



## President's Report

*Rich Lee*



Dear AAPA community:

My term as President is now ending and it has been a tremendous honor to serve this organization over the last two years. I have been fortunate to have a wonderfully supportive Executive Committee, including Vice-President Anna Lau, appointed officers, Frances Shen (Membership), Ulash Dunlap (Communications), and Richard Shin (Finance), and current and past Board of Directors (Richelle Concepcion, Grace Kim, Cindy Liu, Zeb Lim, Kevin Nadal, and Judy Tan). Together with countless others (e.g., delegate to APA Council, convention co-chairs, newsletter co-editors, division representatives) who have volunteered hundreds of hours, we have worked hard to make

AAPA a stronger, more visible, and more proactive organization.

I began my term with the presidential theme of **Culture and Prevention**. Through continued support of ongoing projects and the development of new initiatives, I believe we have succeeded in promoting the importance of prevention efforts to reduce major disparities affecting Asian American communities and meeting the major goals of **(a) increasing visibility, (b) broadening scholarship and outreach, and (c) creating the next generation of leaders**. I would like to highlight these achievements over the past two years, with many of these successes built upon the work of my predecessors.

**Logo:** As President-elect, I lobbied to rebrand the image of AAPA beginning with a new logo, which is now featured on all our print and online material. Designed by [Alex DeArmond](#), an Assistant Professor of Graphic Design at University of Wisconsin-Stout, the sunburst image can be interpreted many ways. However, as Alex puts it, it conveys “convergence and multiplicity, people coming together, crossing paths.” At the same time, I like how it evokes our multiple ethnic roots and heritages, as many Asian countries and cultures use the circle or sun as part of their national identity and philosophy, without essentializing or Orientalizing what it means to be Asian American.

**Website:** Upon taking office, I learned that our existing website was not functioning optimally and, as such, was not meeting our organizational needs. Working closely with President-elect Sumie Okazaki and Membership Officer Frances Shen, we decided to move forward with building a new website using WordPress as our content management system to handle membership and convention registrations. Asian American-owned and Minneapolis-based Bust Out Solutions was selected to design and build our website. We launched in mid-May and are extremely pleased with the new site. I truly hope AAPA members frequently visit the website as it is designed to be up-to-date, interactive and intuitive.

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**Social Media:** Paper and pencil, printed newsletters, and snail mail have been replaced by more immediate online sources of news and information, such as Facebook and Twitter. When I asked Ulash Dunlap to serve as Communications Officer, I did so because she gets social media and has done an amazing job raising the visibility of AAPA on these sites. If you have not done so already, click “Like” on our Facebook page and follow us at #AAPAonline.

**Fact Sheets:** A couple years ago, it came to the attention of some AAPA members that the public discourse on Asian American suicide and bullying was misinformed. In response, AAPA Leadership Fellows produced fact sheets on suicide and bullying to correct misconceptions with accurate facts and research findings. We have since developed two more fact sheets on first-generation college students and international students. These fact sheets have been distributed to the APA Office for Ethnic Minority Affairs, Center for Disease Control (CDC), Substance Abuse and Mental Health Services Administration (SAMHSA), and other outlets. They are also available on our website for distribution.

**Asian American Journal of Psychology:** Under the editorial leadership of Fred Leong, AAJP has grown in leaps and bounds. This year, AAJP was accepted by Thomson Reuters and will be indexed in by the Social Sciences Citation Index, Journal Citation Reports/Social Sciences Edition, and Current Contents/Social and Behavioral Sciences. What does this all mean? In short, AAJP will receive an impact factor score in the next year or two which will elevate its stature in the field of psychology.

Additionally, AAJP published a special issue on Tiger Parenting that has received national attention, including an National Public Radio (NPR) interview with University of Texas Professor Su Yeong Kim. In the upcoming year, AAJP will publish another special issue on Culture and Prevention, co-edited by myself and Anna Lau. Beyond attracting national attention, these special issues reflect the broadening of scholarship in Asian American psychology.

Finally, the editorial search committee, led by Arpana Inman, has sought out and nominated its next journal editor. It is still too early to reveal the individual but I am confident that the Executive Committee will approve the nomination. Trust me when I say that AAJP will remain in good hands once Dr. Leong steps down as editor.

**Professional Association Partnerships:** AAPA must move beyond its close ties with APA. Although we have significant overlap in membership with APA, I have sought out new alliances and collaborations with the Society for Research in Child Development, Society for Research on Adolescence, and the Association for Asian American Studies. These partnerships are necessary to allow AAPA to grow in membership, as well as to forge new opportunities for our current members.

**CNPAAEMI:** AAPA has continued its involvement with the Council of National Psychology Associations for the Advancement of Ethnic Minority Interests. Upon taking office, I signed a Memorandum of Understanding with then APA President Melba Vasquez. Since then, I have worked closely with the Office for Ethnic Minority Affairs and CNPAAEMI to promote AAPA interests, including supporting the Leadership Development Institute and partnering on a NIH Mentoring Network grant proposal under development. I have also worked with the presidents of the other ethnic minority psychology associations and APA to develop a new coalition or federation of presidents from national psychology associations that is distinct in its mission from CNPAAEMI. The purpose of this coalition/federation (name to be determined) is to work collaboratively on diversity and equity issues of mutual benefit.

**Leadership Development:** Continuing the work of past Presidents and the Executive Committee, I have been a strong supporter of our AAPA Leadership Fellows program, wonderfully directed by Grace Kim and Sam Wan. The AAPA Leadership program, along with the CNPAAEMI Leadership Development Institute, in Washington, DC. Our presence at these briefings has been critical in making a difference beyond our

provide excellent training and mentoring opportunities for emerging leaders in the field.

**Practitioner Recognition:** It came to our attention that academics and researchers appear to have an advantage over practitioners for most AAPA awards. Although the various awards' criteria give equal weight to the achievements of both practitioners and scholars, this inaccurate membership perception was troubling. I worked with President-Elect Sumie Okazaki and lifetime AAPA member Michi Fu to establish a new Early Career Award for Distinguished Contribution to Service that targets early career psychologists working in non-academic settings. I also worked with the Executive Committee to explore the development of an online practitioners digest that can serve as a resource for applied psychologists and graduate students. Communications Officer Ulash Dunlap and Student Board member Zeb Lim agreed to lead this effort.

**Public Policy and More:** AAPA must do more to influence the national dialogue on mental health issues affecting Asian Americans. This need is why I have advocated for the development of Asian American mental health fact sheets. In addition, over the past two years, we have responded with statements on a number of tragedies, including the Oak Creek (WI) Sikh temple shooting and the Oikos University shooting in Oakland, CA, and signed an amicus brief to the US Supreme Court on the matter of Adoptive Couple v. Baby Girl (otherwise known as the Baby Veronica case). This amicus was also signed by the Society of Indian Psychologists, National Latino/a Psychological Association and the Association of Black Psychologists. Recently, along with a number of other AAPA members, I attended the White House briefing on suicide prevention and mental health for Asian Pacific Islander Americans in Washington, DC. Our presence at these briefings has been critical in making a difference beyond our office walls.

As you can see, we have accomplished a lot in the past two years but there remains much work to be done. I want to encourage all AAPA members to get more involved within our organization, as well as locally and nationally.

Finally, I want to thank AAPA for allowing me to serve as your 18<sup>th</sup> president of the association. When I first joined AAPA as a first-year graduate student in 1991-1992, I was yearning for a place to call my professional home. When I attended my first AAPA convention in Washington DC that following year, I was one of only two non-Chinese and non-Japanese Americans in attendance. I actually recall verbally pointing this fact out to then President Nolan Zane at a business meeting. A few years later, I established the Korean Psychology Network to encourage Koreans and Korean Americans to get more involved in AAPA. Look at AAPA today! We have two divisions reflecting the growing diversity of our association (South Asian Americans and Filipino Americans) and possibly a third division on Southeast Asians in the works. The Korean Psychology Network was reborn recently and there is also a vibrant Taiwanese Psychology Network. The inclusivity of AAPA has always been its hallmark and will allow AAPA to continue to prosper and grow. I am proud to say that the association has been and will remain my professional home. Much love to all and 감사합니다.

### AAPA Listserv

To signup for the AAPA listserv, send an email to [majordomo@sfsu.edu](mailto:majordomo@sfsu.edu).  
In the body of the email type (minus the quotes) "subscribe aapa"

To send a message to the entire listserv email your contribution to [aapa@sfsu.edu](mailto:aapa@sfsu.edu).

# AAPA Newsletter Team Recruitment

The AAPA Newsletter is currently seeking candidates to fill several open positions within the Newsletter Team, including Co-Editors-in-Chief, Distributor, Columnists/Reporters, and Copy Editors. Positions will begin Fall 2013 and will include any necessary training.

Below are descriptions of the AAPA Newsletter and each of the positions for which we are currently recruiting. If you are interested in any of these positions, please submit a brief statement of intention and a list of relevant experiences to either Jane Yang (mailto:[jyang01@emory.edu](mailto:jyang01@emory.edu)) or Christine Zhou (mailto:[christinez@uhs.berkeley.edu](mailto:christinez@uhs.berkeley.edu)) by **July 12, 2013**.

Please keep in mind that **no prior experience is necessary for any of these positions**—we will provide any necessary training! If you have any questions about any of the positions, feel free to let us know!

Cheers,  
Jane Yang and Christine Zhou  
Co-Editors-in-Chief, AAPA Newsletter

## AAPA Newsletter

- The AAPA Newsletter is one of the primary ways for members to communicate their theories, research, ideas on social policy and important news/events to other members; for AAPA Divisions to communicate their perspectives and events to the AAPA membership; and for the AAPA Executive Committee (EC) to connect and to distribute pertinent AAPA information to its members.
- Each year, there are three issues, including the Spring, Summer, and Fall issues. The deadline for submitting articles and announcements to the newsletter are as follows: January 15th, May 15th, and September 15th of each year.
- The AAPA Newsletter Team consists of two Co-Editors-in-Chief, one Distributor, two Layout Editors, several Copy Editors, and several Columnists/Reporters.

## Co-Editors-in-Chief (CEiC)

- Act as the Team Liaisons, or delegates this function to the EC Communications Officer, between the AAPA EC, the AAPA community, and the AAPA Newsletter Team.
- Coordinates administrative matters with the AAPA Newsletter Team.
- Recruits submissions for each issue, including designated articles from the AAPA Executive Committee and from the AAPA community.
- Facilitates discussion among the Newsletter Team should editorial disputes arise.
- Generates a list of articles and announcements submitted on an Excel spreadsheet and distributes the submissions and the spreadsheet to the Distributor.
- Responds to advertisement requests.
- Position duration is 2 years.

## **Distributor**

- Ensures edited submissions are consistent with Excel spreadsheet generated by Newsletter CEiC.
- Follows up with Copy Editors, if needed, regarding editing process.
- Forwards edited submissions to the Layout Team.
- Updates spreadsheet, if needed, and forwards spreadsheet to the Layout Team.
- Position duration is 2 years.

## **Columnists/Reporters**

- Write articles of 1,000 words or less about general topic areas of interest to Asian American psychology
- Conduct interviews, as needed, of Asian American psychologists who have made noteworthy contributions to the field
- Position duration is flexible.
- NOTE: No professional writing experience is required for this position.

## **Copy Editors**

- Receive submissions from the Co-Editors-in-Chief and provide editing of these submissions
- Ensure submissions are no longer than 1,000 words and that they abide by other editing protocols as agreed upon by the AAPA Newsletter Team
- Forward edited submissions to the Distributor
- Position duration is 2 years.

# AAPA Member Accomplishments

## **Hiroshi M. Sasaki, PhD**

Dr. Sasaki has been appointed Secretary-Elect of the Association for Humanistic Psychology (AHP), and Executive Editor-elect of the AHP magazine, *Perspective* (both positions beginning June, 2013). He has also been appointed the new Chair of the Psychology Department (starting Summer 2013) at the University of the West, a private, non-profit, non-sectarian university in Greater Los Angeles, which houses an MFT program with two emphases, Multicultural/Generalist and Buddhist Psychology: [www.uwest.edu](http://www.uwest.edu)

## **Tae Hyuk (Brian) Keum, Ed.M. & M.A.**

Candidate Counseling Psychology, Teachers College, Columbia University

Awards received:

- American Psychological Association of Graduate Students Convention Travel Award 2013
- Teachers College Columbia University Office of Residential Services Conference Scholarship 2013



## Member Spotlight: Caring for the Spiritual Caregiver



Darcy Ing, Psy.D., an AAPA member and columnist for the *Asian American Psychologist*, and her coworker Gary Augustin, Ph.D., LMFT, were recently featured in an April 2013 *Honolulu Star Advertiser* newspaper article for their work with Oahu faith professionals through the Counseling & Spiritual Care Center of Hawaii (CSCCH). CSCCH is certified by the American Association of Pastoral Counselors and the Samaritan Institute. CSCCH's approach focuses on healing through mind, body, spirit and community.

The *Star Advertiser* article focused on the importance of clergy care and clergy self-care. For instance, spiritual and religious congregations often view clergy solely in their role as spiritual caregivers, not as those in need of care themselves. Religious professionals work long hours and are often seen as being "on-call," with accompanying demands. The article quotes Darcy as saying, "The pastor, whether Buddhist or Christian, or Jewish, is a human being first. People tend to

believe they're superhuman in some ways, which is why we are horrified when we find out . . . [about failings like] pedophilia, because we have all these perfect expectations of them."

In the article, Dr. Augustin also addressed an aspect of clergy self-care less attended to: Namely, a trend in which Christian churches are moving away from service delivery models to executive models. According to Dr. Augustin, in the past 20 years, the shift to executive models in churches has placed increasing pressures on clergy to "produce like a CEO in a company." However, this model runs counter to clergy, most of whom were trained in providing care and services to others. This dilemma can create tension, and ultimately frustrations which may contribute to clergy leaving the ministry and/or having their employment terminated.

Through CSCCH, Drs. Ing and Augustin provide services for Christian and non-Christian clergy including personal psychotherapy/pastoral counseling, clergy support groups, and continuing education workshops on various topics. An important focus in workshops is self-care and prevention of burnout, particularly since faith professionals often focus on care of others, neglecting ministry to themselves and their families. Other workshop topics include active listening skills, bereavement counseling, differences between pastoral care and psychotherapy/pastoral counseling, and self-awareness (using the Myers-Briggs and RIASEC models).

Dr. Ing also does clinical assessments, including psychological testing and clinical interviews for candidates for ordained ministry and for clergy having career questions and problems. Both require clinical reports to religious judicatory bodies. Dr. Ing will be presenting on clergy assessments and the Samaritan Center's mind-body-spirit-community approach for Division 36 at the upcoming APA Convention in Honolulu.

# EMPA & APA Ethics Initiative

*Liang Tien and Helen Hsu*

Dear AAPA members:

We need your assistance with the EMPA/APA Ethics Initiative!

First, a bit of background regarding the project's history.

Two years ago the American Psychological Association (APA) Ethics Office and the Ethnic Minority Psychological Associations (EMPA) Presidents embarked on exploration of the APA Ethical Principles of Psychologists and Code of Conduct (APA Ethics Code) to determine what aspects of the Code work or do not work for ethnic and racial minority psychologists and our communities.

In 2012 Council of National Psychology Association for the Advancement of Ethnic Minority Interest (CNPAAEMI) approved moving forward with this project and each EMPA appointed two members to join the joint EMPA/APA Ethics initiative which now includes the following individuals:

Ed Delgado Romero, Past Chair, CNPAAEMI,

Asian American Psychological Association (AAPA) members

Liang Tien and Helen Hsu

Association of Black Psychologists (ABPsi) members

Linda James Myers and Kevin Washington

National Latina/p Psychological Association (NLPA) members

Lynda Field and Melanie Domenech Rodríguez,

Society of Indian Psychologist (SIP) members

Carolyn Barcus and Carolyn Thomas

Representing AAPA, Helen Hsu and Liang Tien have made two presentations, one at the 2012 annual conference of Society for the Psychological Study of Social Issues and another at the 2012 APA annual convention in Orlando as part of the APA Ethics Committee program.

Common themes across the four EMPA's have surfaced through these presentations. It would be ideal if areas of concurrence and areas of discord between the current APA Ethics Code and the values of the Asian American Psychology community were sufficiently articulated for them to be in the forefront when the next revision of the APA Ethics Code occurs. The revision of the APA Ethics code may be underway and the APA Ethics Committee estimates that it is likely to be completed over the next 2-3 years.

We cannot articulate problematic areas of the APA Ethics Code without direct input from AAPA members.

Please take a few moments to answer these questions and send your thoughts to Liang Tien at [ltien@antioch.edu](mailto:ltien@antioch.edu) and to Helen Hsu at [Hhsu@fremont.gov](mailto:Hhsu@fremont.gov)

We will be representing AAPA again this summer at APA convention in HI and would appreciate your prompt responses so we may include AAPA perspectives in the symposium as well as future dialog with the APA Ethics Committee.

(1) In part, the western perspective of individualism and autonomy appears to be the philosophical underpinning of the current APA Ethics Code.

Do you agree?

Is there a different philosophical tradition that informs your work, either as an Asian American psychologist and/or with Asian American clients? For example, Confucian perspective of social responsibility?

(2) All of the ethnic and racial minority groups spoke of the poor-fit between the Multiple Relationships (Standard 3.05) of the APA Ethics Code and their own community norms.

Do you agree?

What aspect off Standard 3.05 works or does not work for you and/or your work?

(3) Are there other aspects of the APA Ethics Code that does not work for you?

If so, please cite the area in the APA Ethics Code.

(4) Are there aspects of the Asian American heritage that are neglected in the current APA Ethics Code?

If so, please give an example of what is missing.

Interested in how APA is working to integrate EMPA values into the Ethics Code? Join the ongoing process at the symposium: “Does It Work For Us – Ethnic Minority Psychological Associations Comment on the Ethics Code” at the APA Convention in Honolulu on **August 3, 2013** at **1:00-1:50 p.m.**

### **AAPA Listserv**

To signup for the AAPA listserv, send an email to [majordomo@sfsu.edu](mailto:majordomo@sfsu.edu).  
In the body of the email type (minus the quotes) “subscribe aapa”

To send a message to the entire listserv email your contribution to [aapa@sfsu.edu](mailto:aapa@sfsu.edu).



## White House Champions of Change

Congratulations to **Dr. Karen Suyemoto** who was honored by the White House as an AAPI "Champion of Change."

Karen L. Suyemoto is an Associate Professor of Clinical Psychology and Asian American Studies at the University of Massachusetts, Boston. She has conducted research and taught undergraduate and graduate classes focused on racial justice for almost 20 years, receiving particular accolades for her teaching and mentoring work such as the first annual Liem Award for Graduate Mentoring. In her teaching, scholarship, and organizational leadership, she seeks to empower those who have been oppressed or silenced while motivating those with dominant statuses to understand the influence of systemic privilege and work as allies to address injustice. Karen has authored over 30 journal articles and book chapters, and is the author/editor of two books. She and her research team have explored how racial and ethnic identities and experiences of discrimination are associated with development and mental health for Asian Americans, with particular attention to differences within the group related to immigration, acculturation, transnational experiences, sexual orientation, ethnicity, and race. Other projects focus on how individuals and communities create and maintain meanings of race and ethnicity that contribute to or resist oppressive systems. Her teaching, mentoring, scholarship, and service promote more genuine and empathic interpersonal understandings and contribute to the development of anti-racist, culturally inclusive therapy, education, and community interventions. Karen provides consultation and training on anti-racist therapy and education both locally and nationally. She is the Past President of the Asian American Psychological Association, a mentor in the APA MFP Summer Institute, and a mentor in the Leadership Development Institute of the Council of National Psychology Associations for the Advancement of Ethnic Minority Interests



We now have two AAPA members who have received this honor: Last year, the White House honored AAPA student member **My Linh Vo** as a Champion of Change for the AAPI community!

# Break the Sense of Stigma, Break the Silence- Highlights from the AAPI White House Briefing on Mental Health and Suicide

*Razia F. Kosi*

May 10th has been declared Asian Pacific American Mental Health Awareness Day in California and Austin, TX. In Washington DC several key AAPI leaders held a White House briefing on Suicide Prevention and Mental Health. Jason Tengco, the Advisor on Public Engagement on the White House Initiative on AAPI, set the tone for the three-hour session when he urged us to “Break the sense of shame and break the silence.” Modeling these simple words, he took the brave and ground-breaking action of telling his own family’s story about his brother’s struggle with mental health issues which ultimately led to his brother, Jon, taking his own life. The audience of AAPI mental health professionals, community leaders and family and friends affected by suicide and mental illness held their breath, and let their tears flow, with Jason’s personal and truthful story. The emotion in the room was palpable and the ability to connect to the deep pain of his story was honest and real.

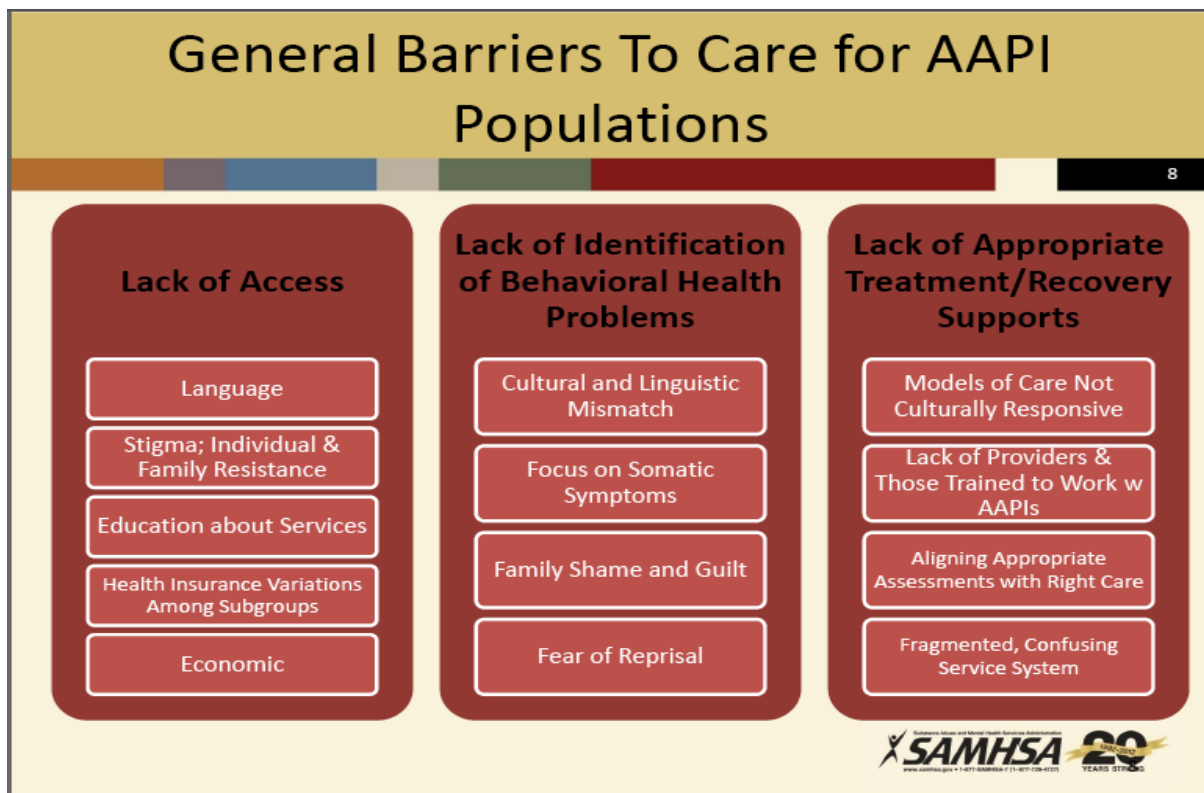
Several people from top leadership positions chose to “Break the sense of shame and break the silence” by telling their own personal stories about mental illness or the death of a loved one due to suicide. What resonated from the stories was the shared pain AND a resounding sense of hope. A call to action and personal declaration that they will not continue to allow families to go through the pain of a death from suicide or the lack of understanding about mental health. Both Richard McKeon, PhD, Branch Chief of Suicide Prevention of SAMHSA and D.J. Ida, PhD, with the National Asian American Pacific Islander Mental Health Association (NAAPIMHA) reiterated that the beautiful men, women, children or adolescents who attempt or complete a suicide don’t want to die – they just want the pain to go away. Dr. Ida shared Rosalyn Carter’s message about mental health and stated “People really do recover and we must deliver a message of hope.”

In addition to personal testimonies, the briefing was rich with data about the AAPI community and mental health. The problem with the AAPI data is the lumping of this extraordinarily diverse group into the term AAPI. The term AAPI includes people of Japanese origin living in this country for three or four generations, newly arrived Bhutanese refugees, first or second generation Indians, people who arrived from war-torn Vietnam decades ago, and those from the islands of the Philippines to the Pacifics and many more countries encompassed in this generic grouping.

We share a sense of unity and a greater awareness of the diversity and unique needs of the communities within the AAPI umbrella. Larke Huang, PhD, the director of SAMHSA Office of Behavioral Health Equity, stated that the prevalence rates of mental health issues for the AAPI community is slightly lower across the ethnic groups, but the burden of the disease might be greater. This means that AAPIs are less likely to seek mental health care – SAMHSA’s 2010 National Survey on Drug Use and Health revealed that while 15.8% of AAPIs reported any mental illness, only 5.3% sought any treatment for mental health issues. In comparison to other ethnic groups, 20.6% of Whites report mental illness and 16.2% will seek services. In addition, AAPIs will not seek services in a timely manner and will only obtain services when their illness has progressed to a more severe state than compared to White counterparts seeking services. The general barriers to care for AAPI populations according to the SAMHSA report are : 1) Lack of Access – language, stigma, education about services, health insurance variation among AAPI groups and economic, 2) Lack of Identification of Behavioral Health Problems- cultural and linguistic mismatch, focus on somatic symptoms, family shame and guilt, fear of reprisal, and 3) Lack of Appropriate Treatment/Recovery Supports- Current models of care not culturally responsive, lack of providers to work with AAPIs, aligned appropriate assessments with right care and fragmented, confusing service system.

The honesty of the personal testimonies also voiced the damaging stereotypes and racism that AAPIs may feel in trying to access treatment to services. Ramey Ko, who is a Commissioner for the President’s Advisory Commission on AAPIs, expressed how the “model minority stereotype” was a burden and a myth. The symptoms of his bipolar disorder were full-blown when he was in college, but he experienced his symptoms as signs of his “laziness.” He lived with the belief that he was a “fraud” and that any day people would figure out that his academic accolades and achievements were not a real representation of his abilities. It wasn’t until his friends and family confronted his patterns of behavior with him and encouraged him to seek treatment that he was diagnosed and was able to give a name to his feelings, behaviors and thoughts. His honesty with himself and with the community helped to start the Asian Behavioral Health Association in Austin, TX, with Sonia Kotecha, a social worker in Austin.

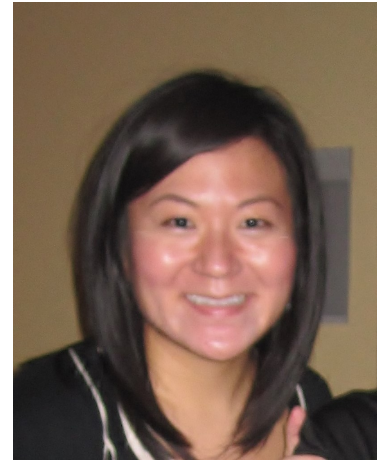
One of the most compelling stories shared that morning was from Gloria Huh, a Doctoral Student in Counseling Psychology at the University of Maryland College Park. Gloria calmly and purposefully stood at the podium and announced to a room of 200 strangers and a live-streaming audience of millions that when she was a freshman in college, a sexual assault was forced upon her. The resulting trauma changed her from a fun, happy, bubbly, young woman into one that was sad, fearful, angry, and withdrawn. The shame and hurt she felt and did not want to share with her family remained hidden and pushed down and she became more depressed. Her own experiences with racism growing up, coupled with the racism and discrimination she had witnessed her parents subjected to, caused her to distrust seeking services from mental health professionals who were not of Asian background. It wasn’t until she was encouraged in her doctoral training to go to a therapist to become a better counseling psychologist. In therapy, she started to address the multitude of emotions that were buried deep within her. She expressed gratitude for her South Asian male therapist, Cherian Verghese, PhD, at the summit, and her testimony uplifted the message that recovery is possible, leaving us with a sense of hope. We, as a community, can be healing agents in addressing mental health; we can be the ones to break the sense of shame and to break the silence. If we won’t take the first step in doing this, then who will?



# Reflections on the White House Debriefing

Gloria A. Huh

If someone had told me that I would someday speak in front of hundreds of people about a personal struggle, I would have laughed. But on May 10, 2013, that is exactly what I did. I participated in the White House AAPI Briefing on Suicide Prevention and Mental Health (<http://www.whitehouse.gov/blog/2013/05/10/raising-awareness-about-mental-health-and-suicide-prevention-aapi-community>) and spoke to hundreds of people at the White House and a live-streamed online audience. Certainly, the ever-present fears were there: That I would feel exposed and bare, that no one would understand, and that I would be overwhelmed with regret afterwards. Instead, this simple act of speaking out was cathartic for me. As I looked out into the audience and spoke to them, what I felt was a deep connectedness to the collective community that erased my initial fears. I realized that being human is a universal experience; acknowledging one's pain is freeing; and sharing one's story is both meaningful and powerful. My hope in sharing these words is to be an encouragement to you—that each voice that speaks and each ear that listens brings about a change in the shared human experience towards healing.



*I can think of a lot of stories that I could tell about how people in my life have struggled with mental health—such as a relative with schizophrenia who never received any treatment or a friend with chronic depression who couldn't get out of bed. But today, I thought I'd share a more personal account: This is my story of struggle.*

*You see, in my freshman year of college, I was sexually assaulted. I couldn't tell anyone about it--not my family or friends because of the shame it would bring, not even my own twin sister. I also couldn't turn to counselors because, over the years, I had developed a distrust for non-Asian professionals. My distrust grew out of dealing with racism growing up and watching my parents face overt racism on a daily basis at their workplace. So I kept silent.*

*My grades plummeted. I gained more than forty pounds. I just stopped talking to people. My family and friends were so worried and wondered why I'd changed so much. You see, before this incident, I used to be bubbly and energetic. What I had become was an empty shell. I remember being alone in my dorm room each night finding no reason to live and feeling like it would be better to die. The only thing that prevented me from doing anything about it was my faith in Jesus Christ.*

*Fortunately, the story doesn't end there. Last year, I was encouraged to go to counseling to help me become a better Counseling Psychologist in my doctoral training at the University of Maryland College Park. In my work with a South Asian Counseling Psychologist, Cherian Verghese, I experienced the unexpected: In letting my guard down, I allowed the memory that I had buried for over 10 years to resurface. I was given this unique opportunity to repair those wounds of anger, fear, disappointment, and loss. And as a result, I began to hope again. I can honestly say that I've experienced the restorative power of therapy, and there's such freedom in that.*



*And knowing how much I have personally benefitted from therapy has motivated me to not only encourage others to get the help they need, but also to destigmatize going to therapy. I have told my family and friends about the incident and how I am working through those issues in counseling. Whenever I get the chance, I tell others that I'm in therapy and that everyone could benefit from it. Through my self-disclosure, I have had the privilege of seeing family members and friends go to counseling—like my cousin who was connected to crisis counseling in the middle of an acute panic attack or my friend who was skeptical about counseling deciding to give it another try and this time finding it helpful.*

*On a more personal level, I feel as though this is one way to give back to my wounded spirit, the one “back then” who felt so alone and in despair. In becoming a Counseling Psychologist myself, I can continue to help hurting and wounded individuals like me. And for that, I am so grateful.*

Gloria A. Huh, M.S.Ed. is a Ph.D. student in Counseling Psychology at the University of Maryland, College Park.

## Coming Together in Community: Reflections from the National South Asian Summit 2013

Razia F. Kosi

*“We are in this together, that’s what justice means.” Martin R. Castro, Office of Civil Rights, the first Latino appointed to this position by the first African American President. 2013 SAALT Summit*

Since 2007, I have attended the South Asian Americans Leading Together (SAALT) Summit in Washington, DC. This amazing organization has coordinated the event every two years; there have been a total of four summits. This year’s gathering came on the heels of another horrific tragedy in our country, the bombings at the Boston Marathon on Patriot’s Day. This year, the summit meant more than a conference, we needed to come together in community.

Those who know me are aware that I am always singing the praises of SAALT’s work, guided by the leadership of Deepa Iyer and collaboratively implemented by the staff I lovingly refer to as the Saaltines. They are fierce, strong, brilliant, and at the heart, amazing individuals. They help us build a bridge of dialogue between and among South Asian organizations, government agencies, funders, and policy makers. Ultimately, they bring together people who might have never met to learn about each other’s struggles and triumphs. We are reignited to move to action as active and engaged South Asian Americans working towards equity for all of our communities. In this article, I will explore different voices in our community and bringing art to our work.

Deepa challenged us at the start of the first day of the summit to go to workshops about which we might not have a great deal of knowledge. I chose to take this challenge to heart and attended a session titled: *Inclusivity of Indo Caribbean and Diaspora Communities in the South Asian Narrative*. The panelists were leaders from, Jahajee Sisters ([www.jahajeesisters.org](http://www.jahajeesisters.org)), Indo-Caribbean Alliance ([www.indocaribbean.org](http://www.indocaribbean.org)), the South Asian Lesbian Gay Association of NYC (SALGA-NYC), and Sakhi for Women ([www.sakhi.org](http://www.sakhi.org)). They represented Jamaican, Guyanese, and LGBT people, New Yorkers, and layers of additional identities. One message that strongly came through was that the stories of the Indo-Caribbean community are not the same narratives shared by immigrants from South Asia over the past fifty years. The history of Indo-Caribbean narratives began over 150 years ago when great-grandparents left India and worked as indentured laborers on the islands. The India they left became one of the countries now comprising South Asia. Meanwhile, the people in the

countries of Trinidad-Tobago, Guyana, Jamaica, and other islands developed their own language, food, music, and culture that was a more Creolized mix of the islands and their people. The panelists voiced that their experiences have been marginalized twice, once in the countries from the Caribbean and again within the South Asian American community. As one panelist expressed, “the ‘litmus’ test of how well one ties a sari, speaks a South Asian language, or ‘properly’ pronounces South Asian words, and never having visited the ‘country of origin’ (referring to one of the South Asian countries) has created barriers to Indo-Caribbeans feeling included in the South Asian narrative.”

I began to reflect on my own relationships with people from the Indo-Caribbean community. Growing up, I attended an Islamic Sunday school, which met in Rockville. My friends were from all parts of the globe. I made friends with Zori, whose father was from Trinidad and whose mother was Native American and converted to Islam when she married Zori’s father. They even had a “love” marriage, which back then was rarely heard of among my parents’ generation. Her father spoke English with the lilt of an accent that flowed with the waves of the warm ocean. He was neither a doctor nor an engineer – he sold insurance, which made him even more different than the other families we knew. Her family seemed more fun, full of music and with fewer restrictions. They wore trendy American clothes at Eid, instead of the conspicuous South Indian clothes I was forced to wear. They were “cooler” than my family, with a mix of the foreign and familiar. I knew from seeing pictures of her grandparents, that they were originally from India, and yet, I had already begun to “exoticize” Zori and her family. Of course, I didn’t realize that was what I was doing at the time. We were friends and our families would get together for the Islamic celebrations but, as more people emigrated to the U. S., my parents found more Tamilians and Indian Muslims and her family found more Indo-Caribbean Muslims with whom to socialize. Our friendships drifted apart. Since then, I have met a few more Indo-Caribbean people in different settings and contexts. I would like to extend an invitation and also be intentional about bringing the Indo-Caribbean perspective into our work with CHAI.

A powerful session that I was excited to attend was one titled, “Bringing Art Into the Struggle.” I’ve always been intrigued by the creative energy of artists and how they can bring forth an honesty to their work that connects all of us on a raw human level. This session met all expectations and again acknowledged marginalized individuals. The artists who shared a sampling of their art and a bit about themselves were D’Lo ([www.dlocokid.com](http://www.dlocokid.com)), YalaniDream ([www.yalaniDream.com](http://www.yalaniDream.com)), Gowri Koneswaran (<http://notherealong.wordpress.com/about/>), DJ Rehka (<http://www.djrekha.com/basementbhangra.html>), and Pushkar Sharma (<http://www.brownstarrevolution.com/northstar.html>). From comedy, bhangra, film, and poetry, to spoken word, these artists were able to express, with great passion and profound clarity, issues that are plaguing the community from a political standpoint or grounded in a very personal perspective. Artists in our community are brilliant and provide an opportunity for us to engage in the work we do in a creative way. As activists, and from a mental health perspective, we can work to create a healing space that is safe, free of judgment, and unleashes the creative juices flowing within each and every one of us.



**REQUEST FOR PROPOSALS**  
**AAPA-APF OKURA MENTAL HEALTH LEADERSHIP FOUNDATION**  
**FELLOWSHIP**



AMERICAN PSYCHOLOGICAL FOUNDATION

PSYCHOLOGY PHILANTHROPY

**About the American Psychological Foundation (APF)**

APF provides financial support for innovative research and programs that enhance the power of psychology to elevate the human condition and advance human potential both now and in generations to come.

Since 1953, APF has supported a broad range of scholarships and grants for students and early career psychologists as well as research and program grants that use psychology to improve people's lives.

APF encourages applications from individuals who represent diversity in race, ethnicity, gender, age, disability, and sexual orientation.

**About the AAPA-APF Okura Mental Health Leadership Foundation Fellowship**

The AAPA-APF Okura Mental Health Leadership Foundation Fellowship supports psychology's efforts to benefit the Asian American and Pacific Islander (AAPI) community through

- ◆ Research on issues specific to the AAPI community
- ◆ Training of providers to support the AAPI community
- ◆ Service/practice programs for the AAPI community.

*Support for this program has been provided by the Okura Mental Health Leadership Foundation.*

**Program Goals**

The AAPA-APF Okura Mental Health Leadership Foundation Fellowship increases understanding, treatment, services, and training to help generate a healthy, robust, and high achieving AAPI population.

**Amount**

One \$20,000 research grant annually.

*APF does not allow institutional indirect costs or overhead costs. Applicants may use grant monies for direct administrative costs of their proposed project.*

## Eligibility Requirements

Applicants must:

- ◆ Be members of the Asian American Psychological Association (AAPA)
- ◆ Be psychologists who are no more than 7 years post doctoral and demonstrate promising professional achievement in the funded area
- ◆ Be affiliated with an accredited college, university, research institution, or nonprofit institution, but excluding:
  - any activity involving political, lobbying, fund-raising, or entertainment expenditure
- ◆ Have demonstrated competence and capacity to execute the proposed work
- ◆ Have received IRB approval before funding can be awarded if human participants are involved

## Evaluation Criteria

Proposals will be evaluated on:

- ◆ Conformance with stated program goals and requirements
- ◆ Innovative and potential impact qualities
- ◆ Quality, viability, and promise of proposed work
- ◆ Competence and capability of project leaders

## Proposal Requirements

- ◆ Description of proposed project to include goal, relevant background, target population, methods, and expected outcome
  - Format: not to exceed 7 pages (1 inch margins, single spaced, no smaller than 11 point font)
- ◆ Timeline for execution
- ◆ Full budget and justification
- ◆ Current CV for key professionals
- ◆ Two letters of support

## Submission Process and Deadline

Submit a completed application online at <http://forms.apa.org/apf/grants/> by **October 1, 2013**. *Please be advised that APF does not provide feedback to applicants on their proposals.*

Please contact **Samantha Edington, Senior Program Coordinator**, at [sedington@apa.org](mailto:sedington@apa.org) with questions.

**American Psychological Foundation**  
750 First Street, NE · Washington, DC 20002  
P: (202) 336-5843 · F: (202) 336-5812 · [Foundation@apa.org](mailto:Foundation@apa.org) · [www.apa.org/apf](http://www.apa.org/apf)

# Membership Report

Frances Shen



Hello AAPA Members,

At this time, AAPA has a total membership of 335 members. Please see the table below for a breakdown of the membership categories.

We are currently in the process of moving to a new AAPA website! If you have already renewed your 2013 membership, your membership data will already be transferred to our new website's membership system. We also look forward to many **new benefits for AAPA members only**, such as professional development blogs, online access to the Asian American Journal of Psychology, etc.

However, if you have not renewed your 2013 membership yet, be sure to **renew your membership** on our new website so that you can begin to enjoy the many benefits of being a current AAPA member. We would like to continue to see AAPA grow in its membership this year, so please **help us to recruit new members to join our AAPA community!!!**

You can easily join or renew your AAPA membership through our website at [www.aapaonline.org](http://www.aapaonline.org). You are also welcome to send in the paper membership form that is included in this newsletter (instructions and address for submission/payment are listed on the form).

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 AAPA!

Membership Categories	2013
Students	149
Professional	145
New Professional	8
Early Career Professional	24
Emeritus	7
Lifetime	18
Associate Organizations	2
<b>TOTAL</b>	<b>335</b>

### 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.

**Early Career members** - Professional members who are within 2 years of receiving their terminal degree and who hold positions as post-doctoral interns, post-doctoral fellows, assistant professors, or comparable level positions. Members can remain in this status for a maximum of two years.

**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. Six dollars in dues support the Student Division, while the remaining dues support AAPA.*

**Associate Organization members** - Include, but are not limited to, organizations interested in the purposes and objectives of the Association.

DUES & DONATIONS		AMOUNT	ENCLOSED
A. General Membership	Professional Member	\$70.00	\$
	New Professional Member (1 <sup>st</sup> year)	\$50.00	\$
	Retiree/Emeritus Member	\$20.00	\$
	Early Career Professional Member	\$50.00	\$
	Student Member	\$35.00	\$
	Associate Organization Member	\$70.00	\$
B. Division on Women <sup>1</sup>	Professional Member	\$15.00	\$
	Student Member	\$6.00	\$
C. Division on South Asian Americans <sup>1</sup>	Professional Member	\$15.00	\$
	Early Career Professional	\$10.00	\$
	Student Member	\$6.00	\$
D. Division on Filipinos <sup>1</sup>	Professional Member	\$15.00	\$
	Early Career Professional	\$10.00	\$
	Student Member	\$6.00	\$
E. 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	\$
<b>TOTAL AMOUNT ENCLOSED</b>			<b>\$</b>

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

<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.

**2013 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 January 1 – December 31 yearly, regardless of when membership dues are received. However, dues received after September 30 will be applied to the following year's membership. 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  
5025 North Central Avenue PMB #527  
Phoenix, AZ 85012



**Asian American  
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(602) 230-4257  
[www.aapaonline.org](http://www.aapaonline.org)

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**ASIAN AMERICAN  
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Advertising Policy**

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

**Advertising Rates and Typesetting**

Typical display advertising rates are based on column length (see below). Each advertising column is approximately 2 & 1/4 inches wide. There are 3 columns per newsletter page. The advertising rates are:  
3-inch column ad = \$60.00  
6-inch column ad = \$90.00  
9-inch column ad = \$120.00

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

**Submission of Ads**

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

Submit ads by email to:

Jane (jyang01@emory.edu) or  
Christine (christinez@cc.msu.edu)

**Billing**

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