

BI+ IN PSYCHOLOGY SPOTLIGHT



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Please describe your bi+-related research, clinical work, teaching and/or advocacy.

My current bi+ research is focused on experiences of growth, which is defined as the perceived benefits resulting from adverse events. Previous studies with lesbian, gay, bisexual, transgender, and queer people of color (LGBTQ POC) often focus on risks and deficits, at the expense strengths and growth. LGBTQ POC experience discrimination based on their intersecting identities and, consequently, have the potential to grow as a result of such experiences. My research is focused on what experiences of growth can look like for Black bisexual women.

The focus of BIC's APA 2021 symposium is "Bi+ Intersections." Please describe the intersectional research you will be presenting.

The research I will be presenting for BIC's APA 2021 symposium is a qualitative study of Black bisexual women's experiences of growth following biphobia and gendered racism. Semi-structured interviews facilitated exploration of participants' intersecting identities of race, sexuality, and gender, and how they made meaning of those experiences. Results of this research suggest that Black bisexual women can and do, indeed, experience growth following this discrimination, indicating that discrimination they encounter has the potential to serve as a catalyst for growth in various life domains.

From your perspective, why is it important to take an intersectional approach to studying bi+ communities?

It is incredibly important to take an intersectional approach to studying bi+ communities so that people at these intersections are centered, and their voices and experiences amplified. Bi+ related research intentionally acts against invisibility and erasure of Black bisexual women in particular, and bi+ people more broadly. Moreover, developing understanding of intersections for bi+ communities enables mental health practitioners to better meet the needs of bi + clients.

What makes you passionate about bi+ psychology? Where would you like to see the field go?

I'm excited for bi+ psychology to continue to increase the visibility of bi+ people, validate and affirm the diversity of bi+ experiences, and uproot biphobia. I'm eager to see more Black bisexual women at the center of this work, both as researchers and participants. I look forward to the field continuing to shift the focus of research with bi+ people to strengths and growth, and the beneficial changes in research, clinical work, teaching and advocacy that follow from that.

What is a fun fact about you?

A fun fact about me is that my last name is a palindrome!

