



## **Asian American Mental Health: The Stuff Your Programs Never Taught You**

**Speakers:** Jennifer Chou-Sachdeva, PhD  
& Ivy Hall, PhD  
**Date:** Tuesday, February 7, 2023 (9am - 12pm)  
**Location:** Virtual Course

**Deadline to register:** Friday, February 3, 2023 @5pm  
**Cost:** \$75.00  
(does not include processing fee of \$6.20)

**Register:** [www.chconline.org/continuing-education](http://www.chconline.org/continuing-education)

### **Course Description**

Asian Americans are one of the fastest-growing demographic groups in the U.S., with recent estimates of about 5.7% of the total U.S. population identifying as "Asian American". Mental health experiences of Asian American communities are characterized by disconnection to ancestral culture due immigration, war, loss of cultural and spiritual practices, racial trauma, and systemic inequities. Furthermore, the COVID-19 pandemic has led to a dramatic increase in anti-Asian racism and xenophobia worldwide which has led to exacerbation of mental health symptoms among the Asian American population. It is important to understand the historical and current context that contributes to the Asian American experience in order to provide culturally responsive and effective care.

### **Goals & Objectives**

1. Describe and explain specific sociopolitical historical and current events that have shaped and continue to shape the Asian American experience
2. List unique factors that influence the Asian American experience and mental health correlates
3. Apply an Asian-centric framework to mental health practices that prioritizes collectivistic values, integrates religion and spirituality, and elevates recovery, resilience, and resistance

### **About the Speakers**

**Jennifer Chou-Sachdeva, PhD** is a clinical psychologist who is passionate about promoting wellness, providing exceptional mental health care, educating, and addressing mental health disparities and access to care at the individual and systems levels. Jennifer is particularly committed to providing people of diverse social identities with paths to healing and growth that are centered around their lived experiences. Jennifer currently works as a Clinical Quality Supervisor at Lyra Health, Inc. where she leads a nationwide team of therapists in providing evidenced-based and culturally responsive care via telehealth. Additionally, she runs a successful private practice where she works with individuals struggling with anxiety and depression, and couples in distress. Previously, Jennifer worked at the Veterans Health Administration for 6 years where she served as a clinician, clinical supervisor, and diversity, equity, and inclusion consultant in 2014 with a special focus on Diversity and Community Mental Health. She is originally from the SF Bay Area and currently lives with her husband and two cats in San Francisco. Outside of psychology, she enjoys yoga, ballroom dancing, baking, and being a fan of Bay Area sports teams.

**Ivy Hall, PhD** is a licensed clinical psychologist providing online therapy in California. She is a 2nd generation, Vietnamese/Chinese American, born and raised in occupied Muwekma Ohlone land (SF). She sees healing as being similar to Kintsugi- the Japanese art of repairing broken pottery. Imperfections are seen as valuable and focused on, rather than the absence or missing parts. Broken objects are transformed into unique, beautiful, and useful pieces- the essence of resilience. She uses a mix of Brainspotting, somatic and movement tools, mindfulness, and Acceptance and Commitment Therapy (ACT). She is a sports fanatic and loves spending time eating and watching sports with her family.

### **Approved for 3 hours of continuing education credit for:**

- Psychologists: CHC is approved by APA to provide continuing education. CHC maintains responsibility for this program and its contents.
- For LCSWs and LMFTS: Effective 7/1/17, the BBS no longer has its own approved providers. Rather, the BBS will recognize CE classes offered by organizations approved by a few agencies, including APA. CHC is an APA approved sponsor.
- SLPs as required by the Speech-Language Pathology, Audiology & Hearing Aid Dispensers Board (PDP 350).

### **Deadline for Registration**

**Friday, February 3, 2023 @ 5:00 PM.** For reasons of confidentiality, this course is open to professionals only. CHC is handicap accessible, if you require special accommodations, reach out to [acheang@chconline.org](mailto:acheang@chconline.org).