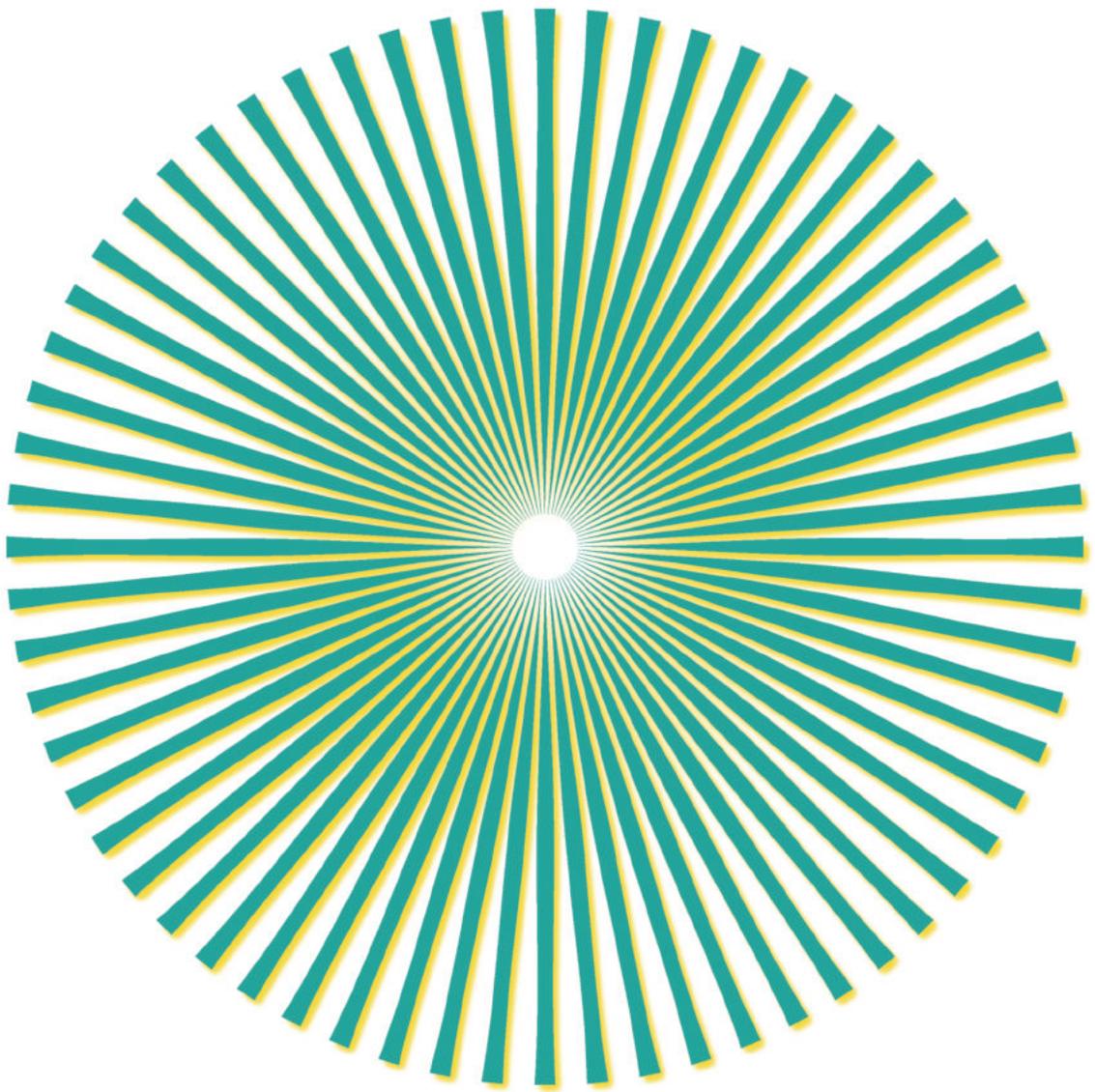


# ASIAN AMERICAN PSYCHOLOGIST

Asian American Psychological Association Newsletter

Rise in Solidarity: Taking Social Action

Fall 2017



Donna Lynne Demanarig, PhD  
Sunny Ho, MA, EdM  
*Co-Editors-in-Chief*

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**BY HELEN HSU, PHD**  
*President*



At the time of this writing there are two themes at play in my mind: fire and seasons of life. There are fires raging. Literally. Flames have been ripping through my neighboring community in Northern California, raining ash & smoke upon us in a hundred mile radius. We have also just returned from the AAPA Conference, our largest, longest, and most well attended and engaging conference ever, thanks to Gloria Wong-Padoongpatt, Nic Rider, and the small army of presenters and tireless volunteers. The advocacy of our executive committee, led by Nellie Tran and Richelle Concepcion grew into the establishment of a retreat for our inaugural class of the AAPA graduate student Leadership Institute.

The intergenerational nature of our work has never been clearer. As current events have demonstrated, we cannot afford to be complacent. The dignity and every right of oppressed communities are not only hard won, but must be constantly reiterated, taught, and defended in each new generation. Whereas destruction roars outside, both literally and politically in terms of a rising wave of xenophobia, I feel internally rekindled by the hope that comes from seeing our dynamic future leaders in action, and by the inspiring and meaningful work shared by mentors and presenters.

The new and long anticipated AAPA Division on Practice organized an interactive session at the conference titled “Promoting Advocacy for the AAPI Community in and Out of the Therapy Room.” It was a joy to present on this panel alongside my former clinical supervisor Glenn Masuda, my *kapatid* and visionary partner Kevin Nadal, and with two rising star students Munn Saechao and my APA MFP mentee Meiyang Kadaba. That panel encapsulated how I see my role within AAPA: as a beneficiary of the wisdom and struggles of our elders, a trustee of our current growth, and as a mentor for the many whom I expect to surpass me and one day lead us.

Winter is coming... but the fires of AAPA which were stoked in 1972 will burn long and steady through the seasons to come. I am humbled and proud to be your 7th female AAPA President and also the rare representative from community-based clinical work.

Please utilize our newsletter, Facebook page, Twitter feed, and listserv to keep up-to-date on breaking news, opportunities, consultation and referral discussions and share your projects, concerns and news. Let us continue to rise in solidarity as we co-create this professional home and family.

We are here to advocate for shared causes and to amplify your voice as well as those of our allies and communities. When our Executive Committee and Division leaders say we want to hear feedback and new ideas—we mean it!

### Finance Officer's Report for the Asian American Psychological Association

It is my pleasure to provide the following information about AAPA's financial health. As of November 14, 2017 we have \$81,783.47 in our checking account, \$3,832.47 in our money market account, and \$25,385.59 in our PayPal account for a total of \$111,001.53. Our biggest expenses this quarter came from the AAPA Convention in Las Vegas, implementation of the inaugural AAPA Graduate Student Leadership Institute, and convention travel stipends for Executive Committee members and Division's Executive Committee members. We generated income primarily from convention attendance, membership dues, and publication downloads. Of note is that our first stand-alone AAPA Convention was a financial success. With 318 attendees, the convention cost \$51,369 and made \$3,590 in profits.

For the second quarter in a row, we continued payment to Bustout Solutions (our website programmers) to pay for buildout services to the website. Most notable of these buildouts is that Bustout Solutions has been working with the Chairs of the Division on Practice and the AAPA Executive Committee to develop a searchable therapist database. This will be a free service to all AAPA members who are licensed therapists.

**Finance Officer Tip:** Are you owed a reimbursement from AAPA but unsure how to obtain it? You can always reach out to me, your finance officer, to discuss your options. I also have a Qualtrics link that allows you to make the request:

[https://sdsueducation.qualtrics.com/SE/?SID=SV\\_219QKfEBWvXuq9f](https://sdsueducation.qualtrics.com/SE/?SID=SV_219QKfEBWvXuq9f)

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

Respectfully submitted,

**NELLIE TRAN, PHD**  
*Finance Officer*



### Membership Officer's Report for the Asian American Psychological Association

Hello AAPA Members,

The AAPA currently has a total membership of 935 members. Please see the table below for a breakdown of the membership categories.

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

Membership Categories	Number
Students	559
Professional	365
Emeritus	11
<b>TOTAL</b>	<b>935</b>

You can easily join or renew your AAPA membership through our website at [www.aapaonline.org](http://www.aapaonline.org).

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



**BY FRANCES SHEN, PHD**  
*Membership Officer*

## 2018 AAPA Membership Application Form

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Description of Membership Statuses

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

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

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

DUES & DONATIONS		AMOUNT	ENCLOSED
A. General Membership (1year)	Professional Member	\$70.00	\$
	Retiree/Emeritus Member	\$20.00	\$
	Student Member	\$35.00	\$
B. Division on Women <sup>1</sup>	Division Member	\$10.00	\$
C. Division on South Asian Americans <sup>1</sup>	Division Member	\$10.00	\$
D. Division on Filipino Americans <sup>1</sup>	Division Member	\$10.00	\$
E. Division on LGBTQ Issues <sup>1</sup>	Division Member	\$10.00	\$
F. Division on Practice <sup>1</sup>	Division Member	\$10.00	\$
G. Division on Asian Americans with Multiple Heritages <sup>1</sup>	Division Member	\$10.00	\$
H. Division on Students <sup>1</sup>	Division Member	\$10.00	\$
I. Donations <sup>2</sup>	General Fund	\$25 \$35 \$50	\$
	Dissertation Grant	\$25 \$35 \$50	\$
	Best Poster Award	\$25 \$35 \$50	\$
	Student Travel Award	\$25 \$35 \$50	\$
	Division on Women	\$25 \$35 \$50	\$
	Division on South Asian Americans	\$25 \$35 \$50	\$
	Division on Filipinos	\$25 \$35 \$50	\$
	Division on LGBTQ Issues	\$25 \$35 \$50	\$
	Division on Practice	\$25 \$35 \$50	\$
	Division on Asian Americans with Multiple Heritages	\$25 \$35 \$50	\$
	Division on Students	\$25 \$35 \$50	\$
<b>TOTAL AMOUNT ENCLOSED</b>			<b>\$</b>

<sup>1</sup>Membership in the Division on Women, Division on South Asian Americans, Division on Filipino Americans, or Division on LGBTQ Issues is optional, but you must be a member of AAPA to join.

<sup>2</sup>AAPA is a tax-exempt organization under IRS code section 501c (3) and all donations to AAPA are tax deductible. As a nonprofit, AAPA and its Divisions accept donations to help finance activities. Please consider donating.

# Community Healing Through Storytelling

BY DHARNA PATEL, PSYD

California School of Professional Psychology  
at Alliant International University



The glass ceiling has been penetrated by Asian women rising above stereotypical and traditional roles by balancing not only the cultural values in a new land but also being leaders in the professional field, and not to mention caregivers within their communities. But their story of migrating to United States was full of challenges and struggles. These strives began during the late 19th and early 20th

*"We must continue to trail blaze, we must continue to break glass ceilings. We must lift as we climb.*

*Beverly Bond*

century when Asian women were limited in extent from immigrating to the United States. Immigration policies such as the Chinese Exclusion and Asiatic Barred Zones Acts were incorporated to keep women from immigrating to the U.S.A. These restrictions did not deter the women, in fact, it did quite the opposite as they arrived and assimilated into every aspect of private and public life in the United States. Notwithstanding their challenges, they have emerged successful in various fields; however, these women's accounts of events are obscured in the collection of immigrant histories. As I am writing this submission, I feel like I am in solidarity with these women as the events unfolded for them. Few years ago I was fortunate to witness various groups of Asian women sharing their stories about their journey to the United States. Through this article, I

would like to pay homage to the Asian women through history to present time who have been resilient in times of adversity.

## Storytelling is an art.

It is healing. It is therapeutic. It also encapsulates music, folklore, dance, and other expressive forms of art. As mentioned earlier, in my work a few years ago I attended the Asian and Pacific Islander (API) Women's Summit in the Bay Area. This summit aimed to provide a distinct space for women to gather over shared experiences and create networks of support that embody strength, resiliency, and professionalism. The group engaged in activities and rich conversations about building their new lives and creating new social support systems in the United States. Central to this was music, dancing, crying, laughter, and inspirational stories shared about their journey to a new land. Similarly, they shared poignant stories of loss and how they instilled, within themselves, the courage to start all over in a new country. In thinking about their journey and self-preservation, my favorite book came to mind *Start Where You Are* by Pema Chodron. Integral to this book is the process of embracing the painful moments and accepting the uncomfortable sensations with the framework of compassion and this begins the healing process.

I would like to outline how the power of story telling was a tool for camaraderie while bringing these women together like it did that day. I witnessed Asian women from various countries displaying empowerment and connectedness. I was extremely inspired watching these women heal through their storytelling via their cultural music, folklore, and dancing. Laughter was also an important tool for healing because one group shared that it was frowned upon, in their home country, for them to laugh out loud. And they said this while laughing out loud. I had goose bumps and we all laughed out loud together in understanding and support of these women.

See [Community Healing](#) on page 13

## Testimonials from Our Inaugural Cohort of the Graduate Student Leadership Institute

“

I am so glad that I applied to the institute and was invited to participate. I learned so much from other participants and the mentors. It made me feel less alone and more connected to the AAPI community. It also motivated me to keep working on my goals and continue to work towards social justice. I hope to keep in touch with the participants from this cohort and the mentors.

”

“

It was truly an honor for me to have been in the presence of so many trailblazers and leaders in the field, indulging myself in their knowledge and wisdom. It was also an absolute pleasure to have been able to connect and bond with an absolutely amazing cohort. Going in, I was both excited and anxious, not knowing what to expect, but my worries were quickly dashed. I was able to be authentic and vulnerable without being judged. I was able to connect with people I viewed as so high above me—people whose research I fawn over and whose names line the top of the papers I read. I was able to connect with others similar to myself that share my passions and understand my struggles. I didn't really know what I wanted going into this, but coming out of it, I know that was precisely what I needed. I have found both a personal and professional home for myself.

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The Graduate Student Leadership was a powerful experience that has shifted the way I view API psychology. The collection of mentors created a rich dialogue and incredibly profound connections. The engagement style allowed me to cultivate my leadership qualities and has propelled me to take steps in implementing change in my training and education.

”

“

I love, love, love how emotionally intimate and vulnerable the institute was. We got to know each other on a deep level and process difficult, complex, and meaningful issues. I really appreciated the sense of solidarity that emerged organically between institute members and with the more established members of AAPA. In particular, I liked how the older members were vulnerable, which made the experience more authentic and less intimidating. I really appreciated how the call for applications encouraged students from diverse backgrounds WITHIN Asian American Psychology to apply. This was my first AAPA conference and to have this opportunity really made me feel more welcome. I feel like I would have been so intimidated and potentially even lonely if I did not have the friends I made through this institute with me, especially because I had almost no connections within the organization prior to attending this conference. Karen Suyemoto is a queen, truly!

”

## GRADUATE STUDENT LEADERSHIP INSTITUTE

“

While I was nervous at first to take this step not knowing fully what I'd be getting myself into, I am so glad I took the risk. The time with the mentors normalized, validated, and affirmed me in ways that I'm not sure I've felt before. I left with more understanding of myself, my AAPI community, and how I would like to continue to be a leader in the field. Thank you to all who made this happen!”

”

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In short, the Institute provided a home for me within AAPA. Although we only met for a short period of time, I connected with the other participants and with AAPA leadership on so many different levels. The Institute created a space for these relationships to build and grow, and I hope that other students will take advantage of the wonderful experiences that the AAPA Institute offers.

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“

As I think about the AAPA Graduate Student Leadership Institute, I find myself amazed and overwhelmed by all that we accomplished in our short time together. The experience, overall, was positive and absolutely conducive to my personal/professional growth and learning. To me, the most important part of the Institute was being able to build authentic relationships with a community of like-minded colleagues and peers. It was incredible to connect and dialogue with such a diverse, brave, and talented group of individuals, who I now consider a part of my “professional family.” I was honored to hear from our Graduate Student Leadership Institute mentors, who shared personal stories regarding their pathways to leadership in AAPA. The Institute helped me to see AAPA Leaders as real, down-to-earth human beings that are absolutely passionate about nurturing and supporting future leaders in the field. I came back to the Bay Area feeling refreshed and renewed towards the completion of my doctoral degree. I am so grateful to AAPA and the 2017 Institute Chairs, Richelle and Nellie, for providing me the opportunity to learn, heal, and grow in this space.

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“

My Graduate Student Leadership Institute experience was filled with meaningful interactions, thoughtful dialogues, and bonding that comprised of solidarity, supportive sharing, and encouragement. It was a space to envision one's leadership aspirations and rethink barriers, along with creating hope and exploring new directions. It also served as a shared ground to think together among AAPI diversity and strengthen one's interest to engage and serve the AAPA.

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“

The Institute helped me re-discover my passion for multicultural counseling. The people at the institute showed me the power of connection and vulnerability. Attending the institute was the best choice I made in my graduate training.

”

“

The relationships I've built with participants and mentors after the institute have been the most valuable to me. Maybe this speaks to my difficult experiences at my home institution, but to be around people who mean what they say and value their connection to you on a basic, humanizing level is empowering. That aside, having mentors encourage you to celebrate your achievements with your department added to that feeling of empowerment and claiming your success. Financial assistance through a travel stipend, housing, and food allowed me to focus on the connections and not on how I was gonna pay for everything during those 48 hours.

I like that the institute takes a "process-oriented" approach and relies on participants (and mentors) immersing themselves in the "here-and-now". The most valuable part is that it was run like a group, because we take the energy we've built together from the institute and (hopefully) elevate the subsequent dialogues we have during the convention. With regards to participants, I appreciate that everyone has multiple identities with regards to gender, sexual orientation, ethnicity, and regional home base. To me, it seemed that each person is very intentional about including and developing one another. They bought into the experience not because it was another notch on their belt, but because they valued engaging in the "process", connection, and exposure to different perspectives/experiences. Add onto that the intellectual/social/emotional responsiveness of the mentors and you have a space that was *lit af*.

I think that I've been reminded multiple times after the convention that my main goal (post-institute, post-AAPA) is to give psychology away. Long after the convention, I had so many moments that reminded me of why I value this work and how leadership is shaped by relationships and not by prestige or achievements. Since then, I've conversed with Las Vegas OFWs in Tagalog about their grandkids and the nearest Seafood City, helped a Filipino American student at my home institution through discrimination in the classroom, and was one of the first people that another undergraduate student of color came out to as LGBTQIA+. Meeting elders, scholars, and past-presidents at the institute was cool, but the experiences after the convention were worth so much more to me. They seem like trivial interactions compared to what others' may associate with leadership, but then again, whose leadership standards are we measuring ourselves up to? I remembered that I value the leadership institute because of what I can give away to the people [I serve] who aren't at the institute and who aren't at the convention. I am not just a psychologist. I am a helper, a servant, a listener, a developer, and a collaborator - all of these are leadership characteristics that tend to be devalued. So what do I do? I build my own fucking table and I remember how to reconnect with institutions that have hurt me, because ultimately, my struggle and my degree isn't for me... It's for future generations who are living in a hateful society. Now that I'm "home," I'm grateful that the institute has reminded me of these things so I can persevere and claim the fruits of my resilience at a HWI ("hella white institution").

”

## ABOUT THE GRADUATE STUDENT LEADERSHIP INSTITUTE

The Graduate Student Leadership Institute is an intentional effort to bring AAPA student members together for a 2-day intensive leadership-building and networking experience. The Institute was launched in recognition that the most vulnerable and isolated AAPI students within AAPA may not graduate from their programs without additional supports and opportunities to engage in work they find meaningful outside of their

home graduate programs. The Institute also seeks to link isolated individuals with current mentors and leaders within AAPA to further enhance students' opportunities to learn about AAPA leadership and demystify the leadership pipeline.

Please contact the Leadership Institute Chairs Richelle Concepcion ([rconcepcion@gmail.com](mailto:rconcepcion@gmail.com)) and Nellie Tran ([ntran@mail.sdsu.edu](mailto:ntran@mail.sdsu.edu)) for more information.

# Using a Timely Narrative Documentary in Teaching and Clinical Practice: Moving from Asian Exclusion to Inclusion

BY MATTHEW R. MOCK, PHD

At the 2017 Asian American Psychological Association conference, I presented on my dynamic and engaging ways of teaching Asian American psychology. One of my primary goals is bringing out the passions of participants through sharing my own passions. In addition to drawing upon the rich Asian American history of the Bay Area, I also utilize opportunities that arise in context.

One such important opportunity, now available nationwide, is through viewing the new documentary, *The Chinese Exclusion Act*, by award-winning filmmakers Ric Burns and Li-Shun Yu of Steeplechase Films. I was fortunate to attend the premiere of this historical narrative film, which was presented by the Center for Asian American Media (CAAM). Located in San Francisco, CAAM is a co-producer of the documentary, and leads through educational outreach and national showings of the film through 2018 and beyond.



As noted on the CAAM website: “This film sheds a light on the important connections between the *Chinese Exclusion Act* and the history of American civil liberties, immigration, and culture ... the film will uncover its unmistakable and wide-ranging consequences on national attitudes towards race, culture, politics, and society ... This film documents in fascinating detail the events leading to, causes of, consequences, and continuing impact of the only federal legislation in

specific race and nationality for exclusion from immigration and citizenship.”

Historian Mae Ngai remarked: “This couldn’t come at a more important time in our country... because it tells a story, it tells our story. It shows what was done to our people, but it is also relevant to our present moment, and what is going on today, with anti-immigration laws and prejudices and what’s going on with the Muslim ban. They all have their roots, legally and politically in Chinese exclusion.”

The CAAM website adds that the “film includes powerful and illuminating on camera testimonies from historians.” These testimonies can be very useful to both professors and therapists. I hope to collaborate other with other psychology colleagues to coordinating showings and educational discussions throughout the San Francisco Bay Area. If interested in coordinating such a meaningful forum or finding out more, please contact me:



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# A Conversation on Social Justice with Dr. Tania Israel



BY SRUTHI SWAMI, MED

Ph.D. Candidate in the Dept. of Counseling, Clinical, and School Psychology  
University of California, Santa Barbara

## *Hi! Please tell us a little bit about yourself.*

Hi! My name is Tania Israel and I am a professor and the department chair in the Department of Counseling, Clinical, and School Psychology at UCSB. I am a Counseling Psychologist. I went to the University of Pennsylvania and got my undergrad degree in Psychology, and I did my second degree in Women's Studies. While I was getting my Master's in Human Sexuality, I had to take some electives in the School of Education at UPenn and the classes I took were in counseling psychology. I felt that it was such a good fit for my interests and my values. It was where I saw a focus on working with developmental concerns as well as where a lot of the work on multiculturalism and feminist psychology was going on.

## *What are some of the projects you are currently working on?*

Most of my work is about interventions to support LGBTQ people and communities. Right now, my team has been working on online interventions to reduce internalized stigma for LGBT people. It's really exciting! Within 30 minutes of engaging in these interactive activities designed to reduce internalized stigma, we were seeing significant results as compared to a control condition. We started working on adapting one for "L", "G", "B", and "T". We're trying to

adapt them for youth, as focus groups showed us that people would have wanted these interventions when they were around 16 years old.

## *What do social justice and social action mean to you?*

As an applied psychologist, I want to make things better. When we're working with people in therapy, we know that there are all these things creating or contributing to the distress that they're experiencing but we're not working with all those other things. When we see that the things contributing to their distress are based on injustice and inequities in our society, then there is also sort of a moral compass in me that says I have to do something here. So, for me, social justice work for psychologists is about working to change those structures of inequity and injustice in society that are contributing to the distress that people experience.

## *What have been some of the barriers you've faced trying to do your work?*

One of the challenges is that we can't do everything. I'm so aware of how limited people resources are, particularly for intervention research, which I think is true across a lot of social justice work. For

example, if you look at intervention research related to sexual orientation, maybe 80% of it is examining relationships among different variables, 18% of it is measurement, and 2% of it is intervention. We are researchers and can get curious about anything. However, if we only follow these lines that lead us where our curiosity is, it may not be exactly what we need right now. I do think that as applied psychologists, we have some particular skills and perspectives in terms of intervention research that I can't expect other psychologists to have as a part of their interests or agenda. I feel like if we're not doing it, nobody is going to be doing it.

## *How do you make sure that what you do stays true to community voices?*

One of the challenges with doing community based work is that I have some goals and needs as a researcher and the community has its own goals and needs. Researchers have typically had this powerful position to be able to say what they want about the community without the community being involved, and I don't want to be that person. I try to stay engaged in the community and I spend a lot of time in it. If I weren't connected in with my local community, I would feel more isolated and disconnected from their

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## INTERVIEWS



In addition, I did a TED Talk, which gave me the opportunity to be invited into other places and get connected to people. I also got on Twitter, which got me connected to voices of advocates I wasn't hearing in peer-review journals that I'm reading.

*In your opinion, how do you get involved in social justice work and draw strengths from your own identities and groups that you belong to?*

In the current climate, if I am not Black, Brown, undocumented, poor, or transgender (among other identities), my job is to be here for other people because I am not the most targeted. I might feel vulnerable in a lot of ways as a bisexual Asian American woman, but I am not the most targeted right now. I'm not dismissing anything, but there are other people who need my advocacy more right now than I need my advocacy. I have a position that provides me with resources that allow me to be able to help others. I was invited to this White House gathering bringing together Asian Americans and Muslims who have been

targeted. They were seeing parallels between the targeting of Muslim Americans now and the targeting of Japanese Americans during World War II, and were trying to figure out—how do we use that understanding of our own oppression to be able to recognize the oppression that is going on for another group and fight for that other group?

*What advice would you give for continuing to push forward in this current political climate?*

Do something to help. I feel like right now, everybody has to bring whatever they have to the table to save our democracy. The country is so divided right now, and in division, it's too easy to target people, it's too easy to scapegoat, and it's too easy for harm to be done to people. We all have to do whatever we can. What I've seen is that people are getting demoralized if they watch and pay attention to every single bit of what's going on and not taking action, and so, I think, do whatever you can to take action!

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### *Community Healing by Dharna Patel, PsyD from page 7*

As these women continued to break barriers they encouraged one another and continued to talk about moving forward in their journey and being pillars of support for their families.

This was a pivotal moment for me. I was so inspired by their courage, resiliency, and determination to move their "mountains" in order to be successful even though they faced much adversity. Moreover, I have incorporated within my therapist "toolbox," if you will, the intervention of storytelling. Storytelling can catapult growth and development by creating a better understanding of situations. I believe it minimizes stigmatization since the sessions are more engaging and multilayered. More conversations take place, which is the approach I like to bring into the room.

Thus, this brings me to why I am so passionate about Asian women breaking the barriers of traditional roles. With storytelling healing and moving towards a reenergized community is evident. In these times when community members are feeling disenfranchised and invisible, it is imperative that we harness the impact of the healing storytelling produces and the positive experiences within historical implications and learn from it as we mold future generations.

# *Team Kapwa: Engaging the Filipinox Community in Mental Health Dialogue Through Interdisciplinary Collaboration*

BY JED DAVID, OTR/L

Robert Wood Johnson Foundation Clinical Scholars Program fellows and AAPA members Joyce Javier, MD and Jed David, OTR/L, along with the interdisciplinary members of **Team Kapwa** (Dean Coffey PsyD, Horacio Lopez MD, Aviril Sepulveda OTD, and Ana Jayme MFT intern) hosted a community dialogue entitled, **“Filipino Family Wellness: Community Conversations”** on Saturday, July 22nd at Children’s Hospital Los Angeles.



The event, which was attended by 134 members of the Filipino community, health and mental health providers, and stakeholders, focused on creating a culture of mental health and family wellness and increased awareness regarding the high rates of suicidal ideation and attempts among Filipino adolescents. The event highlighted the community-based participatory research of Pediatrician Researcher Dr. Joyce Javier with drama and Philippine folk arts presentations by Filipino arts and cultural organizations Kayamanan Ng Lahi, and StanD (a play about a Filipino family addressing



bipolar disorder) that supplemented dialogue of cultural health and healing. The keynote speaker for the event was Dr. Judy Patacsil, PsyD, MFT who presented her work on the film *Silent Sacrifices: Voices of the Filipino American Family*. LA County Department of Mental Health was represented by District Chief A. Lillian Bando, JD, MSW.

In collaboration with community partners, the event featured real life accounts of community members who have navigated through maternal mental health, postpartum depression and suicide, bipolar disorder, Autism, and grief of loved ones. Breakout sessions that were held were focused on how to promote family communication and improve parent-adolescent communication regarding drug abuse.



More info can be found at [filipinofamilyhealth.com](http://filipinofamilyhealth.com)

# Spirit, Valor, and Grit

BY INTHAVA BOUNPRASEUTH-HAO, MA

I just met Mark a few months before the 2007 Lunar New Year Parade. It was hot that day; we felt the heat rising from the concrete, as we marched hand in hand with API Equality-LA throughout the parade length in Chinatown. It was an unquestionably proud moment for me. With a new job, a new boyfriend, and a chance to display our affection publicly without any fear, I couldn't help but smile all day. We waved at the parade onlookers and shouted "Happy New Year" and played our pellet drums with enthusiasm. It was a great experience and quite honestly, I was very surprised at the positive welcome we received. That same year, Mark and I also marched with API Equality-LA in the *Christopher Street West Pride Parade*, and participated in the outreach at the annual *Thai New Year "Songkran" Festival*. These particular moments were savored approximately ten years ago. It has been two years now that Mark and I are no longer boyfriends; we got married in August of 2015 and continue to be dedicated life-long partners—husbands now. The U.S. Supreme Court finally ruled that same-sex marriage is legal and states that previously banned the coupling of gay men and women no longer are able to deny their union. The bitter legal battle is no longer sustained by the courts. Mark and I did not hesitate to marry. We were long engaged before the Supreme Court decision and wanted to be part of the first wave of LGBTQI couples that legally united and declared their just rights. However, although we are able to marry legally now, the fight for equality still continues.

All the phone banking, canvassing, and protests against Proposition 8—against injustice—paid off. API Equality-LA, a volunteer driven non-profit organization that was founded in 2005, and the dozens of other organizations fighting for LGBTQI rights and equality celebrated the results of their hard work. API Equality-LA members are not only stewards of the rights of the LGBTQI communities, but they are also activists that represent the ethnic, linguistic,

and gender diversity in the Asian American communities as well. Their mission is to build power in the Asian and Pacific Islander communities to achieve LGBTQI equality and racial and social justice. The organization envisions an inclusive, equitable, and just society where all API LGBTQI people can thrive.



Just recently, the volunteers in their red t-shirts were seen at the *626 Night Market* held at Santa Anita Park in Arcadia, CA. I was at the night market that day, but not as a volunteer. I could see their red t-shirts from a distance as I waited in line at the various booths. Pride, in every sense of the word, overcame me. I know very well that homophobia, transphobia, racial discrimination, and other cruel injustices continue to exist, despite the many hard-won battles our diverse communities have secured. I could see myself in the young faces of the newest wave of API Equality-LA volunteers that day. Their enthusiasm and grit not only drives the organization, but also continues to inspire the diverse communities to which we belong.

Unfortunately, due to the obtuse political climate we all have endured recently—as farcical as it is—we have seen a heavy increase of hate crimes targeting various individuals and communities which include the LGBTQI communities. White supremacy propaganda has fiercely awakened and has been emboldened by the current administration. There can't be any shying away from the very blatant bigotry like we saw in Charlottesville. API Equality-LA and other organizations fighting against injustice and sanctimonious entities can't back down. Together, we must continue to rise in solidarity.

## OUR TEAM



**SUNNY HO, MA, MED**  
Co-Editor-in-Chief

Sunny Ho is currently a third-year doctoral student in the Counseling Psychology program at the University of Iowa. His research mainly focuses on social justice issues and multiculturalism. He is now investigating a construct called "neurasthenia," which is a cultural bound syndrome that exist mainly in East Asian population. Other research focuses include minority stress caused by intersectionality of social class, gender, and race, effectiveness of group psychotherapy, and international students' mental health. Clinically, he is working at the Intellectual Disabilities - Mental Illness Program (ID-MI Program). He also co-facilitates the Adult Dialectical Behavioral Therapy (DBT) group at the Department of Psychiatry of the University of Iowa Hospital and Clinics. In addition, he serves as a social justice advocate and develops outreach programs and workshops for students at the University of Iowa. Sunny is originally from Hong Kong and has spent his past 10 years in Seattle, the Midwest, and New York City.

Dr. Demanarig received her Ph.D. in clinical psychology at Alliant International University in Fresno, CA. and her B.S. in psychology (concentration in Asian American studies) at the University of Massachusetts–Amherst. Prior to her position at the University of Bridgeport as Visiting Assistant Professor, Dr. Demanarig worked in clinical outpatient settings that included behavioral medicine, adult/adolescent intensive outpatient program, chemical dependency, and Fresno State University-Psychological Services. She worked with mostly adults, both individual and in group therapy. Her passion lies mainly in neuropsychological assessments that includes ADHD and dementia test batteries. Her primary research interests include cultural competency in clinical practice, acculturation, and mental health issues among Asian Americans. She is also active socio-politically in the state of Connecticut and has attended rallies in support of women's rights. Fun fact: Dr. Demanarig loves to travel overseas and collect trinkets and artifacts (mostly shot glasses) from different countries. She loves hiking and rooting for her Boston sports teams. Go Pats!



**DONNA LYNNE  
DEMANARIG, PHD**  
Co-Editor-in-Chief



**ELISE CHOE**  
Copy Editor

Elise Choe is a third-year student in the Georgia State University, Counseling Psychology doctoral program. Elise earned her Bachelor's of Science in Psychology from University of Georgia and her Master's of Science in Clinical Mental Health Counseling from Georgia State University. Elise's professional interests broadly focus on positive psychology, forgiveness, humility, religion/spirituality, bullying, and cultural differences. Elise is a second-generation Korean-American, who is fluent in both Korean and English. She enjoys traveling and seeing the world.

Stacy Ko is a fourth-year doctoral student in Counseling Psychology at Iowa State University. Prior to coming to Iowa State, she completed her Bachelor's degree in Psychology and Communication Studies and her Master's degree in Social Work at UCLA. Her research interests include body image concerns, perfectionism, and acculturation issues among Asians and Asian Americans. Clinically, she enjoys working with both individuals and groups on relationship concerns, interpersonal difficulties, and self-confidence/self-esteem issues. She also enjoys her work with Let's Talk at Iowa State University, which is an informal, free, confidential consultation service targeted toward students of color and others who historically face barriers to traditional counseling services. In her free time, Stacy enjoys exercise, reality television, cooking, and looking for small puppies she can pet.



**STACY KO, MSW**  
Copy Editor

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## OUR TEAM



**ASHA UNNI**  
Copy Editor

Asha Unni is currently in her third year of the School Psychology Ph.D. program at Texas A&M University. Her research interests include issues pertaining to ethnic minority populations (and also specifically South Asian populations), such as discrimination, ethnic identity, acculturation, and racial and gender biases. As a future school psychologist, she hopes to support marginalized students to find their voice in their schools and communities. One fun fact is that Asha is a "Third-Culture Kid," identifying as a second-generation Asian Indian who has lived in various places including Greece, Dubai, Saudi Arabia, London, New York, and Texas. One of her hobbies includes practicing photography on her two wonderful doggos, Ollie and Koda. She is very excited to serve as a copy editor for the AAPA newsletter team this year!

Marlena Wu has worked 9 years as a staff psychologist in a counseling center at George Mason University, which is a large public university, and currently is in a group practice called Potomac Psychiatry. Her clinical interests include psychoeducational assessment, ADHD coaching, and multiculturally sensitive therapy for adolescents and adults. As for social justice work, Marlena worked as a staff psychologist at a university counseling center, where she collaborated with other university faculty to provide diversity trainings for several years to academic and student life faculty and staff in the university with the intention of increasing awareness of one's own discriminative biases. Marlena has traveled to 29 countries and enjoys watching classic black and white movies.



**MARLENA WU, PSYD**  
Copy Editor



**XIN ZHAO, PHD**  
Copy Editor

Xin Zhao earned his Ph.D. in Combined Counseling, Clinical and School Psychology at Utah State University, and currently works as a psychology resident at Weber State University in Ogden, Utah. His research interests include group therapy and instructor approachability. He has advocated on behalf of international students, and challenged the university newspaper when they incorrectly concluded that international students are more likely to cheat on exams. The newspaper eventually issued a retraction. Xin likes to learn new languages, and is currently working on his fluency in Spanish. Occasionally, he enjoys learning to fix something from watching YouTube videos.

Natasha Yamane is a Master's student in clinical psychology at Teachers College, Columbia University. Upon graduating from Barnard College in 2012, she joined Different Roads to Learning, a small business that markets educational materials for young students on the autism spectrum. Inspired by her conversations and collaborations with families, teachers, and therapists, she returned to academia to pursue working with families of children with ASD in her future. Natasha currently works with Dr. Sylvie Goldman at the Columbia University Medical Center on a variety of projects investigating the neuropathology correlates of ASD in relation to the sensorimotor functioning and cognitive profiles of children. In addition, she works with Dr. Beatrice Beebe at the New York Psychiatric Institute, using video microanalysis of mother-infant interactions to predict attachment outcomes. In her free time, Natasha enjoys mentoring middle school girls, lifting weights, and playing the violin.



**NATASHA YAMANE**  
Layout Editor

## OUR TEAM



**INTHAVA BOUNPRA-  
SEUTH-HAO, MA**  
Columnist

Inthava Bounpraseuth-Hao has a Master's degree in Clinical Psychology. The majority of his professional work and advocacy has been with severely mentally ill patients, those living with HIV/AIDS, homeless individuals, and the LGBTQI communities in the Los Angeles County area. Inthava is currently working on his Pupil Personnel Services Credential in School Psychology at Alliant International University—Los Angeles. In the fall of 2018, he will be starting the PsyD in Educational Psychology program with an emphasis in School Psychology at Alliant International University. His research interests include the quality of relationships between students and teachers, LGBTQI students' well-being at school, as well as child neuropsychology. He is currently a substitute teacher and is on practicum at Pomona Unified School District; Inthava is also a substitute teacher at Claremont Unified School District. He hopes to become a doctoral level school psychologist at Pomona Unified School District which is where he completed his compulsory education. He is a member of the National Association of School Psychologists, the California Association of School Psychologists, and the Asian American Psychological Association. Inthava has been married to his husband, Mark, for two years now. They have been together for ten years, and are fathers to two fur babies, Pip and Grey. It is with great pleasure that he serves as an AAPA newsletter columnist and reporter.

Molly Moffitt is a graduate of Indiana University, Bloomington, and is currently pursuing her Master's degree in Clinical Psychology at Pepperdine University. Her current clinical interests are in multicultural counseling, and she hopes to research more aspects of Asian and Asian American coping mechanisms. She is additionally a research assistant at CBT/DBT California in Beverly Hills, and is a Student Key Contact for Congressional District 47. Student Key Contacts are students in each Congressional District who work with a Psychologist Key Contact and are willing to meet with legislators in their local offices. Fun Fact: Molly also has a Bachelor's degree in Mandarin Chinese! Molly's favorite hobby is studying and learning about other languages.



**MOLLY MOFFITT**  
Columnist



**SRUTHI SWAMI**  
Columnist

Sruthi Swami is a fourth year Ph.D. student in School Psychology within the Counseling, Clinical, and School Psychology program at the University of California, Santa Barbara. She is currently working with high school-aged youth. Her research interests are pretty broad, but she mainly focuses on school-based academic motivation and engagement in racial and ethnic minority youth, as well as youths' experiences of racism and discrimination within school systems and how that affects achievement and mental health. She is also trying to get into research related to Asian and South Asian populations as it relates to school-based mental health. In one of her research projects this summer, the research team she was a part of conducted an evaluation of Latino/a youth and their families' access to and utilization of county mental health services through conducting focus groups in community spaces. Sruthi believed it was such a great project to be a part of because she could sense that it would have a direct impact on the community. One fun fact about Sruthi is that she is a Yelp Elite, and proud of it! She is also on a South Asian *cappella* team that sings covers of American and Indian songs.

## OUR TEAM



**WELLS LING, MS**  
Distributor

Wells Ling is a Taiwanese-American who grew up in St. Louis, MO. He obtained his Bachelor's degree in Psychology and Sociology from the University of Illinois at Champaign-Urbana. He is currently working towards his PhD in developmental psychology at St. Louis University. Wells' research focuses on ethnic identity development among Asian American adolescents and how several factors influence the effects of discrimination on them. One fun fact is that Wells has 26 pairs of shoes in his closet at the moment. He also loves to rock climb in his spare time.



## Announcements

### Call for Nominations: Editor-Elect of AAJP

*Asian American Journal of Psychology* (AAJP) is the official journal of the Asian American Psychological Association. **This is a Call for Nominations for the next Editor of AAJP.** The incumbent is Dr. Bryan Kim from the University of Hawai'i at Hilo, whose term of service ends on December 31, 2019. The new editor's term has two parts: (a) Editor-Elect from January 1, 2019–December 31, 2019, and (b) Editor from January 1, 2020–December 31, 2024.

The Editor-Elect will be selecting the Associate Editors and Editorial Board from October-December 2018 and begin acting on manuscripts on January 1, 2019. The nomination packet should include the following items from the nominee:

- (a) a curriculum vitae;
- (b) 3 letters of reference;
- (c) a statement from the candidate outlining his or her editorial experience, other qualifications for the position, as well as his or her vision and goals for the journal.

Self-nominations are welcome. The deadline for the receipt of nomination is May 1, 2018. The selection process may involve some telephone interviews between finalists and members of the search committee.

All nomination materials and inquiries should be emailed to **Dr. Gordon C. Nagayama Hall**, Chair of the AAJP Search Committee at [gnhall@uoregon.edu](mailto:gnhall@uoregon.edu). Other members of the search committee are Drs. Sumie Okazaki, Usha Tummala-Narra, and Richelle Concepcion with Dr. Bryan Kim serving in an ex-officio capacity.

## ADVERTISING

### **Asian American Psychologist Advertising Policy**

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

#### **Advertising Rates and Typesetting**

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

**3-inch column ad** = \$60.00

**6-inch column ad** = \$90.00

**9-inch column ad** = \$120.00

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

#### **Submission of Ads**

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

Submit ads by email to: Sunny Ho ([sunnyhoyc@gmail.com](mailto:sunnyhoyc@gmail.com)) or Donna Lynne Demanarig ([ddemanarig@gmail.com](mailto:ddemanarig@gmail.com)).

#### **Billing**

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

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