

Conference or workshop summary

Conference or workshop name:

Conference or
workshop date:
01/25/2023

Title of the Workshop: "Asian Americans and Pacific
Islanders: Rising Up, Speaking Out, Inspired by Staying
Strong in Unity as Psychologists and Professionals"

Please list all sponsoring organizations (if applicable) for this conference or workshop. Click on "add another response" to add multiple sponsoring organizations.

Sponsoring organization:

JFK School of Psychology of National University (also proposed Consortium of Bay Area Asian American Psychologists and Psychotherapists (CBAAAPP) ("C" - "B" - "A" - "Double A" - "Double P") Greater Bay Area doctoral psychology programs would be brought together to coordinate this event. This proposed consortium would be a voluntary association of psychologists, psychotherapists, mental health professionals, graduate students and others focusing on the needs and interests of the Asian American and Pacific Island, and Asian communities. It is primarily organized through graduate psychology programs in the Bay Area of California. Representatives from these programs have interest or expertise in Asian American psychology. These graduate psychology programs with AAPI identified contacts include: John F. Kennedy University (MRM, KY) California School of Professional Psychology, & Alliant International University, Emeryville (TC, MRM) Palo Alto University (JC, MRM) Wright Institute (AK, KY) Stanford University (HH) University of San Francisco (LF) Santa Clara University (SW) University of California Berkeley (KT) San Francisco State University (AA) California State University East Bay (TS) California Institute of Integral Studies (SC) University of Hawaii (AK) University of Guam (YK) Western Interstate Commission of Higher Education (WICHE) - (DM) Pacific Southwest MHTTCN (RE) Others The proposed intent of CBAAAPP is to provide various forums for cross campus collaboration on topics and interest relating to Asian Americans and Pacific Islanders and psychology, as well as mental health. These include: • Clinical practice • Teaching • Training • Supervision • Mentoring • Community mental health • University health • Anti-Asian hate and violence prevention • Advocacy • Integrative care • Networking • Professional development • Workforce development • Stigma and shame • Special topics of focus (ex. racial coalitions, LGBTQ, diversity) • Other Interactions may be in the form of focused meetings, presentations, meet up or networking forums, special activities, special featured events, community mental health collaborations, etc. The collaborative may work with local universities and colleges, community organizations, associations such as AAPA, CPA, CAMFT, CA-SW and others.

Conference or workshop details

Goals and objective: The clarity and nature of the conference or workshop goals and objectives and how they will enhance the training of faculty and supervisors of graduate students, interns, and/or postdoctoral fellows in psychology:

The global pandemic in current context has re-exposed xenophobia impacting the mental and social wellness of those seen as Asian, Asian American and Pacific Islander. For all of us. race, culture, class and social diversity are inextricable aspects of our work in mental health. So are the traumas of racism, social "othering" and systemic oppression. A frame of social justice is critical, essential for our contributions presently, for the future and referencing the past. This time period underlines how the health and wellness of one is integrally tied to that of others. Rather than unite us, systemic racism works to divide those already socially, racially, economically and relationally marginalized. The virus of the pandemic further exposed the virus of racism, xenophobia, all the more against Asians, Asian Americans and Pacific Islanders. These relational forms of inequities against those seen as Chinese and Asian is not new but historical. Pitting us against other racial groups such as African Americans or Blacks is also not new.

During this presentation, there will be a revisiting of historical as well as current inequities and their impact on multicultural communities including Asian Americans among other racial groups. Some of the historical depictions will stir immediate reflections for discussion. Most importantly, social movements and relational practices, including those by psychologists, to confront and heal from the “virus” of xenophobia will be presented.

Leadership: The qualifications of the person(s) identified to plan and lead the event, relative to the topic of focus. Included in the qualifications should be evidence of national or regional leadership (e.g., publication of relevant scholarly works, participation in past workshops, etc.):

Leadership, Lead Facilitator and Organizer: Matthew R. Mock, Ph.D. has given dynamic presentations on the relevance of cultural competence, ethnicity and multiculturalism in psychotherapy locally, throughout California, nationally and internationally. He is currently a Professor of Psychology with John F. Kennedy University. Prior to this, he was the Director and Ethnic Services/Multicultural Services Coordinator for the Family, Youth and Children’s Services of Berkeley Mental Health for 20 years then the director of the Center for Multicultural

Development with CIMH in Sacramento. He also has a private clinical and consulting practice in Berkeley providing clinical services to children, couples, adults and families, and consultation to programs and organizations. Dr. Mock is third generation Asian-American and has been committed to community mental health concerns, competent and responsive services to culturally diverse communities and social justice policies and practices, throughout his career. He has received numerous awards from professional organizations, guilds and programs, most recently 2019 Distinguished Contributions award from the Asian American Psychological Association. He is an invited speaker nationwide and internationally consistently receiving highest reviews by participants. He is the author of several book chapters and articles. Several recently published book chapters by Dr. Mock have direct relevance to the topic including narratives of social justice.

Participants: The qualifications of conference or workshop participants relative to the topic of focus, including their potential for implementing outcomes of the conference or workshop toward enhancing graduate education):

This half-day workshop will be intended primarily for Asian American and Pacific Islander faculty and mental health professionals (e.g., psychiatrists, psychologists, licensed professional clinical counselors, licensed social workers, marriage family and child therapists, social workers, etc.) Psychologists and mental health professionals contribute to the wellness of those they treat through identifying mental health stressors such as systemic racism, discrimination and biases. Depending on health concerns at the time of the event, it may be held virtually or hybrid. If an award from BEA is received, efforts will be made for Continuing Education (CE) to be attained to encourage licensed and practicing mental health professionals to attend. Consortium of Bay Area Asian American Psychologists and Psychotherapists (CBAAAPP) ("C" - "B" - "A" - "Double A" - "Double P") Greater Bay Area doctoral psychology programs would be brought together to coordinate this event. This proposed consortium would be a voluntary association of psychologists, psychotherapists, mental health professionals, graduate students and others focusing on the needs and interests of the Asian American and Pacific Islander, and Asian communities. It is primarily organized through graduate psychology programs in the Bay Area of California. Representatives from programs have interest or expertise in Asian American psychology. These are graduate psychology programs with AAPI identified faculty.

Impact: The estimated or potential impact of the conference or workshop in terms of the diffusion of new ideas resulting from its outcomes in the education community appropriate to the proposal's focus:

This workshop is intended to have a positive impact in several ways through meeting several educational objectives. The objectives of this workshop in summary are to: 1) list (at least 3) specific challenges arising among racial and cultural communities due to anti-Asian and Pacific Islander hate and xenophobia, This has been documented among AAPIs in current times, arising socially and in clinical contexts, with issues arising in mental health services 2) increase awareness of ways attendee's own backgrounds, including the impact of unlearning racism or inequities as practitioners, may contribute significantly to our effective mental health interventions and related work as practitioners and staff 3) list specific strategies to confront microaggressions, that may be based on exclusion, marginalization and xenophobia, including racial divides, challenging

Asian Americans and Pacific Islanders 4) identify evidence-based practices and practice-based evidence effective for use with cultural, ethnic, racial, linguistic populations such as Asian Americans and Pacific Islanders impacted by xenophobia further addressing historical and current inequities 5) identify and describe innovative racial, cultural and ethnic community research and practices for further advancing socially just and effective practices in mental health systems through perspectives of relational healing. Survivance strategies against anti-Asian hate will be underlined and discussed.

Budget: The clarity and completeness of the conference or workshop budget, how realistic it is, how the grant funds are to be used to offset expenses incurred (e.g., travel, registration, speaker fees), as well as provide strong justification for the requested amount and whether the conference or workshop can be offered without BEA funding:

\$2,000 Speaker fees (2 hours at \$500 per hour for 2 speakers) (To be covered by APA BEA funding) \$1,000 Travel (Potential flights, hotel accommodations (Potential funding or coverage by one of the Consortium entities or alternative source)