Stanford



Helen H. Hsu

Clinical Associate Professor, Psychiatry and Behavioral Sciences - Vaden Health Center

CLINICAL OFFICE (PRIMARY)

- **Vaden Health Center, Counseling and Psychological Services**

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Bio

BIO

Dr. Hsu is Director of Outreach, Asian American specialist, and lecturer at Stanford University. She is Past President of the American Psychological Association Div. 45 (Society for the Study of Race, Culture and Ethnicity) and is a Past President and Fellow of the Asian American Psychological Association (AAPA), past Chair of the Training Advisory Committee at the American Psychological Association (APA) Minority Fellowship Program. Dr. Hsu also served on the APA Committee on Sexual Orientation and Gender Expression, and was a Union City Human Relations Commissioner for 10 years.

As a bi-cultural, bi-lingual clinician, Helen has worked within the Alameda County Behavioral Healthcare system as a clinical supervisor within Asian Community Mental Health Services and the City of Fremont Youth and Family Services overseeing K-12 school based clinical services and community care for those living with chronic and severe mental health conditions. She directs outreach and education for preventative mental health care for Stanford CAPS, and teaches the Art of Grief for Stanford Living Education and co-teaches Asian American psychological perspectives on campus.

Dr. Hsu's work has focused primarily on intersectional diverse communities, culturally responsive treatment, parenting education, school-based clinical services, grief and loss, and mentorship and leadership training of psychology students and is committed to community advocacy and leadership mentoring focusing on marginalized communities.

She is on the advisory board for the JED foundation which focuses on teen and young adult suicide prevention and promoting mental health. She has worked extensively in private practice and as a consultant for Netflix and various universities, corporate, and clinical training sites. Dr. Hsu is an author of several book chapters on clinical topics and the recent Healing Trauma Workbook for Asian American.

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Vaden Health Center

HONORS AND AWARDS

- Fellow, Asian American Psychological Association (2018)

- Cultural Responsiveness Professional Award, Alameda County Mental Health Advisory Board (2017)
- Okura Community Leadership Award, Asian American Psychological Association (2007)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- President-elect, American Psychological Association- Div. 45 The Society for the Study of Race, Culture and Ethnicity (2022 - present)
- Advisory Board Member, JED Foundation (2020 - present)
- President, Asian American Psychological Association (2017 - 2019)
- Training Advisory Committee Member, American Psychological Association - Minority Fellowship Institute (2015 - present)
- Committee Member, American Psychological Association - Committee on LGBTQ Concerns (now Sexual Orientation and Gender Expression) (2012 - 2014)
- Member, American Psychological Association (2003 - present)

PROFESSIONAL EDUCATION

- Internship: Pacific Clinics Psychology Internship Program (2001) CA
- Professional Education: California School of Professional Psychology at Alliant University (2001) CA
- Internship: Asian Community Mental Health Services Clinical Internship Program CA
- B.A., University of California, Los Angeles , Psychology and Asian American Studies (1995)
- Psy.D., California School of Professional Psychology at Alliant University , Clinical Psychology (2001)

Teaching

COURSES

2026-27

- Psychological Well-Being on Campus: Asian American Perspectives: ASNAMST 193F, EDUC 193F (Win)

2025-26

- Psychological Well-Being on Campus: Asian American Perspectives: ASNAMST 193F, EDUC 193F (Win)

2024-25

- Psychological Well-Being on Campus: Asian American Perspectives: ASNAMST 193F, EDUC 193F (Win)
- The Art of Grief: WELLNESS 142 (Win)

2023-24

- Psychological Well-Being on Campus: Asian American Perspectives: ASNAMST 193F, EDUC 193F (Win)
- The Art of Grief: WELLNESS 142 (Aut)

Publications

PUBLICATIONS

- **The Healing Trauma Workbook For Asian Americans** *The Social Justice Handbook Series*
  Hsu, H. H.
  New Harbinger.2024
- **Cases in Multicultural Clinical Supervision** *Cases in Multicultural Clinical Supervision*
  Hsu, H. H.
  edited by Manese, J., Burnes, T.
  Cognella Academic.2018: 14

PRESENTATIONS

- Ethnic Minority Psychological Associations Explore Hot Topics in Ethics - American Psychological Association (8/2018)