

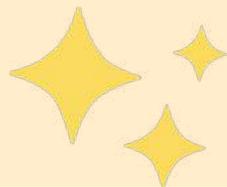
THE INTERNATIONAL COUNSELING PSYCHOLOGIST

Spring Newsletter 2024

The Newsletter of APA Division 17
International Counseling Psychology (ICP)



ICP Wishes You a Happy New Year!



Spring Newsletter 2024

The Newsletter of APA Division 17
International Counseling Psychology (ICP)



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ANNOUNCEMENTS

LGBTQ+ SOCIAL/SUPPORT GROUP



Social/support group at 5 pm (PST) on
4/16, 5/14, 6/11, 7/9/24!

LINK: <https://umassboston.zoom.us/j/97143156511>

ICP UPCOMING ELECTION (BY 3/30/24)



1. Non-U.S. Based Membership Co-Officer 2024-2026
2. Treasurer 2024-2026
3. Seeking iLGBTQ+ Committee Co-Chair (Appointed Position)

BYLAWS CHANGES

All members are encouraged to attend the vote on the amendments, which will take place at the Membership Business Meeting at the 2024 APA annual convention in Seattle, Washington.



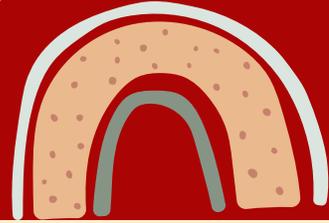
ICP CALL FOR AWARDS (BY 5/1/24)



- Lifetime Achievement Award
- Excellent Contribution Award
- Graduate Student Outstanding Research Award

GREETINGS FROM CO-EDITORS

SIN U LAM, MA
SHREYA SINGH, MS



Greetings and warmest wishes from your co-editors of the newsletter for the APA Society of Counseling Psychology (Div 17) International Counseling Psychology (ICP) section.

We are delighted and honored to serve as your co-editors starting 2024, and we extend our deepest gratitude for the opportunity to contribute to our vibrant and dynamic community. As co-editors, we are committed to providing you with a newsletter that reflects the richness and diversity of our field, while also fostering collaboration, dialogue, and innovation among our members.



In this newsletter, you may find reports from our co-chairs, introductions of our core officers, updates from APA conferences, as well as other impactful and fun activities from the ICP.

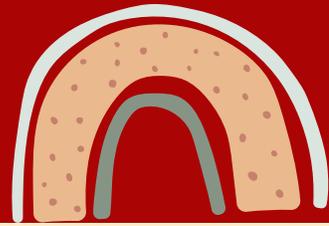
In addition, we invite each of you to share your expertise, experiences, and perspectives as we work together to shape the content and direction of our newsletter. Your contributions are invaluable in ensuring that our newsletter remains relevant, informative, and inspiring to all members.

Thank you for your ongoing support and dedication to the field of counseling psychology. We are excited to embark on this journey with you and look forward to collaborating closely to produce a newsletter that reflects the excellence and spirit of our community.



INTRODUCTION OF CO-EDITORS

SIN U LAM, MA
SHREYA SINGH, MS



Sin U Lam, M.A., LPC
she/her/hers
UW-Madison

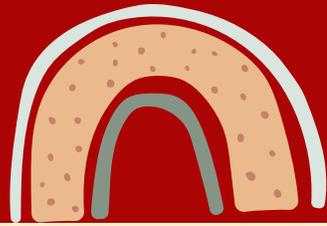
Greetings! I am delighted and excited to serve ICP as the co-editor of our Newsletter! My academic journey, spanning from the Sacred Heart Canossian College in Macau, Peking University in China, to Northwestern University and University of Wisconsin-Madison in the United States, has shaped my commitment to promoting cultural diversity and social justice within our field.

As a doctoral candidate in Counseling Psychology at UW-Madison, my research focuses on understanding the utilization and societal impacts of mindfulness interventions, as well as addressing the training needs of international student therapists—a population often overlooked in the internationalization movement of counseling psychology. It is my belief that by fostering cross-cultural understanding and inclusivity, we can enrich our profession and create a more interconnected global community.

I am excited to collaborate with you all to foster a supportive and inclusive community within ICP. Together, let's amplify diverse voices and perspectives to create meaningful dialogue and drive positive change in our profession. I look forward to our journey together at ICP!

INTRODUCTION OF CO-EDITORS

SIN U LAM, MA
SHREYA SINGH, MS



Shreya Singh M.S.,
NCC
she/her/hers
UW-Madison

Greetings! I am delighted and excited to serve ICP as the co-editor of our Newsletter!

My academic journey, started in India as a Physical Therapist. Upon completing my bachelor's in physical therapy, I pursued my master's in health and rehabilitation sciences from the University of Pittsburgh. Working in the field of rehabilitation as a physical therapist, I was drawn to attending to the mental health needs of my patients. This urged me to pursue a master's degree in clinical rehabilitation and mental health counseling from the University of Pittsburgh. These unique experiences shaped my academic journey and research interests. I am currently a second-year doctoral student at the University of Wisconsin-Madison pursue my Ph.D. in Counseling Psychology.

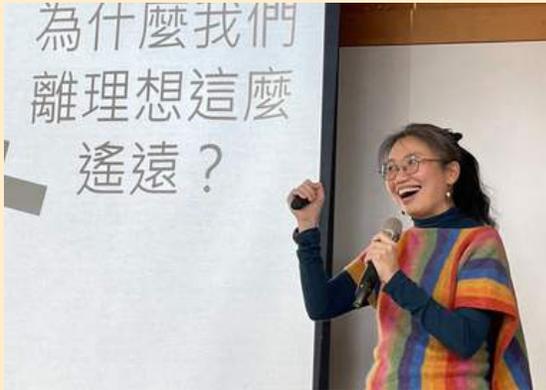
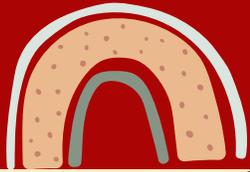
As a doctoral student interested in addressing both, the mental and physical health needs of ethnic minorities, my research focuses on understanding the mental health struggles barriers to care among ethnic minorities, specifically South Asians. Additionally, my interests also lie in developing training opportunities for budding psychologists from different parts of the world, with the aim of having a globalized approach to counseling and creating equal training opportunities.

I am enthusiastic about working together with all of you to cultivate a nurturing and inclusive community within ICP. Let's join forces to enhance diverse voices and perspectives, fostering meaningful dialogue and propelling positive change in our profession. I look forward to our work together!



GREETINGS FROM CO-CHAIRS

CHUN-CHUNG CHOI, PH.D. (HE/HIM)
HUNG CHIAO, PH.D. (SHE/HER)



Dear friends and family of ICP,
Greetings from ICP co-chairs and we hope you peace and love in the new year of 2024! In addition, we also want to jointly wish you the best in the Lunar Year of the Dragon (starting from Feb 10th, 2024). As we all experienced together as a global family with natural disasters, wars, pandemic, accidents, and injustice, we have also worked very hard as mental health professionals and psychologists to advocate for a just world and joy for all. While Covid-19 pandemic seems to be further away from us, there are other types of threats to our international family members. Please keep working on promoting peace, love, justice, and equity in your own family, work, local communities, and most importantly for yourself. ICP will continue to support international exchange and collaborations for our members, sisters, and brothers of the global community. While recognizing the flaws and imperfections in human beings, please do feel free to let us know how we can better improve and expand our work to support and advocate for meaningful international work!

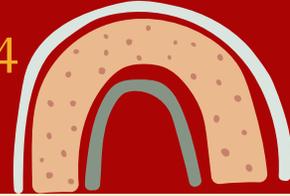
Best Regards,
Chun-Chung & Hung

US Based Co-chair: Chun-Chung Choi, Ph.D. University of California, Irvine

Non US Based Co-chair: Hung Chiao, Ph.D. National Taiwan Normal University

CURRENT CO-CHAIRS

CHUN-CHUNG CHOI, PH.D. (HE/HIM)
U.S. BASED CO-CHAIR, TERM: 2022-2024
UNIVERSITY OF CALIFORNIA, IRVINE



US Based Co-Chair
Chun-Chung Choi, Ph.D.

Dr. Chun-Chung Choi currently serves as the Training Director and an Associate Director at the Counseling Center of the University of California, Irvine. With nearly 15 years of experience, he held roles as a Clinical Associate Professor and Training Coordinator at the Counseling Center at the University of Florida. Dr. Choi earned his doctorate degree in Counseling Psychology from the University of Illinois at Urbana-Champaign and is a licensed psychologist practicing in California and Florida. His extensive engagement includes teaching, training, and supervision, alongside providing clinical practice in individual psychotherapy, group psychotherapy, marriage and family counseling. Since 2014, he has been an instructor, supervisor, and overseer of individual and group psychological counseling and therapy training programs in China. Dr. Choi has also held various leadership positions in psychological professional societies, including President of the Association of Chinese Helping Professionals and Psychologists-International (ACHPPI) (2022-2024), President of Taiwan Psychology Network (TPN) (2008-2009), and numerous roles at the Asian American Psychological Association (AAPA), such as Newsletter Editor, Conference CE Coordinator, and Chair of Task Force on Practice. His service to the profession also includes, but is not limited to, serving as a Site Visitor (2010-present) to the Commission of Accreditation of APA, a member of the Div 17 Fellow Committee, reviewer of JCP, TCP, CDEMP, etc. Through the lens of multiculturalism and drawing from personal and professional experiences, Dr. Choi aspires to dedicate his energy to training and clinical practices in the global environment.

CURRENT CO-CHAIRS

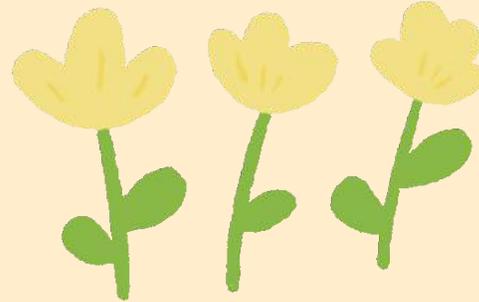


HUNG CHIAO, PH.D. (SHE/HER)
NON-U.S. BASED CO-CHAIR (2022-2024)
NATIONAL TAIWAN NORMAL UNIVERSITY

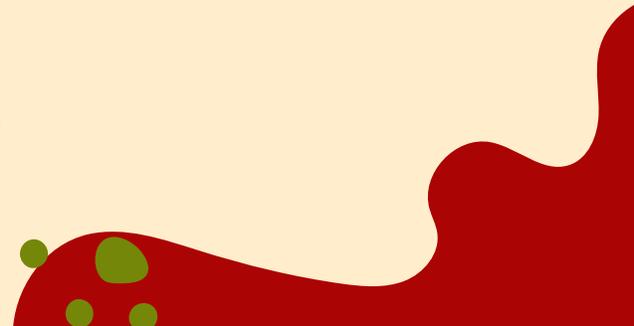
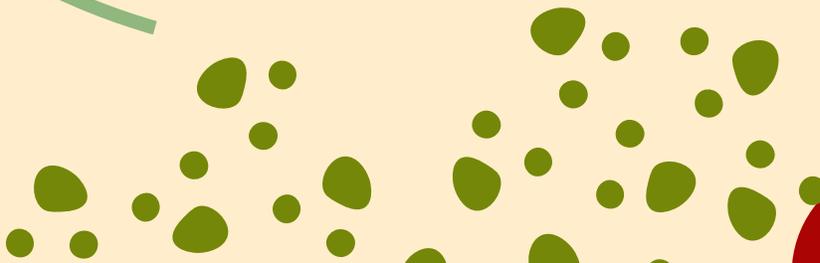
Non-US Based Co-Chair
Hung Chiao, Ph.D



"I'm in the middle. the incoming non US based co-chair, Dr. Ae-Kyung Jung is on the left and Dr. Chu-Chun Fu is on my right. She is TPN past chair. We were having fun hiking to the mountain elephant nearby Taipei 101."



Dr. Hung Chiao is a faculty of Educational Psychology and Counseling Department at the National Taiwan Normal University. Besides mentoring students, teaching and doing research on gender and sexual minority issues, multiculturalism and social justice, and supervision training in Taiwan, she also serves ICP and local counseling psychology professional associations. By doing research on SOGI in Taiwan, she hopes to use her culturally sensitive knowledge and skills to enhance compassion and understanding between American and Taiwanese psychologists.



FUTURE CO-CHAIRS (2024 - 2026)

KAYI HUI-SPEARS, PH.D.

U.S. BASED CO-CHAIR (2024-2026)

HUI-SPEARS PSYCHOLOGICAL SERVICES

MARYLAND, USA

US Based Co-Chair
Kayi Hui-Spears, Ph.D



Greetings! I am honored to serve as the incoming U.S. based Co-Chair for ICP. After working as a staff psychologist in different University Counseling Centers for nearly a decade, I established my private practice with a mission to provide strengths-based, culturally responsive psychological services to immigrants and BIPOC populations in 2022. ICP has been a professional home and an anchor to my career development. As a first-generation immigrant and former international student from Hong Kong, ICP helped me navigate systemic barriers and imposter syndrome throughout my graduate studies and early career. I value the collective voices and shared experiences among ICP leaders and members. I hope to build on the great work established by our fearless ICP leaders and members so that current and future international students and scholars will feel at home in ICP.

FUTURE CO-CHAIRS (2024 - 2026)

AE-KYUNG JUNG, PH.D,
GYEONGIN NATIONAL UNIVERSITY OF EDUCATION,
SOUTH KOREA
NON-US BASED CO-CHAIR ELECT

Non-US Based Co-Chair Ae-Kyung Jung, Ph.D

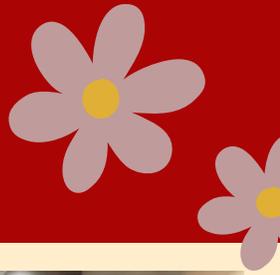


I am humbled and grateful for the opportunity to serve as a future non-US-based co-chair of the International Section of Division 17. My name is Ae-Kyung Jung, and I am currently an associate professor at Gyeongin National University of Education in South Korea. Since my time as an international graduate student, the International Section has been a shelter for me within APA. As a non-US-based co-chair elect, I will put forth my best effort to build the International Section as a place for connection and growth for all of us. My agenda is to cultivate a more inclusive atmosphere for non-US-based counseling psychologists across nations and support the international LGBTQ community within ICP. I am excited about the prospect of serving the International Section as co-chair and contributing to its growth with Dr. Kayi Hui-Spears, the US-based co-chair elect.

2023 APA UPDATES



2023 APA UPDATES



Graduate Student Outstanding Research Award: NaYeong Yang



The 2023 Graduate Student Outstanding Research Award was given to NaYeong Yang, M.Ed. To recruit NaYeon to the doctoral program, she was awarded the prestigious University of Maryland Diversity Scholar Research Assistantship in Psychological Science. To 2023 August, NaYeon had a total of 14 publications and 18 conference presentations. She received numerous awards including the University of Maryland Dean's Fellowship and the Ann G. Wylie Dissertation Fellowship. Besides research, NaYeon has been active in service the field of counseling psychology. She created resources for international students and co-facilitated support groups that addressed issues related to racism and xenophobia during the covid-19 pandemic. In addition, NaYeon also served as a student program representative for the Student Affiliates of Seventeen and the Intersectional Section. The research she presented for the committee and shared in the award ceremony, "Predicting psychological adjustment in grief: Cross-national differences among Koreans and Americans" was truly valuable and with very good quality. We have strong confidence that NaYeong will continue to shine and contribute to our international communities.

2023 GRADUATE STUDENT OUTSTANDING RESEARCH AWARD



NaYeon Yang, M.Ed.

2018-Present

University of Maryland, College Park Ph.D., Counseling Psychology
Advisor: Karen M. O'Brien, Ph.D.

**Research Title: Predicting Psychological Adjustment in Grief:
Cross-National Differences among Koreans and Americans**

2022 The Graduate Office, University of Maryland

- ✓ Dean's Fellowship for Spring 2023 (\$15,000)
- ✓ The Ann G. Wylie Dissertation Fellowship (\$15,000)
- ✓ The Graduate Student Summer Research Fellowship (\$5,000)
- ✓ The Fahs-Beck Doctoral Dissertation Grant (\$7,000)

NaYeon (NY) Yang (she/her) is a doctoral candidate in Counseling Psychology at the University of Maryland under the mentorship of Dr. Karen O'Brien. Prior to her doctoral studies, NaYeon earned a bachelor's degree in psychology from the University of Minnesota – Twin Cities and a master's degree in counseling from Korea University. NaYeon is currently completing her predoctoral internship at the University of Maryland Counseling Center.

NaYeon's research program primarily focuses on (a) grief and loss, (b) career development, and (c) multiculturalism and social justice issues, in which she puts a profound emphasis on multicultural and cross-cultural research as well as the well-being of minoritized individuals. NaYeon is committed to addressing multicultural and social justice issues across her research, clinical work, and service initiatives. Her focus extends to diverse populations, including people of color, LGBTQIA+ individuals, and international students.

NaYeon strives to advocate for international students. She served as a co-student representative in the APA Division 17 Intersectional Section, actively supporting international students during the COVID-19 pandemic. Alongside her colleagues, she conducted a needs assessment to gauge the support that international students need during the pandemic while establishing a monthly supportive space. In addition, she and her colleagues developed informative brochures to provide valuable information about international students, addressing the needs of both international students and their allies seeking to offer support.



PREDICTING PSYCHOLOGICAL ADJUSTMENT IN GRIEF: CROSS-NATIONAL DIFFERENCES AMONG KOREANS AND AMERICANS

Despite the common belief that the grieving process is universal, the rituals, meaning of death, and response to death are often shaped by the values of one's culture (Rosenblatt, 2008). Recent scholars stressed the importance of understanding how cultural differences play a role in bereaved individuals' grief experiences (e.g., Rosenblatt, 2008), especially within the context of individualistic and collectivistic cultures. East Asians, particularly Koreans, struggle with psychological distress after losing their loved ones and experience higher suicidal ideation compared to Western individuals (e.g., Lee & Kwon, 2015). Three constructs have been shown to be related to psychological adjustment to loss across cultures: continuing bonds, meaning-making, and social support (e.g., Gillies & Neimeyer, 2006; Lalande & Bonanno, 2006; Valentine, 2009). However, no studies have investigated cross-cultural and culturally unique aspects of grieving to understand which variables promote bereaved individuals' psychological adjustment.

Drawing upon three theoretical models (i.e., the Continuing Bonds Theory, the Meaning Reconstruction Model, and the Stress-Buffering Model), the purpose of the current study was to investigate the similarities and differences in the relations among salient grief-related variables (i.e., psychological distress, externalized/internalized continuing bonds, meaning-making, and explicit/implicit social support) and to identify whether there are cross-cultural or culturally-specific factors that contribute to psychological adjustment among Korean and US bereaved individuals.





PREDICTING PSYCHOLOGICAL ADJUSTMENT IN GRIEF: CROSS-NATIONAL DIFFERENCES AMONG KOREANS AND AMERICANS

Method

Participants

879 bereaved individuals (US: 446, Korea: 433), who experienced the death of their significant individual(s) in the past year, participated in the current study. US participants ($M = 38.52$, $SD = 12.21$) included 57.6% cisgender females, 40.6% cisgender males, 1.6% nonbinary, and 0.4% other. Regarding race/ethnicity, 74.3% of participants identified as White/European American, 14.3% Black/African American, 9.4% Latino/Hispanic American, 5.4% Asian/Asian American, and 4.2% others. Korean participants ($M = 54.40$, $SD = 12.21$) included 57.7% cisgender males, 41.8% cisgender females, and 0.4% others.

Measures

Participants provided demographic information. The following psychometric measures were used: The Kessler Psychological Distress Scale (Kessler et al., 2002), the Internalized and Externalized Continuing Bonds Scale (Scholtes & Browne, 2015), the Grief and Meaning Reconstruction Inventory (GMRI; Gillies et al., 2015), the Meaning Making in Grief Scale (MMGS; Yang & Lee, 2022), the Medical Outcomes Study Social Support Survey (Sherbourne & Stewart, 1991), and the Psychological Well-Being Scale (Ryff & Keyes, 1995).





PREDICTING PSYCHOLOGICAL ADJUSTMENT IN GRIEF: CROSS-NATIONAL DIFFERENCES AMONG KOREANS AND AMERICANS

Results

The multi-group structural equation modeling (SEM) analysis (Bollen, 1989) was first conducted to conduct the main hypotheses using Mplus. Before conducting the analysis, preliminary steps of invariance testing (i.e., configural invariance, metric invariance, and scalar invariance) are critical to assess the psychometric equivalence of each construct across groups (Kline, 2015). Notwithstanding that configural invariance between the two groups was expected to be supported based on previous theoretical and empirical research, the model fit was inadequate. The model fit remained inadequate when it was run separately for each group. Given that measurement invariance is a prerequisite step to run the multi-group SEM analysis, two hierarchical multiple regression analyses were conducted as post-hoc analyses to explore the data further based on the proposed theoretical frameworks. The Bonferroni correction was used to avoid false-positive results (Napierala, 2012).

The entire regression model for the US sample accounted for 61% of the variance in psychological adjustment, $F(7,433) = 55.16, p < .0042; \eta^2 = .61 (\eta^2 = .59)$. When all variables were entered, five variables emerged as predictors of psychological adjustment: psychological distress ($\beta = -.45, p < .0042$), externalized continuing bonds ($\beta = .17, p < .0042$), GMRI: sense of peace ($\beta = -.10, p < .0042$), GMRI: emptiness and meaninglessness ($\beta = .22, p < .0042$), and MMGS: being present ($\beta = .26, p < .0042$). The entire regression model for the Korean sample accounted for 43% of the variance in psychological adjustment, $F(7,420) = 26.29, p < .0042; \eta^2 = .43 (\eta^2 = .41)$. When all variables were entered, three variables emerged as predictors of psychological adjustment: psychological distress ($\beta = -.20, p < .0042$), implicit social support ($\beta = .23, p < .0042$), and GMRI: emptiness and meaninglessness ($\beta = .34, p < .0042$).



2023 GRADUATE STUDENT OUTSTANDING RESEARCH AWARD PAPER

PREDICTING PSYCHOLOGICAL ADJUSTMENT IN GRIEF: CROSS-NATIONAL DIFFERENCES AMONG KOREANS AND AMERICANS

Discussion

The results demonstrated that some of the same factors were associated with psychological adjustment for both groups (i.e., psychological distress, emptiness and meaninglessness), while some factors were uniquely associated with psychological adjustment for either US (i.e., externalized continuing bonds, being present, sense of peace) or Korean bereaved individuals (i.e., implicit social support).

Regarding cross-cultural aspects, given that psychological distress is associated with negative emotions (Nolen-Hoeksema et al., 2013) and that emptiness and meaninglessness may stem from detachment and disconnection from the world (Neimeyer et al., 2016), these factors can adversely impact bereaved individuals' psychological adjustment. Therefore, interventions aimed at alleviating psychological distress and promoting a sense of meaning and connection to the world can support bereaved individuals grappling with grief, leading to better psychological adjustment.

For US bereaved individuals, externalized continuing bonds and two subscales of meaning-making (i.e., being present, sense of peace) were found to be culturally unique aspects that emerged as predictors of their psychological adjustment. For externalized continuing bonds, engaging in actions to feel connected with the deceased (e.g., partaking in rituals) may facilitate psychological adjustment (Klass et al., 2014). Additionally, being present, which involves being mindful and engaged in life, may also promote psychological adjustment (Yang & Lee, 2022). Interestingly, US bereaved individuals' psychological adjustment decreased when they had a greater sense of peace regarding the death. The findings suggest that US bereaved individual's attempt to make sense of the loss causes these individuals to struggle with having better psychological adjustment.



2023 GRADUATE STUDENT OUTSTANDING RESEARCH AWARD PAPER

PREDICTING PSYCHOLOGICAL ADJUSTMENT IN GRIEF: CROSS-NATIONAL DIFFERENCES AMONG KOREANS AND AMERICANS

Implicit social support was associated with psychological adjustment for Korean bereaved individuals, indicating that emotional comfort without discussing grief-related issues can promote psychological adjustment. Such finding is consistent with previous research (Kim et al., 2008) and highlights the importance of implicit social support in Korean culture, where grief is often considered taboo (Hong et al., 2018).

This study will provide insights into the cross-cultural and culturally unique aspects of grieving and supporting bereaved individuals who struggle with the loss of loved ones. The findings will enable therapists to offer culturally-informed interventions to promote psychological adjustment for US and Korean bereaved individuals.



Excellent Contribution Award: Dr. Kenneth Wang



Our 2023 Excellent Contribution Award went to Dr. Kenneth Wang, who has a very productive career in both clinical practice, academic teaching and mentoring, as well as research!! Dr. Kenneth Wang is a full professor in the clinical psychology program at the Fuller Theological Seminary. He started his career as a counselor in the Disability Resource Center at the National Dong Hwa University in Taiwan, and the research assistant for Professor Kuo-Shu Yang, the founding father of indigenous psychology in Taiwan. After receiving his doctoral degree in Counseling Psychology from Penn State University, he did his post-doc in USC, clinical work as staff psychologist in UIUC, and started his academic career at University of Missouri-Columbia counseling psychology program. During his time at Mizzou, he helped develop and implement the Bidirectional Immersion Program between Mizzou and National Taiwan Normal University. Besides, he's research advanced our understanding of (a) factors associated with the cross-cultural psychological adjustment of international students and (b) longitudinal trajectories of changes that occur during the transition process. His reference described his research "to be of very high quality, utilizing innovative research designs, advanced statistical analyses, and addressing very critical topics in psychology. He has made significant and broad impact through his cutting-edge, culturally-sensitive research on the topic areas of perfectionism across international populations and cross-cultural adjustment." In sum, Dr. Kenneth Wang not only contribute to mentor and develop cross-cultural training but also advance our knowledge in international and cross-cultural psychology. Therefore, the award committee unanimously voted Dr. Kenneth Wang for this year's ICP excellent contribution award.

2023 EXCELLENT CONTRIBUTION AWARDEE REPORT



Dr. Kenneth Wang

Professor (7/2020 – present)
Clinical Psychology | Fuller Theological Seminary, Pasadena, CA
Visiting Scholar (9/2016 – 9/2016)
Higher School of Economics University, Perm, Russia
Visiting Scholar (12/2012 – 1/2013)
National Taiwan Normal University, Taiwan,
Assistant Professor (8/2009 – 8/2014)
Counseling Psychology | University of Missouri-Columbia

To date, over half of Dr. Wang's 71 peer-reviewed journal publications have an international focus; 20 empirical studies with an international population (e.g., China, Germany, Hong Kong, India, Italy, Korea, Russia, Taiwan) and another 21 studies with international students studying in the U.S.
->advanced our understanding of (a) factors associated with the cross-cultural psychological adjustment of international students;
(b) longitudinal trajectories of changes that occur during the transition process
(c) new model and measures for cross-cultural psychological adjustment research.

Throughout my journey—initially as an international student studying in the U.S., then as a counseling psychologist at a counseling center, and now as a faculty member in psychology—I have had the privilege of being involved in international work through research, teaching, collaboration, and service. I would like to share some of my involvement in international work during my professional psychology career.

Currently, I am a professor in the clinical psychology program at Fuller Theological Seminary. Ten years ago, I transitioned from the counseling psychology program at the University of Missouri mainly due to Fuller's Chinese Studies Center. It provided a unique opportunity to be directly involved in research and training to develop the field of psychology in China while working in the U.S. As part of the China Initiative at Fuller, I led a group of psychology students each year to visit various counseling centers, universities, and seminaries in China, providing presentations to train counselors and students on practical topics. These trips also broadened the worldviews of our US students and equipped the Chinese international students who were trained in the US with better connections and understanding of how to apply their Western training in the Chinese cultural context, which is critical in preparing them to return to their home country.

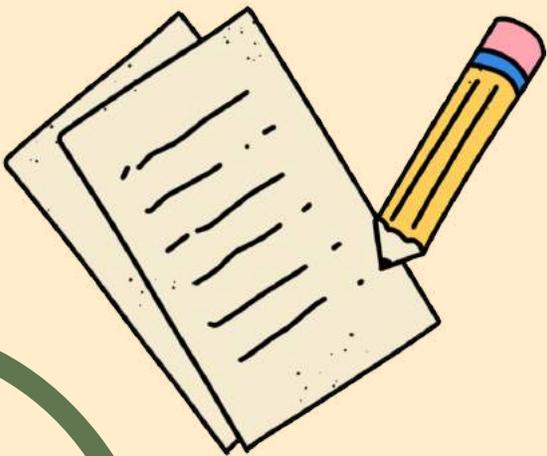
2023 EXCELLENT CONTRIBUTION AWARDEE REPORT (CON'T)



Prior to Fuller, I had the opportunity for international collaboration in training counseling psychology students across two countries at the University of Missouri (MU). I was involved with international education programs between MU and National Taiwan Normal University (NTNU), such as the MU-NTNU dual-degree and 3+2 programs. I also served as Associate Director for Coalition for Cultural Competency, offering short-term immersion programs. For example, during winter of 2013, I co-led a group of 12 MU students on a two-week cross-cultural immersion trip to Taiwan, and the subsequent fall semester we hosted a group of NTNU faculty and students who visited MU campus. After the trip, Dr. Heppner and I co-authored an article (Heppner & Wang, 2014) depicting the cross-cultural immersion program published in *The Counseling Psychologists*. These programs not only fostered cross-cultural competencies but also shifted career trajectories for several students.

2023 EXCELLENT CONTRIBUTION AWARDEE REPORT (CON'T)

My programmatic line of research began by examining the perfectionist typology among Taiwanese college students, aiming to expand the perfectionism literature beyond the Western population and exploring possible cultural differences (Wang, Slaney, & Rice 2007). Inspired by Dr. Kuo-Shu Yang's Chinese Indigenous Psychology movement and his theory of Chinese Social Orientation (Yang, 1997), I modified the Almost Perfect Scale-Revised (APS-R) and developed a family version of the scale—the Family Almost Perfect Scale (FAPS; Wang, 2010). Beyond my imagination, the FAPS has received international attention and been translated into at least 10 other languages by 2023. My collaborators and I have examined the psychometric properties of the FAPS with multiple samples of college students in China (Deng, Wang, Qi, & Yang, 2012), Italy (Filippello, Costa, Sorrenti, Buzzai, Abramo, & Wang, 2021), and Russia (Camp, Sheveleva, Permyakova, & Wang, 2022). I have also explored family perfectionism among Asian Indian college students in Delhi (Wang, Puri, Slaney, Methikalam, & Chadha, 2012), personal perfectionism among high school students in Hong Kong (Suh, Yuen, Wang, Fu, & Trotter, 2014; Wang, Yuen, & Slaney, 2009), university students in Russia (Wang, Permyakova, & Sheveleva, 2016), and Germany (Stricker, Simonsmeier, Buecker, Simacek, & Wang, 2022). Overall, this topic of research has contributed to a more comprehensive understanding of perfectionism internationally, particularly in cultures with an emphasis on family and collectivism.



2023 EXCELLENT CONTRIBUTION AWARDEE REPORT (CON'T)

Like filling in a few pieces of a large puzzle, I have also contributed to understanding cross-cultural adjustment in today's globalized world. Specifically, I have advanced our understanding of factors associated with the cross-cultural psychological adjustment of international students and longitudinal trajectories of changes during the transition process. For example, my 4-wave longitudinal study "Examining the longitudinal profiles of acculturative adjustment trajectories for new Chinese international students" (Wang et al., 2012) classified international students based on adjustment trajectory types and examined factors predicting better (and worse) acculturative adjustment trajectories. This study was the first to utilize growth mixture modeling, highlighting the importance of considering individual differences in studying longitudinal acculturative adjustment. My research team later followed-up with two other longitudinal studies that focused on the trajectories of subjective well-being (Wang, Wei, & Chen, 2015) and cultural intelligence (Wang, Heppner, Wang, & Zhu, 2015) among Chinese international students. Sequencing these three studies over time also showed how different indicators (e.g., psychological distress, positive vs negative affect, cultural intelligence) provide varying sensitivity when assessing the challenges and growth of international students throughout the cultural transition process. Findings from these longitudinal studies underscore that not all students adjust with the same pattern or pace.



2023 EXCELLENT CONTRIBUTION AWARDEE REPORT (CON'T)



In addition, I have made foundational research contributions by building a theoretical model on Cross-National Cultural Competence and creating new measures for the research area of cross-cultural psychological adjustment. Scales I developed include the International Friendly Campus Scale (IFCS; Wang et al., 2014) and the Cross-Cultural Loss Scale (CCLS; Wang, Wei, Zhao, Chuang, & Li, 2015). And was invited to co-author a chapter in a major APA handbook where we developed the Cross-National Cultural Competence model (Heppner, Wang, Heppner, Wang, 2012). This conceptual contribution expanded previous writing on this topic by proposing layers of factors (i.e., personality, attitudinal, and coping variables, immersion experiences, and cognitive and affective processing of cultural encounters) that could influence the development of cross-national cultural competency.

While this summary touches on some of my international involvement with a focus on two main research areas and contributions to training, I've also been blessed to be engaged in several other ways. For instance, I co-chaired the outreach program to international students and co-facilitated a support group for international students at UIUC at the University of Illinois Counseling Center. At the University of Missouri, I co-taught courses related to cross-cultural psychology, served as the Treasurer for the APA Division 17 International Section, co-led a subgroup in the Globalization of Counseling Psychology Special Task Group, and served as the chair for the Taiwan Psychology Network. I have provided research training workshops in China and Russia and been involved as a consultant on several Chinese research teams.

2023 EXCELLENT CONTRIBUTION AWARDEE REPORT (CON'T)



Looking back, I am profoundly grateful for the invaluable guidance and support provided by mentors and colleagues who have been instrumental in shaping my cross-cultural journey. To name a few Dr. Puncky Heppner's initiative to internationalize Counseling Psychology empowered me first as an international student and subsequently as a scholar. Dr. Meifen Wei's mentoring and collaboration helped me become a more confident and efficient researcher. Their wisdom and encouragement have played a pivotal role in my navigation of the complexities of international research, teaching, and collaboration. Additionally, I extend my heartfelt appreciation to the Taiwan Psychology Network family, whose camaraderie and shared passion for advancing the field have been a constant source of comfort and inspiration. For example, I am grateful to the friendship and support of others such as Dr. Chun-Chung Choi and D. C. Wang who have enhanced my sense of belonging in a foreign land. Moreover, I am indebted to the students at Mizzou and Fuller who have inspired me to be authentic in my endeavors and who, through their engagement, insights, and encouragement, have fueled my dedication to studying international students. Together, these meaningful relationships have enriched my professional endeavors, contributing significantly to my growth and understanding in the realm of cross-cultural psychology.



REPORTS FROM OFFICERS

AWARDS & RECOGNITION COMMITTEE

CO-CHAIRS

In 2023, we operated the ICP Awards & Recognition Committee a little bit differently from previous years. We invited past awardees to organize the award committee and elected the co-chair among the six to work with ICP non-US-based co-chair. We hope that this new practice can help further strengthen the structure of the Committee. The 2023 Committee had four online meetings, between February to May. We successfully conducted nominations and selections for the Excellent Contribution Award and the Graduate Student Outstanding Research Award. Unfortunately, we were not able to have Lifetime Achievement Award. Therefore, we hope to encourage ICP members to nominate your colleagues for their lifetime international work for the 2024!

Congratulations to our 2023 awardees!!! We appreciate all ICP members and friends for your hard work and we hope to celebrate and recognize your work!! Please consider to nominate your colleagues or yourself for the 2024 awards. We look forward to receive your applications. ;)

2023 Awards and Recognition Committee Committee Co-Chairs

Dr. Hui Xu (2016 Graduate Student Outstanding Research Award)
Dr. Hung Chiao (2012 Graduate Student Outstanding Research Award)

Committee Members (by last name)

Dr. Alvin Seung-Ming Leung (2015 Lifetime Achievement Award)
Dr. Elizabeth Farrah Louis (2018 Graduate Student Outstanding Research Award)
Dr. Senel Poyrazli (2021 Excellent Contribution Award)
Dr. Meifen Wei (2022 Lifetime Achievement Award)

REPORTS FROM OFFICERS

INTERNATIONAL PSYCHOLOGY

PRACTITIONERS COMMITTEE (IPPC)

Jingqing Liu, Ph.D.
Savanna Therapy LLC

Soonhee Lee, Ph.D.,
ABPP
Stevenson University
Lee Counseling &
Consulting

Stephanie (Shiqin) Chong,
Ph.D.
SUNY – University at
Buffalo

Greetings from the International Psychology Practitioners Committee (IPPC)!

We provide monthly peer support and mentorship to international practitioners in their journey of professional and career development. Anyone who identifies themselves as an international practitioner is welcome to join. We appreciate all global perspectives and truly value the opportunity to hear unique stories from our members. The IPPC continues aiming to provide a welcoming and supportive professional home for any international psychology practitioners and strives to enhance our critical consciousness and decolonial liberation. Last year, the IPPC provided two new initiatives in addition to monthly meetings: (1) Support Space for Asian and Asian-American Community Members (February 8, 2023), which was in response to the continued anti-Asian hate crimes and the mass shootings in Monterey Park and Half Moon Bay, and (2) Indigenous Healing in the World: Global Perspectives from International Psychology Practitioners (August 4, 2023), which was a Liberation lounge meeting during the APA convention 2023.

We share, listen, and validate cultural and professional experiences. We co-create a collective healing space, embracing our differences in age, gender, ethnicity, nationality, and career stages, where members meaningfully reflect on acculturation processes, career transitions (e.g., private practice, leadership opportunities), immigration issues (e.g., sponsorship for permanent residency, dual citizenship), or professional challenges.

The current co-chair, Soonhee Lee, Ph.D., ABPP will rotate out after two and a half years of service. Stephanie (Shiqin) Chong, Ph.D. will rotate in as a new co-chair, working with the current co-chair, Jingqing Liu, Ph.D. We appreciate Dr. Lee's leadership over the past years and welcome our new co-chair, Dr. Chong.

Please contact Dr. Liu at jingqing.liu@gmail.com or Dr. Chong at sschong.sc@gmail.com if you are interested in learning more about IPPC or want to join our monthly meetings.

REPORTS FROM OFFICERS

iLGBTQ+ COMMITTEE

**Chia-Po (Po) Cheng,
M.Ed., M.Phil., LPC**

University of Massachusetts - Boston

**Eunhu Chang
M.A., M.S.Ed.**

University of Massachusetts - Boston

Hi everyone! This is Po (he/him), and I am the co-chair of the iLGBTQ+ committee.

The goals of the committee include creating a safe and supportive space for LGBTQ+ identified ICP members and advocating for LGBTQ+ rights within the ICP community. I apologize that the iLGBTQ+ committee has been quiet for the past few months, but we are looking forward to taking action and implementing new programs in 2024!

To start off the year, we plan to bring back our monthly support group. We believe that the support group is an excellent platform for LGBTQ+ international students, scholars, and practitioners to share both joys and challenges as we pursue our lives overseas. More importantly, it's an opportunity to build networks and relationships. Personally, my connection through the ICP support group provided me with valuable information and instrumental support during my internship application process. Don't miss out!

If you are interested in getting involved with the committee and/or support group or just wish to build connections, please feel free to contact me directly at ChiaPo.Cheng@gmail.com. You can also stay tuned with our news from our committee Facebook page (APA Div 17: iLGBTQ+ committee)

A LETTER FROM THE VICE PRESIDENT FOR INTERNATIONAL AFFAIRS (VPIA)



Bongjoo Hwang, Ph.D.
he/him/his
SCP VPIA (2023-2026)

Dear colleagues,

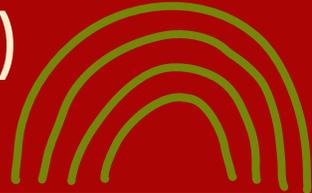
I am Bongjoo Hwang, the Vice President for International Affairs (VPIA) of the American Psychological Association (APA)'s Division 17 Society of Counseling Psychology.

I wanted to introduce myself and my plan to work with you all.

My background:

I was born and raised in S. Korea and came to the U.S. for my graduate studies in 1998. I first did my master's program in Marriage, Family, and Child Counseling at the University of Southern California, and then Ph.D. in Counseling Psychology at Indiana University. I did my APA-accredited internship at the University of Illinois' Counseling Center and a fellowship at The Ohio State University (OSU)'s Counseling & Consultation Service. After the fellowship, I worked at OSU for 7 years before I became the Training Director at the Arizona State University's Counseling Services where I worked for 5 years. I then served as the Director of California State University (CSU) - Long Beach's Counseling Services for 3 and a half years. Most recently I worked at CSU - San Marcos as the Executive Director for the Health & Counseling Services until May 2023. Now I am in private practice.

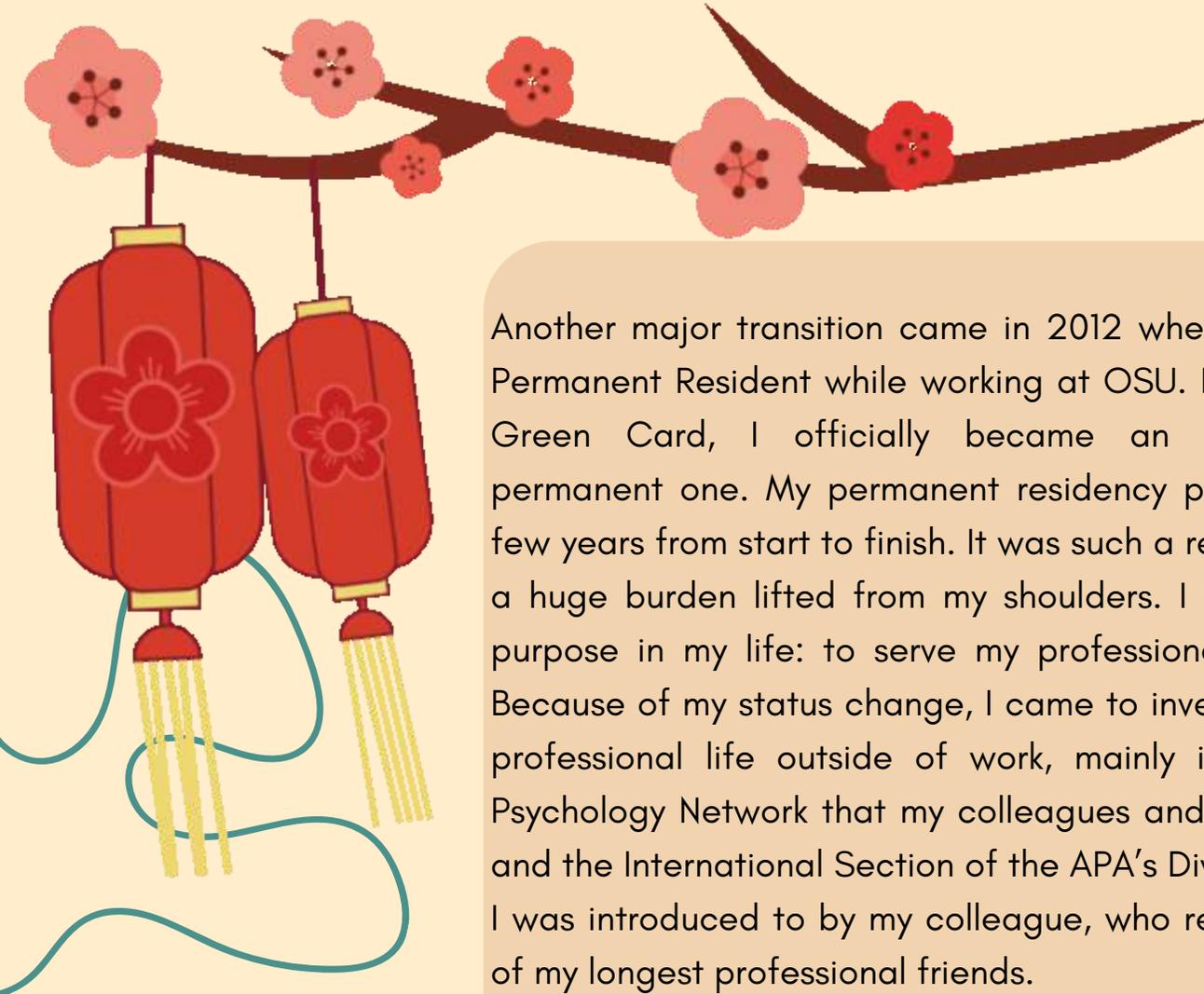
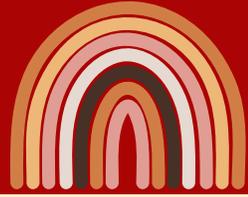
A LETTER FROM THE VICE PRESIDENT FOR INTERNATIONAL AFFAIRS (VPIA) CON'T



Looking back on my almost 26 years of American life, a few major transitions have shaped my goals and purposes in my life. My first transition from a Korean student to an international student at a US university. My English was not great. Speaking out in class was hard for me. Learning the basic knowledge and skills to live in the U.S. was exciting but stressful. Most of all, learning about the racial and ethnic struggles and the immigration histories of different groups in the U.S. was eye-opening for me. I felt that I found a purpose: to pursue a doctoral degree. I chose to study counseling psychology to advance my knowledge and skills in working with diverse populations, particularly the international student population.

During the 4th year of my doctoral program, I became a father. Having an American-born child made me pursue a career in the U.S. I felt I found a purpose in my life: to be a good father. I still remember doing the internship interviews while keeping my eyes and ears open to my newborn child who was mostly eating or sleeping during their first month of life.

A LETTER FROM THE VICE PRESIDENT FOR INTERNATIONAL AFFAIRS (VPIA) CON'T



Another major transition came in 2012 when I became a Permanent Resident while working at OSU. By getting the Green Card, I officially became an immigrant, a permanent one. My permanent residency process took a few years from start to finish. It was such a relief, and I felt a huge burden lifted from my shoulders. I felt I found a purpose in my life: to serve my professional community. Because of my status change, I came to invest more in my professional life outside of work, mainly in the Korean Psychology Network that my colleagues and I co-founded and the International Section of the APA's Division 17 which I was introduced to by my colleague, who remains as one of my longest professional friends.

Yet another major transition occurred in 2019. I became a Korean American immigrant when I took an oath to be a naturalized citizen of the United States of America. Now all the discriminations that marginalized Americans have experienced, the ones that I learned from multicultural classes and see on the news, such as Anti-Black racism and Asian hate crimes, have become so much more personal and real although they were personal and real before.

A LETTER FROM THE VICE PRESIDENT FOR INTERNATIONAL AFFAIRS (VPIA) CON'T

What I did within the international community in the past:

I joined the International Section of the APA Division 17 in 2010. The International Section has become my professional home, which led me to serve the section over the years: International Psychology Practitioners Committee chair (2013-2017), Research Committee Co-Chair (2015-2018), Special Task Force Co-Chair (2016-2018), US Based Co-Chair Elect (2017-2018), US Based Co-Chair (2018-2020), and Past Co-Chair (2020-2021). These experiences eventually made to decide to run for Division level leadership, and I am very humbled to have the opportunity to serve the Division 17's Vice President for International Affairs.

What I am hoping to do as the VP of International Affairs:

I co-founded the Korean Psychology Network (KPN) in 2011. One of the things that international students and international psychologists in the US experience is feeling not belong. It was true for me and other co-founders of KPN. That is why we wanted to create a home for Korean international students and psychologists so that we could be home for each other. KPN has grown and has become home to more than 100 members.



A LETTER FROM THE VICE PRESIDENT FOR INTERNATIONAL AFFAIRS (VPIA) CON'T

As I said before, the International Section has been my professional home, now for over 13 years. I still regularly attend the monthly International Psychology Practitioners Committee meeting, and I will continue to do so as long as the committee exists.

APA Division 17 has become my bigger professional home. As the VP for International Affairs, I would like to invite you all to find a bigger professional home within the Division if you have not been able to do so yet. Honestly, I did not feel belonged in the Division until I was more connected with other Division members who were active within the Division, and maybe in a way I am still trying to make the Division my professional home.

I will be sending out a survey to ask you what I can do and what we can do together to achieve this dream of making Division 17 a professional home, for us, international students, international psychologists, and immigrant psychologists.

Why don't you join me in making Division 17 our professional home? Please let me know how we could work together.



ANNOUNCEMENT

Notice for a Member Vote on Bylaw Amendments

This notice is to announce an open member vote to affect bylaw amendments under Article VIII, Dues and Finances, for the International Section of Division 17 of the American Psychological Association.

All members (International Affiliates, Professional Affiliates, and Student Affiliates) are hereby notified of an open member vote to amend the International Section bylaws. **All members are encouraged to attend the vote on the amendments, which will take place at the Membership Business Meeting at the 2024 APA annual convention in Seattle, Washington.** The exact date, time, and location of the Business Meeting will be announced via listserv when formally scheduled. The vote concerns amendments to Article VIII, sections 1, 2, 3, and 4. Additional amendments will be proposed.

The action items include but are not limited to (a) an amendment to eliminate the minimal annual fees for US affiliates, and (b) a new amendment allowing for the International Section to solicit donations upon member registration that can be accepted through digital currency transfer (e.g., PayPay, Venmo) by the sitting Treasurer.



ANNOUNCEMENT

ICP UPCOMING ELECTION

Please consider nominating yourself or your colleagues for one of the following positions:

- 1) **Non U.S. Based Membership Co-Officer 2024-2026**
- 2) **Treasurer 2024-2026**

Please send us your nomination with the nominee's contact information (i.e. email and phone number) to internationaldiv17@gmail.com by March 30.

To be considered for the above positions is straightforward! The individual just has to be an active member of the ICP section. In addition, for you to participate in voting you also need to be an active member, which means you should have paid membership dues for this year. If you are not so sure whether your membership due is fully paid, please contact our membership co-chairs, Dr. Baanu Jeevanba (baanu03@gmail.com) or Dr. Ethan Sahker (ethansahker@gmail.com), to verify your membership due payment status.

Seeking iLBGTQ+ Committee Co-Chair (Appointed Position)

The iLBGTQ+ Committee is established by a group of international counseling psychologists and trainees who are committed in promoting the well-being of LGBTQ individuals and in enhancing public awareness of LGBTQ issues across nations and cultural contexts through research, practice, and advocacy work. We are seeking a committee chair to serve for the 2024-2026 term. If interested, please submit your letter of interest by March 30 to internationaldiv17@gmail.com.



ANNOUNCEMENT

ICP Call for Awards

I. Lifetime Achievement Award

The Lifetime Achievement Award recognizes a professional of more than twenty (20) years of experience who has demonstrated a long history of significant contribution to international counseling psychology in more than one of the following areas: (a) international counseling psychology research; (b) cross-cultural collaboration; and (c) service or training with an international focus.

II. Excellent Contribution Award

The Excellent Contribution Award recognizes a professional of ten (10) or more years of experience who has demonstrated significant contribution to international counseling psychology in one or more of the following areas: (a) international counseling psychology research; (b) cross-cultural collaboration; and (c) service or training with an international focus.

III. Graduate Student Outstanding Research Award

The Graduate Student Outstanding Research Award recognizes an international psychology research project that is done by a graduate student. Projects can be empirical or non-empirical but must fit with the mission of the Section to encourage, promote, and facilitate the scientist-professional model of counseling psychology in international contexts in the U.S. and around the globe. If the project has been published, published articles within 2 years are eligible for this award. The award winner will receive a plaque at the Section's International Scholars' Breakfast hosted by the International Section during the APA convention and will be acknowledged in our International Section's Newsletter. To be eligible for this award, applicants must be (at the time of their application) enrolled in a graduate program in counseling or counseling psychology anywhere around the world, and they must be members of the International Section.

Please send application materials in one pdf file with candidate's name and award title as the file name with the email subject line, ICP Award Application, to both Drs. Arunya Tuicomepee and Hung Chiao, Co-Chairs of the International Section Awards & Recognition Committee, at Arunya.T@chula.ac.th & hungchiao@gmail.com by

May 1, 2024.

SHARE YOUR THOUGHTS!

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