



# FOCUS

Society for the Psychological Study of Culture, Ethnicity and Race  
Volume 27, Number 2  
Fall 2016

## FROM THE PRESIDENT-ELECT

*Enedia Vazquez, Ph.D.*  
(January 2016-December 2016)



### Features

- 1 From The President Elect
- 2 From The Past-President
- 2 From The Editor
- 3 Treasurer's Report
- 3 Student's Corner
- 4 Member At Large, Latina/Latino Slate
- 5 Council Of Past President's Chair
- 6 Historian's Report
- 6 APA Convention Program Committee
- 7 Convention Student Travel Award Winners
- 11 APA 2017 Program Chair
- 12 Reflection On The Division 45 Research Conference
- 12 Research Conference Student Travel Award Winners
- 14 Division 45 Listserv
- 16 Division 45 Statement On The Orlando Massacre
- 17 Advertising Policy
- 18 #Psychologists4blacklives National Die-In
- 20 A Reflection On Minority Stress Experience
- 20 Patching The Leaky Pipeline
- 22 Religiosity In Context
- 23 Thanks To John Robinson
- 24 Kudos: Division 45 Awards
- 24 Membership Application
- 25 Executive Committee

### The Human Factor: The Heart of Diversity

In reflecting about the past year it is easy to become disillusioned with the state of our parent organization, to say the least. It would seem that by now the effects of the Hoffman report would have dissipated or that the results would have led to something positive in the organization. Instead discussions abound and no final resolution has been reached. Even today, everyone seems to have an opinion, an interpretation, a suggestion on how to make things better. Disagreements continue, but one thing I have learned is that no one functions in isolation and the answer will likely not be a simple one but a complicated one.

When it comes to our division we need to keep forging ahead and keeping in mind that what makes us different is that we don't often forget the human factor. In our world of culture, ethnicity and race we don't often have the luxury to function in a sterile, linear environment. We are confronted daily with challenges from different directions. Thus the human factor is interwoven in our actions.

The human factor reminds us that interactions are not a one-way street. There are humans on both sides of an argument and whether we agree with one over the other, it is important to remember that understanding each position helps build the heart of the discussion. As we think of the year ahead, I'm reminded that one way to keep the human factor alive is to work on open communications. We need to be able to work together and have an open mind and heart. As many of us know we speak with more than words. For example, our nonverbal behavior and our tone contribute to our communication and can make or break the conversation. One wrong interpretation can lead to anger and misunderstandings. Most importantly misunderstandings can lead to broken relationships. We need to remember that many times what we don't say speaks volumes and the last thing we need is to send the wrong message.

Open communication, on the other hand, facilitates positive interactions. Three keys to remember for open communication then are tone inflection, body language, and our spoken words. Open communication also requires us to listen carefully to better understand the other's perspective. We need to pay attention to our world to make sure we are making the best of it. It will take courage to take those steps to look beyond our own needs and wants; to see how we can better the world we live in and continue paving a strong path for those yet to come. In doing this we remember the human factor and keep the heart of diversity alive. Let's "lean in" and be sure to promote open communication in all we do.

## PAST PRESIDENT'S COLUMN

*Stanley Sue, Ph.D.*

*(January 2016-December 2016)*

### Reflections

Having served three years on the Division 45 Executive Committee as President-Elect, President, and Past President, I want to reflect on my experiences and highlights. Three particularly memorable events come to mind that started as major problems but ended as illustrations of the best of our Division.



First, the Norman Anderson affair. The Executive Committee's decision to give Norm an award for this Division support was opposed by many. The opposition was not because the award was undeserved but because it would come at the heels of the controversial Hoffman Report regarding APA in which Norm served as CEO. Intense and passionate debate ensued. I was concerned that the controversy might split Division members and cause irreparable damage. In the end, I think the controversy brought out some very positive aspects of the Division—how members can intensely disagree and still show respect for each other. It also revealed that we can speak our minds, have a healthy debate, and still function as a family. I was pleased by the sheer number of Division members who became involved and expressed their views on the controversy.

Second, the projected budget. At the beginning of my term as President, the Division Treasurer announced that according to his budget projections, we had a severe financial crisis looming for the current and future years. The alarm was sounded and we took measures to cut Board travel, reduce student stipends, and provide only partial support of other projects and organizations. We formed budget committees to find ways of increasing revenue. In the end, the doom and gloom projection was inaccurate. The sky did not fall. Why didn't the anticipated budget devastation occur? True, we were able to save a bit here and there. But the main reason was that we underestimated the strength and dedication of its members. For example, the Publications Committee chaired by Luis Vazquez was able to renegotiate the contract with APA for the publication of our CDEMP journal, which considerably improved our revenues. This was probably the biggest single reason for our success. We also saw the past and future commitments made by some Division members: Richard Lee's voluntary reduction of CDEMP salary as Editor, Jeffery Mio's consistent donations to the Division, and John Robinson's future contributions written in his Trust. In retrospect, we overreacted; the Division was probably never in dire financial straits. Of course, the belt-tightening did help the budget but at the expense of supporting

traditional programs and curtailing new initiatives that might cost money.

Third, organizational chaos. As indicated in one of my statements in a previous issue of FOCUS, the Division was woefully inadequate in the orientation and transitioning of new officers and administrations. Without better transitions, roles and responsibilities would be unclear. I am glad to say that Jacque Gray (President) and Enedina Vazquez (President-Elect) are taking steps to rework the Orientation Manual which will provide greater clarity in procedures and help to achieve better continuity.

Despite the internal administrative problems, the Division is strong. In fact, Division membership is fairly healthy at a time when many other Divisions, as well as APA itself, are experiencing significant reductions in membership. In this last election for Officers, we had leaders in the field, such as Helen Neville and Donald Pope-Davis, running for President. And the many years of dedicated and exceptional service of Siony Austria as Chair of the Finance Committee should be acknowledged. I am optimistic that we have a number of outstanding members who are willing to contribute. The lessons learned are that the Division functions as family, that there is much resilience, that a major task is the strengthening and continuity of procedures, and that its members demonstrate strong dedication and resourcefulness.

---

### FROM THE EDITOR

*Amanda Waters, Ph.D.*

While our year was filled with divisive rhetoric and events, my hope is that we can stand together against hate and oppression and for love and inclusion in the world, the United States, and within our communities. I am so grateful for Jacque Gray's leadership and looking forward to Enedina Vazquez's presidential year.



As is usual for our fall editions of FOCUS, we included notes of thanks from many student members who have benefitted from the generosity of the Division and its membership through financial assistance in attending the Division 45 Research Conference and the APA Convention in Denver. We're looking forward to financially supporting more students by covering some of their travel expenses for the 2017 National Multicultural Conference and Summit in Portland, Oregon (see Desa's article below!).

## FROM THE EDITOR (Continued)

Highlights in this edition include reflections on the value of life through the #BlackLivesMatter movement, minority stress experiences, and our Division's statement on the Orlando Massacre. May we continue to press on together and look toward the future with hope. Our work will not cease as we endeavor to support one another through difficulties and rejoice in our triumphs.

### TREASURER'S REPORT

*Joseph Horvat, Ph.D.  
Treasurer (2015-2018)*

My last message to the membership was positive with respect to our future financial situation. After two straight years of overall losses I anticipated that 2016 would return a profit for our Division. That anticipated result has become a reality. The years 2014 and 2015 had an increase in expenses and a decrease in revenue leading to substantial losses for both of those financial years. After two years of very cautious spending, D45 has turned the corner in its financial position. The EC must and will continue wise but frugal spending in the years to come to continue to show a profit. I believe this trend will continue with continued support from your EC.



Some highlights of the 2016 financial year included the renegotiation of the CDEMP contract. This renegotiated contract, along with an appreciable increase in revenue from CDEMP, has helped our Division's financial position tremendously. A big thanks goes out to Luis Vasquez who chaired the committee to renegotiate our contract with APA Journals. Obviously we thank our editor, Richard Lee, for producing a Journal which leads the field in its content and coverage. Once the 2016 financials are released by APA I am sure we will be surprised with our amazing surplus. Another thanks goes out to Jacque Gray. During her tenure as President, D45 made an investment plan a reality. While numbers are not currently available as to how our investments are performing, it is anticipated that a profit will be had allowing D45 to institute additional programs for our members in the future. John Robinson and Siony Austria continue to endow an award to the Division. This award comes with a small honorarium and the Division owes a debt of gratitude to both of these D45 members for their kind contributions for the continuation of this award.

Speaking of Siony, I would be remiss if I did not mention that after approximately 12 years of service as Finance Chair to D45 she has retired from that position. Her sagaciousness in financial matters will be missed but her lega-

cy will continue to provide leadership to our Finance Committee and to our Executive Committee. Jeff Mio continues to donate royalties from his books to D45. His donations account for Jeff to hold the amazing distinction of the individual donating the largest amount of money to D45. His donations over many years have allowed D45 to engage in projects we would be unable to do otherwise.

Finally, I must mention our respected member John Robinson once again. I have been working closely with John and his attorney to establish a substantial endowment to D45 upon John's passing. We hope that D45 will not receive this endowment for many years and wish John the absolute best in his longevity and health. His generosity is unequalled in the history of D45. When you see John, Siony and Jeff in the future please give them a big D45 hug. Their unselfishness and their impact on the Division cannot be easily measured. Alternatively, please feel free to send each an email hug. The respective emails of each member is [jdrobinson@aol.com](mailto:jdrobinson@aol.com), [amaustria@stritch.edu](mailto:amaustria@stritch.edu) and [jsmio@copp.edu](mailto:jsmio@copp.edu). This will be my last report as D45 Treasurer. Because of potential conflicts of interest I will be resigning my position as of December 31, 2016. I want to take this last opportunity to personally thank each and every one of you for your support, encouragement, and good wishes. You have made my tenure as your Treasurer one to remember.

### STUDENT'S CORNER

*Desa Daniel  
Student Representative (2016-2018)*

Greetings Students,

It is with great pleasure that I have served as your student representative for the last academic school year. Within that time our Division has increased the amount of travel awards from five to ten with special dedication of five of the awards to general conference travel. This coming year those five awards will be allocated for the National Multicultural Conference & Summit which will take place January 4th -6th, 2017 in Portland, Oregon. Students should look for the application to appear on the Division 45 website under student awards around late November. For more information about the benefits of receiving a student travel reward please read the student award winner from this year summary's below.



This year I am excited to announce the new 2016-2017 Student Committee. The Mentorship Program chairs are Jasmine Jenkins and Farzana Saleem. This year goal of the mentorship program is to connect division students with division members to provide more opportunities for student to discuss their research interests, future career inter-



## STUDENT'S CORNER (Continued)

ests, and the balance between professional and personal life. The Student Liaison chairs are Roberto Luis Abreu and Jessica Jackson. This years the student liaisons will be working to build more connections to other division with APA to offer students collaborative programming through webinars and new program offerings as APA Convention in Washington D.C. 2017. This year I was able to offer several new positions to students to help with giving our student membership a more well-rounded experience. Graduate Student Convention Assistant is Yue Li, who will be working with Dr. Miranda Marin planning Division 45 programming events which will take place at Washington D.C. convention. Our Student Research Chair is Nelson Zounlome, who will help students with getting information about their research studies to division members, offer webinars on emerging research, and disseminate information about upcoming research opportunities or grants. This year a Post-Doctoral Chair, Dr. Heather Key Dominique has been added to the committee to help bridge the gap between students completing their internships and entering post-docs or entering the field with the understanding that Early Career Psychologists (ECP) are still an essential component of our Division 45 members.

The student committee is also comprised of a Campus Representative chair, Darren Agboh. Currently, Division 45 has campus representatives on 28 campuses nationwide in 17 different states including 14 universities not represented before. We are currently accepting new applications for the campus representative program. This is an opportunity for students who wish to further the advancement of contributions of psychology as a discipline in the understanding of issues related to people of color through research, education, and community. Furthermore, this offers students a chance to create student groups on their campus, hold leadership positions, and increase their career advancement. Student groups have access to limited funding from Division 45 for campus programming and access to resources within the division such as distinguished scholars, student networks, and an overall division community. This year funding was provided to Nwako A. Ukonu, Tanisha G. Hill-Jarret, and Brandi Pritchett-Johnson for their research on *Patching the Leaky Pipeline: Identifying Factors that Contribute to the Underrepresentation of Black and Hispanic Individuals in Graduate Programs in Psychology*. For more information on their study please see their summary below. Applications for the campus representative program will be taken on a rolling basis. For more information please visit our Division 45 website to contact the student representative and campus chair.

Have you followed us on social media? The student membership has a Facebook page which gives up to day

information about division events, research, and a general way for student to connect. Students can join by searching Division 45 Student Members on Facebook. We currently have 193 members within the student member's Facebook page. Division 45 also has revived our Twitter page (@APAdiv45) which serves 782 followers. If you are attending the National Multicultural Conference & Summit which will take place January 4-6, 2017, in Portland, Oregon, we hope that you will let us know by using our hashtag, #Div45NMCS. I hope to see you in Portland.

---

## MEMBER-AT-LARGE, LATINA/O SLATE

*Carlos Santos, Ph.D. (2016-2018)*

I wish all a wonderful new 2016-2017 academic year. Since my last column, I was appointed Associate Editor of the *Journal of Adolescent Research*. This journal specializes in publishing mixed-methods and qualitative research with adolescents and young adults, with a strong history of publishing research on ethnic and racial minority adolescents. If you have an interest in these particular methods, developmental period and populations, please consider reviewing for this journal, and let me know via email (carlos.e.santos@asu.edu) so I can add your contact to the roster of reviewers.

I want to take this opportunity to encourage readers to become involved in the National Latina/o Psychological Association. It is a wonderful organization that truly embodies a sense of community, and is home to many Latina/o psychologists or psychologists interested in Latina/o psychology. It offers great networking opportunities for graduate students and early career psychologists. NLPA leadership is progressive and active in promoting mental health, human and civil rights among Latinas/os in the U.S. For more information, please visit the NLPA website at <http://www.nlpa.ws>. I also want to encourage all to attend the incoming meeting of the NLPA which will take place September 29-October 2, 2016 in Orlando, Florida. The meeting is bound to be a very successful one! It will offer rich networking opportunities for junior and senior colleagues alike. If you do attend and want to speak with me about Division 45 matters, please do not hesitate to reach out to me.

Finally, I want to share a couple of exciting new publications. One is a new edited book by Carola Suárez-Orozco, Mona M. Abo-Zena and Amy K. Marks called *Transitions: The Development of Children of Immigrants* published by NYU Press which won the Best Edited Book Award by the Society for Research on Adolescence and is a great resource for folks interested in the development of immigrant youth and children. Another is a book published by the American Psychological Association co-edited by Adriana Umaña-Taylor and I titled *Studying Ethnic Identity: Methodological and Conceptual Approaches Across*

## LATINA/O SLATE

(Continued)

*Disciplines.* This edited book is a methods toolkit for researchers in various stages of their career interested in studying ethnic and racial identity. Finally, there is a very helpful consensus statement published by the Society for Research on Adolescence's flagship journal, *Journal of Research on Adolescence* titled "Unauthorized Status and Youth Development in the United States" by Hirokazu Yoshikawa, Carola Suárez-Orozco and Roberto Gonzales. This consensus paper is an essential read for a general audience and especially researchers interested in conducting psychological research with the 5.3 million estimated U.S. children and adolescents who are growing up with unauthorized status, or with at least one parent who has that status.

I wish all of you a wonderful start of the academic year. As always, if you have any suggestions for me as your MAL-Latina/o slate rep, please do not hesitate to write me at carlos.e.santos@asu.edu.

## COUNCIL OF PAST PRESIDENT'S CHAIR

Joseph E. Trimble, Ph.D.  
(2012-2016)

Dear friends and colleagues,

As some of you know I won't be able to attend what would be my last meeting of D45's Executive Committee; my term officially ends with the meeting next week. I want to use this brief occasion to express my deepest and most sincere gratitude for the opportunity to serve on the EC as your Chair of the Council of Past Presidents representative. It has been wonderful meeting and collaborating with all of you on many ventures. Yes, there were the disappointments and but then there were the occasions when we could all celebrate in good form.

This past week former President Bill Clinton commented that he had more "yesterdays than tomorrows." For many reasons I resonated with his comment and observation. The EC position for the Council of Past Presidents representative was established many years ago to reflect the observation made by President Bill Clinton; the person in the position is one who has more "yesterdays than tomorrows" and thus brings that rich history to our Society and the EC meetings and discussions.

As I sit here and thank about the coming EC meetings I am reminded that it wasn't that long ago when what were all about as a Society didn't exist within APA. And I vividly recall sitting in meetings in Washington, DC and later elsewhere with Amado Padilla, Richard Suinn, Henry Tomez, James Jones, Dalmas "Dulles" Taylor, Esteban Olmedo, Martha Bernal, Stan Sue, Floyd Martinez, Gary France, Maxine Rawlins, Hal Fairchild,



For indigenous people, the butterfly represents change, growth, freedom, and spiritual courage. The butterfly leads us to growth through the knowledge that change is inevitable. The butterfly shows us that change can come about when we learn we are free to live forever because life is continuous. The butterfly shows us that there are different worlds of color and beauty and that we can experience them with moral strength and curiosity. The butterfly teaches us to make conscious changes to our lives and those around us, create new conditions, and assist in making dreams come true. The butterfly teaches us that living occurs through dying but in dying there is a new life and with that new life comes the freedom to change the course of lives. Our spiritual birth may guide us to new freedoms. We are told that when a butterfly flaps its wings, it sends ripples that are felt around the world and throughout the Universe.

— Joseph E. Trimble (2004)

Lisa Porche-Burke, Guillermo Bernal, Derald Wing Sue, A.J. Franklin, Janet Helms, Patricia Arrendondo, Theresa LaFromboise and others whose names slipped my memory right now arguing with APA staffers and representatives from various disciplines in our field about the value of infusing ethnicity, culture, and race into the huge psychological tapestry. We were not well received yet we persisted and in the mid-1980s D45 became a reality and has respectfully and rapidly grown in significance, influence, and importance to the extent that other APA divisions "mimic" and admire what we have set in place as traditions, policies, and commitments.

I have deep fond memories of the "yesterdays" with D45 and our field in general. I have been blessed and honored to be a part of what matters to all of us. I will miss our EC meetings, discussions, and activities but know all too well that the future of our division is in the hearts, souls, and minds of all of you and those who come after you. I know my successor will represent the Council of Past Presidents representative quite well; listen carefully to her/his stories because they not only will be filled with wisdom but they also will be based on rich and vivid experiences.

Please know that I will continue to be passionate about our field and what it all means to us. And I will continue to advocate and advance our field with as much vigor, heart, and spirit as I have for the past half-century. Indeed I have lots of "tomorrows" left and will fill them with the voices of all of you and those who matter to me. I won't be far away. I'm not retiring.

Thank you for the wonderful opportunity to be a part of the mission of D45 and the EC. It has been my pleasure indeed.

In spirit,

—Joseph

## HISTORIAN'S REPORT

*Felicisima C. Serafica, Ph.D.*

In January, the Chronological History section on the Division 45 website was updated to include the highlights of Division 45 activities in 2015. Also, the section on Archives under History on the website was reviewed to ascertain that the information in it is still up-to-date.



Activities related to archiving included a review of a list of historical documents sent to the APA at the end of December 2015 to ensure their completeness. Based on the review experience, the Historian requested and received permission from APA Library & Archives Director Dan Hanlon to revise the APA Archives Inventory Form that must be completed when documents are submitted for archiving. The revised form, for the use of the Division 45 Secretary and the Historian, takes into account the fact that all submissions are now electronic instead of hard copies put in containers. More importantly, it lists in advance the documents that have to be archived based on Division 45 policy, so all the Secretary and the Historian have to do is check off what documents are included and type in the names of any other documents that are not on the list but that the Division may wish to archive because of their historical import (e.g., Division 45 Statement on Orlando Shooting). Last, the Historian requested the Division President and Secretary to remind EC members to submit their reports to be archived as PDF documents, as required by the APA Library & Archives.

Last, the Historian has commenced an ongoing report of Division records from 2011 through 2015 to identify activities implementing the Division 45 Strategic Plan for 2011-2015.

## REPORT FROM APA CONVENTION PROGRAM COMMITTEE

*Anita L. Mihecoby, Ph.D.*

This year's convention was packed with socio-political action signifying the encouraging expansion in our roles as activist among the APA community. This year's division theme, "The Multitude of Colors in the Weaving of Psychology: The Unrecognized, Uncelebrated, and Hidden Contributions" was defined with intentions for acknowledging marginalized contributions that have been foundational to psychology and aimed to further social justice



in our practice and within our communities.

Our convention program explored this theme through diverse presentations including "North American Indigenous Cultural Influences on Psychology" presented by Drs. Jeff King, Ryan HeavyHead, and Gayle Morse and Jerome Bernstein, MA, acknowledging the contributions of American Indians to the work of Erik Erikson, Carl Jung, Abraham Maslow, and Sherif and Sherif.

The program was filled with presentations highlighting the importance of diverse perspectives and revitalizing cultural ways. Dr. Sidney Stone Brown, author of the book "Transcending Greed: Native American Self-Actualization," discussed the relevance of a holistic worldview for healing our wounds from the disconnected and divided society we live. Her presentation, "It's so old, it is new: Native Self Actualization-Placement Assessment," emphasized the benefits of cultural revitalization for healing.

The James Jones presenter, Carletta Tilousi, elected tribal council member of Havasupai Tribe and activist for her community, talked about her tribe's legal victory over researchers who misused blood samples without proper consent. This emotional presentation reminded us that scientific curiosity could be detrimental to diverse populations and disrespectful to marginalized cultural beliefs.

The division program recognized the science and practice of cultural paradigms, treatment modalities, and socio-political issues. The joint interest in social justice and support for diversity from our APA divisional allies developed into timely and relevant collaborative programs including "Psychologists As Activists-Learning From Black Lives Matter, Native Lives Matter, and the Occupy Movement" and controversial presentations such as "Trials, Tribulations, Possibilities-What to Do About Cannabis?" There was so much going on at this year's convention it was difficult to choose which presentations to attend.

The poster sessions were exceptional, exemplifying the cultural diversity and span of topics our division aims to support. This year we accepted 160 posters that were displayed across 4-poster sessions during the convention. We, therefore, were able to recognize 4 students for their outstanding research presented in poster format. Congratulations again to our Student Poster Awardees.

Poster session 1: Jeffrey H. Wong, BA, APA Student Affiliate, Teachers College, Columbia University, "Pilot Intervention to Reduce Internalized Stigma Among Chinese American Mental Health Consumers"  
Poster session 2: Veronica Franco, BA, APA Student Affiliate, University of California-Irvine, "Validating an Academic Family Measure With Latina/o



## APA CONVENTION PROGRAM COMMITTEE REPORT (Continued)

Undergraduates"

Poster session 3: Eva Wilson, MA, APA Member, Boston College

"Part White, Still A Person of Color?: The Utility of the PRIAS in Multiracial"

Poster session 4: Aileen Aldalur, BA, APAGS Member, Gallaudet University

"Preliminary Psychometric Properties of the Deaf Acculturative Stress Inventory."



Eva Wilson

During this Native American presidential slate, president Jacque Gray and the program committee took the opportunity to turn to indigenous wisdom to acknowledge the much needed healing within our APA community post Hoffman report as well as recent external social tragedies against minority populations. We were honored to have the Native American Women Warriors Color Guard open the Division 45 business meeting with a ceremonial presentation. Local indigenous drummers played traditional ceremonial music to accompany the color guard presentation. The ceremony provided a space to reflect and honor our warriors, our diversity, and the work we do that brings us together each year at the APA Convention. With all of the inspiring psychology work being done rel-

evant to our diverse cultural needs, it is my hope that attendees were rejuvenated and newly motivated to return to their unique and important contributions to the field of psychology.

As I pass on this role to the 2017 program chair, Merranda Marin, I want to publically thank the 2016 program committee we developed this year including the co-chair, Kyle Hill, PhD, graduate assistant Melissa Wheeler, and students, Tina Lincourt, Jack Sample, and Greg Urquhart as well as the executive committee for their guidance and support throughout my tenure. Thank you again for this opportunity to serve. Best wishes to all.



Division 45 convention committee and Division members

## DIVISION 45 APA CONVENTION STUDENT TRAVEL AWARD WINNERS

**Chelsie Dunn**

*Alliant International University  
Clinical Psychology*

This year's convention was based on the presidential theme of "The multitude of colors in the weaving of psychology: The unrecognized, uncelebrated, and hidden contributions." In line with the theme, I based my presentation and those presentations that I attended to reflect that of this theme. This year, I presented on the impact racial identity and experiences with gendered racial microaggressions have on Black girls' sexual socialization process. Through this poster presentation, I was able to provide behavioral health specialists with implications for their culturally grounded behavioral health intervention programs such as incorporating mothers and their culturally specific communication styles to increase effectiveness and responsiveness of their sexual health message. Additionally, these programs should also focus on racial identity as a protective factor. Attending convention and presenting my research allowed me to connect with scholars in the field and as a return was connected with a professor who recently developed a gendered

racial microaggression scale which will be beneficial for my dissertation.

Continuing with the convention's theme, I attended sessions that focused on alternative careers with a degree in psychology. One that was appealing was on a career in public policy. During this presentation, the presenter provided students with information regarding several fellowships and individuals who have made a promising career in the field of public policy.

Through the funding I received from APA Division 45, I was able to connect, inform, and be inspired at convention. The sessions and attendees at convention assisted, and continue to assist, in my academic and professional development. Through the social hours and mixers, I was able to gain knowledge on publishing as a graduate student, fellowship opportunities, and joined mentoring programs. I would like to thank the committee of the APA Division 45 Scholarship for selecting me as one of the recipients of this award and allowing for me to add to my professional and academic "skill bag."

## TRAVEL AWARD WINNERS (Continued)

**Christina Lam**

*Arizona State University  
Counseling and Counseling Psychology*

As I walked into the Colorado Convention Center, I was amazed by how large the convention hall was. There were bustling vendors and what seemed like thousands of researchers, students, and practitioners. As a first time attendee of the American Psychological Association Convention, I was blown away by the sheer size of this conference in comparison to others that I have attended in the past.

I came to APA to present two research posters, but I gained much more than I could have imagined. I attended symposiums that were presented by living legends such as, Chomsky, Beck, and Bandura regarding the conflict in our current world and methods for peace in the future. I met with other researchers and connected with fellow graduate students that shared the same research interests as me. In addition, I was able to support col-

leagues from my program at Arizona State University by attending their poster presentations and symposiums. It was awesome having the opportunity to learn from them in a setting that was new and exciting to us all.

I knew that I would learn a lot from APA, but I was not expecting just how much. I was very pleasantly surprised to see the amount of speakers that were addressing the current state of affairs in the United States and how it is necessary for us as professionals to use our professional influence to incite change in the community. I participated in the Solidarity March for Black Lives Matter, which was a very empowering student-initiated event that was spurred into action by peers in my program. Being part of an actual social justice event was very empowering because it allowed me to see that how powerful that we could be by coming together as students, faculty, and community leaders alike. It was amazing thinking that this event could have an impact on the future of our field and the community. I was also very moved by the large turn out and support from the psychology community for this cause.

Across all these different venues of knowledge sharing at APA, I learned a lot about what it means to be a young professional in this field. I learned about the powerful collaborative nature of our field through experiencing firsthand how experts would take the time to speak with students and help them refine their research studies. I learned about the importance of integrative care by our very own APA president, Dr. McDaniel. I learned about the power of student voices in creating institutional change and standing with a cause that supports the protection of an at-risk population. I was reintroduced to the psychology community and I remembered just how much I love and enjoy being a part of this amazing group of people.

Throughout these amazing experiences that I had during APA, I could not help but think of how much the student



*APA Denver student award winners*



*EC members*



## TRAVEL AWARD WINNERS (Continued)

travel fund from Division 45 helped me. It allowed me to present two posters during Division 45 poster sessions, learn from and interact with cultural psychologists and researchers, and participate in social advocacy and change. I could not thank Division 45 enough for providing me with this wonderful learning and professional development opportunity.

*Heather Key  
Howard University  
Clinical Psychology*

One of the prominent themes of the 124<sup>th</sup> Annual APA Convention was "When new insights emerge." This particular theme resonates with me because this is one of the many experiences that I had while attending my first APA Convention. After attending various presentations and being involved in my own poster presentation, I was able to share ideas, connect with other professionals and colleagues, and became more insightful about future research ideas and clinical interventions.

One of the first presentations that I attended was a symposium entitled, "Coming of Age Online: Attachment Dispositions and Social Media Use" by Frederick G. Lopez, Stephen L. Wright, and their team of researchers. I was particularly interested in this topic because of my research experiences. For example, serving as a previous Research/Social Media Intern for APA's Committee on Psychology on AIDS (COPA), being an attachment researcher during the duration of my academic career, and having an interest in the young adult population and technology use, attending this presentation was a natural fit. One of the most prominent findings of the presented research was that attachment, especially insecure attachment, was a significant factor in predicting social media use (e.g., Facebook use) and a significant moderator between social media use and career aspirations. Generally, insecurely attached individuals were less likely to post information about relationship commitment compared to securely attached individuals; and Facebook use was most helpful for insecurely attached individuals, especially those who are anxiously attached, in pursuit of careers, compared to securely attached individuals. There were no significant reported findings between attachment and Pinterest use.

Another fascinating presentation that I attended was a symposium entitled, "Scientist-Practitioner Perspectives on Minority Stress among LGBTQ People of Color" by Cirleen DeBlaere, Carlton E. Green, and their research group. They presented on various topics including information related to minority stress/stressors, transgender

people of color and sexual objectification, as well as expressive writing for LGBTQ people of color. According to the presenters, sexual objectification is prominent in transgender people of color, and about one-third of this group are victims of sexual violence. Furthermore, all participants in this aforementioned study reported experiencing some level of psychological distress in their daily lives. Expressive writing was also shown to have positive impacts on the psychological well-being of the participants. Particularly, there were no significant differences found between the control and expressive writing conditions; however, it did highlight the significance of writing as a form of expression and its impact on psychological well-being, especially among marginalized groups.

Lastly, I attended and participated in "Public Conversations about Race and Ethnicity" by Leighna Harrison, Nadine Kaslow, and their team of researchers. As a woman of color, I learned new information related to having effective conversations about ethnicity and race while using reflective structured dialogue. In a workshop and collaborative-type format, I was also able to interact with other diverse professionals, share parts of my personal story, and gain deeper knowledge about others' professional and personal experiences. This talk assisted me in thinking about what workshops and/or group topics that I can use when in professional settings, training settings and when providing clinical interventions in community settings, especially when dealing with sensitive conversations related to race, ethnicity, and culture. After participating in these events and presentations, I am hopeful that I will continue to develop lasting working relationships with students and colleagues. Overall, my first APA Convention was cognitively stimulating and interpersonally fulfilling. It sparked insights in thinking about future research projects, possible leadership opportunities, career options, and my new professional identity as I transition from a student to an early career professional in health service psychology.

*I. Shujaa Miller  
Indiana University Bloomington  
Counseling Psychology*

I am so fortunate I was able to attend my first American Psychological Association (APA) Annual Convention. Without the financial support provided by the Division 45 Travel Award I am certain that I would have missed out on this wonderful professional and personal experience.

I have been an APAGS member throughout my doctoral career. It was important for me to connect with other graduate students from around the nation to learn about their graduate experiences and career aspirations. During my four days in Denver I felt welcomed by both by my

## TRAVEL AWARD WINNERS (Continued)

peers and professional members. For this reason, I am looking forward to returning next year to APA in Washington, D.C.

As an African American graduate student, the past few years have not been easy for me given the current climate in our nation. However, as a psychologist-in-training, I am encouraged by the continued and collective push toward social justice and advocacy from my peers and psychology professionals. Attending this year's convention provided many sessions and break-out conversations centered around how best to support students and communities impacted by racial injustice and domestic terrorism. These included the Division 45 symposia: *Trauma Exposure in African Americans-Mental Health Impact and Resilience* and *African American Student Athletes-Can We Right Some Wrongs?* (Co-listed with Division 47: Society for Sport, Exercise & Performance Psychology). Both sessions directly connect to my dissertation research as well as my emerging professional identity.

My time at the APA Convention also included humbling experiences that challenged me to make a greater difference when I returned to my campus. Inspired by the Black Lives Matter solidarity march on Friday during the convention, I have begun working to build interdisciplinary dialogues with peers and faculty across my home campus at Indiana University in Bloomington. These efforts will culminate in a critical discussion and agenda aimed at increasing action-oriented research that investigates an array of social issues and educational disparities. In the end I took away the message that my post-doctoral work will be about serving the people and helping them to heal.



Jackson Parham

Since returning home and having an opportunity to reflect back on my experiences at the convention, I understand even more the importance of my training and future role as a mental health professional. It was dynamic to share my research with other scholars and be challenged to consider the potential applications of my work. The same can be said for the roundtables and mentoring sessions in which I participated that provided greater self-awareness. In that way the convention was restorative for me personally. This rejuvenation was critical as I am actively engaged in completing my dissertation proposal and beginning internship applications. I know that for some remaining diligent through dissertation can be difficult. Being at this convention for the first time, during this process, was an act of accountability in that I have been encouraged and supported to stay the path and finish strong.

Finally, my time at the APA Convention was a wonderful interpersonal experience as I met and shared great moments with my peers, mentors, potential mentors, and a couple of undergraduate students who wanted to stay in contact with me. Between the relationships that I have made this year and the mentoring that I have received, I have no doubt that this was one of the most influential conventions that I have ever attended. Although the convention was quite large as advertised by my training director, I felt welcomed and appreciated. I am thankful to Division 45 for allowing me the opportunity to come, feel, and share among some really dynamic and talented students and psychology professionals. *Wado* ("Thank you" in Cherokee).

**Yunkyoung Loh**  
University of Iowa  
Counseling Psychology

I am incredibly appreciative to be a recipient of the Division 45 Student Travel Award for the 124<sup>th</sup> American Psychological Association Annual Convention in Denver, Colorado. Thanks to the support, I was able to attend numerous events and sessions at APA this year. Through these activities, I have gained unforgettable connections, resources, and inspiration.

*Connections.* Connectedness is what this conference felt like to me. Since starting graduate school in South Korea, I have attended APA Conventions as an individual attendee. However this year was my first experience of being meaningfully connected with the APA community, in particular, Division 45. At this year's convention I bonded with local and international psychologists as well as graduate students who share my vision of psychology—serving underrepresented individuals and communities. I attended the Division 45 Student Social Hour and connected with old and new colleagues of color. The event also provided me a chance to speak to other psy-



## TRAVEL AWARD WINNERS (Continued)

chology colleagues outside counseling psychology. Speaking with others outside my field of psychology helped me to learn about health-related policy and public health resources for racial minorities in the US. Through the Division 45 meetings, I developed mentoring relationships and learned about their collective effort to enhance the understanding of ethnic minority groups in the US.

*Resources.* Attending this year's APA convention also provided important moments in reaching my long-term goal of becoming a faculty member and international scholar. Having the opportunity to participate in events related to academic career development, such as the faculty career development workshop, was incredibly informative and useful. The workshop offered a wealth of information and practical advice that will be invaluable as I develop my faculty job application portfolio. Since I am not a product of the US educational system, learning what universities in the US are looking for was helpful. I will take the lessons I learned back to Iowa and build upon the foundations that I already possess in teaching, research, and leadership.

*Inspiration.* As I walked through this year's Division 45 poster session themed "Confronting Our Challenges in Ethnically Diverse Communities" I was heartened and invigorated. In conjunction with #blacklivesmatter

Movement this year, it was encouraging and hopeful to see members of the psychology community addressing social injustice issues occurring across different settings. Beyond simply being a spectator, I was also to present my poster entitled "Culturally-Bounded Social Standing Based on Education and Distress among Korean Male Students." It was great having discussions with students and psychologists about the intersection of Korean male identity, Asian cultural values, and social class consciousness development, and its relationship to stereotyping and discrimination against members of different social class backgrounds. One interesting comment I heard was that oppressed individuals are more likely to justify and perpetuate the status quo, and I strongly felt that psychologists should continue to strive to challenge the status quo arrangement of power and privilege. Together, Division 45's entire poster sessions offered me hope that its members' collective efforts can help us as a society to move towards overcoming different types of "-isms." Building a sense of community is what most matters to me. Connecting with the members of Division 45 provides fuel and motivation for me to grow as a psychologist. Again, I am extremely thankful for the Division 45 Student Travel Award which helped me attend the 2016 APA Convention. I feel certain that the Division 45 will continue to provide incredible connections, resources, and inspiration for its members to fulfill our social responsibilities and missions. I am also excited to continue to expand my involvement within Division 45 in the years to come.

## FROM THE APA 2017 PROGRAM CHAIR

*Program Chair: Merranda Marin, Ph.D., New Mexico State University*

*Program Chair Graduate Student Assistant: Yue Li, Indiana University Bloomington*

As the Division 45 program chair for the 2017 conference, I would like to make you aware that the APA call for collaborative program proposals will go out in September. The deadline submitting collaborative proposals is Friday, October 14, 2016.



Merranda Marin

The intent of collaborative programming is to foster cross-divisional collaboration, and the review process occurs *before* the review of general submissions. So, if you submit a cross-divisional collaboration proposal, and it doesn't make the cut, we can then submit it through the general convention portal. That's TWO chances of having your work accepted!



Yue Li

In Division 45, we have great potential for

collaborating with other divisions. You may even have colleagues in other divisions that you would want to invite to participate in a program. You can access a list of divisions here:

<http://www.apa.org/about/division/index.aspx>

Please begin brainstorming submission ideas that cross division lines. I can help connect you with folks in those other areas by contacting the division program chairs, or, if you know someone, just run with it! Submitters do not need to be members of those divisions; we just need endorsement for the proposals from the relevant program chairs. Please keep me informed of your creative ideas for collaborative program topics and formats.

Every collaborative program that Division 45 gets accepted is *\*in addition to\** the allotted programming hours that we will receive. So, collaborative programs help to increase the visibility of Division 45 at the convention, and they also are a way to pull in other folks who might not otherwise check out our offerings. As a general reminder, the deadline for submitting standard division proposals is Thursday, December 1, 2016.

I will be happy to help in any way that we can, and we look forward to getting to know many of you over the course of this next year.



## REFLECTION ON THE DIVISION 45 RESEARCH CONFERENCE

*Allison Bond*  
*The Catholic University of America*

The APA Division 45 Research Conference in Stanford, CA was the first research conference I attended. As an undergraduate at The Catholic University of America, in Washington, D.C., I have participated in Research Days, but had never attended a conference until this summer. Attending and presenting a poster at the APA Division 45 Conference was an amazing experience. My interest in presenting research has increased since the conference, and I await the next Division 45 Conference. The people I met at the conference made the experience truly remarkable. Although I was one of the youngest and less experienced people at the conference, I never felt as though I was out of place. The APA Division 45 community is filled with students and professionals who provided me with a wonderful insight into the professional world of psychology.

There are some pieces of advice that I gathered from this conference, and would like to share with others who are attending a conference for the first time.

The first piece of advice that I would like to provide is to go to many different sessions and get as involved as possible. The entire conference was a great experience, but personally, I believe that the discussion sessions and mentor lunch were two of the most interesting events. The discussion sessions gave students and professionals the opportunity to collaborate about research, talk about problems and offer up solutions; they were held in a different way than other sessions at the conference.

Secondly, I suggest seeking advice from others. The more questions people asked about my research, the more new ideas I came to mind. Lastly, I suggest trying to network with as many people as possible. Networking with graduate students gave me a great perspective into the different graduate programs across the country; and connecting with professionals gave me the opportunity to ask questions about their areas of expertise. Conferences are a unique place where people who share a common interest meet to discuss ideas. Presenting at the APA Division 45 Conference was a very rewarding experience, and one I recommend highly.

### WHAT DOES DIVISION 45 MEAN TO YOU?

Go to this web link and tell your EC!

<http://division45.org/>

## DIVISION 45 RESEARCH CONFERENCE STUDENT TRAVEL AWARD WINNERS

*Analia Albuja*  
*Rutgers University*  
*Social Psychology*

I was looking forward to attending the Division 45 Conference because I was confident it would give me the opportunity to present and receive feedback on my work, make new connections with similar scholars, and seek out new mentors. The conference met my expectations in each of those regards. For example, after my presentation I was asked thoughtful questions and pushed to think more deeply about my experimental design and interpretation of the results. I presented within the Multiracials in Context symposium, so each talk addressed an aspect of identity and perception that is unique to this growing population. Though the other presenters are also social psychologists, the audience was interdisciplinary. This led to a discussion of the terminology we use with regards to this population (e.g., saying someone is "part-White"). I found this perspective to be very helpful since it challenges our conventional language and gives unique insight on how other fields answer similar questions. These conversations spilled over past the symposium, into the poster session, and beyond as I connected with other graduate students engaged in similar work. Even in the coffee breaks between sessions, my conversations with others sparked new ideas and have resulted in a continued exchange in pursuit of a collaborative relationship.

In order to expose myself to new ideas, I attended sessions that ranged from topics very related to my own work (such as the Advances in Ethnic Identity and Development Research symposium), to topics and methodologies that I am unfamiliar with (such as the Psychologists at the Front Line symposium).

One of my favorite sessions was the mentoring lunch because I was able to interact with faculty and graduate students who were very open in discussing their social identity development and its influence on their graduate or professional careers. More broadly, I found the acknowledgment of culture, race, and ethnicity in our own personal lives to be an unexpected and very welcome aspect of the conference.

One of the most important take-aways of the conference for me was the encouragement I received by seeing many other students and faculty of color engaged in meaningful work that is relevant to our communities. As an underrepresented student myself, it was refreshing to encounter an encouraging and safe environment to discuss and explore our unique social identities.

## RESEARCH CONFERENCE AWARDS

(Continued)

Knowing that others like me have been successful has given me renewed motivation to pursue my goals. I am very grateful for the travel award, as it allowed me to fully engage in the conference and reap its many rewards.

*Johanna Collier*

*University of Missouri – St. Louis  
Clinical Psychology*

Division 45's student travel scholarship allowed me to attend both my first APA-affiliated and my first Division 45 conference. I am a fifth year student in the Clinical Psychology Ph.D. program at University of Missouri – St. Louis. There, I am pursuing an emphasis area in Gender and Diversity Studies and am also a part of the Multicultural Psychology Lab. My personal research has looked at racial stereotyping and, more recently, classism. I have long been interested in sociocultural issues and hope to one day apply my research in order to effect social change and promote social justice.

I attended the conference in order to present a poster for which I was first author. The poster used data collected from my lab to examine the impact of racial socialization on biracial identity. The experience of presenting was valuable for my professional development. It allowed me not only the opportunity to work on my presentation skills but also to discuss the methodology of the study. My conversations during the poster session helped me to critically examine the study in a way that was constructive and will aid me in future research design. I had helpful discussions about measure validity and the pros and cons of applying measures to novel populations.

I also attended the conference in order to learn about new research in the field and make new connections. There are few faculty in my department who share similar research interests with me outside of my research advisor. As such, I often feel somewhat adrift without a strong academic community in my university with whom to connect and collaborate. Furthermore, my current research draws strongly on social psychology, though I know few social psychologists! I was very much looking forward to interacting with other individuals who have similar values and interests and might be able to help guide me in some of my academic pursuits. I luckily did meet a social psychologist who also has interests in class and offered to assist me with my dissertation. This was a very welcome development, and I look forward to receiving his thoughts and feedback about my study design. To support the division who supported me and to meet people, I also volunteered at the conference. I was impressed with the helpfulness and kindness of the individuals with

whom I worked and who organized and executed the conference.

The conference also allowed me to gain exposure to new research in the field. I attended sessions on the challenges faced by foreign-born domestic workers, Native American health initiatives, applications of cultural psychology to economic upheaval in Ireland, racial dehumanization, and trauma interventions for social justice activists. While I take extra courses on multicultural issues and pursue related research for my emphasis area, the opportunity for in-person interactions and presentations on such diverse topics related to multicultural issues was quite welcome. I very much enjoyed it.

As I'm currently exploring career paths, I also made a point to attend the mentor/mentee lunch and had the pleasure of sitting at Bertha Holliday's table on "alternative research careers." I hope someday to use research to affect policy and administration, so it was wonderful to sit with Dr. Holliday and learn about the twists and turns in her career and the varied positions that psychologists are qualified to occupy. She gave us great advice on making a point to identify the broader skill set that psychology has given us and to get creative!

Overall, the conference offered me excellent exposure to an area of psychology in which I hope to grow. I feel as though I have gained new professional perspectives and information that will assist me as I continue my research career and professional development. I also hope to take my experiences back with me to my university and share them with my program's Diversity Committee which I sit on in order to further our diversity initiatives. Thank you to Division 45 and the conference committee for your support.

*Farzana Saleem*

*George Washington University  
Clinical Psychology*

I am a fourth year student in the Clinical Psychology PhD Program at George Washington University. My research interests focus on factors that protect against the adverse effects of racial discrimination on the mental health of African American adolescents. I was ecstatic to receive the travel award to the Society for the Psychological Study of Culture, Ethnicity, and Race (Division 45) given the scope of the conference and the opportunity to connect with prominent and developing psychologists of color.

I had three primary goals for the conference. First, I hoped to network with faculty and graduate students for the purpose of fostering my professional development and establishing research collaboration opportunities. Second, I wanted to connect with a Division 45 student leader to get information about the committees' projects and the mentorship program co-chair position, which I

## RESEARCH CONFERENCE AWARDS (Continued)

am interested in applying to. Third, I hoped to talk with a Division 45 student leader to discuss potential areas of collaboration between American Psychological Association of Graduate Students-Committee for the Advancement of Racial and Ethnic Diversity (APAGS-CARED) and the Division 45 student committee. I was able to accomplish each of these goals at the conference.

All of the preconference professional development presentations were enriching on Thursday. Two of my favorite presentations were on publishing and community-based participatory research aimed at health equity in intervention research. That day I also connected with the current co-chair of the Division 45 mentorship program, Jasmine Jenkins. We discussed my interests in expanding the mentorship program to include graduate student mentors and how APAGS-CARED can collaborate with

the mentorship program to increase recruitment and support. I also facilitated a conversation between Jasmine, myself, and the incoming APAGS-CARED chair (Joelle Taknint) about the potential opportunities.

Friday and Saturday I attended presentations focused on research and working with ethnically diverse clients. After attending a paper symposium on ethnic/ racial identity within diverse contexts I developed new ideas to integrate into my research; I also received helpful feedback from the chair of the symposium, Sheena Mirpuri. Clinically, I learned new information about how to enhance treatment for marginalized clients (e.g., South Asian Mental Health, Responding to Microaggressions) and increase self-care for students (e.g., #Blacklivesmatter discussion, Re-Reflecting on our Roles: Black psychologists...).

These presentations fostered great conversations and ideas for student activism. For example, after the “#Blacklivesmatter’s Impact on the Mental Health of Black Young Adults” presentation, a few students and I had an inspiring talk with Drs. Beverly Vandiver, Bertha Holliday, and Alberto Figueroa-Garcia; we are planning a conference call to discuss how to move two of the ideas from the discussion forward, potentially with the support of the Division 45 student committee and APAGS-CARED. As a first year attendee to the Division 45 conference, I had an excellent experience, and I will definitely attend again in the future.

*Sheena Mirpuri*

*Fordam University*

*Applied Developmental Psychology*

I was honored to receive a travel award in order to make possible my attendance at the 4th Biennial APA Division 45 conference held at Stanford University. At the conference, I was able to accomplish three major goals: share my work with well-known researchers in my field, connect with old and new colleagues, and gain a glimpse of new areas of research.

I chaired a symposium which included my colleagues in Dr. Tiffany Yip’s lab: a fellow graduate student, a post-doctoral student, and two undergraduates. Our presentations, under the umbrella of “Ethnic/Racial Identity in Diverse Contexts” posed several questions: how does surrounding diversity in the form of intergroup contact or ethnic/racial incongruence influence ethnic/racial identity, when and why should we use developmental or content measures of ethnic/racial identity, when should we consider ethnic/racial identity as fixed versus fluid, and how do our research methods inform what we know about ethnic/racial identity from between-persons and within-persons perspectives? We were fortunate enough to have Dr. Robert Sellers as our discussant and were

### Division 45 Listserv

Are you an active and current member not on the Division 45 listserv? You can go to the Division 45 webpage <http://www.apa.org/about/division/div45.aspx>, to learn more about our vibrant and engaging organization.

On our webpage under the membership section (look at the right hand panel about halfway down) there is a link called “listserv.”

You can join here or if you are a member, all you have to do is to follow the easy steps below.

#### To join the List:

Write to [LISTSERV@LISTS.APA.ORG](mailto:LISTSERV@LISTS.APA.ORG) and, in the text of your message (not the subject line), write: SUBSCRIBE DIV45

#### To Leave the List:

Write to [LISTSERV@LISTS.APA.ORG](mailto:LISTSERV@LISTS.APA.ORG) and, in the text of your message (not the subject line), write: SIGNOFF DIV 45

#### For More Information:

Write to [LISTSERV@LISTS.APA.ORG](mailto:LISTSERV@LISTS.APA.ORG) and, in the text of your message (not the subject line), write: “HELP” or “INFO” (without the quotes). HELP will give you a short help message and INFO a list of the documents you can order.

Please note that, members have to sign up for the listserv. The Division doesn’t automatically add people when they become members.

Division 45 utilizes APA division services for trouble-shooting problems like getting on the general listserv and address changes. Members should send change of address information and problems enlisting on the listserv to Keith Cooke in APA division services via email at [kcooke@apa.org](mailto:kcooke@apa.org).



## RESEARCH CONFERENCE AWARDS (Continued))

honored to get his thoughtful perspectives on each of our presentations. We were also humbled that our session was entirely full, and with some of the most notable names in the field—intimidating to say the least! We enjoyed engaging with the audience's questions and hearing Dr. Sellers eloquent closing comments, specifically the need for research to consider more closely how ethnic/racial identity lives and breathes as part of the human condition.

Second, this opportunity allowed me to connect with other graduate students and professors that I had previously met, but also to meet new people. For example, while going through the lunch buffet line, I met someone who said she enjoyed our presentations and ended up at a table with her and several others. This informal setting led to fascinating conversations on the challenges of conducting research with minority populations and a healthy debate about quantitative and qualitative research methodologies.

Finally, through other symposia and poster sessions, I learned more about other areas of research. I particularly enjoyed presentations on "Clinical Psychology of Ethnic Minorities: Integrating Research and Practice" by Dr. Frederick Leong and Dr. Nolan Zane. They described the ways in which minority populations could be better served by mental health practitioners. Although my research is not in clinical psychology, listening to their talk provided me with an interesting perspective on how research with minority populations gets translated and disseminated for practice.

In sum, I thoroughly enjoyed attending this small and engaging conference for the first time, and I am so grateful for the opportunity to have met and discussed my work with other like-minded researchers. This experience fueled my interest in issues relating to culture, race, and ethnicity, and my commitment to continuing my work in this area.

**Melissa Wheeler**  
*University of North Dakota*  
*Masters in Counseling Psychology*

Greetings, first off I would like to thank the Division 45 Executive Committee for their financial assistance so that I may attend my very first Division 45 Biannual Conference. I would also like to thank Stanford University, Palo Alto University, Dr. Joyce Chu, Dr. Teresa LaFromboise and the planning committee for putting on an outstanding conference filled with great speakers, symposiums, and workshops. I was kept

engaged from the Native American pre-conference to my very last session. I enjoyed a variety of sessions, each very significant and contribute to the division's overall statement and goals.

However, there were two presentations of which were notable during the Native American pre conference that I very much appreciated. Dr. Maria Brave Heart's 'Revisiting Historical Trauma (HT) Research in the 21st Century' presentation was captivating. Her talk on HT and Unresolved Grief Intervention (HTUG): A Tribal Best Practice spoke of constellation features and concepts in reaction to massive groups such as Native populations, Jewish Holocaust and Japanese American internment camp survivors and descendants. Her overall knowledge and motivation to assist Native population was inspiring.

The second presentation, by Dr. Joseph Gone "The Thing Happened as He Wish: Unbundling an American Indian Cultural Psychology" was also captivating. He spoke of the postcolonial predicament of mental health services in American Indian communities, unique features of indigenous Gros Ventre cultural psychology and its contrast with mainstream psychology, and pursue of greater diversity and pluralism in the field of psychology. Dr. Gone spoke of the importance to ensure that counselors and therapist recognize divergent cultural foundations of mental distress, disorder, and well-being in Indian Country. The highlight of his talk included the examination of indigenous cultural psychology that shapes life and experiences of an American Indian tribe. Specifically, he talked about distinctive myths reflecting an aboriginal cosmology and its implications of such review for more inclusive, pluralist psychology.

As a Native American graduate student, it was most inspiring to see two Native American psychologist speak to the importance of best practices and examination of cultural psychology among American Indian populations. Although, I have enjoyed other presentations through the entire conference these two presentations have given me motivation and encouragement to continue onward with my work with American Indian communities.

I should also note that I very much appreciated the time taken to process and reflect on the recent police shootings in our country. Taking time to discuss these events demonstrates the importance of being flexible adaptive culturally competent professional.

Again, I thank the Division 45 Executive Committee for rewarding me with the student travel award. I appreciate the opportunity to demonstrate my commitment to promote public welfare by addressing ethnic minority issues and continuing to establish my professional identity within Division 45.

## DIVISION 45 STATEMENT ON THE ORLANDO MASSACRE

*Désa K. Daniel, Division 45 Student Representative; James J. García, Division 45 Student Affiliate; Roberto L. Abreu, Division 45 Student Committee Liaison; and Jacqueline Gray, Ph.D., Division 45 President*

The Society for the Psychological Study of Culture, Ethnicity, and Race, APA Division 45, expresses deep and sincere condolences to the friends, family, partners, and lovers of the victims who lost their lives as a result of the Lesbian, Gay, Bisexual, Trans, Queer+ (LGBTQ+) Pulse Nightclub massacre in Orlando. This shooting affected our family of color who identify as LGBTQ+, more specifically our fellow Latinx LGBTQ+ community. We want to acknowledge that the Orlando massacre is not solely an LGBTQ+ issue; rather, this massacre affects members of our own ethnocultural communities who identify as LGBTQ+. We believe this is a necessary distinction, as current media narratives, and some APA and divisional statements, do not acknowledge that this issue affected LGBTQ+ people of color (PoC). Given our work within Division 45, we need to stand as allies to LGBTQ+ PoC.

As Division 45, our mission is to promote the elimination of racism and social injustice against PoC and the incorporation of diversity and multiculturalism into all societal issues. Consistent with this mission, we must be concerned with the violence/massacre perpetrated against LGBTQ+ PoC, who face dual minority stressors because of their race/ethnicity, sexual orientation, and/or gender diversity. Historically, LGBTQ+ PoC experience marginalization via racial exclusion from the broader White LGBTQ+ community (Han, 2007; Harper, Jernewall, & Zea, 2004; Nabors et al., 2001). Moreover, we know that LGBTQ+ PoC often find hostile environments within their own racial and ethnic communities (Ford, 2015; Luciano, 2012; Szymanski & Sung, 2010) and, as a result of their intersectional identities, experience difficulties with belonging to either the LGBTQ+ or their own racial/ethnic community. As an association, we must acknowledge the unique stressors that LGBTQ+ PoC family faces and strive for inclusivity within the division. Thus, our divisional efforts should respectfully acknowledge and place the intersectional identities at the forefront of this issue; a failure to acknowledge this dehumanizes and further marginalizes LGBTQ+ PoC.

As Division 45, we should recognize that the Orlando shooting may perpetuate Islamophobia, given the background of the shooter. To this end, we must be mindful and not generalize the actions of the shooter as representative of the entire Muslim community. This is important, as there are Muslim LGBTQ+ who feel marginalized by their racial/ethnic, religious, and LGBTQ+ community. Instead, as members of Division 45, we must center the conversation around gun violence and advocate for com-

prehensive gun control measures in the United States, as guns are the method used to carry out hate violence homicide.

Gun violence is a major public health concern in the U.S. In the first 164 days of 2016, we have had 136 mass shootings in the United States (Gun Violence Archive, 2016) and the Orlando shooting is the largest in U.S. history. Moreover, gun violence disproportionately affects PoC and this is evident in the brutality against the Black/African-American and other communities of color throughout the history of the U.S. Additionally we must not forget that the Orlando shooting is indicative of a larger issue, namely hate violence homicide against LGBTQ+ PoC; this is important, as 80% of hate violence homicides in 2014 were perpetrated against Black/African American, Latinx, and Trans\* people of color (Waters, Jindasurat, & Wolfe, 2015).

In line with our strategic goals, we aim to promote the elimination of racism and social injustice in society through research, education, practice, policy, and advocacy. Consistent with this vision, we must advocate against anti-LGBTQ+ policies (e.g., Tennessee anti-LGBT therapist bill signed on April 27th, 2016, or trans “bathroom bills”), as these policies marginalize PoC, LGBTQ+, and those who are LGBTQ+ PoC. It is worthy to note that, there are over 200 anti-LGBT proposed legislations that the LGBTQ+ community is fighting against (Steinmetz, 2016). Importantly, these policies affect everyone in the profession of psychology, as mental health providers in Tennessee can refuse to provide services (even during crises or behavioral emergency) to patients that the therapist deems as a violation to their “sincerely held principles,” which affect our own LGBTQ+ communities of color. Division 45 encourages members to become involved with their state psychological association to advocate against these policies at the state level. As an example, the call for professional therapists willing to offer services to the Orlando community is not a short term effort, where Division 45 members can be allies by offering services to the LGBTQ+ PoC community affected by this massacre.

Our division is a racial, ethnic and cultural home, where members of color find support, encouragement, and tangible resources to enhance their work and well-being within psychology. Moreover, Division 45 is a home and we encourage all to share their narratives as a way of resisting oppressive negative messages and celebrating

## ORLANDO MASSACRE

(Continued)

the diversity and intersection of ethnic, racial, and cultural identities. Looking forward, as we move toward a collective healing process, we must be conscientious and prioritize the intersection of race, ethnicity, sexual, gender identity, and gender expression. That is, Division 45 members are encouraged to become aware of the needs of LGBTQ+ PoC and create inclusive safe spaces to allow grieving for LGBTQ+ PoC within largely White LGBTQ+ communities, as well as homophobic and heteronormative communities of color. In order to provide tangible resources to Division 45 members, we are attaching a list of resources compiled by Division 44's Student Rep (Skyler Jackson, M.S. University of Maryland, College Park) in the wake of the Orlando Shooting. In sum, as ethnocultural communities, we are strength in numbers; our LGBTQ+ PoC family needs us for support. The Division 45 Executive Committee strongly supports this statement and we look forward to continuing these conversations at APA Convention 2016 in Denver.

### References

- Ford, O. (2015). From navigation to negotiation: An examination of the lived experiences of Black gay male alumni of historically Black colleges and universities. *Journal of Homosexuality*, 62, 353-373. doi:10.1080/00918369.2014.972814
- Han, C. S. (2007). They don't want to cruise your type: Gay men of color and the racial politics of exclusion. *Social Identities*, 13(1), 51-67. doi:10.1080/13504630601163379
- Harper, G. W., Jernewall, N., & Zea, M. C. (2004). Giving voice to emerging science and theory for lesbian, gay, and bisexual people of color. *Cultural Diversity and Ethnic Minority Psychology*, 10(3), 187. <http://dx.doi.org/10.1037/1099-9809.10.3.187>
- Luciano, L. (2012, October 3). Operation tolerancia: Addressing homophobia in Latino communities. Retrieved from [http://www.huffingtonpost.com/lilia-luciano/addressing-homophobia-in-latino-communities\\_b\\_1935635.html](http://www.huffingtonpost.com/lilia-luciano/addressing-homophobia-in-latino-communities_b_1935635.html)
- Mass Shootings - 2016. (n.d.). Retrieved June 27, 2016, from <http://www.gunviolencearchive.org/reports/mass-shooting>
- Nabors, N. A., Hall, R. L., Miville, M. L., Nettles, R., Pauling, M. L., & Ragsdale, B. L. (2001). Multiple minority group oppression: Divided we stand?. *Journal of the Gay and Lesbian Medical Association*, 5(3), 101-105. doi:10.1023/A:1011652808415
- Steinmetz, K. (2016, March 31). Why so many states are fighting over LGBT rights in 2016. Retrieved from <http://time.com/4277247/north-carolina-georgia-lgbt-rights-religious-liberty-bills/>

Szymanski, D. M., & Sung, M. R. (2010). Minority stress and psychological distress among Asian American sexual minority persons. *The Counseling Psychologist*, 38, 848-872. doi:10.1177/0011000010366167

Waters, E., Jindasurat, C., & Wolfe, C. (2015). Lesbian, Gay, Bisexual, Transgender, Queer and HIV-Affected Hate Violence in 2013. *National Coalition of Anti-Violence Programs*. Retrieved from [http://www.avp.org/storage/documents/ncavp\\_hv\\_report\\_2015\\_final.pdf](http://www.avp.org/storage/documents/ncavp_hv_report_2015_final.pdf)

### Advertising Policy

All articles and advertisements are subject to review and approval by the editor. Submissions must be relevant to Division 45 interests.

The following rates apply to announcements for job openings and publisher's new releases based on a three-column per page format:

3 inches	\$50
1/2 column (5")	\$75
1 column (9")	\$140
1/2 page	\$200
1 page	\$400

Deadline for Fall Issue (May): February 15  
Deadline for Winter Issue (Dec.): September 1

Contact:

**Newsletter Editor**

Amanda Waters, PhD

Email: [amanda.waters@uconn.edu](mailto:amanda.waters@uconn.edu)

**Give birth to a book? Been given a new title? Have exciting research to report? Something else of interest to share with our Division 45 colleagues?**

Please send your submissions to FOCUS Newsletter Editor, Dr. Amanda Waters, [amanda.waters@uconn.edu](mailto:amanda.waters@uconn.edu) to be included in the next edition of FOCUS.

### MEMBERSHIP

To change incorrect information on your newsletter mailing label, please contact: Dr. Germaine Awad [gawad@austin.utexas.edu](mailto:gawad@austin.utexas.edu)



## FROM OUR MEMBERS #PSYCHOLOGISTS4BLACKLIVES: NATIONAL DIE-IN TO PROTEST RACIAL BIAS IN POLICING

*Luciano Lima*

*Illinois School of Professional Psychology at  
Argosy, Chicago*

In February of 2016, a fellow student and I, outraged by the multitude of high-profile police killings of unarmed Black men, women, and children, and the City of Chicago's handling of the Laquan McDonald murder, decided to attempt something unprecedented in the psychology profession. We decided we would attempt to organize a National Die-In against police brutality on April 4, 2016, the anniversary of Martin King Jr.'s assassination. We were also spurred by our belief that our profession must extend caring for the welfare of clients beyond the therapy session or research study, and into the social arena, and that social justice activism should be an integral aspect of what it means to be a psychologist. We created a movement to support our cause: #psychologists4blacklives or #4BL.



We had about two months to try to create a national event and we worked hard to spread the word about the Die-In, getting a great assist from the folks at APAGS. Ultimately, the National Die-In was a success! Our event in Chicago had approximately 50 participants, mostly students and faculty from schools throughout the Chicago region, who attended despite frigid temperatures and snow. The fact that so many attended despite the weather was inspiring. We lay on the pavement in front of City Hall for 16 minutes, representing the 16 bullets shot into Laquan McDonald, while a student read 16 key points from the APA's Resolution Against Racism and Racial Discrimination. Folks who just happened to be walking by lay down next to us on the cold pavement in support of our cause. One of these individuals, a high school senior, even helped us carry signs back to the school afterward. Others were not as supportive, with one passerby expressing his opinion that Black Lives didn't matter in this country, and that we should leave the United States. We were also filmed by two local news crews.

At the same time as our event in Chicago, hundreds of students, faculty, and allies, from 20 schools, across 12 states, participated as well. The Die-In was an inspiring journey for me and I was grateful for all of those who supported our movement, and especially to the students throughout the country who organized Die-In's on their campuses. It took our collective efforts to make it happen.

You should all be proud of your efforts! This was just the first step in the #psychologists4blacklives movement and we hope that together we can keep the momentum going. We presented at the APA Convention in August to a full house. An even bigger event next year would be wonderful. There are so many possibilities. We just need to connect those willing and able to do the hard work that it takes to stage events, with those with the courage to attend them.



*Students participating in the Die-In in front of City Hall in Chicago.*



**#PSYCHOLOGISTS4BLACKLIVES**

(Continued))

What can D45 do to support #psychologists4blacklives #4BL?

We need mentors to support #- 4BL. Faculty often have greater access to resources, not to mention authority, on campus. They could support students in their organizing activities and help them overcome the inevitable obstacles put in place by administrators. Many faculty have also organized or participated in campaigns in the past and

could share tips with student organizers. If you are interested in becoming a #- 4BL Faculty Liaison for your campus please contact Celina Whitmore at: [cwhit13@unh.newhaven.edu](mailto:cwhit13@unh.newhaven.edu).  
What's next for #- 4BL?

We are currently establishing a formal organizational structure for #- 4BL which should allow for more effective organizing in the future. Possible events on the horizon are a National Difficult Dialogue on Race to occur in October and a second National Die-In on April 4, 2017.



*Students at University of Denver, participating in the Die-In in their school library.*



## A REFLECTION ON MINORITY STRESS EXPERIENCES

*Howard Lloyd, Ph.D.*

July 7, 2016

Example of daily thoughts as a black man in America.

Today my wife and I celebrated our 4th wedding anniversary, we have a 2.5 week old baby boy, so our anniversary dinner was picking up a nice meal from one of our favorite places.



As I left the house and got to the first red light my heart sunk. I told her I loved her but didn't give her or my son a kiss before I left. I thought: What if this at was the last time they saw me? What if I didn't make it home? What if got pulled over? What if I wasn't compliant enough? What if I was too compliant and it was read as sarcasm or being an uppity negro? What if my reach for my license and registration was too quick? What if they ask to search my car? What if they disrespect me? Do I stand up? Do I back down? Would it be worth it? If I went to jail would it impact my job? What if I get pulled over and don't make it home? What if someone calls in a description of a big threatening black dude at a shopping center in blue jeans and a grey shirt? What if? What if I don't make it home to my wife and newborn son on our wedding anniversary because I am Eric Garner, Tamir Rice; Trayvon Martin, Sandra Bland, Oscar Grant, Alton Sterling, Philando Castile, Renisha McBride, Amadou Diallo and the countless other black and brown people who have been gunned down? What if I don't make it home because my

music is too loud, my pants are too low, my hoodie is up, I'm in the wrong neighborhood? What if I don't make it home to my wife and newborn son on our wedding anniversary? Who will tell my story?

Anyway, just thoughts on an everyday trip to pick up some food \*sigh\*

If anyone was wondering: That is minority stress, having those thoughts every single day, multiple times a day for you, your friends, your family, and strangers. Glad I made it home.

September 21st 2016

Above is a social media post I made in July after the murders of Philando Castile and Alton Sterling.

Unfortunately, in the last week three other Black men have been killed in police shootings. I have often struggled with the barrier between personal and professional particularly when issues of social injustice arise. For me, sharing this is making the conscious decision to no longer feed the tension between the two. Aside from that ever-present struggle, the most difficult piece of this for me has been the overwhelmingly explicit message that I am disposable. Embedded in that message is the awareness that in an instant without notice my blackness, my size, my being, is threatening to others and in so I can be eliminated without consequence. It is in these moments as I head to work, to run errands, to help others that I must reaffirm #MYLIFEMATTERS. I must remind myself that my value as a Husband, a Father, a Son, a Brother, an Uncle, a Cousin, a Mentor, a Friend, a Helper, a Healer, a WHOLE HUMAN BEING must be affirmed. #MYLIFEMATTERS #BLACKLIVESMATTER

## PATCHING THE LEAKY PIPELINE: IDENTIFYING FACTORS THAT CONTRIBUTE TO THE UNDERREPRESENTATION OF BLACK AND HISPANIC INDIVIDUALS IN GRADUATE PROGRAMS IN PSYCHOLOGY

*Nwakaego A. Ukonu, M.A., M.S., Tanisha G. Hill-Jarrett, M.S., & Brandi Pritchett-Johnson, Ph.D.*

Black and Hispanic individuals are a growing segment of the United States (U.S.) and will account for approximately 47% of the U.S. population by 2060 (Colby & Ortman, 2015). Despite their representation in the population, Black and Hispanic individuals continue to experience mental and physical health disparities relative to their white counterparts (Centers for Disease Control and Prevention, 2013; Holden et al., 2014; Whitfield, Bogart, Revenson, & France 2012). In addition to their disparate health outcomes, Black and Hispanic individuals are likely to receive lower quality health care and experience barriers in access to needed health care services (Holden et al., 2014; Lagomasino, Stockdale, & Miranda, 2011).



*Nwakaego A.  
Ukonu*



*Tanisha G.  
Hill-Jarrett*

Health care professionals such as psychologists can play an integral role in alleviating health disparities and improving health outcomes among racial and ethnic minorities. While it is recommended that the racial and ethnic minority representation within academic and clinical settings reflect the US census-based demographics, psychologists of color are found at disproportionately smaller rates in higher positions and do not match census representation (Maton, Kohout, Wicherski, Leary, & Vinokurov, 2006). Diversifying the workforce is one strategy that may be used to increase the representation of psychologists of color—in particular, psychologists from underrepresented minority (URM) groups—who work in academic and



## MINORITY STRESS EXPERIENCES

### (Continued)

clinical settings. Workforce diversification has positive benefits for the health of racial and ethnic minorities, as professionals of color are significantly more likely to serve minority populations than their white counterparts (Cohen, Gabriel, & Terrell, 2002; Institute of Medicine, 2004; U.S. Department of Health and Human Services, 2006).

Persons of color are largely underrepresented in academia and comprise approximately 14% of psychology faculty (Hart, Wicherski, & Kohout, 2011). The factors leading to such sparse representation remain elusive. A critical starting point in understanding underrepresentation is to examine the trends for URM within the psychology pipeline – that is, to understand the academic progression of URM from undergraduate college admission, to a graduate psychology program, and subsequently into an academic or clinical position. Examination of each education transition point may illuminate the breakdown within the pipeline that ultimately results in disproportionately fewer persons of color receiving doctoral degrees in psychology.

Previous research suggests that increases in the number of URM undergraduate psychology majors has failed to yield similar increases in URM representation at the graduate level (Maton et al., 2006). While the increased influx of URM undergraduate psychology majors is promising, a collapse in the pipeline appears to occur between the conferment of undergraduate degree and entry into a higher-degree (i.e., Masters, Ph.D.) psychology program (Maton et al., 2006). A study offering insight into the factors that influence the transitional period between undergraduate study and the pursuit of graduate education is therefore greatly warranted. To date, no study has examined the factors influencing the pursuit of a graduate psychology degree from the point of view of the prospective URM applicant.

Our study therefore addressed some of the existing gaps in the literature by examining the perceived barriers and motivators for applying to graduate programs in psychology among a sample of URM undergraduate psychology majors. We focused specifically on African American and Hispanic undergraduates as these populations had the largest existing body of literature which supported the formulation of our study and its specific aims. The following research questions were examined among African American and Hispanic undergraduates who participated in focus group discussions:

- What are the barriers to applying to psychology graduate programs?
- What are the motivators for applying to psychology

graduate programs?

- What is the impact of institutional support (e.g., faculty support, departmental programs, resources) in deciding to apply to graduate programs in psychology?

- What knowledge/information do advanced URM psychology majors have about the graduate school application process?

Our study will highlight the experiences unique to URM students that either promote or diminish the likelihood of applying to graduate programs in psychology. An understanding of how these unique experiences contribute to the low rates of URM psychology graduate school applicants is the initial step in developing resources at collegiate institutions that enable URM students to experience support in their decision to apply for graduate programs in psychology. Results may also provide foundational information for the development of institutional programs tailored to URM which help diminish perceived barriers to pursuing graduate psychology degrees.

### References

- Cohen, J. J., Gabriel, B. A., & Terrell, C. (2002). The case for diversity in the health care workforce. *Health Affairs*, 21, 90-102.
- Colby, S. L., & Ortman, J. M. (2015). *Projections of the size and composition of the U.S. population: 2014 to 2060*. U.S. Department of Commerce Economics and Statistics Administration, U.S. Census Bureau. Retrieved from <https://www.census.gov/content/dam/Census/library/publications/2015/demo/p25-1143.pdf>
- Hart, B.M., Wicherski, M., & Kohout, J.L. (2011). Faculty in U.S. and Canadian graduate departments in psychology: 2012 graduate study in psychology. In *American Psychological Association Center for Workforce Studies Science Directorate CWS Publications*. Retrieved from <http://www.apa.org/workforce/publications/12-grad-study/faculty.pdf>
- Holden, K., McGregor, B., Thandi, P., Fresh, E., Sheats, K., Belton, A., ... & Satcher, D. (2014). Toward culturally centered integrative care for addressing mental health disparities among ethnic minorities. *Psychological Services*, 11, 357-368.
- Lagomasino, I.T., Stockdale, S.E., & Miranda, J. (2011). Racial-ethnic composition of provider practice and disparities in treatment of depression and anxiety, 2003-2007. *Psychiatric Services*, 62, 1019-1025.
- Maton, K.I., Kohout, J.L., Wicherski, M., Leary, G.E., & Vinokurov, A. (2006). Minority students of color and the psychology graduate pipeline: Disquieting and encouraging trends, 1989-2003. *American Psychologist*, 61, 117-131.
- Whitfield, K. E., Bogart, L. M., Revenson, T. A., & France, C. R. (2012). Introduction to special section on health disparities. *Annals of Behavioral Medicine*, 43(1), 1-3.

## RELIGIOSITY IN CONTEXT: ADDRESSING THE INTERSECTION OF CULTURE AND RELIGION FOR CLIENTS OF FAITH

*Jennifer M. Lancaster (St. Francis College)  
Angelica Terepka, M.A. (Indiana University of  
Pennsylvania)*

Globally, more than eight out of every ten people identify with a religious affiliation (Pew Research Center's Forum on Religion and Public Life, 2012). Given the large amount of the world's population indicating an affiliation with a religion of some kind, along with the increased (and important) emphasis on culturally-sensitive counseling, it is incumbent upon psychotherapists to address both cultural and religious influences in the lives of clientele.



*Jennifer M.  
Lancaster*



*Angelica  
Terepka*

Research findings have illuminated the psychological, social, and behavioral mechanisms through which religion influences both physical and mental health. In general, results show that religion combats the negative effects of stress and promotes hope, happiness, social support and self-esteem (Moreira-Almeida, Neto, & Koenig, 2006; Ellison, Boardman, Williams, & Jackson, 2001). A commonly overlooked factor in the study of the psychological effects of religion and spirituality is the moderating factor of culture. In an early global study on the topic, Wikan (1988) explains that religion is filtered through culture. Wikan, who studied Muslim communities in two different countries (Egypt and Bali), found that despite their shared religious beliefs, members of the different cultures coped with the issues of death and stress very differently. He noted that in Egypt, where emotional expression is regarded as healthy and culturally accepted, individuals responded to the death of a child with intense emotional reactions; however, in Bali, where cultural norms regard emotional expression as harmful, individuals responded calmly, exerting emotional composure in reaction to the same event.

Another example where culture has a moderating effect on religion could be seen in Roccas and Schwartz's (1997) study examining values associated with religiosity among Roman Catholics across six different countries. The study found that in countries with oppositional church-state relations or communism (Poland, Czech Republic, and Hungary), religiosity was correlated more negatively with values of power, achievement, and universalism and less positively with values of conformity and security than compared to countries that had better church-state

relations (Italy, Spain, and Portugal). Such research demonstrates the importance of examining culture's moderating influence on religion and its psychological effects.

Moreover, in addition to the intra-religion cultural differences noted above, different cultures vary as to the importance of religion and how relevant it is in people's lives. Sedikides and Gebauer (2010) examined how culture can influence the degree of importance a society places on religion. The "religiosity-as-social-value" hypothesis suggests that if religion is valued in a society, religious members of that society will receive more social respect, which in turn is associated with psychological benefits including social self-esteem and psychological adjustment. Therefore, the hypothesis posits that religion will have greater psychological benefits for individuals in cultures that value religiosity more than individuals in cultures where religiosity is less socially esteemed. For example, research indicates correlations between personal religiosity and self-esteem, as well as personal religiosity and psychological adjustment. These correlations were intensified in cultures where religion was valued. Conversely, in countries where religion was not considered to be of great importance within the population, personal religiosity and measures of social self-esteem exhibited no significant relationship with measures of psychological adjustment (Gerbauer, Sedikides & Neberich, 2012). The findings suggest that religiosity is not only a potent factor in psychological health, but its benefits are contingent on cultural values.

To date, the majority of research on spirituality and religiosity and their effects on health has focused mainly on American populations within the Judeo-Christian tradition. As Williams and Sternthal (2007) state, "despite the challenges of cross-cultural comparisons, research on diversity in religious orientation and geography is necessary to determine the generalizability of current findings on the association between religion and health" (p. 49). Differences in religion regarding beliefs, practices, and social affiliations vary across different cultures; therefore, acknowledgment and assessment of religion and spirituality in clinical contexts should reflect sensitivity towards cultural influences.

Given research suggesting that religion is important in the lives of clients and that its effects are moderated by culture, it is incumbent upon therapists to assess religious and cultural values in the therapeutic context in order to create a more personalized psychotherapy for these clients of faith. The intersectionality of culture and religion is evident and it is the responsibility of clinicians to provide a space in which clients are free to examine this relationship as it pertains to their mental health and well-being. It is recommended that mental health professionals help clients explore the impact of cultural factors on their religious beliefs and practices, particularly for individuals who may be assimilating to new sociocultural settings.

## RELIGIOSITY IN CONTEXT (Continued)

### References

- Ellison, C. G., Boardman, J. D., Williams, D. R. & Jackson, J. S. (2001). Religious involvement, stress, and mental health: Findings from the 1995 Detroit area study. *Social Forces*, 80, 215-249.
- Gerbauer, J. E., Sedikides, C., & Neberich, W. (2012). Religiosity, social self-esteem and psychological adjustment: On the cross-cultural specificity of the psychological benefits of religiosity. *Psychological Science*, 23, 158-160.
- Moreira-Almeida, A., Neto, F. L., & Koenig, H. G. (2006). Religiousness and mental health: A review. *Rev Bras Psiquiatr*, 28, 242-250.
- Pew Research Center: Religion and Public Life (2012) The Global Religious Landscape (2012). Retrieved on March 11, 2016 from <http://www.pewforum.org/2012/12/18/global-religious-landscape-exec/>
- Roccas, S. & Schwartz, S. H. (1997). Church-state relations and the association of religiosity with values: A study of Catholics in six countries. *Cross-Cultural Research*, 31, 356-275.
- Sedikides, C. & Gebauer, J. E. (2010). Religiosity as self-enhancement: A meta-analysis of the relation between socially desirable responding and religiosity. *Personality and Social Psychology Review*, 14, 17-36.
- Wikan, U. (1988). Bereavement and loss in two Muslim communities: Egypt and Bali compared. *Social Science Medicine*, 27, 451-460.
- Williams, D. R. & Sternthal, M. (2007). Spirituality, religion and health: Evidence and research directions. *Medical Journal of Australia*, 186, 47-50.

## THANKS TO JOHN ROBINSON, ED.D., ABPP

Our deepest gratitude is given to Dr. John Robinson who generously donated to the Division and specifically the Austria-Robinson Distinguished Mentoring Award. *Note: reprinted from MSPP Spring 2010 Rapport.*

Dr. John D. Robinson II quietly comments that he has been a trail blazer for others. It is a modest reference to the impressive and far-reaching contributions he has made as a psychologist and educator in both his civilian and military life. A graduate of the University of Texas at Austin, the University of Massachusetts at Amherst, and Harvard University, Robinson has served the psychological community at local and national levels for decades. A former trustee of the Massachusetts School of Professional Psychology (MSPP), Robinson endowed a scholarship fund for the school in 1982. Scholarships generated by the endowment not only support students of ethnically diverse backgrounds, but students who have served in military

combat areas since 2001. In honor of his professional accomplishments and commitment to future clinicians, Dr. John Robinson was awarded an honorary Doctor of Humane Letters degree from MSPP in June, 2000.

Over the course of a long career, Robinson has faced and transcended the challenge of being a racial minority in his professional world. He was the first black administrator at the University of Texas at Austin, the first black psychologist in the United States Air Force in 1973, and served as the first black psychologist in the Navy in 1975. "As a black professional officer in the U.S. Navy with a great deal of authority and rank, I became very aware of the attitudinal changes in the military population as I began to be treated more equally," he notes.

Robinson continues to serve military personnel today as a Distinguished Visiting Professor for the United States Air Force, Army and Navy. Reflects Robinson, "I believe in giving back to the military, especially to combat personnel, even though I have never seen combat myself." Today, Robinson shares his personal and professional experiences in an ever-widening variety of contexts. A writer and author, his book "Diversity in Human Interactions: The Tapestry of America," is used extensively for diversity training in both military and university settings. "I wrote it because of my experiences of being a minority psychologist in a majority civilian and military population," he explains.

As the first Board Certified ethnic minority "organ transplant" psychologist in the United States, he shares his gifts and expertise with the world of medicine as well. He has been invited to give numerous presentations and written papers on transplantation to the medical community, amongst them, "The Psychology of Organ Transplantation in Minorities and Ethnic Minority Issues in Organ Transplantation." The process of organ transplant has always been of great interest to him, and he comments that in the past ethnic minorities were seldom organ donors because they were not afforded the education to make such an informed decision and choice. Sadly, ethnic minorities were also frequently excluded as potential organ recipients. Currently a Professor of Surgery and Psychiatry at Howard University College of Medicine, and a Clinical Professor of Psychiatry at Georgetown University School of Medicine, Robinson has been an active social voice in the arena of professional psychology at the national level as well.

A Fellow of the American Psychological Association (APA), he has served as Chair of the APA Membership Committee/Board, and received several awards for his outstanding teaching, mentoring and service to the profession. He was recently appointed to a third non-consecutive term on the Board of Psychology of the District of Columbia and will serve as the board's Chair during his tenure. A past President of the American Board of Clinical



## THANKS TO JOHN ROBINSON (Continued)

Psychology within the American Board of Professional Psychology (ABPP) and of the Chair of the Ethics Committee for ABPP, Robinson currently serves as President of the American Board of Clinical Health Psychology for the organization. Robinson sets the bar high, believing that society and the people the psychology profession serves deserve the support of well trained clinicians. "Psychologists should be trained to provide and have a professional duty and obligation to give culturally competent, relevant, diverse and compassionate services for their patients that are experienced-based and appropriate. These services should have a basis in and understanding of the culture, history, and sociology of the population being served, be that gender, ethnicity, culture, social environment, sexual orientation, or economics."

Throughout his long and distinguished career, Robinson has transformed his work ethic, philosophies and moral and social commitments into service and action. The son of a Baptist minister in Houston, Texas, early in his career young Robinson taught music, science and math in a private Catholic high school. Music remained a passion, and today he still commits time to the art community through engagement with the Board of Directors for the New Orleans Symphony and the Georgetown Symphony Orchestra. From an early age, Dr. John Robinson's life has been full and lived in service to others. His message of social justice is reflected in the work he has done on behalf of the psychology profession and in the words and invitation he offers to future clinicians. "Students must give back. Somebody helped them, and now it is time to give back professionally and with public and community service."

## KUDOS TO DIVISION 45 MEMBERS

### DIVISION 45 AWARDS

- **Charles and Shirley Thomas Award:** Bridgette Petet
- **Distinguished Career Contribution to Service Award:** Jeffrey Mio
- **Distinguished Career Contribution to Research Award:** Patricia Arredondo
- **Emerging Professional – Contributions to Service Award:** Wendy Peters
- **Emerging Professional –**

### Contributions to Research Award:

Sannisha Dale

### • Toy Caldwell-Colbert Student

### Contributions to Service Award:

Jamey Rislin

### • Asuncion Miteria Austria and John

### Robinson Distinguished Mentoring

**Award:** Rosie Bingha

### • Distinguished Student Research Award

Chelsea Derlan, Arizona State

University (Advisor: Adriana

Umana-Taylor)

### • Runners up

William Tsai, UCLA (Advisor: Anna Lau)

Yang Hou, University of Texas

(Advisor: Su Yeong Kim)

### • National Register's Wellner

**Lifetime Achievement Award:** John

Robinson, EdD, ABPP,

### • Judy E. Hall Early Career

**Psychologist Awards**

Omar Gudiño, PhD, ABPP,

Robyn Gobin, PhD,

## SOCIETY FOR THE PSYCHOLOGICAL STUDY OF ETHNIC MINORITY ISSUES MEMBERSHIP APPLICATION

In order to assess the interests and needs of new members, we ask you to please print your answers to the following questions:

- 1 Name: \_\_\_\_\_ Date: \_\_\_\_\_
- 2 Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Tel: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_
- 3 Highest Degree: \_\_\_\_\_ Date Awarded: \_\_\_\_\_ Awarding Institution: \_\_\_\_\_
- 4 Currently an APA Member? ☐ Yes; ☐ No If Yes, Membership Number: \_\_\_\_\_  
If Yes, Which Member Level? ☐ Member; ☐ Fellow; ☐ Associate; ☐ Student Affiliate; or ☐ Professional Affiliate
- 5 Current Professional Activities (Check all that apply):  
☐ Teaching; ☐ Research; ☐ Clinical; ☐ Administration; ☐ Other (Specify) \_\_\_\_\_
- 6 Self Identification (Check all that apply): ☐ African American/Black; ☐ American Indian; ☐ Euro-American;  
☐ Asian/Pacific Islander; ☐ Latino/Hispanic; ☐ Other (Please specify) \_\_\_\_\_
- 7 What are the two most important issues you would like to see the Division address?  
a) \_\_\_\_\_ b) \_\_\_\_\_
- 8 In what member capacity would you like to serve Division 45?  
☐ Task Force; ☐ Committee; ☐ Elected Office; ☐ Other (Specify) \_\_\_\_\_

Division 45 Membership Status and Dues: ☐ Member (\$57.00); ☐ Professional Affiliate (\$57.00); ☐ Student Affiliate (\$25.00)

To join, please complete the application form, detach and send it with a check to:

Division 45 Administrative Office, APA Division Services, 750 First Street, NE, Washington, DC 20002-4242

**William Cross Jr.,**  
*University Lecturer Award,*  
*University of Denver*

Dr. William Cross Jr. (BA '63), clinical professor in the Morgridge College of Education, is receiving this year's **University Lecturer Award**. He has been teaching at DU for more than four years and holds a joint appointment in Higher Education and Counseling Psychology at DU. Cross earned his doctorate in psychology from Princeton University in 1976.

Over the course of 40 years of theorizing and research, Cross has become a major figure in the discourse on social

movement identity change (Nigrescence Theory), especially as it applies to the African American experience. His work has inspired identity discourses for other social identity groups, including: LGBTQ and the coming out process; Feminist Identity change; and development of a disabled identity stance.

"I am very much a product of the social movements of the 1970s, and have worked on the margins of the mainstream most of my career," said Cross. "In the winter of my life, I still find meaning in scholarship and teaching, and I accept the award with joy, satisfaction, and a keen sense of gratitude for an institution — the University of Denver — that has helped insert into my mind, heart and soul the ability to make a difference. I am overwhelmed."

## 2016 DIVISION 45 EXECUTIVE COMMITTEE

**Jacqueline Gray, Ph.D.**

*President (January 2016-December 2016)*

Associate Director of Center for Rural Health (Indigenous Programs)  
 School of Medicine & Health Sciences  
 University of North Dakota  
 701-777-0582  
 Jacqueline.gray@med.und.edu

**Stanley Sue, Ph.D.**

*Past President (January 2016-December 2016)*

Director of the Center for Excellence in Diversity  
 Palo Alto University  
 925-300-3137  
 ssue@paloaltou.edu

**Enedia Vazquez, Ph.D.**

*President-Elect (January 2016-December 2016)*

New Mexico State University  
 evazquez@nmsu.edu

**Luis A. Vazquez, Ph.D.**

*Council Representative (2015-2017)*

New Mexico State University  
 Office of Vice-President for Research  
 Email: lvazquez@ad.nmsu.edu

**Jean Lau Chin, Ed.D., ABPP**

*Council Representative (2013-2015)*

Email: CEOservices@yahoo.com  
 Tel: 516-341-2446  
 Website:  
 ceoservices.wix.com/ceoservices  
 Adelphi University  
 158 Cambridge Avenue, Rm 323  
 Garden City, NY 11709  
 Email: chin@adelphi.edu

**Joseph Horvat, Ph.D.**

*Treasurer (2015-2018)*

1299 Edvalson St.  
 Ogden, UT 84408  
 801-626-6248  
 jjhtechno@yahoo.com

**Barbara Thelamour, Ph.D.**

*Secretary (2016-2018)*

The College of Wooster  
 930 College Mall  
 Wooster, OH 44691  
 330-287-1953  
 bthelamour@wooster.edu

**Desa Daniel**

*Student Representative (2016-2018)*

Kansas State University  
 College of Education  
 006 Bluemont Hall  
 1100 Mid-Campus Drive  
 Manhattan, KS 66506  
 505-350-7705  
 Ddaniel2@ksu.edu

**Alvin Alvarez, Ph.D.**

*Member-at-Large, Asian American Slate (2015-2017)*

Interim Dean  
 College of Health & Social Sciences  
 1600 Holloway Avenue  
 San Francisco, CA 94132  
 415 338-3326  
 aalvarez@sfsu.edu

**Casey L. McDougall, Ph.D., LP**

*Member-at-Large, Native American Slate (2015-2017)*

Red Lake Hospital  
 Behavioral Health Dept.  
 24760 Hospital Drive  
 Red Lake, MN 56671  
 218-679-3912 ext. 2672  
 Casey.McDougall2@ihs.gov

**Kira Hudson Banks, Ph.D.**

*Member-at-Large Diversity Slate (2016-2018)*

Assistant Professor  
 Saint Louis University  
 221 N. Grand Blvd,  
 St. Louis, MO 63110  
 314-977-4280 (office)  
 Kbanks7@slu.edu

## 2013-2017 DIVISION 45 EXECUTIVE COMMITTEE (CONT'D.)

### **Carlos Santos, Ph.D.**

*Member-at-Large, Latina/o Slate (2016-2018)*

Arizona State University  
carlos.e.santos@asu.edu

### **Germine (Gigi) Awad, Ph.D.**

*Member-at-Large, Middle Eastern and North African Slate (2016-2018)*  
*Membership Chair*

Educational Psychology-Human Development, Culture and Learning Science  
University of Texas-Austin  
University Station D5800  
Austin TX 7812  
Gigi.awad@mail.utexas.edu  
Tel: 512-471-0526

### **Bertha G. Holliday, Ph.D.**

*Member-at-Large, African American Slate (2014-2016)*

Independent Consultant, Bertha G. Holliday, PhD & Associates  
49 T St., NW  
Washington, DC 20001  
202-491-3996 (c)  
bhollidaypsy@gmail.com

### **Angela Ferguson, Ph.D.**

*Member-at-Large, LGBT Slate (2016-2018)*

Director of Graduate Studies  
Human Development and Psychoeducational Studies  
School of Education  
Howard University  
2441 4th Street, NW  
Washington, DC 20059  
(202) 806-6015  
adferguson@howard.edu

### **Richard M Lee, Ph.D., LP**

*Editor, Cultural Diversity and Ethnic Minority Psychology*  
Professor | Department of Psychology | University of Minnesota  
612-625-6357 | richlee@umn.edu

### **Anita Milhecoby, Ph.D.**

*Program Chair (2015-2016)*  
Postdoctoral Intern, McAlester Psychological Associates  
Tel: 626-430-4521  
dearcoby@gmail.com

### **Melissa Wheeler**

*Graduate Assistant to Program Chair (2015-2016)*

### **Amanda Waters, Ph.D.**

*FOCUS Newsletter Editor*  
Multicultural Specialist  
University of Connecticut  
Counseling and Mental Health Services  
337 Mansfield Rd, Unit 1255  
Storrs, CT 06269-1255  
Tel: 860-486-4705  
amanda.waters@uconn.edu

### **Peony Fhagen-Smith, Ph.D.**

*NMCS Coordinator (2015-2017)*  
Wheaton College, MA  
fhagen-smith\_peony@wheatoncollege.edu or fhagen-smith\_peony@wheatonma.edu

### **Teresa LaFromboise, Ph.D.**

*Fellows Chair/Division 45 Conference Chair*  
Professor, Graduate School of Education  
Stanford University  
Stanford, CA 94305  
650-723-1202  
lafrom@stanford.edu

### **Asuncion Miteria Austria, Ph.D.**

*Finance Committee, Chair*  
Graduate Program in Clinical Psychology  
Cardinal Stritch University  
6801 North Yates Rd.  
Milwaukee, WI 53217-3985  
Tel: (414) 410-4471  
Email: amaustria@stritch.edu

### **Joseph E. Trimble, Ph.D.**

*Council of Past President's Chair (2012-2016)*  
Distinguished University Professor  
Professor of Psychology  
Western Washington University  
516 High Street  
Bellingham, WA 98225  
Office – 360.650.3058  
Fax – 360.650.7305  
Email – joseph.trimble@wwu.edu

### **Felicisima C. Serafica (Ping), Ph.D.**

*Historian (2014-2016)*  
Emerita Associate Professor of Psychology  
Ohio State University  
225 Psychology Building  
1835 Neil Avenue  
Columbus, OH 43210  
Tel: 614-267-1958  
serafica.1@osu.edu

### **Jasmín Llamas, Ph.D.**

*Web-site Manager*  
Assistant Professor  
Santa Clara University  
500 El Camino Real  
Santa Clara, CA 95053