



# FOCUS

Notes from the Society for the Psychological Study of Ethnic Minority Issues  
Volume 22, Number 1  
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## President's Corner

*Robert M. Sellers*  
*University of Michigan*



Greetings fellow members of the Society for the Psychological Study of Ethnic Minority Issues (APA Division 45)! It was an honor and joy to meet so many of you at this past APA convention in Toronto. I greatly appreciate your support and encouragement. I will also be taking many of you up on your offer to help in the coming months. I would also like to take this opportunity to thank the many people who made this year's convention activities for the Society the wonderful success that it was. I would like to especially thank the program committee chairs, Melanie Domenech Rodriguez and Stephanie Rowley, for their efforts. They did a wonderful job coordinating the entire program for the Society. I would also like to thank Evie Garcia and the wonderful group of students (led by Annie Gupta) who coordinated the activities in the Society's suite throughout the convention. Congratulations to Michi Fu for making the Links and Shoulders mentoring reception such a wonderful success. The reception was one of the highlights of the convention for me. I was deeply touched by the large number of students (70-100) and mentors (50-70) who attended. The room was full of people and enthusiasm. I can not wait to attend next year's event in San Diego.

As my new term begins, I would like to congratulate Manny Casas for a wonderful year of leadership as our president. His passion and commitment have been inspirational. I will continue to look to his mentorship as he transitions into the role of Past-President this year. The outgoing members of the Executive Committee (Evie Garcia, Annie Gupta, and Rebecca Toporek) must also be recognized for their outstanding service to the Society. On a personal level, I will especially miss Beth Boyd's wise counsel and dedicated service as our Past-President. The loss of such talented and committed individuals on the Executive Committee would be devastating if it were not for the influx of such a wonderful group of new talent to the Executive Committee including Andrea Ballesteros, Jean Lau Chin, John Gonzalez, Jeffery Ring, and Melanie Domenech Rodriguez. I look forward to working with these individuals over the next year. I will be particularly leaning on Jean Lau Chin as our new President-Elect.

Hopefully, the focus of most of our activities in the upcoming year will be consistent with our theme for this year: "I am because we are, We are because I am". In other words, I hope that we as individual members of the Society will be affirmed by the efforts and actions of the organization, while at the same time, each of us will also accept our responsibility to the Society by dedicating ourselves to achieving its objectives. With this in mind, I hope that we will focus our efforts on four objectives in the upcoming year. Our first objective is to continue our efforts to develop a new budgeting and accounting system for the organization that will allow for more effective strategic planning. Given the current financial strain that has befallen many of our institutions (includ-

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## PRESIDENT'S CORNER (Continued)

ing APA), it is imperative that the Society has a budgetary process that allows for long-term fiscal planning. We must be able to do a better job monitoring our current revenues and expenses if we are to insure the long-term fiscal stability and growth of the organization. New budgetary process will also allow us to better assess whether the bulk of our spending is consistent with the strategic plans of the organization. The Treasurer, Alfiee Breland-Noble and the rest of the finance committee have been working very hard on a plan for such a process. Our goal is to have the plan ready for review and approval by Executive Committee at the mid-winter meeting.

Our second objective is to sway greater influence within APA so that the association operates in a manner that is more consistent with the values and interest of the Society. This can only be accomplished by having greater participation from members of the Society within the governance structure of APA. Thus, we need more of our membership to be willing to be nominated to serve on APA boards and committees. We cannot expect APA to represent our interest if we are not willing to represent our own interest. So please consider serving on an APA committee or board. The Executive Committee and I will work hard to keep the membership informed (via the membership listserv) of opportunities to serve. We are creating a database for those individuals who are interested in serving on an APA committee or Board. Please send me an email detailing your interest along with your curriculum vitae or resume (rsellers@umich.edu) if you would be willing to serve. It is true that the bureaucracy of APA governance can be intimidating and confusing. However, we can no longer let that be an excuse to not be active in it.

As part of our efforts to encourage participation, the Society will offer workshops on the APA governance structure and how you can become involved at the Society's conference in June. Even if you are not able to serve on an APA committee or board, you can help increase the Society's influence in APA by remembering to vote on important issues that are relevant to the Society. For instance, the recent proposal to provide seats on the APA Council of Representatives to the other ethnic minority psychology organizations (Society of Indian Psychologists, Association of Black Psychologists, the Asian American Psychological Association, and the Latino/a Psychological Association) failed to pass by less than 1% of the total membership vote. If we had had a greater participation rate from members of the Society, the proposal would have passed. Similarly, we can add another seat for the Society to the APA Council of Representatives by getting more members to apportion their vote to the Society in the October apportionment

vote. As we have learned throughout our history in this country, a vote is a terrible thing to waste.

Our third objective is to raise the profile of the Society beyond APA. The organization was founded as a division of APA and has an important role inside of APA; however, the organization also has a mission that is larger than APA. As the Society for the Psychological Study of Ethnic Minority Issues, the organization has a responsibility to address issues related to ethnic minority psychology and ethnic minority communities that are beyond the scope of APA. I believe that we can begin to better meet this responsibility by reaching out to other students and psychologist who are committed to advancing the psychology of ethnic minority people, but who do not see APA as being the most relevant professional association for them. The inclusion of such individuals into the Society will go a long way to making the Society THE authority on the psychological functioning and mental health of ethnic minority populations in the United States. Thus, I propose that the Executive Committee and I invest a significant amount of effort in such outreach efforts.

Our final objective is to host the first conference of the Society for the Psychological Study of Ethnic Minority Issues on June 17-19, 2010 in Ann Arbor, MI. The conference will provide a unique opportunity for our existing membership and potential new members to come together in a collegial and supportive environment. The conference program will consist of research symposia, poster sessions, roundtable discussions, invited plenary talks, as well as professional development workshops. It has the potential to be the site in which the very best research on ethnic minority psychology is presented. In addition, a preconference on Thursday, June 17 will offer specific professional development programming to graduate students as well as early career professionals.

The conference can be an important mechanism for achieving our other four objectives. If successful, the conference can serve as an important revenue-generating resource. The conference can also provide another venue to help orient our membership to the issues within APA that are relevant to the Society. It can also serve as a forum in which to recruit potential participants for APA committees. Finally, the conference itself will raise the profile of the organization by recruiting those psychologists who have historically not seen Division 45 as meeting their professional needs. It is for all of these reasons and more that I invite you to Ann Arbor this June. Registration for the conference will open October 1, 2009. Please check the Society's website for registration information (<http://www.apa.org/divisions/div45>).

We have a busy year ahead of us if we are to accomplish our objectives. As I think about what is in store for the Society and me in the upcoming year I am overcome with

## PRESIDENT'S CORNER (Continued)

a variety of emotions. I am humbled to have the privilege of serving as President of the Society. I am anxious about the number of challenges that we face as a Society, yet

### FROM THE PRESIDENT-ELECT

*Jean Lau Chin, EdD, ABPP  
Dean, Derner Institute for Advanced  
Psychological Studies, Adelphi University*

I look forward to serving as President-Elect together with my fellow Executive Committee members of the Society for the Psychological Study of Ethnic Minority Issues (Division 45) during 2009-2010. My participation in the Links and Shoulders Program at the 2009 APA Convention as a mentor was inspiring. It was a celebratory, standing room only event, thanks to the leadership of Michi Fu who organized it this year. It was a significantly different environment from my early professional years when I was the lone Asian American psychologist. I had no mentors who looked like me or shared common experiences of being an ethnic minority psychologist. I had the dubious distinction of being the first Asian American psychologist to be licensed in the state of Massachusetts in 1974; there was not to be another one until 15 years later. Now as Dean of the Derner Institute for Advanced Psychological Studies at Adelphi University, my journey in the profession can be instructive. I witness, with great pleasure, the growth of the Division and the creative energy of being amidst so many ethnic minority psychologists, young and old.



The growing numbers of ethnic minority psychologists also signals that our time has come, and it is now. New challenges of practice, research, and education await us in the 21<sup>st</sup> century where technology enables almost instant transfer of information, rapid communication, and access to the vast, diverse and changing world. However, the potential of miscommunication and aversive consequences due to cultural differences is also high. We have yet to harness the full potential of what is before us. It is for these reasons that I chose to make Diversity and Leadership my presidential theme. When my book on Women and Leadership came out in 2006, it was ironic that a special issue on Leadership in the American Psychologist, also released at the same time, contained not one article on diversity. We proposed and are still awaiting publication of a special issue on Diversity and Leadership.

excited about the opportunities we have to make a difference. Most of all, I am comforted by the strength and support that I will receive from the Executive Committee and the membership. I look forward to working with you in the upcoming year.

**Why Diversity and Leadership?** As ethnic minority psychologists grow in the ranks of psychology, it is not just about their numbers or their being at the table anymore. It is about ethnic minority psychologists participating in the decision-making circles and leadership roles of organizations and institutions of society. It is about society accepting diverse leaders as competent despite stereotypes and expectations of gender, race, and ethnic roles that may suggest otherwise. It is about our institutions benefiting from the diversity of leaders, and being able to meet the needs of a diverse society. I hope that my focus on diversity and leadership will advance our efforts to mentor our younger colleagues into leadership roles, to create the knowledge about how diverse leaders are effective, and to challenge our notions of leadership that prevent access for ethnic minority psychologists. The election of Barack Obama gives us hope that this is possible, and that it will be a new day. I hope all in Division 45 will join me in this effort. I encourage you to contact me with your thoughts and ideas for how we might actualize this theme during my presidential year. My email is: chin@adelphi.edu.

### PAST PRESIDENT'S COLUMN

*J. Manuel Casas, Ph.D.  
University of California, Santa Barbara*

### CONTINUING OUR PATHS: DOING THE WORK IN PURSUIT OF THE DREAMS

The writing of this column was not an easy task for me to undertake. More specifically, it was difficult for me to decide towards what events, issues, and experiences I should direct my attention. On the one hand, I could highlight the fun, frivolity and challenges that I experienced on the trips that I took or the events that I attended during the summer or I could direct my attention to serious organizational and professional issues, problems and challenges that we in Division 45 are facing. Not being able to decide on one direction or the other, I decided to do both by using two enjoyable trips as the basis for selectively high-





lighting pervasive issues and problems.

My summer began with my attending the XXXII Interamerican Congress of Psychology in Guatemala, one of my adopted countries. While Guatemala is socio-economically considered a third world country, it is rich with respect to its landscapes, its history and, most important of all, its amiable and prideful people who have always received me with open arms. I say this as a result of my having taught courses at the Universidad del Valle de Guatemala, the site of the conference, for the last four years. Attending the Congress was an emotional experience for me. It's not often that I have the opportunity to experience being surrounded by psychologist with whom I share a history, a native language, life experiences and professional interests and challenges. I guess a major reason for my being in Div 45 is that it provides me with a somewhat similar type of experience.

The organizers of the Congress, Drs. Andrés Consoli and Maria del Pilar Grazioso, and all the individuals who assisted them, did an outstanding job with the limited resources with which they had to work. Government support was obvious given the access that we had to the National Theatre, where an outstanding ballet entertained us with a historical interpretation of the "conquest" of the Mayan (Given their stoicism and determination, I doubt that they, like many of our Native Americans, will ever be truly conquered.), to a national museum and art gallery, where priceless and impressive Mayan and contemporary art are on display, to other historical sites where receptions with plenty of regional food and drink were held at no cost to the participants. It should be noted that APA hosted an impressive reception at the aforementioned museum.

The main speakers (e.g., Albert Bandura) and the presentations that comprised the Congress reflected the science practitioner model that is becoming more pervasive across continents. The topics addressed were pertinent to all participants regardless of their country of origin. Given these shared interests and perspectives led me to wonder once again why Counseling Psychologists in the U.S. insist are going east (e.g., Taiwan) while overlooking the research challenges and needs that can be found if they go south (e.g., Guatemala). Is it a matter of money or socio-political interests on the part of U.S. institutions? I'm sure there is great deal of differences between the availability of resources in the Far East compared to the resources in the Near South. From my perspective, universities from Mexico to Tierra del Forego would welcome collaborative relationships with universities in the U.S.

A social interchange with a psychologist from Columbia led to an interesting and thought-provoking discussion that I would like to share with you. In talking with this

psychologist, I asked her what was the area of psychology in which she specialized. She responded that she was in the field of marketing/advertising. She proceeded to ask me what was my area of specialty. I responded that I was in the area of Multicultural Counseling. Surprisingly she then proceeded to ask: "What is multicultural counseling?" I tried to describe and explain multiculturalism to her but, as much as I tried, I don't think I was able to help her grasp the rationale, the purpose and the need for this psychological specialty area. While I might not have been successful in "marketing" Multicultural Counseling, the discussion provoked a lot of questions and thoughts on my part. For instance, why would the specialty of multiculturalism be so "foreign" in countries where the indigenous populations are so numerous?

While many socio-cultural, economic, and/or political answers could be entertained, the one that stuck with me was the following: In order to accept multiculturalism as a fact of life, you first must become aware of and then accept the existence (i.e., culturally, socially, and economically) of persons or groups that are different than but yet equal, with respect to all human qualities, to the group with whom you identify. As the saying goes, out of sight out of mind. In the U.S., multiculturalism did not take hold until those groups (gays, lesbians, ethnic, racial, and women) recognized their power and took steps to make themselves visible and audible. While in the U.S. this process continues to evolve, in other parts of the world this process is just beginning to emerge. Given this momentum, I would hope that my need to explain and justify multiculturalism in all its facets would diminish both here and in other parts of the world. With respect to Div 45, in order to keep the voice and momentum of multiculturalism alive within APA, especially in these times of economic hardships, we must continue the work needed to have our voice heard across all levels of APA.

The other trip, which I briefly highlight here, is the APA Conference held in Toronto. Unlike other attendees, my trip to and from Toronto was uneventful—everything ran smoothly. While limited in time, I think that, with the exception of budget items, we did justice to all the issues and plans that we had to address during the EC business meeting. I thank Melanie for taking care of the arrangements for this meeting and Tamara for preparing the agenda and doing her best to keep us on schedule. The presentations that were sponsored and supported by Div 45 were outstanding and made many of the conference attendees stand up and listen to what we have to say. Again, our thanks to Melanie and those who worked with her to make these presentations possible. Our thanks also go out to Stephanie Rowley for jumping right in and helping to plan and coordinate the Awards Ceremony. Every time that I went to the hospitality suite it seemed to be filled with young psychologists bubbling with enthusiasm and gushing with ideas that we might pursue in our

## PAST PRESIDENT'S COLUMN (Continued)

efforts to fulfill the dreams that are at the core of the division. Our thanks to Evie and her staff of graduate students for making the suite such a welcome place. The dance—what can I say? Rebecca once again “wove our magic stick” and made the dance a tremendous success. My only regret is that I was unable to stay till the end when the dancing really reached its peak. Hey, looking to the future, how about a dancing contest next year? APA has awards for everything else, why not dancing? Michi Fu and Annie, you have taken the Links and Shoulders Social Hour and made it one of the top attractions at APA. Most important of all, you’ve taken a social hour and made it bear fruits through the orchestrated mentoring of the future leaders of Div 45 and APA itself. We are thankful and grateful to both of you and all who worked with you. In fact, thanks to all of you who helped make our convention such an enjoyable and fruitful event.

On a more serious note, our meetings, discussions and personal interchanges at the Conference seemed to revolve around certain pertinent issues and problems that in one way or another impede the work that Div 45 is seeking to accomplish. While a good number of the problems are tied to the economic situation that is negatively impacting the country as a whole, others reflect a lack of an ongoing commitment by APA governance to change policies and practices that negatively impact its racial/ethnic minority constituencies. To keep us on task regarding those issues and problems that will require our continued attention and possible action, I selectively and briefly provide an update on two major issues:

With respect to the seating of delegates from the four National Ethnic Minority Psychological Associations, Council voted to invite a non-voting delegate from each of the four National Ethnic Minority Psychological Associations to attend Council meetings for an additional three-year period. Council additionally received the Report of the Presidential Working Group on the Representation of Diversity on the Council of Representatives and requested that it be referred to the Committee on Ethnic Minority Affairs, the Committee on the Structure and Function of Council and the Policy and Planning Board. Council also reaffirmed its earlier votes in support of a Bylaw amendment to officially seat the four Ethnic Minority Psychological Associations. Needless to say, our work to make these seats official continues.

Regarding the budget cuts, although not privy to comparison data, it appears that racial/ethnic minority focused programs and staff associated with such programs may have taken more than their share of the cuts.

For instance, many of the important activities of OEMA have been stopped. The cuts have resulted in significant losses in salary and wages. To this point, there are eleven offices that fall under the direction of the Public Interest Directorate and OEMA is one of these offices. In this Directorate four people were fired, two of which were in OEMA. To put it another way, OEMA lost 40% of staff. Although there is a myth being propagated that everything that has been cut will be restored when the economy improves, the fact of the matter is that programs that are cut seldom are revived. Furthermore, the Council of Representatives made it clear that when money comes back, the establishment of new programs will be prioritized based on the strategic plan and the strategic plan only mentions diversity as a guiding value and not as an integral part of the goals and objectives. Given this scenario, there is a need to address the cuts that have been made and/or will be made. I don’t think we have the luxury to just sit and let things be done to us. On the contrary we have work to do. To this end, we need to get a good clear picture of how the decisions were made. A way of doing this, as discussed in our business meeting, is to request specific information from the Board and/or the Executive Director. As suggested in our meeting, since there is power in numbers (i.e., you become visible), we should consider contacting the social justice divisions to see if they will join us in this effort.

Having just watched the funeral ceremonies held for Senator Ted Kennedy, I couldn’t end this column without saying a few words about this outstanding and irreplaceable human being who fought throughout his public life for many of the same causes and issues that are reflected in the work of Div 45. I first met Ted Kennedy when I was nineteen and a student at the University of California, Berkeley. I was immediately impressed by his thoughts and commitments relative to improving the quality of life for all Americans and in particular the powerless and the voiceless. Since that time, I watched his political career grow and flourish and could not but take note of the diversity of individuals and groups that benefited from his work: the poor, the working class, racial/ethnic minorities, children, persons with disabilities, and those with physical ailments and illnesses. His last days stand out for me as an example that I and, I hope, others will continue to follow by living and working for the betterment of others, for the betterment of life, until a higher power decides its time for us to rest. I think that we as a Division should take his example and his words to heart as we confront the work and the challenges that lie between us and the attainment of our dreams. To paraphrase Senator Kennedy:

The work begins anew  
The hope rises again  
The dream lives on...

It must, there is no other acceptable alternative.

## FROM THE EDITOR

*Melissa L. Morgan, Ph.D.  
University of California, Santa Barbara*

Hello Division 45 members! I am pleased to offer you this Winter issue of FOCUS. Inside you will find updates from all of our officers to keep you apprised of Division 45 activities. For my part, I have been working on the potential transition from a printed to an online newsletter. Over the past several months, I have consulted with other APA divisions who have and have not converted to an online medium – the results are about 50/50! To continue our consideration process, I would like to invite the membership to express any opinions or thoughts on this venture. Contact me at mmorgan@education.ucsb.edu. We hope to reach a conclusion in the next few months, so please don't delay if you have input.



Also in this edition you will find a couple of new sections: Profiles of New Division 45 Fellows, and Division 45 Student Activities. We will continue highlighting these membership groups for the next several issues. I would like to invite you, as always, to submit any news, announcements, research reports, or other writing for the Spring issue. Finally, I would like to extend a special thanks to all of our hard-working, outgoing officers who are giving their final reports in this issue...and a big welcome to the incoming officers whom I look forward to working with.

Peace,  
Melissa

## TREASURER'S REPORT

*Dr. Alfiee M. Breland-Noble  
Duke University Medical Center*

Support Team: Ms. Antoinette Burriss  
Finance Committee: Dr. Asuncion Austria,  
Chair, Dr. Manuel Casas, Dr. Beth Boyd,  
Dr. Robert Sellers

Update:

Currently, the Treasurer submits a proposed budget based on his/her recommendations from prior year expenses and income and estimated projections of committee and officer expenditures for the following fiscal year (August – August). I submitted proposed budgets to Presidents Boyd and Casas during the 2007-2008 and 2008-2009 fiscal years respectively. During the 2008 Mid-Winter meeting, the



EC requested a more formalized process regarding the creation and submission of fiscal year budgets to include 1) a strategic process for the annual creation of the proposed budget and 2) a proposed budget for future years that incorporated both the Division strategic plan and prospective analysis of expenditures via the Finance Committee. In accordance with this request, I submitted a preliminary proposed budget to the Finance Committee in March of 2009 and met (via phone conference) with the Finance Committee in May, June and July of 2009; to receive input toward the revision, refinement and finalization of my proposed budget. In July 2009, President Casas recommended a revision in the budgetary process to include more direct input from individual EC members before the finalization and submission of the 2009-2010 proposed budget to the full EC and subsequently to the Division membership. Additionally, the strategic budgeting subcommittee of the larger finance committee (Drs. Casas, Austria and Boyd) continues to work toward completion of the strategic budgeting process. Given this constellation of factors, I present to our EC and membership with the following preliminary figures that explain 1) our current financial state (including expenditures and income for 2008 and from January – June 2009 (the most recent month of reporting from our accounting firm, CBIZ).

Income = \$88,541.20

Expenses = \$36,735.00

Current Treasury Balance (as of July 1, 2009): \$ 211,811.45

\*Please note that the "current treasury balance" includes monies already allocated as expenditures but not yet deducted from the balance sheet\*

## MEMBERSHIP UPDATE

*Shamin Ladhani, Psy.D.  
Wheaton Franciscan Healthcare-All Saints  
drshaminladhani@gmail.com*

Are you interested in getting more involved in Division 45? Do you have some good ideas about how membership can be influenced? Then please consider joining the membership committee. Just send me an email and let me know of your interest. I am looking for all types of members (student, professional, early career, fellows) to have a diverse representation on the committee. The membership committee's work will be mostly over email with a possible conference call or two, please email me for more details.



Have you had any challenges with the membership process or suggestions for how to make becoming a member easier. Do you have any special stories to tell of how being a member of Division 45 has influenced your career

## MEMBERSHIP UPDATE (Continued)

in psychology? I am interested in your thoughts. The EC has discussed some changes at our past meeting in August we would like to make to better identify who are members are so they we might cater our offerings

more specifically to you. I would also like to feature "highlights" of Division 45 members that have been influenced by the workings and "family" of this division in their lives. We always welcome your thoughts and look forward to hearing from you.

Shamin Ladhani, Psy.D.

## COUNCIL OF REPRESENTATIVES REPORT

*William D. Parham, John F. Kennedy University  
Jessica Henderson Daniel, Children's Hospital, Boston, MA.*

### FROM THE FLOOR OF COUNCIL

The APA Council of Representatives convened twice during the recent APA convention in Toronto, Canada, once on Wednesday, August 5 (9:00 am - 5:00 pm) and again on Sunday morning August 9, 2009 (9:00 am - 12 noon). The agenda was full and much was presented, discussed and accomplished. Overall, the meeting was productive and Division 45 was actively engaged. FYI, the following links allow you to see the 2009 COR membership roster: <http://cor.apa.org/corlist.cf>. and the latest APA news and announcements that appear on the website: <http://apa.org>

Space limitations preclude a blow-by-blow description of the 1.5 days of meetings but some of the highlights include: (a) for the first time in the 117 year history of the Association APA adopted a strategic plan that will serve as a guide for Association growth during the next 3-5 years, (b) APA's fiscal health was discussed within the contexts of the national economic crisis and included announcements of layoffs, program cut-backs and suspension of Association activities such as Consolidated meetings (c) dues levels for all members and affiliates will remain at 2009 levels, (d) APA-COR directed the APA Ethics Committee to propose language that would clarify psychologists obligations when faced with a conflict between ethics and the law. Ethical Standards 1.02 and 1.03 are the key standards (triggered by the detainee abuse situation) to which APA-COR directed the APA Ethics Committee to make recommendations, (e) APA-COR approved 2 new journals, one for Division 47 (Exercise and Sport Psychology-Sport, Exercise and Performance Psychology) and the other for Division 52 (International- International Perspectives in Psychology: Research, Practice and Consultation), (f) APA-COR received two reports, one on global climate change and the other on whether sexual orientation can be changed through therapy, and the work of the committees that produced these reports was acknowledged, (g) APA-COR voted to adopt as policy Guidelines Regarding



Psychologists Involvement in Pharmacological Issues, (h) APA-COR learned about APA's interface with various federal legislative bodies relative to the promotion of national mental health care, (i) APA-COR learned more about the growing concern regarding the lack of internship training opportunities as well as professional opportunities for recent graduates and (i) the APA-COR received the report of President Bray's task force regarding seating the four ethnic minority psychological associations. Their specific recommendations included: (1) the four EMPA will participate fully as "delegates" vs. "observers" from 2009-2012, (2) each representative will receive full funding for their attendance during the next three years and (3) APA-COR reaffirmed their support of the Bylaw amendment to seat the four EMPA

Much continues to unfold within the Association post APA-Toronto convention and some issues are framed by a lot of spirited dialogue. As your representatives to the Council of Representative we reaffirm our commitment to you to keep you in the loop of information.

## GRADUATE STUDENT COLUMN

*Arpana Gupta, M.A.  
University of Tennessee*

### DIVISION 45 FOCUSES ON INCREASED STUDENT INVOLVEMENT

We had a very productive APA meeting in Toronto and Division 45 was buzzing with many new initiatives especially for students.

That's right!!! Now is the time to get on board!!!





## GRADUATE STUDENT COLUMN (Continued)

Our new president Dr. Rob Sellers is dedicated to getting more student involvement and mentorship within the division. We are very excited about this. So please be on the lookout for upcoming innovative student opportunities.

In June 2010 Division 45 will hold its first Division conference at the University of Michigan. Similar to having pre-conference workshops Dr Sellers wants to make sure that we have student programming during these pre-workshop days and during the conference.

Let's be real, the goal is to extend the typical "student focus" beyond that of volunteering and getting discounted conference dues.

So for now I am soliciting feedback about ways in which the conference can have more student-centered programming. For instance, I would like to know:

1. Whom you would like to hear from
2. What topics you would be interested in
3. What types of programming would be beneficial to you (e.g. some have suggested something similar to Links and Shoulders)
4. Any other feedback and suggestions are welcome.

Please back channel me with your feedback (agup-ta4@utk.edu). I look forward to hearing from you.  
Thanks  
Annie

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## MEMBER-AT-LARGE (AFRICAN AMERICAN SLATE) REPORT

*Current Effects of Historical Trauma:  
An Epigenetic view*

*Cheryl Talley, Science Chair and liaison to  
Division 56, Trauma Psychology  
James Madison University*

In the May-June edition of *American Psychologist* the title of an article on reducing prejudice asks an intriguing question. Can imagined interactions produce positive perceptions: Reducing prejudice through simulated social contact (Crisp & Turner, 2009). The authors found that imagined interactions were able to produce positive perceptions of the outgroup by encouraging people to mentally simulate a positive intergroup encounter. The article starts with a typical scenario used in the study. You are on a busy train. You get seated and



begin to read your book and at the next stop an older Black man boards the train and sits down next to you. The man looks at your book and comments that is one of his favorites. An engaging discussion ensues for the next 30 minutes in which a broad array of shared interests is discussed. You exit the train feeling good.

Imagining such a scenario if you are young, white or a woman will actually influence your responses if you do actually meet an older Black man in the future. In fact, according to the authors such imagined interactions have actually been shown to alter outgroup attitudes, reduce stereotyping, curtail anxiety and extended the attribution of perceivers' positive traits to others.

Mental imagery has been found to elicit emotional and motivational responses that are not dissimilar to those of real experiences (Dadds, Bovbjerg, Redd & Cutmore, 1997). In fact, most of the neural processes that underlie like-modality perception are also used in imagery and imagery engages the motor system and affects the body much as does an actual perceptual experience. (Kosslyn, Ganis & Thompson, 2001). Imagined intergroup contact has been shown to positively change attitudes of young people towards older people; straight men's toward gay men; and ethnic Mexicans toward Mestizos (Mexicans of mixed European and Amerindian ancestry) (Turner, Crisp & Lambert, 2007).

However, before imagined encounters become the next phase of diversity training, we should note just how complicated negative racial attitudes appear to be.

Contemporary cultural attitudes and mores favor the concealment of racist sentiments. White participants simultaneously self-report nonprejudiced explicit attitudes toward Black Americans while showing an implicit difficulty in associating black with positive attributes (Cunningham, Preacher and Banaji, 2001). Furthermore, the greatest damage to the life experiences of people of color according may not even be overt acts but acts of microaggression; brief and commonplace daily verbal, behavioral and environmental indignities whether intentional or unintentional that communicate hostile, derogatory or genitive racial slights and insults (Sue, 2004, 2008). White Americans find it difficult to believe that they engage in microaggressive acts: microassaults, microinsults or microinvalidations (Sue 2008). On the other hand, people of color find overt and obvious racist acts less offensive than microaggressions (Sue, 2004; Crocker and Major, 1989).

Crisp and Turner (2009) suggest that imagined contact could have important applications if utilized by policy makers and educators. While contact imagery may play a role in easing tensions any real attempt at combating the causes, tendencies and effects of racism will require much more than imagined encounters.



## MEMBER-AT-LARGE (AMERICAN INDIAN SLATE) REPORT

*Lisa Rey Thomas, PhD (Tlingit)  
Alcohol and Drug Abuse Institute  
University of Washington*

Can you believe that it is Fall already? This is my favorite time of year as the fun and exuberance of summer wind down and we slow down a bit as the days become shorter and the weather cooler. And, of course, our children go back to school!



It is with great excitement and honor that I write this column as the Division 45 Member-at-Large, American Indian/Alaska Native (AIAN) Slate! For those of you who don't know me, it is proper protocol for me to first introduce myself. My family comes from SE Alaska and my late father is Lonnie Thomas, Raven, Dog Salmon Clan; I am Eagle, Wolf Clan. I have two wonderful boys, 8 and 17 years old who keep me very happy and busy when I'm not working. My career is focused on promoting culturally appropriate practices to build on and improve health in AIAN communities through the use of Community Based and Tribally Based Participatory Research approaches.

I am sorry to have missed you at 2009 APA Convention. That week was a very busy week for Native issues with the Indian Health Service Behavioral Health Conference, the Native Research Network's 21<sup>st</sup> Native Health Research Conference, and the 20<sup>th</sup> anniversary of Tribal Journey! For those unfamiliar with Tribal Journey, please see this website <http://www.tribaljournays2009.com/>. Tribal Journey is an amazing annual event which takes place in the Pacific Northwest and is an important example of a community based and culturally grounded practice based on thousands of years of evidence! I encourage you to look at the website and invite you to attend Tribal Journey 2010 which will land in Neah Bay and be hosted by the Makah Nation <http://www.makah.com/index.html>.

In the Spring Focus Newsletter, I introduced three activities that I will focus on - serving on the planning committee for the 2011 National Multicultural Committee, the development of the Council of National Psychological Associations for the Advancement of Ethnic Minority Interests (CNPAAEMI) Leadership Development Institute, and strengthening the ties between Division 45 members and the APA Public Interest Government Relations Office (PI-GRO). I would like to also add that because I am involved in many other committees, boards, projects, etc. that are focused on Native communities, it is a natural fit that I am building and strengthening collaborations between Division 45 and Native organizations.

Thanks in advance for all you do and for taking the time to read this column!

2011 National Multicultural Conference and Summit (NMCS).

The NMCS planning committee (Cisco Sanchez, lead coordinator Div 44; Debra Kawahara, Div 35; Roger Worthington, Div 17; Lisa Rey Thomas, Div 45) held a planning retreat in May of 2009 and worked hard to start the planning process for a successful Summit in 2011! We worked with the Presidential Trios of the four sponsoring Divisions to determine that the 2011 NMCS will be held in Seattle, WA. Specific dates will be determined very soon but in the meantime please do block out the end of January to join us in Seattle! We have also settled on the theme of the 2011 NMCS: "Unification through Diversity: Bridging Psychological Science and Practice in the Public Interest". We are very excited about this theme and hope you are, too! Some of the NMCS planning committee members met with the founders of the Summit for rich dialogue and sharing of experience and wisdom to insure that each Summit is successful. The 2011 planning team continues to meet via conference call every two weeks to keep us on track and we welcome your ideas and feedback as we plan for 2011. Please join us on Facebook and Twitter to stay informed with breaking NMCS news! To find us on Facebook:

<http://www.facebook.com/group.php?gid=87498768180> and to find us on Twitter:

<http://twitter.com/NMCS2011>. Please join us as we "old folks" learn new technologies! Finally, you may know that Division 45 will be the lead Division for the 2013 NMCS and I am honored to report that I have been appointed to stay on as the lead coordinator for 2013! This is wonderful as it gives me two years to work with Cisco (current lead coordinator) to be as prepared as possible when Division 45 takes lead.

Council of National Psychological Associations for the Advancement of Ethnic Minority Interests (CNPAAEMI) Leadership Development Institute.

A committee has been formed and invited by the Council of National Psychological Associations for the Advancement of Ethnic Minority Interests (CNPAAEMI) to develop a Leadership Development Institute (CLDI). This idea has been percolating among the member organizations of CNPAAEMI, many of the psychologists of color who are leaders in our organization, and the APA Office of Ethnic Minority Affairs. This committee, of which I am a member, has been working together via email and conference calls to begin to move this project forward; some of the CLDI also met while at APA in Toronto. Accomplishments to date include: (a) draft mission and vision statements for the CLDI; (b) draft mentoring guidelines; (c) identification of leadership training models that could be incorporated into the CLDI; and (d) the appointment of a small working group to draft the

## MEMBER-AT-LARGE (AMERICAN INDIAN SLATE) REPORT (Continued)

proposal to be submitted to CNPAAEMI in 2010. This small working group of six has representation from the Society of Indian Psychologists, the National Latino Association of Psychologists, the Asian American Psychological Association, the Association of Black Psychologists, and APA Divisions 17 and 45. Important discussions to date have included attending to the types of leadership development most critical to ethnic minority psychologists (e.g. early career, APA governance, licensure, establishing a practice, building tenure portfolios etc.) and the utility of doing needs assessment of early career psychologists. This small committee will begin working together in September 2009 to draft a proposal for the CLDI and we will be looking for feedback and guidance throughout this process! I am honored to be the Division 45 representative on this working committee and welcome questions and suggestions.

Finally, in my role as the Member-at-large/Native Slate, I am strengthening the ties between Division 45 members and the APA Public Interest Government Relations Office (PI-GRO) as well as other organizations/boards/committees that are involved in the health of our Native communities. As many of you know, the PI-GRO staff serve as incredible advocates for addressing health disparity and health equity issues on "the hill" and provide an opportunity for psychologists to use their expertise in any number of ways to improve the health of our communities. Since the spring newsletter, they have been extremely involved in healthcare reform legislation, keeping us informed and letting us know when we need to take action to support and improve healthcare for the communities we serve. I will continue to forward these calls for action to all of you and thank you for your commitment and advocacy. Another activity that I feel is critical is networking with others who work with and serve American Indian and Alaska Native communities and I enjoy sharing information and resources across a number of listservs. Please send any information and resources that you think are relevant for Native health and I would be happy to post that info on various email lists including the Native Research Network, Psychologists in Indian Country, the Society of Indian Psychologists, Community-Campus Partnerships for Health Aboriginal Section, the Native American Center for Excellence, and the Native Research Group! Please let me know if there are other organizations and listservs that we can network with!

In closing, please let me say again how honored I am to be of service to Division 45 members and how excited I am to have the opportunity to work with my friends and colleagues on the EC. They are truly a dedicated group of individuals who demonstrate integrity, grit, intelligence,

and humor in their work. Also, they are quite fun! Please don't hesitate to contact me at any time and I look forward to continuing to work with all of you!

Respectfully,

Lisa Rey Thomas

## MEMBER-AT-LARGE (ASIAN-AMERICAN SLATE) REPORT

*Michi Fu, Ph.D.*

*Asian Pacific Family Center of Pacific Clinics*

## WORKING TOWARDS OUR FUTURE

It has been an honor to represent you as Member-at-Large since the beginning of this calendar year. I've enjoyed serving in a variety of roles/responsibilities, including: Liaison to the American Psychological Association's Practice Directorate (check out the APA's Public Education Campaign's blog for practice resources related to work/life, parenting, stress, and more at: <http://www.yourmindyourbody.org/>), contributing to the Officers/Committee Manual, and serving on the Publications Committee (stay tuned for publications related to last year's Evidence Based Practice Conference of Division 45).

I especially enjoyed co-representing our Division at the APA Presidential Future of Psychology Summit. I was one of ~150 participants and applaud Division 45 for sending one of the only 10 early career psychologists in attendance. For those who would like more information regarding this event, you may learn more about the Summit and view presentations online at <http://www.apa.org/practice/summit.html>.



*Division 45 Members in attendance are pictured above. From left to right: Michi Fu, Shamin Ladhani, Jean Lau Chin, Melba Vasquez, and Jessica Henderson Daniel.*

One of the avenues I've tried to contribute to our Division these past few months is to bring us more up to date with the technology available to us via the Communications Committee. Did you know that Division 45 is now on Facebook? Connect with your colleagues at [www.facebook.com](http://www.facebook.com). Also, be on the lookout for a more streamlined and updated website in the coming months, thanks to our new website designer: Andrea Talley and website consultant: Jordan Walker. Have you heard that Focus may be available online in the near future? Any other thoughts for how we should harness technology to communicate with one another? We would like to hear from you.

Perhaps the role that has been most exciting for me thus far is this year's Links and Shoulders Program Coordinator. Many thanks to President James Bray for sponsoring our refreshments and honoring Stanley Sue with an APA Presidential Citation during this year's Links and Shoulders program (see photo below, beside a mentoring roundtable session). The program would not have been possible without the assistance of APA Convention Staff Members, Links and Shoulders committee members (Arpana "Annie" Gupta and Shamin Ladhani), and our sage mentors (refer to the roundtable topics below).

This year's event was standing room only, with crashers and participants stealing chairs from one another! Mentees were encouraged to maximize their exposure to a variety of mentors by utilizing a "speed mentoring" format. Preliminary feedback comments from students were that they gained practical knowledge and some even shared that it was THE most valuable convention event they attended. Roundtable topics included:

Applying for Post-Doctoral Fellowships  
 Applying to Graduate Programs - David Rollock  
 Finishing Your Dissertation - Melissa Morgan & Manual Casas  
 Getting Published - Stanley Sue  
 Grant Writing and Getting Grants - Eduardo Morales  
 How to Get Involved in Professional Service - Jean Lau Chin  
 How to Get Involved in Public Policy - Rebecca Toporek  
 How to Look For/ Apply for Academic Jobs - Jeffrey Mio  
 How to Obtain Licensure - Melanie Domenech Rodriguez  
 Minority Women issues - Vivian Ota Wang  
 Navigating Academia - Gordon Nagayama-Hall  
 Negotiating a Salary - Rob Sellers  
 Presenting at Conferences - Mark Chae  
 Self-Care - Evie Garcia & Beth Boyd  
 Steps to the Tenure Track - Sumie Okazaki

Apologies for not being able to accommodate all those who were willing to serve as mentors. Please be sure to sign up early next year so that you can join us. Thanks to

all who attended and please feel free to give feedback regarding how to improve the event in the future. Thank you for the opportunity to serve our Division. Please feel free to contact me at [drmichifu@gmail.com](mailto:drmichifu@gmail.com) regarding the various projects I've been engaged in.



*Division 45 members mentoring students at "Links and Shoulders" program. APA convention, 2009.*

## MEMBER AT LARGE (LATINO/A SLATE) REPORT

*Y. Evie Garcia, Ph.D.  
 Northern Arizona University*

### Convention 2009 Hospitality Suite Highlights

A special thank you to our wonderful Division 45 students who helped make the Hospitality Suite activities a success: Annie Gupta (Student Committee Chair), Annel Cordero, Vanessa Berens, Ethan Mereish, Sherry Craft, Jueun Kim, Kyung-Hyun Kwon, Julii Green, Brittany Hall-Clark, Laura Luna, Le Ondra Clark, and Sonali Gonzales. We appreciate all the work you did during the Convention!





This year's Hospitality Suite at the Convention continued to be a place where Division 45 members, students, and members of other Ethnic Minority Psychology Associations met to attend programming, conduct business meetings, connect with one another, or just grab a refreshment and relax for a few minutes.

The Division 45 Executive Committee, committee chairs and representatives met with APA President-Elect Candidates in the Hospitality Suite. This year, candidates Melba Vaquez, Robert McGrath, and Ron Rozensky participated in a discussion about issues important to Division 45 members and how each candidate might integrate those issues into her or his presidential agenda.

The Hospitality Suite also hosted great programming—much of it student-focused—including how to navigate the APA convention, publishing tips from editors of the *Journal of Cultural Diversity and Ethnic Minority Psychology*, and how to obtain funding for graduate school. This year, our new president, Rob Sellers, led a student discussion regarding leadership opportunities within the division.

Our Open House provided an opportunity to catch up with old friends and build relationships with new ones toward the end of the Convention. Thank you to all of you who joined us! We hope all Division 45 members will consider the Division 45 Suite your home base in San Diego in 2010!

## MEMBER-AT-LARGE (DIVERSITY SLATE) REPORT

*Rebecca Toporek, Ph.D.  
San Francisco State University*

As my term as Member-At-Large, Diversity Slate for Division 45 comes to a close, there are several thoughts and thanks I'd like to share.

Great thanks to those leaders and members who I have had the opportunity to know within Division 45 as well as those whose legacy lives on through Division 45. Their dedication and commitment to the Division and to ethnic minority psychologists and students is inspiring.



Thanks to those people who participated in several events at APA this past August. The two joint symposia between Divisions 45, 44, and 35 on intersections of identity: sexual orientation, ethnicity, gender, and disability were phenomenal events given the stature, knowledge, and wisdom of the presenters. It seems that there is considerable energy around including discourse about these aspects of

our identities and experiences, acknowledging the need to advance our understanding and relationships.

Thanks to all who attended the Dance or who sponsored students to attend the dance (see photo collage below). I encourage everyone to mark their calendar NOW for next August, the Saturday of APA in San Diego! If you can't go, buy tickets to donate for students! This year over 35 tickets were purchased and donated at the door to students to attend the dance in addition to the wonderful crowd of professionals dancing up a storm. Just looking at the photos you can tell that it was the party of the convention!

I have also had the opportunity to encourage and support Division 45 members in being considered for APA Boards and Committees and appreciate those who have been willing to get involved in governance. I want to make my last call and suggest that there is always another round of nominations, consider getting involved and helping to bring attention to ethnic minority issues into every committee and board in APA.

Thank you to all for your support, collegiality, and commitment to the important work of Division 45. I also want to welcome in Jeffery Ring who will begin as Member-At-Large, Diversity Slate as of January 2009 and encourage others to get involved in the many events and initiatives by Division 45.

Respectfully submitted,  
Rebecca Toporek

## CDEMP JOURNAL EDITOR'S REPORT

*Michael A. Zárate*

### WHAT'S NEW FOR CDEMP?

The new editorial team is now in place at CDEMP. The group has been tremendous in trying to produce fast and, more importantly, great feedback. The group is diverse and reflects well the types of research being submitted to CDEMP. Consistent with the history of CDEMP, we still have clinical, counseling, and community psychologists on board. It is also my hope that we get more social, I/O, and education type papers. Finally, we receive multiple scale development and validation studies, and we have editorial board members with stated expertise in these topics. Thus, the group feels good about the types and the quality of the papers we are getting.

What's new? Manuscript length. One consistent problem

(Continued on Page 14)

*Scenes from Division 45 dance, compiled by Rebecca Toporek*





## CDEMP JOURNAL (Continued)

is that researchers often fail to submit manuscripts under the new 5,000 word limit for single study manuscripts. Those manuscripts are rejected without review. Shorter manuscripts tend to be read more, and therefore more cited! Moreover, there is a lot of great research out there and shorter manuscripts allow us to accept more papers. One problem is that many researchers believe that their specific area needs more (or deserves more) space than other types of research. Unfortunately, while this argument is often made in good faith, one simply can not have shifting standards. Thus, we have never made exceptions to this rule. If you find that your manuscript is too long, how might you shorten it? Too often, researchers want to present an historical development of a theory or idea. No doubt history provides context and texture, but given space limitations, it is probably best to identify quickly and clearly the intended contribution.

What does not get accepted? I rarely see "preliminary investigations" get accepted for publication. CDEMP has about a 20% acceptance rate. Worded negatively, that means we have to reject about 80% of the submitted manuscripts. The frustrating part is that many of those manuscripts are good papers that just barely missed the mark. Thus, there is simply no room for preliminary investigations with small Ns and only preliminary conclusions. The submitted manuscripts are getting better all the time, and those evolving standards have raised the bar for publication. It also seems to be the case that CDEMP is now the primary journal for a lot of researchers. Thus, we are getting first crack at many papers. With that in mind, preliminary reports, while often informative, rarely make it into the journal.

About the only problem with CDEMP that is not new is our constant need for expert reviewers. Ideally, we would like to have 3 reviewers for each manuscript. Most often, we end up with 2 reviewers. Thus, one rule of thumb is that as a researcher, you should anticipate having to review 3 times as many papers as you submit. By doing 3 reviews, your contributions to the journal match the efforts that are required by the journal to review your work. The entire editorial team is well aware of your time demands. Having stated that, probably our most time consuming task is finding expert reviewers. Often, individuals are requested to review a manuscript for either theoretical expertise or having a particular methodological expertise. For instance, not many people conduct daily diary studies (or any other specialized methodology) and if you conduct those studies, you might be asked to review a paper even though the topic is out of your area of conceptual expertise. Unfortunately, potential reviewers will sometimes refuse to review because the topic and title suggest that the manuscript is out of their

area of expertise. Odds are, however, that we were seeking your methodological expertise. One other oft heard reason for refusing to review is that the reviewer can't complete the review within the specified time limit. We would rather have the review a week late than not have it at all. Also please recognize, however, that everyone wants fast reviews. Our average lag time is 37 days, which is simply excellent. This includes processing the manuscript, identifying reviewers, waiting for reviews, and then acting on them. One delayed review stops that process entirely. For the experienced researcher, a publication is a part of a programmatic line of research. It is one paper in a line of many, and once the paper is out for review, it is almost forgotten. Patience is a virtue. For someone on the job market or for someone going up for tenure, they may perceive this possible publication as a make or break situation. Their academic life may depend on it. Patience is impossible. Thus, while time demands are always important, please recognize that for some, time is everything.

In summary, CDEMP seems to be working well. Gordy was great in helping the transition, and as always, the papers are both diverse and interesting. I think our reviewers are simply exceptional, both in expectations and in their constructive reviews. It is a joy working with such a great group of researchers.

Sincerely,  
Michael A. Zárate  
Incoming editor, CDEMP

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## FELLOWS REPORT

*Edward A. Delgado-Romero, Ph.D.*

Fellows,

Congratulations to Linda Castillo, Priscilla Dass-Brailsford and Brian McNeil on their election to Fellow status in division 45. They will be inducted at APA 2010.



This year Lydia Buki, Jose Cervantes and Azara Rivera-Santiago were inducted as new Fellows in Division 45. Current fellows of APA were also inducted: George Hong, Cynthia Hudley, Jennifer Kelly, Carlton Parks, Toshi Sasao, and Marie Miville.

To find out more information about Fellow status in general please see:

<http://www.apa.org/membership/fellows.html>

For 2010 the Fellows Committee is accepting nominations of Division members as candidates for Fellow status.

Fellow status is an honor bestowed to persons who have



made an "unusual and outstanding contribution of performance in the field of Psychology as well as to the aims of the Division. Also, the individual must have at least five or more years of post-doctoral experience. APA policy forbids self-nominations, but other Fellows of Division 45 may nominate Division 45 members whom they feel could meet the high standards necessary to qualify. There are two types of Fellows: Initial Fellows, who are not yet Fellows of any other division, and Current Fellows, who have already achieved Fellow status in another division.

For Initial Fellow applicants, the nomination/application process is somewhat involved since qualifications are reviewed for fulfillment of both divisional and APA criteria. An informational packet of materials needs to be completed. This includes a self statement on contributions to the field, copies of vita, any relevant materials, and three letters of reference from present Fellows of the Division. These materials are reviewed by the Fellow's Committee of the Division and sent on to the Division's Executive Committee. From there, the applications are sent for review and passage to the Membership Committee of the

APA, the APA's Board of Directors and, finally, the Council of Representatives of APA. While this seems a lengthy process, the Fellow's Committee is here to help nominees through this application process.

For Current APA Fellows who are seeking Fellow status in this Division, the process is less involved. Current fellows will submit their CV and a self-statement indicating how the current fellow has contributed to ethnic minority psychology (that is, the mission of Division 45). If during the initial review of the CV and self-statement the current fellow does not receive a positive vote, the fellows committee can request letters of endorsement, documentation and/or a letter of endorsement from a current fellow. This packet is reviewed in the same sequence as Initial Fellows, but APA Fellow status has already been established.

Please contact me with questions: edelgado@uga.edu

The deadline for completed fellow applications is January 15, 2010.

## MEET SOME OF DIVISION 45'S NEW FELLOWS!

*Editorial Note: We will highlight different Fellows each issue for the next several issues so that the membership can learn more about them*

*Azara Santiago-Rivera, Ph.D.  
Professor, Counseling Psychology program  
Department of Educational psychology,  
University of Wisconsin-Milwaukee*

Dear Division 45 members,

It is an honor to be granted fellow status in the Society for the Psychological Study of Ethnic Minority Issues of the American Psychological Association. Throughout my career I have been actively involved in advancing ethnic minority psychology in areas of research, teaching, training, and leadership. The overarching framework of my scholarship centers on ethnic minority psychology and multiculturalism in the counseling psychology profession. In particular, the driving force behind my research is my lifelong commitment to addressing the mental health needs of underrepresented groups and promoting social justice.

One major strand of my research has focused on the development of Latino-centered treatment approaches that address the psychosocial needs of this growing population. My work has resulted in several important contributions such as the book titled: Counseling Latinos and la familia:

A guide for practitioners (coauthors: P.Arredondo and M.Gallardo-Cooper) published by Sage Publications. In addition, an area that has been largely overlooked in the psychology literature is language usage in therapy, specifically bilingual therapy. With my colleagues I have published several major works on bilingual therapy describing the role of language in bilingual individuals, and ways in which therapists can use the client's bilingual language abilities in treatment. A recent publication on this topic will soon appear in Professional Psychology: Research and Practice titled "Therapists' views on counseling the bilingual English-Spanish client: A qualitative study." I have presented this research at major conferences throughout the country focusing on the therapeutic value of using a client's bilingual language abilities in treatment.

Consistent with my interest in developing counseling approaches that are culturally responsive, I am currently a co-principal investigator (with Jonathan Kanter, Associate Professor of Clinical Psychology) on a 3 year clinical trial study, funded by the National Institute on Mental Health. This study involves the comparison of treatment-as-usual with a culturally adapted approach called Behavioral Activation (BA). This line of research has great promise in that preliminary studies show that it focuses on environmental conditions and behavior change rather than beliefs and underlying attitudes. More importantly, components of BA can be easily adapted to accommodate specific Latino cultural values.

Early in my career I and my colleague Dr. Gayle Morse (Assistant Professor, Utah State University) received a five year grant as part of a larger multidisciplinary research

## FELLOWS (Continued)

project funded by the National Institute of Environmental Health Sciences (NIEHS). The study focused on investigating the effects of exposure to polychlorinated biphenyls (PCBs), a substance considered carcinogenic in nature, on the bio-psychosocial well-being of Mohawks living in upstate New York. This is a major concern because Native American communities have been disproportionately exposed to environmental hazards. Consequently, they are at greater risk of developing adverse health effects. We worked collaboratively with the Mohawks to collect information on demographic variables, neuropsychological functioning, cultural affiliation, quality of life, PCB body burden levels, blood chemistries, and psychological factors such as depressive symptoms, distress, major life events, and drug and alcohol use. This research was important because in the early 1990's there were very few psychologists in the country doing work on the biopsychosocial effects of exposure to environmental contaminants, in this case PCBs. I have learned many important lessons along the way that have made me a stronger researcher, become more sensitive to the nuances of conducting research in community settings, and work with an ethnically and culturally different population. Clearly, the goal of this project was to help a community that has been unjustly exposed to toxic substances. Hence, we have worked collaboratively to determine the impact of that exposure. In my opinion, this is clearly a social justice issue that, as psychologists, we can play an important role.

In addition to research, teaching and mentoring have been important aspects of my professional life. I have consistently infused multicultural perspectives and topics as part of course content. The mentoring process also involves aspects of teaching and learning that occur outside the traditional classroom setting. First, my role as a mentor, both at the master's and doctoral level have been extremely rewarding. I have and continue to direct and chair numerous master's thesis projects and doctoral dissertations, as well as present at major conferences and publish with many of my advisees.



*Fellows being inducted into Division 45 at APA Convention 2009.*

At the national level, I served as the President of the National Latina/o Psychological Association (NLPA) from 2005 to 2007. The mission of NLPA is to generate and advance psychological knowledge and foster its effective application for the benefit of the Hispanic/Latino population, nationally and internationally. During my presidency I ensured that NLPA include a strong mentoring program for Latino/a students who are seeking careers in psychology. Moreover, NLPA is the only national Latino professional association recognized by the American Psychological Association (APA).

National professional service has been a place where I can put my ideals into action and I have done so by helping to found and lead some important groups that share a concern in ethnic minority populations. I was a founding member and President of Counselors for Social Justice (2001-2003), a division of the American Counseling Association and I also served as the Vice President of Latino/Hispanic Concerns of the Association of Multicultural Counseling and Development (1998-2000), a division of ACA.

In sum, I am honored to be a fellow of Division 45. Throughout my professional and personal life I have worked to promote the ideals of inclusion, justice and equality. The journey has not been easy and, like many others who have embraced multiculturalism, I have experienced many barriers along the way. However, what keeps me on the path is that I can make a small difference for the generations to come. I continue the journey...

Sincerely,  
Azara Santiago-Rivera

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*Lydia P. Buki, Ph.D.*  
*Associate Professor*

*Dept. of Kinesiology and Community Health*  
*University of Illinois at Urbana-Champaign*

I am honored to have been elected Fellow of Division 45. A bit about my professional trajectory is warranted. I graduated from Arizona State University in 1995 with a Ph.D. in Counseling Psychology. I have been a member of APA since 1995 and a member of Division 45 since 1999. Throughout my career I have been actively involved in ethnic minority psychology in the realms of research, leadership, service, teaching, and training. I consider Division 45 one of my most meaningful professional homes and anchor. Having been engaged with the Division for this time, I have come to understand its great influence and lasting impact on ethnic minority psychology. Thus, it is a distinct pleasure and honor for me to receive the distinction of being a Fellow.

Recently, I was asked to write a short article for FOCUS to tell you about my work. My general research focus has centered on cultural aspects of Latinas/os and health. My early research focused on broad ranging aspects of health, including well being in older Latino/a populations (e.g., Vazquez & Buki, 1998), Latino/a adolescents and substance abuse (Polanski, Buki, Horan, et al., 1999), and acculturation (e.g., Zea, Asner-Self, Birman, & Buki, 2003). More recently, my research interests have narrowed to one aspect of health, namely breast and cervical cancer among Latina women (e.g., Buki et al., 2007, 2008). Although this focus is consistent with an emerging recognition of psychosocial determinants of health disparities at the national level, few psychologists are advancing scholarship in this area. I recently co-authored a chapter published in the U.S. Handbook of

Latina/o Psychology (Buki & Selem, 2009) that provides an overview of the factors that contribute to cancer disparities in Latina/o populations, as well as statistics and information about incidence, mortality, and interventions to promote early detection and address survivorship issues. My main concern is that with the tripling of the Latina/o population between 2008 (47 million) and 2050 (133 million; U.S. Census Bureau, 2008), the number of women diagnosed with breast cancer will increase significantly. Yet, we are already not meeting their needs adequately and do not have a plan for doing so. My hope is that by conducting these studies and raising awareness about these critical issues impacting Latina women, policy changes can be made to ameliorate health disparities and enhance the mental health outcomes of this neglected population.

## ACTIVITIES OF OUR MEMBERSHIP – RESEARCH REPORT

Dr. Alfiee M. Breland-Noble, (Division 45 Treasurer 2008-2010) is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the Duke University Medical Center and Director of an NIMH funded (K01MH073814) multifaceted study entitled The AAKOMA (African American Knowledge Optimized for Mindfully-Healthy Adolescents) Project. Dr. Breland-Noble's work in this research area began in 1999 and 7 years later in September of 2006, she received a K award to extend her work via the development and testing of an evidence-based intervention. Overall, the study is designed as a mechanism for creating a knowledge base regarding the non-financial, psychosocial barriers to clinical treatment and research participation among depressed African American adolescents and their families.

The current team consists of Dr. Breland-Noble, Ms. Antoinette Burriss, Ms. Michelle Roley (both with Duke's Medical Center) and Mrs. H. Kathy Poole (community liaison and AAKOMA Project Advisory Board member). Overall, Dr. Breland-Noble's mission with this study is to

reduce health disparities via raising awareness about African American adolescent depression using Community Based Participatory Research (CBPR) and increasing treatment engagement for psychiatric illness in African American and other children of color via behavioral clinical trials and evidence-based clinical approaches to care. Her long term goals include developing and testing depression treatments and improving both access to and uptake of psychiatric clinical care in diverse populations of adolescents and families.

In fulfilling the current study mission, Dr. Breland-Noble and the research team have received unwavering support from colleagues, members of The AAKOMA Project Adult and Youth Advisory Boards, local schools, community centers and community members. Notable among The AAKOMA Project's community partners is Mrs. H. Kathy Poole. Mrs. Poole is not only the Community Liaison and a member of the Adult Advisory Board for The AAKOMA Project but, she is a mother, wife, invested community member, suicide survivor and friend. The



From left to right: Dr. Cheryl Boyce (Chief Behavioral and Brain Development Branch and Associate Director for Child and Adolescent Research - National Institute on Drug Abuse) Alfiee Breland-Noble, Michelle Roley, Antoinette Burriss and H. Kathy Poole.



Presentation on Culturally Relevant Community Based Participatory Research: Evidence from The AAKOMA Project. Annual Convention of The American Psychological Association. Toronto Ontario, Canada.



## RESEARCH REPORT (Continued)

strong professional relationship that has developed among Dr. Breland-Noble, Ms. Burriss and Mrs. Poole, serves as a model for the integration of CBPR with clinical behavioral research. The project's Adult Advisory Board members, countless community officials, and colleagues throughout the Triangle area of North Carolina (including Raleigh, Durham and Chapel Hill) are individuals whom the team commends and thanks for giving so much of their time and talents in furthering the project mission.

Two examples of the collaborative efforts of members of The AAKOMA Project include their 2009 APA convention presentation (see photos) and the team's workshop entitled, "Breaking the Silence – Stress in Teens" which the team has presented in and around the Triangle for the past 2 years. Recently, the team presented the workshop for the New Hope Missionary Baptist Association's 139<sup>th</sup> Annual Session, Youth and Young Adult Day in Durham, NC. This remarkable workshop was presented to families and teens from throughout the Durham, NC community. Among the many points presented on that evening were, the signs of depression; how to communicate better within families; and lending support to family members and friends when talking with a loved adolescent about depression and seeking treatment. Dr. Breland-Noble and the team look forward to continuing their efforts in merging CBPR with high quality clinical research.

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## DIVISION 45 STUDENT ACTIVITIES

### DANCING THE NIGHT AWAY AT THE DIVISION 35/45 SOCIAL DANCE

by  
*Zeb Kai Kok Lim, Graduate Student  
University of Kansas*

If you have been missing Division 45 Social Dance that was co-sponsored with Division 35, read on and discover five great reasons to attend the dance next year. This year's dance was extra special for the DeeJay from the Funkadesi band, the very same band that President Obama said; "There's a lot of funk in that desi!" played Bhangra music for the crowd. Of course there was other good music mixes thrown in to cater for the diverse crowd of students and professionals throughout the night. In fact, despite the official dance hours of 9 pm to 12 midnight initially, the high energy of the group prompted the organizers to extend the event to 1 am. Anyway, I am digressing, read on to discover why you should come to the dance next year.

Reason #1: Meet old friends from the convention. Remember those friends that you met at convention earlier during the day, or maybe even from past convention meetings. Time is limited and with multiple sessions running concurrently, you might not have the time of the day to play catch up with old friends, but the social dance is a good place as any to meet up and get the groove on. This is what I would call: killing two birds with one stone, busy graduate student style. In fact, I was happy to meet two separate groups of friends at the dance, one group who are Asian Americans from University of California - Davis, while the other group are my international friends from Japan.

Reason #2: Meet new friends through old friends. It is common human behavior to go to social events in a group. The social dance is no exception. Besides meeting your friend, you would probably meet their friends who are lab-mates or other folks that they have just met at the convention. You can increase your network exponentially by going to the dance without expending too much networking effort. In addition, it shows that that you are not just a serious convention attendee/presenter, but you know how to wind down and relax too!

Reason #3: Engage professionals in a relaxed setting. In the busy programming hours of APA convention, professionals have little time to make small talk between sessions. At the dance however, between songs, people take time to relax and kick back more. It is during this time that your chances of talking to the psychologist that you have been admiring for a while may actually transpire for you. Besides, it is far more common for the extraverted professionals to make their way to the dance and mingle with young professionals; hence, you are very likely to strike up a good conversation with the senior professional.

Reason #4: Learn professional/personal life balance from the professionals. Leaving the dance at the end of the night, my convention roommate, Ivan Wu commented that, "Wow, it's nice to see psychologists like Dr. Michi Fu knows how to enjoy herself at the dance". It sure reminds us younglings that balancing the professional-personal life balance is a life-long process that we can take a cue from active professionals like Drs. Anneliese Singh and Muninder Ahluwalia among others at the dance. For those with families, worry not for the dance is a family-friendly event; you can learn from Dr. Lisa Suzuki, who brought her young daughter out to the dance to enjoy some quality family time together!

Reason #5: Enjoy good music and support a good cause. Every year, a great DJ is hired to play great music that will impress the crowds of diverse taste in music. You can always catch some famous psychologists rocking to the music along with the psychologists-in-training at the

dance floor. How often can you catch such a sight? Furthermore, the ticket price for the dance is always donated to a local non-profit organization to support their cause. You are having a great time while supporting a good cause, which would not happen if you had visited the local dance clubs instead.

As the often-attributed quote to Frederick Barnard goes, "A picture is worth a thousand words", look at the accompanying pictures to see what great fun you might have had if you had attended the annual Division 35/45 Social Dance. With five great reasons and wonderful pictures to top it off, there is no reason for you not to attend the dance next year in San Diego and be in the pictures. See you there!

## KUDOS TO DIVISION 45 MEMBERS

Ana Abraido-Lanza received the 2009 Mailman School of Public Health Award for Excellence in Teaching and Mentoring and was awarded an R21 grant from the National Cancer Institute of the National Institutes of Health to study factors associated with breast cancer screening and cancer-related behaviors among Dominican women living in New York City and the Bronx.

Elena Flores was promoted to full professor in the Counseling Psychology Department, School of Education, University of San Francisco, San Francisco, California.

Janet Chang, Assistant Professor of Psychology at Trinity College (Hartford, CT), was awarded a \$75,000 grant from the Robert Wood Johnson Foundation New Connections Program. The 25-month grant supports a project focusing on the relationship between family social networks and mental health among Latinos and Asian Americans.

Dr. Mabel S. Lam, PhD was elected to the Massachusetts Psychological Association, Board of Directors to the Officer's position of Treasurer. Her term is from July 2009 to June 2012.

Dr. Guy Seymour was the recipient of Division 18's highest award, the Harold Hildreth Award given to persons who best exemplify the ideals of public service. Dr. Seymour is the founder of the Center for Multicultural Training in Psychology at the Boston Medical Center (formerly the Boston City Hospital Minority Training Program in Psychology) which trains doctoral level ethnic minority psychologists and non-minority psychologists who have committed to work with the underserved urban poor and ethnic minority populations in the public sector. For more than twenty years CMTP has been fully accredited by APA as an Internship Training

Center. In 1972 Guy Seymour had a vision of a place where the few students of color in the field of psychology could come to train with and learn from others like themselves. The Minority Training Program was to be a place where they could join hands on the road to reclaiming their ethnic identities, at times previously set aside during their pursuit of higher education. This was to be a place where they could explore the value of their difference and their multicultural identities as they developed skills and sensitivities that would allow them to serve the culturally diverse public from a culturally competent perspective. During that time, Dr. Seymour played a pivotal role in assisting the development of multicultural psychology. The program through Boston City Hospital served as the host of a conference which formed the basis of the creation of the Board of Ethnic Minority Affairs, precursor to both BAPPI, and Division 45.

Dr. Seymour has taken his ethnic minority and public service perspective into many aspects of government. During the emigration of the Mariel refugees from Cuba, Dr. Seymour was asked by the joint Cuban Refugee Resettlement program under the US Department of Justice and the National Institute of Mental Health to assist in the forensic evaluations of these refugee detainees housed at the Atlanta Federal Penitentiary. He conducted evaluations in Spanish and reported his findings in English, providing information critical to the appropriate dispositions for these refugees. In 2004, when the DNC met in Massachusetts, Dr. Seymour was Director of the Bay Transit Authority's Crisis Response Team.

Dr. Seymour also founded the Psychological Services Unit of the Atlanta Department of Public Safety in the aftermath of Atlanta's Missing and Murdered Children investigation.

During his years in Atlanta, Guy also found time to teach and mentor at Spelman College, Morris Brown College and Morehouse College. More than half of the students so mentored went on to graduate study in psychology. Over the years he has served on more than fifty doctoral dissertation committees. Dr. Seymour has published in journals, presented at professional meetings and served as a Co-PI for funded research at the Fire-arms Simulation Laboratory of Morris Brown College and at BU's School of Medicine. His work on the former won national recognition. The latter was a seminal study of the impact of court-ordered desegregation in four major cities which he co-authored.

Guy Seymour has volunteered his services to numerous NGO's including the American Red Cross, the International Association of Chiefs of Police and others. We are proud that this long standing member of our Division has received this prestigious recognition.



# Psi Alpha Omega

## Membership Application



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☐ Asian/Pacific Islander ☐ Latino(a)/Hispanic ☐ Euro-American/White  
☐ Other or Mixed (Please Specify): \_\_\_\_\_

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**The National Honor Society in Psychology for Students of Color  
and Students Interested in the Study of Ethnic and Cultural Issues**



## GENERAL ANNOUNCEMENTS

The Asian American Psychological Association has launched its official journal this summer, the Asian American Journal of Psychology. Please help us with this launch by sharing the news widely with colleagues and students who may be interested in submitting their work to the journal. The AAJP web site and journal submission portal is now ACTIVE. We are open and ready to receive manuscript submissions: <http://www.apa.org/journals/aap/>

The Asian American Journal of Psychology (AAJP) is the official publication of the Asian American Psychological Association (AAPA) and is dedicated to research, practice, advocacy, education, and policy within Asian American Psychology. The Journal publishes empirical, theoretical, methodological, and practice oriented articles covering topics relevant to Asian American individuals and communities, including prevention,

intervention, training, and social justice. Particular consideration is given to empirical articles using quantitative, qualitative, and mixed methodology.

Questions regarding the journal should be directed to the Incoming Editor, Professor Frederick Leong at Michigan State University (email: [fleong@msu.edu](mailto:fleong@msu.edu)).

### 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/divisions/div45/>, 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).

### "Give birth to a book? Been given a new title? Something else of interest to share with our Division 45 Colleagues?"

Please send your submissions to Focus Newsletter Editor, Dr. Melissa Morgan, by September 1, 2009 to [mmorgan@education.ucsb.edu](mailto:mmorgan@education.ucsb.edu).

### 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 Winter Issue (Dec.): September 1

Contact:

**Newsletter Editor  
Melissa Morgan**

Email: [mmorgan@education.ucsb.edu](mailto:mmorgan@education.ucsb.edu)

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- 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:  
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