



# WomanView

Summer 2013

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

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## Notes from SAW Chair

*Julie R. Ancis, Ph.D.*



It has been an exciting year. This year we continued to develop our social media outlets, including our Facebook Page (<https://www.facebook.com/SawDiv17APA>) and the SAW website (<https://sites.google.com/site/div17saw/home>). You will

notice that the website now includes some video highlights from APA events (see the "SAW at APA" link <https://sites.google.com/site/div17saw/saw-at-apa>). If you have additional photos or videos that may be of relevance, please let us know. In addition, we continue to update our SAW Task Force page on *Women and Girls in the Justice System* (<https://sites.google.com/site/div17saw/task-forces/saw-task-force-women-and-girls-in-the-justice-system>). We have recently included resources on *Women in Prison*, essential reading for clinicians working with those whose lives are impacted directly or indirectly. I am certain that the information will be eye opening for most.

We continue to welcome student involvement. Please contact us if you are interested, no matter your level of experience or prior involvement. The continuation of this great Section depends on you! You will find a Membership Form at the end of the newsletter. Please fill one out. Annual dues for students are as low as \$5.00.

SAW is looking forward to the APA 2013 Convention in Hawaii. Please mark your calendars for the following SAW sponsored events:

- *SAW 2012 Woman of the Year Award Address* (Dr. Dawn Szymanski, Department of Psychology, University of Tennessee, Knoxville) was originally scheduled on Saturday, August 3, 11-11:50am, at the Convention Center Room 321 A. The title of Dawn's address is "On Becoming a Multicultural-Feminist Counseling Psychologist: Personal and Professional Influences." **Unfortunately, this talk is cancelled.**
- *SAW Awards, Breakfast, & Business Meeting* on Friday, August 2, 8-9am, Division 17 Hospitality Suite at the Waikiki Beach Marriott, Resort & Spa Salon 1. We will announce the *SAW 2013 Woman of the Year* and Board Election results. This meeting is open to all members who are interested in learning about our activities and who may be considering joining one of our committees. We will discuss the SAW initiative entitled "Women and Girls in the Justice System" and ways to move that forward in the coming year, including possible events for APA 2014. We welcome members of other sections and Divisions as we find ways to partner on this initiative.

- *SAW Sponsored Posters*

The research of two graduate students has been selected for presentation at the Division 17 SAS/CCPTP Student Poster Session & Social Hour on Thursday, August 1, 5:00-5:50pm at the Hilton Hawaiian Village Beach Resort, Tapa Ballroom II. Congratulations to both!

*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"*

I hope you will attend all the events.

Finally, I would like to thank our Executive Board, Corinne Datchi, Debra Mollen, Meghan Davidson, Riddhi Sandil, Yu-ting Su, as well as Nita Makhija, Laurel Watson, Erin Woike, and Katie Middendorf for their help this year with SAW activities including award nominations, electronic and web based activities, the review of student research proposals, the planning of convention events, the publication of WomanView, and more.

I look forward to seeing you in Honolulu!

~ Julie R. Ancis, Chair

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## Other Related Events at the APA Convention

§ A round table, a Q&A discussion with seasoned feminist professionals, and an

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informal (optional) dinner about issues related to feminist identity and early career development on Wednesday, July 31, 2013, 4:00-5:30 PM at Hilton Hawaiian Village (Decision 35 Hospitality Suite)

§ The Annual MORE PIE Initiative Networking and Discussion Session on Saturday, August 3, 2013, 11:00 AM - 1:00 PM at Waikiki Beach Marriott Resort & Spa, Salon C (SCP Hospitality Space)

*For first-time APA Convention attendees:*

§ A special Social Hour for first-time attendees on Wednesday, July 31, 5:00-5:50 PM in Rainbow Suites I and II on the Lower Level-Rainbow Tower of the Hilton Hawaiian Village Beach Resort

§ The annual Convention Orientation Session on Wednesday, July 31, 10:00 – 10:50 AM in Meeting Room 323C, Level 3 at the Hawaii Convention Center

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## Early Career Psychologists

### *The Challenges of Service Work as an Early Career Professional (ECP)*

*Laurel B Watson, Ph.D.*

*Kimberly J. Langrehr, Ph.D.*

Well, I made it! I survived my first year post-graduation! Although it has been a successful year, it has not been without some major transitions: forging a new identity from student to professional, moving away from my support system, creating a new support system, uprooting my family to move to another state,



and the list goes on. Despite these challenges, I know that I am not alone as an early career professional (ECP), for these are issues that so many of us face.

I applaud my academic program for hiring me and my colleague and friend, Kim Langrehr, (also newly degreed) at the same time. We have had many conversations about the trials, tribulations, excitement, and joys of being an early career professional. One of the key topics to which we continually return is the issue of service, such as being involved in the national organizations, like the American Psychological Association (APA). It can be very challenging and daunting to become involved, especially when you may not know how. This is likely one reason why APA has a dwindling number of ECP members (see Smith et al., 2012).

For the purpose of this article, we would like to highlight some of the challenges related to becoming more involved in service work, as well as potential ways to overcome these challenges.

#### **Question 1: What are some challenges that ECP's face when trying to become more involved in service work?**

For an introvert like myself (LW), putting myself "out there" can feel really stressful. I find the giant conferences, such as the annual APA convention very taxing and intimidating. At times, I'd rather retreat into my hotel room

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or explore the city than network. In fact, the word “network” often brings about a flush of anxiety for me. Otherwise a rather sociable and well-adjusted adult, I find myself retreating into my awkward teenage years whenever I feel pressured to talk with others at these conferences. I won’t go into my inner neurosis, but let’s just say that it isn’t always easy! I’ve really had to re-train how my mind thinks about networking. After all, I am merely chatting with colleagues who have similar interests. I have found that partnering up with one of my extroverted friends (who also knows a little about my inner psyche) during social hours is very helpful; together, we can chat up all kinds of people!

Another common challenge is the perception that people have of APA as an impenetrable organization; in fact, it often does feel that way. We encourage the reader to not become discouraged (keep reading on), as there are some very manageable ways to become more involved. Furthermore, given the declining numbers of ECP’s in APA, there has been an increased focus on trying to get ECP’s more involved. So, they actually do want you, despite what your inner monologue may be saying to you!

Data also suggests that those ECP’s who do become involved in APA tend to be academics (Forrest, 2012). This makes sense because, for many academics, in order to attain tenure, they must balance research, teaching, and service work. However, this means that the voices of early career practitioners are often missing in service work. So, for all of you practitioners out there, APA needs you!

**Question 2: What are some do-able, more approachable ways to become more involved in service work?**

We have found that becoming involved in special sections, such as the Section for the Advancement of Women (SAW) and the Early

Career Professionals Committee of Division 17, is a great way to be more involved in APA, gain mentorship, and network with some really amazing people. There are a variety of interesting and important special interests groups, such as groups related to adoption, men and masculinity, and the list goes on. In our personal experiences, these sections tend to be very welcoming and open to including individuals who would like to become more involved in service-related work. In addition, the ability to network, talk, and collaborate with individuals with similar interests and in similar places in life can not only validate some of the concerns ECP’s inevitably face, but open up an array of opportunities.

Hence, we encourage you to become involved in a section that matches your interests and goals. If you plan to attend the APA convention in Hawai’i, please feel free to stop by SAW’s breakfast and business meeting on Friday, August 2, 2013 from 8 am to 9 am at the Waikiki Beach Marriott Resort and Spa, Salon 1. Given that many of us are unable to attend the APA convention, we would like to encourage you to consider attending the 2014 Conference for the Society of Counseling Psychology in Atlanta, Georgia. For more information on topics relevant to ECP’s at the 2014 Conference for the Society of Counseling Psychology, please email Cirleen DeBlaree at [cpcecpcommittee2014@gmail.com](mailto:cpcecpcommittee2014@gmail.com).

Furthermore, consider joining Division 17’s ECP facebook group: <https://www.facebook.com/groups/128384937179333/>.

**Question 3: As someone who is not an ECP, but more established in my career, how can I support ECP’s involvement in service?**

We believe it is crucial to remember the challenges that many ECP’s face when trying to become more involved. For involved ECP’s and those in later stages of their careers, we encourage you to remember what this transitional phase felt like. Feel free to ask us

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out for lunch when at a conference or seminar. Understand that we may not ask because we may assume you are too busy; that does not mean that we wouldn't jump at the opportunity. Mentorship is also very important to ECP's. Having someone with whom to share experiences, discuss personal and professional concerns, and to gain valuable insight and advice is essential in the development of our careers and professional identities. Also, when those opportunities for awards and service opportunities pop up in your email's inbox, feel free to pass it on to us. A gentle nudge in the right direction from a valued mentor can be especially motivating.

#### References

- Smith, N. G., Keller, B. K., Mollen, D., Bledsoe, M. L., Buhin, L., Edwards, L. M., Levy, J. J., Magyar-Moe, J. L., & Yakushko, O. (2012). Voices of early career psychologists. *The Counseling Psychologist, 40*, 794-825. doi: 10.1177/0011000011417145.
- Forest, L. (2012). Early career psychologists: Untapped talent and savvy. *The Counseling Psychologist, 40*, 826-834. doi: 10.1177/0011000012438418



### ***Becoming a Feminist and Immigrant Counseling Psychologist***

*Yu-ting Su, Ph.D.*

I recently had the pleasure to read Dr. Barry Chung's presidential address for the Society of Counseling Psychology at the American



Psychological Association Annual Convention in 2012. In this article, he spoke about the struggles, triumphs, and contributions of immigrant counseling psychologists. He appears to define immigrant counseling psychologists as those who were born and raised in other countries but received education and training in the U.S. and worked as counseling psychologists here. Dr. Chung acknowledged the challenges for immigrants to learn counseling psychology in the U.S. because culture and language plays such a crucial role in this profession. I found myself deeply identifying with the experiences revealed in Dr. Chung's interviews with a number of immigrant psychologists in this article. Further, this article leads me to think about the intersection of my emerging professional identity as a feminist immigrant psychologist.

Being a Taiwanese immigrant studying counseling psychology in the U.S., I have been able to observe/experience how culture shapes our gender identity, and various forms of gender oppression manifested in the U.S. and Taiwanese societies. Furthermore, with my increased exposure to mainstream culture in the U.S., I gradually learned the meaning of being perceived as an Asian female, rather than an Asian American female. In the past year, I found that the knowledge I gained about feminist psychology helped increase my awareness of internalized racism and ESLism (in Chung's article, he defines ESLism as the discrimination against individuals whose mother tongue is not English). My improved knowledge also enhances the acceptance of my immigrant psychologist identity. As a foreigner, in the beginning years of my study abroad, I experienced a sense of loss in the

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transitioning process from being a member of the majority ethnic group in Taiwan to being a racial minority in the U.S. As I became more acculturated to the mainstream culture, I faced the challenge of dealing with external and internalized racism and ESLism. Nevertheless, the feminist perspective helps me develop sensitivity to discourses rooted in subjugation and thus create alternative self-talk to fight off discrimination. Although it is difficult to navigate an academic career without a good understanding of the nuances of U.S. culture, it is very empowering to know that the unique perspective I develop from my cross-cultural experience can be valuable. Additionally, through mentorship and collaboration with others, I can be well supported and thrive in my academic career. On the other hand, I am also empowered by advocating for the needs of my students with minority backgrounds, educating my students about social justice and equality in every society, and conducting research to give voices to those who are historically marginalized.

Looking back on my first year of being a faculty member, I feel quite blessed to get involved in SAW, and I believe that my identity as an immigrant counseling psychologist will continue to flourish under the protection of my feminist identity.

#### Reference

Chung, Y. B. (2012). Presidential Address: Immigrant Counseling Psychologists. *The Counseling Psychologist, 41*, 152-169.

## Inquiring Minds

### *An interview that sheds light on the impact of match process on parents: Is change needed?*

Katie Middendorf, M.Ed.



The internship match process is arguably one of the most stressful and trying periods in the doctoral program. Yes, it is an excellent opportunity to find a site that compliments counseling training goals, but the final decision on placement is decided by a logarithm, leaving much to chance. For many who are restricted to a specific geographical location, due to family, children, or partners with established careers, the match process is even more difficult. The following is an interview with a doctoral student who describes her experience as a parent and an applicant of the match process.

**Interviewer:** What has it been like preparing for the Internship match process as a parent?

**Respondent:** Facing having to choose between my child spending a year without me or without my partner is incredibly counter to what I espouse as a mental health provider. I am confused that as a profession we are supporting structures that seem to go against the research in child development. I recognize that the intention behind internship and the match process is to provide a learning opportunity for doctoral students to enhance their skills and benefit from site experience. However, the reality that manifests comes from a very individualistic mindset. That we, as an

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individual, should go wherever is necessary for our training does not honor the collective connections or identities we have. I would like to see counseling psychologists evolve beyond this and assess how this process affects people with families. I believe we need to ask how the requirements of internship require people with families to choose between their identity as a professional in training and their identity as a parent. Additionally, how the internship match process can become more welcoming for people with families needs to be addressed.

**Interviewer:** I have heard that individuals who are geographically bound risk greater chances of not matching, and that this is problematic both for doctoral students in this condition as well as programs hoping to keep their matching rate high. What has your experience been?

**Respondent:** In my experience the term “geographically bound” is a euphemism for parents. The sad fact is that we are a problem for programs. This leads to us being treated as a problem to be solved, like a subcategory rather than the beautiful multifaceted people that we are. To me, that is the essence of discrimination. Becoming a spouse, a parent, and a practitioner has been a lifelong goal... and then to be treated as a problem is hurtful and confusing.

**Interviewer:** Do you have any ideas on how we can create changes to address this problem?

**Respondent:** Possibly raising awareness is a good first step. I have faith that the absolutely brilliant thinkers in our field will discover ways we can change this as it deserves attention. I feel really fortunate to live in a country in which there can be dialogue to talk about this. To be asked this in an interview shows that there is caring and support for multiple identities. I can relish how far we have come and still say that there is more ground to cover. I feel like as mental health providers, our

profession will continue to flourish if we can put supports in place for people’s multiple identities. To me this is one of the things that is unique about Counseling Psychology; we place emphasis on supporting the total person. So I think that not doing something about this internship match process and the trouble it creates for families is really missing a social justice opportunity. Focus groups could potentially be a good place to start generating ideas on how to attend to this issue. After all, I am just one voice, and this impacts many. I come from a place of privilege in this situation as I have family with economic and social resources to help me out if I were in crisis. I can’t imagine what it would be like for single parents as well as those with few socio and economic resources.

Although this interview presents the voice of only one, many may be able to relate to the difficulties and challenges raised by the match process. No system is perfect, but it is through consciousness raising and discussion that we can begin to consider changes that might benefit our ever changing society. One of the current benefits of the internship match process is that it promotes equal access and opportunity for doctoral students and reduces potential nepotism that could occur if internship placement were the product of social networking. In this spirit of equal access and opportunity, the internship process should continue to evolve to meet the needs of its diverse applicants.

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Special thanks to Krystle Koelker, M.A. for her help with editing this newsletter!



<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 women, 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!

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## SAW Governing Board, Ex-Officio, & Committees

### Governing Board

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Meghan Davidson

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**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., Counseling & Educational Psychology, University of Missouri, Kansas City, School of Education, Room 219, 615 E. 52nd St., Kansas City, MO 64110.**

NAME \_\_\_\_\_

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WORK PHONE \_\_\_\_\_ HOME PHONE \_\_\_\_\_

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WORK SETTING AND POSITION \_\_\_\_\_

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APA:	DIVISION 17:	CATEGORY FOR SAW:
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Student Affiliate\_\_\_\_\_

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