

THE ASIAN PACIFIC WOMEN'S CONNECTION

The Official Newsletter of Section 5 Psychology of Asian Pacific American Women



PRESIDENTIAL ADDRESS

By Linh Luu

2019 has been a year full of joy and challenges and also marks a year full of “firsts” for me. With this year being my first year as section 5 president, I have also recently graduated my very first class of doctoral interns in the role of a training director. Reflecting on the 30+ years of history of the internship program and thinking about the AAPI feminist mentors who have paved the way for section 5, I could not help but feel overwhelmed with gratitude and at times doubt about whether I could follow the giants’ footsteps and make an impact. In my worst moment of doubt, I was reminded by my feminist mentors that I was not alone, and I was challenged to let go of fear: fear of saying the wrong thing, fear of consequences for doing the right thing, and ultimately fear to lead.

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PRESIDENTIAL ADDRESS (CONT.)

As I parted way with my interns, I expressed my hope for them to find mentorship, to embrace their voices, to give voice to those who have been silenced, and to be surrounded by people and in organization where they can be their authentic selves. I hope they will find a place of connectedness, empowerment, and refuge like section 5 has provided me since my graduate school days. Having the privilege of serving section 5 members as student rep, secretary, and now president, my hope and vision is for the section to be an inclusive space where ALL AAPI feminist voices are heard and a home that fosters growth, connection, and leadership among ALL members.

Thus far, we have sent out a membership needs assessment to solicit feedback and ideas from the section members on ways to continuously improve the section to better meet members' needs. In addition, the section also supported three regional social events in New England, in Northern California, and in Southern California this past spring/summer to recruit new members and promote connectedness among members. Moreover, as feminist mentorship has always been a cornerstone of the section, we have also continued to support and encourage the student task force to stimulate mentorship program with new and innovative ideas to engage mentors and mentees. We are also going to join other SPW sections to host an All Section Connection Session at APA 2019 to recruit new members and strengthening the bond among feminist sections.

As APA convention is fast approaching, I hope our members will find section 5 programs at the convention as true reflection of our section feminist and social justice values. Specifically, our section will host a discussion titled "Feminist Psychologists Walking the Talk and Living Our Social Justice Values" on Thursday August 8th, from 2:00 pm to 2:50 pm. Our section business meeting is from 2:00 pm to 4:00 pm Friday August 9th at Philosophy Room, Marriott Marquis Hotel. A Social and mentoring event will follow at 5:00 pm at Minghin Cuisine. If you are attending APA convention this year in Chicago, I encourage you to join section 5 programs and attend our business meeting where we will discuss direction for the section and honor Dr. Chu Kim-Prieto as Distinguished Mentor, Dr. Reiko Homma True as Distinguished Pioneer, and Anastasiya Tsoy as Pioneer Graduate Student. I look forward to connecting with you in Chicago, old friends and new friends. I also hope you will let me hear your powerful voices on ways section 5 can better support you on your feminist journey.

MEET YOUR EXECUTIVE COMMITTEE



Linh Luu | President

I am the training director staff at the University of Memphis, Student Health and Counseling Services. My scholarly interests include social justice advocacy, multicultural competency, counselor supervision and training, racial and gender issues, and Asian American experiences and concerns. I enjoy exploring new places and meeting people when I am not writing or providing therapy and supervision.



Grace Kim | President-Elect

I am an associate professor of psychology at Wheelock College. My research and teaching focus on diverse Asian American experiences (e.g., transracial adoptees, immigrants, transnational families) and social justice education.



Shruti Mukkamala | Secretary

I am a senior staff psychologist at the University of California, Irvine. My clinical interests focus on women of color in STEM fields, international and immigrant students, graduate students and Asian and Asian American students. My research intersects with my clinical interests and is broadly focused on racial discrimination and its impact on mental health and lived experience.



Khanh T. Dinh | Early-Mid Career Task Force

I am a Professor of Psychology at the University of Massachusetts Lowell. My 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. I am a recipient of an NIH Health Disparities Service Award and NIMH National Research Award. I have served as a consultant for NIMH and HRSA, and as an editorial board member of the Asian American Journal of Psychology and Women & Therapy.



Tiffany Chang | Early Career Committee

I am a staff psychologist at California State University, Sacramento's Counseling and Psychological Services. My clinical and research interests focus on multicultural psychology, Asian American mental health, and outreach. In my free time, I enjoy hiking, reading, and watching TV shows/movies.

Meet Your Executive Committee



Cory Reano | Student Representative

I am currently the Director of Student Affairs at USC Viterbi School of Engineering. I have been working in higher education for over ten years with a passion for educational psychology, educational equity, program development, and student affairs. She is also completing her Doctor of Education Degree in Educational Leadership with Educational Psychology Concentration at the USC Rossier School of Education in Los Angeles, CA. My dissertation focuses on the educational experiences and psychological well-being of Filipinx college students.



Yue Li | Student Representative

I am a 5th year doctoral student in Counseling Psychology at Indiana University Bloomington, and currently completing pre-doctoral internship at the Counseling Center at University of Illinois at Chicago. I am originally from Shanghai, China and received my B.S. in Applied Psychology at Shanghai Normal University, and M.S. in Mental Health Counseling at University at Albany, SUNY. In my clinical practice, I endorse humanistic, relational, and feminist approaches and provide psychotherapy in both English and Mandarin.



Phuong Nguyen | Newsletter Editor

I am a first year graduate student in Psychology at California State University, Fullerton. I am interested in exploring the cultural impacts on violence against Asian American women. My career goal is to become a professor and researcher in the field of community psychology.



Jessica Liu | Newsletter Editor

I am a 5th year doctoral student at the Lehigh Counseling Psychology program and I am currently completing my pre-doctoral internship at Harvard Medical School/Cambridge Health Alliance. My interests focus on how to address mental health disparities among minority populations using a preventative and strengths-based approach. My clinical interests are in primary care mental health integration, Asian and Asian American mental health, and mindfulness-based interventions.

AND OTHER CURRENT EXECUTIVE COMMITTEE MEMBERS

welcome you to the division 35 section 5

PIONEER AWARDS

Please join us to recognize the recipients of this year's pioneer awards!



DR. CHU KIM-PRIETO

Distinguished Mentor

This award honors a Section V mentor's contribution in areas such as community engagement, leadership, clinical work, research and mentorship.



DR. REIKO HOMMA TRUE

Distinguished Pioneer

This award honors a Section V pioneer who has significantly contributed to the mission and growth of the section.



ANASTASIYA TSOY

Pioneer Graduate Student

This award honors a Section V graduate student's contribution in areas such as community engagement, leadership, clinical work, research and mentorship.

Nominate the Next Award Recipients!

Distinguished Mentor Award

www.apadivisions.org/division-35/awards/distinguished-mentor

Distinguished Pioneer Award

<https://www.apadivisions.org/division-35/awards/pioneer>

The Pioneer Graduate Student Award

www.apadivisions.org/division-35/awards/pioneer-student

AMERICAN PSYCHOLOGICAL ASSOCIATION CONVENTION

AUGUST 8 - 11, 2019 | CHICAGO, ILLINOIS

THURSDAY

August 8

*Global Systemic Violence and Human Rights
Violations: Empowering Women*

09:00 AM - 09:50 AM

McCormick Place Room W179a

Chair: Ivy Ho

*Global Systemic Violence and Human Rights
Violations: Empowering Women*

11:00 AM - 12:50 PM

McCormick Place, Room W183b

Presenter: Claudette Antuna

*Social, Political, and Cultural Intersections of
Women's Health*

12:00 PM - 12:50 PM

McCormick Place Room W192c

Presenter: Ivy Ho

*Global Systemic Violence and Human Rights
Violations: Empowering Women*

1:00 PM - 2:50 PM

McCormick Place, Room W181c

Presenter: Claudette Antuna

*Conversation Hour: Feminist Psychologists
Walking the Talk and Living our Social Justice
Values*

2:00 PM - 2:50 PM

McCormick Place, Room W192c

Grace Kim, Linh Luu, Angela Kim, & Chu-Kim Prieto

AMERICAN PSYCHOLOGICAL ASSOCIATION CONVENTION

AUGUST 8 - 11, 2019 | CHICAGO, ILLINOIS

FRIDAY
August 9

*Workshop: Continuing Education # 125:
Bridging Education, Guidelines, Research and
Advocacy in Addressing the Immigration Crisis*

8:00 AM - 3:50 PM

Hyatt Regency McCormick Place Hotel - Hyde Park Room B
Presenter: Claudette Antuna

*Conversation Hour: Journeys of Becoming a
Feminist: Experiences of Asian American
Women*

11:00 AM - 11:50 AM

Marriott Marquis Hotel - Grand Hospitality Suite (Room TBA)
Anastasiya Tsoy, Khanh T. Dinh, Diane Hayashino, Debra
Kawahara, Kayoko Yokoyama, Phi Loan Le, & Ivy Ho

*Conversation Hour: Clinical Implications of
Research on Filipinx Americans Sense of Self
and Belonging*

4:00 PM - 4:50 PM

McCormick Place, Room S105bc
Jean-Arellia C. Tolentino, Cory Reano, Jacqueline Jimenez

*Conversation Hour: Experiences of Asian
American Women and Nonbinary Faculty in
Academia: Challenges and Implications*

4:00 PM - 4:50 PM

McCormick Place, Room S105bc
Grace Kim, Yuki Okubo, Jan Estrellado, & Debra M Kawahara

AMERICAN PSYCHOLOGICAL ASSOCIATION CONVENTION

AUGUST 8 - 11, 2019 | CHICAGO, ILLINOIS

FRIDAY (CONT')

August 9

Section 5 Business Meeting

2:00 PM - 3:50 PM

Philosophy Room, Marriott Marquis Hotel

Sponsored Mentoring Dinner

5:00 PM - 8:00 PM

Minghin Cuisine, 2168 S. Archer Avenue, Chicago, IL

SATURDAY

August 10

*Conversation Hour: Meeting with Division 45
Past Presidents*

10:00 AM

Division 45 Hospitality Suite

Jean Lau Chin

*Interview of Candidates for APA President:
Candidates Forum - Jean Lau Chin is running
for APA President*

1:00 PM - 2:30 PM

Convention Center Exhibit Area

Jean Lau Chin

SUNDAY

August 11

*Melding WiKi, Social Media, Assessment and
Adaptation to Bring Psychology to More Diverse
Audiences*

10:00 AM - 11:50 AM

McCormick Place Room W185bc

Claudette Antuna

AMERICAN PSYCHOLOGICAL ASSOCIATION CONVENTION

AUGUST 8 - 11, 2019 | CHICAGO, ILLINOIS

SPONSORED MENTORING DINNER

Friday, August 9 | 5:00 - 8:00 PM

Minghin Cuisine, 2168 S. Archer Avenue, Chicago, IL



AMERICAN PSYCHOLOGICAL ASSOCIATION CONVENTION 2020

AUGUST 6-9, 2020 | WASHINGTON, D.C.

ASIAN AMERICAN PSYCHOLOGICAL ASSOCIATION

OCTOBER 4-6, 2019 | SAN DIEGO, CALIFORNIA

MAKING WAVES AND BREAKING THROUGH THE BAMBOO CEILING:
Reclaiming and Redefining Our Asian and Asian American Identities

Detail: AAPAonline.org/convention

MENTORSHIP PROGRAM

We are Division 35/Section V student representatives and would like to invite you to participate in our 2019 Mentorship Experience! This year, we will kick off our Mentorship Experience by hosting an event at APA, followed by a sponsored dinner (YAY free food!). This fun event will be a perfect opportunity for new and current members to get to know one another.

Introduction of Mentors and Section 5 Business Meeting

Friday, August 9, 2019

2:00 PM - 3:50 PM

Philosophy Room, Marriott Marquis Hotel

Sponsored Mentoring Dinner

Friday, August 9, 2019

5:00 PM - 8:00 PM

Minghin Cuisine, 2168 S. Archer Avenue, Chicago, IL

If you are interested in becoming a mentee or mentor, please sign up by filling out the Google form or contact the student representatives as indicated below.

<https://forms.gle/8UtMR9SNqVGN269v5>

If you have any questions, please feel free to email our student representatives, Yue Li (li515@iu.edu) and Cory Reano (reano@usc.edu).

We hope you're enjoying the summer, and see you at APA!

Best Regards,

Yue Li and Cory Reano

Division 35/Section V Student Representatives

ASIAN WOMEN LEADERS

Jean Lau Chin, EdD, ABPP | Professor, Adelphi University

In our digital age of rapid change, and global and diverse society, it is time for us to rethink what makes for successful leaders. We can start with looking at our mindset. Barron's 2016 list of the World's Best CEOs lists only white men—30 in total with 25 from western European or North American countries. Is this really who our best leaders are? Or, can this be due to the lens through which we view leadership excellence?

How do Asian women leaders lead? Current leadership models are not diverse; they largely reflected the leadership of white, heterosexual men (Den Hartog, 2004). This bias is especially salient for Asian women because stereotyped images of their “modest and demeaning” façades belie their being perceived as leaders. They face the same double binds and double standards faced by all women—to be communal as females and agentic as leaders. Confident and assertive Asian women leaders are often viewed as overbearing and ruthless (i.e., dragon ladies) while communal and feminine women leaders are viewed as weak and ineffectual (Chin, Ladha, & Li, 2018).

How do we change this picture? Findings from my qualitative study of Asian women leaders (Chin, 2019) might be instructive for Asian American women within Division 35/Section V. The leaders were from cosmopolitan cities of New York in the US and Hong Kong (HK); all were successful leaders in senior management roles or CEOs in different sectors—representing higher education, multinational corporations, arts, community based social services, and government.

COLLABORATIVE AND NURTURING

Most endorsed a collaborative, inclusive, or consensus leadership style consistent with both feminist principles and Asian cultural values. While many talked of vision and change consistent with a transformational leadership style, they emphasized the people side of leadership—teamwork, connectedness, and empowerment. Fran, (higher education from HK), described using participatory decision making so “no one owns the decision”. Anne, (government service from HK), was nicknamed the “conscience of Hong Kong” for her forceful support of populace issues. Edie, (multinational corporate from HK), emphasized how her “employees know I care for them...because I will roll up my sleeves [with them] and not just observe”.

Emphasis on their role and commitment to the community was salient with several used the word “servant” to describe their leadership. Nurturing, a typical “female” characteristic was noted by most in their leadership, e.g., like everybody's grandmother”; they used this to empower their constituents.

CHARISMA

Charisma, often associated with transformational leadership, is that personal magic of leadership arousing special popular loyalty or enthusiasm or having a special magnetic charm or appeal (McCoy (2011)). Most of the Asian women leaders felt charisma reflected a male perspective associated with a self-confidence, tall and powerful carriage that makes people gravitate towards them. They associated their influence and strength came from being warm, nurturing, and interpersonal. Hence, charisma seemed at odds with their being both women and Asians. Anne, described by many in Hong Kong as charismatic, noted that she maintains her reputation by being approachable and “always having this big smile on my face which makes a lot of people very happy”.

POWER

Most of the leaders were often viewed as “quiet and observing”—a direct challenge to their power. They reacted strongly to this form of micro-aggression. Gladys felt that “Men are still in power. They hate to see a lady be as good as them or even better.” Tina quoted Mao Tse Tung that “women hold up half the sky”, but added “sometimes you wish the other half would hold up the other half of the sky a little bit better and stop making such a mess of it”. The US leaders frequently experienced people referencing their being Asian resulting in their having to think of their “being Asian American and a woman all the time”. Karina was offended by white men “not [taking me] seriously or...being very condescending or disrespectful” especially when some people just want to talk to her about their experiences with Asian women.

ASIAN WOMEN LEADERS

Jean Lau Chin, EdD, ABPP | Professor, Adelphi University

STRONG PERSONALITIES

Many leaders talked of having to be strong. They felt they frequently have to prove their credibility or their role as leaders. Rose recalled the “widespread perception that Asians, particularly women, are not good leaders. Edie, COO of a multinational corporation in HK, sums up the challenge: “Ultimately people give you the respect when they see you are doing the same job they are doing and can do it just as well. Men don't have that same initial step. When they show up, they are a lawyer, but we have to prove it”.

Most have having “strong personalities”—describing themselves as outspoken in contrast to gender and ethnic expectations. This seems to come from often being challenged. Tina recalls firmly refusing a tall, large Caucasian male when he insisted upon being allowed entry to her art event. He asked “Why are you smiling when you tell me I can't go in?” Tina replied: “It is in my culture to try and deliver bad news pleasantly. If you prefer me to yell at you and scowl, I will and I can.” Edie describes how “Many people think I am aloof, and not easily approachable [as expected of a woman]...but most of the people who know me call me a tiger. When I need to be, I will be a tiger”. Despite their strong personalities and fortitude, most had difficulty viewing themselves as leaders—consistent with the Asian cultural value of modesty that suggests that it is up to others to grant such a title.

CULTURAL VALUES AND LIVED EXPERIENCES

Cultural values and lived experiences helped to shape their current leadership goals. Being humble, sense of duty, and hardworking were commonly referenced. Some seemed to operate outside their awareness, e.g., use of indirectness, having “face”. Some noted how sometimes Asian cultural values can be detrimental to leadership when they have been encouraged e.g., “to be deferential to show respect, to “suck it up”, to not talk of accomplishments and be humble, or to maintain harmony and not make waves.

Many recall their struggles as immigrants, living in poverty, facing racism and oppression as leading them to pursue social justice goals, community activism, and promote social change. Sometimes this meant being rebellious because it contrasted with family objectives. June (corporate from US) recalls how her family survived the internment camps leading her to community activism; however, this was contrary to her family's attitude of “if your lot in life is okay, then why don't you just accept it”. Suzanne (community and law from US) also recalls the stress and pressure of her mother telling her that she needed to perform well because her race would be judged by her behavior.

Some needed to unlearn some Asian values in order to succeed, e.g., “I speak up when I see something that needs to be done”. Rose learned that “sometimes speaking out is more important than what you say—[in contrast to the Asian tendency] to not to speak up unless we're very knowledgeable about a subject or have a new point to make”. Rose, who works in an Asian American organization, observed that “people are frequently reluctant to express their opinions, don't like to disagree with their supervisor or defer automatically to someone in a position of authority”—typical Asian characteristics. She works on getting people be more vocal and more active—training staff to feel empowered enough to make decisions and not just doing what they are told.

The lived experiences and frequent challenges to their leadership based on gender and ethnicity expectations help to shape their self-development and personal mottoes—i.e., “know who you are and who you want to be”, “be your personal best”, “I know who I am and I am who I am”. The leaders showed strong ethnic pride and self identities. The HK leaders appeared to emphasize their sense of duty and loyalty while the US leaders emphasized their community-based affiliations in the Asian community. Mary, a labor union organizer in the US, described power base as “rooted in grassroots organizing” and prided herself on “being a spokesperson for the community's views”. The HK leaders were a little conscious of how Asian values influenced their leadership perhaps because Asian values are less salient in HK compared to that of minority group membership of the US leaders.

ASIAN WOMEN LEADERS

Jean Lau Chin, EdD, ABPP | Professor, Adelphi University

LESSONS

What can we learn? Asian women can be leaders, successful and strong. They bring strengths to leadership. While they face challenges to their leadership based on gender and ethnic expectations, and are often subject to double standards that constrain their leadership, they developed successful strategies to confront, manage and adapt. They developed and maintained their strong sense of self and ethnic pride; they did not conform to “typical” norms and expectations, but developed their unique ways of leading with an emphasis on social justice and change. Section V members can use their examples as models for another view of leadership—one that reinforces who we are while giving back and promoting a more just society.

REFERENCES

Chin, J. L. (2019). Asian American and Hong Kong Chinese Women Leaders. In J. Chao & Louisa Ha (Eds), *Asian Women Entrepreneurship*. London, UK: Taylor & Francis/Routledge.
Chin, J. L., Ladha, A., & Li, V. (2017). Women’s Leadership within a Global Perspective. In C. B. Travis, & J. W. White (Eds). *APA Handbook of the Psychology of Women: Vol. 2. Perspectives on Women’s Private and Public Lives*. Washington D.C.: APA Books.



ABOUT THE AUTHOR

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Running for APA President

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I am running for APA president for PsychologistsLEAD and entering into uncharted waters as I will be the first Asian American women president if elected. Join me in this journey and cast your ballot for Jean Lau Chin on September 15. <https://www.jeanlauchinforapapresident.com/>
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ASIAN AMERICAN AND PACIFIC ISLANDER WOMEN'S FIRSTS IN PSYCHOLOGY

Ethnicity and Health in America Series | American Psychological Association

The assumption that Asian-American and Pacific Islanders in the United States are a largely successful and well-integrated monolith, or "model minority," stands in stark contrast to the lived experiences of such a diverse group of people. The heterogeneity of Asian-American and Pacific Islanders, who are comprised of over 43 subgroups with over 100 languages and dialects, makes identifying mental health needs difficult. There are over 2.2 million Asian Americans and Pacific Islanders living with mental illness in the United States, and each individual differs ethnically, linguistically, culturally, financially and socio-politically.

Consistently, Asian-Americans and Pacific Islanders under-utilize mental health services compared to other minorities and non-minorities. When Asian-Americans and Pacific Islanders do seek services, they are more likely to see a general physician, religious figures or community members rather than a mental health professional. Treatment challenges include developing culturally valid assessments, combating stigma reduction and traversing language barriers. In many Asian-American and Pacific Islander communities, traditional forms of socialization confine women to gender specific roles and expectations. Failing to meet obligations such as maintaining family structure or responsibility for one's children's education, even to the detriment of individual career and personal ambitions, can put immense stress on women. Strong ties to countries of origin and a greater likelihood to live in more ethnically and socially segregated communities, make confronting traditional cultural values more difficult. These gender-specific mental health disparities persist with age as senior Asian-American women have the highest suicide rates compared to any other race.

From: <https://www.apa.org/pi/oema/resources/ethnicity-health/asian-american/women-firsts>

Resources

Mental Health America. (2016). Asian American/Pacific Islander communities and mental health." [Dataset]. Retrieved from <http://www.mentalhealthamerica.net/issues/asian-americanpacific-islander-communities-and-mental-health>

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Yam, K. (2017, June 5). Why Asian-American seniors have high rates of depression but rarely seek help." The Huffington Post. Retrieved from http://www.huffingtonpost.com/entry/asian-american-senior-mental-health_us_591c53eee4b041db8965c58e.

REGIONAL SOCIAL EVENTS



Section 5 Southern California Networking Social Event in Irvine, CA

Share with us photos of your regional social event via email!

CONNECT WITH US



BECOME A MEMBER

<https://www.apadivisions.org/division-35/sections/section-five/membership-information>



FIND US ON FACEBOOK

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



VISIT SECTION 5 WEBSITE

<http://division35section5.weebly.com>

CALL FOR SUBMISSION

We are eager to hear from you! Please consider becoming a regular or one-time contributor to the Section 5 newsletter. We seek a variety of submissions including but not limited to the following:

- Reflection on activism, social justice work, or community engagement
- Announcement/description of published papers
- Summary of your own research
- Creative work (e.g., poetry, short stories, etc.)
- Review of a book you have read
- Interview of an AAPI feminist psychologist
- Clinical case study highlighting feminist work

Please note that editors may provide feedback on submission to adhere to the mission of Section 5 and reserve editorial rights to accept submissions as is, suggest major revisions, or reject.

Please send submissions to Phuong Nguyen at pnguyen540@gmail.com and Jessica Liu at jel315@lehigh.edu