

Loss and Bereavement: Cultural Aspects of Grief Among Asian Americans

Biography:

Yen Chong, M.D., Psychiatrist, Lutheran Medical Center

Dr. Yen Ling Chong is a board certified psychiatrist who specializes in treatment of adult general psychiatry. Currently, she's working at the Sunset Terrace Family Health Center, the psychiatry outpatient clinic of Lutheran Medical Center in Brooklyn. She has a special interest in cross cultural psychiatry, and treatment of Asian American patients. She also has a vast experience treating victims of 9/11 who suffered from loss and PTSD. Dr. Chong grew up in Malaysia and is fluent in Cantonese, Mandarin and Malay. Her experience growing up in a multicultural society proves as an advantage in her clinical practice where she treats mostly the diverse underserved Asian American communities in New York.

Irene Chung, Ph.D., Associate Professor, Hunter College, School of Social Work

Irene Chung, PhD received her doctoral degree in Clinical Social Work from New York University. She has twenty years of experience working in the mental health field as a practitioner and administrator. She is currently Associate Professor at the Hunter College School of Social Work, and maintains a private practice in Manhattan. Her professional interests are in the areas of suicidology, Asian immigrant issues and culturally-relevant clinical practice. Dr. Chung recently completed a study on Chinese immigrants who attempted suicide in New York City, and conducted a suicide prevention project for Asian adolescents. She also served on the New York Coalition for Asian American Mental Health's steering committee on Suicide Prevention and Public Awareness Campaign for Elderly Asian Women.

Joy Chung, PhD, Counselor, and Founder & President, Family Touch

Dr. Joy Chung is the founder and president of Family Touch. She earned a Ph.D. in Education with emphasis in psychology and counseling from Southwestern Baptist Theological Seminary in Fort Worth, Texas. She is a highly recognized speaker and counselor on Korean American family issues, marital problems, and troubled youth, elderly issues in the United States and Korea. Dr. Chung has many years of experience in teaching at the colleges and in working with youth and family. She was the Program Director for New Vision Youth Service in New York, frequent columnist on topics dealing with family and youth education in local newspapers. She also serves as an advisory committee member of human services of Bergen County in New Jersey and Korean Churches for Community Development.

Katrina Kim, LCSW-R, Psychotherapist, Stony Brook University

Karina Kim is psychotherapist working at Stony Brook University Counseling and Psychological Services, Flushing Outpatient Mental Health Clinic, and in private practice. She received her education from Stony Brook University and University of Pennsylvania. Her interests and specializations include suicide prevention, chronic depression, trauma (EMDR), sexual assault/abuse, domestic violence, traumatic brain injury, qualitative & quantitative research.

Winnie Kung, Ph.D. Associate Professor, Fordham University

Winnie Kung, Ph.D. is associate professor at Fordham University Graduate School of Social Service. Her research interests include mental health and families, with an emphasis on cultural impacts. She has recently developed and pilot tested an ethnic sensitive family psycho education for Chinese American caregivers of patients suffering from schizophrenia. Her latest publications include how symptom manifestations affect help seeking for mental health problems among Chinese Americans, Chinese Americans care-givers' burden and causal attributions of schizophrenia, Chinese Americans' help-seeking behaviors and barriers to mental health treatment, integration of primary care and mental health services, and the sociocultural contexts in shaping divorced women's stress and coping in Hong Kong. Her previous studies also addressed the relationship between marital distress and the treatment of depression. She had received research grants for her studies from federal sources, academic institutions, and private foundations. She teaches graduate direct practice courses with individuals, groups and families.

Rev. Kei Okada, Spiritual Care Counselor, Visiting Nurse Service of New York (Hospice Care)

Rev. Kei was born in New York City, raised in Kanazawa, Japan and now resides in New York since 1984. He graduated from Sophia University in Tokyo with BA, School of Visual Arts (NYC) with BFA, and Union Theological Seminary (NYC) with MDiv. Rev. Kei completed CPE (Clinical Pastoral Education) program at Sloan-Kettering Cancer Center, NY Methodist Hospital, and NY Presbyterian Hospital ("Program for Children with AIDS" clinic); and worked as a staff chaplain at the Pediatric AIDS clinic, and since 2000 working as a Pastoral Counselor at Housing Works ADHC (Adult Day Health Care) program; since 2006 working as a Spiritual Care Counselor at Visiting Nurse Service of New York Hospice Care. Kei is also a Board Certified Chaplain of Association of Professional Chaplains.

Wendy Panken, LCSW, Support Group Manager, The Alzheimer's Association of New York

Wendy Panken is a Licensed Clinical Social Worker and is currently managing the Family Caregiver Support Group Program at the NYC Chapter of the Alzheimer's Association where she leads groups for spouses and adult children with relatives with dementia, supervises group leaders and creates and leads educational workshops. In addition, Ms Panken has post graduate training in psychoanalytic psychotherapy and has been a psychotherapist in private practice on the Upper Westside since 1991. She became aware of the devastating effects of dementia and in its impact on the family and society at large when her mother was diagnosed with vascular dementia in 1998. Upon the death of her mother in 2007, Ms Panken realized, in the words of C. S. Lewis: "Sadness is a process."

Lloyd Sederer, M.D., Medical Director, New York State Office of Mental Health

Dr. Lloyd Sederer of New York City serves as Medical Director of the New York State Office of Mental Health. In this role, as New York State's "chief psychiatrist", Dr. Sederer provides medical leadership for New York's \$4B mental health system, including accredited hospitals and community services in every county of New York State. Dr. Sederer previously was Executive Deputy Commissioner for Mental Hygiene Services in the New York City Department of Health and Mental Hygiene from 2002-2007, overseeing all mental hygiene services in NYC as its "chief psychiatrist".

Previously, he served as Director, Division of Clinical Services for the American Psychiatric Association in Washington DC, and prior to that as Medical Director and Executive Vice President of McLean Hospital in Belmont, Massachusetts, a not-for-profit hospital of the Harvard Medical School and one of the world's foremost psychiatric hospitals.

He has served as a faculty member at Harvard Medical School, and published seven books, two through multiple editions, and over 200 professional articles and reports. He is currently Adjunct Professor at the Columbia/ Mailman School of Public Health. Dr. Sederer is a Phi Beta Kappa graduate of the City College of New York and received his medical degree with honors from the State University of New York, Upstate Medical Center. He is a regular commentator on the Huffington Post, where he was recently named Medical Editor for Mental Health. Dr. Sederer was recognized as the 2009 Psychiatric Administrator of the year by the American Psychiatric Association and was awarded a Rockefeller Bellagio Scholar in Residence grant.

M. Katherine Shear, M.D., Marion E. Kenworthy Professor of Psychiatry, Columbia University Professor of Psychiatry in Social Work

M. Katherine Shear, MD graduated with honors from the University of Chicago and attended Tufts University Medical School. After completing residencies in Internal Medicine and Psychiatry and a research fellowship in psychosomatic medicine, she joined the faculty in the Department of Psychiatry at Cornell University Medical College. During her tenure at Payne Whitney Clinic she established the department's first clinical research program in Anxiety Disorders. In 1992 Dr. Shear moved to the University of Pittsburgh where she served as Professor of Psychiatry until January, 2006. Her work focused on the development and implementation of funded research in anxiety disorders, depression, and grief, primarily in the area of psychotherapy studies. She has conducted studies and provided mentorship for research using a wide range of different psychotherapy methods including psychodynamic psychotherapy, cognitive behavioral therapy, Rogerian reflective listening treatments for panic disorder, and IPT for depression with panic spectrum features.

Most recently, Dr. Shear has worked in the area of bereavement and grief. She recently developed a novel composite psychotherapy for the syndrome of complicated grief. Her work culminated in the publication of the first randomized controlled treatment study for complicated grief in June 2005. In September 2007, Dr. Shear received a \$2.6 million five-year grant from the National Institute of Mental Health to conduct the first clinical study to determine the effects of two different models of treatment for complicated grief in older adults. In August 2009, Dr. Shear received a \$1.8 million five-year grant for a complicated grief multi-site treatment study examining the relative merits of antidepressant medication with and without complicated grief treatment.

Dr. Shear is currently the Marion E. Kenworthy Professor of Psychiatry at the Columbia University School of Social Work and Columbia University College of Physicians and Surgeons.

Pamela Yew-Schwartz, PhD., Bereavement Counselor, Visiting Nurse Service of New York (Hospice Care)

Pamela Yew Schwartz, Ph.D. worked as a psychologist in the mental health field for over 35 years, twenty-seven of them in Manhattan Psychiatric Center as well as in Kirby Forensic Psychiatric Center. Currently, she is doing bereavement work with the Visiting Nurse Service of New York's Hospice Care program, specifically working with the Asian clientele. She is a founding member of and is active in the New York Coalition for Asian American Mental Health, an advocacy group promoting appropriate bilingual and bicultural mental health services for Asian Americans. She has

published and presented in the area of mental health and Chinese immigrants, specifically topics related to depression, suicide, loss and bereavement

Tazuko Shibusawa, Ph.D., Associate Professor, NYU Silver School of Social Work

Tazuko Shibusawa, PhD received her master's and doctoral degrees from the University of California, Los Angeles. Dr. Shibusawa's research focuses on the health and mental health of older adults and their families, including Asian immigrants, women who are at risk for abuse, and older adults who struggle with substance abuse. Her research has been funded by the National Institute of Drug Abuse and the John A. Hartford Foundation Geriatric Social Work Faculty Scholars Program.

Dr. Shibusawa teaches in the MSW and doctoral programs in the area of advanced clinical practice. She has also been involved in integrating new media technology in the teaching and learning of practice skills and serves as the Project Director of New Media Instructional Innovations (NMII). Dr. Shibusawa also teaches summer intensives in Tokyo, Japan.

Dr. Shibusawa's clinical experiences include Director of Social Services, Keiro Nursing Home in Los Angeles, California; psychiatric social worker, Los Angeles County Department of Mental Health, Asian Pacific Counseling & Treatment Center; co-director of Counseling International in Tokyo Japan; and mental health consultant for the World Health Organization. Dr. Shibusawa received post-graduate training in the areas family therapy, psychoanalytically-oriented psychotherapy, and trauma studies.

Hae-In Son, LCSW-R/CASAC, Social Work Supervisor, Creedmoor Psychiatric Center

Hae-In Son, currently works as a social work supervisor at Creedmoor Psychiatric Center and is responsible for the clinical supervision of over 13 social work staff. He is a co-founder and past president of Korean American Behavioral Health Association, Inc., which is the only advocacy organization to promote mental health in the Korean American Community. He is also one of Emerging Social Work Leader Award Recipients honored by National Association of Social Workers New York City Chapter in 2008. So far he published three articles regarding Korean American Smoking Behaviors and Substance Abuse and translated a book of Motivating Substance Abuser to Enter into Treatment (Guilford Press) into Korean, which was published in Korea in 2009. He received two masters in social work from University at Albany School of Social Welfare and Soongsil University in Korea. Currently, he serves a member of board directors of NY Coalition for Asian American Mental Health.

Steven Zhou, LCSW-R, Social Work V Coordinator, Elmhurst Hospital Center

Steven Zhou, LCSW-R is a bi-lingual Cantonese / English licensed clinical social worker. He received his MSW from the Hunter College School of Social Work in 1999. He began his career as a social worker at Elmhurst Hospital's Asian American Mental Health Program (AAMHP) in 1999. The AAMHP is a hospital-based bi-lingual / bi-cultural outpatient clinic providing mental health services in Cantonese, Mandarin, and Korean. He became the social work supervisor and coordinator of the AAMHP in 2002. Over the past 11 years, in addition to the AAMHP, he has worked in the psychiatric emergency room performing emergency assessments, as a mental health provider at the Charles B. Wang Community Center, and also as a mental health consultant for Flushing Hospital. He is committed to consumer advocacy and providing education on mental health issues for the Asian community. He was elected to serve as a member of the executive board for the NY Coalition for Asian Mental Health in 2010.