

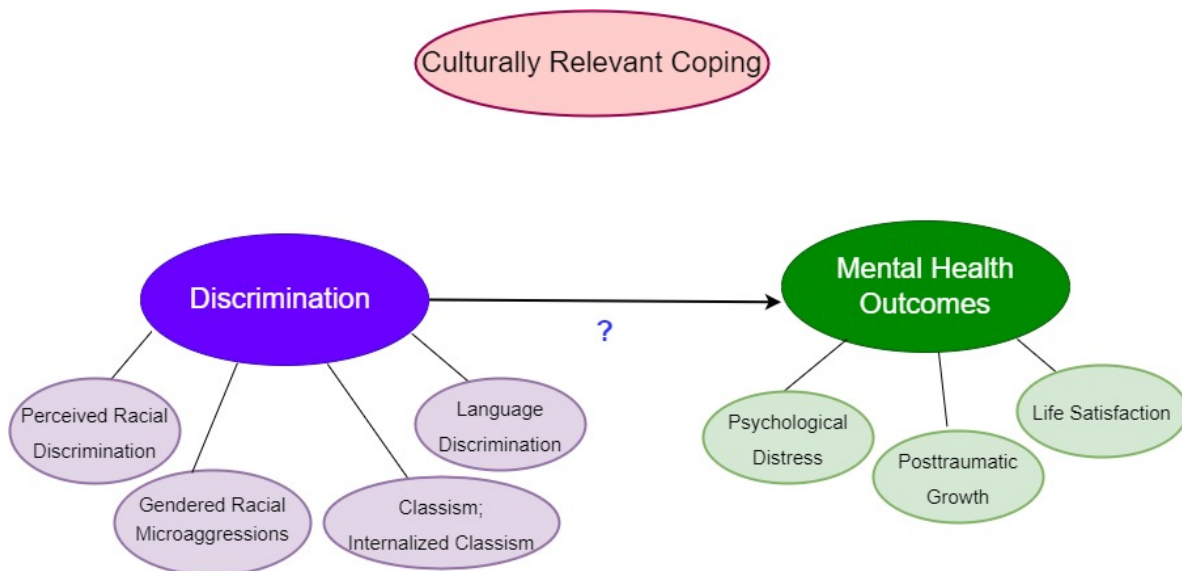
## STRENGTHS Lab

Dr. Pei-Chun Tsai

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My research lab focusses on coping with adversity from strength-based perspectives among the diverse population and clinical population, Specifically, my research examines and explores the following two areas:

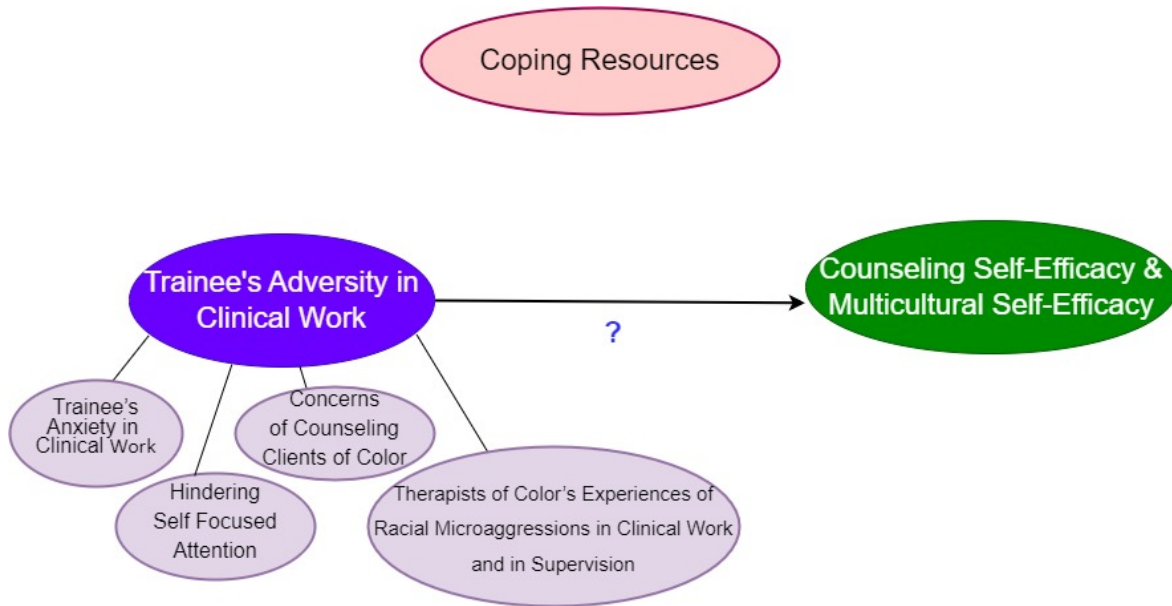
### (a) Discrimination and Mental Health Outcomes — The Roles of Culturally Relevant Coping Resources



My colleagues, students, and I have conducted studies to examine culturally relevant coping resources (e.g., bi-cultural competence, cross-cultural advisory working alliance, collective self-esteem, social connectedness) as moderators for the associations between adversity (e.g., racial discrimination, gendered racial microaggressions, language discrimination, and acculturative stress) and mental health outcomes among Asian International students, Asian Americans, and Black and African Americans. Due to sophisticated nature of coping with discrimination, this research lab aims to advance the literature by exploring what culturally relevant coping strategies benefit for whom in which context, considering the intersection of ethnicity, gender processes, social class, and cultural socialization process. In addition, this lab is interested in exploring how negative experiences, such as racism, can be harnessed as opportunities for positive change. In particular, this lab is interested in exploring positive outcomes (e.g., interpersonal harmony, self-esteem, meaning in life, etc.) or different aspects of posttraumatic growth (e.g., personal strengths, connection with others, appreciation of life, etc.) and their relation to coping with discrimination. Also, this lab is interested in conducting studies to explore culturally relevant strengths (e.g., emotional resilience and holistic

approaches to health) and stressors (e.g., interpersonal shame) that may impact psychological health and health outcomes among people of color.

**(b) Trainees' Adversity in Clinical Work and Counseling Self-Efficacy — The Roles of Coping Resources:**



My colleagues, students, and I have examined the mechanism of coping resources (e.g., supervisory encouragement, supervisory working alliance, self-compassion) on the relationship between trainees' experience of adversity (e.g., anxiety in clinical sessions, concerns about counseling clients of color) and psychotherapy and training outcomes (e.g., counseling self-efficacy). This lab is interested in learning how to facilitate counselor trainees' personal and professional development and how to cope with adversity in the clinical work (e.g., anxiety in clinical session, concerns of counseling clients of color, therapists of color's experiences of racial microaggressions in clinical work and in supervision), as well as how to increase their counseling self-efficacy and multicultural self-efficacy. In addition, this lab is interested in examining the effects of supervisory encouragement interventions and therapeutic encouragement interventions on clinical training outcomes (e.g., trainees' multicultural awareness, multicultural counseling self-efficacy, multicultural competence in providing cultural informed healthcare and treatment) and psychotherapy outcomes (e.g., clients' satisfaction for counseling sessions).

The students in the STRENGTHS lab will have opportunities to learn the process of literature review, research design, data collection, data analysis, critical and creative thinking in research, presenting at professional conferences, and possibly writing manuscripts. Students will also be encouraged to conduct their own research projects.

## SELECTED PEER-REVIEWED JOURNAL PUBLICATIONS

- Liao, K. Y.-H., Wei, M., **Tsai, P.-C.**, Kim, J., & Cheng, H.-L. (2023). Language discrimination, interpersonal shame, and depressive symptoms among international students with Chinese heritage: Collective self-esteem as a buffer. *Counselling Psychology Quarterly*. <https://doi.org/10.1080/09515070.2023.2164845>
- Tsai, P.-C.**, & Wei, M. (2018). Racial discrimination and experience of new possibilities among Chinese international students. *The Counseling Psychologist*, *46*(3), 351-378. <https://doi.org/10.1177/0011000018761892>
- Liu, T., Wong, Y. J., & **Tsai, P.-C.** (2016). Conditional mediation models of intersecting identities among female Asian international students. *The Counseling Psychologist*, *44*(3), 411-441. <https://doi.org/10.1177/0011000016637200>
- Wei, M., **Tsai, P.-C.**, Lannin, D. G., Du, Y., & Tucker, J. R. (2015). Mindfulness, psychological flexibility, and counseling self-efficacy: Hindering self-focused attention as a mediator. *The Counseling Psychologist*, *43*(1), 39-63. <https://doi.org/10.1177/0011000014560173>
- Wong, Y. J., Tsai, P.-C., Liu, T., Zhu, Q., & Wei, M. (2014). Male Asian international students' perceived racial discrimination, masculine identity, and subjective masculinity stress: A moderated mediation model. *Journal of Counseling Psychology*, *61*(4), 560-569. <https://doi.org/10.1037/cou0000038>
- Wei, M., Chao, R. C., **Tsai, P.-C.**, & Botello-Zamarron, R. (2012). The concerns about counseling racial minority clients scale. *Journal of Counseling Psychology*, *59*(1), 107-119. <https://doi.org/10.1037/a0026239>
- Wei, M., Liao, K. Y.-H., Chao, R. C., Mallinckrodt, B., **Tsai, P.-C.**, & Botello-Zamarron, R. (2010). Minority stress, perceived bicultural competence, and depressive symptoms among ethnic minority college students. *Journal of Counseling Psychology*, *57*(4), 411-422. <https://doi.org/10.1037/a0020790>

## SELECTED PROFESSIONAL PRESENTATIONS

\*Denotes Graduate Student Collaboration

- Tsai, P.-C.**, Wong, Y. J., Wang, S.-Y., & Li, Y. (2021, August). *Development and validation of a Supervisory Encouragement Scale*. Poster presented at the American Psychological Association [Virtual Conference].
- Baker, H.\* & **Tsai, P.-C.** (2021, August). *Gendered racial microaggression and East Asian American women's body esteem*. Poster presented at the American Psychological Association [Virtual Conference].

Harris, K.\* & **Tsai, P.-C.** (2021, August). *Experiences of gendered racial microaggressions and well-being among Black women in graduate school*. Poster presented at the American Psychological Association [Virtual Conference].

Harris, K.\* , **Tsai, P.-C.** (2019, August). *Exploring coping mechanisms: Contributions to Black women's success in graduate school*. Poster presented at the 127th Annual Convention of the American Psychological Association, Chicago, IL.

Liao, K. Y.-H., **Tsai, P.-C.**, Cheng, H.-L., Liao, C.-Y., Yin, M., & Najjar, K. (2019, August). *Perceived language discrimination, shame, and collective self-esteem: A moderated mediation model*. Poster presented at the 127th Annual Convention of the American Psychological Association, Chicago, IL.

**Tsai, P.-C.**, & Wei, M. (2017, August). *Trainees' anxiety and counseling self-efficacy in counseling sessions*. Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, DC.

Wei, M., **Tsai, P.-C.**, Lannin, D. G., Du, Y., & Tucker, J. R. (2014, August). *The associations between mindfulness, psychological flexibility, and counseling self-efficacy among counselor trainees: Fewer experiences of hindering self-awareness matters*. Poster presented at the 122nd Annual Convention of the American Psychological Association, Washington, DC.

Wong, Y. J., **Tsai, P.-C.**, Liu, T., Zhu, Q., & Wei, M. (2014, August). Male Asian international students' psychological distress: Racial and gendered influences. In Wong, Y. J. (chair). *Men of color's mental health: New directions for intersectionality research and practice*. Symposium presented at the 122nd Annual Convention of the American Psychological Association, Washington, DC.

**Tsai, P.-C.**, & Wei, M. (2013, August). Coping with discrimination and posttraumatic growth among Chinese international students. In M. Wei and K. T. Wang (co-chair). *Addressing Chinese international students' needs: Racial and language discrimination*. Symposium presented at the 121st Annual Convention of the American Psychological Association, Honolulu, HI.

Wei, M., **Tsai, P.-C.**, Du, Y., Yoon, S. Y., Vanella, E., Shih, S.-F., & Wang, L.-F. (2013, August). *Anxiety management strategies in counseling sessions: a qualitative study*. Poster presented at the 121st American Psychological Association annual conference, Honolulu, HI.

Wei, M., Chao, R. C.-L., **Tsai, P.-C.**, & Carrera, S. (2013, August). Moderating effects of multicultural supervision and diversity contact on multicultural competence. In C.-I. Li (Chair). *Enhancing the quality of clinical supervision*. Symposium presented at the 121st Annual Convention of the American Psychological Association, Honolulu, HI.

Yuk Pang, Y. E., Wei, M., & **Tsai, P.-C.** (2013, January). *Perceived discrimination, social connectedness, and depressive symptoms among ethnic minority students*. Poster presented at the 2013 National Multicultural Conference and Summit, Houston, TX.

Wei, M., Alvarez, A. N., Ku, T.-Y., Russell, D. W., Bonett, D. G., **Tsai, P.-C.** (2010) *Development and validation of a Coping with Discrimination Scale: Factor structure, reliability, and validity*. Poster presented at the 118th American Psychological Association Convention, San Diego, CA.

Wei, M., Liao, K. Y.-H., Chao, R. C.-L., Mallinckrodt, B., **Tsai, P.-C.**, & Botello-Zamarron, R. (2010). *Minority stress, perceived bicultural competence, and depressive symptoms among ethnic minority college students*. Poster presented at the 118th American Psychological Association Convention, San Diego, CA.

**\*Openings: 3 new members to join the group in September 2023.**

#### **REQUIRED DOCUMENTS FOR APPLICATION**

##### **1. Curriculum Vitae**

**2. Two pages cover letter** discussing past research experience, how and why you became interested in coping with adversity from strength-based perspectives among the diverse population and/or clinical population. Please include a description of specific research and clinical interests in these areas.

Notification: Students accepted into the STRENGTHS Research Group will be notified by email.