



Asian Neuropsychological Association

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Colleagues,

The current COVID-19 pandemic is taking a singular toll on our world's healthcare system, economy, and society as a whole. As people of the nation and world deal with this crisis, individuals of Asian descent face unique challenges in these uncertain times. There are unfortunately already a multitude of news articles highlighting recent racist attacks on Asian and Asian Americans. Hostile nomenclature for COVID-19 including the "China/Wuhan Virus" or the "Kung Flu" are gaining traction within certain communities, which will only serve to foment and encourage these attacks. In addition, anti-Asian sentiment will likely continue post pandemic given the astronomical economic crisis the country/world will be in due to the coronavirus. Indeed, Asians may be blamed for the pandemic and the economic fallout post-crisis.

The Asian Neuropsychological Association (ANA) denounces these behaviors and asks the neuropsychological community to assist us in supporting our Asian colleagues who are experiencing COVID-19-related racism. We encourage you all to regularly check in with them to ensure that they feel safe and have a secure place to communicate their concerns. Asian students and trainees may be at increased risk for feelings of isolation and vulnerability as they navigate racism they may be experiencing in combination with the challenges of clinical training during this time. Attacks may be overt (such as the cases documented by the media) or subversive in nature. Microaggressions may not be as obvious to detect, but can nonetheless be psychologically harmful for those on the receiving end. If one of your colleagues feels that they were subjugated to a racial attack of any kind, please serve as a compassionate ear. We also ask that you educate those who demonstrate racist behaviors, and advocate for institutional support for colleagues experiencing hostile environments. As always, we psychologists strive to adhere to the principles outlined by the American Psychological Association (APA) Ethics Code. Here is such an opportunity to do so.

We also encourage our Asian and Asian American colleagues to seek cohesion and empowerment through action and organization. ANA is one such resource; since our founding in November 2018 we have coalesced into an international community of over 230 members. Additional resources are available through APA, the Asian American Psychological Association (AAPA), and local state groups. This is not a time for reticence but rather a chance to empower ourselves and let our voices be heard. We should and cannot be silenced in the global conversation. If your voice feels lost in the dialogue, let your colleagues know. Report your hate incidences to community advocacy groups such as <http://www.asianpacificpolicyandplanningcouncil.org/stop-aapi-hate/>. Report hate crimes to the local police. Consider forming and leading local support groups, or petition institutional leaders to make formal statements. It may also be useful to highlight positive Asian contributions to combat the virus. For example, educating others on how Asian countries are demonstrating health practices that show effectiveness in limiting transmission (e.g. mask-wearing), how Asian medical experts such as Dr. Sanjay Gupta are keeping the public informed on the scientific COVID-19 data, and how a large number of Asian healthcare professionals are fighting the virus on the frontline.

In closing, remember within the Chinese character for crisis is the sign for opportunity. ANA thanks you for your support. Together we will all get through this crisis.

Respectfully,

Daryl Fujii, Ph.D., ABPP-CN (ANA President)

Nicholas S. Thaler, Ph.D., ABPP-CN (President-Elect)

Mimi Wong, Ph.D. (treasurer)

Lauren Mai, Ph.D. (secretary)

Jasdeep S. Hundal, Psy.D., ABPP-CN (member-at-large)

Alexander Tan, Ph.D. (student committee)

Resources for Fighting Racism

National Association of School Psychologists Countering COVID-19 (Coronavirus) Stigma and Racism: Tips for Parents and Caregivers

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-\(coronavirus\)-stigma-and-racism-tips-for-parents-and-caregivers](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-(coronavirus)-stigma-and-racism-tips-for-parents-and-caregivers)

Adames & Chavez-Dueñas (2017) Surviving & Resisting Hate: A Toolkit For People of Color

<https://icrace.files.wordpress.com/2017/09/icrace-toolkit-for-poc.pdf>

UNICEF (3/11/20) 5 Ways to Fight Racism and Xenophobia

<https://www.unicefusa.org/stories/5-ways-fight-racism-and-xenophobia/34567>

UNICEF: Social Stigma associated with COVID-19 A guide to preventing and addressing social stigma

[https://www.unicef.org/media/65931/file/Social%20stigma%20associated%20with%20the%20coronavirus%20disease%202019%20\(COVID-19\).pdf](https://www.unicef.org/media/65931/file/Social%20stigma%20associated%20with%20the%20coronavirus%20disease%202019%20(COVID-19).pdf)

American Psychological Association (2020) Combating Bias and Stigma Related to COVID-19

<https://www.cnn.com/2020/03/23/politics/donald-trump-coronavirus-asian-american-community/index.html>

Choi, Lin, Leung, & Liao (2020)

Respiratory Disease and Racism Have Reared Their Ugly Heads With COVID-19 - Annals of Internal Medicine: Fresh Look Blog. Annals of Internal Medicine

<http://freshlook.annals.org/2020/03/respiratory-disease-and-racism-covid19.html>

Asian Pacific Policy & Planning Council Stop APPI Hate Incident Report Form

<http://www.asianpacificpolicyandplanningcouncil.org/stop-aapi-hate/>

Link to help people understand the difference between hate incident vs hate crime and details steps to take (ie. report to local authorities, or to community tracking sites)

<https://oag.ca.gov/hatecrimes>

San Francisco Chronicle (2/12/20) How to contain the virus of racism during coronavirus outbreak

<https://www.sfchronicle.com/opinion/openforum/article/How-to-contain-the-virus-of-racism-during-15048941.php>

Coronavirus/COVID-19 Resources to Stand Against Racism

<https://www.advancingjustice-aaic.org/covid19>

Guide to bystander intervention- Discrimination should never be acceptable anywhere. We encourage our communities and allies to learn about ways to respond:

https://www.ihollaback.org/app/uploads/2016/11/Show-Up_CUPxHollaback.pdf