



WomanView

Fall, 2014

*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

Debra Mollen, Ph.D.



Happy autumn! I write you as a new academic year has begun and the signs of the change of season are emerging (even, albeit very slowly, in warm and sunny Texas). It is an exciting time to be a feminist counseling

psychologist and a distinct honor to begin my 2-year term as SAW Chair. Julie Ancis, my predecessor and current Past-Chair, was extremely successful in her position of leadership and has been gracious and patient with my many questions as we have negotiated the transition. Please be sure to join me in thanking her for her excellent work in service of and commitment to SAW.

At our annual SAW Champagne Breakfast and Business Meeting, I marveled at the collective passion for our Section and the very impressive group of talented women who comprise our group. As introductions progressed, I noted how thoughtfully and personally many of our members referenced their connection to SAW, with several mentions of SAW as a

professional home many of our most seasoned foremothers discovered as students. This observation spurred an idea for a new project for SAW, one that will capture SAW's unique herstory by chronicling our collective rich past of achievements, challenges, and contributions. Toward that end, I've assembled a committee—Jennifer Taylor, Jennifer Mootz, Lisa De La Rue, and Morgan Grotewiel—who will be working together to piece together our story over the next 2 years with a completion date set for August 2016. Stay tuned for regular updates about their progress and please join me in thanking each member for her willingness to serve on SAW's herstory committee.

Another initiative I'm pleased to share with you is our new Mentoring Column, a feature for our newsletter. Laurel Watson, our industrious Membership Chair, in conjunction with her role in the Division 17 Leadership Academy, spearheaded a very successful SAW Mentorship Dinner event at convention this year. Eleven students and early career professionals met with three feminist counseling psychologists over dinner in Washington, D.C. Over Thai food, we answered questions and discussed the many challenges and rewards of a career as a feminist academic in counseling psychology. The event attracted twice as many students and ECPs as we could accommodate, leading me to reflect deeply on how important and universal the experience of needing mentorship is. Throughout my career, I have been the fortunate recipient of some outstanding mentorship, and I'm invested in continuing to facilitate conversations among students, ECPs, and seasoned mentors. Toward that end, I'm delighted to continue what we started in D.C. with a regular feature of our newsletter, What Do You Want to Know? Take a look on page 3 where you'll find our first column. Please send me the questions you most want to see answered in a future newsletter or let me know if you'd enjoy answering the questions we receive (dmollen@mail.twu.edu).

Concurrently with my role as SAW Chair, I'm also serving as a co-chair (along with my intrepid colleagues, Lillian Comas-Diaz and Sharon Lamb) for the revisions for the APA Guidelines for Psychological Practice with Girls and Women. Initially appointed by Divisions 17 and 35 in October 2013, the three of us, along with a very diverse and committed group of writers and reviewers, have been working hard to revise the original Guidelines (published in 2007 under the tireless leadership of Roberta Nutt, Joy Rice, and Carolyn Enns). The first draft is in its final round of editing and will soon be shared for commentary with the profession, after which time we will make additional changes based on the feedback we receive. Thanks to all who have contributed to our work, including many of you who attended our open forums for discussion and shared your ideas with us in the Division 17 and 35 Hospitality Suites at convention this year.

Speaking of convention, it's time to plan ahead for 2015. Here are a couple of important deadlines to note for APA in Toronto:

- CE Workshops: Monday, November 10, 2014.
- Division Submissions: Monday, December 1, 2014

Submit your proposals here:

<http://apps.apa.org/convcall/default.aspx>

If you haven't yet liked us on Facebook, be sure to stop by

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

and give us an electronic thumbs-up!

Lastly, as I grow in my new role as SAW Chair, please feel very welcome to reach out to me if you have a suggestion, a comment, or a desire to get more involved with us. I'd love to hear from you!

~ Debra Mollen, Chair

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What Do You Want to Know?

~A Column for Mentoring

Question: What led you to a career in academia?

Answer: My path to academia was a circuitous one and was definitely a nontraditional one. I started my career as a R.N. and worked for many years in that capacity. Eventually, I found my way to psychiatric nursing and realized that working in the area of mental health was my passion. I returned to college to earn my master's degree and started a private consulting and clinical practice, where I worked for many more years. Ultimately, I returned to college to earn my Ph.D. in counseling psychology. Choosing counseling vs. clinical psychology was a deliberate choice—I was well-versed in the medical model as a nurse and found that the preventive, developmental, and multicultural foci of counseling psychology were a better fit for me. At that point, I found out how much I loved research and also began to see my clinical experience as something that would allow me to be of service to student so I made the move to academia. It has been a long road to get here, but well worth it so, for those of you are also taking the circuitous route, stick it out. The point was not how long it took me to get here, but that I did arrive—so will you!

Lisa Frey, Ph.D., University of Oklahoma

Answer: When I first began doctoral level studies, I felt conflicted about whether I wanted to focus more on pursuing an academic or a clinically-oriented career. I enjoyed the

primary tasks associated with each role and was pleased to be involved in a training program that afforded me rich opportunities to grow in both areas. However, as I progressed through the program, my interest in working toward equity for oppressed populations began to play more and more into my career choice. I also realized that I had strong skills clinically and that I would be pretty good at teaching others how to be well-prepared, skillful clinicians. I combined both of these interests and strengths and found an academic position where I could teach students how to be therapists while simultaneously engaging in on-the-ground action in support of equity for disenfranchised groups. When engaging in my first post-doc job search, I looked toward smaller colleges and universities that valued community engagement among faculty and that placed equal emphasis on this as with other areas on which faculty are evaluated. This strategy was an effective one for me as I found a position that recognizes my U.S. and internationally-based work in support of equity, allowing me to train future psychologists while simultaneously affording me the opportunity to perform in more traditional academic responsibilities.

Mary Burke, Ph.D., Carlow University

Students and ECPs, please send questions you want to see answered in future newsletters to dmollen@mail.twu.edu

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Early Career Psychologists

A Mentorship Dinner for Women Interested in Academia: Reflections and Future Directions

Laurel Watson, Ph.D.



This past December, I received wonderful news that I was selected as a participant for the 2014 Leadership Academy. I am truly grateful for and humbled by the opportunity. The Leadership Academy was one of Barry

Chung's 2012 Presidential Initiatives designed to prepare and recruit students and early career professionals (ECPs) for leadership positions. Each cycle, ten diverse students and ECPs participate in leadership training. The training covers the organizational and governance structure of Society of Counseling Psychology (SCP), leadership in a historical context, differences in leadership styles, and knowledge of the strengths and assets of our diverse identities in leadership positions. Not only do we have the opportunity to learn more about leadership, but we also have the opportunity to design and implement a leadership project under the mentorship of leaders in SCP. The leadership project is intended to further SCP's values, while also providing an opportunity to build relationships and connections with leaders in the field.

The task of selecting a leadership academy project was daunting. However, my own

experiences as an ECP woman in academia led me to realize the importance of mentorship in women's lives. There have been, and continue to be, many times when questions have arisen and I felt the need for solid support and advice. For example, how do I manage my changing identity from student to professional? How do I continue to integrate my feminist values into my teaching pedagogy? These questions and experiences sparked the idea of hosting a mentorship dinner for women (including cisgender and trans*) who are students or ECPs interested in academia. I also hoped that this mentorship dinner would provide attendees an opportunity to connect with members of SAW, perhaps providing them with a professional home.

The idea for a dinner—as opposed to a round table—was motivated by the desire to provide a more intimate, less intimidating setting, which would enable greater ease and comfort in discussing various topics. I also felt that it was important to include mentors with diverse identities, career paths, and interests. Debra Mollen, Julia C. Phillips, and Cirleen DeBlaere graciously agreed to attend the dinner and offer their wisdom and experience. Unfortunately, Julia C. Phillips was unable to attend the dinner; but, thankfully, Sally Stabb stepped in and saved the day!

After placing several advertisements for the dinner on relevant listservs, I received a large response from women who were interested in attending the dinner. In total, there were 11 attendees, eight of whom were students and three ECPs. Attendees had a diverse array of questions, many of which centered around the actual job hunt (e.g., advice on getting jobs at teaching universities, salary negotiation, recommended number of publications, whether or not to disclose one's sexual identity in the job search process), personal/professional integration, identity-related themes, and what to do after you actually get the job (e.g., establishing successful research collaborations, writing and obtaining grants, balancing

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multiple roles and demands). As you might expect, the conversation was rich, meaningful, and informative. Attendees remarked on how helpful the dinner was in answering their questions, and how important it was to network with other women facing similar concerns.

Given that this was a dinner, we did not have adequate space for all interested potential attendees. This resulted in us having to create a waitlist for the dinner (approximately 11 potential attendees were waitlisted); however, the interest was so great that no slots became available. This large interest speaks to the need and importance of establishing more mentorship and networking opportunities. In order to address this need, SAW has committed itself to working on programming for the upcoming APA convention in Toronto. In addition, a column in our newsletter was established so that women can write-in and ask leaders in the field about their experiences as women in academia. Linda Forrest, Lisa Frey, Mary Burke, and Libby Nutt Williams so kindly agreed to respond to questions sent in to our newly established advice column. This creates a wonderful opportunity for women to gain mentorship on a more informal basis from wonderful feminist academicians. Please take advantage of this great opportunity and stay tuned for upcoming programming from SAW!



Inquiring Minds

Culture and Feminism: An Identity in Freedom

Sara M. Aslan, M.A.



A general definition of feminism describes the promotion of women's rights. The 1970s marked an explosive decade for feminism, filled with exciting writing and activism. Through the help of numerous women's rights movements, the idea of feminism

is continuing to flourish well into the 21st century. Yet, even in today's relatively more liberal United States, there remain culturally derived conservative views about women. My father is an Armenian immigrant who comes from an extremely religious, conservative, and patriarchal culture. Traditional ideals hold that Armenian women are expected to marry a man, be a good wife, have children, take care of all household duties, and be a devout Christian.

The problem that my father endured was raising a feminist Armenian-American daughter. To say our ideals clashed would be an understatement. Finding feminism in a culture that disregards it was not easy, particularly because I also grew up in a predominantly Latino(a) community. Both Armenian and Latino(a) cultures are patriarchal, and men are given more privilege and freedom in comparison to women. Women are expected to provide their husbands with children, as well as take responsibility for all household duties. Moreover, both cultures actively practice Christianity and the worship of a White male God. Within this practice, God is typically represented as a powerful male figure, which translates into the social status of men (Carneiro, 2013).

Growing up in the midst of Armenian and Latino(a) cultures was difficult for me as a woman, to say the least. I was constantly surrounded by unquestionable patriarchal

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beliefs that often placed women and racial and sexual minorities in the victim role (Carneiro, 2013). Endless feelings of oppression can start to wear on a person after time, and even make someone question their own beliefs. Women, racial minorities, and sexual minority groups in patriarchal societies are viewed as inferior to their White male heterosexual counterparts (Hurtado, 2003). In my experience, my younger brother was treated much differently than I was. Even though I excelled at academics and athletics and minded my parents, I was still afforded less freedom than my brother. I had a curfew, I had to check in when I was out, I wasn't allowed to date, and I wasn't allowed to be free, but he was. Needless to say, this led to huge amounts of anger and resentment towards my family and my culture, as well as confusion about what I wanted my life to resemble.

I am glad that I chose to question these feelings of inferiority and not succumb to what my culture had predetermined my life to be. I found my identity developed through studying feminism and feminist theoretical orientations. I had never really aligned with the ideals placed on women within my cultural heritage, and a feminist perspective helped strengthen my own personal beliefs of egalitarianism. The theory poses gender equality, a subject that may be foreign or sound outlandish to the cultural groups I was surrounded by. My Armenian father and I continue to have disagreements when it comes to his patriarchic views. Our conflicting opinions range from gender equality, issues regarding how women should dress, and the idea of living with a significant other before marriage. Growing up, this was particularly difficult to deal with because I felt like I didn't have any control of my own life. Additionally, I felt as though I wasn't allowed to have a voice.

Finding feminism was very empowering to me; it helped me feel more comfortable with my beliefs. Now, I am not only able to voice them, but understand that I am not alone with my

views. It helped me connect to other individuals with the same beliefs and even opened my eyes to the feminist ideals that I had been overlooking within my own culture. I was overseeing the strong sense of community that comes with being Armenian, as well as the way the peoples of my culture experience a sense of empowerment through remembrance of the past historical events its members endured. I don't know where I would be today if I hadn't challenged the lifestyle I was instructed to live. Through learning about feminism and the amazing women who act as leaders and role models for younger generations, I have been able to feel free – free to be an athlete, to have egalitarian relationships, to attend graduate school, and to feel part of a community that holds the same values in diversity of race, ethnicity, gender identity, and self-expression as I do.

I have discovered that I can be many things, and still identify with my culture at the same time. Feminism has taught me that I can feel strong and empowered as a woman and don't have to give up pieces of my identity in order to conform to societal standards. I am many things, and most importantly, I am a woman. Yes, there are still many disparities between sexes in the society in which I reside. Yet, I feel brave enough to continue to stand up for what I believe that countless deserve. I am incredibly thankful for the many women and men who identify as feminists; I feel empowered knowing you are out there and that I am no longer alone.

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- Carneiro, R. (2013). The impact of Christianity on therapy with Latino families. *Contemporary Family Therapy: An International Journal*, 35(1), 137-146. doi:10.1007/s10591-012-9209-3
- Hurtado, A. (2003). Theory in the flesh: Toward an endarkened epistemology.

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Applying Feminist Theory to My Past, Present, and Future

Courtney McGraw, B.A.



It is my second year studying in the counseling psychology program, and I have been able to think about what I want to do with my degree and what I truly believe in. In my undergraduate

education, I focused on what I was interested in, but not what I would actually *do* with my degree. Luckily, my interests eventually brought me to counseling.

I have always been interested in people and how they interact in society, which led me to pursue a bachelor of arts in sociology. Some of my sociology classes overlapped with gender and women's studies courses, and I chose to pursue a certificate in that field because I found I was especially interested in women within our society. Taking those classes a few years into college opened my eyes to a number of aspects about our society that I had never thought about. For one thing, why was I learning about my reproductive system in depth, for the first time, at the age of 21 in an elective in college? I believe there is something seriously wrong with that.

Women must learn about their bodies for a great number of reasons, a few being to better understand pregnancy and gynecological problems. In health classes prior to college, I learned about male anatomy and did not learn biological processes related to menstruation. According to Beausang and Razor (2000), scholars agree that our understanding about female anatomy is lacking. Sommers-Flanagan and Sommers-Flanagan (2004) quoted Segraves (2002): "Knowledge of female sexuality has consistently lagged behind our knowledge of male sexuality" (p. 420). They added that many women do not understand their own bodies well and feel guilty and confused about healthy bodily processes.

When I did learn about menstruation in my schooling before college, it was portrayed as a painful and negative experience. Indeed, "...literature prepared for school use, portray menarche as a 'hygienic crisis' rather than a maturational milestone" (Beausang & Razor, 2000, p. 518). Our society contributes to this narrative, as do commercials for feminine hygiene products and painkillers.

I can see now that female sexuality is not discussed to the same degree as male sexuality because we live in a patriarchal society. Limiting the knowledge available regarding female biological processes is one example of many ways our patriarchal society limits women. This understanding has empowered and inspired me to be an advocate. As women, we have nothing to be embarrassed about or ashamed of, and it's incredibly important that young women understand this. Using feminist theory I hope to empower young women to challenge and question societal norms and see that they have the power to promote equity in society. As Sommers-Flanagan and Sommers-Flanagan (2004) explained, the main focus of feminist therapy is to help clients become aware that the roots of many of their problems come from the prevalent ideologies supported by the patriarchal society. Had I known the deep impact cultural norms have on my

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everyday life and thought processes, I probably wouldn't have been so hard on myself for not fitting the ideal female stereotype. My time in high school was the most difficult for this, hearing my friends expressed dislike for their bodies because they didn't fit the unrealistic thin ideal. Understanding where these ideals come from is necessary for young women. When I become a high school counselor, I will tell young women what I wish I had heard at that age. I am confident that with my education and career path, I can bring important knowledge and advocacy to a school setting.

Thanks to being in this graduate program, not only do I finally know what I want to do, but also what I believe in and stand for. Everyone should be conscious of the ways our patriarchal society uses, hurts, and limits women and be committed to changing society into one that supports and empowers all of its members.

References

- Sommers-Flanagan and Sommers-Flanagan. (2004). *Counseling and psychotherapy theories in context and practice: Skills, strategies, and techniques*. Hoboken, New Jersey: John Wiley & Sons, Inc.
- Beausang, C. C., and Razor, A. G. (2000). Young western women's experiences of menarche and menstruation. *Health Care for Women International*, 21, 517-528.

SAW Student Posters at Division 17 Social Hour



Alexandra Savela and her advisor, Karen O'Brien, from the University of Maryland, project entitled: "College women's career planning: The role of instrumentality and anticipating motherhood."

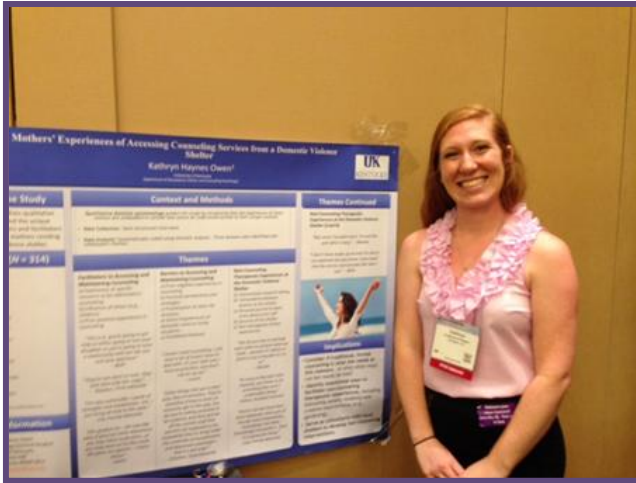


Nina Sathasivam-Rueckert and her advisor, Usha Tummala-Narra, from Boston College, project entitled: "Attitudes towards sexual violence among Asian Indian immigrants."

SAW Sisters at the 2014 APA Convention

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SAW Business Breakfast Meeting



Kathryn Haynes Owen from the University of Kentucky, project entitled, "Mother's experiences of accessing counseling services from a domestic violence shelter."



Our recipient of Foremother of Year Award, Dr. Roberta Nutt!

Symposium on Women and Girls in Legal System



Our past chair, Dr. Julie Ancis, is the second on the back row from right and Dr. Corinne Datchi, who is also our past chair, is in the front row on right with white shirt.



Our recipient of Woman of the Year Award, Dr. Bianca Bernstein!

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Announcements

Big congratulations to our treasurer, Dr. Meghan Davidson, for being selected as the recipient of the Fritz and Linn Kuder Early Career Scientist/Practitioner Award this year!!



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

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Call for Book Reviewers for Psychology of Women Quarterly

If you are interested in becoming a part of the database of potential Book Reviewers for Psychology of Women Quarterly (PWQ), please send me an email so stating. Book reviews are approximately 400-600 words long (about 3 double-spaced pages) and have a timetable of 3 months for completion. My contact information is SStabb@mail.twu.edu. To be added to the list, please send your name, title and affiliation; I will then send you a list of PWQ-Indexed Areas of Expertise so that I can best match you to future requests for reviews. A book that you review will be yours to keep as a token of PWQ's appreciation for your work. Graduate students may co-review only in conjunction with a faculty member. Thank you!

*Sally D. Stabb, Ph.D.
PWQ Book Review Editor*

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!

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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 2014-2015, 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, UMKC School of Education, 615 E. 52nd Street, Kansas City, MO 64110**

NAME _____

ADDRESS _____

WORK PHONE _____ HOME PHONE _____

E-MAIL ADDRESS _____

WORK SETTING AND POSITION _____

CHECK CATEGORY OF MEMBERSHIP FOR THE FOLLOWING:

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