



Helen H. Hsu

Outreach Director, Counseling and Psychological Services

Bio

BIO

Helen is Director of Outreach, Asian American specialist, and lecturer at Stanford University. She is President-elect of the American Psychological Association Div. 45 (Society for the Study of Race, Culture and Ethnicity) a past president of the Asian American Psychological Association (AAPA), and past Chair of the Training Advisory Committee at the American Psychological Association (APA) Minority Fellowship Program. Helen 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..

Her 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. Helen 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. She author of several book chapters on clinical topics and is committed to community advocacy and leadership mentoring focusing on marginalized communities.

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)

EDUCATION AND CERTIFICATIONS

- 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)

SERVICE, VOLUNTEER, AND COMMUNITY WORK

- Human Relations Commissioner (2006 - 2016)
- Instructor (6/2018)
- Katrina Assistance Project (2005)

Teaching

COURSES

2023-24

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

2022-23

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

2021-22

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

2020-21

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

Professional

PROFESSIONAL AFFILIATIONS AND ACTIVITIES

- 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)

Publications

PUBLICATIONS

- **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)