

WomanView

Spring/Summer 2019

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

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Notes from SAW Chair *Jillian Wasson*, *Ph.D.*



Colleagues,

I am both humbled and honored to serve as SAW Chair. I'd like to first take the opportunity to introduce myself. My name is Jillian Wasson, and I own a private practice in Kansas where I focus on Women's Mental Health. I am jumping in to serve

as SAW Chair because Dr. Hasan has stepped down to focus on her work serving the mental health needs of her community. I would like to thank Dr. Laurel Watson - Past Chair not only for introducing me to SAW while I was a doctoral student, but also for her encouragement and guidance as I step into this new role.

As the Chair of SAW, I intend to continue the work of our recent chairs Dr. Nadia Hasan and Dr. Laurel Watson toward building community among SAW members, increasing visibility of SAW members, and increasing mentorship of student and early career members. Their work in these areas identified the important needs in our community to stand together, support each

other, and build community in a climate that is increasingly divisive.

As we are beginning a new academic year, please remember to renew your SAW membership and consider a lifetime membership for a one-time fee of \$150. Please continue to connect with us as we continue to highlight everyday members who are passionate about feminism, multiculturalism, and psychology. You can find us online through our

website: http://div17.org/sections/advancement-of-women/ and facebook.com/sawdiv17APA.

Sincerely,

Jillian Woodford Wasson Jillianwwasson@me.com



Note from *WomanView* Editor *Morgan Grotewiel, Ph.D.*

Dear SAW family,

It's hard to believe it's August already! I want to apologize for not publishing a Spring 2019 issue of WomanView. Assistant Newsletter Editor Dena Abbott and I were in the process of finalizing the newsletter when the leadership transition occurred. After establishing that Jillian would begin her term as Chair immediately (rather than being Chair-Elect for a year), we were already into the month of June. We decided that it would make the most sense to combine the Spring and Summer issues. So, in this hearty edition of the newsletter, you will find not only a schedule of SAW-relevant APA 2019 programming, but also news and contributions originally intended for the Spring issue. I hope that many of you will enjoy this issue as you travel to APA.



SAW APA Convention 2019

Events

Morgan Grotewiel, Ph.D.

We at the SAW Executive Board hope that we will see many SAW members at the APA Convention this week. The following events constitute SAW's official programming; we're hoping for great turnouts to support our SAW sisters:

Section Roundtables—Critical Issues in Counseling Psychology: Work-Life Balance Strategies for Feminist Psychologists

Morgan M. Grotewiel, Ph.D., & Elizabeth C. Terrazas-Carrillo, Ph.D.
Thursday, August 8th
12-12:50 PM
McCormick Place/Room S105bc Level 1-South Building

Division 17 Social & Student Poster Session

Thursday, August 8th 6-6:50 PM Hyatt Regency McCormick Place Hotel— Second Floor-Hotel, Regency Ballrooms A and B

- Amanda Arnold, Benefits of Counseling for Women
- Noah Scanlon, Gender Differences in the Perception of Domestic Violence

Woman of the Year Address

Oksana Yakushko, Ph.D.: "Radicals, Shrews, and Witches: Honoring Women on the Margins"
Friday, August 9th
12-12:50 PM
Division 17 Hospitality Suite, Hilton Garden Inn Peerless

SAW "Meet & Greet" & Presentation of Awards

Friday, August 9th 1-1:50 PM

Division 17 Hospitality Suite, Hilton Garden Inn Peerless

Debra Mollen, Ph.D., is a past SAW chair and Division 17 fellow. Please support her at her Fellows Address:

Address by Mary Ann Covey, Jill Lee-Barber, Debra Mollen, Barbara J. Palombi, & Saundra M. Tomlinson-Clarke

Friday, August 9th 4-5:50 PM

McCormick Place/Room W184bc--West Building

Ruth Fassinger, Ph.D., President of the Society of Counseling Psychology, is a past SAW Chair and Foremother of the Year. Please cheer her on at her Presidential Address:

Presidential Address by Ruth E. Fassinger: Counseling Psychology as Community, Courage, and Change

Saturday, August 10th
2-2:50 PM
Hyatt Regency McCormick Place
Hotel/Regency Ballrooms A and B Second
Floor-Hotel

In addition, the following programs have been suggested by *WomanView* readers as potentially interesting or relevant to members of this section.

Symposium--Atheist Research in
Psychology---Current Trends and Future
Directions: Isn't Atheism a White Thing?:
Centering the Voices of Atheists of Color
Dena M. Abbott, Ph.D., Debra Mollen, Ph.D.,
Caitlin Mercier, B.S., Elyxcus J. Anaya, B.S.,
& Victoria A. Rukus, M.Ed.
Thursday, August 8th
10-10:50 AM
McCormick Place Room W186a

Poster Session—I: Greater Positive Psychology Traits Predict Improved Psychological Outcomes for Women [Poster# (I-6)]

Morgan M. Grotewiel, Ph.D., Amelia Dorsey, & Elizabeth Street
Thursday, August 8th
2-2:50 PM
McCormick Place/Hall F Level 3--West
Building

SIG on Religious and Spiritual Issues Poster Session/Conversation Hour: What's Faith Got to do With It?: Gendered Racism and Religious Coping [Poster]

Caitlin Mercier, B.S. & Dena M. Abbott, Ph.D. Thursday, August 8th 4-5:00 PM Division 17 Hospitality Suite, Hilton Garden

Presentation of the APA Ethics Committee Educator Award for Outstanding Contributions to Ethics to Linda M. Forrest, Ph.D.

Friday, August 9th 8:30 AM Marriott Marquis, Glessner Room A & B

Symposium: Fellowship and Improve Thy Health (FAITH)---Faith-Based Depression Intervention

Earlise Ward, Ph.D., LP, HSP Friday, August 9th 10-10:50 AM McCormick Place Room W182

Poster Session--III---Contemporary Issues in Counseling Psychology: Sexuality Training in Counseling Psychology [Poster# (D-6)]

Dena M. Abbott, Ph.D., Debra Mollen, Ph.D., Theodore Burnes, Ph.D., & Samantha Lee-Hodges, Ph.D. Saturday, August 10th

11-11:50 AM McCormick Place/Hall F Level 3--West Building

Symposium--From Lip Service to Action---A Systems Approach to Transcending Resistance in Teaching Diversity: Dominant Contexts, Institutional Cultures, and Individual Differences

Marie S. Hammond, Ph.D. & Peggy Brady-Amoon, Ph.D.
Saturday, August 10th
4-4:50 PM
McCormick Place, Room W181c Level 1-West Building

Conversation Hour: Where Are All the Non-Traditional Women? Gender, Age, Social Class and Capital in Women's Careers Peggy Brady-Amoon, Ph.D. & Marie S. Hammond, Ph.D. Sunday, August 11th 9-9:50 am McCormick Place/Room W194a Level 1--West Building

Skill-Building Session: Translating Theory to Practice---An Experiential Exploration of Feminism in Psychology Training
Alexandra Z. Kolaski, Jennifer Taylor, Ph.D., & Morgan M. Grotewiel, Ph.D.
Sunday, August 11th
11-11:50 AM
McCormick Place/Room W175a Level 1--West Building



Welcome New Student Representatives!

Earlier this year, SAW solicited applications for our two Student Representative positions. This two-year position involves participating in three conference calls by phone annually,

assisting with social media and communications, assisting in advertising student awards, and recruiting graduate student members. We received many strong applications. Please join us in welcoming our new Student Representatives, Aashna Banergee and Madeline Brodt.

Aashna Banerjee



Aashna is currently pursuing her Master's degree in Clinical Mental Health Counseling and Social Psychology at Ball State University. Identifying as an intersectional feminist, she has volunteered with numerous community-based organizations in India over the years to help improve the well-being of women and other marginalized groups. Her research interests lie at the intersection of gender, peace psychology, and internationally marginalized populations. Aashna can be reached at aashnabanerjee95@gmail.com.

Madeline Brodt



Madeline has been passionate about protecting and advancing the rights of marginalized people for most of her life. She holds an MS and is a doctoral candidate at University of Massachusetts Boston. She will complete internship at the American Lake VA in Tacoma, Washington. Her interests include how marginalized people experience differential negative impacts of interpersonal violence given the cultural context. Her dissertation focuses on female sexual assault survivors' experiences of rape culture. She has held several leadership roles, as a campus representative for Division 17 and 35 and is currently a member of the APAGS Advocacy Coordinating team. She can be reached at Madeline.brodt001@umb.edu.

Student Advisory Board

SAW is committed to serving as the first professional home to graduate students interested in advancing women in the field of Counseling Psychology. In service of this commitment, the current executive board

decided to form a new Student Advisory Board for 2019. This is a small group of Counseling Psychology graduate students who will work with the two SAW Student Representatives to create resources and opportunities for SAW graduate students. Look for the list of Advisory Board members in the Fall issue of WomanView.



Update on the Revised Guidelines for Psychological Practice with Girls and Women Debra Mollen, Ph.D.

APA has published the revised Guidelines for Psychological Practice with Girls and Women. Sharon Lamb, Debra Mollen, and Lillian Comas-Díaz were appointed as co-chairs by then-Presidents of Divisions 17 and 35 in 2013. Together with a team of more than 40 students and professionals, we updated the literature, attended to recent developments, and created new guidelines while honoring the work of the original team spearheaded by Roberta L. Nutt, Joy K. Rice, and Carolyn Z. Enns. Particular areas of emphasis include an increased focus on intersectionality, attention to trans girls and women, emphasis on issues impacting women in the military and transnationally, and a new guideline that highlights girls' and women's resilience and strengths for coping with significant adversity. SAW Executive Board members Dena Abbott and Laurel Watson were instrumental in crafting the literature review and helping bring the Guidelines to fruition. Historically, APA Practice Guidelines had comprehensive and detailed literature reviews and were published in the American Psychologist. More recent iterations of Guidelines have been significantly abbreviated with trends toward online publication.

Accordingly, our work on the Guidelines went through extensive revisions before being approved for publication, as we initially had a much more detailed literature review in keeping with former similar Guidelines. As with all Guidelines, we made a near-final draft available for public commentary online and culled and responded to feedback we received. One of the most contentious issues was our deliberate use of the word fat to describe girls and women with large bodies. Many respondents understood this decision as a pejorative descriptor and offered a preference for overweight or obese. Consistent with fat activists and scholars who have reclaimed language often used as insulting as merely descriptive and perhaps even empowering, we retained the word fat in the Guidelines, providing our rationale and citation support for our choice. We also included emphasis and literature on transitions to parenting that are often harder for women than many are given permission to acknowledge.

You can find the revised Guidelines here: https://www.apa.org/about/policy/psychologica 1-practice-girls-women.pdf. We hope they will be useful in informing practice with girls and women.

Debra Mollen, Ph.D., is a Professor of Counseling Psychology at Texas Woman's University, a Licensed Psychologist, and a former Chair of SAW. She can be reached at DMollen@twu.edu.

How to be a Doc Student

Poetry by Asia Amos

How to be a doc student

Well, learn to laugh when you want to

cry

Show up, an imposter every time Feel isolated, surrounded by friends Pose at conferences, networking

quicksand

How to be a doc student

Look in the mirrors that don't reflect Drive past the gym--Acclimate to stress

Turn inwards, suspend Find grace, in depth

Skim pages in the span of mere minutes

How to be a doc student

Talk about wishes, revel in dreams Poke at politics, ponder the unseen Listen to clients—bursting from your

own seams

Being a doc student is strange don't you think?

How not to be a doc student

Stay closed up

Don't laugh, don't cry

Never feel proud

Kiss fun goodbye

Let go of friends

Of family

Yourself

Forget your purpose

Feel worthless

Deny your inner wealth

But what they don't tell you

Is there's really no map

No one way

No phd on tap

But I say go for it

Break down

Then rise

Break down again,

If you need,

Two times

You'll figure it out

'Cause again, It's no one-way Just be the best you You can be On this day.

For Black Girls Who Travel (Written while in Bangkok, Thailand)

Dark Girl,

Black Girl, Looking at the World Dark Girl.

Black Girl, Not wanted Anymore Dark Girl,

Black Girl, World looking at You Scared Girl, Unfair Girl,

Staring at your Hue Dark Girl,

Black Girl, Looking at your Hand Dark Girl,

Black Girl. Grasping at your Chance

I TOO am Feminist

Delectable dysphoria, dismantling the daring I too am girl I too am god And I'm simply fed up with caring Demarginalizing, desensitizing, demand the delusional I too work Hard I too fall Far And I'm exhausted trying to prove it Pathologizing, peculiarizing, pontificate the pale I too toe margins I too am Knowledge And I'm loud, but you don't hear me wail! Pejorative pollution, P-value the population Radicalizing dehumanizing narratives of oppression I too,

Black feminist intersectionalist and unsettling my profession

Am stating my poetic, my polemic, and my confession

Asia Amos is a Ph.D. student in Counseling Psychology at the University of Memphis. Asia can be reached at Asia.amos@memphis.edu.



Bias Check: Rural Accent, Stereotypes, and Mental Healthcare

Emily Heavner

If I came up to you speaking with a *country* accent, what would be your first thoughts about me? Be honest with yourself. Would you think that I have a bachelor's degree from a wellknown Midwestern university? Would you assume that I graduated *summa cum laude*? Would you believe that I am pursuing graduate-level education? Or would you be more apt to think that I had barely graduated high school? Would you be surprised I had all my teeth? Would you be afraid I was approaching you to make a racist or derogatory remark? The latter three are all examples of stereotypes associated with rural-accented Americans, and, unfortunately, are probably closer to what your initial assumptions about me would be if I presented with a *country* accent (Shirley, 2010).

Accent is a signal that someone is from a different cultural group and a trigger for stereotypes and biases (Chakraborty, 2017). Rural and Southern regions of the United States have distinct cultures and accents, and bias against these individuals and their culture is readily seen in the media and in derogatory terms such as redneck and white trash (Shirley, 2010; Boucher, Hammock, McLaughlin, & Henry, 2013). Research has indicated that

stereotypes and discrimination based on regional accent are real, though they are widely undiscussed and under-researched (Boucher et al., 2013; Kinzler & DeJesus, 2013). What research does exist indicates that individuals with particular rural and Southern U.S. American accents are perceived as less competent and intelligent than individuals with other U.S. American accents (Boucher et al., 2013; Kinzler & DeJesus, 2013). Additionally, individuals from rural areas are consistently portrayed in popular culture as unintelligent, uneducated, poor, backwards, and racist (Shirley, 2010). These media portrayals and stereotypes about rural individuals are reflections of cultural perceptions of individuals from rural areas (Shirley, 2010).

Considering American culture's deeply ingrained stereotypes and biases against rural individuals, it is not hard to imagine that even mental health professionals may hold biases against rural individuals and perceive them as uneducated, racist, or backwards. These biases may affect the quality of care that clinicians provide to individuals from rural areas. Sue and Zane (2009) posited that one of the reasons clinicians avoid working with minority clients, and provide ineffective services when they do work with minority clients, is because clinicians do not understand the culture and values of these clients or even because they may hold biases against these groups. It is possible that the same could apply to clinicians working with individuals from rural areas. Economic and political issues aside, perhaps clinicians avoid working in rural areas due to lack of understanding of the culture and values of rural individuals or due to deep seated beliefs that people from rural areas are too uneducated or too backwards to benefit from psychotherapy. There are over 1600 rural counties in the United States without a single mental healthcare professional (National Association for Rural Mental Health [NARMH], 2016). Individuals in rural areas

have less access to mental healthcare and receive care that is of a lesser quality than that provided to individuals in urban areas (NARMH, 2016; Ziller, Anderson, & Coburn., 2010). That being said, rural suicide rates are substantially higher than urban suicide rates (Kegler, Stone, & Holland, 2017). According to a report published by Kegler, Stone, and Holland (2017), between 1999 and 2015, while suicide rates increased in both urban and rural areas of the United States, the suicide rate in rural areas increased much faster than the suicide rate in urban areas. There is an everwidening gap between the rate of suicide in urban and rural areas with the highest suicide rates in the country seen in rural areas (Kegler et al., 2017). This indicates a need for mental healthcare services and professionals in rural areas, but research indicates these needs are not being met (NARMH, 2016; Ziller et al., 2010). Perhaps this is in part due to biases towards and discomfort with rural culture and a lack of recognition that individuals from rural areas are a distinct cultural group.

Across social science disciplines, there is currently a great focus on clinicians obtaining cultural competency and being equipped to work with racial, ethnic, and sexual minorities (Miller, Miller, & Stull, 2007). Because clinicians can harm clients with their personal biases and stereotypes, mental healthcare professionals have created multicultural standards, and there is a push for clinicians to examine their personal biases and beliefs and to seek training in multicultural awareness in order to avoid harming clients based on their membership in a particular group (Miller et al., 2007; Sue, 1988; Sue & Zane, 2009). This much-needed emphasis on multiculturalism and on avoiding bias often overlooks the cultures that are specific to various regions of the United States (Boucher et al., 2013). Boucher and colleagues (2013) posited that discrimination based on region is one of the last acceptable forms of prejudice and bias and

one of the least explored. Accent is both a salient reminder that someone is part of a different cultural group and a trigger for prejudices and stereotypes (Chakraborty, 2017). I think it's time we talk about prejudice and accent discrimination as it applies to individuals with rural accents. I would like to prompt readers to examine their own biases and beliefs about individuals from rural areas and to consider how they may discriminate against these individuals on the basis of stereotypes and biases related to characteristics such as accent. As clinicians examine their beliefs about individuals in rural areas, we can begin to examine why there is not more of an effort to expand services into rural areas when people clearly need services. Clinicians can become more aware of their biases and hopefully, through self-awareness and education, be better equipped to provide higher quality services to individuals from rural areas. offering them the care they deserve.

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Emily Heavner is a Master's in Counseling with an emphasis in Clinical Mental Health Counseling student at Webster University in St. Louis, Missouri. Emily can be reached at emilyheavner96@webster.edu





Image: Visual art by Elyxcus J. Anaya.

Artist's description: I wanted to create something that helps capture the complexities of wanting to be a professional as well as a mother. Some women feel very torn while trying to balance peak times of fertility with achieving professional goals. There are so many considerations and sacrifices to be made.

Elyxcus J. Anaya is a Ph.D. in Counseling Psychology student at Louisiana Tech University. Elyxcus can be reached at <u>eja025@email.latech.edu</u>.



Announcements

Linda M. Forrest, PhD, is the recipient of the eleventh annual American Psychological Association (APA) Ethics Committee Educator Award for outstanding contributions to ethics education. Ethics Committee Chair, Jack Haynes, PhD will present Dr. Forrest with a plaque and citation for her outstanding contributions to the profession of psychology at the national level. The presentation will take place at the APA Convention on Friday, August 9th at 8:30am, Marriott Marquis, Glessner Room A & B.

Laurie Mintz, Ph.D., gave a TEDx talk (TEDxUF) titled "A New Revolution for Orgasm Equality." Her talk can be accessed at: https://www.youtube.com/watch?v=oD2ja2 BT-0E.

Lifetime Members

Morgan Grotewiel Gail Hackett Nadia Hasan Debra Mollen Julia C. Phillips Melba Vasquez

When you renew your SAW membership this year, please consider becoming a Lifetime Member for a one-time payment of \$150. We appreciate our member 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. Like us on Facebook!

http://www.div17.org/sections/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 listserv and download the membership application.

SAW Governing Board, Ex-Officio, & Committees

Governing Board

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Section for the Advancement of Women (SAW) Membership Application for 2019

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

Dena Abbott, Ph.D., Membership Chair

Louisiana Tech University

Department of Psychology and Behavioral Sciences

600 Mayfield St., WOOH 118

P.O. Box 10048 Ruston, LA 71272

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.

i icase make checks of money	orders payable to Division 17 Section	i for the ravancement of women.
Full Name		
Job Title		
Work Affiliation		
Mailing Address		
Work Phone Number		
Home Phone Number		
E-mail Address		
	Membership Information	
 □ Professional (\$15) □ Student Member (\$5) □ Lifetime Member (\$150) 		Are you a SAW member? □ Yes □ No
Is this a renewal of SAW membership? ☐ Yes ☐ No	Are you a member of APA? □ Yes □ No	Are you a member of APA Division 17? □ Yes □ No
Is this membership a gift or part of the membership drive? □ Yes □ No	If so, please share who is gifting the	membership to you.