



Asian American Clinical Issues and Concerns

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Introduction

- ***Shilpa Kapoor*** –Asian Indian, pre-doctoral student in Clinical Psychology.
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- ***Andrei Lyovin*** – Multiracial – Russian and Japanese, fifth year doctoral student in Clinical Psychology.
- ***Kelly Pham*** – First generation Vietnamese American, third year doctoral student in Clinical Psychology.
- ***Debra Fan*** –Taiwanese Chinese American, third year doctoral student in Clinical Psychology.



Outline of Presentation

- Asian American Values Scale
- Asian American Traditions and Values
 - Chinese Americans
 - Vietnamese Americans
 - Indian Americans
 - Ameriasian and Hapa
- Case Presentations
- Q&A



Working With Chinese Americans

By Lynn A. Hwu, M.A. & Debra Fan, M.S.

Asian American Traditions, Values, and Norms

- Avoidance of family shame
 - “saving face”
- Collectivism
- Deference to authority figures, elders, and parents
- Filial Piety
- Self control and restraint
- Self effacement

Asian American Traditions, Values, and Norms

- Conformity to norms
- Family recognition through achievement
- Patriarchy
 - woman subordinate to father, husband, and son

Asian American Traditions, Values, and Norms

- **Marriage**

- historically arranged
- bride joins the grooms family to care for his family
- parent/son relationship supersedes the husband/wife relationship
- importance of continuing the father-son line
- divorce frowned upon

Chinese Lifelong Expectations that Lead to Mental Health Wellness

- **Childhood:** discipline, learn, character building, care for the needy
- **Adult:** serve country and community, care for own family, serve as a role model
- **Late life:** live with family of 4 generations, provide wisdom and advice to those younger, respected and love

Chinese Americans

Importance of the family

-filial piety

-collectivism

- "We" rather than "I"

Emotional self control, restraint, moderation

-Confucian

-Buddhist

-Taoist

-Humility

Chinese American Clinical Issues

•Stigma of Psychotherapy

- Unfamiliar with the concept of mental health services
- Saving face
- Psychological problems imply a problem in moral character
- Conventional group therapy not easily accepted

-reluctance to reveal private thoughts

Individual therapy can be limited

-ambiguity

-respect for authority

-immediate solutions

Coping Strategies

- Active coping
- Symptom-focused coping

Case Illustration

- A 27 year-old, US born, Chinese American female presenting with depressive symptoms.

Chinese Group Support

- **Cooking with Friends – Wellness and Recovery**



Working With Vietnamese Americans

By Kelly Pham, M.S., CTRS

Vietnamese People in California

- Three generations
- Census: Largest group (close to 1.5 millions)
- 40-47% of all Vietnamese in the US
- LA-Riverside-Orange counties, SF-Oakland-San Jose
- City of San Jose – 78,842 persons in 2000

(US Census, 2000 and 2010 estimates)

- Most government offices have documentations written in Vietnamese

Issues Affecting Mental Health

- Variety of history of trauma including physical abuse, sexual abuse, rape, neglect, loss, death, discrimination, poverty, witness of war as well as boat trips, veteran related issues, POWs
- Adjustment issues, drug and alcohol issues, no early intervention, medication compliance issues, and cultural/identity issues
- Family conflicts in providing care i.e. eastern and western medicines, superstition...

What Can We Do To Help?

- Provide the best care possible
- Provide culturally/linguistically sensitive services and funding
- Provide psycho-education to individuals and families when possible
- Provide support and understanding of the Vietnamese sub-cultures
- Provide hope and encouragement
- Promote the use of mental health services



Case Presentation

- Working with Adults
- Working with Minors
- Working with Severe Mental Illness (SMI)
- Working with Trauma Survivors, Immigrants and Refugees



Working with Asian Indians

By Shilpa Kapoor, M.A., M.S.

Reason for Influx of Asian Indians in America

- High educational achievement in India
- Job opportunities in America
- Preference for brides from India
- Immigration of parents
- Students

Asian Indians – Clinical Issues

- Importance of family
- Allocentricism
- Pressure to excel academically
- “Marriages are forever”
- Karma
- Somatization
- Stigma associated with mental illness and seeking professional help
- Lack of knowledge regarding available resources

Case Illustration

- Six-year-old Asian Indian boy
 - Presenting problems
 - Role of culture



Case Illustration - Interventions and Outcomes

- Safety and psychoeducation
- Improving access to services
- Reducing barriers to treatment
- Involving the family and school
- Connecting with resources in the community
- Outcomes



Multiracial Asian Americans

By Andrei Lyovin, M.A.

History of Multiracial Asian Americans

- Anti-miscegenation laws
- Cable Act 1922
- Law of Hypodescent or 'one drop rule'
- Loving vs Virginia 1967

Multiracial Asian Americans

- Mixed race, biracial, Eurasian, Amerasian, and Hapas
- Often do not have the appearance of being either race
- Growing population

The Multiracial Asian American Experience

- Variables to consider
- Location
- Phenotype

Case Examples

- Personal experience growing up in Hawaii as multiracial Russian/Japanese
- ‘Hapa’ in Hawaii
- Traveling to Japan as a child
- Cold War Era
- Living in Los Angeles
- Living in Japan
- Identity

Case Examples

- Vietnamese/European mix
- Both parents multiracial
- Identification with Vietnamese
- Phenotype / how others perceive him

Working with Multiracial Asian American clients

- Considering a broad range of possible life experiences
- Client's view of his or her identity
- Integration of racial identities vs choosing one racial identity