



BI+ IN PSYCHOLOGY SPOTLIGHT

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Please describe your bi+-related research, clinical work, teaching and/or advocacy.

Before I became a clinician I was a bi+ community activist and have been for over 20 years, including co-founding 3 bi+ orgs in Los Angeles: Fluid at UCLA, amBi - LA's bi+ social community, and the Los Angeles Bi Task Force (LABTF) - a non-profit promoting bi+ education and advocacy in Greater Los Angeles. My dissertation was on bisexual identity congruence, internalized biphobia, and infidelity among women attracted to men and women, which was published in the Journal of Bisexuality, and with LABTF I spearheaded a local bi+ community needs assessment in 2015. This was inspired by my attendance at the groundbreaking White House Bisexual Community Roundtable in 2013 where we first presented on bi+ health disparities. I teach a "Bisexual Affirmative Psychotherapy" class for grad students at AULA and conduct continuing education courses on LGBTQ+ topics. A couple years ago I was very excited to launch my "Bi on Life" self-empowerment series for bi+ individuals which is my way of "giving back" all of my research, clinical, community, and personal knowledge and experience directly to my community.

Please describe your participation in the Bisexual Issues Committee and in Division 44 more broadly.

I've been a member of APA and Division 44 off-and-on since 2004 and presented at the "Research on Issues in LGBT Psychology: Current Issues in Bisexuality." roundtable at APA in 2007 and on the "Current Research on Bisexuality" symposium at APA in 2010, and I attended APA in 2018. I always attend BIC events at APA and try to be an active member of the BIC listserv.

What makes you passionate about bi+ issues in psychology?

I didn't have an easy time coming out in the 1990s as a bisexual Asian American immigrant woman, and so as a minority within a minority, I truly believe in the power of "finding your tribe." Since I learned about the bi+ health disparities in 2013, I became passionate about bi+ mental health and want to help train therapists on becoming more bi+ affirmative, and learning about the bi+ population should be a required part of an LGBT+/sexuality specialization (even if you're bi+!). I also believe there is more to understand about healthy relationships and intimate partner violence affecting bi+ people.

The theme for this year's #BiHealthMonth is **resilience**. What does resilience mean to you?

Resilience is about adapting well in the face of adversity and I believe that bi+ individuals can overcome biphobia and bi erasure by fully accepting ourselves as whole human beings on par with straight and gay, developing bi+ pride, finding community (or create one!), and thereby be able to pursue a healthy and happy sex and love life!



Developed by the Bisexual Issues
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