
 Copy Editor: Linh-Nhu Hoang, Sasha Vasilou
 Layout Design: Jacqy Lopez

MEMBERSHIP UPDATES

Author: Tania Chowdhury, Lisa Liu
 Copy Editor: Lydia Liu, Linh-Nhu Hoang
 Layout Design: Caitlyn Suen

DMAA UPDATES

Author: Danielle Godon-Decoteau, Yuki Yamazaki
 Copy Editor: Alicia Geng, Darcy Ing
 Layout Design: Jacqy Lopez

REFLECTIONS ON GRADUATION

Author: Nehchal Kaur
 Copy Editor: Linh-Nhu Hoang, Alicia Geng
 Layout Design: Caitlyn Suen

PALESTINIAN SOLIDARITY RESOURCES

Author: Sasha Vasilou
 Copy Editor: Caitlyn Suen
 Layout Design: Caitlyn Suen

NO ONE SHOULD FACE CANCER ALONE

Author: Caitlyn Suen
 Copy Editor: Linh-Nhu Hoang
 Layout Design: Caitlyn Suen

MUFFLED BY THE MODEL MINORITY MASK

Author: Alicia Geng
 Copy Editor: Linda Zheng, Linh-Nhu Hoang
 Layout Design: Caitlyn Suen

THE OTHER ONES COMIC STRIP

Artist: Rich Lee, Martin Lee
 Author: Yosh Kawahara
 Copy Editor: Sasha Mieko Vasilou
 Layout Design: Sasha Mieko Vasilou

INTERVIEW WITH DR. AUKAHI

Author: Darcy Ing
 Copy Editor: Alicia Geng, Linda Zheng
 Layout Design: Sasha Mieko Vasilou

MEMBERSHIP SPOTLIGHT

Author: Noel Ramirez
 Copy Editor: Linh-Nhu Hoang, Lydia Liu
 Layout Design: Caitlyn Suen

ABOUT THE COVER ARTIST

Author: Mako Fuwa
 Layout Design: Sasha Mieko Vasilou

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