



WomanView

Fall 2013

*The Newsletter of the Section for the Advancement of Women
Society of Counseling Psychology (Div 17)
American Psychological Association
Yu-ting Su, Editor*

Table of Contents

[Notes from SAW Chair](#) 1
Julie R. Ancis, Ph.D.

[A Few Words from 2013 Woman of the Year](#) 2
Dr. Dawn M. Szymanski

[Inquiring Minds](#) 3

*Art and Counseling: Creative
Complements*
Katie Middendorf, M.Ed.

*Reflections from a Student Studying
Women's Issues*
Morgan Grotewiel

[SAW Sisters at the 2013 APA
Convention](#) 5

[News in the SAW Family](#) 6

[Enclosed:](#) 8

*SAW Governing Board, Ex-Officio,
and Committees*

Membership Form

Notes from SAW Chair

Julie R. Ancis, Ph.D.



SAW had a wonderful time at the 2013 APA Convention in Honolulu, Hawaii. We missed those of you who were unable to attend.

Approximately 10 people attended the SAW Business and

Breakfast meeting on Friday, August 10. The Woman of the Year Award winner was announced. The 2014 Woman of the Year is Dr. Libby Nutt Williams. Libby's service to the field has been extensive. Specific to SAW, she has served as Treasurer, Chair and Past Chair. Her commitment to feminist multicultural psychology has included multiple publications, presentations, teaching, and service. Libby more recently co-edited the *Oxford Handbook of Feminist Multicultural Psychology* with Dr. Carol Enns. Libby will present her Woman of The Year Address at the APA Convention in August 2014, to be held in Washington, DC. We look forward to it with great anticipation!

At the SAW Business and Breakfast meeting, we also discussed possible activities for the

2014 APA Convention. In keeping with the theme of Women and Girls in the Justice System, we hope to have related APA presentations and Hospitality Suite workshops. Keep a lookout for announcements. This year, the SAW Task Force on Women and Girls in the Justice System compiled a list of references and resources, which can be found on the SAW website :

<https://sites.google.com/site/div17saw/home>.

Two doctoral students presented their SAW sponsored research at the SAS/CCTP Student Poster Session in Hawaii.

Kavita Supersadsingh, John Jay College of Criminal Justice, "The Relationship of Racial Identity and Collective Esteem among Young Women of Color"

Amy E. Dawson, Arizona State University, "Mentors for Women in STEM: Documenting and Filling the Void"

A brief description of Amy Dawson's work with her advisor, Dr. Bianca Bernstein, is presented in this newsletter.

We also discussed the need to update our bylaws, and Dr. Julia Phillips has agreed to lead that effort.

I represented SAW at the Early Career Welcoming and we explored ways to increase the involvement of students and Early Career Professionals in SCP and the SCP sections in particular.

Welcome to our new Membership Chair, Dr. Laurel Watson, who you will be hearing from soon if you have not already. And, thank you to our previous Membership Chair Dr. Riddhi Sandil.

Finally, welcome to Sara Aslan, a doctoral student at the University of Missouri-Kansas City, who will serve as co-Student Representative with Katie Middendorf. And

welcome to Morgan Grotewiel, a doctoral student at the University of Missouri-Kansas City who will serve as Newsletter Assistant Editor.

Hope to see many of you at the Counseling Psychology Conference in Atlanta in March, where SAW will have a number of conference presentations around the theme of Girls and Women in the Justice System.

Best wishes,

Dr. Julie R. Ancis, Chair

A Few Words from 2013 Woman of the Year

Dr. Dawn M. Szymanski



Hello SAW members. I hope you are doing well. Unfortunately, some unexpected personal/family events arose during this past summer and I had to cancel my trip to Hawaii. I am truly sorry that I wasn't able to give my SAW Woman of the Year talk. I was really looking forward to it. The award means a lot to me, particularly since I feel like I professionally grew up in SAW. I can still remember going to my first SAW event, a workshop on disordered eating that was facilitated by Sue Morrow, as a fledging doctoral student attending my very first APA Convention. I felt engaged, stimulated, excited, and warmly welcomed. It was at that moment that I became addicted and going to SAW events at APA every year was a

Note: The views expressed in this publication do not necessarily represent the policies of the American Psychological Association, the Society of Counseling Psychology, or its Sections.

must. So this award is a true honor. Again, my sincere apologies and I hope to reconnect with many of you at APA 2014 in Washington, DC.



Inquiring Minds

Art and Counseling: Creative Complements

Katie Middendorf, M.Ed.



The making of art is a discipline that can both complement and mirror counseling. Art demonstrates a practice of testing and reflecting on how we see the world. The practice of art promotes a consciousness about

the lens we use; especially as the lens we use informs what we see. The product of art enables us to examine how the way we see things impacts others. Thus, from a constructivist perspective, art and counseling have much in common. Constructivism posits that we “construct” our reality and co-create meaning with each other. As counselors and clients working together, patterns are examined and shift through dialogue as meaning is created and discovered within the counseling relationship. Counseling from a constructive perspective, like art, constructs and uncovers meaning. Both help bring to light what is unaware.

Just as the art of meaningful dialogue can challenge us to examine our own ways of thinking and prompt paradigm shifts, movements in art history reflect the shift of historical paradigms of society over time. For example, the Rococo movement reflected grace, ornamentation, and asymmetry. Later, the Neoclassical art movement emphasized rationalization, and art of this period reflected simplicity and symmetry. The next movement, Romanticism, was a response to Neoclassicism and emphasized strong emotion and the wildness of human nature. The art movements were connected to the philosophies and values espoused during their times. As a process, art can help shed light on current conventional values and ways of thinking, thus challenging social norms and prompting the generation of alternative perspectives. Counseling and art can mirror each other not only on a micro, or individual level, but also a macro, or community level.

On a macro level, art can be applied as a powerful tool to counter the messages that negatively affect well-being. For example, in our current society, the internalization of the thin ideal and the over-evaluation of physical appearance are rampant due to media messages and advertising. Research has shown that the internalization of the thin ideal predicts depression, disordered eating, and deterioration of well-being within our youth. Media and advertisements promote images and pictures that encapsulate the thin ideal in order to increase product sales, despite the mental and physical costs to our youth. So how might art bring a community together, counteract risk factors for costly youth outcomes, and promote the appreciation of diversity?

The following is one example. As part of Celebrate EVERYbody Art Show, held in conjunction with National Eating Disorder Awareness Week, an art show of student work is held at a sports center on a university campus. The art show aims to celebrate the human body in its different forms and sizes in

Note: The views expressed in this publication do not necessarily represent the policies of the American Psychological Association, the Society of Counseling Psychology, or its Sections.

order to promote well-being and acceptance of the body and to challenge the internalization of the thin ideal. As students enter and exit the sports center to exercise, they see multiple renditions of beauty made by peers and fellow friends. They are encouraged to see beauty as more broadly defined and more diverse than the thin ideal. By seeing the diversity of perspectives and personal iterations of what beauty can be, students who view this art are encouraged to love, accept, and appreciate their body, rather than trying to conform to ideals that are damaging.

This is one small, but significant example. In what ways can art be helpful in consciousness raising, community building, and promoting positive youth behaviors? In what ways can art be integrated into prevention and therapy? Psychology in the past has emphasized remediation, but is now beginning to focus on positive health behaviors and prevention. As mental health providers, how can we also encourage, apply, and integrate creative processes into mental health endeavors? Be it prevention, therapy, or the promotion of positive behaviors, I encourage all of us to take the initiative and be creative in considering how.

Reflections from a Student Studying Women's Issues

Morgan Grotewiel, B.A.

A career as a Counseling Psychologist specializing in women's issues and feminist perspectives was not a natural path for me. I grew up in a small Midwestern town where, at least from my adolescent point of view, *psychologists* were couch-obsessed shrinks and



feminists were hairy, bra-burning hippies. I received thinly-veiled messages that women don't belong in science and technology, need to dress a certain way to get ahead in business, should "save" their bodies for their future husbands, and "ask for it" by dressing "provocatively." Yet, despite growing up in a

town with no visible mental health professionals and little female leadership, I think that my childhood primed me to embrace feminist psychology as soon as I was introduced to it in graduate school. I saw where feminists could make a difference and what kind of work needed to be done in the 21st century.

As a feminist psychologist-in-training, I strive to effect change through my research, practice, and personal life. I'm part of a research team that looks at women's eating- and body-related concerns, with an emphasis on the experiences of sexual minority women. In my practicum at the counseling center of a medical school, I find myself talking to women several times a week about balancing work and home life, deciding whether or not to get married and have children, and feeling pressure to be thin and "perfect." However, the most challenging aspect of integrating feminism and psychology is bringing my values into my personal life. Certainly in my home town, and even among my family and friends, I have to decide when to speak up: What do I say to the friend shaming other women's bodies and clothes, the family member pressing traditional gender roles on her child, or the community member advocating abstinence-only sexual education? Where do I draw the lines between concerned friend and know-it-all, holier-than-thou erudite; between engaged citizen and intolerant critic? At what point does feminist advocacy stop being empowering and start infringing upon other women's autonomy?

Note: The views expressed in this publication do not necessarily represent the policies of the American Psychological Association, the Society of Counseling Psychology, or its Sections.

These questions will never be easy to answer. However, I am lucky that I have the support of a nurturing group of faculty members and peers who understand the developmental struggles of a psychologist—and a feminist—in training. And, in many ways, I am lucky that I had the experience I did of growing up in a “traditional” community. I saw that the people who tell women to hide their bodies and silence their voices often do so in order to shelter them from the pain and abuse that too many women suffer. My goal in studying women’s issues and feminist perspectives is the same—I want to help women live their happiest, healthiest lives. It’s just my method that is different: Instead of telling women to change in order to live safely in a patriarchal society, I want to empower women to be their most authentic selves and change *society* so that it allows them to do so.

problem solving knowledge, resilience, and coping efficacy when compared to other at-risk women in the waitlist control group. Amy Dawson is affiliated with *CareerWise*, a research program under the direction of Principal Investigators Dr. Bianca Bernstein and Dr. Jennifer Bekki. This research program focuses on increasing the persistence of women in STEM fields and is supported by the National Science Foundation.

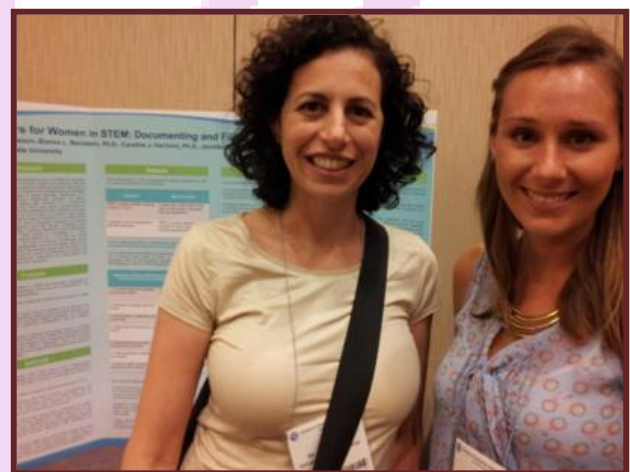


Dr. Julie Ancis with Amy Dawson and Dr. Bianca Bernstein

SAW Sisters at the 2013 APA Convention

Amy Dawson, a doctoral student at Arizona State University, presented her SAW sponsored research at the SAS/CCTP Student Poster Session in the APA conference. She provided a brief description of her study:

This study, led by Amy Dawson, first identified women in science and engineering doctoral programs who are dissatisfied with the advising and mentoring they receive. Researchers then investigated whether an online psychological education curriculum can attenuate variables associated with risk of attrition from STEM. The results showed that the online resource was effective for at-risk women in improving their



Amy Dawson, PhD student at Arizona State University, with Julie Ancis, SAW president, at the 2013 Division 17 SAS/CCPTP Poster Session and Social Hour.

Note: The views expressed in this publication do not necessarily represent the policies of the American Psychological Association, the Society of Counseling Psychology, or its Sections.



Dr. Libby Nutt Williams at the 2013 APA Convention. She is selected as the 2014 Woman of the Year.



Dr. Julie Ancis, Kavita Supersadsingh and Chalalai Taesilapasathit (Student Poster Presenters from John Jay College of Criminal Justice) at Student Poster Session

News in the SAW Family

Publications of Interest by SAW Members

Ancis, J. R., & Ladany, N. (2014). Clinical applications of a White therapist working with People of Color. Two worlds: The story of Marcos. In D. W. Sue, M. E. Gallardo, H. A. Neville (Eds.), *Multicultural counseling casebook* (pp. 93-100). Hoboken, NJ: Wiley.

Ladany, N. & Ancis, J. R. (2014). Clinical applications of a White therapist working with People of Color. My war parents found my gay box: The story of Benjamin. In D. W. Sue, M. E. Gallardo, H. A. Neville (Eds.), *Multicultural counseling casebook* (pp. 100-108). Hoboken, NJ: Wiley.

Ancis, J. R. (2013). Relishing the diversity within and without: A journey with many influences. In M. E. Gallardo (Ed.), *Developing cultural humility: Embracing race, privilege, and power* (pp. 223-234). Thousand Oaks, CA: Sage.

Pfaff, L., Boatwright, K. J., Pothoff, A., Finan, C., Ulrey, L. A., & Huber, D. (2013). Perceptions of women and men leaders following 360-Degree feedback evaluations. *Performance Management Quarterly*, 26, 35-56.

Frey, L. L (2013). Relational-cultural therapy: Theory, research, and application to counseling competencies. *Professional Psychology: Research and Practice*, 44, 177-185.

Frey, L. L., Beesley, D., Hurst, R., Saldana, S., & Licuanan, B. (in press). Instrumentality, expressivity, and relational qualities in

Note: The views expressed in this publication do not necessarily represent the policies of the American Psychological Association, the Society of Counseling Psychology, or its Sections.

same-sex friendships of college women and men. *Journal of College Counseling*.

Vasquez, D.A., Newman, J.L., Frey, L.L., Caze, T.J., Friedman, A.N., & Meek, W.D. (in press). Relational health and masculine gender role conflict in the friendships and community relationships of bisexual, gay, and straight men. *Journal of LGBT Issues in Counseling*.

Watson, L. B., & Ancis, J. R. (2013). Power and control in the legal system: From partnership to divorce and custody. *Violence Against Women, 19*(2), 166-186. doi: 10.1177/1077801213478027

Watson, L. B., Ancis, J. R., White, D. N., Nazari, N. (2013). Racial identity buffers African American women from body image problems and disordered eating. *Psychology of Women Quarterly, 1*-14. doi: 10.1177/0361684312474799



<https://www.facebook.com/SawDiv17APA>

Visit the SAW Facebook page for a great way to meet many others 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!

Note: The views expressed in this publication do not necessarily represent the policies of the American Psychological Association, the Society of Counseling Psychology, or its Sections.

SAW Governing Board, Ex-Officio, & Committees

Governing Board

Chair

Julie R. Ancis, Ph.D.
Georgia Institute of Technology
jancis@vpid.gatech.edu

Past Chair

Corinne Datchi, Ph.D.
Seton Hall University
Corinne.Datchi@gmail.com

Chair-Elect

Debra Mollen, Ph.D.
Texas Women's University
dmollen@mail.twu.edu

Treasurer

Meghan Davidson, Ph.D.
University of Nebraska-Lincoln
mdavidson2@unl.edu

Membership Chair

Laurel Watson, Ph.D.
University of Missouri-Kansas City
watsonlb@umkc.edu

Newsletter Editor

Yu-ting Su, Ph.D.
University of Wisconsin-Platteville
suy@uwplatt.edu

Others

Student Representatives

Sara Aslan, M.A.
University of Missouri-Kansas City
sma7w7@mail.umkc.edu

Katharine Middendorf, M. Ed.
Indiana University, Bloomington
kgmidden@indiana.edu

Student Research Award Coordinator

Laurel Watson, Ph.D.
University of Missouri-Kansas City

APA Student Poster Coordinator

Debra Mollen, Ph.D.
Texas Women's University

More Pie Initiative Liaison

Tania Israel, Ph.D.
University of California, Santa Barbara
tisrael@education.ucsb.edu

SAW Task Force: Women and Girls in the Justice System

Julie Ancis
Corinne Datchi
Meghan Davidson

Newsletter Assistant Editor

Morgan Grotewiel
University of Missouri-Kansas City
mmghfb@mail.umkc.edu

Note: The views expressed in this publication do not necessarily represent the policies of the American Psychological Association, the Society of Counseling Psychology, or its Sections.

SAW Membership Application/Renewal

The Section for the Advancement of Women (SAW) is seeking new members. Please pass along this membership form to a friend or colleague who may be interested in joining SAW. This form may also be used to renew your membership in SAW or update your information. Renewals are due in September of each year. If you have not renewed for 2012-2013, now is the time to do so.

There are three categories of membership:

Member: Any Associate, Member, or Fellow of Division 17 who has an interest in the goals of the section (see explanation below) may apply for SAW membership.

Professional Affiliate: Professional affiliates of Division 17, or Fellows or Members of APA who are not members of the Division but have an interest in the goals of SAW may apply for affiliate status.

Student Affiliate: Any student belonging to either Division 17 Student Affiliate Group or APAGS who has an interest in the goals of SAW may apply for student affiliate status.

Annual Dues

Annual dues are based on income:

\$15 ~ Over \$30,000/year

\$10 ~ Under \$30,000/year

\$5 ~ Student Affiliate

Make check payable to: *Division 17 Section for the Advancement of Women*

Complete the form below and mail with check to: **Laurel Watson, Ph.D.**

NAME _____

ADDRESS _____

WORK PHONE _____ HOME PHONE _____

E-MAIL ADDRESS _____

WORK SETTING AND POSITION _____

CHECK CATEGORY OF MEMBERSHIP FOR THE FOLLOWING:

DESIRED MEMBERSHIP

APA:

Member _____

Fellow _____

Professional Affiliate _____

Student Affiliate _____

DIVISION 17:

Member _____

Fellow _____

Professional Affiliate _____

Student Affiliate _____

CATEGORY FOR SAW:

Member _____

Professional Affiliate _____

Student Affiliate _____

Note: The views expressed in this publication do not necessarily represent the policies of the American Psychological Association, the Society of Counseling Psychology, or its Sections.