



A few weeks ago, Nancy Chen Marden (our Communications Director) sent out an invitation to the SBCAMFT membership, asking us to share our responses to the violence against the AAPI community. I have been sitting on my response for all of those weeks, aware of an icy block inside that stops my ability to dialogue with others and even myself.

Why is it so hard to break the ice? I can feel that I have a great fear of making a mistake. Particularly a fear that, if I make that mistake in public, I might become a pariah within my professional community—held up as a negative example.

I don't know very much about anti-Asian racism. As the AAPI hate crimes arose in the news this spring, I realized I actually knew next to nothing. Having seen that PBS was showing their series, "Asian Americans," for free, I started watching. For those who haven't seen it, this is a 5-part series that tells the history of Asian people in the US – both what they have given to and suffered from this country. The show left me in cold shock. As a white person, there is so much that I did not know, that I don't know how to talk about. I want to educate myself about AAPI and the racism against this community, to privately work through my response — so that I can then have the skill and confidence to become part of a public dialogue.

One of the questions we have been looking at in the Diversity committee is – how can we support the AAPI members of our community? I wonder if my own realization that I need education and support might point to a way forward for our white SBCAMFT membership. If we educate ourselves, actively dialogue with each other about our responses, and develop the muscle to communicate about AAPI issues, then we can step up and better support our AAPI friends, colleagues, and clients.