



# The Asian Pacific Women's Connection

The official Newsletter of Section V: Society of Asian Pacific American Women  
Division 35: Society for the Psychology of Women

## NEWSLETTER STAFF

Co-Editors:  
Juli Fraga, Psy.D.  
Lindsay Shortliffe Psy.D.

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## PURPOSE OF THE SECTION

- Promote the general objectives of the American Psychological Association and the Society for the Psychology of Women
- Develop feminist approaches to Asian Pacific American Women
- Develop and advance feminist understanding of the psychology of Asian Pacific American Women

## The President's Corner



Whether it is navigating graduate school, internship, post doc, the tenure process, or beyond, it helps to know that you can rely on your supports for guidance and validation. One of

the priorities of our section this year is addressing the mentoring needs of professionals across their career development. How do our identities and values influence our mentoring style and needs? Do we seek formal and/or informal mentoring relationships to provide the guidance and support across our careers and personal development? Given that there are multiple ways to mentor, it is important to be attentive to the cultural norms and values, expectations, racial identity, and diverse experiences that exist in the mentor-mentee relationship. Mentors can be helpful in "teaching us the ropes" of our profession and facilitating our competence and identity within these roles, while also understanding the impact of our cultural identities as Asian American feminists. It can be challenging to find, establish and connect with APIA women mentors in our field, and more varied opportunities are needed to facilitate and maintain these relationships. Our membership includes professionals and students who are strong, passionate, and interested in networking with others for support, guidance, and expertise as APIA feminists. I thank the women within Section 5, on the EC, and in the Division who are amazing mentors to me and so many others! I look forward to continued discussions on ways our section can

help facilitate these relationships. I invite you to contact me or any members on the EC to share your ideas, questions, and experiences at [dhayashi@csulb.edu](mailto:dhayashi@csulb.edu)

I also want to take this opportunity to share a few upcoming events that will be sponsored by our section. We hope that you will join us at these events and become involved in Section 5!

- For the APA convention in 2011, our section has two programs:

- 1) a roundtable entitled **Voices of Asian Pacific American women: Reactions and coping with racism, sexism, and heterosexism** with Susana Lowe, Ph.D. and Yuki Okubo, Ph.D.
- 2) a symposium entitled **The Experiences of Institutional Oppression Through the Profession and the Role of Mentoring in Coping and Thriving** with Phi Loan Le, Psy.D., Nellie Tran, Ph.D., & Yuying Tsong, Ph.D.

- We are planning a joint event with the Asian American Psychological Association's Division on Women to be held at the APA convention in DC. The focus of our event will be a **mentoring mixer** to facilitate connections and relationships with each other focused on our professional identities as APIA psychologists.

- Our amazing student representatives in Section 5 have created a **social networking site through Ning**. The networking site provides an online community for Asian Pacific American women in graduate psychology programs and beyond to share perspectives relevant to their personal and professional development. We look forward to launching this in the next few months!

## President Elect's Column



This past Spring semester, 20 out of the 22 master level students in my research course were applying for doctoral programs. Needless to say, there was a lot of anxiety present from the beginning of the spring semester. When April rolled around, and the class came to an end, with the exception of the few who were accepted into their dream doctoral programs, there were a lot of feelings of disappointment floating in the air. As I shared my own career and academic path with the class to encourage them in their pursuit of a doctoral degree, it reminded me yet again of how much I have been blessed with all the support and guidance I have received along the way from my feminist mentors.

Growing up with feminist parents, I was taught that girls are the best and can and should do the best. I never questioned this idea, even though I grew up in Taiwan, a multi-ethnic but mono-racial society, where young girls and women typically are not at the top of the social and cultural hierarchy. Skipping ahead to being a naïve international masters level graduate student in the US and taking my first multi-cultural course and experiential Cultural Lab, I learned not only about the socio-cultural-political “isms”, but also examined my own “isms.” This experience was extremely empowering because I had the privilege to explore these isms with an incredibly strong API feminist professor.

During my doctoral program, again I was blessed with having an API feminist professor as one of the core faculty in the program, and incredibly supportive API feminist sisters in the program. During my internship year at the UC Irvine Counseling Center, I had the good fortune to work with feminist brothers and sisters who not only gave me guidance personally and professionally during my internship year, but continue to guide and mentor me today as I work with the next generation of students who aspire to be professionals in the field of psychology.

I felt I hit the jackpot when the first Section 5 EC met with Drs. Jean Lau Chin and Debra Kawahara to dine and laugh and talk about our experiences as API women, our hopes and visions for Section 5, and our excitement to embark on this journal together. I am so grateful to have the opportunity to have worked with Phi Loan Le – our past-president, Diane Hayashino – our current president, Ivy Ho – our Treasurer, Catherine Hsieh and Dhara Thakar – our Student Reps, Khanh Dinh – our past newsletter editor/publicist, Lindsay Shortliffe and Julie Fraga – our current newsletter editor/publicists, Susana Lowe – our conference program chair, and Khanh Hoang – our current Secretary, for the last 2 years. Working with feminist sister psychologists from different backgrounds, with the common goal of supporting each other and serving our community, has been an amazing professional experience. I can't wait to see everyone in Washington DC during the social hour and at our symposium on Sunday morning. I also very much look forward to the upcoming years of working with the continuing and new EC members to reach out and expand our network and community of sisterhood!

## Executive Committee Biographies

### Student Representative: Bonnie Chang

[bwchang@tamu.edu](mailto:bwchang@tamu.edu)

#### Texas A&M University

Bonny Chang is a second-year Ph.D student in the Counseling Psychology program at Texas A&M University. She is originally from New Jersey and Northern Virginia, but did her undergrad at Rice University and has been surprised to find herself staying in Texas. Her research interests are in Asian American mental health, including how the internalization of the model minority myth and spiritual and religious factors are related to mental health and attitudes toward seeking mental health services. Her clinical interests are still under development, but she gravitates toward an existential-humanistic approach and currently sees adult clients in a community mental health clinic. As one of the few Asian Americans in her program, she is very excited about being part of Section 5 and the community it brings. She is looking forward to connecting more with other members of the section, particularly through an online discussion forum/blog where topics pertinent to our experiences in the field can be discussed. In her free time she enjoys baking, playing guitar, and swing dancing.



### Professional & Creative Development Chair: Khanh Dinh

[Khanh\\_Dinh@uml.edu](mailto:Khanh_Dinh@uml.edu)

#### University of Massachusetts Lowell

Dr. Dinh received her doctorate in Clinical Psychology with a Minor in Community Psychology from the University of Washington in Seattle. She completed her clinical internship with the Southwest Consortium Psychology Internship Program in New Mexico and her Postdoctoral Fellowship at Arizona State University's Prevention Research Center. Currently, she is an Associate Professor of Psychology at the University of Massachusetts Lowell. Dr. Dinh's primary research interests are in the areas of acculturation and psychosocial adjustment of immigrant families and individuals. Her research involves investigations of acculturative influences and their impact on the quality of interpersonal relationships and well-being, including both health and mental health outcomes. Dr. Dinh is also interested in issues of diversity and social justice in understanding the life experiences of immigrant and minority populations. She received an NIH National Health Disparities Research Service Award, a Research Fellowship from the Institute for Asian American Studies at UMass Boston, and a Scholar-in-the-City Award from the Patrick J. Mogan Cultural Center in Lowell. In addition, she serves as a grant reviewer for the National Institute of Mental Health and the Health Resources and Services Administration.

## Executive Committee Biographies Continued

**Newsletter Co-Chair: Juli Fraga, Psy.D.**  
drjulifraga@gmail.com



Dr. Juli Fraga is a licensed psychologist in private practice in San Francisco, Ca. She practices out of a holistic/integrative health care clinic. Dr. Fraga specializes in student mental health concerns, eating disorders, fertility concerns and post-partum concerns. She is former co-chair of the Division of Women and recent recipient of the DoW award for her symposium on cultural variables associated with increased risk of post-partum depression among Asian American women.

She lives in San Francisco, Ca with her

husband and 2 1/2 year old daughter, Lucy.

**President: Diane Hayashino, Ph.D.**  
dhayashi@csulb.edu

**California State University, Long Beach**

My parents, grandparents, aunts and uncles were among the 120,000 Japanese Americans living on the west coast who were interned during WWII. It was not until 1981 when the Commission on Wartime Relocation and Internment of Civilians held public hearings and some of the internees began to publicly speak about their experiences of having their civil rights taken away. For my father as well as the 750 others, this was emotionally cathartic and led to social change that would impact the generations to come. One of the reasons that I became involved in Section 5 was to challenge my belief that "the nail that sticks up, gets hammered down" and feel encouraged and validated within a supportive group of APIA women to voice my experiences. I am continuing to learn how to navigate my own cultural values and identities with continual guidance from the mentors in my life. Being involved in Section 5 feels much like being a part of a family that values equity, collaboration, and social justice across professional and personal lives. We also ensure that we have fun in the process, and actively seek out opportunities to connect with one another to enhance and deepen our relationships with each other. I am currently a staff psychologist at CA State University, Long Beach, Counseling and Psychological Services. I hope that you will contact me at dhayashi@csulb.edu, or anyone on the executive committee if you are interested in knowing more about our section.

**Treasurer: Ivy Ho, Ph.D.**  
Ivy\_Ho@uml.edu  
**University of Massachusetts Lowell**

Ivy K. Ho is a clinical health psychologist. She received her PhD from the University of Louisville, and is now an Assistant Professor of Psychology at the University of Massachusetts Lowell. Her research focuses on stress and health among women. She is



especially interested in studying how interpersonal stressors are associated with health behaviors and health outcomes among adult females in general, and among Asian women in particular. For example, she conducts research on how the stress women experience in relationships (due to sexism, racism, and other forms of social undermining) is linked to poor health and difficulties with self-care. She currently serves as the treasurer of Div 35, Section 5, and enjoys learning from the other members of the Section about empowering AAPI women.

**Secretary: Khanh Hoang, Ph.D.**  
khanhhoang@gmail.com

**California Lutheran University**

My name is Khanh Hoang, and I am currently a Section 5 Secretary for the 2010-2012 term. I self-identify as a 1.5 Vietnamese American. I was born in Da Nang, Vietnam. At the age of nine, I fled my home country with my family and lived in Hong Kong as a refugee for one year before transferring to the Philippines for an additional year.

My family has resided in Monterey County ever since we came to the United States. I graduated from the University of San Francisco with a B.A. in Psychology. I also minored in Asian American Studies because I felt it spoke to my experience of being an Asian American woman. I recently obtained my doctorate in Clinical Psychology with an emphasis on Multicultural and Community Psychology from the California School of Professional Psychology at Alliant International University. Currently, I am in the process of completing my post-doctoral training at California Lutheran University while also working part-time at Santa Ana College.



**Student Representatives: Catherine Hsieh**  
chsieh@mizzou.edu

**University of Missouri**

Catherine Hsieh is a doctoral candidate in counseling psychology at the University of Missouri. She completed her undergraduate studies at the University of California, Irvine and received her Master's degree in counseling psychology at the University of Missouri. Her research interests are in coping, career development, and cross-cultural adjustments of Asian immigrants and Asian Americans. Catherine is the recipient of the 2010 AAPA Dissertation Award for her study on the coping experiences of Filipina immigrants in the rural Midwest. She found out about Division 35, Section V at the APA annual convention. The warm and welcoming women of Section V invited her to join as a member and serve as a student representative. Section V soon became an important part of Catherine's professional development as she connects with APIA women psychologists and works to bring other APIA women graduate students into the supportive community created by Section V. In her free times, Catherine enjoys playing with her corgi, Tomos.

## Executive Committee Biographies Continued

**Past-President: Phi Loan Le, Psy.D.**

**le\_philoan@sac.edu**

**Santa Ana College**

Phi Loan was born in Saigon, Vietnam and came to the U.S. as a refugee with her parents and four siblings at the end of the Vietnam war. Her upbringing could be described as traditional and collectivistic, with occasional infusion of covert feminist values from her mother. Against the advice of her parents, Phi Loan made the decision to pursue psychology while completing her undergraduate degree at University of California, Los Angeles.



She earned her doctorate at Nova Southeastern University in clinical psychology and has been actively involved in providing services for the college campus population since her internship at the University of California, Santa Barbara. Currently, Phi Loan is a licensed psychologist in the department of Psychological Services at Santa Ana College. She also serves as the training director of the APPIC pre-doctoral internship program at SAC. Phi Loan considers section 5, Division 35 as her professional home, where she gets re-energized and connected with so many wonderful feminist Asian American women. In addition to striving to live an authentic life, Phi Loan's passions include spending time with her family, traveling and enjoying good food, reading, and learning new things.

**Program Co-Chair: Susana Lowe**

**drsusanalowe@gmail.com**

I've been a psychologist for 13 years now, and every day I learn something new (usually something really useful that I wish I had learned it before). I practice in Honolulu, HI and also teach in a graduate clinical psychology program. What I love about our work is walking through life with diverse people, helping in what way I can to make a difference small or big. I became interested in the section because of the amazing women who helped make it happen. I was kind of down on Division 35 because of an experience I had early in my career, where I felt really marginalized in the mostly European American environment of it. However, when the call came to join up, and that call was by women I deeply respect - people who work hard, inspire, follow through, and truly care - I decided to do what I could to join the effort. I'm so grateful I did because connecting with the women in this section has been immensely positive - and really the main thing that connects me to APA at all. Thank you to all the awesome women (and men) who brought Section V to fruition!

**Newsletter Co-Editor: Lindsay Shortliffe**

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**University of California, Berkeley**



Lindsay Shortliffe grew up in the SF Bay area where she was fortunate to have opportunities to interact with diverse cultures both in her larger community and within her diverse family. With a Japanese American mother and Scottish Canadian father, her personal experiences with developing a Hapa identity led to interest in working with biracial and bicultural populations. During her doctoral program at the PGSP-Stanford Psy.D. Consortium, she focused her research on the way in which biracial

individuals from Asian and European backgrounds develop a system of personal values. She completed her predoctoral internship at California State University, Long Beach, and is currently a post-doctoral fellow at the University of California, Berkeley Counseling and Psychological Services. She was drawn to section V due to her interest in working with a community of API women and a desire to find ways to connect and support this larger community within the field of psychology.

### UPCOMING EVENTS

1. Division 35/Section 5 Roundtable: **Voices of Asian Pacific American Women: Reactions and Coping with Racism, Sexism, and Heterosexism.** 8/5/2011 Friday from 3:00 pm - 3:50pm. Grand Ballroom North, Renaissance WA DC Hotel
2. Division 35/Section 5 Symposium: **Experiences of Institutional Oppression through the profession and the role of mentoring in coping and thriving among APIA women.** 8/7/2011, Sunday from 10:00 am - 10:50. Room 145B, Washington Convention Center
3. Section 5 and Asian American Psychological Association Joint Event: **Mentoring Mixer.** Thursday, 8/4/2011 from 11am-12pm in Division 35 Hospitality Suite (Washington Marriott Metro Center Hotel, 775 12th Street NW, Washington, DC 20005, Presidential Suite.
4. **Section 5 Business Meeting.** Thursday, 8/4/2011 from 12pm-1pm in Division 35 Hospitality Suite.

## Executive Committee Biographies Continued

**Membership Officer: Dhara Thakar**  
dharathakar@gmail.com

**University of Massachusetts Amherst**

Dhara Thakar is a post-doctoral fellow at the University of California San Francisco. She is currently working in a child trauma clinic that serves parents and children under the age of five who have experienced interpersonal and community violence. Dr. Thakar is interested in furthering research and clinical services for underrepresented and disadvantaged groups and is additionally interested in examining stress and coping among immigrant families. She was drawn to join Section V for the opportunity to receive mentoring from, collaborate with, and feel connected to a larger community of API women in Psychology, and has already reaped many of these benefits since the conception of the section. Dr. Thakar values the importance of recognizing and promoting the efforts of API women in Psychology and is excited to watch and participate in the evolution of this amazing network of women!

**Program Co-Chair: Nellie Tran**

Nellie\_Tran@uml.edu

**University of Massachusetts Lowell**



My academic background is in community psychology with a concentration on minority youth in the educational context. My research interests focus on the experiences surrounding race, including racial socialization, racial ideology, prejudice and discrimination, and racial identity development. I am particularly interested in students' experiences of racial socialization and acculturation in schools and the impact of these experiences on their identity development, psychological well-being, and academic performance. More specifically, I am interested in understanding how school and classroom norms influence the way students think about and understand race and its influence on their own and other's experiences.

As a U.S.-born, Vietnamese American woman, there are few professional places where I truly feel valued and supported. Section 5 has become one of these places. Section 5 also speaks to my values of mentorship, leadership development, and collaborative work. I appreciate the conversations we have around programming and the ways that everyone is mindful of watching out for and developing youth scholars. The women in this organization are incredible, inspirational, and supportive. It is such a pleasure to get the opportunity to connect with them.

**President-Elect: Yuying Tsong, Ph.D.**  
yuying.tsong@pepperdine.edu  
**Pepperdine University**

Yuying Tsong received her Ph.D. in Counseling Psychology from the University of Southern California and was the recipient of the Paul Bloland Practitioner-Scholar Award. She grew up in Taipei, Taiwan, and moved to the US after completing her BA degree at National Taiwan University. Yuying is a proud mother of two young children with a supportive and loving partner. Yuying is a full-time clinical faculty/research methodologist for Pepperdine University, Graduate School of Education and Psychology, and has worked as a private research and statistics consultant since 2000. Yuying's recent publications included an article in the *Women & Therapy* journal titled "Group counseling with Asian American Women: Reflections and Effective Practices", and a book chapter titled "Parachute Kids" in *Asian American Psychology: Current Perspectives*. Her research and practice areas of interests include multicultural supervision, Asian American psychology, immigration and acculturative stress/trauma, effects of microaggressions, and eating disorder/body image issues. Yuying enjoys both quantitative and qualitative methodologies and fully embraces her geek identity. She is the current President-Elect for Section 5 Psychology of Asian Pacific American Women in APA Division 35 Society for the Psychology of Women, and has enjoyed tremendously the experiences working with everyone in Section 5. Yuying also serves as Program Co-Chair for the 2010 and 2011 AAPA Conventions in San Diego and Washington, DC.

### HOW TO APPLY FOR MEMBERSHIP

To apply for membership in Section V and Division 35, please visit:

<http://www.apa.org/divisions/div35/Membership/membership.htm>.

Online membership application is also available for APA members at:

<http://memforms.apa.org/apa.cli/divapp/>

### CALL FOR NOMINATIONS (2012-2014)

Treasurer  
Student Representative

For more information, please visit the following website:

<http://www.apa.org/divisions/div35/Sections/5/section5.html>