

SUMMER 2023

The Asian Pacific Women's Connection

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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EDITORS
LYDIA HARIM AHN & YUE LI



Presidential Address

At the age of 55 I can hardly believe so much of life is behind me. In reflecting on my lived experience as a feminist, it has always centered on the awareness and desire to be treated like a whole human being. I wanted to be loved, cared for, and respected as a person equal to a man. But not just any man... a wealthy white Christian man. I saw my father denigrated for being an immigrant Asian man, one who was neither educated, Christian, nor wealthy. From a young age the intersectional pecking order in American society was evident in the class hierarchy, race and nativity hierarchy, and gender hierarchy. Television and school made me quite aware that wealthy white heterosexual people, men in particular, held power in society; and that wealthy thin white women set the standard of beauty to which many of us would never measure up.

My mother was a feminist without the name. She identified gender inequity in our everyday lives, and yet in some ways she also perpetuated it. She'd say, "Bee Bee! Go put a blanket on your brother" when he was napping on the sofa. I'd comply. When I took a nap, did my brother cover me with a blanket? No, but my mother would. My sisters and I were expected to be good students, not to galivant around with friends, and to learn how to care for others. Sometimes I low-key think those expectations led the girls in our family to become the most highly educated of the children, but my brothers have always made more money than the two of us with PhDs.

Even though my mother wasn't entirely consistent in her 'feminist' teachings, she and dad both insisted that we should demand to be respected in this world. As a result, I have made it a point to stand up to those who demean or denigrate others because of race, class, gender, sexual orientation, religion or just because they can. Anger at systems of privilege and systems of violence toward the vulnerable (girls, women, people with little means, 'yellow' brown and black people) has fueled my feminism. When I was younger some people feared me, and most either hated me or loved me. I was okay with that because the people who loved me were people who agreed that injustice should be fought. Those who hated me were clearly on the 'wrong side' of things...



Susana Ming Lowe, Ph.D.



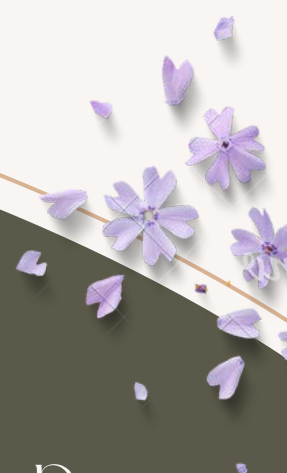
Over the years, my mood and thought processes have shifted toward helping people feel whole. I still get fighting mad at those who perpetrate crimes against individuals and communities; yet my work centers more on cultivating people's understanding of how they and others are impacted by systems of oppression. From having that awareness so much becomes possible. With awareness of how we've internalized white supremacist beliefs, we can then choose to unlearn them, and create an identity free from those limitations. With awareness of internalized patriarchy, we can have conversations about choosing who/when/how we nurture others; we can also reflect on choosing to nurture ourselves as well as forming relationships that are reciprocally nurturing or caring. With awareness of internalized classism, we can take ourselves off autopilot when thinking about who is smart, successful, competent, good. When considering whom we love, examining the internalized heteronormativity and homophobia can free us to love whom we love full stop no apologies. Unpacking religious and/or spiritual doctrine on gender roles, sexuality, views on money, and religious influence/power can help empower us to choose faith that lines up with intersectional feminist values or inject intersectional feminist values into our faith.

I am truly honored to work with the members of Section V, which has been, since its inception in 2008, my professional home. I wish to extend gratitude to all the badass feminists who embody intersectional feminist praxis in their personal and professional lives. Knowing you are out there living and working toward a more just future not just for girls and women, but social justice for all, makes me feel like there is hope.

SAVE THE DATE! Next year, June 14-15, 2024, we will be convening on Oahu, Hawaii, land of the Kanaka Maoli. We have a wonderful team of organizers who are excited to create an experience in community with one another touching on themes of wholeness, on the Asian and Pacific Islander diasporas, and on healing and thriving through a climate of pandemic, Asian hate, mass violence, and global environmental crises.



Susana Ming Lowe, Ph.D.





We also have an exciting program at APA 2023 and hope you will join us at the Division 35 hospitality suite on Thursday, August 3rd, from 3-5pm, after which we will walk together to have our mentor/mentee dinner. Please join us! Section V's program was selected as a feature stage presentation on Friday, August 4th at noon at the Convention center, Level 3, Ballroom C. We hope you can come out to support the Section and earn CE's at the same time!

Last, but certainly not least, I want to extend a warm welcome to new and newer Section V members. Thank you for joining the community! Please share a little about yourselves over the listserv and feel free to post reflections, questions, articles, and suggestions for Section V to consider. There are many ways to get involved and connected in Section V, whether sharing a good meal at a regional gathering, getting together virtually with the early mid-career committee's book club, requesting to be matched to a mentee or mentor, or getting involved in our conference planning... On behalf of the Section, thank you for being here. I look forward to getting to know you and being of whatever support I can. ♦ ♦ ♦

-- Susanna



Susana Ming Lowe, Ph.D.



Meet Your Executive Committee



SUSANA MING LOWE, PH.D.
PRESIDENT

Dr. Lowe is a 2nd generation Chinese American, daughter of a Chinese immigrant father who made passage to the U.S. as a paper son and a Chinese immigrant mother born and raised in British Colonial Hong Kong. She was born in San Francisco, land of the Ramaytush of the Ohlone people. She currently works and resides on Oahu, land of the Kanaka Maoli. She practices psychotherapy with people of diverse racial, cultural, ethnic, gender, and affectional backgrounds and identities.



ANGELA KIM, PH.D.
PRESIDENT-ELECT

Dr. Angela B. Kim is an Associate Professor in the Couple and Family Therapy Graduate Program at the California School of Professional Psychology (CSPP) at Alliant International University, San Diego. She is a 1.5 generation Korean American feminist psychologist who works toward addressing mental health disparities and providing culturally responsive mental health services. She trains and mentors future culturally responsive therapists and has worked with underserved communities to gain and provide access to academic, social, and mental health resources for minority disadvantaged youth and their families. Dr. Kim's work calls attention to and promotes equity and social justice.



GRACE KIM, PH.D.
PAST PRESIDENT, ELECTIONS COMMITTEE,
PROCEDURE & POLICY COMMITTEE

Dr. Grace S. Kim is a clinical associate professor and chair of the Counseling Psychology & Applied Human Development Department at Boston University Wheelock College of Education & Human Development. She is the president-elect of APA Division 35. She explores how to teach diversity and social justice effectively, and how to train future professionals to be more culturally humble and responsive. She researches resilience and mental health of Asian Americans, centering their struggles for liberation, social agency, and solidarity with other marginalized groups.



MALIN KIMOTO, PSY.D.
SECRETARY

Dr. Malin Kimoto (she/her) is a clinical psychologist at Kaiser Permanente Richmond. She has a passion for social justice, community engagement, and multicultural psychology. Her clinical interests include anxiety disorders, interpersonal and intergenerational trauma, identity development, life transition and adjustment issues, and intersectional identity concerns. She enjoys yoga, traveling, exploring new restaurants, and leisure bike rides.



JACKIE JIMENEZ, PSY.D.
TREASURER

Dr. Jackie Jimenez is a clinical psychologist currently overseas serving military service members and their families. Her clinical interests include Asian American and Filipino mental health, military children and families, immigration-related issues and concerns, navigating cultural conflicts, and family and relationship issues.



MENG-JU (MJ) YANG, PSY.D.
CO-CHAIR,
INTERNATIONAL TASK FORCE

Dr. MJ Yang was first trained in Taiwan and served as a licensed clinical psychologist, and a supervisor at National Taiwan University Hospital. She came to the U.S. as an international student and completed her Psy.D degree from John F. Kennedy University. She provides cultural and linguistic competent psychotherapy services in English and Mandarin in CA in her private practice. She also serves as a staff member at the mentoring program of the PsyD program at Wright Institute (Berkeley, CA) and supports internship application process, path to licensure, and international students' well-being.



JENNIFER YOUNG, PSY.D.
CO-CHAIR,
INTERNATIONAL TASK FORCE

Dr. Jennifer Young (she/her/她) is a 1.5 generation, Taiwanese immigrant who was born in Taipei and migrated to California at the age of two. She earned her Psy.D. in Psychology with an emphasis in Marital and Family Therapy (N.K.A Couples and Family Therapy). Dr. Young is currently a Consulting Psychologist at the Headington Institute, a humanitarian aid organization, and she has been in private practice since 2011. Dr. Young previously served as a psychologist for the U.S. Peace Corps and continues to be passionate about international mental health and serving marginalized communities around the world. Her work is focused around trauma healing and she enjoys working with Third Culture Kids (TCKs), global nomads, and aid workers.





Ya-Shu Liang, Ph.D.
Program Committee, Co-Chair

Dr. Ya-Shu Liang is an associate professor and the director of the Clinical Psychology PsyD Program at the California School of Professional Psychology at Alliant International University, Fresno. She is also a past president of Central California Asian Pacific Women and leads the San Joaquin Valley API Mental Health Project. She is passionate about regional organizing, and her scholarship interests include promoting equity, diversity, and inclusion, as well as addressing mental health disparities through the lens of gender and social justice.



Yuki Okubo, Ph.D.
Student Committee, Mentor

Dr. Yuki Okubo is an Associate Professor of Psychology at Salisbury University. Her research focuses on racism and coping, experiences of the marginalized, mentoring of students of Color, social justice issues, and qualitative inquiries. Dr. Okubo's Racism & Coping Research Lab has been conducting qualitative inquiry on how people talk about race, racism, racial identity, and race relations, and it has developed and recently implemented an Antiracism 101: Starting a Race Dialogue, a peer-led, 2-hour workshop for undergraduate students via Zoom. She is a co-director of the Accelerated Mentoring Program for undergraduate students interested in social justice and antiracism topics in the SU Psychology Department.



Szu-Hui Lee, Ph.D.
Student Committee, Mentor

Dr. Szu-Hui Lee is a board-certified clinical psychologist with more than a decade of research and practice experience with community and boarding school populations. She identifies as Taiwanese American. She received her PhD from The Ohio State University and completed her internship and post-doctoral fellowships at McLean Hospital – Harvard Medical School. She continues to hold an appointment as a Clinical Instructor at Harvard Medical School and was the inaugural course director of the Multicultural Training Seminars at McLean Hospital. Her areas of expertise include cognitive behavioral therapy (CBT) and the treatment of anxiety disorders. Other clinical interests include cross-cultural adjustment, issues of first-generation and international students, identity development, and relationships. Dr. Lee currently serves as the Director of Counseling & Psychological Services at Phillips Exeter Academy. She is passionate about her work and enjoys opportunities to consult with faculty, staff, and student organizations. Dr. Lee has also been invited to provide workshops on the treatment of anxiety disorders, both locally and internationally. Most recently, she was invited to conduct trainings for parents and clinicians in China (Shanghai, Beijing, Xiamen) and Japan (Tokyo and Kyoto). Dr. Lee is fluent in English, Mandarin, and Taiwanese.



Tanvi Shah, M.A.
Student Representative

Tanvi Shah (pronouns: she/they) is a doctoral student in Counseling Psychology at Boston University's Wheelock College of Education and Human Development. Tenets of intersectionality, multicultural awareness, and insight-oriented therapies inform her work as a researcher and clinician. Tanvi's research focuses on mental health and trauma within marginalized communities, with a focus on Asian women and gender-based oppression, while her clinical is grounded in the importance of cultural humility and advocacy in the therapeutic relationship. Outside of work, Tanvi loves making time to knit, paint, read, and spend mindful time with her daughter.





Adeleine Conanan, Psy.D.
Social Media & Technology Co-Coordinator

Dr. Adeleine Conanan (she/her/hers) is a clinical psychologist in private practice and a Professional Training Liason at Alliant International University in San Diego, California. Her interests include Filipino and Asian American mental health, intergenerational trauma, and identity development.



Linda Ly, Ph.D.
Social Media & Technology Co-Coordinator

Linda is a 2nd-generation Vietnamese-American psychological associate located in San Diego County. She currently provides individual therapy services while working towards licensure. She has been a part of Section V since 2017 and is a member of the Social Media Committee. She earned her doctorate in Counseling Psychology from Tennessee State University in 2022. Linda enjoys going on hikes, lounging at the beach, and entertaining her sassy cat during her free time.



Sukanya Ray, Ph.D.
Program Committee, Co-Chair

Sukanya Ray, PhD is currently working as a tenured Associate Professor in Psychology at Suffolk University, Boston Massachusetts. She is a native of Odisha, India, and has been trained and worked in India, Australia and USA. She has been a community consultant, researcher, and educator in multicultural issues, health disparities, and well-being areas. Her research interests include Loss, Trauma/Post-Traumatic Growth, Positive Psychology/Well-being, Asian mental health risks/barriers to care, Utilization of alternative healthcare/healing practices, and international students' adjustment/well-being areas. She is Co-Chair of the Committee on Ethnic Minority Affairs and a Board Member of the Massachusetts Psychological Association. She has been involved as an Executive Committee member of Asian American Psychological Association and also a steering committee/advisory board member of the New England Psychological Association. She has offered her service as a board member/committee in various non-profit organizations including Asian Task Force Against Domestic Violence, Asian American Psychological Association, Div. 35 of APA. She has presented her work both at national/international conferences and published her research in peer-reviewed journals and books.



Minsun Lee, Ph.D.
Award Committee, Co-Chair

Dr. Minsun Lee is the Director of Clinical Training in the Counseling Psychology PhD Program at Seton Hall University and a licensed psychologist in NJ and NY. Her research is on Asian American intersectional experiences and racial and cultural components in psychotherapy. In clinical practice, she centers relationships as the site for healing from relational, cultural, and systemic traumas.

Amanda Waters, Ph.D.
Early & Mid-Career Committee Chair



Dr. Amanda Waters creates pathways for people to accomplish their big dreams and thrives in spaces that bolster community and belonging. As a clinical psychologist, consultant, and coach, she endeavors to create a more loving, just, and connected world. She advances the efforts of nonprofit organizations to build momentum and hone priorities through strategic planning, retreat facilitation, team building, and executive searches, enabling long-term growth and sustainability with Impact Group Consulting. Previously, she spent over a decade on college campuses as a therapist, administrator, and leader of equity and belonging efforts. In addition, Amanda speaks on cultural humility, community well-being, and Asian American and college student mental health. Outside of work, you might find her reading, paddleboarding, eating chocolate chip cookies, or taking care of her plant babies.

Lydia HaRim Ahn, Ph.D.
Newsletter Committee, Co-Chair



Dr. Lydia HaRim Ahn (she/her) is an assistant professor in Counseling and Counseling Psychology at Arizona State University. Her program of research includes: 1) examining the detrimental effects of racism and oppression on marginalized communities with an emphasis on within group differences, 2) developmental protective and risk factors between racism and health outcomes with a focus on ethnic-racial socialization, parenting, and attachment, and 3) promoting healing through psychotherapy, evidence-based videos, and prevention and intervention programming.

Yue Li, Ph.D.
Newsletter Committee, Co-Chair



Dr. Yue Li (she/her/她) obtained her Ph.D. in Counseling Psychology at Indiana University. She is an Assistant Professor of Psychology at Roosevelt University in Chicago. Her teaching and research interests evolve around the experience of oppression (e.g., sexism, racism, migration), decolonization and liberation psychology, and the process and outcome of psychotherapy. Dr. Li provides psychotherapy in both English and Mandarin Chinese, serving individuals, couples, and families in private practice. She also provides consulting services on multicultural and social justice practices to organizations.

- Megan Mouanoutoua, B.A., Student Representative
- Carisse Conquist, M.S., Membership Committee Co-Chair
- Julie Huynh, Membership Committee Co-Chair
- Abigail Cruz, Ph.D., Awards Committee Co-Chair
- Carissa Dwiwardani, Ph.D., Early & Mid-Career Committee Chair



Procedure & Policy Committee & Past Presidents



Phi Loan Le, Psy.D.

Dr. Phi Loan is a licensed psychologist and the training coordinator of the APA-accredited doctoral internship program at Counseling and Psychological Services, California State University, Fullerton. Her interests include training and supervision, multicultural feminist psychology, and working with underserved population. She served as the founding president of Section 5.



Diane Hayashino, Ph.D.

Dr. Diane Hayashino is a licensed psychologist and the current training director of Counseling and Psychological Services at California State University, Long Beach. She has served as past president of Section 5.



Yuying Tsong, Ph.D.

Dr. Yuying Tsong is a faculty at California State University, Fullerton, Department of Human Services, and the Programming Coordinator for the 2017 National Multicultural Conference and Summit. She enjoys growing things that can be eaten in her backyard when she is not writing, teaching, or tiger parenting her two children. She has served as past president of Division 35 and Section 5.



Khanh Dinh, Ph.D.

Dr. Khanh Dinh is a Professor of Psychology at the University of Massachusetts Lowell. Her primary academic interests are in clinical, community, and feminist psychology, with research focusing on the adjustment and well-being of immigrant individuals/families, diversity, and effects of prejudice and discrimination. She is a recipient of an NIH Health Disparities Service Award and NIMH National Research Award. She has served as a consultant for NIMH and HRSA, and as an editorial board member of the Asian American Journal of Psychology and Women & Therapy.



Ivy Ho, Ph.D.

Dr. Ivy Ho is an Associate Professor Psychology at the University of Massachusetts Lowell. She is a clinical health psychologist who conducts research on stress and health among women of color, particularly Asian American women. Her work is centered around how the intersection of race, gender and socioeconomic status are associated with healthcare utilization, health behaviors and health outcomes. She is the director of the UMass Lowell Center for Asian American Studies, and a 2014-2015 research fellow at the UMass Boston Institute for Asian American Studies.



Linh Luu, Ph.D.

Dr. Linh P. Luu is a licensed psychologist and Director of Training at the University of Memphis Student Health and Counseling Services. Her scholarly interests include social justice advocacy and multicultural competency in clinical supervision and training, racial and gender issues, and issues related to Asian American experiences and mental health. Currently serving as a member of APA Board of Convention Affairs and as secretary of division 35, she is passionate about advancing intersectional feminist social justice agenda across her wide range of training, clinical, and professional services.

Say Hi! to Section V Members



Dr. Manpreet Kaur

Hi, I am Manpreet and I am a developmental (child) psychologist with over 10 years of field experience. My areas of work range from children and women from indigenous tribes living in constant state of insurgency in India to women and children from metropolitan cities in developed nations. Topic of research interests include but not limited to complex trauma, neurodiversity, strength-based approach to healing, nature therapy, spirituality and role of technology in the mental health care.

Dr. Adeleine Conanan

I am a 1.5 immigrant who grew up with messages that being an activist was bad. It meant rocking the boat and being contrarian, which was very scary and dangerous to my parents who lived through martial law in the Philippines. So, when I realized that being a feminist meant more than just WANTING equality, but also advocating and FIGHTING for it, I was hesitant. As I dug deeper into the research and grew relationships with feminist colleagues, I realize how meaningful and important this work is, not just for me and my family, but also for my clients and community. As an early career psychologist, being a feminist means recognizing the validity of my perspective and challenging myself to not shy away when I feel intimidated in professional spaces. With my clients, I help identify the norms and expectations imposed on them that have served as barriers to being their authentic selves. I also try to hold and honor their truth while navigating through a world that may not be as supportive and be with them as we hold a little hope and strive for something better.



2023 Section 5 Awardees

STUDENT PIONEER AWARD STEPHANIE CHIN

BIO

Stephanie Chin (she/her/hers) is a doctoral candidate in the counseling psychology Ph.D. program at the University of Louisville. Stephanie will be starting her pre-doctoral internship at Asian Americans for Community Involvement. Her research interests include family dynamics, culture, discrimination, stigma, Asian American and Pacific Islander mental health, and resilience in communities of color in order to inform culturally appropriate treatment and interventions. She also has interest in applying cultural humility into practice and understanding how intersecting identities, including gender and socioeconomic status, impact each individual's experience. Stephanie currently holds several leadership positions within the Asian American Psychological Association and APA Division 45: Society for the Psychological Study of Culture, Ethnicity and Race and is the student representative-elect for the APA Division 35: Society for the Psychology of Women, greatly valuing mentorship and ensuring that the needs and voices of students are heard and supported. Stephanie has presented at numerous conferences including at the American Psychological Association, Winter Roundtable, Association for Behavioral and Cognitive Therapies, and Association for Women in Psychology. She received her M.S.Ed. in Mental Health Counseling from CUNY Hunter College and B.S. in Applied Psychology from New York University. In her free time, Stephanie enjoys exercising, travelling, and trying new foods!

AN EXCERPT FROM THE NOMINATION LETTER

"I have seen [Stephanie's] leadership skills in my research team and with her fellow classmates. She has provided guidance, support, and mentorship to fellow students in the lab inclusive of doctoral and master's students. Based on my experiences with Ms. Chin, she is dedicated to issues facing Asian Americans and examining intersectionality on gender, race, and class. She is an exceptional leader and embodies the values embedded in the Pioneer Award."

2023 Section 5 Awardees

PIONEER AWARD ANGELA B. KIM, PH.D.



Dr. Angela B. Kim is an Associate Professor in the Couple and Family Therapy Graduate Program at the California School of Professional Psychology (CSPP) at Alliant International University, San Diego. She is a 1.5 generation Korean American feminist psychologist who works toward addressing mental health disparities and providing culturally responsive mental health services. She trains and mentors future culturally responsive therapists and has worked with underserved communities to gain and provide access to academic, social, and mental health resources for minority disadvantaged youth and their families. Dr. Kim's work calls attention to and promotes equity and social justice.

AN EXCERPT FROM THE NOMINATION LETTER

"Dr. Kim is a generous compassionate feminist psychologist who truly works toward improving systems for the success of those who are marginalized. She speaks three languages, is fluent in two, and is deeply committed to praxis. Dr. Kim doesn't reside isolated in the Ivory Tower. She is on the ground in communities working to inspire youth and families as well as give them the tools for success. She is an exemplary feminist psychologist..."

DISTINGUISHED MENTOR AWARD YA-SHU LIANG, PH.D.



Dr. Ya-Shu Liang (she/her) is an immigrant, educator, licensed psychologist, and community organizer who infuses API feminist values into her work, including mentoring others. She has engaged numerous students and early career professionals through conference presentations, journal manuscript peer reviewing, and other scholarly activities. In particular, she enjoys engaging students and ECPs in community organizing and advocacy (e.g., through the [San Joaquin Valley API Mental Health Project](#) and [Central California Asian Pacific Women](#)). She has learned so much from her mentors within Division 35, Section 5, LIWP, and CCAPW, and has personally benefited so much from connecting with her mentees. She is grateful to pay it forward by passing along the API feminist values that help keep us all humble, connected, and helpful to the communities we serve.

AN EXCERPT FROM THE NOMINATION LETTER

"I myself have learned so much from my mentors within Division 35, Section 5, LIWP, and CCAPW, and have really enjoyed doing my part to pay it forward, including having served as a mentor for Section 5 during the last 2 years. As a mentor, I have benefited tremendously from the connections I have made with my mentees, and I am grateful that they see how the API feminist values I try to instill in them help keep us all humble, connected, and helpful to the communities we serve."

2023 Section 5 Awardees

JEAN LAU CHIN EARLY CAREER PROFESSIONAL AWARD - ACADEMIC SCHOLARSHIP

LYDIA HARIM AHN, PH.D. (SHE/HER/HERS)



Dr. Lydia HaRim Ahn (she/her) is an assistant professor in Counseling and Counseling Psychology at Arizona State University. Her program of research includes: 1) examining the detrimental effects of racism and oppression on marginalized communities with an emphasis on within group differences, 2) developmental protective and risk factors between racism and health outcomes with a focus on ethnic-racial socialization, parenting, and attachment, and 3) promoting healing through psychotherapy, evidence-based videos, and prevention and intervention programming.

AN EXCERPT FROM THE NOMINATION LETTER

“Dr. Ahn is truly an excellent API feminist scholar and integrates a feminist informed approach not only in her scholarship but also with considering ways to disseminate her research to make an impact on communities that have been historically marginalized and silenced, including the API community. It has been rewarding to be able to witness Dr. Ahn’s significant impact with academic scholarship and practice as an early career API feminist scholar and her commitment to centering the voices and experiences of API women deserves to be recognized.”

JEAN LAU CHIN EARLY CAREER PROFESSIONAL AWARD - COMMUNITY PRACTICE

LINDA LY, PH.D. (SHE/HER)



Linda is a 2nd-generation Vietnamese-American psychological associate located in San Diego County. She currently provides individual therapy services while working towards licensure. She has been a part of Section V since 2017 and is a member of the Social Media Committee. She earned her doctorate in Counseling Psychology from Tennessee State University in 2022. Linda enjoys going on hikes, lounging at the beach, and entertaining her sassy cat during her free time.

AN EXCERPT FROM THE NOMINATION LETTER

“[Linda] brings an intersectional feminist perspective to all that she does. She doesn’t just talk about what she is going to do to lead. She lives feminist values every day not just in addressing injustices clinically, but in lifting up the lives of the API feminist colleagues she brings together.”

2023 Section 5 Awardees

JEAN LAU CHIN EARLY CAREER PROFESSIONAL AWARD - LEADERSHIP

NANCY TRUONG, PH.D.



Nancy Truong is currently a clinical assistant professor in the counseling and counseling psychology program at Arizona State University. She identifies as a Vietnamese American feminist with specific interests in integrating research with practice to support the academic and mental health needs of the diverse Southeast Asian American community. Her research interests intersect with her clinical interests and examines how socio-cultural factors may affect the academic and mental health of diverse populations. She has organized and facilitated several workshops on various topics such as: working with clients with marginalized identities, equity and social justice issues in higher education, and mental health stigma within Asian American communities.

AN EXCERPT FROM SELF-NOMINATION LETTER

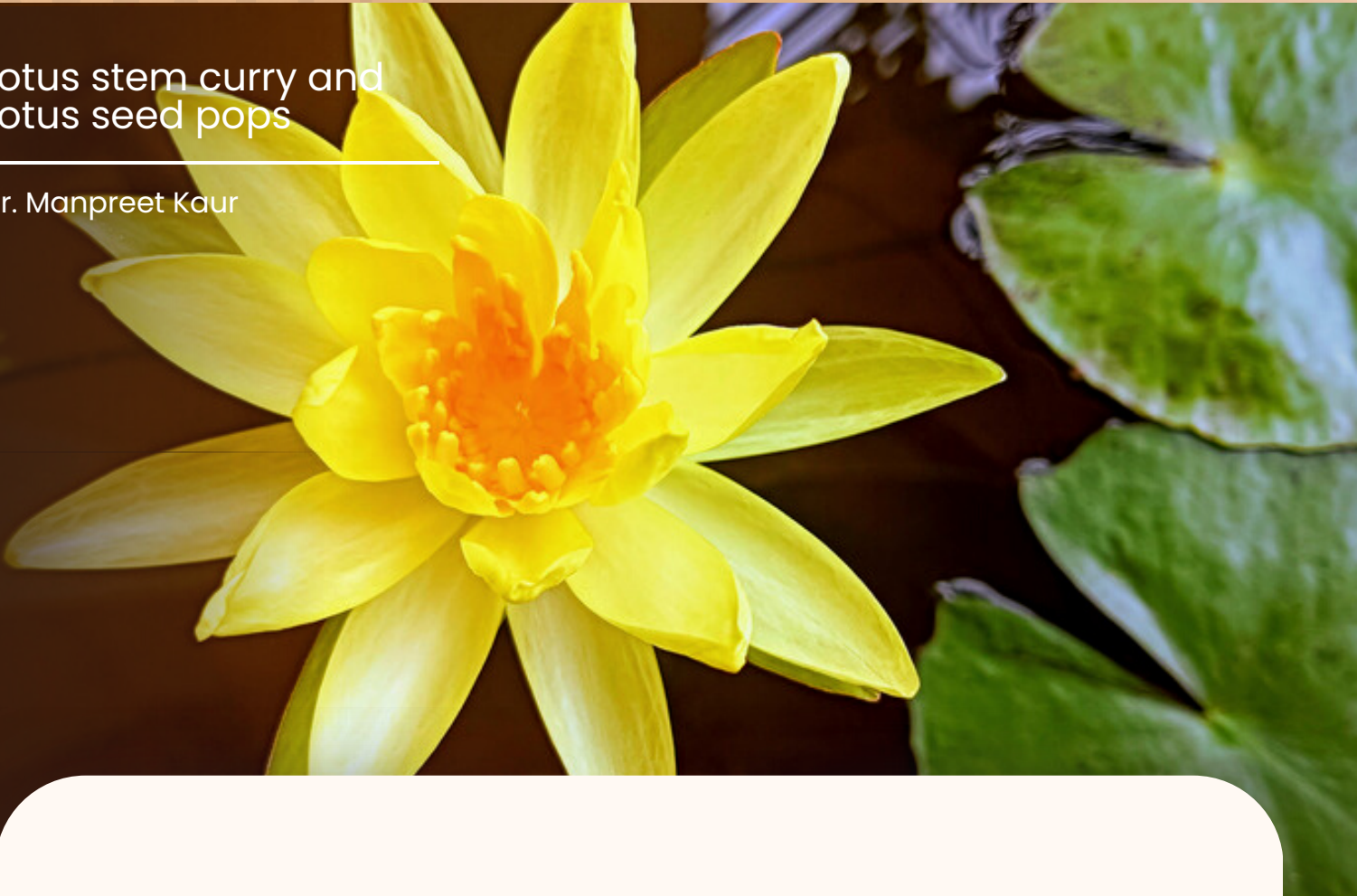
“Dr. Truong has been someone that I look up to in terms of leadership. She demonstrates great empathy, care, and compassion for others while also engaging in advocacy for the Asian American community. Not only do her experiences demonstrate her leadership qualities but personally, I also have seen the ways in which she navigates challenging situations, adheres to her values, and supports other Asian American feminist psychologists (including myself) and students.”

Section V Kitchen

GOURMET

Lotus stem curry and
Lotus seed pops

Dr. Manpreet Kaur



Lotus stem curry and Lotus seed pops!

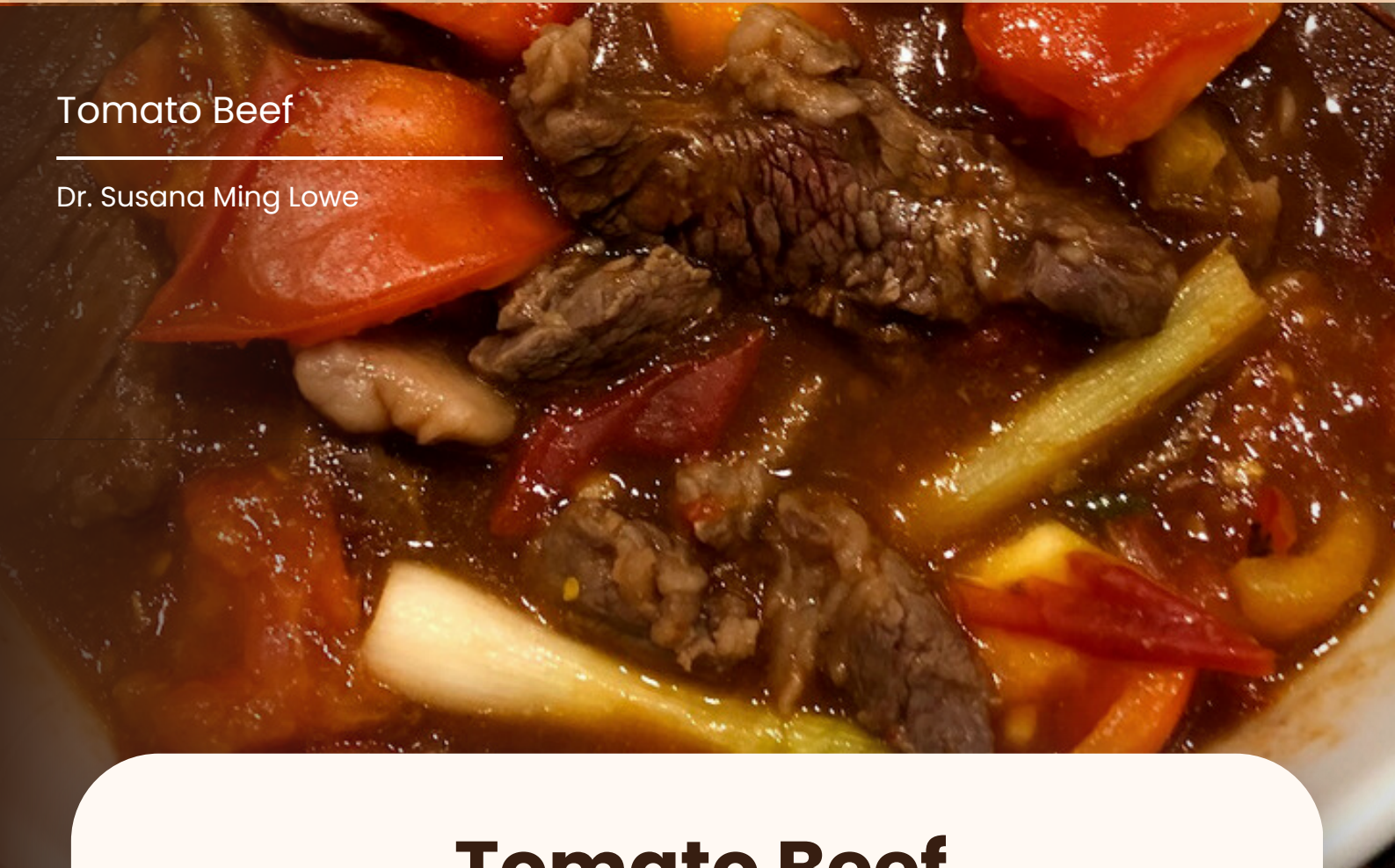
The first time I had these products was from a local organic store as a child and loved them so much that I wanted to grow Lotus plants at home. Through the years the beauty of this plant stayed with me and I recently had the opportunity to have a pond and grow Sun-lotus at home. Sharing a picture with you all from my home to yours.

Section V Kitchen

GOURMET

Tomato Beef

Dr. Susana Ming Lowe



Tomato Beef

The Story


My father was an excellent cook. When he was a boy in Longdu (within the Guangdong province of China) he had an uncle who owned a small tea house. Dad learned how to make a few dim sum dishes from his uncle. When dad fell ill with rheumatic fever, which damaged his heart, he couldn't work there anymore. It's ironic because dim sum means "a little touch of heart." When I was a girl, Dad showed me a little notebook with some recipes and told me he regretted never having an opportunity to finish it.

I figure that little teahouse was where Dad cultivated a taste for delicious food. To me, he cooked like a Chinese version of Jacques Pepin. Fresh ingredients prepared with parsimony, eaten at just the right moment when it's done – not a moment later – that's how dad cooked and wished for his cuisine to be consumed.

One dish that exemplified Dad's cooking at the height of summer was his tomato beef. Dad had a garden year-round, and summertime in the heat of Fairfield, CA was perfect for growing fat juicy flavorful tomatoes. They were siren red, warm to the touch just after picking. Dad would wash them well to remove any debris. He'd always slice one for us to share, thick slices with just a sprinkling of the salt to bring out the flavors. If the rice was ready, we'd heap a pile of rice onto the plate, and top with several gorgeous slices of tomato. As the juices seeped into the rice, staining it a faint blush color, the taste of salt and sweet rounded out with the heat and earthiness of the rice. Time seemed to stop right then and there.

THE RECIPE

Wash and steam some rice in a rice cooker. Dad sliced ½ lb of round steak and marinated the slices in a little Shaoxing wine, oil, salt, white pepper, a little pinch of sugar for an hour or so. He then sliced one onion (thickish crescent shaped), smashed a few large garlic cloves, sliced a nickel sized coin of fresh ginger, and cut two green onions 1.5 inches (cutting the white stems length-wise to even out the cooking time). He prepared a small bowl with a little cornstarch and water. Last he cut medium sized wedges of 4-5 garden tomatoes. Soy sauce, oyster sauce, white vinegar, and sugar were on hand.

When the rice cooker button pops, take a paddle and fluff the rice by scooping from the outside toward the middle all around. Then make a little steam hole divot in the center. This ensures the rice will finish cooking evenly. Dad heated a stainless-steel pot with a wide bottom for surface heat with a little corn oil, then he added the onion, tossing vigorously, then a few smashed garlic cloves and the coin of ginger. When the pan is back to its highest temperature, in go the tomatoes, toss toss, then a tablespoon or so of sugar (to taste), soy sauce, splash of vinegar, and last the cornstarch water mixture (stirred well so there are no lumps). After coming to a boil the sauce is ready. You should see glorious softened chunks of tomato in a silky sauce. In a separate wok, Dad added a little corn oil and when super hot, toss in a smashed garlic clove, and then the beef. Working quickly, stir fry vigorously to get a good sear all over the meat, then add some oyster sauce (a few tablespoons), and a splash of soy. When the beef is medium rare, finish with the green onions. The cornstarch that was in the beef marinade will have combined to make the beef saucy and full of umami from the oyster sauce. Add the beef with the saucy juices to the tomato sauce. Toss gently only a few times so that the sweet tart tomato sauce mingles with the beef, but the oyster sauce beef maintains its savory coating. Serve over fresh rice. Cheers from my dad through me to you! 

Section V Kitchen

GOURMET

Steamed Fresh Water Bass

Dr. Yue Li



Steamed Fresh Water Bass

This dish represents some core elements of Shanghainese cuisine. It's simple cooking and light on seasonings to accentuate the gorgeous flavors of fresh ingredients. Fresh water seafood from the rivers around the southeast region of China is a staple on Shanghainese dinner table. A hint of sweetness adds layers to the savory, creating a complex *xian*/umami flavor - yes, Shanghainese do add sugar to any dish, even when sautéing bok choy!

It was a treat to cook this dish at home in Chicago, because American seafood is mostly from the ocean and fresh water fish is hard to come by!

The cooking is easy. Take a cleaned fish and make a few cuttings across both sides of the body to allow flavors to seep in. Add sugar and cooking wine to Lee Kum Kee Seasoned Soy Sauce For Seafood, then pour over the fish. Add sliced ginger in the fish belly as well as on top. Sprinkle green onions if desired. Steam or microwave for 10-15 minutes. 😊

Professional & Personal Updates

REMEMBER:
VOTE!

**DEBRA
KAWAHARA FOR
APA PRESIDENT!**



A campaign poster for Grace Kim. On the left is a portrait of Grace Kim, a woman with short dark hair and glasses, wearing a dark blazer over a patterned top. To the right of the portrait, the text reads: "GRACE KIM FOR SPW DIVISION 35 PRESIDENT-ELECT". Below that, it says "WORKING TOWARD SHARED LIBERATION". At the bottom right, it says "ALL SPW MEMBERS, ASSOCIATES, AND STUDENTS ARE ELIGIBLE". At the bottom left, there is a "VOTE" logo in yellow and red, followed by "STARTING MAY 8".

Congratulations!!!

**GRACE KIM WAS
ELECTED AS D35
PRESIDENT-ELECT!**

Professional & Personal Updates



Leadership & Connection for AAPINH+ Women+ Leaders

by Mengchun "Meng"
Chiang, PhD

Hello everyone! I'm so excited to share a leadership training program of my dream that focuses on AAPINH women leaders.

This is a six-week hybrid program that brings together AAPINH woleaders to connect with one another and expand their leadership skills.

The focus of the program is to strive toward AAPINH women leaders' professional goals in ways that align with one's culture and intersectionality. Would you share within your network and consider sponsoring AAPINH leaders in your organization to participate? Please feel free to reach out or connect any interested participants with me to learn more about the program (see [link](#) or QR code).

Also, I am very excited to return to my private practice from maternity leave at the beginning of 2023. Learning to balance between different roles and support women in life transitions is my current task as a feminist!



Professional & Personal Updates

FEMINIST PSYCHOLOGY AND THE MULTICULTURAL CLASSROOM

by Yue Li, PhD

In recognition of the Women History Month, Yue presented at a panel with several women leaders, including the Chief Medical Officer of Planned Parenthood of Illinois, to discuss women's health and (in)equity.

She was also invited by the Roosevelt Review, an alumni magazine, to write about the complex and powerful process of multicultural education, reflecting on the parallels between her experiences, first as a Chinese international student, and now a minority faculty member (see [link](#) or QR code).



While at home in Shanghai for the summer, she had a long conversation about feminism and trauma-informed therapy with a leading mental health podcaster in China. The episode reached 23k listeners in one month.

In private, she is trying to facilitate a compassionate dialogue between the fear of putting herself out there and her feminist spirit.





APA PROGRAMING HIGHLIGHTS

MARK YOUR CALENDAR!

**Calling All Asian & Pacific Islander American Feminists
at the 2023 APA Convention, and in the Washington Metropolitan Area**

**Division 35 Section V
Psychology of Asian Pacific Women**

2023 American Psychological Association Convention

**Thursday
Aug. 3
3-4pm**

Division 35
Hospitality Suite
Marriot Marquis
Hotel

Room 2054

**Business Meeting, Awards Recognition, &
Networking**

We know connection is power.

In this hour, we will introduce what Division 35 Section V does and celebrate this year's awardees. Through a couple of activities, we will spend the rest of this hour getting to know one another!

- Light Refreshments Provided -

**Thursday
Aug. 3
4-5pm**

Division 35
Hospitality Suite
Marriot Marquis
Hotel

Room 2054

**Emerging from the Pandemic: API Feminist
Reconnection**

It is time to reconnect and rejuvenate.

As we reemerge from the pandemic, we wonder what rest and care mean to all of us. How can API feminist psychologists collaborate with community organizers, healthcare providers, clinicians, policy makers, etc. to promote self- and community care? Through guided discussions, we will take a deep dive into fostering collaborations across sectors and at the local, regional, and national levels.



Special Guests:

Julie Yurie Takishima-Lacasa, PhD

APA Council of Representatives, Hawai'i Psychological Association

Natalie Truong

Education Policy Manager, Southeast Asia Resource Action Center (SEARAC)

**Thursday,
Aug. 3
5:30pm-
7:30pm**

Reren Lamén &
Bar
817 7th Street
NW Washington,
DC

Section V Member Dinner

Sharing is Caring!

Please join us for this gathering to get to know each other over good food! It will be right after the Section V discussion and we will head over together. You can also meet us at the restaurant.

division35section5.weebly.com

[@apaDiv35sec5](https://twitter.com/apaDiv35sec5)



Presentations by Division 35 Section 5 Members at the 2023 APA Convention

Friday, August 4

CRITICAL CONVERSATIONS

Rest and Care: Asian Pacific American Feminists' Resistance to Productivity Culture

Division 35

12:00 p.m. - 12:50 p.m. ET

CE Credit: 1.0

Walter E. Washington Convention Center, Level 3, Ballroom C

This critical conversation starts with what rest looks like and why rest is caring from the perspective of Asian Pacific American feminists. It then invites discussion around creative practices of rest and of caring for ourselves and our communities.

**Presenters: Angela B. Kim, PhD, Ya-Shu Liang, PhD,
Grace S. Kim, PhD, and Susana Ming Lowe, PhD**

Every year, Section 5 submits a conference presentation proposal around the topic of API feminism. This year, the presentation was selected by the Board of Convention Affairs as one of the Feature Stage presentations. We are very honored!

***Section 5 Members:
We would like to highlight your
APA presentations!***

Email us the title, type of your presentation, date/time, and room number, and we will include them here!

Contact the Program Co-Chairs:

Sukanya Ray (sraymay@gmail.com) and Ya-Shu Liang (yliang@alliant.edu)

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***Presentations by Division 35 Section 5 Members
at the 2023 APA Convention***



SATURDAY, AUGUST 5

Critical Conversations

Resisting Anti-Asian Racism as Diverse Asian/Asian Americans: Toward Shared Liberation

9-9:50am ET

Location: Walter E. Washington Convention Center, Level 1, Room 154B

Presenters: Grace Kim, Tanvi Shah, Tanya Songtachalert, Leah Rosenzweig, Lauren Wong, Rohan Arcot

***Section 5 Members:
We would like to highlight your
APA presentations!***

Email us the title, type of your presentation, date/time, and room number, and we will include them here!

Contact the Program Co-Chairs:

Sukanya Ray (sraymay@gmail.com) and Ya-Shu Liang (yliang@alliant.edu)

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PAST EVENTS HIGHLIGHT

Div 35 Sec 5

MONDAY 11/14

2pm HST
5pm PST
8pm EST

Asian/Asian-American Experiences & The Impact on Burnout



Dr. Snehal Kumar
Licensed Psychologist
Compassionate Change
Psychological Consulting

Div 35 Sec 5

Marketing & Branding 101



Nov 3
at
9am HST/
12pm PST/
3pm EST

Guest Speaker:
Vanessa Newton, LCSW-S, CDWF
Creator of Brave and Well
Owner of Colors of Austin Counseling

Div 35 Sec 5

Join us! Hawaii Social on Oahu

SATURDAY
NOV 13 @ 1PM

Div 35 Sec 5

SoCal Social in Sunny San Diego

Saturday 11/19 @ 11:30 am

Prospective members
welcome & encouraged
to join!

Div 35 Sec 5

New England Social

Sunday, Nov 20, 12 PM

DIV 35 SEC 5

NorCal Social

SATURDAY, OCTOBER 29
12:00-3:00PM
OAKLAND/BERKELEY AREA

IN PERSON & VIRTUAL CONNECTIONS





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Website

division35section5.weebly.com

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