

BI+ IN PSYCHOLOGY SPOTLIGHT



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(she/her)

Doctoral Student

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

My research explores the intersections of race and bisexuality. Specifically, my work examines associations between romantic attachment styles, depression, and acceptance concerns within the bisexual population. I currently have a clinical externship at The New School's Student Health Services, where I work primarily with racial and sexual minority students.

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 considers how acceptance concerns, depression, and relationship avoidance and anxiety may be heightened in people with intersecting biracial and bisexual identities.

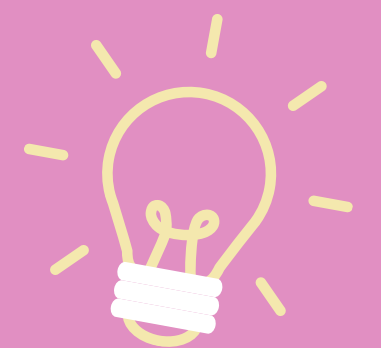
✧ From your perspective, why is it important to take an intersectional approach to studying bi+ communities?

It is paramount that clinicians and researchers utilize an intersectional approach to bi+ communities because the interlocking systems of oppression and privilege associated with an individual's various identities greatly contribute to their lived experience and mental health. To neglect the influence that one's race, gender, socioeconomic status, religion, etc., has on their experience leads to a false equivalence of the Bi+ experience.

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

As someone who is biracial and bisexual I am passionate about bi+ psychology because I believe it encourages a more holistic view of identity and experience. I have learned that to acknowledge my bisexuality without appreciating how my biracial identity influences my experience of my sexuality, is insufficient. I hope that taking an intersectional approach becomes the standard within all psychological research.

What is a fun fact about you?



A fun fact about myself is that I am a professional tarot reader and I love astrology!



Happy #bihealthmonth from the Bisexual Issues Committee! Visit bihealthmonth.org for more information.

