

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

Khanh T. Dinh, Ph.D.

2015 marks my first year as President of our dynamic Section 5 of Division 35 and it is an honor to be leading our section. I am happy to be following in the footsteps of our previous presidents, including Phi Loan Le, Diane Hayashino, and Yuying Tsong. We have a fun and energetic group of Extended Executive Committee (EC) members dedicated to the work of Section 5, including membership recruitment and retention, program and presentation submissions for AAPA and APA in Toronto, budget requests and expenditures, regional social events in California and Massachusetts, public relations outreach via our website, listserv, and Facebook accounts, student taskforce, early/mid-career taskforce, annual newsletter, policy handbook, awards selection, nominations and elections, and various other tasks and initiatives. I want to shout out a very special "thank you" to all these extended EC members for their work and dedication to Section 5!

**"We Are AAPI Feminists:
Hear Us Roar!"**

I am happy to announce that the theme of my 2-year presidential term is: **"We are AAPI Feminists: Hear Us Roar!"**

Please "roar" with me in any way you wish as we work together to advance the goals and missions

of Section 5, and this includes giving voice to the life experiences of AAPI women and girls. I look forward to seeing current and new

members in Toronto in August for AAPA and APA conventions and hope many of you can "roar" with me on 8/7/15 in the Division 35-SPW/AWP Suite from 2:00-4:00pm for our 2-hour gathering to meditate, honor Pioneer awardees, belly-dance, and connect with one another. We also will have a social hour from 4:30-7:00 pm following the Suite program at a nearby restaurant



(TBD) so hope you can join us in this event as well.

One of the new initiatives I hope to establish in 2015 and 2016 is fundraising, including donations from members, to help establish a funding program, both in the short and long-term, for travel awards to support student and early-career members, as well as other important initiatives. If financially able, I hope you will join me in making a donation, in any amount, to Section 5 so that we can provide some support to our student and early-career members because they represent the next generation of AAPI feminist psychologists.

2015 is also a particularly significant year for me personally. It marks 40 years since my coming to the United States, in the aftermath of the Vietnam War. I was a child refugee then, trying to adjust to the "American" life – it seems like another lifetime. It has been an emotional experience to re-see the various

images of the Vietnam War and the refugee exodus depicted in the media during and around the 40th anniversary, and to remember the many losses, not just of my own but also of others. So many millions of lives were diminished or affected because of an unjust war that was directly linked to Western colonialism and imperialism. So much destruction resulted because of oppression – an ugly side of humanity and our false need for conquests and superiority. We know oppression harms everyone and everything. Nonetheless, as I reflect on the past 40 years, I have much gratitude for my life and the many people who have helped me along the way – a beautiful side of humanity and our true need for support and connection. And now as president of Section 5, I have much gratitude for the sisterhood of our section and the contributions of its membership. I also have much gratitude for the past and present contributions of all feminists.

A Message From President-Elect

Catherine Hsieh, Ph.D.

The words "full circle" come to mind as I reflect back on the past year of personal and professional endeavors. My involvement with Section 5 began in 2009 at the Annual APA Convention in Toronto. I was a graduate student at the time, and I was trying to navigate the APA Convention world while searching for opportunities to connect with other Asian American psychologists. I browsed through the convention program book page-by-page (this was before I had a smartphone, of course) and stumbled upon Section 5's symposium. The panel of Asian American feminist leaders of Section 5 inspired me, so I decided to muster up the courage to attend the business meeting. I remember finding my way to Division 35's Hospitality Suite and being welcomed by our founding leaders, Phi Loan Le and Jean Lau Chin. Little did I know at that time of the important role that Section 5 would play in my professional development.

Six years later, the annual APA Convention returns to Toronto. I am deeply honored to serve as the incoming president of Section 5 and to continue to work with the amazing feminist leaders of the Executive Committee. Under the leadership of our past presidents, Phi Loan Le, Diane Hayashino, Yuying Tsong, and our current president, Khanh Dinh, Section 5 has grown tremendously into an active and prolific organization advocating for Asian American feminist issues and creating a community for Asian American feminist psychologists and psychologists-

in-training. In addition, I am grateful for the work of our Extended Executive Committee members who are spearheading projects to meet the needs of students and early and mid-career psychologists.

On a personal/professional note, I recently returned to my alma mater, University of California Irvine (UCI), and joined the team at the Treatment Center as a senior staff psychologist. It was the nurturing environment at UCI that helped me articulate my identity and experience as a Taiwanese American woman throughout my undergrad years. This academic community also provided me with the mentoring needed to propel my career as a psychologist. On my first day back on campus, I felt like I had returned home from a long journey of exploration and growth. I feel incredibly humbled to be able to give back to this community that gave me so much.

Like a mentor once said to me, "Full circle is a beautiful thing." I am excited to give back to our community of Asian American feminist psychologists in my new role with Section 5. I look forward to seeing old friends and meeting new people. I hope you will continue your involvement with our community. Please feel free to connect with us both online and in-person at our regional and national gatherings.

Introducing the 2015 Section 5

Extended Executive Committee



Khanh T. Dinh, Ph.D. | President

Khanh is a Professor of Psychology at University of Massachusetts Lowell. Her research interests include adjustment and well-being of immigrant individuals and families, diversity, and effects of discrimination.



Catherine Hsieh, Ph.D. | President-Elect & Treasurer

Catherine is currently a senior staff psychologist at University of California, Irvine Counseling Center. Her interests include the cultural context of coping, Asian American feminist issues, working with international students and undocumented students, and mentoring and clinical supervision.



Yuying Tsong, Ph.D. | Past President

Yuying is an Assistant Professor at California State University, Fullerton, at the Department of Human Services. She is the past-president of Section 5 and currently the 2017 National Multicultural Conference & Summit Program Coordinator.



Yuki Okubo, Ph.D. | Secretary & Awards Committee

Yuki is an educator and a researcher. She enjoys cooking, coloring and playing board/card games in her free time.



Bonny Chang, Ph.D. | Newsletter Editor

Bonny is a postdoctoral psychology fellow at A&M Christian Counseling Center in Bryan, Texas. She enjoys dip pen calligraphy, watercolor, and paper crafts.

Meet the Extended Executive Committee



Linh Luu, M.S. | Graduate Student Committee - Student Representative

Linh is a Counseling Psychology doctoral candidate at Lehigh University. She identifies as a third culture kid and has not ever in her life lived in one city for more than 7 years!



Tiffany Chang, M.S. | Graduate Student Committee - Student Representative

Tiffany is a Counseling Psychology doctoral student at Indiana University Bloomington. Her research interests focus on the mental health of Asian Americans and international students and the intersectionality of race/ethnicity, gender, and sexual orientation.



Sherry C. Wang, Ph.D. | Membership Chair

Sherry's scholarship is rooted in advocating for the voices of underrepresented groups (e.g., ethnic minorities, immigrants, refugees) to address health disparities and intersectionalities. She co-directs the Research Initiative on Social Justice and Equity and leads the Health and Ethnic Racial Disparities research team.



Vanessa Li | Membership Chair

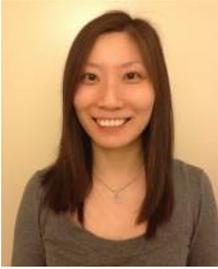
Vanessa is about to start her fourth year at Adelphi's Clinical Psychology PhD program. Her dissertation research is pilot-testing an anti-stigma intervention within the Chinese immigrant mental health consumer population in New York City.



Phi Loan Le, Psy.D. | Awards Committee & Procedure and Policy Committee/Herstorian

Phi Loan is currently a training director for the internship program at Santa Ana College.

Meet the Extended Executive Committee



P. Priscilla Lui, M.A. | Program Committee

Priscilla is a graduate student in clinical psychology at Purdue University and currently a predoctoral psychology intern at the McGaw Medical Center at Northwestern University.



Jennifer Chain, M.A. | Public Relations Co-Chair

Jennifer is a predoctoral intern at the University of Oregon Counseling and Testing Center. Her research and clinical interests include the academic resilience of ethnic minority, immigrant, and international students.



Shihwe Wang, Ph.D. | Public Relations Co-Chair

Shihwe is a Licensed Psychologist and a researcher at the Bedford VA Hospital in Massachusetts. Her current research projects include yoga for chronic pain, peer providers, and psychiatric rehabilitation.



Ivy K. Ho, Ph.D. | Research Collaborations Coordinator

Ivy is an Associate Professor of Psychology, and Co-Director of the Center for Asian American Studies at UMass Lowell.



Diane S. Hayashino, Ph.D. | Student Task Force Mentor & Procedure and Policy Committee/Herstorian

Diane is a staff psychologist and training director at Counseling and Psychological Services at California State University, Long Beach. She lectures in the graduate program in Educational Psychology, Administration and Counseling at CSULB.

AAPI Feminism: The Six Word Challenge

Inspired by the *Race Card Project*, we asked each of our Extended Executive Committee members to describe Asian American Feminism in 6 words. Here's what we came up with!

Daring greatly while seen as invisible

Brown eyes, black hair, and powerful

The Other: a Matter of Perspective

Strong resilience against oppression and invisibility

An authentic thriving powerful quiet storm

AAPI Feminism....It's the real thing

Not satisfied with the status quo

We are badass in many ways

Visible and audible as I choose

Empowerment through the exchange of narratives

Fierce and perfectly imperfect Asian women

Tough but necessary to collectively participate

Not angry/shy/exotic, just me

Constantly juggling tradition and modernity

Feminism looks different but equally powerful

All I Do Is All I Am

I am a Woman—first & Foremost--
Indian born. American bred.
I like bright colors. I speak softly.
My smile is big. My tears are real.
I laugh to hold sadness.
Technique du jour: Reframe.
Clichés my coin; humor my tool.
That's not all I do. All I am.

I am a Daughter—footloose & Fancy-free—
I'm sorry. I texted: going to be late.
I'll call you a bit after eight.
Can't go to auntie's daughter's wedding.
What is she still studying?
When is she going to finish?
Who is going to marry her?
That's not all I do. All I am.

I am a Sister-Friend—fierce & Formidable--
Bridal showers and birthday parties
You want ME to be her Godmother?
Kicking. Screaming. Crying. Burning.
You're better off without him/her/cis/zer!
Midnight Skype calls with expatriates
Coffee carts and tea bags with milk.
That's not all I do. All I am.

I am a Student—fully & Forever--
Days drowned in psychodrama
Nights laced in books and bourbon
Research is Me search. Isn't it?
Sample: 2nd gen, Indo-American women
Subject: feminist identity development
Secret: IRB approval pending
That's not all I do. All I am.

I am a Clinician—feminism & Freud--
Whirlwind of words, torrent of pain
Affect abated, cognitions contained
Torn by ambivalence, I connect.
Reconnect. Disconnect. Refrain.
Abandon. Explore. Reclaim.
The past is present; future unknown.
That's not all I do. All I am.

By: Mili Thomas



Mili's poem was selected as our favorite response to our prompt: "How do you integrate feminism in your profession?"

Navigating **Silence and Voice** as an Asian American Woman

Dr. Christine J. Yeh
2014 Section 5 Pioneer Award Recipient



"If you could have any superpower in the world, what would it be?" Well, when I was 10 years old, my fifth grade teacher asked our whole class this question. As you could imagine the answers were quite predictable—I want to be able to fly. I want to shape shift, I want X-ray vision! I thought about being invisible as a superpower but as a person of Color in a predominantly white, school in suburban Pennsylvania—I already felt invisible most of the time, so I crossed that one off the list. Everyone in the class had answered but me. So when the teacher asked me the question one last time, I thought for a long time and decided to tell her the truth. I bowed my head, and said quietly, "for my superpower I want to be able to find my words: to know what to say and how to say it."



In fact, this was the first time I had spoken up in class as words had never come easily to me. As an Asian American girl growing up in a traditional Taiwanese household with immigrant parents, being silent was a mandated part of my identity and expected role as a daughter. Being silent was a way to show respect to my elders and filial piety to my parents. I was also very quiet in school, too afraid to speak up. In fact, there is a saying in Chinese culture that you *should* be silent in the classroom because if you ask the teacher a question, it means that the teacher did not explain the material adequately.

I came to think of silence as my strength, my superpower. When my family was teased with racial slurs for being the only Asians at my school and in my neighborhood, suffering in silence revealed my resilience and strategic interactions—it was a true sign of maturity. I believed that speaking up would only make matters worse.

From these experiences, it is easy to see why working *with* communities to break silence is a personal challenge and a professional passion. Watching my mother and aunts struggle to communicate in English (their 4th language) provided me with a deep respect and tremendous appreciation for their immigrant experience. The daily slights they encountered and their attendant feelings of invisibility inspired me in many ways to fill their silence; to find the words that they could not express and to take action when they felt immobile.

Receiving the Division 35, section 5 Pioneer Award was incredibly meaningful to me because it reminded me of the community of women pioneers who have supported and inspired me throughout my life and career. I was also reminded of how my Asian Pacific American feminist mentors have embodied different notions of what it means to be a feminist that interrogate white, predominantly European American, middle-upper class assumptions. (Continued on Page 9)

Navigating **Silence and Voice** as an Asian American Woman

Dr. Christine J. Yeh
2014 Section 5 Pioneer Award Recipient



Continued from Page 8

Perhaps my most impactful role model is my mother, Lillian Yeh, whose strong silence reminded me of my own struggles with silence and voice. In fact, I see my mother's use of silence as an act of resistance against oppressive structures, microaggressions, cultural racism, and assimilationist practices. But when my mother did speak out and share her voice, her words were powerful, rooted in history and experience, and inspiring to hear. She encouraged me to pursue a graduate degree in psychology and I began to investigate the relatively new field of Asian American psychology.

In 1990, I read Dr. Reiko True's seminal piece in *Sex Roles* titled, "Psychotherapeutic Issues with Asian American Women" and immediately it situated my work in a larger vision for equity and it eventually convinced me that I needed to pursue my doctorate in the Bay Area (where Dr. True's work was focused). Hence, the Pioneer Award represents my shared mission for co-creating equitable conditions for historically targeted groups including women/girls of Color, immigrants, refugees, and undocumented students. Oftentimes these groups are blamed for not speaking up or not speaking clearly. But it is also clear to me that the systems around them need to ask better questions, become better listeners, and be prepared for what they have to say.

Silence is both a cultural strength and a symbolic form of oppression. The vision I have for building

relationships, engaging communities, and breaking silence, I believe is possible because of the many stories that have been shared with me from the communities and generations of women I have had the privilege of partnering with and learning from.

So a few years ago, my daughter Lark was asked by her 5th grade teacher. "If you could have any superpower in the world, what would it be?". I asked my daughter, "What did you say Lark?" She said, "Well, everyone wanted to fly, shape shift, and be invisible, you know, the usual stuff...but I wanted to be able to travel in time." "Wow, travel in time—well, where would you go Lark?" She looked me in the eyes and said confidently and without hesitation. "Mama, I want to hear Martin Luther King Jr. give his "I have a dream" speech.'

I wanted to tell my daughter how amazing this response was and how I was so proud that she was this strong 10 year old advocate that I couldn't be at her age—but I couldn't find the words. But in my heart, I knew that she was my legacy, the way that I was my mother's. That if we aren't the ones with the loud voice and that if we aren't the ones that speak out, that our purpose is to partner with others to amplify their voice. I am so grateful for the mentorship and guidance I have received from past, present, and future generations of Asian American feminists.

2015 Section 5 **Pioneer Awardees**

Distinguished Pioneer Awardee



Dr. Phi Loan Le

Born in Saigon, Dr. Phi Loan Le came to the U.S. as a refugee with her parents and four siblings at the end of the Vietnam war. She went through her formative adolescent years as a 1.5 generation Vietnamese American. Her upbringing could be described as traditional and collectivistic, with occasional infusion of covert feminist values from her mother. Being the "quiet rebellion", as her Mom called her, she decided to pursue neither medicine nor engineering at the end of her third year as an undergraduate at UCLA but chose psychology instead. Thus began her journey of becoming a "student of the heart", a Vietnamese equivalent of a "clinical psychologist". Many years later, she is now doing what she loves and her family has somewhat come to terms with her not being the "real doctor". Currently, Phi Loan is a CA licensed psychologist and a training director of the APPIC doctoral internship program at Santa Ana College.

Her professional passions include of multicultural psychology, social justice, women issues, grief work, and training/supervision. Her personal passions are her daughter Maya and her son Joaquin, her life partner, and family and friends. Through all the joys and challenges of her daily encounters, she hopes to continue to grow and stay grounded in her identity as a Vietnamese American woman who is a feminist psychologist.

2015 Section 5 **Pioneer Awardees**



Linh Luu, M.S.

2015 Pioneer Awardee

Linh is a doctoral candidate in Counseling Psychology at Lehigh University. She is looking forward to starting her pre-doctoral internship at the University of Memphis Counseling and Testing Center starting in August. As a feminist, an API woman, and a third-culture kid with much experience living in different cultures, she has a special interest in social justice advocacy and multicultural issues and often integrates multiculturalism and advocacy in her counseling and scholarly work. She is also very passionate about women's and racial ethnic minority issues, as well as training and supervision.

Dr. Asuncion Miteria Austria

2015 Distinguished Mentor for Pioneer Awardee

Dr. Asuncion Miteria Austria is a distinguished leader for women in psychology and has made outstanding contributions to education and training and to the delivery of psychological services to women through her teaching, writing, administrative leadership, mentoring, and guidance for their professional careers. At Cardinal Stritch University, she was a professor, chair, and director of Clinical Training, Founding Chair and Director of Clinical Training Graduate Program in Clinical Psychology from 2000-2012 and is currently a Professor Emerita of Psychology. She has been the recipient of numerous honors and awards, including the 2014 Sue Rosenberg Zalk Award for Distinguished Service, Society for the Psychology of Women (SPW), the 2009 Okura Community Leadership Award from the AAPA for "leadership, scholarship, and dedication" to the Asian Pacific American communities, the 2007 APA Presidential Citation "for her lifelong devotion to multiculturalism", and the 2007 Distinguished Elder/Senior Psychologist Award from the APA National Multicultural Conference and Summit.



Dr. Austria is a Fellow of 5 APA Divisions and is Chair of the Fellows Committee of SPW, Chair of the Finance Committee as well as the Governance Committee for APA Division 45. She is the current chair of the Sue Rosenberg Zalk award. As one of the most dedicated, respected and longest-serving members of SPW's executive committee, she has provided invaluable mentorship and support for the formalization of Section 5.

Section 5 @ AAPA and APA Toronto

Wednesday, Aug 5

Women of AAPA Raising Our Voices
AAPA Convention (Victoria University in the University of Toronto)

Thursday, Aug 6

1:00 - 1:50 pm
Intersections Meeting – gathering of all Division 35 Sections 1, 3, 4, 5, & 6 (Division 35-SPW/AWP Hospitality Suite)

Friday, Aug 7

11:00 - 11:50am
Intersectionality: How Race/Ethnicity Intersects with Other Important Identities to Uniquely Impact Clinical Practice, Research, and Policy (Division 35-SPW/AWP Hospitality Suite)

Join us for our Suite Programming Hours & Social Hour!

2:00 – 4:00 pm
Suite Programming Hours (Division 35-SPW/AWP Hospitality Suite)
Agenda: Introductions of potential/new/current members, meditation mini-workshop, awards/recognition ceremony, belly-dancing, eat/drink/talk/laugh

4:30 – 7:00 pm
Social Hour (nearby restaurant TBD)

Saturday, Aug 8

9:00 - 9:50 am
Giving Voice to Wartime Trauma – AAPI Women Claim Their Narratives (Convention Center, Room 202C)

9:00 - 9:50 am
Experiences of "Isms" by AAPI Women in Leadership Roles (Convention Center, Constitution Hall 105)

Celebrations!

- Khanh Dinh will be on sabbatical for Fall 2015.
- Catherine Hsieh started a new job in Fall 2014 at University of California, Irvine Counseling Center and moved to Long Beach, CA with her corgi, Tomos.
- Shihwe Wang went downhill skiing last winter and fell in love with it!
- Jennifer Chain successfully defended her dissertation this year.
- Ivy Ho started strength training. Her goal is to look like Michonne in *The Walking Dead*.
- Linh Luu is moving to Memphis, TN for her pre-doctoral internship this summer.
- Vanessa Li is excited to start her next externship at Bellevue's Adult Inpatient in July.
- Priscilla Lui is very excited to embark on the last trip of her graduate training during the internship year in the Windy City. She is honored to be the recipient of the 2015 A. Toy Caldwell-Colbert Student Contribution Award from Division 45.
- Sherry Wang will be leaving her tenure track position at the University of Southern Mississippi to join Santa Clara University's Counseling Psychology program as an assistant professor in Fall 2015!
- From Phi Loan Le: Santa Ana College recently went through an APA-accreditation site visit for the first time!
- Yuki Okubo will be starting a new job at Salisbury University in MD in August, and will be moving from California back to East Coast.

Connect With Us

Become a member

<http://www.apadivisions.org/division-35/sections/sectionfive/membership-information.aspx>

Join the Facebook group

<http://tinyurl.com/SPW-S5>

Visit our website

<http://division35section5.weebly.com>