

WomanView

Spring/Summer 2022

The Newsletter of the Section for the Advancement of Women Society of Counseling Psychology (Div 17) American Psychological Association Morgan Grotewiel, Ph.D., Editor

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Notes from SAW Chair

Nicole "Nic" Johnson, Ph.D.



Dear SAW Community,

I come to you with a heavy heart as we all anticipate what our realities will look like with the Supreme Court's official decision in Dobbs v Jackson and thus the overturning of Roe v. Wade. I have seen many folks attempting to hold strong to the fact that the abortion pill

remains available in all 50 states and some folks encouraging others to come "camping" in states where safe access to abortions has been codified into law. While I appreciate the sentiment, something I think is important to name around these efforts is they exclude those who cannot go "camping" or who cannot access the abortion pill via mail due to financial or health considerations. These sentiments also ignore the larger pictures behind the overturning of Roe v. Wade, namely that this is an attack on our bodies, which is only opening the door *wider* for more attacks on more (marginalized) bodies. This decision is terrifying and therefore, our fear and the rage and sadness that comes along with that fear are justified. This decision sets a further precedence for body terrorism within our country.

So, what can we do? Ban together! We are stronger together. This decision isn't only about women's bodies, or even bodies with uteruses, this is about *all* bodies and the more bodies we can have fighting against this and other injustices the more we can do. So, get involved!

And encourage those around you to get involved. Use that fear, anger, and sadness as motivation to fight for a better world for *all* of us! There are so many great activist organizations who have decades of experience fighting for human rights. We need to be together in community now more than ever. Donate your money (if you have it) and/or time! Here are a few organizations to get involved with/donate to:

- The Afiya Center
- Center for Reproductive Rights
- NARAL Pro-Choice America
- National Abortion Federation
- National Latina Institute for Reproductive Health
- National Network of Abortion Funds
 - Yellowhammer Abortion Fund
 - o Indigenous Women Rising Abortion Fund
- National Women's Health Network
- Planned Parenthood
- SisterSong

A time for us to come together as a community and decide our steps forward is at APA. SAW is sponsoring several events at APA including the annual Champagne Breakfast and Business Meeting, the Women of the Year Address, Student Poster Session, and a Roundtable event, all details here. If you are unable to attend APA, we encourage you to get involved via other avenues including our social media platforms — Facebook, Instagram: @SAW_DIV17, and Twitter: @SAW_DIV17. And, please take part in our membership survey to discuss the future of our community: https://t.co/HIUAoloGmJ

I am so proud to be a member of this amazing community and hope we can continue growing to fight for gender liberation and more broadly, body liberation, for *all*. I look forward to connecting with many of you in the upcoming weeks/months. As always, if you have any questions/comments/concerns please do not hesitate to reach out to me at nij316@lehigh.edu

In solidarity, Nic

SAW chair

nij316@lehigh.edu

 $Website: \underline{https://wordpress.lehigh.edu/theresistance/}\\$

Facebook: @<u>TheResistanceLab</u> Instagram: @<u>TheResistanceLab</u>

Twitter: @Resistance_Lab & @FancyAcademic



SAW at APA 2022

SAW will have quite the exciting presence at APA this year, and we invite you to join us and bring folks who might be interested along too!

As we're working on making sure we have everyone and every presentation represented, please be sure to check out

https://docs.google.com/document/d/1LO1c0IE3t9Y3VyMZJf9bxY9PBy11R7q6Emmow8HG3EA/ed it?usp=sharing to stay up to date on presentations and talks. This list includes SAW-sponsored events as well as events submitted as of interest to SAW members.

In particular, please join us for these SAW-sponsored events:

08/06, 9-10:50, Div. 17 Liberation Lounge – Avenue 1 at the Millennium Hotel SAW Business meeting, Woman of the Year talk, and awards

08/06, 11-11:50, Div. 17 Liberation Lounge – North Grand at the Millennium Hotel

Division 17 Section Roundtables

Johnson, N. The racist history of the gender binary: What does this mean for "women's" and "men's" organizations?

SAW also selected four student posters for presentation at:

1288: Division 17 Student Poster Session and Social

08/04, 6-7:50, Hilton Minneapolis, Third Floor, Minneapolis Grand Ballroom C

These events are open to all APA attendees with an interest in SAW.



Inviting SAW Governing Board Nominations

Greetings, SAW community,

The Section for the Advancement of Women requests your nominations for our governing board. We also encourage self-nominations! This is a wonderful opportunity to become more involved with SAW and its members, promote SAW's goal of advancing women, transgender identifying, and/or gender expansive people in the field of counseling psychology, and shape the future of our Section. The governing board utilizes a feminist process of collective decision-making and empowerment of all members. Nominations are open for the following positions:

Chair-Elect: The Chair-Elect spends one year with the SAW Governing Board after which they serve two years as Chair and an additional two years as Past Chair. The Chair's responsibilities include general supervision of the Section, preparing the annual budget with the Treasurer, serving as a member of election and awards committees, maintaining SAW records, and reporting to Division 17.

Membership Chair: The Membership Chair is responsible for revision of the SAW membership application, recruitment of new members and affiliates, maintaining the membership database, and fielding membership inquiries.

Newsletter Editor: The Newsletter Editor is responsible for soliciting contributions to WomanView, our SAW Section newsletter, compiling those contributions, and distributing the newsletter three times annually (Winter, Spring, & Summer).

Treasurer: The Treasurer collects dues and makes payments in accordance with the budget and rules of the SAW governing board and prepares annual and interim reports of income and expenditures (July 15 and December 1).

All officers attend regular, virtual SAW meetings of the governing board to discuss Section business.

Please send nominations to Nic Johnson (Chair; nij316@lehigh.edu) by July 31, 2022.

Thank you,

Dena Abbott SAW Membership Chair

Pleasure in a Post-Roe World: Reclaiming Your Power When You Feel Powerless Carrie Bohmer

What does it mean to be a person with a uterus seeking sexual pleasure when the Supreme Court of the United States decided that we don't have the right to bodily autonomy? This question has been whirling through my head since the decision to overturn Roe v. Wade was made by the SCOTUS on June 24th, 2022.

A few things you should know about me to help contextualize the rest of this article: I am currently a graduate student at the University of Nebraska-Lincoln working towards my doctorate in counseling psychology. I am also a white, cis-het woman with access to education, medical care, and so much more due to the

privileges of my social locations. My research centers on questions about the sexual pleasure of people with uteruses/women, and I am firmly rooted in a sex-positive framework and utilize it in my work. But I have to say, it has been incredibly difficult to be *anything*-positive since the overturning of Roe v. Wade. Despite the overwhelmingly negative emotions that have subsumed me since the decision, I have wondered how I can help myself and others to move through this difficult time, and that's when I started thinking of pleasure as a means of overcoming this and reclaiming joy.

So, what exactly is pleasure?, you may ask. And how could it possibly be used to help through all this pain and dehumanization? To start, pleasure, just like bodily autonomy, is a fundamental human right.

For some, pleasure is that best friend you've known since childhood, and for others, pleasure is an estranged or even imaginary

friend that is uncomfortable to think about. No matter where you fall on this spectrum, you are whole, and nothing is wrong with you. Regardless of how you feel about your own pleasure, just know that you are unconditionally worthy of it and that there are moments, even if only passing, where you can access and enjoy the pleasure circuits that your body evolved to have.

I am sure as you read this, you have a sense of what pleasure is, but just to get us all on the same page, the Global Advisory Board for Sexual Health defined pleasure in 2016 as: "the physical and/or psychological satisfaction and enjoyment derived from solitary or shared erotic experiences, including thoughts, dreams, and autoeroticism." With this definition, pleasure is so much more than an orgasm or something that happens only within a partnered context. Pleasure can be found in thoughts, dreams, and individual sexual activities, and from my perspective, it would be nearly impossible for the government to regulate these things.

Within the context of the US right now, however, for people with uteruses who are having sex that could be reproductive, another layer is being added to decisions about their sexual activity that was there before but is overwhelmingly present now—the risk of unwanted pregnancy. So how do we navigate being sex-positive, feeling worthy of pleasure, and lessening our risk of unwanted pregnancy? That is totally up to you, but if I may, I would

encourage you to explore your pleasure through masturbation.

Masturbation has the ability to bring you pleasure without the fear of an unwanted pregnancy and serve as a tool of reclaiming your bodily autonomy. It is an act of defiance for people with uteruses to claim their pleasure as their own and enjoy their bodies, especially in the face of active denial of bodily rights. You do not have to sacrifice your pleasure for fear of an unwanted pregnancy that you wouldn't be able to terminate for whatever reason. To look Uncle Sam in the face as he tries to control your body and simply say, "No, thank you," as you grab your favorite vibrator (or hand/finger) and have some fun, is to reclaim your joy, body, and pleasure from those who'd rather you not have any of them. Of course, this is not to prescribe how people can access pleasure, but merely is meant to serve as food for thought. I, personally, love the idea of masturbating and seeking my own pleasure as a form of defiance and activism, and I am not the only one (see Adrianne Marie Brown's *Pleasure Activism*). Get creative and reclaim your agency at the same time!

¹ If you resonate with the latter description and want to revisit this relationship, I recommend these books and authors as good starting points: *Come as You Are* by Emily Nagoski and *Becoming Cliterate* by Dr. Laurie Mintz.

Carrie Bohmer is a Counseling Psychology doctoral student at the University of Nebraska-Lincoln. She can be reached at cbohmer2@huskers.unl.edu.

Honestly and Empathically Considering Prison Abolition for Sexual and Violent Offenders



Christina Richardson, Ph.D.

Opinions expressed in this article are those of the author and do not necessarily represent the opinions of any employer, agency, or entity.

I am a liberal feminist. I am also a psychologist deeply invested in offender, especially sexual offender, treatment and rehabilitation, and I have been thinking and educating myself on movements to defund or abolish police and prison systems in the US. In my career, I have worked with a variety of violent and sexual offenders, both adults and adolescents. My initial reaction to "abolish police and prisons" is a highly skeptical one for one main reason: what do we do about violent offenders?

I'm not using the phrase "violent offenders" loosely, as so many other institutions and policies do. I mean truly violent offenders: the adult man who committed a hands-on sexual offense against a child (or dozens of children). The adult man who has so many cognitive distortions that he fails to see anything problematic about his sexual abuse of others. The would-be mass shooter who spent the first five years of his prison sentence convinced he would get out and immediately "finish the job." The teenager who already sexually abused multiple children. The teenager who needs to be restrained by adults because he is flipping couches, brandishing weapons, and choking others. There's the man suffering from delusional disorder who believes strangers are targeting and following him, so he shot multiple people, but won't take any medication and does not believe he is mentally ill. I have worked closely and directly with these individuals; this is not theoretical for me; these are my patients.

I say all of this to give you an idea of the kind of violence I care so much about preventing, treating, and mitigating. And, to explain why I'm so skeptical. It is very difficult for me to read posts and articles about abolishing police and prisons that simply say "release people in jails and prison" without qualifiers for those who have committed violent crimes; without any mention of what will happen if/when those individuals are "released" or allowed to remain

in the community without anyone to physically locate and detain them.

I firmly believe that we need some sort of system in place to arrest/detain and keep certain people separated from society and their potential victims while they receive help. I'm not saying that our current systems work, they don't. The current systems are not based on research or sound psychological science. Further, they were founded on and continue to enact racism, white supremacy, and violence against so many people and disproportionately against people of color. Police and prisons should be done differently, by different systems, in a way that is not tainted by our racist histories. We absolutely need to fund community services and address structural inequality with the vast budgets of police forces. But we also must consider those who are in prison because they safely cannot be integrated into the larger society. Often that treatment will not be voluntary, and it must be mandated, because they frequently don't see their behavior as problematic.

I do have hope. There are many models of restorative and transformative justice that have worked to some extent with sexual offenders. Association for the Treatment of Sexual Abusers (ATSA) developed a proposal (https://www.atsa.com/pdfs/ppReasonedAppro ach.pdf) about sex offender treatment and management. This proposal addresses what a future of more effectively dealing with sexual offenders and violent offenders might look like. The current policies we have of mandatory minimum sentences and decades of incarceration, public notification, arbitrary employment, and residence restrictions are not evidence based and do not work. We need to balance consequences and separation to prevent harm with compassion, treatment, and reintegration.

Implementing these ideas would also require a complete excavation of how society, and even people within the more progressive movements, think about and interact with sexual offenders. Currently, many mental health professionals won't even provide sex offender treatment out of disgust or refusal, and even more know nothing at all about it. Thus, no matter how much funding is diverted to mental health treatment, it will not reach sex offenders. We need thousands of community members willing to live, work with, and provide actual support to sex offenders. People who are willing to talk about sexual offending to hold perpetrators accountable. We must consider what consequences and reinforcements can be used for violent offenders. I don't think most people are ready

I'm Glad I Didn't Go to Law School

Maggie Smith, M.S.

By now, several weeks have passed since the decision in *John C. Depp, II v. Amber Laura Heard*. After about six weeks of testimony, evidence presentation, a puzzling hero-worship of Depp, even more puzzling demonizing of Heard, and commentary provided by members of the general public via social media, the Fairfax County Circuit Court in Virginia decided in favor of Depp's claim (Winter, 2022). Neither Depp, nor Heard lives in Virginia. Neither lived in Virginia during the events described in the trial. So, why did the Fairfax County Circuit Court in Virginia hear this case?

One of the great lynchpins in our democracy is the right to freedom of speech guaranteed by the First Amendment to the United States Constitution (U.S. Const. amend. I). While to do that when it comes to violent and sexual offenders.

I believe it is possible, but we have to also discuss what to do with people who have committed the most heinous of crimes. These are the people I work with; the things I care so much about. We need to honestly and empathically face the worst violence people can enact on each other if we're going imagine a world without our current systems of policing and incarceration.

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defamation is categorized as unprotected speech, it does test the First Amendment (Killion, 2019). If the defamatory statement involves a public figure, such as a celebrity, the First Amendment requires that the individual alleging defamation by another must show that the individual they accuse intentionally made false statements, and that s/he made those statements for the purpose of causing harm or damage to the person making the accusation (Killion, 2019).

Enter: Strategic Lawsuits Against Public Participation (SLAPP). The strength of SLAPP varies among the states, but its purpose is consistent: to figuratively browbeat a defendant into abandoning the statement already spoken or written (Public Participation Project, n.d.). SLAPPs are meant to intimidate and silence the defendant – the person being sued – and to drain that individual's resources, including finances, until the defendant abandons their statement. In other words, SLAPPs may be viewed as retaliation against an individual exercising their freedom of speech (Public

Participation Project, n.d.; Vining & Matthews, n.d.). They prompt those who speak about issues of public interest to restrict their speech or later modify speech in an effort to avoid a suit. They can also serve as warnings to others not to speak up about an issue of public interest at all. Typically, a plaintiff does not expect to win this type of lawsuit but expects that the burden of the suit on the defendant will lead to the defendant abandoning their statement, thus ending the suit (Vining & Matthews, n.d.).

Anti-Strategic Lawsuits Against Public Participation (anti-SLAPP) laws have been enacted in an effort to discourage individuals from using the threat of a lawsuit to intimidate another individual into not exercising the right to freedom of speech (Vining & Matthews, n.d.). In states that have efficient anti-SLAPP laws (such as California), the person being sued in a defamation suit has an option to file a motion to strike early in the proceedings because the case in question involves free speech and an issue of public interest. This motion to strike requires the plaintiff to provide evidence to the court that there is a high probability that the plaintiff will be successful in the case. If the plaintiff fails to show this, and the case is dismissed in anti-SLAPP proceedings, the defendant may be awarded court costs and attorney's fees (Vining & Matthews, n.d.). Unfortunately, there are no federal anti-SLAPP laws, and only 31 states plus Washington, DC have some type of protection against SLAPP (Public Participation Project, n.d.). The variance among the states has led to forum shopping or, more specifically for the case in question, "libel tourism" (Staveley-O'Carroll, 2009) which allows individuals who wish to file a SLAPP to consider which state they can do so with a higher probability of being successful based upon which states do not have anti-SLAPP protections, which states do and the strength of those protections (Public Participation Project, n.d.). There are stark differences between

SLAPP and anti-SLAPP laws in California and those in Virginia.

Which leads to the Depp decision to file in Virginia. Because this case was based on Heard's op-ed, ghost written by the ACLU and published by The Washington Post – who chose the title of the article, Depp's attorneys filed in Virginia because The Post has "its printing press and an online server" in Virginia (Yahr, 2022). The Post was not named as a defendant. This made Virginia a place that was amenable to this kind of case. In 2020, after Johnny Depp filed a defamation suit against Amber Heard in Virginia, legislators in the state passed more stringent anti-SLAPP bills (Jouvenal, 2020). Under the laws in place at the time of filing, Heard did not have the option to file the early motion to strike, which may have led to a dismissal of Depp's case.

The outcome of this case is a blow to survivors who tell their stories. It's a blow to first amendment rights – which is truly what the case was focused on. The case was not about who was the abuser, but rather whether Heard could speak about the abuse. It has now set a precedence of this: even when you don't name an abuser, but speak about the broader topic of violence, in Virginia, you can be held liable by anyone who feels like the statement implied defamation. The fear from lawyers, counselors, and victims is the chilling effect that this will create amongst survivors. The case is certainly not over. There will be appeals (costing millions more). But there will also be victims who chose to not come forward out of fear.

What we can do as psychologists and therapists is remind our clients to document their abuse and report it when they can. We can continue our fight on the front of interpersonal violence and remind victims – of all gender identities – that they are believed and cared for. And we can remind people that this was not a case

about abuse; it was a case about the guaranteed right of Freedom of Speech.

Selected References

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Yahr, E. (2022, April 25). In Va. court, Depp fans clamor for seats. Alpacas must wait outside. The Washington Post. Retrieved June 17, 2022, from https://www.washingtonpost.com/artsentertainment/2022/04/25/depp-heardtrial-scene/

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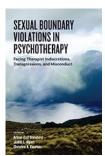
Awards, Accomplishments, and Announcements

Marie S. Hammond, Ph.D., and Peggy Brady-Amoon, Ph.D., recently published their first book: Building your career in psychology (Routledge, 2022) – a great resource for teaching, advisement, and anyone considering (or helping others consider) a career in psychology. https://www.routledge.com/Building-Your-Career-in-Psychology/Hammond-Brady-Amoon/p/book/9780367274993

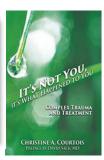
Peggy Brady-Amoon, Ph.D., has been promoted to (full) professor at Seton Hall University, effective Fall 2022.

From Christine A. Courtois, Ph.D., ABPP:

- New! Sexual Boundary Violations in Psychotherapy. American Psychological Association.
- Recently revised: *Treating Complex Traumatic Stress Disorders in Adults*. Guilford Press.
- Consumer resource: *It's Not You, It's What Happened to You*. Re-issued. Available on Kindle and in paperback from Amazon.







Ways to Get Involved

Lifetime Members

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When you renew your SAW membership this year, please consider becoming a Lifetime Member for a one-time payment of \$150. We appreciate our members and their support!



https://www.facebook.com/SawDiv17APA

Visit the SAW Facebook page for a great way to meet many like-minded individuals seeking to address issues related to gender, sexuality, diversity, and social justice. This page will keep you up to date on the most current SAW information. It also provides non-members with a quick and easy way to join SAW.

https://www.div17.org/advancement-of-women

Visit the SAW website to learn more about SAW, including our leadership, task forces, awards, bylaws, and projects. You can also join our listsery and download the membership application.



SAW Governing Board, Ex-Officio, & Committees

Governing Board

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Vacant

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More Pie Initiative Liaison

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Newsletter Assistant Editor

Nicole Lozano (she/her) Angelo State University nicole.lozano@angelo.edu

Section for the Advancement of Women (SAW) Membership Application for 2022

To become a member of the Section for the Advancement of Women, complete the form below and mail it to:

Dena Abbott, PhD, Membership Chair University of Nebraska-Lincoln 222 Teachers College Hall Lincoln, NE 68588 dabbott5@unl.edu

Membership dues should be submitted in January of each year in order to remain active within the Section. Annual Dues are \$15 for psychologist members and \$5 for graduate and undergraduate students. We also offer a Lifetime Membership for a one-time fee of \$150.

Please make checks or money orders payable to Division 17 Section for the Advancement of Women.

Full Name		
Job Title		
Work Affiliation		
Mailing Address		
Work Phone Number		
Home Phone Number		
E-mail Address		
Membership Information		
SAW Membership Category		Are you a SAW member?
□ Professional (\$15)□ Student Member (\$5)□ Lifetime Member (\$150)		□ Yes □ No
Is this a renewal of SAW membership?	Are you a member of APA?	Are you a member of APA Division 17?
membership:	□ Yes	□ Yes
□ Yes	□ No	□ No
□ No		
Is this membership a gift or part of the membership drive? □ Yes □ No	If so, please share who is gifting the men	mbership to you.