

The Official Newsletter of Section 5
Psychology of Asian Pacific American Women
of APA Division 35: Society for the Psychology of Women



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The Presidential Address

Yuying Tsong

I said goodbye to cable earlier this year, eek! Not a big deal for a lot of people, but as an avid media consumer, it was tough, especially at the beginning. Now that it has been 6 months, I have to say that miss it, and I don't miss it. I am privileged to still have access to various streaming services, so I am not necessarily watching any less TV or being more productive per se. However, the unexpected outcome from this change is that I became more aware of how I make choices and prioritize things. Rather than just turning on the TV and watching whatever is on while getting ready or folding laundry, I am making deliberate choices all the time.

As many women of color professionals have shared, we often are asked to serve on multiple committees and take on mentoring responsibilities more than others. We often say yes because we understand the importance of having feminist and diverse voices on these committees to influence important decisions in our organizations, and we want to pay it forward by working with

young professionals and students. I confess that I sometimes (or a lot of times) feel guilty saying no. However, in the last couple of months, as I became better at making choices of which show to watch while getting ready in the

"[I want] to make decisions based on my values and not based on feelings of guilt."

morning, I realize that I am not taking this deliberate approach in my professional life. I love learning, so I say yes a lot. What I am working on is to be thoughtful about my decisions and to make

decisions based on my values, and not based on feelings of guilt. I am certainly still working on it, but who knew that not having cable would turn out to be a great way to learn how to be mindful and make deliberate choices.

As I reflect on my professional experiences, I realize that



the most gratifying experiences are the ones in which my values align with those of the organization, when I serve with a sense of purpose, and when I enjoy (and often can't wait to have) the company of my colleagues. I have experienced all of the above in Section 5. Since the Section's official establishment in 2009, we have grown from a handful of members to a young section with more than 200 members. We now have a Facebook page, a website, and our coordinator has conducted 4 Conversation Circles using Google Hangout on topics such as internship applications, job search, applying for graduate school, and sustaining ourselves (and you can watch these anytime on our Section YouTube Channel). This year we also established a Student Task Force, an Early- and Mid-Career Task Force, and we held our fourth Spring Southern California Social with more than 25 professionals and students in attendance. None of this would be possible without the dedication and commitment of our mentors, members, and officers.

This year at the APA convention, our section's conversation hour on Friday (5-5:50 pm) discusses the

promises and challenges of intersectional research among Asian American and Pacific Islander women, and on Saturday (10-10:50 am), we will have a conversation about achievements and challenges in mentoring relationships for API women. At the SPW/APW Hospitality Suite Section 5 Award Reception on Friday (11-11:50 am), we will honor the 2014 Pioneer Award's recipient Christine Yeh and Distinguished Mentor Reiko True. At the AAPA convention, our section will present an interactive session on AAPI students and advocacy in research, practice, and service. We look forward to seeing you at these events!

I look forward to seeing you in Washington, DC, old friends and new friends! If you want to join the conversations right away, please check us out at our Facebook Page, Psychology of Asian Pacific American Women – Division 35: Section 5, <https://www.facebook.com/groups/233718493333300/>, our section website <http://division35section5.weebly.com>, or email me (ytsong@fullerton.edu) or any of our EC members. Our updated section listserv is underway and will be announced as soon as it becomes available.

A Message From President-Elect

Khanh T. Dinh

2014 marks my second year as President-Elect of our dynamic Section 5 of Division 35. It has been a full year of activities, from participating in the Executive Committee conference calls, working with our President, Yuying Tsong, Past President, Diane Hayashino, and other wonderful members, to attending the mid-winter meeting of Division 35 in Columbus, Ohio, to co-chairing with Phi Loan Le our Section's inaugural Early-Mid Career Professional Taskforce, to now preparing for APA Convention in Washington, DC. I look forward to seeing many Section 5 members in DC and to further develop our connections and camaraderie – of course, we must do it with lots of good food and drinks!

I have been thinking about feminism and misogyny – not in the same category, of course, but addressing misogyny requires a feminist stance and analysis. I think about these issues as often as I think about food, if not more, because every day, women and girls everywhere are constantly reminded, via all sorts of assaults, that they matter less than their male counterparts. For so many of us, it is so exhausting to not only experience it in our own lives within our own communities but also to see other females in the United States and around the world facing misogyny and

violence. It is so exhausting to hear people defining feminism as “man-hating” and so disappointing to hear many women agreeing with this definition. We so easily forget or absolutely do not want to know what happened in the past and we so easily ignore the continuing gender injustice that is happening in the present. Wanting to create a just world that does not devalue a human being because of gender characteristic or identification (and other “isms”) is not about hating men. In the words of bell hooks, “feminism is a movement to end sexism, sexist exploitation and oppression.”

In thinking about feminism and misogyny, I cannot ignore the fact that there is much sexism and misogyny within many AAPI communities and within many Asian cultures, both here in the U.S. and around the world. There is still so much work to be done but I take comfort in knowing that I am not alone and that many of us within and outside Section 5 are also paving the way for a more just world.



Meet the 2014 Section 5 Executive Committee!

Yuying Tsong
President



Khanh T. Dinh
President-Elect



Diane Hayashino
Past President



Catherine Hsieh
Treasurer



Phi Loan Le
Awards Chair



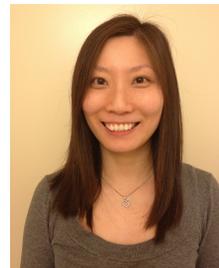
Yuki Okubo
Secretary &
Awards Chair



Ivy Ho
Membership
Chair



Priscilla Lui
Program Chair



Jennifer Chain
Coordinator



Sherry Wang
Membership Team



Vanessa Li
Membership Team



Bonny Chang
Newsletter Editor



Zhen Cheng
Student
Representative



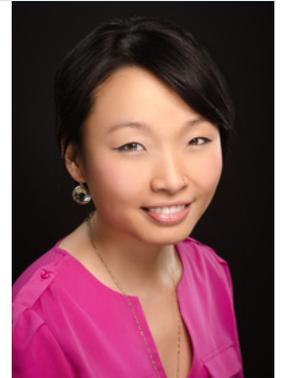
Life After Graduation: Reflections on Postdoctoral Career Decisions

	Denise Kwok	Sherry Wang	Natasha Thapar-Olmos
What did you do the year after you graduated?	I was a Learning Specialist focusing on educational psychology with Student Athletes at USC. I was focused then on working with a population I enjoyed and obtaining my postdoctoral hours for licensure.	I was a tenure-track assistant professor in the Counseling Psychology program at the University of Southern Mississippi.	I was a clinical postdoc at Harbor-UCLA Medical Center. My track was Psychosocial Rehabilitation/Correctional Psychology.
How did you come across that opportunity?	I had been a tutor and learning assistant in the Student Athletes department as a graduate student and really enjoyed my work there. I had great relationships with the staff and when I graduated, they asked me to come on board full time. They were able to help me work out postdoc supervision and hours, which were important to me in deciding to take the position.	I applied to academic positions so that I could continue to pursue research, clinical work, advocacy, and teaching. I specifically applied to places where I could 1) continue my studies examining ethnic/racial minority mental health, 2) teach multicultural courses promoting multicultural counseling and social justice and advocacy, and 3) mentor a range of students from undergraduates to masters- and doctoral-level students.	I learned about the postdoc after talking to colleagues and peers during my internship year. There were several other postdocs in my cohort, with specialties in other areas like CBT/DBT, Behavioral Medicine, and Neuropsychology.
What motivated you to go in that direction?	Although my research was in Asian American families and mental health, I really enjoyed the work I did with academically at-risk Student Athletes. I was fortunate to work in the Disability Services and Programs office and had a field placement in Psychoeducational Testing. These placements were critical in shaping my career path. I also had great mentors who shared a passion for this type of work and inspired me to continue on in this area.	In my scientist-practitioner training, I learned to juggle many professional roles, from being a student, to researcher, clinician/supervisor, and graduate assistant. I genuinely enjoyed each of the roles because they all seemed to be contributing to society in their own way. So it felt natural to continue to wear these multiple hats -- and to add to my collection by mentoring students and following in the footsteps of those before me!	I was certain that I wanted to be licensed so that narrowed my options to settings where I could accrue hours. Within those settings, I prioritized sites that also offered some opportunities for teaching and clinical research. My postdoc offered great teaching opportunities, but not much research.
What was challenging about the decision-making process?	I felt my options were broad (academic, counseling center, private practice, applied psychology), but felt that whatever I decided would determine my "fate" and I would not be able to make a change mid-career if I wanted to. The position I took at Student Athlete Academic Services ended up being a great fit for me both in terms of lifestyle and professional interest.	The sheer amount of freedom and opportunities available to me. It was the first time I realized I could make decisions based on "what do I want to do?" vs. "what am I capable of doing?" It was liberating and terrifying at the same time! I had to do some soul-searching by asking myself what would make me happy, rather than doing what would look best to others.	Feeling like my postdoc would limit options for future jobs, because I wasn't going into a research postdoc but I was still considering academia as a career path. The options I had at the time were clinical vs. research postdocs, very few sites offered my ideal balance of both.
Looking back, how would you have approached the process differently?	Looking back, I don't think I would have viewed the process differently. Personally, I view every choice as one that leads us to where we are meant to be. I don't know if I will be in this profession forever, but I do know that my training in psychology provides me a solid foundation to explore many options and to transition if I need or want to in the future.	Leaving the city life I had always wanted felt heartbreaking and absolute. While it was certainly a loss, I have realized that my departure was not as final as I had catastrophized. Being in academia has given me flexibility and the ability to organize conference trips, trainings, and vacations to visit places (old and new) and interact with people who fuel me professionally and personally.	I think I did a good job of navigating the process, thanks to supportive peers, mentors, and family members. One thing I have learned about our field is that there is a lot to learn from any training opportunity, so keeping that focus helped me feel like I was growing even if the situation itself wasn't ideal.

Expanding the Definition of a Pioneer

Jennifer Chain, M.S.

2013 Section 5 Pioneer Award Recipient



I feel honored to receive the Pioneer Award from Division 35, Section 5. As a child, I never thought that the word "pioneer" could be applied to women, and to women who looked like me. I immigrated to the U.S. from China at ten years old. One of the first lessons in my 4th grade American class was about the early colonists of the American west. I remember learning about brave and gritty men setting out to explore and settle in unknown territories, fight Indians, make sacrifices, and overcome incredible obstacles to create the great country that we know today as America. These were the pioneers, I was told. This image of a pioneer was firmly imprinted in my mind for the next eight years: a young White man with a full beard, wearing a weather beaten hat, tall boots, and holding a musket or a shovel in his hand. People of color in this time period, when they did appear in the books and movies, were portrayed as savage, conniving, evil, and subhuman - the antagonists in every story.

I never questioned this status quo until I attended Smith, a women's college located in the Pioneer Valley of Massachusetts. At Smith, I began to uncover the dark history of the early pioneers, of the genocide and oppression that were enacted by the White settlers and their legacy of racism, classism, sexism, and religious oppression that still permeates the U.S. society today. I also began to expand my definition of a pioneer to include women, in particular women of color. A pioneer is an explorer, a trailblazer, a person who is the first to venture into unknown territory; a pioneer launches, spearheads, leads, and creates. By this new definition, I can now include many men and women in history and in my own life who were trailblazers. These individuals opened the way for me to be here today: living in America, possessing an American citizenship, beginning my fifth year in my doctoral program in counseling psychology at the University of Oregon.



Located in the center of the University of Oregon campus is a statue of a pioneer that looks exactly like the pioneers of my childhood. I walk by it almost every day and think about all the pioneers in my life who look nothing like this. I would like to challenge and expand upon this status quo by offering a different image of a modern day Asian American feminist pioneer. Unlike the colonists, this person's story begins in a small apartment in Chinatown, the international arrival terminal of JFK airport, the English as second language classroom of a middle school, a refugee camp. This person is somewhere on the gender, age, ability, sexual orientation, socioeconomic, faith, and education spectrum.

Unlike the tales of the Wild West that highlights the fierce independence of the early settlers, this person's story speaks to the inter-dependence of communities and the interconnectedness of generations. She is wearing a stethoscope around her neck, representing her work as a doctor in a male dominated field - my grandmother; she is holding a visa in her hand, representing her immigration to the U.S. - my mother; he is standing in front the Men's Center, representing his work with men to address sexual violence against women - my mentor John Phan; she is holding a picture of students, friends, and family members, representing all the people that she took time to care for while getting her Ph.D. - my friend Leakhena Heng.

These Asian American feminist pioneers often go unrecognized and their names may never appear in history books, but they are changing history nonetheless. They are undoing the system of oppression that the White colonists had established four hundred years ago. They are the protagonists in my story and they inspire me to continue to serve my community and fight for social justice every day.

Announcements & Celebrations

2014 Division 35 Section 5 Pioneer Award

Dr. Christine J. Yeh
Pioneer Award Recipient



Dr. Yeh is a Professor in Counseling Psychology at the University of San Francisco (USF). She was previously an Associate Professor at Teachers College, Columbia University for 8 years. She is a Taiwanese-American feminist and activist who has a long track record of mentorship to numerous Asian American, Pacific Islander, and Native Hawaiian girls, young adults, and women. Her previous mentors include Professor Carol Gilligan and Drs. Hazel Markus and Theresa LaFromboise. Dr. Yeh's scholarly interests focus on (1) intersections of gender, culture, and socioeconomic status in experiences of structural, institutional, and personal discrimination and racism and (2) the development and evaluation of collaborative, culturally responsive, anticolonial programs for historically targeted youth of Color. Her research contributions have been in close collaboration with Asian American, Pacific Islander, and Native Hawaiian youth almost entirely middle and high school female students. Her deep passion for mentorship and community service is exemplified in her previously receiving the USF Mentor of the Year Award, the APA Division 17 SERD Community Service Award, and The Okura Community Leadership Award from AAPA. She is the recipient of several academic honors and awards including four Outstanding Research Awards (from APA, ACA, and AERA (2)), five Outstanding Teaching Awards from Columbia University, and Fellow status in AAPA.

Dr. Reiko True has worked tirelessly throughout her career and has made an exceptional amount of contributions to the field of psychology. Dr. True attended the California School of Professional Psychology in Berkeley. She has devoted herself to the advancement of minorities over a span of 25 years and her commitment has yielded great improvements. She played an active role in the creation of the Asian American Community Mental Health Program in Oakland, California. After becoming the first female director of Mental Health, Substance Abuse and Forensic Services, she demonstrated the importance of creating multicultural focused programs and generating programs for women with children. After the Kobe region of Japan experienced an earthquake in 1995; she traveled abroad as a Fulbright Senior Scholar and established a program that provided mental health services to disaster victims. More than a decade later, Dr. True led the Clinical Psychology Master's Program in Tokyo, Japan for the California School of Professional Psychology. Today Dr. True practices in San Francisco, providing services to those who are unable to speak English, as well as minorities residing in Japantown. She is a recipient of prestigious awards such as the 2003 Lifetime Award from AAPA. In 2001, she was recognized as an Outstanding Alumna by the Japanese American Women Alumnae of UC Berkeley (JAWAUCB) of the California Alumni Association. She also served as an officer for Section 6 of Division 12 as a Mentor Awards Chair. From 1997 to 1999, Dr. True served as President of AAPA. During this position, she designed mentoring initiatives to aid Asian-American women. Throughout her career she has diligently mentored Asian-American women and served as an advocate for the Asian-American community. Her dedication to the advancement of the minority population has remained the driving force of her career and is the reason she is recognized internationally.

Dr. Reiko True
Distinguished Mentor



Announcements & Celebrations

APA and AAPA 2014 Events

AAPA Interactive Session // AAPI Students and Advocacy in Research, Practice, and Service: Challenges and Opportunities

Wednesday, August 6

George Washington University (details TBD)

Section 5 Conversation Hour // Promises and Challenges of Intersectional Research Among Asian American and Pacific Islander Women

Friday, August 8, 5:00-5:50 pm

Washington Convention Center Room 156

Section 5 Award Reception & Business Meeting

Friday, August 8, 11:00-11:50 am

Division 35 Hospitality Suite

Division 35 All-Section Conversation Hour // Achievements and Challenges in the Mentoring Relationship for API Women

Saturday, August 9, 10:00-10:50 am

Washington Conversation Center East Salon-C

Section 5 Social Hour // All are welcome!!

Ping Pong Dim Sum: 900 7th St NW, Washington, DC 20001

Saturday, August 9, 11:30 am-1:00 pm

Connect With Us!

- ◆ Join the Section 5 **Facebook group**:
<http://tinyurl.com/SPW-S5>
- ◆ Check out our **new website**:
<http://division35section5.weebly.com>
- ◆ Join our **Feminist Conversation Circles**:
Each month, we interview a group of Asian Pacific American feminists on topics focused on Asian Pacific American women in psychology. Summaries and videos of previous conversation circles can be found on our website.

Let's Celebrate!!!

- ◆ Debra Kawahara was elected to AAPA Fellow status.
- ◆ Yuying Tsong received the 2014 Division 45 Emerging Professional – Contributions to Service Award.
- ◆ Priscilla Lui received the Distinguished Student Practice Award from Division 12 Society of Clinical Psychology.
- ◆ Catherine Hsieh was selected for the 2014 APA Division 17 (Society of Counseling Psychology) Leadership Academy. Check out her Leadership Academy presentations at APA:
 - *Development of a Treasury Resource Guide*, Friday, August 8, 1:00-2:50 pm in SCP Hospitality Space Rm B103 at Mt. Vernon Place United Methodist Church
 - *Leadership Academy Conversation Hour*, Saturday, August 9, 10:00-10:50 am in Convention Center Rm 160
- ◆ Zhen Cheng received a quarter million dollar grant from the John Templeton Foundation. She is a co-investigator on a psychological research project examining religion and cognition.
- ◆ Bonny Chang received her Ph.D. in Counseling Psychology from Texas A&M University.

August 2013: Section 5 Meeting at APA Convention



April 2014: Section 5 Southern California Spring Social



March 2014: Counseling Psychology Conference in Atlanta, GA

