

SEPTEMBER 2024

SAN GABRIEL PSYCHOLOGICAL  
ASSOCIATION

# ANALYZE THIS!

The Official Newsletter of the San Gabriel Valley Psychological Association  
An official chapter of the California Psychological Association

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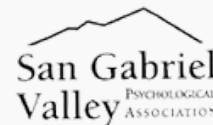
(Open)

### Care Chair

(Open)

AWARD WINNING NEWSLETTER!

## MESSAGE FROM THE PRESIDENT



As I come towards the end of my 4-year tenure as President of SGVPA, I'm reflecting on where I currently am in my life and my profession. Considering the conditions of the time of my Presidency, entering during the COVID pandemic, severe social unrest that continues to test our country to this day, I realized that I've been at the intersection of pain and triumph for quite some time. It would be easy to see all the pain and suffering, and to conclude that life and to openly seek better conditions in my life and profession is a fool's errand, that we are all pre-destined to experience suffering and simply try to bear with it and survive.

However, to make this conclusion would be to disregard the triumph. In SGVPA, while other organizations suffered from severely reduced memberships due to the pandemic, we remained steady and not only maintained a strong membership but grew our membership to a larger number than before the pandemic. We not only preserved our community, but allowed it to evolve into a new, stronger community, filled with diverse voices and backgrounds. We also did not lose what made our association so strong.

We put together countless continuing education training courses that reflected the times that we're living in but supported our growth as an association. We even held three conferences, and hopefully more to come.

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<https://sgvpa.memberclicks.net/>



### PRESIDENT'S MESSAGE CONT'D

Amid the unsettling times that we've been living through, we also didn't lose our ability and desire to have fun, come together and celebrate. We've upheld our traditions of our January Jubilee, and our mid-year celebrations to make sure that we didn't lose sight of each other. Despite all the struggle of our times, as your President, I'm glad to share that I've had so much fun.

As I look forward to the future, I can't help but reflect on where I am currently, and how it reflects so much of the world we live in today. As I'm writing this, I'm currently in Hawaii, not on vacation, but to attend a funeral.

I am at the intersection of unbelievable life and death.

Pre-dating my time as President, I've realized that so much of my life has been watching people pass on, both personally and professionally. I wish I didn't have to say that this continues to this day. However, in death, I can't think of a better reminder of the capacity of life than

Hawaii, not just in watching the vast amounts of people that come to celebrate, to vacation, but in the very soil that I stand on, the land, the water, and the plants. There has also been so much life in coming together with my family, not in conflict, but in love. In paying my respects to my grandfather-in-law, we were also celebrating his life, his legacy that will continue beyond his breath.

It is here, at this intersection, which drives my passion to live, to celebrate. While this may sound strange to many, this intersection also drives my passion to struggle, although I'd be a fool to seek it out.

My passion to live, celebrate and struggle extends to my desire to advocate for others to be able to have the same.

Being a President of such a vibrant association is to not only come together and play, but to also engage conflict. In play, we scrape our knees, fall, and get back up. In conflict, we can find resolution, closeness, and friendship.

In observing the ends of time, we can realize that time continues to move forward, that legacy continues what is lost through who remains. As I pass on my Presidency, I look forward to seeing what comes of my legacy. I look forward to continuing to guide it.

Dr. Wayne Kao, PSY. D

## **EXPERIENCES OF FIRST-GENERATION DOCTORAL STUDENTS IN CLINICAL PSYCHOLOGY**

Hello, my name is Emily Morales, and I am a recent graduate from Pacifica Graduate Institute. I would like to share with you about my first-generation journey. I am a first-generation Indigenous Mexican American woman. I am the first person in my family to pursue higher education in my family system and the first to receive a doctorate. This could not have happened without the support of my friends and family.

This journey began when I wanted to go to college. I was in elementary school when I decided college was going to happen for me. I heard about universities and the hope to one day be a doctor. My family encouraged me to pursue higher education because both my parents had to choose helping the family instead of pursuing a higher education. My family knew nothing about higher education, the FAFSA, college applications, or the difference between federal loans and bank loans for education. My parents encouraged me to go, but the guilt of leaving my siblings and home behind was difficult to navigate.

Going to UCSC was such a culture shock on various levels. This was my introduction to the world of higher education. I was surrounded by so many diverse

individuals, diverse theories, many realms of study, and navigating the culture of academia. I struggled with missing my home and community. I felt adrift, I was slowly replacing the role I knew so well at home with the role of an independent student. I was committed to connecting to them. I wasn't in the flow of the day to day, I would call to succeeding because my family sacrificed so much for me to attend. I felt like I owed it to my siblings the most because without me there so much would change for them. My family was still important, but my studies now needed to be number one, and I wrestled with wanting something for myself and wanting to be a part of my family.

I floundered the first year of college both dumbfounded by the workload and struggling with my identity as Emily from San Dimas to Emily from Santa Cruz. It was imperative to find community and find others who shared my experience. Once I was able to connect with special groups on campus (EOP - Educational Opportunity Program, ACE - Academic Excellence Program, LSS - Learning Support Services, and MSI - Modified Supplemental Instruction) I began to build my new community outside of my hometown. I found by creating a community, I could survive the trek through higher education.

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I applied the way my parents taught me how to build a community at home and integrated it with the community in Santa Cruz. It was hard navigating both my culture and cultural values and learning how to be an individual. My culture, my family, and my education all influenced me to make the choices for my future with their equal value I would feel guilty to focus in on myself. There would be times when my family needed me, we had many moments of crisis, and I felt both a stranger to my family and check-in, and then I would feel the abrupt jolt of their immediate needs.

I graduated, we celebrated, and when I told them I wanted to keep going, it split my home. My father was supportive of me continuing college. My mother wanted me to settle down and help with the family. My siblings did not understand that I was not coming back home.

As the eldest the role given to me by order of birth was a big mantle to carry. It was split among my three siblings. I wanted them to pursue higher education like me. I wanted them to be able to learn to do for themselves like how I was doing. My siblings did not take to education like I had and did not see it as a viable road for their futures. I would have to navigate a world where I was considered both selfish and accomplished. One side of the family cheering me on and the other waiting for my return to family life. Family is important and education is as important, and it does not mean you cannot create a combination of the two.

Dr. Emily Morales



A special thanks to Dr. Emily Morales who provided the resources listed in this newsletter!

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## **EXPERIENCES OF FIRST-GENERATION DOCTORAL STUDENTS IN CLINICAL PSYCHOLOGY**

(Con'd)

I chose a career in clinical psychology because I strongly believe that everyone deserves happiness through improved mental health. But I had to learn this the hard way. I grew up in China with a high-achieving single mother. She inspired me to be resilient and optimistic despite her own struggles to be happy after her bad divorce. Unfortunately, the words "mental health" never crossed our minds: it was unpopular and heavily stigmatized in our culture. Instead, she believed in the American dream and sent me to the United States for high school.

When I first arrived in America, I was lost. As a parachute kid, I had to face the culture shock, language barrier, acculturation, and other challenges associated with being a teenage immigrant. Luckily, I was surrounded by kind people, so I survived and thrived. After high school, I was again lost so I tried to follow in my mom's footsteps in business and felt miserable doing it. Apparently, my immigration experience taught me to trust in the goodness of people and care about others, which, in my case, proved to be a terrible quality for a businessman.

With great optimism, I went to a community college to search for a new career. I chose to take an introductory psychology class, believing it would be an easy course to bolster my GPA, but I fell in love at first sight. With knowledge of cognition and behaviors, all my past struggles made sense. I was able to understand emotional problems better and my compassion for other people finally became an advantage for this career of healing and hope. I no longer felt lost and felt for the first time that I belonged.

My love for clinical psychology has grown in leaps and bounds over my undergraduate years, but I was not sure if the feeling was mutual. I was not a native English speaker and never heard of any immigrant success story featuring a PsyD. My mom summed up my doubts by saying that I was pursuing the wrong kind of doctorate. When I got into my PsyD program, I also got ready for another round of culture shock and suffering, which surprisingly, never came. The kindness of my colleagues and mentors and the constant strive for cultural diversity in our field reassured me that I belong here.

Cont'd on page 6

## **EXPERIENCES OF FIRST- GENERATION DOCTORAL STUDENTS IN CLINICAL PSYCHOLOGY**

(Con'd)

Once again, I thrived. I was amazed by how much a client could change with two months of therapy, and I never felt as fulfilled as when my clients thanked me for changing their lives. However, it also felt bittersweet knowing that the client could have suffered a lot less if they received therapy sooner. It reminded me of how I went through the first twenty years of my life not knowing mental health. I felt both grateful and disappointed. This bittersweetness urged me to do more for my community so I joined SGVPA and served on the board. Now, I am living my dream as a fourth-year PsyD student. It is also true that this graduate life demands most of my time and energy, and occasionally gets chaotic enough to make me question my life choices. However, I am still glad that such pain is here so I can know for sure that this is not just a dream.

Dr. Thomas Zhong



## UPCOMING LUNCH MEETINGS

**FRIDAY, SEPTEMBER 14TH, 2024 11:30 AM - 1:30 PM PDT**

LUNCH WITH PRESIDENT

YI MEI (TAIWANESE BREAKFAST & LUNCH)

PAID BY SGVPA

943 W DUARTE RD, MONROVIA

[HTTPS://WWW.YELP.COM/BIZ/YI-MEI-MONROVIA](https://www.yelp.com/biz/yi-mei-monrovia)



**FRIDAY, OCTOBER 11TH, 2024 11:30 AM - 1:30 PM PDT**

LUNCH WITH PRESIDENT

LUCKY BOY (BURGERS, FRIES, MASSIVE BREAKFAST BURRITOS)

SGVPA WILL PURCHASE FRIES

531 E WALNUT ST, PASADENA

[HTTPS://WWW.YELP.COM/BIZ/LUCKY-BOY-PASADENA](https://www.yelp.com/biz/lucky-boy-pasadena)

**FRIDAY, NOVEMBER 8TH , 2024 11:30 AM - 1:30 PM PDT**

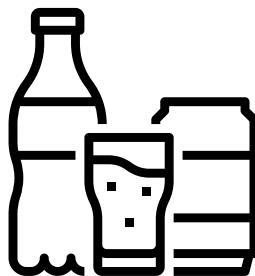
LUNCH WITH PRESIDENT

38 DEGREES (GASTROPUB, PIZZAS, BURGERS ETC.)

PAID BY SGVPA

100 W MAIN ST, ALHAMBRA

[HTTPS://WWW.YELP.COM/BIZ/38-DEGREES-ALE-HOUSE-AND-GRILL-ALHAMBRA?OSQ=38+DEGREES+ALE+HOUSE+%26+GRILL](https://www.yelp.com/biz/38-degrees-ale-house-and-grill-alhambra?osq=38+degrees+ale+house+%26+grill)



## SGVPA MEMBERS RECOMMENDATIONS



WHAT IS EVERYONE READING,  
WATCHING, EATING  
OR  
LISTENING  
TO RIGHT NOW?

- Reading:
  - The Master and His Emissary by Ian McGilchrist on the right and left hemisphere of the brain, ... because I love understanding the brain and how it relates to therapy, philosophy, culture and behavior.
  - The Dyslexic Advantage ... because it's about me.
  - Practicing the Power of Now by Eckhardt Tolle ... because he's one of my favorite [almost] psychologists on mindfulness.
- Watching:
  - Just started to watch the Sopranos again ... because it's one of the best series ever made (and the psychologist in the first season at least is tolerable to watch).
- Podcast: The Lincoln Group, John Fugelsang, because MAGA scares the living daylights out of me.
- CE on IFS ... because it's different and yet something that I've always believed in some way.
- Restaurants:
  - Prime Pizza on New York Drive in Altadena.

Sam Alibrando, Ph.D.

I am reading What My Bones Know which is a memoir by an Asian American woman, Stephanie Foos, who endured horrible abuse as a child by the hands of her parents and was diagnosed with CPTSD. I like this story because we don't see psychological memoirs very often from Asian people who openly discuss things that counter the model minority myth. I am also reading Judith Herman's Trauma and Recovery, the founder of CPTSD. I like how she writes from a feminist lens and discusses the history of trauma research as well as writes about the signs and symptoms of CPTSD and what is needed to help heal someone with this condition.

I have recently rewatched Inside Out 1 which I love because it's a fun movie that talks about emotions and the mind, and its basic message is that joy cannot exist without sadness. I also don't know if you know that Disney plus has a mindfulness series called Zenimation and they are 6 minute mindfulness clips of a collage of Disney movies organized into themes (e.g. water) that have only sound but no music or dialogue. It has worked very well with minors and I have used it as a way to conclude session.

Nancy Do



## SGVPA MEMBERS RECOMMENDATIONS

### WHAT IS EVERYONE READING, WATCHING, EATING OR LISTENING TO RIGHT NOW? CONT'D

#### **READING:**

I am reading "Psychoanalytic Psychotherapy: A Practitioner's Guide" by Nancy McWilliams

I enjoy reading the case examples. I like how the author stresses the importance of empathy, emotional attunement and the importance of the therapeutic relationship.

#### **WATCHING:**

I watched I Am: Celine Dion. It was difficult to watch at times. It shows Celine struggling to walk, breathe, swallow and sing due to having a rare devastating illness. Despite her health issues Celine continued to sing and record without giving up. She holds onto the hope of someday performing again on stage.

#### **EATING:**

My favorite restaurant is Hello Pizza in La Crescenta. You can order a pizza with crust made from sweet potatoes and there's sweet potato puree in the crust!

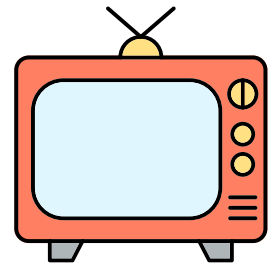
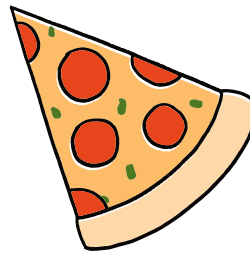
Dr. Kristin Goradietsky

Enjoying new season of Alone series.

And new series called Presumed Innocent.

And still savoring the tv series, Succession which is almost as good as Newsroom was.

Dr. Andrea Davis



**JUNE IS PRIDE MONTH TO HONOR THE LGBTQ+ COMMUNITY  
CHECK OUT THESE RESOURCES TO SHARE WITH OUR CLIENTS,  
COLLEAGUES, AND ALLIES**

**THE TREVOR PROJECT - SUICIDE PREVENTION FOR LGBTQ+ YOUNG PEOPLE**

The Trevor Project is a non-profit suicide prevention organization that provides 24/7 crisis support services, research, and advocacy for LGBTQ+ young people.

[www.thetrevorproject.org](http://www.thetrevorproject.org)

**TRANS LIFELINE**

Radical community care Trans Lifeline provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people.

[translifeline.org](http://translifeline.org)

**YOUTH PRIDE ASSOCIATION**

The Youth Pride Association (YPA) is a nonprofit that works to address the alarming and substantial hardships LGBTQ youth face in schools.

[www.ypapride.org](http://www.ypapride.org)

**SAN GABRIEL VALLEY | LGBTQ CENTER**

SGV, Lesbian, Gay, Bisexual, Transgender, Queer, community, center, support groups, resources, San Gabriel Valley LGBTQ Center

[www.sgvlgbtq.org](http://www.sgvlgbtq.org)

**RESOURCES**

The most comprehensive list of LGBTQ+ affirming community healthcare resources. Find LGBTQ+ healthcare resources near you today.

[www.outcarehealth.org](http://www.outcarehealth.org)

**LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT) NATIONAL HOTLINE:**

1-888-843-4564

**LGBT NATIONAL YOUTH TALKLINE:**

1-800-246-PRIDE (1-800-246-7743)

**LGBT NATIONAL SENIOR TALKLINE:**

1-888-234-7243

**TRANS LIFE LINE:**

1-877-565-8860

**TREVOR PROJECT:**

1-866-488-7386



## **WE BREATHE - CALIFORNIA LGBTQ HEALTH & HUMAN SERVICES NETWORK**

We Breathe provides expertise on working with LGBTQ communities, preventing and reducing tobacco use among LGBTQ Californians.  
[californialgbtqhealth.org](http://californialgbtqhealth.org)

## **ADDICTION & MENTAL HEALTH RESOURCES FOR THE LGBTQ+ COMMUNITY**

Recovery, prevention, and mental health resources designed specifically for the LGBTQ+ communities, curated by the team at SAFE Project.  
[www.safeproject.us](http://www.safeproject.us)

## **THE INTERSECTIONALITY OF NEURODIVERSITY, AUTISM & THE LGBTQIA+ COMMUNITY**

A post exploring the intersectionality and overlap of autism, neurodiversity, ADHD, and the LGBT or LGTBQIA+ community.  
[www.barrierfreemd.com](http://www.barrierfreemd.com)

## **THE PROUD TRUST- HOME OF LGBT+ YOUTH**

A life saving and life enhancing charity providing education, support and advocacy for LGBT+ young people and their communities.  
[www.theproudtrust.org](http://www.theproudtrust.org)

## **PROGRAMS | BTTC**

Unlock your potential with inclusive LGBTQIA+ career training programs. Embrace diversity, empower yourself, and thrive in a supportive learning environment.

[www.bethetransformationalchange.org](http://www.bethetransformationalchange.org)

## **PFLAG NATIONAL**

The nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.  
[pflag.org](http://pflag.org)

## **RESOURCES FOR PARENTS AND CAREGIVERS OF LGBTQ+ YOUTH**

The stigma and discrimination often experienced by LGBTQ+ youth increase their risk for substance use and addiction. The following organizations are a great place to begin connecting with the LGBTQ+ community and discovering how to become a stronger ally for your child.

[drugfree.org](http://drugfree.org)

## **LGBTQIA+ Resources for parents and caregivers**

Proud to be a safe and affirming space for all LGBTQIA+ families in Forsyth and surrounding counties.

[parentingpath.org](http://parentingpath.org)

## JULY IS MINORITY MENTAL HEALTH AWARENESS MONTH

The month was first designated in 2008 and is formally known as the Bebe Moore Campbell National Minority Mental Health Awareness Month. Campbell was an author and advocate who used her words to address the impact of racism, mental health, and culture. Her friend Linda Wharton-Boyd suggested dedicating a month to the effort after Campbell's death from cancer in 2006.

<https://www.nami.org/get-involved/awareness-events/bebe-moore-campbell-national-minority-mental-health-awareness-month/>

### **People with disabilities:**

<https://www.easterseals.com/southernca/>

<https://www.abilityfirst.org/>

<https://aces-la.org/developmental-disability-resources/>

<https://www.first5california.com/en-us/services/learning-disability-services/>

<https://ldaamerica.org/adults/?audience=Adults>

<https://www.nami.org/your-journey/identity-and-cultural-dimensions/people-with-disabilities/>

### **BIPOC Services:**

Black/African American

<https://www.nami.org/your-journey/identity-and-cultural-dimensions/black-african-american/>

<https://adaa.org/find-help/by-demographics/black-african-american-communities>

<https://www.verywellmind.com/mental-health-resources-for-the-black-community-5181656>

<https://www.samhsa.gov/african-american-behavioral-health-center-of-excellence>

### **Native Folx/Indigenous**

<https://nativepartnership.org/>

<https://www.ourbodiesourselves.org/subject-area/mental-health/>

<https://www.icowellness.com/>

<https://strongheartshelpline.org/>

### **Asian Pacific Islander**

<https://pacsla.org/>

<https://www.ssg.org/divisions/asian-pacific-counseling-treatment-centers-apctc/>

<https://www.naapimha.org/>

<https://namica.org/resources/asian-pacific-islander-resources/>

### **Undocumented Folx**

<https://unitedwedream.org/our-work/undocuhealth-wellness/>

<https://immigrantsrising.org/mental-health-connector/>

<https://dhs.lacounty.gov/health-care-centers/our-services/resources/immigration/>

<https://www.informedimmigrant.com/resources/mental-health/mental-health-undocumented-immigrants/>

### **Middle Eastern North African**

<https://www.thementalhealthcoalition.org/middle-eastern-north-african-mena-mental-health/>

<https://adaa.org/find-help/by-demographics/amemsa-communities>

<https://mhanational.org/issues/overview-mental-health-issues-arabmiddle-easternmuslimsouth-asian-communities>

<https://muslimmentalhealth.com/>

### **Palestinian**

<https://usapalmhn.org/>

<https://www.pcc-jer.org/en/about/about-us>

<https://www.unicef.org/sop/stories/mental-health-psychosocial-support-programme>

<https://pchrgaza.org/en/>

### **Elderly**

<https://www.samhsa.gov/resources-serving-older-adults>

<https://www.seniorlifestyle.com/resources/blog/40-mental-health-resources-for-seniors/>

<https://www.mentalhealthandaging.com/>

<https://www.ncoa.org/older-adults/health/behavioral-health>

### **Crisis Resources**

<https://samfound.org/>

<https://www.projecthealthyminds.com/conditions/crisis>

<https://mhanational.org/crisisresources>

<https://www.apa.org/topics/crisis-hotlines>

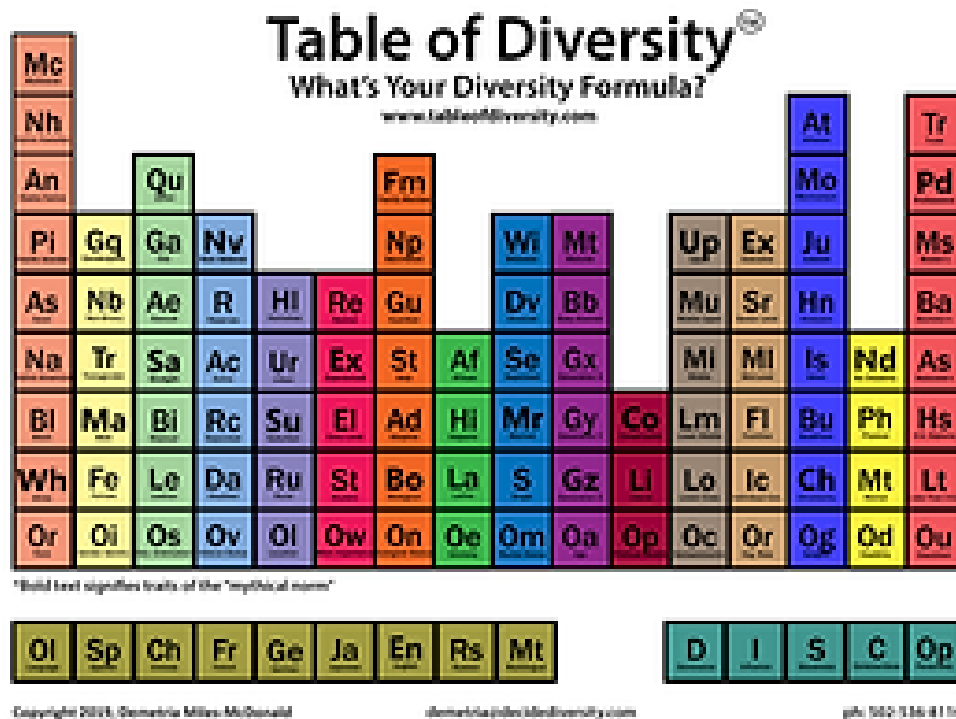
<https://www.thetrevorproject.org/get-help/>

## AUGUST IS INTERSECTIONALITY AWARENESS MONTH

Intersectionality occurs when a person identifies with multiple marginalized and privileged demographics. Intersectionality also includes the impact various systems have on people depending on their identities.

<https://www.decidediversity.com/tableofdiversity/intersectionality>

Can you find yourself on the Table of Diversity?



We all have to ask ourselves about our own intersectionality to be able to reflect on the intersectionality of our clientele. We all make a beautiful tapestry in our global community and we can honor our differences as well as how we intersect. Check out these resources and articles on INTERSECTIONALITY AWARENESS MONTH | Decide Diversity

<https://mindfulstl.com/what-is-intersectionality/>

<https://www.unwomen.org/en/news/stories/2020/6/explainer-intersectional-feminism-what-it-means-and-why-it-matters>

<https://www.crisishouse.org/post/intersectionality-theory-and-domestic-violence>

# *Analyze This!*

## Editorial Policies

1. *Analyze This!* seeks high quality submissions on topics of interest to SGVPA members. This includes but is not limited to topics directly related to clinical practice, policy and legal developments, psychological theory, and psychological research. Articles need to be culturally sensitive, professional, and free of overt self-promotion. Contributors do not necessarily need to be SGVPA members to be granted publication. In general, submissions must not exceed 750 words.
2. The Editorial Staff coordinates decisions on content with the SGVPA Board, although it does not function solely as a direct vehicle of the Board.
3. The Editorial Staff reserves the right to accept or reject articles or advertising, based on its judgment of suitability for the Newsletter. The Editorial Staff also reserves the right to delay, defer, or cancel publication of any given article, based on space, theme, content, or other editorial considerations.
4. The Editorial Staff reserves the right to edit, revise, or shorten all articles and advertising submitted, as a condition of publication. Editing may address issues such as readability, interest to readership, and scholarly concerns. Contributors retain the right to approve edits and revisions, or to withdraw such articles or advertisements from submission.
5. The Editorial Staff reserves the right to grant contributors the privilege of “regular columns” to certain members. However, not all regular columns will necessarily be published in every issue, and these columns may be rotated, to allow other valuable columns and other content to be included.
6. Contributors whose submissions are to be published are asked to submit a high resolution (300 dpi or higher) digital photo file (e.g., jpeg, bmp or gif). Photos embedded in Word files cannot be used.
7. Current and Past issues of *Analyze This!* will be made available on the SGVPA website. However, any instances of publishing personal info, especially home addresses of members, will NOT be published as part of the issue (i.e., such info will only be included as insert pages, which will not be reproduced on the website).
8. From time to time, the Editorial Staff may introduce a specific theme for an issue of *Analyze This!* We will inform the community of upcoming themes in the newsletter, i.e., to generate interest, and to invite contributions.
9. The deadline for submissions to be considered for publication will normally be on the first day of each month preceding publication. Four issues of *Analyze This!* are published each year, in September, December, March and June.
10. Submissions for possible publication should be sent to Dr. Kristin Goradietsky, Editor, as an email attachment. Correspondence, and Letters to the Editor for *Analyze This!* should also be sent to Kristingorad@gmail.com.

COME ADVERTISE WITH US!  
MEMBERS AND OTHERS ARE ENCOURAGED TO TAKE ADVANTAGE OF THE  
OPPORTUNITY TO ADVERTISE TO NEARLY 200  
SGVPA FOLKS!

MEMBERS RECEIVE 1 COMPLIMENTARY CLASSIFIED AD IN THE  
NEWSLETTER PER CALENDAR YEAR SIZE 3X5!

FOR NON-MEMBERS FOR SIZE 3X5 THE RATE IS \$50-\$75

PLEASE SEE THE SGVPA  
WEBSITE FOR DETAILS

[HTTPS://SGVPA.MEMBERCLICKS.NET/](https://sgvpa.memberclicks.net/)