

BI+ IN PSYCHOLOGY SPOTLIGHT



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(she/her)

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

My bi+ research has focused on giving voice to minority/underrepresented groups within the LGBTQ+ community including bisexual-identifying People of Color, and bisexual-identifying women. My main focus thus far has been to understand lived experiences using an intersectional lens from the perspective of individuals' relationship experiences with different partners. My clinical work has not specialized specifically on the bi+ community but I had the opportunity to complete practicum training as a therapist at the Transform Health Clinic in Lexington KY which focuses on "meeting many of the unique medical needs of people who identify as lesbian, gay, bisexual, queer, questioning and/or anywhere on this spectrum, as well as those who consider themselves on the transgender spectrum." In terms of advocacy work, I have worked as a therapist, outreach specialist, and researcher with non-profits in India (my home country) that specifically work to empower LGBTQ+ identifying individuals. In the US, I have conducted three semester-long trainings with students in the healthcare field where training focuses on diversity, inclusion, and social justice.



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

The study I will be presenting focuses on understanding the romantic relationship experiences of bisexual-identifying Asian men from North America from an intersectional perspective. The purpose of this study was to understand whether experiences are influenced by the intersections of race/culture/gender and sexual identity. Results showed that these intersecting identities played a significant role in determining or influencing the implicit or explicit relationship decision and experiences of this population (e.g., in partner choice, in gender role expectations in relationships).

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

An amalgamation of my own experiences as a third-generation Chinese-Indian immigrant and through professional experiences, it became evident that most, if not all human experiences are steeped in the intersecting influences of various identities. With respect to bi+ communities, I believe it becomes more salient when considering bi invisibility, bi phobia, and overall bi stigma and how these prejudices are rooted in various identities. Thus, to get a deeper, more holistic grasp on this population's experiences requires an intersectional perspective.



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

Since deep-diving into bi+ research, what has sparked my passion is compounded nature of prejudice that this population continues to face. More specifically, the significant experience of bi stigma arising from both heterosexual and LGBTQ communities makes it imperative that we continue to highlight the distinct experiences of this community. I hope this field continues to move away from sexual stigma and sexual health approaches and moves towards a strengths-based perspective that further highlights the unique lives of the bi+community.

What is a fun fact about you?



I bungee jumped off a crane in a Pikachu onesie at a music festival :)

