

# BE A PART OF THE SOLUTION

— PART OF THE CHANGE!

2023 APA PRESIDENT

*Dr. Thema Bryant*



## JANUARY 2023

### FROM YOUR PRESIDENT'S DESK,

Thank you for your vote of confidence and allowing me to serve as president of our growing association this year. Recognizing the importance of accountability and transparency, I will be sharing this monthly report with you, summarizing my activities. This month with the support of our incredible staff and outstanding board, I have been able to advance the work of APA's strategic plan by completing the following:

- Presented on intergenerational trauma for the Haitian Psychological Association's Trauma Summit
- Presented on racial trauma and liberation psychology for the University of Indiana and University of Pittsburgh's Social Justice Conferences in honor of the Dr. King holiday
- In alignment with my commitment to collaborative work, presented my first APA Presidential Citations to a psychological association and an institution of higher learning ([Bermuda Psychological Association](#) and Bermuda College)
- Engaged in strategic planning with the heads of the Council Leadership Team and Policy and Planning Committee
- Facilitated board discussions on forensic psychology, accreditation, combatting violence against trans women of color, strategic planning, and budget planning
- Led the board in providing free psychology workshops for Bermuda's only institution of higher learning to enhance the professional pipeline and global collaboration
- Posted to social media regarding the American Psychological Association resulting in over 2 million views
- Participated in the Psychology PAC reception and programming featuring Jonathan Capehart
- Participated in an APA webinar on use of social media for advocacy
- Planned for APA Convention and Council meeting including plenary and policies
- Made progress with my five presidential initiatives: representation matters documentary, decolonizing and liberation psychology dissemination, multicultural trauma recovery summit, multicultural trauma and grief recovery kits, and enhancing APA membership's belonging and engagement

- Provided the forward for the soon to be released public/free online document: the APAGS Resource Guide for Psychology Graduate Students of Color provided by the American Psychological Association of Graduate Student's Committee for the Advancement of Racial and Ethnic Diversity (APAGS-CARED)
- Was profiled in a front page story in the [LA Times](#)
- Published my first [APA Monitor presidential column](#) on psychology burn-out, self-care, and community care
- Appointed Dr. Jessica Smedley as the chair-elect for the Advocacy Coordinating Committee
- Issued an [APA presidential statement](#) on the life of Dr. Martin Luther King, Jr. and the need to remain maladjusted to racism, which appeared in [Forbes](#)
- Facilitated an interview with sports psychologist, Dr. William Parham, on the mental health lessons from the [medical trauma of Damar Hamlin](#)
- Featured in an [APA Monitor breaking news story](#) on the psychological science of trauma following Damar Hamlin's collapse
- Met with leaders from the Puerto Rican Psychological Association
- Facilitated the APA 2023 Board of Directors retreat and orientation
- Co-facilitated orientation for new Council members and new members of APA Boards and Committees
- Represented APA in CNBC article on mental health, work, and relationships
- Appointed Board of Directors members to their various liaison roles to boards, committees, task forces and outside organizations
- Initiated re-occurring individual meetings with each Board member
- Engaged in weekly consultation and planning with APA CEO, Arthur C. Evans, Jr., PhD, and members of the APA executive leadership team
- Led weekly meetings with the APA Board Executive Committee
- Created Board of Directors working groups and appointed members with focus areas including enhancing Board functioning, supporting association-wide EDI efforts, and maximizing global collaborations
- Released a [statement in response to nearly 40 mass shootings](#) in the United States so far this year
- Released a video, [How to process the killing of Tyre Nichols](#)
- In addition to work in my official role as APA president, this month I also attained approval for an APA book proposal on expressive arts interventions and racial trauma recovery

Thank you for your support and efforts in service of society and the field of psychology.  
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