I am a 2nd year doctoral student in a combined program in counseling, clinical and school psychology at the University of California, Santa Barbara. I received my M.Ed. in comprehensive sexuality education and counseling from Beijing Normal University (China) and my B.S. in applied psychology from Nanchang University (China). Prior to my doctoral studies, I worked for two years at UNESCO in France and Thailand, on education for gender equality and LGBTI+ inclusion.
My current research projects aim to conceptualize and assess internalized binegativity and its negative impacts among bisexuals in order to inform health professionals and policy makers for better services and programming. Clinically, a large percentage of my current caseload are bisexual/pansexual clients. I will be a teaching assistant for an undergraduate course Psychology of Gender next quarter. I created a group of bisexual/pansexual volunteers to serve Chinese bi+ folks, at Chinese Rainbow Network, a non-profit organization based in the US. We have established an online discussion group of 125 Chinese bisexuals/pansexuals and organized several online support groups since the pandemic started.

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

I will be presenting my research about the intersection between bisexuality and culture. Most psychological measures about internalized stigma have been developed in the Western context. This project aims to develop and psychometrically evaluate a culturally sensitive measurement of internalized binegativity among bisexuals who live in Chinese cultures, in collaboration with community experts from target regions. Additionally, this study will examine bisexual mental health across Mainland China, Hong Kong, and Taiwan.

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

Bi+ communities include a wide range of folks, in terms of race, ethnicity, gender, sexual/asexual attraction, age, abilities, cultural background and many more. Bi erasure at large leaves bi+ communities feeling invisible and unheard, hence applying an intersectional approach is crucial to build an inclusive and equitable community for all people to feel a sense of belonging. Researchers contribute to fostering this cohesion and conclusion within Bi+ community by implementing an intersection approach to shine a light on folks who are less represented or have less opportunity to share their voices.
What makes you passionate about bi+ psychology?

Where would you like to see the field go?

My experiences both personally and professionally have led me to understand the great need for researchers, educators and mental health practitioners for LGBTQ individuals, especially in Asian, African, Latin American and Middle Eastern countries where poverty, low social development, and patriarchal institutions persist and investment in mental health services is scarce. I am passionate to contribute my voices and studies to the development of large and diverse bi+ communities, in Non-Western countries and cultures. My biggest dream is to see bi+ mental health programs be implemented in every Asian, African, Latin American and Middle Eastern country.

What is a fun fact about you?

I like watching series or movies while eating ice cream (once in a while, ONLY). I love travelling and have been to more than 20 countries. I wish I could have more time and opportunities to travel, after this pandemic.

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March is #BiHealthMonth! To celebrate, the Bisexual Issues Committee (BIC) will be spotlighting four researchers working in the area of bi+ psychology. All will be presenting in BIC's APA 2021 symposium, entitled "Bi+ Intersections." We hope you'll join us at the virtual symposium in August!

For more information and resources related to #BiHealthMonth, visit bihealthmonth.org.