

CHINA CROSSROADS

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The Complex Psychology of Chinese Born and Raised in the West

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The particular experiences of foreign-born Chinese people can significantly affect their psychologies and worldview, especially when they "return" to China. Come join us for a wide-ranging discussion on how the history and experiences of the Chinese diaspora can impact psychology and mental health.

[George Hu](#) is Clinical Psychologist and Director of Counseling and Psychological Services at Duke Kunshan University. He was formerly Chief of Mental Health at Shanghai United Family Hospital and Clinics. He earned his BA in Psychology from the University of California at Berkeley, and his MA and PhD Clinical Psychology from the California School of Professional Psychology at Alliant International University. Doctor Hu completed training rotations at the Autism Intervention Clinic at Oakland Children's Hospital, the San Francisco Veteran's Affairs Hospital, and the Portia Bell Hume Center in California, as well as the Shaanxi Provincial People's Hospital in Xi'an. Previously, Doctor Hu was the Director of Psychology and Mental Health at Jiahui Health, the Clinical Director at Octave Living, and Clinical Psychologist and the Assistant Director of the Center for Cognitive Behavioral Therapy at Beijing United Family Hospital. Doctor Hu is also a clinical faculty member at Palo Alto University and provides clinical consultation in many parts of the world, including Southeast Asia and Central Asia.

[Aric Shang](#) is Co-host of The Honest Drink, a popular English language podcast with over 100,000 subscribers. The show features a unique blend of humor, in-depth conversations, and thoughtful guests covering a wide range of topics from East-West dynamics, business, self-improvement, and mental health to everyday pop culture. Aric was raised in the U.S. and has lived in China for twenty years. His career spans leadership roles in both large multinationals and successful startups. Currently, he teaches organizational culture, strategy, and collaboration at a corporate university. Passionate about fitness and personal growth, Aric loves reading, running, meditating, and competing in Spartan races.

[China Crossroads](#) hosts talks on all topics related to China, including business, foreign policy, and other areas as they relate to China, the idea being that China is both already a "crossroads" of the world and itself at a "crossroads" in terms of its future global influence. For more information, contact Frank Tsai at editor@shanghai-review.org.