



FOCUS

Society for the Psychological Study of Culture, Ethnicity, and Race
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FROM THE PRESIDENT

Alvin Alvarez, Ph.D.

Who must do the hard things? Those who can.

—Dr. Carolyn Payton



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DIVERSITY IN ACTION

As I write this, the White terrorist attacks on the Al Noor and Linwood Mosques in Christchurch, New Zealand have recently happened and continue to remain heavy in my heart. The Division 45 Executive Committee is in full stride as it generates ideas of support and solidarity – from a virtual healing circle to financial donations to collaborations with allies to utilizing

CDEMP and this very newsletter as sites of support and discourse. I just finished a poignant call with a fierce graduate student who reminded me (and us) that this isn't just a singular event but part of a long and chronic stream of violence, xenophobia, racism, and Islamophobia that is a lived and daily experience for Muslims both here and abroad. And many of us know – far too well – that these streams of violence and hatred have not only touched the lives of our Muslim brothers and sisters. Because many of us have been and continue to be targets ourselves. And even when it's not us who are directly targeted, our heart breaks for our friends, colleagues, students and neighbors precisely because we share common ground in being a target of hate.

So, as I reflect on Dr. Payton's quote above, these are the hard things that are happening right now. But her words aren't just a quote. They're a call. A call to action. A call for advocacy. A call for responsibility. A call to use our training and skills for the greater good. And most importantly, it's a call to this Division and other psychologists and organizations of the same spirit to step forward. And, this is why the theme for the year is **Diversity in Action**.

And while there is much to be done, I am proud to say that Division 45 has stepped forward. As I submit this article to our editor, the Division has just finished facilitating a virtual Healing Space – with participants from a range of racial and cultural backgrounds and communities - that was co-sponsored by a team of colleagues from the Asian American Psychological Association's Division of South Asian Americans and the American Arab, Middle Eastern and North African Psychological Association. In a climate of anger and fear that can be paralyzing, these are healing spaces that we can create for one another and we have Melissa Tehee, Desa Daniel, Sitar Mody, and Ayse Ikizler to thank for the collaborative gift they have given to all of us!

In the same spirit of healing, the Division leadership has also been focusing on how we can be healing, supportive and responsive to the needs of various

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communities. Building upon Past-President Helen Neville's Radical Healing initiatives in 2018, the Division 45 Executive Committee in January 2018 engaged in a retreat at which we explored our hopes and dreams for creating a Division that is both impactful and meaningful in the lives of others. From that retreat, there was a powerful consensus and resonance around the need to be more engaged in communities of color outside of academia and to be of more support to our graduate students and early career colleagues – which in turn resulted in the creation of two Task Forces. To this end, Rebecca Toporek and Chris Liang have graciously led the Task Force on Community Engagement and a NexGen Task Force is being led by Desa Daniel and Barbara Thelamour. For both groups, I have posed a simple but challenging mandate: Look at every aspect of the Division – from our leadership structure to our publications to our convention planning to our website to our awards and so forth – and create the blueprint and action steps needed to make the Division responsive to these two communities. So, rather than simply creating one program or one presentation, the goal of both of these Task Forces is to institutionalize and embed the Division's long-term commitment to serving communities of color as well as our graduate students and early career colleagues.

As one significant step towards engaging with communities of color, the Division is spearheading an innovative Youth of Color Forum on Wednesday, August 7th, the day before the APA Convention, under the leadership of Angela Ferguson and Ida Salusky. The goals of this Forum are to utilize the scholarly, clinical, pedagogical and policy expertise of Division members to co-construct workshops that a) empower and build upon the resiliency of youth of color and their families, b) enhance the skills and competencies of staff from community-based organizations (CBOs), and c) explore long-term collaborations with CBOs. Division 45 is partnering with Divisions 17, 35, and 44 to co-create this Forum with our community-based partner – the Upward Bound Program at the University of Illinois Chicago and its director, Dr. Shannon Williams who is a community psychologist. It is our collective hope that we can institutionalize the Forum as an annual and signature act of service to the very communities from which many of us came! So, again the hope here is for institutional change within the Division...not just a single event!

So, by this point in my column, I hope I've intrigued you with the possibilities that the Division is actively exploring. But more importantly, I hope you see this as an invitation to take a step with us and help us to do the hard things that we all know are needed! To learn more about any of these initiatives, you are welcome to join us

for our monthly Division 45 Town Halls on the 3rd Wednesday of every month at 4 pm PST / 7 pm EST on videoconference at <https://sfsu.zoom.us/j/8205350603>. Join us and feel free to reach out to me directly at aalvarez@sfsu.edu!

FROM THE EDITOR

Amanda Waters, Ph.D.

Dear Division 45 friends and colleagues, I am thrilled to introduce a new appointed position, *FOCUS* Student Editor! I first felt a sense of belonging with our Division as a student when I served as the Campus Representative Co-Chair and learned about the facets of the Division, so in awe of scholars and their work. I searched for opportunities to stay engaged because of this community and my desire to change the world to be more loving, connected, and equitable. Psychologists and psychologists-in-training from marginalized and minoritized backgrounds need places where we belong. During my time as the editor of *FOCUS*, the Division leadership (especially Desa Daniel, MA) has worked to create pathways for leadership, mentoring students into leadership positions because Division 45 has been a safe haven and secure base (thanks Bowlby!) for so many of us. Thus, please help me welcome Uniqua Alexander-Bunn, a third-year graduate student in clinical psychology at Regent University. Her research interests include health psychology, mental health stigma reduction, neuropsychology, and minority identity development and advocacy. Furthermore, Uniqua serves as the president of the Regent Student Circle of the Association of Black Psychologists (ABPsi), where she works to help influence and affect social change by way of programs, community service, and psychoeducation. This edition of *FOCUS* reflects many hours of her work and coordination. From all of us, *thank you, Uniqua, and welcome!*



With celebration,
Amanda

FROM THE STUDENT EDITOR

Uniqua Alexander-Bunn, M.A.

"A great many people think they are thinking when they are merely rearranging their prejudices"

- William James

I think William James said it best. As I reflected on his quote, I was almost instantaneously drawn to the word "thinking." While the relationship between thoughts, feelings, and actions is one that is commonly



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recognized in the field of psychology, I cannot help but to consider its influence on prejudices. With white terrorism and hate crimes increasing in prevalence, I frequently ask myself, "How would circumstances look differently if beliefs were to be rooted in a solid foundation of truth?" And love? And solidarity?

The *Diversity in Action* theme emphasizes the need for us to step forward. In light of this, I feel called to action by way of speaking out against horrendous acts of hate, advocating, disseminating information to the public, and providing space for individuals to engage in thoughtful discussion around these pressing issues. As thoughts and acts of hate fester, it has become even more important to

stay informed and intentionally use our thoughts to catalyze our actions.

Fortunately, *Diversity in Action* efforts have already begun. The Division 45 Executive Committee, members, and students have been engaged in a number of initiatives and programs geared toward increasing community involvement, highlighting issues, and creating more opportunities for people of color. Specifically, Hanan Hashem, a graduate student from the University of Texas at Austin, emphasizes the importance of action amidst hate crimes against Muslims. Other articles display efforts by the student committee, as well as suggestions by professionals and students on ways to increase community involvement. I am excited for you all to read these meaningful reflections and witness the numerous contributions made by Division 45 members.

A CALL TO ACTION: BREAKING THE SILENCE ON ANTI-MUSLIM HATE CRIMES

Hanan Hashem, M.A., University of Texas at Austin

For some, the attacks on the two New Zealand mosques are already a distant memory - brushed off as part of the list of hate crimes that are all too common. However, for many of us, this event is a reminder of the reality we live in and therefore the advocacy work that still needs to occur. I wonder about the general lack of outrage surrounding these events. Does the silence exist because hate crimes have become a norm?



Muslims experience a significant amount of discrimination. From reports of hijabs being ripped off, spiteful comments to students about food during Ramadan, job discrimination, harassment at work, surveillance while shopping and using public transportation to being physically attacked in public, discrimination has become just another part of the lives of American Muslims (Acquisti & Fong, 2015; Ali, Yamada, & Mahmood, 2015; Aroian, 2012; Council on American-Islamic Relations, 2018; Dupper, Forrest-Bank, & Lawry-Carusillo, 2015; King & Ahmad, 2010; Nasir & Al-Amin, 2006; Sirin et al. 2008; Sirin & Fine, 2007; Wright, Wallance, Bailey, & Hyde). Research has shown us that these experiences increase levels of anxiety, subclinical paranoia, and increase negative psychological symptoms (Jasperse, Ward, & Jose, 2011; Rippy & Newman, 2006; Sirin & Fine, 2007).

Due to negative media portrayals of Muslims after horrific events (e.g. 9/11, the Orlando shootings, the Boston Bomber, Muslim Ban), American Muslims continue to be under significant scrutiny. In recent years,

discrimination and hate crimes against Muslim Americans have significantly increased (Council on American-Islamic Relations, 2018; Kishi, 2016; Sirin & Fine, 2008). In fact, many Muslims report that being Muslim in the United States has become more challenging in the last few years (Pew Research Center, 2017).

According to a survey completed by The Pew Research Center in 2014, American Muslims are perceived most negatively by the broader American population when compared to other religious groups in the United States. The racialization of this group certainly exacerbates these perceptions. According to the Southern Poverty, in 2018, there were 100 Anti-Muslim hate groups in 34 states across the U.S. These attitudes towards American Muslims mirror the overt and covert negative behaviors that range from vandalism at several mosques in the recent months to the murder of three Chapel Hill students to the mass shootings that occurred on March 15, 2018 in New Zealand.

American Muslims are the most ethnically diverse religious group in America (Gallup International & Muslim West Fact Project, 2009; Institute for Social Policy and Understanding, 2017). The American Muslim population includes descendants of Muslim African slaves, followers of the Nation of Islam, converts from the Anglo, Latino, and Native American communities, immigrants and refugees from Middle Eastern, South Asian, Eastern European, and African countries (Anwar, 2008; Mirza, 2014; Smith, 2010). Despite the heterogeneity of the Muslim population, stereotypes in the news and movies consistently display Muslim men with long beards and turbans with Middle Eastern features as the prototypical

A CALL TO ACTION (Continued)

"Muslim". This racialization of the Muslim identity results in confusion on who is actually Muslim and so the victims of Islamophobia are not limited to Muslims.

As researchers and psychologists, we need to call everyone to action during times of trauma. Check in with your friends. Check in with your community members. Express solidarity with your Muslim coworkers and peers. It's a confusing time for many people whose sense of safety has been shaken. While this particular event occurred across the globe, it was fueled by the same hate we encounter in our own communities here. We know that vicarious trauma is real and can have detrimental health effects. Be an ally to and support Muslim well-being, especially Muslims of color who also experience racial trauma. Most of all, although the trauma can be debilitating, never stay silent in the face of hate.

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

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REPORT FROM THE COUNCIL REPRESENTATIVES IN ADVANCE OF THE AUGUST 2019 MEETING

Joseph P. Gone, Ph.D. & Hector Y. Adames, Psy.D.

As you may already know, your Council Representative, Dr. Cynthia de las Fuentes, was elected by her peers in COR to serve as Chair-elect of the Council Leadership Team. Thus, Dr. Hector Adames was appointed to serve the remainder of Dr. de las Fuentes's term (through 2019). Dr. Joseph Gone is halfway through his term, which will end in December 2020. The Division will soon elect a third Council Representative that we were recently apportioned, so please consider running for this position and watch out for the upcoming election!

You should also know that Drs. Gone and Adames have signed on to a new business item for the August 2019 COR meeting that will propose changes to the APA policy on Divisional position and policy statements (currently, Divisions can only make such statements with APA approval following APA review; this new business item will aim to allow Divisions to publicize divergent position and policy statements, with an appropriate disclaimer).

As your Division 45 Council Representatives, we are pleased to share with you the February 2019 Council Meeting Summary, as prepared by APA staff:

APA Adopts a Game-Changing Plan for the Future

At its first meeting of 2019, APA's council embraces a strategic plan that will position psychology to make a greater impact, among other action.

In a move that will amplify how APA can strengthen the field and the many ways psychology can address some of society's greatest challenges, APA's Council of Representatives overwhelmingly approved a new Strategic Plan at its Feb. 15–17 meeting in Washington, D.C.

The plan is aimed at fostering “a strong, diverse and unified psychology that enhances knowledge and improves the human condition,” according to its vision statement.

“This new strategic plan enables us to focus the association's efforts, invest in its priorities and position psychology to make a lasting and continuing impact on society,” says APA CEO Arthur C. Evans Jr., PhD.

Specifically, the goals of the plan are to:

- * Utilize psychology to make a positive impact on critical societal issues.
- * Elevate the public's understanding of, regard for, and use of psychology.
- * Prepare the discipline and profession of psychology for the future.

* Strengthen APA's standing as an authoritative voice for psychology.

Guiding these efforts are principles that call for APA to ensure its efforts are grounded in the best available psychological science; champion diversity and inclusion; respect and promote human rights; and embrace a global perspective, among other values. To read the plan, go to www.apg.org/about/apa/strategic-plan

Approved by more than 96 percent of council, the plan was the culmination of more than a year's work during which APA solicited input from its governance, members and the public.

“We have a great plan,” says APA President Rosie Phillips Davis, PhD. “I also know that if we are going to be successful, the dialogue must continue. So, as we move forward to implement the plan, we will tap the expertise of our entire association, including our leadership and staff, to develop concrete actions that will result in full implementation of these new priorities.”

OTHER COUNCIL VOTES

In further action, the APA council:

• **Voted to receive a report regarding master's programs in health-service psychology.** The “Report of the Board of Educational Affairs Task Force to Develop A Blueprint for APA Accreditation of Master's Programs in Health Service Psychology” discusses possible pathways APA could use to establish accreditation of master's programs in psychology. In addition, the report identifies the necessary expertise needed to constitute an accreditation decision-making body. The report will inform the development of standards for accreditation of master's programs in health service psychology. To read the report, go to www.apa.org/ed/governance/bea/masters-accreditation-blueprint.

• **Adopted the Resolution on Physical Discipline of Children by Parents**, which recommends that caregivers use alternative forms of discipline—such as modeling behavior, respectful communication and collaborative conflict resolution—rather than physical punishment. The resolution points out that, according to the research, physical discipline is not effective in achieving parents' goals of decreasing aggressive and defiant behavior in children or of promoting positive child behaviors. The resolution commits APA to raising public awareness and increasing education about the impact of physical

COUNCIL REPRESENTATIVES REPORT (Continued)

discipline on children and the effectiveness of other methods of discipline. It also calls on APA to promote culturally responsive training and continuing education on alternative discipline strategies. (A [press release](#) was issued on Feb. 18.)

- **Adopted a clinical practice guideline for depression.**

The *Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts* provides recommendations for the treatment of depressive disorders based primarily on systematic reviews of the evidence. The guideline addresses three developmental cohorts: children and adolescents; general adults; and older adults (ages 60 and over). It is intended for psychologists, other health and mental health professionals, consumers, families of consumers, students/training programs, policymakers and the public. This guideline is aspirational and is not intended to create a requirement for practice. The guideline is expected to be available on APA's website by summer.

- **Approved a resolution to improve child and adolescent care.** The Resolution on Child and Adolescent Mental and Behavioral Health calls on APA to "take a significant leadership role to support and advocate that it is every child's right to have access to culturally competent, developmentally appropriate, family-oriented, evidence-based, high-quality mental health services that are in accessible settings." It replaces an earlier, outdated resolution.

- **Approved a rules amendment to clarify division public policy statements.** The amendment clarifies existing policy stating that division position or policy statements on matters of public policy must be consistent with APA bylaws, rules and any existing APA policy. APA staff will work with division leaders to ensure that their public position statements are not contrary to APA policy and that they comply with all relevant bylaws and rules. If APA policy does not exist, consistent with current practice, divisions may issue statements with appropriate disclaimers that the position they are taking is not APA policy but represents only the views of the division.

- **Approved an update of APA's policies and curriculum related to psychopharmacology.** The council adopted revised versions of three documents: The Model Education and Training Program in Psychopharmacology for Prescriptive Authority; The Designation Criteria for Education and Training programs in Psychopharmacology for Prescriptive Authority; and the Model Legislation for Prescriptive Authority. The revisions update APA's 2009 documents. Major changes to the curriculum include adding the possibility of

providing significantly more psychopharmacology training at the doctoral level, rather than the previous requirement that most of the training occur at the post-licensure/postdoctoral level.

PRESIDENTIAL CITATIONS

Also during the council meeting, APA President Rosie Phillips Davis, PhD, ABPP awarded several Presidential Citations for outstanding contributions to psychology. The citations went to:

- **The APA Leadership Institute for Women in Psychology**, recognized for its commitment to supporting, empowering and preparing women psychologists for leadership roles and strengthen the field of psychology. Now in its 11th year, LIWP has become a community of almost 350 alumnae, more than 40 advisors, teaching faculty and staff from a wide range of professional settings. In the last year, more than 30 LIWP alumnae have been elected or appointed to APA leadership positions (Council of Representatives, boards, committees and division presidencies).

- **Former APF Chief Elisabeth Straus** served as executive director/executive vice president of the American Psychological Foundation (APF) for 27 years until her retirement in 2018. During her tenure, Straus transformed APF from a small organization with less than \$1 million in assets to a foundation that now provides \$1 million every year in grants, scholarships and awards that invest in students and early career psychologists—psychology's future.

- **Bethany A. Teachman, PhD** was honored for her leadership in advancing evidence-based practice in psychology and in applying technology to mental health research and practice. Teachman's many contributions include championing efforts to evaluate the real-world impact of clinical guidelines and emphasizing research and analysis in her role as chair of APA's Advisory Steering Committee for the Development of Clinical Practice Guidelines. In addition, as the founding chair of the Coalition for the Advancement and Application of Psychological Science, Teachman has helped to facilitate agreement among diverse scientific and professional organizations, including APA, on the key elements of evidence-based practice. As a result, the coalition has become an increasingly prominent voice for evidence-based practice for journalists and the federal government.

Full minutes of the Council meeting will be posted on APA's website here:

<https://www.apa.org/about/governance/council/minutes-winter-2019.pdf>

STUDENT CORNER

STUDENT REPRESENTATIVE

Desa Daniel, M.A., LMHC (NM), NCC

As I enter my last year as Division 45 Student Representative, I will transition out of this leadership role without regrets and I am incredibly honored to have grown our student representation within Division 45 to the community we know it to be today. Throughout all of the growth, changes, and challenges I greatly appreciate you being on this journey with me.

This year, our student committee has continued to push for more opportunities and resources for the students in our division and across APA. This year the mentorship committee (Yue, Krystal, and Chun), launched a new series of podcasts to be combined with our mentorship videos with approximately 20 mentors on a variety of exciting topics for the 2019 Virtual Mentorship Program. The Campus Representative Committee (Terrill and Gabe) host monthly coffee chat sessions to discuss programming ideas, leadership/administrative responsibilities, and other topics that may interest our reps. In addition, they have provided spaces for current representatives to process their experiences as leaders on their campuses and learn how the committee and Division 45 can better the process of navigating these leadership roles as students of color. The student committee is excited to welcome our social media committee led by Lydia and the work they are doing with the Division 45 at APA 2019, as well as continued media updates and advertising for our division. In 2017, Division 45 student members requested more opportunities to learn about research and Ayli (Research Chair) offered a Fellowship Webinar in April. Moreover, our student liaisons (Spondita, Alyssa, Nelson, and Temara) have created co-division/co-association hosted webinars focused on answering questions that include diversity around current issues students are most concerned about today.

Under the leadership of President Alvarez and Drs. Saw and Lim, I am honored to have the opportunity to add our new student leaders focused on creating student programming at the National Multicultural Summit (NMCS) and at APA in Chicago. This additional leadership would not have been possible without the help of Pamela (Student Convention Chair) and Lydia (Social Media Chair). The addition of our Student Committee Convention team consisting of Rylan, Sandra, Danielle, Samiha, Sunny, and Bahaur created opportunity for students to have a direct impact on Division 45 programming throughout the year. This committee has worked on everything from Links and Shoulders at NMCS to APA Convention programming proposals. I am excited to see what Chicago has in store for us and I hope

you will continue to join the conversation with us on Twitter (@apadiv45), Facebook, and Instagram (@apa_division45) via the 2019 presidential theme #diversityinaction.

MENTORSHIP COMMITTEE CO-CHAIRS

My name is Krystal Christopher and I am a third-year Counseling Psychology doctoral student at the University of Houston. My research interests include stress physiology, health disparities/social determinants of health, and psychoneuroimmunology. My clinical interests include working with integrated health facilities, families/caregivers of cancer patients, and neuropsychology. This year, I became a member of the Division 45 student committee. I currently serve as a co-chair on the mentorship committee. The program was created to help foster relationships between students and professionals. So far it has been a great experience working and meeting other students who are passionate about diversity and the well-being of minority students navigating the graduate school process.

My name is Chun Tao, and I am fifth-year doctoral candidate in Counseling Psychology at Arizona State University. My research interests focus on the experiences of those who have typically been marginalized in their career and relationship contexts. Specifically, I examine social and cultural factors that affect and promote individuals' development of career interests and engagement from a multicultural lens. I also explore the unique stressors racial or sexual minority individuals experience within and outside their romantic relationship, such as those in an interracial or intercultural relationship. My clinical interests include culturally sensitive assessment and multicultural counseling in an integrated behavioral health setting. I have had the pleasure to serve on the Mentorship Committee for the second year. We were able to host 26 virtual mentorship sessions last Spring with mentors that bring expertise in various fields of psychology. Serving on the Div 45 Student Committee has provided me opportunities to facilitate meaningful conversations and mentorship relationships between students of diverse background and seasoned psychologists. Moreover, I have felt fortunate to have met and known many colleagues and peers that share similar passion for social justice and continue to inspire me as a psychologist in training.

My name is Yue Li and I am a 4th-year doctoral candidate in Counseling Psychology at Indiana University Bloomington. My research interests revolve around underprivileged populations, vocational issues, and the process and outcome of psychotherapy. Clinically, I endorse humanistic, feminist, and other

STUDENT CORNER (Continued)

evidence-based practices and provide psychotherapy in both English and Mandarin. During the past 3 years that I have been on the Student Committee of Division 45, I served as the graduate convention assistant in 2017 and the mentorship co-chair in 2018 and 2019. As the mentorship co-chair, my colleagues and I launched the Virtual Mentorship Program for which we organized more than 40 online mentorship sessions on topics such as navigating microaggression, clinical and academic careers, psychologists as leaders and advocates, and self-care. I am grateful to be involved in Division 45 as a graduate student because it has provided me with an energizing and supportive space to develop my leadership and advocacy skills. I am also fortunate to meet and work with many Division 45 students, ECPs, and experienced professionals whose enthusiasm and advocacy empowered me to continue to learn and fight for systemic justice and equity.

CAMPUS REPRESENTATIVES CO-CHAIRS

My name is Terrill O. Taylor and I am a first-year Counseling Psychology student at the University of North Dakota. My clinical interest includes working with underrepresented populations, justice-involved individuals, issues pertinent to racial/ethnic minority identity development, interpersonal issues, and relational-cultural and psychodynamic therapies. My research interests are largely in the areas of multicultural counseling competency, social justice advocacy, racism, oppression, and intersectionality of individuals with multiple marginalized identities, while much of my current work is centered on principles of restorative justice. My leadership within the Division 45 Student Committee consist of my service in the role of Co-Chair for our nationwide Campus Representative program. In my role, I have worked diligently with my co-chair to foster growth and representation by actively working with students involved in Division 45 on their respective institutions. Collectively, we take pride in Division 45 and the opportunities afforded to us through the Division and we actively seek to promote the mission and values of the division throughout the work we engage in. Over the coming months and years, we hope to extend our program to reach individuals at other campuses where the representation of Division 45 amongst students is limited. We hope to empower others to become involved and share in this remarkable experience. We also plan to continue fostering a growth and development process for our student leaders so that we are represented not only through the division but throughout APA as a whole.

My name is Gabriel Corpus and I am a third year clinical psychology student at Palo Alto University. My clinical and research interests include Asian American Pacific Islander mental health, with a focus on Filipino Psychology. As a community mental health trainee, I believe it is important to go beyond therapy and be involved in the community at multiple levels, which my leadership position focuses on. As one of Campus Representative co-chairs along Terrill Taylor, we led a program that was focused on creating a space for Division 45 across 17 universities with the help of 19 campus representatives. We advertised throughout the rep program and have had consistent attendance monthly. A number of our reps have been able to use our consultation to do programs on their campus related to Division 45's missions such as research conferences, open dialogues, and creating resources for their student bodies. We worked on reviewing our next cohort of representatives, an application that was due March 15th. We aimed to gather more interest from universities that do not have Division 45 representation and foster a pipeline of graduate students interested and motivated to pursue multicultural psychology.

SOCIAL MEDIA CHAIR

My name is Lydia Ahn, and I am currently a third year doctoral student in Counseling Psychology at the University of Maryland, College Park. My current research interests are racial socialization, racial/ethnic identity, parenting practices and styles, psychotherapy process and outcome, and Asian American mental health. My clinical interests are around working with underserved, diverse populations, psychodynamic/interpersonal therapy, identity development, and adjustment concerns. I am currently the Division 45 social media chair. I currently run the Twitter and Instagram for Division 45, where I regularly post updates on what our division has to offer. Each week, I also highlight student members of the division on Wednesdays. I am also in charge of heading the communications committee for Division 45 at APA 2019, and we are currently in the process of developing town halls, webinars, and other social media programs.

RESEARCH CHAIR

My name is Ayli Carrero Pinedo and I am third year Counseling Psychology doctoral student at the University of North Dakota. My research interests include health disparities, well-being, racial/ethnic discrimination, acculturation, and immigration with a focus in the Latinx community. My clinical interests include trauma-informed primary care and behavioral health services for underserved and marginalized communities residing in rural areas of the U.S. This is my second year as the Student Committee Research Chair. My goal for this year

STUDENT CORNER (Continued)

is to create unique opportunities for students to learn more about research focused fellowships or grants. In April 2019, we hosted a Pre-doctoral Ford Fellowship webinar that served as a conversational space for graduate students. Panelists are current recipients of this prestigious fellowship and they graciously shared what they did to prepare, offered advice on how to submit a competitive application, and answered questions about their experiences as a fellow. I also participated in an Asian American Psychological Association and Division 45 student collaboration and discussed different ways to navigate microaggressions in graduate programs. My focus was on how to identify allies, navigate unsupportive systems, and advocate for our research ideas.

LIAISONS

My name is Temara Holt and I am a third-year Counseling Psychology doctoral student at the University of Houston. My research interests include Black Women's Mental Health, specifically related to sexual health and interpersonal relationships. Clinically, I am drawn to working with marginalized communities, specifically African Americans, issues regarding intersectionality, and multiculturalism through a trauma-informed lens. I have really enjoyed serving on the Division 45 student committee, as meeting other students has been both enriching and affirming. As a liaison, I plan to host a webinar with other student committee members, regarding microaggressions and mentorship. Division 45 has created an environment where students can network and support each other in ways where multiculturalism is the core focus.

My name is Nelson Zounlome (pronouns He/Him/His). I am a fourth-year Counseling Psychology doctoral student at Indiana University. My program of research focuses on the impact of intersectional oppression on marginalized populations and the mechanisms they employ to overcome them. Within this framework, I study issues such as sexual violence and discrimination as well as positive psychology constructs like resilience and encouragement. I have thoroughly enjoyed working on the Division 45 Student Committee for the past few years. Over this time, I have co-moderated a panel highlighting the experiences of women of color in academia, sent out information showcasing student's research projects, and sat on a panel for students on how to navigate the annual APA convention. In spring 2019, I sat on a panel to provide information on how to prepare to apply for the Ford Predoctoral Fellowship. My colleagues and I also partnered with the Asian American Psychological Association's Division on Students to organize a webinar addressing graduate students' experiences of racism and discrimination in academia. Being able to implement

important programming, partner with other divisions, and work with fellow students has been a great and rewarding experience for me.

My name is Spondita Goswami and I am a fourth-year clinical psychology student at Saint Louis University. My clinical interest is multicultural approaches to therapy, emerging adults, Immigrants, and Asian Americans. My current research includes racial discrimination and mental health, establishing the efficacy of acceptance commitment therapy to overcome the deleterious effects of discrimination. I have served on the Division 45 student committee for two years planning webinars with AAPA and updating the student resource guide.

STUDENT CONVENTION CHAIR

My name is Pamela Rakhshan Rouhakhtar, and I'm a fourth-year Clinical Psychology doctoral student at the University of Maryland Baltimore County. Throughout my time at UMBC I've worked as a research assistant in the Maryland Early Intervention Program (EIP). I've also been lucky to receive clinical training among children, adolescents, and young adults, currently working as an extern at the Johns Hopkins Bayview Early Psychosis Intervention Clinic (EPIC). My research interests include validation and development of psychosis-risk assessments, application of advanced quantitative methods in the study of psychosis-risk assessment, and studying the role of cultural and contextual factors in our understanding of the psychosis-risk construct, as well as illness presentation, course, and treatment. It has been a pleasure to work with the brilliant members of the Division 45 student committee, acting as the Graduate Student Convention Assistant over the past few months. I've had such a great time meeting and working with all the folks involved in planning the 2019 APA convention. Thus far I've been able to attend and volunteer at the National Multicultural Conference and Summit in Denver and have begun to assist in planning and coordination for the 2019 APA convention that will be held in Chicago this August. It has been wonderful thus far to work with such kind, hard working, and capable Division 45-ers and I look forward to working more with the Division 45 team to help make the APA convention a success!

DIVISION 45 CONVENTION STUDENT COMMITTEE

My name is Danielle Franks and I am a fourth-year Counseling Psychology doctoral student at Louisiana Tech University. My research interests include White racial justice allyship, multicultural psychology, counselor multicultural competence, and issues regarding race and social class. My clinical interests include working with marginalized individuals of various intersecting identities from a feminist-multicultural perspective. It has been a joy

STUDENT CORNER (Continued)

to serve on the Division 45 student committee and to join the student convention planning committee this year. I have really enjoyed meeting other students who are involved in the division and having the opportunity to learn more about how I can serve the division. This summer, I helped plan the Links and Shoulders event for APA convention. Assisting in planning this event was very meaningful to me because I greatly value mentorship in professional psychology and believe that it is an integral part of successful professional development at all stages of one's career. I love that Division 45 offers this opportunity for mentors and mentees to grow in their professional identity.

My name is Sandra D. Espinoza Montes and I am a first-year Counseling Psychology doctoral student at Western Michigan University. My research interests are the following: Mexican American perceptions on Mexican immigrants, immigration policy effects on Latinx mental health, and intracultural bullying between Mexican Americans and Mexican immigrants. My clinical interests are immigrant populations, Latinx communities, multicultural and culturally sensitive methods, and community-based healing practices. I am part of the Student Committee Convention Team. Through this committee, I have helped with the APA review and submission process. I have collaborated with other members to complete tasks with a mutual goal. It has been a pleasure serving APA, Division 45. I look forward to further developing my skills as a leader and professional.

My name is Sunny Ho and I am a fourth-year Counseling Psychology doctoral candidate at the University of Iowa. My research interests include White supremacy and racism, social justice issues regarding race/gender/social class, international students' mental health issues, and culturally responsive therapy. My clinical interests include working with college students population with marginalized identities, such as international status, LGBTQIA+, first-generation, and racial/ethnic minority individuals. It's my honor to be part of the convention planning committee this year and I look forward to working with all of you to facilitate the planning process and making the conference fun and rewarding. I feel connected to this community because I can share my concerns and challenges being an Asian international student in a safe and open space. I volunteered at Division 45 conference at Austin, TX in summer 2018 and I enjoy being part of the community and making connection with amazing mentors and scholars. I am excited to be part of the convention planning committee and learn from one another to continue developing my professional identity as a psychology graduate student.

My name is Bahaur Amini and I am in my second year of the Counseling Psychology Doctoral Program at the University of Kansas. My research interests broadly include multicultural counseling, counselor cultural humility, counseling with middle-eastern populations, and childhood trauma. Clinically, I am interested in working with adolescents, adult children of divorce, childhood trauma, interpersonal conflicts, identity development and acculturation. I am very excited to be joining the Division 45 student convention planning committee this year. I am looking forward to engaging and collaborating more as part of the Division 45 community.

My name is Alyssa Hufana and I am a third year Counseling psychology doctoral student at University of California, Santa Barbara. My research interests include resilience and thriving among Asian & Pacific Islander and Latinx populations, multicultural psychology, prevention and wellness, and social justice issues. My clinical interests include college and adult populations, co-occurring disorders, and working with minority populations from a relational-cultural perspective. I have enjoyed my time serving as a Student Liaison on the Division 45 student committee. I am inspired and humbled to work and serve with other students who are passionate about the mission and vision of Division 45. I have worked on a webinar in the spring for collaboration between AAPA and Division 45. I greatly value students and professionals coming together to share authentic stories and experiences in order to uplift and support one another. This is why I truly appreciate and am grateful for Division 45.

My name is Rylan Rosario and I am a first-year Counseling Psychology doctoral student at Howard University. My research interests include the mental health of queer Black women, intersectionality, and trauma among marginalized populations. My clinical interests include working with LGBTQ people of color and other marginalized groups struggling with the complexities of having multiple oppressed identities. This is my first year having the opportunity to contribute and be involved with Division 45 by joining the student convention planning committee. In this short time, I have appreciated the opportunity to collaborate with my peers and gain some professional development. This was my first time reviewing proposals and organizing presentations for the Division 45 symposium and I really enjoyed reviewing the works of my peers and the leaders of our field. I am looking forward to meeting with more Division 45 students as well as finding out how I can become more involved in the future. The first year of the doctoral program can be challenging but having the guidance of Division 45 so early on in my academic journey has been a tremendous help and will continue to be a support in my development as a successful scholar and clinician.

APA 2019

Anne Saw, Ph.D., and Noriel Lim, Ph.D.

Dear Division 45 Members,

Happy Spring! Here in Chicago, leaves and flowers are budding, the snow has melted, and we can't wait to welcome you for #APA2019 this August. If you haven't already, please register for the convention soon at <https://convention.apa.org>.

We are excited to share our Division 45 schedule-at-a-glance (attached). As you can see, we have a full schedule filled with many great symposia, skill-building sessions, poster sessions, and our annual James Jones address focused this year on community engagement. In addition to sessions led by Division 45 members, we are collaborating with other divisions on exciting and cross-cutting symposia and skill-building sessions. Most of these are also listed on the attached schedule.

Hold Friday afternoon and evening exclusively for Division 45! **Hyatt Regency McCormick Place** will host our annual presidential address, business meeting, and awards ceremony. Immediately following these events will be our division social hour followed by our Links & Shoulders mentoring social hour. Then, at 9 PM, let loose with Divisions 35 and 45 at our annual party, also to be held at Hyatt Regency!

Stay tuned for our full program book. If you are interested in using the division hospitality suite (also at Hyatt Regency McCormick Place), don't forget to complete this form by Friday, May 24: <https://forms.gle/sY9xC4TngCMqsGBB6>.

If you have any questions, feel free to reach out to us.

Best,

Anne Saw, Noriel Lim

Division 45 Program Co-Chairs for #APA2019



2019 APA Convention Division 45 Program - Schedule at a Glance

	8AM	9AM	10AM	11AM	12PM
THURSDAY		Symposium: Mentoring At-risk Youth in Urban Schools and Juvenile Justice Systems: Three Examples (9-11)			Collaborative Session: Advancing Health Justice: Life Course Determinants of Racial Disparities (12-2)
		Symposium: Social Justice Conversations in Daily Life: Personal Professional and Institutional Considerations (9-10)	POSTER SESSION 1 (10-11)	Symposium: Stop, Frisk, Arrest and Incarcerate: Psychological Consequences of Policing for Black Men (11-12)	Symposium: The Impact of Colonization on the Psychological Wellbeing and Migration Experiences of Puerto Ricans (12-2)
FRIDAY	Symposium: Diversity in Mentorship: Culturally Responsive, Systemic and Cross Cultural Approaches (8-9)	JAMES JONES INVITED ADDRESS: DIVERSITY IN ACTION: OPPORTUNITIES AND CHALLENGES FOR COMMUNITY ENGAGEMENT (9-11)		POSTER SESSION 2 (11-12)	Symposium: Current Directions in Arab/MENA American Psychology: Identity Intersections and Implications (12-1)
SATURDAY	Symposium: Resilience Among Latinx Immigrants: Psychotherapy, Student Development and Advocacy (8-10)			Skill Building: Culturally Responsive Evidence-Based Practice and Research with Latinx Individuals Who are Obese (11-12)	Symposium: Investigating Sociopolitical Interventions and Realities Using a Single Subject Time Series Analysis (12-1)
	Symposium: Negotiating Power and Difference in Cross-Racial Teaching, Therapy, Research and Supervision (8-10)				Collaborative Session: Developing Leadership Skills: An Interactive Session with Psychologists of Color Leaders (12-2)
	Collaborative Session: Beyond the Buzzword: What (Really) is Social Justice and What Does it Mean for Psychology? (8-10)			Collaborative Session: Forming Community Partnerships to Reduce Health Disparities for Vulnerable Populations (11-1)	
	Collaborative Session: Building Stronger Communities through Multicultural Awareness (8-10)			Collaborative Session: No Easy Answers: Cultural Considerations in Ethical Practice (11-1)	
SUNDAY	Collaborative Session: Community-Centered Approaches to Promoting Refugee Resilience (8-10)		Skill Building: Cultivating Cultural Competence: How and When to Broach Racial, Ethnic, and Cultural Concerns within Counseling Dyads (10-12)		
		Skill Building: Culturally Adapting a Mindfulness Practice Class: "It Works; I Wish I had Known about This Earlier" (9-10)			



APA 2019 PREVIEW

The entire convention planning team has been working hard since last August to gear up for this year's APA Convention to be held in Chicago this August. As 2019 Program Co-Chairs, we are excited to share some previews of this year's divisional and collaborative programming. We especially want to highlight some of the many posters and sessions connected to President Alvarez's theme, Diversity in Action, and featuring community-engaged work and/or supporting new generations of leaders:

THURSDAY 8/8

Several Division 45 graduate student leaders, including **Ayli Carrero Pinedo** and **Terrill Taylor**, will be leading interactive dialogues that challenge colonialism, white supremacy, and systemic oppression in higher education and enhance personal, institutional, and community strength.

Molly Cory and colleagues will be discussing a coping-based mentoring program supporting low-income Chicago youth experiencing severe and chronic stressors resulting from systemic oppression.

FRIDAY 8/9

Lisa Edwards will be leading a poster describing lessons learned from Proyecto Mama, a community-engaged research collaboration designed to assess perinatal mental health resources and needs among Latinas in the Milwaukee area.

Representing graduate students and early career professionals, **Christina Clarke**, **Kerrie Wilkins-Yel**, **Nicholas Grant**, and **Collette Chapman-Hilliard** will lead a symposium on "Diversity in Mentorship." Our annual James Jones address will feature **Rebecca Toporek**, **Chris Liang**, and **Shannon Williams**, who will explore opportunities and challenges for Division



	1PM	2PM	3PM	4PM	5PM	9PM
THURSDAY		Symposium: #ReclaimingOurTime: The Effects of White Supremacy and Systemic Oppression in Higher Education (2-4)			APA OPENING CEREMONY (5-6:30)	
	Symposium: Disarming Racial Microaggressions: Microintervention Strategies for Targets, Allies and Bystanders (1-3)		Skill Building: Empowering DACA and Undocumented College Students Through Social Justice Counseling (3-4)			
	Skill Building Session: The Silencing of Race in Latinx Research and Scholarship: Developing Racial Inclusion in Psychology (1-2)	Symposium: Addressing Media Portrayals of the Mad Black Woman and Incarcerated Black Man with Cultural Humility (2-3)	Symposium: Creation and Implementation of a Diversity Workgroup in an Integrated Healthcare Setting (3-4)			
FRIDAY	DIVISION 45 PRESIDENTIAL ADDRESS, BUSINESS MEETING & AWARDS CEREMONY (1-4)			SOCIAL HOUR + LINKS & SHOULDERS MENTORING (4-6)		Division 35/45 Party (9-12)
SATURDAY	Thought Leader Session: How Racial Typicality Biases Judgment (and Why You Should Care) (1-2)	Thought Leader Session: How Our Schools Breed Impostorism in Kids of Color (2-3)		POSTER SESSION 3 (4-5)	Symposium: Socially Just Service Provision: Research, Practice and Advocacy with Latinx Populations (5-6)	
				Collaborative Session: Incorporating Learning into Teaching for Mutual Benefit of Students and Our Communities (4-5)		
				Collaborative Session: Levels to This: Family, School, and Community Protecting Black Youth from Racial Stress and Trauma (4-6)		
				Symposium: Paving New Roads: When Women of Color Become Administrative Leaders (4-6)		
SUNDAY						



APA 2019 PREVIEW (Continued)

members to collaborate with community-based organizations to co-create programs, trainings, and scholarship that reflect their mutual expertise.

SATURDAY 8/10

Gayle Iwamasa will be chairing a collaborative interactive session with psychologists of color leaders (Divisions 45, 12, 17, 18, 29) focused on developing leadership skills.

Brian Littleton and **Katherine Colles** will be presenting a poster on the impact of the Flint water crisis on stress and coping among Flint residents.

SUNDAY 8/11

Anne Saw will be chairing a collaborative symposium (Divisions 45, 27, 52, 56) focused on “Community-Centered Approaches to Promoting Refugee Resilience.” The symposium will highlight programs that support empowerment and well-being for refugees in Chicago and Kansas City.

Don’t forget about our annual Presidential Address, Business Meeting, Division social hour, and Links and Shoulders, all happening back-to-back on Friday 8/9 beginning at 1 PM, and annual Division 35/45 PARTY Friday night.

DIVERSITY IN ACTION: REFLECTIONS ON COMMUNITY INVOLVEMENT

Because the *Diversity in Action* theme is focused on centering the needs of the communities in which we live and serve, Division 45 solicited reflections and suggestions for ways to increase community engagement.

As psychologists or psychologists-in-training, how do you see diversity in action in your local community?

Leslye M. Tinson, City College of San Francisco
NMCS 2019 in Denver, Colorado was the most thought provoking conference I have attended in a long time. I felt so seen, so loved, so valued! In a world that is facing tremendous demonstrations of hate, I feel affirmed that my colleagues and I are dedicated to racial, economic and social justice and equity. I am enthusiastically looking forward to reconnecting with NMCS in 2021.

Terence Ching, University of Connecticut
I feel that the emphasis on bringing diversity in clients’ cultural background to the forefront of clinical work is really driven by fellow students in my program, instead of by faculty. There seems to be a more explicit thirst for social justice among the younger generation and I hope this brings about a sea change in the field in the next couple of decades

Jeffrey Mio, California State Polytechnic University, Pomona
My university is a “majority minority” campus. Hence, we have numerous programs that deal with issues of diversity broadly defined. As far as the broader community is concerned, I am involved with the Latino/Latina Roundtable of San Gabriel Valley. There are other organizations that deal with issues of diversity in my area as well, such as a local chapter of the NAACP.

David Chiriboga, University of South Florida
In my county, the Board of County Commissioners

created an advisory group, the Diversity Advisory Council to be exact. I was a founding member and for three years worked to help identify how the county could help agencies that served diverse populations. In addition, my university (U of South Florida) has a number of partnerships with local agencies to help those agencies. Nearly all these partnerships involve diverse caseloads.

As a Division, how would you like to see us engaged with the community more?

Sherry Cheng, St. John’s University
Translation research webinars exploring ways research can increase public awareness.

Rob Bedi, University of British Columbia
Engage in respectful and collegial discussions with those who disagree with the majority opinions of members of the Division. Seek out opportunities for mutually respectful dialogue for those who hold values or opinions greatly different than our own. Give them a venue to speak their truths on the condition that we also can them speak truths. Look for areas of commonality, no matter how small and start there. Actually listen to their perspectives and try to be empathic and try to put ourselves in their shoes and try to understand why they may believe as they do. I really dislike the mutual disrespect that I have seen on both sides of a diversity-related debate and the dehumanization strategy used by both sides of such debates to discount the personhood of the other. Bullying is wrong in my opinion, even if it is for a purpose that I wholeheartedly believe in. We need to remember that political diversity is important too. Most of us in psychology are politically left (80 or 90% I think) and therefore it is easy to miss out on their minority experience. We need to remember that cultural

DIVERSITY IN ACTION (Continued)

microaggressions, even against majority cultures, are wrong. We should treat others the way we want to be treated and forgive past transgressions. We should respect those who view the world differently and find ways to co-exist with them in a way that does not promote violence (verbal or physical). I would like to see

the Division engage and advocate for positions like the above and promote diversity even when it is against the majority ideological beliefs of Division members. This is true respect for diversity.

Terence Ching, University of Connecticut
More speakeasy's. I like the idea of honest expressions of thoughts about diversity issues, and barriers to honoring diversity at a somewhat grassroots level.

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Division 45 Online

Visit the Division 45 webpage to learn more about our vibrant and engaging organization. Access resources and learn more about current happenings in the Division!

You can join our listserve following the easy steps below.

To join the List:

Write to LISTSERV@LISTS.APA.ORG and in the body of your message write: SUBSCRIBE DIV45.

To Leave the List:

Write to LISTSERV@LISTS.APA.ORG and in the body of your message write: SIGNOFF DIV 45.

For More Information:

Write to LISTSERV@LISTS.APA.ORG and in the body of your message write: "HELP" or "INFO" (without the quotation marks). HELP will give you a short help message and INFO a list of the documents you can order.

Please note that members must sign up for the listserv. The Division does not automatically add individuals when they become members.

Division 45 utilizes APA division services for troubleshooting 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.

CURRENT DUES STRUCTURE

Associate / Member / Fellow:	\$ 57.00
Life Status Publication Fee <i>Cultural Diversity</i> & <i>Ethnic Minority Psychology</i> :	\$ 14.00
Student Affiliate:	\$25.00
Professional Affiliate:	\$ 57.00