

Participants Needed

We are seeking participants to field test an online anti-Asian racism counselling support group.

If you:

- Are of Asian heritage (including multiracial and all regions of Asia)
- Have basic proficiency in written and spoken English (the group involves sharing stories and reflections in English)
- Experienced and are experiencing racism
- Are willing to fully participate in the group
- Are willing to support others in the group

RESEARCH STUDY CONDUCTED BY:

Dr. Fred Chou, R.Psych.
Counselling Psychology
Educational Psychology and
Leadership Studies
University of Victoria

(Re)Claim & Connect

AN ANTI-ASIAN
RACISM COUNSELLING
SUPPORT GROUP

*We need
your help!*

CONTACT FOR INQUIRIES:

Dr. Fred Chou
250-721-7809
growthandsolidarity@uvic.ca

Faculty of Education
MacLaurin Building A439 PO Box
1700 STN CSC Victoria BC
V8W 2Y2 Canada
250-721-7809
growthandsolidarity@uvic.ca

Research Involvement

We are looking to field test an anti-Asian racism counselling support group. The online groups will consist of 4-5 participants and run for six 3-hour sessions plus a 1.5 hour pre-group meeting.

Taking part in this study will involve a 2-hour video-taped focus group interview after the program is complete. Your evaluation of the program is essential for its development. You will be provided with a \$20 gift card to acknowledge the time taken to be part of this study.

*Thank you for
your
consideration!*

Benefits

- The specific benefits are not yet known as this is a newly developed intervention.
- Participating in the support group may increase overall mental health and reduce feelings of distress, isolation, and confusion resulting from racist encounters.
- You may gain a greater awareness of your story and how race and racism has affected it.
- You may also gain a sense of satisfaction knowing that your experience may help professionals and the community at large better support Asian people in Canada facing racism.
- You will receive a booklet to guide you through the group and some resources for further engagement with the topics.

What is the Purpose of the Project?

Experiences of racism contribute to psychological distress and mental health struggles. While support groups are well known to help with issues such as addiction, body image, and more, little is researched on support groups regarding anti-Asian racism more specifically.

The study aims to refine an anti-Asian racism counselling support group based on participant feedback. The purpose is to create a group that helps the community heal from and build resistance against anti-Asian racism.

