



WomanView

Spring 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

Julie R. Ancis, Ph.D.



I recently returned from the SCP Conference in Atlanta, which did not require me to travel far. It was a terrific conference with many interesting presentations and mentoring opportunities for Early Career

Professionals and students. I was asked to participate in several of the latter, including a roundtable on assessment of the university multicultural climate and programmatic strategies with doctoral student, Yunjin Lee and another roundtable with me, Rosie Bingham, and Roger Worthington discussing navigating nontraditional careers in counseling psychology. There were many other similar programs, and I am glad to see SAW Members such as Laurel Watson, SAW Membership Chair, and Julia Phillips take a lead in these efforts. In fact, Laurel has been selected as one of 10 participants for the SCP 2014 Leadership Academy! Congratulations. Laurel!

On behalf of SAW, I facilitated a half-day program at the SCP Conference on 'Girls and

Women in the Legal System.' Julie Ancis, Barry Goldstein and Krithika Malhotra discussed research and advocacy related to family court, domestic violence (DV), child custody, and the role of psychologists, including the use of evidence-based practice. Vicky Shivy discussed her research and applied work with female offenders re-entering society. Peggy Brady-Amoon spoke about at-risk girls and preventative approaches to keeping girls out of jail. Georgia Calhoun, Brian Glaser, and their students on the Juvenile Counseling and Assessment Team (JCAP) from the University of Georgia, including Alaina Conner, Lauren Mann, Zoe Ray, Kaki Stamateris, and Amber Davidson, discussed their research and advocacy. And, Mary Burke discussed prostitution, sex trafficking, and the status of women and girls. The presentations were incredibly thought-provoking and mutually informative. Approaches to training the next generation of psychologists and the importance of applying research to advocacy efforts were discussed as well.

A big thank you to the SCP Executive Committee for helping fund refreshments for the half-day program!

A similar program, with additional presenters, is scheduled to take place at the APA Conference in DC on August 7, 2014 in CC 143C from 9:00 am-10:50 am. We hope to see many of you there. Other SAW programming will be included in the next SAW newsletter and listserv announcements.

In other news, modification of SAW Bylaws to allow for electronic voting procedures was approved at the March 2014 SCP Executive Board Meeting. Thank you to Julia Phillips for leading that effort. This will help facilitate SAW voting.

Thank you to Katie Middendorf who is stepping down as Student Co-Representative. We appreciate all you have done for SAW,

particularly your illuminating columns for our newsletter!

Please enjoy the Newsletter. Dr. Libby Nutt Williams, our 2014 Woman of the Year, writes about her SAW work from a foremother perspective. Katie Middendorf presents her perspectives on body image and related outreach endeavors. And, Sara Aslan discusses transitioning from the workforce to graduate school.

Also, see the SAW Call for Nominations. Deadline is May 1, 2014. Please consider nominating someone for these awards.

Dr. Julie R. Ancis, Chair

Musings on SAW: Getting Started

Libby Nutt Williams, Ph.D.

When I got the email request to consider writing a short article about my involvement in SAW from a foremother perspective, I almost looked over my shoulder. Me? It's daunting



and a huge honor to be considered foremother material in SAW. It's hard to see myself that way. But what I can say is that I have loved my involvement in SAW over the last 17 years and find that it has shaped

me much more than I have shaped it.

I joined SAW once I became an Assistant Professor. My interests have always been in feminist psychology, and I wanted to establish this connection more formally. I did not,

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however, get very involved before I got my PhD. Part of that was the focus of my graduate program (I spent more time trying to figure out Division 17 at the global level and to understand how to get connected with the psychotherapy research community). Part of it, though, was that I was intimidated. There were AMAZING women in SAW, ones that wrote thought-provoking works about feminism and therapy. I wasn't yet confident that I would fit in.

Once I was in academia, though, I thought "just put yourself out there." I had great feminist mentors who encouraged me to do just that (thanks Clara Hill, Ruth Fassinger, and Roberta Nutt). In my first year as a professor, I joined a writing team for the SAW conference on integrating feminism and multiculturalism (Fassinger, 2004). That was a truly wonderful experience. I was on the same writing team with (my now dear friend) Jill Lee-Barber. She and I bonded over our passion about feminist multicultural issues. So, when the email went out that SAW was looking for a treasurer (just a few years later after I got tenure), I put my name in the hat. I served as treasurer for 5 years, and that opened another window of opportunity. Through my experience on the executive board, I met Carol Enns, Dawn Syzmanski, Sue Morrow, Connie Matthews, Meghan Davidson, Oksana Yakushko, Laura Smith, Corinne Datchi, Julie Ancis and many other wonderful SAW members. I have had the great fortune since then of writing and presenting with a number of these women. I then became SAW Chair (chair-elect, chair, past chair) from 2008 to 2012. What I found most compelling was that I learned the importance of the meaning of SAW – the Advancement of women. We took a very strategic approach to promoting women by nominating them for awards. Our approach paid off, as several SAW members won awards and their good works were highlighted for the broader psychological community.

So, if there is any foremother in me, I would give the following advice to those of you just starting out, just wondering where you might fit in: 1) Say yes. If someone asks you to join a working group, write something, or serve on a committee, do it. While I am also a firm believer in setting limits and not taking on TOO much, taking the first step into service and shared governance can be an extremely positive move. 2) Come to SAW events. There is no better way to learn about SAW, to get connected, and meet simply awesome women than to come to one of the SAW events at APA, whether that is the Business meeting, the Champagne Breakfast, the Woman of the Year award talk, or a SAW-sponsored symposium or workshop. And 3) make suggestions. Maybe there is an avenue of feminist multicultural work you would like to see us focus on more. I can assure you that the SAW executive board has always been open to new ideas and new energy. Post on the Facebook page, promote the website, and generally see who might want to join you in a new endeavor. They will be there. And then, when someone tells you that you are a foremother, you will look around, feel absolutely grateful, and see friends among your colleagues.

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Inquiring Minds

Celebrating EveryBODY Week

Katie Middendorf, M.Ed.



Every year across multiple campuses in the United States Celebrate EveryBODY Week (CEBW) is held in order to counterbalance problematic aspects of our society, such as the overvaluation

of physical appearance and the objectification of the body. As they develop, both children and adolescents are bombarded by messages from the media to be thin and fit. This continues to occur even though research has shown that internalization of the thin ideal predicts negative mood, increased body image disturbance, decreased self-esteem, and disordered eating among college women (Hawkins, Richards, Granley, & Stein, 2004).

Here at Indiana University, the week-long event dedicated to preventing negative body image, disordered eating, and other negative mental health outcomes is held from February 23rd to March 1st. It aims to increase body mindfulness as well as positive body messages. In past years, the Student Recreational Sports Center (SRSC) has hosted activities for Celebrate EveryBODY week that have included pledge boards for students to write personal commitments to appreciate their bodies, fat-talk-free-week, and a “Rock What You’ve Got” Zumba and Hip-Hop Dance Party. Additionally, individuals have the opportunity to write negative body image messages on balloons and pop them as a symbolic way of banishing negative body

image thoughts. Both at the SRSC and across campus, during the CEBW event individuals find statements on mirrors and posters in buildings across campus with statements such as “Be YOUnique” and “Be Strong, Be Confident, Be You—You Are Beautiful.”

Interestingly, some suggest that confronting the thin ideal is made problematic by even the use of the word “beautiful” because it promotes an overvaluation of appearance (Editorial, 2013). For me, the problem is not the use of the word beautiful, but rather who defines it and how narrowly or strictly it is defined. Due to the messages concerning beauty espoused by the media, women and men internalize a strict sense of beauty that for the majority of the population does not fit. We internalize socially constructed definitions of beauty that are often impossible for the majority of the population to measure up to, and thus cause internal angst and support unhealthy behaviors. Rather than changing these ill-fitted definitions, we spend energy — often at the cost of our well-being — changing our bodies in order to achieve this externally defined ideal. This is evident in the fact that disordered eating and extreme exercise are rampant in the United States and especially prevalent among college female (Mintz & Betz, 1998) and more recently in male student populations (O’Deah & Abraham, 2002).

However, body image issues start much earlier than college. Research indicates that young children, especially girls, are impacted by issues surrounding body image as early as elementary school (Lowe & Tiggemann, 2003). Recently, a friend of mine told me that her 7-year old daughter shared with her that she was told by a peer that if she ate less and lost weight that guys would like her more. This sends multiple messages: 1) a thin body is a preferred body, and 2) that others enjoying her body is a priority.

So how do we regain an empowering relationship with our bodies? I believe it starts by recognizing the external messages that we

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have swallowed. Rather than changing our bodies, let's change our definitions. We can begin by taking back the power to see beauty in ourselves, as we are. We can begin discovering the pleasure that we can gain by nurturing, appreciating and taking care of something that we care about, something we find beautiful: ourselves.

One of my favorite definitions of beauty, a quote by Khalil Gibran, [has been] posted on a mirror in the Campus Recreational Sports facilities: 'Beauty is not in the face; beauty is a light in the heart.' I think this quote, along with many others, challenges individuals to expand narrow definitions of beauty that focus solely on outward appearance.

I am grateful that there is outreach and other prevention efforts aimed at raising awareness of the problems caused by messages in our society promoting the thin ideal and suggesting that we conform to an externally defined sense of beauty in order to please others, rather than ourselves. It is my hope that the Celebrate EveryBODY event as well as other outreach endeavors that promote awareness continue to encourage us to develop and nurture our own sense of beauty, ideas of beauty that fit who we are.

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Why Go Back When You Are Already Ahead? Transitioning From The Workforce To Graduate School...Again.

Sara M. Aslan, M.A.



There are events which take place - in graduate school - that can only be understood and appreciated by those who experience them first hand. Last fall, I entered graduate school for the second time. I was asked, and am still being asked, the million dollar question, "why go back to school when you can already do clinical work without a Ph.D.?"

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Hmm...good question, why would someone want to go through the despair of graduate school, taking statistics courses, interviewing for practicum sites, collecting more clinical hours, writing a dissertation, accumulating more debt, and living the life of a student yet again if you have already been down that treacherous road? My answer is: Why not?

In many ways I felt unfulfilled as a master's level clinician, there was a limit on what I could actually do besides therapy (e.g. administer assessments, conduct research, teach, etc.), and future employment opportunities appeared narrow. There was more to learn, and I was hungry to acquire the knowledge. That being said, the transition back to a graduate program has been interesting to say the least. There is something to be said about walking into the first day of your doctoral journey and quickly realizing that you are the oldest person in your cohort. While the other fresh faced individuals are having "breakthroughs" realizing they will be in their late 20's when they graduate from the program, I felt at ease understanding that this time around I have much greater insight about what it means to be a counseling psychologist in training.

I have an enhanced appreciation for the learning experience, and honestly, I am thankful that I am not starting a doctorate program with a bachelor degree. This time I can be a support system for my peers, I have a better understanding of and dedication to the concept of self-care, and I know what it takes to balance the demands placed upon a student and how to succeed in graduate school. This time around I don't feel that my acceptance into the program might have been a mistake, I know that I am supposed to be here and I know exactly where I want to grow as a clinician.

It has been a humbling experience for me, transitioning from a full-time therapist at an outpatient treatment center and with a private practice, to working as a graduate assistant at

the front desk of my university's counseling center. I see how stressful it is for others to begin doing therapeutic work and this time around I value the clinical experiences I have under my belt. Leaving my clients behind to pursue a doctoral degree was a very difficult decision. I still think about them often and wonder how they are doing. I guess these feelings come with being a therapist, and I will use my experience in the doctoral program as an opportunity to grow as a clinician.

It is time to once again find a practicum site to train at and the application deadlines are quickly approaching. A few years ago, I remember being told in my last program that I had to interview for and snag a practicum position. This was so terrifying! Who was going to want me as a therapist if I had never seen a client? The good news is, I have started interviewing for next year's practicum placements and have had the complete opposite experience from prospective supervisors. This time around the interviewers are impressed with the experience that I hold and believe I have much to offer at their sites.

With each passing day, I feel more prepared than many people who are entering with a bachelor's degree and/or entering with little to no clinical experience. In a way, it almost seems that obtaining a master's degree and working as a therapist should be required when entering into a counseling psychology doctoral program. I don't feel the tremendous amount of anxiety that I once did about finding a theoretical orientation that works for me and starting to see clients. I have entered the doctoral program with a sense of confidence that I didn't have the last time. I am entering with an understanding of what therapy means and what a future career will entail in a real-world setting.

To sum it all up, going back to school has been a difficult yet rewarding experience thus far. I would recommend it to anyone who is feeling unsatisfied as a master's level clinician. Be

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aware that you might be the oldest in your cohort and find it challenging to connect with other students at first. Yet, you have priceless real-world clinical knowledge as well as past experience with graduate school to offer. This alone will help you tremendously when navigating your way through a doctoral program. So to answer the question of why go back when you are already ahead? Because after taking the grueling statistics courses, interviewing for practicum site after practicum site, collecting numerous clinical hours, writing the dreaded dissertation, accumulating additional debt, being a student yet again, and finally completing the bumpy road of doctoral bliss you will never look back and wonder if you should have pursued your dream of becoming a psychologist...you will have earned the right to call yourself a psychologist instead!

provide commentary will be available at APA this year.

Congratulations to Dr. Julie Ancis and her colleagues for their recent presentations!!

Ancis, J. R. (2014, March). *Family court politics and psychologists' roles*. Paper presented at the meeting of the American Psychological Association, Society of Counseling Psychology, Atlanta, GA.

Ancis, J. R. (2014, March). *Girls and women in the legal system*. Chair of Symposium conducted at the meeting of the American Psychological Association, Society of Counseling Psychology, Atlanta, GA.

Ancis, J. R., & Lee, Yunjin (2014, March). *University multicultural climate: Assessment and programmatic implications*. Roundtable conducted at the meeting of the American Psychological Association, Society of Counseling Psychology, Atlanta, GA.

Ancis, J. R., Bingham, R., Worthington, R. (2014, March). *Navigating nontraditional careers in counseling psychology*. Roundtable conducted at the meeting of the American Psychological Association, Society of Counseling Psychology, Atlanta, GA.

Neelarambam, K., & Ancis, Julie R. (2014, March). *In pursuit of the American Dream: Expectations and experiences of Asian Indian international students*. Poster presented at the meeting of the American Psychological Association, Society of Counseling Psychology, Atlanta, GA.

News in the SA W Family

Big Congratulations to Dr. Laurel Watson for being selected as one of ten participants for the SCP 2014 Leadership Academy!!

Drs. Lillian Comas-Diaz, Sharon Lamb, and Debra Mollen were joint-appointed (by Divisions 17 and 35) co-chairs for the revisions for the Guidelines for Psychological Practice with Girls and Women. The project is off to a great start with a diverse group of authors and reviewers contributing to the literature review and revision of the Guidelines which will be complete by **December, 2015**. Opportunities to

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SAW Awards: Call for Nominations

Now is your chance to nominate some fabulous women for the Section for the Advancement of Women (SAW) awards! Below are descriptions of the awards that SAW offers. We all know that SAW women are phenomenal and that many of the strides that have been made by women and on behalf of women in Division 17 and in APA can be traced to women with some connection to SAW. Now is the time to recognize those accomplishments! Please take a few minutes to think about the women of all generations who have inspired you or whose work you have admired and nominate them for these awards.

To nominate somebody, please send the person's name and a brief paragraph or two about why you are nominating her to Corinne Datchi, SAW Past-Chair, at corinne.datchi@shu.edu. The nomination deadline is **May 1, 2012**.

1. SAW Woman of the Year Award

The Division 17 Section for the Advancement of Women (SAW) is seeking nominations for the Woman of the Year Award (WOTY). The WOTY Award is given to a woman who has provided outstanding service to SAW. The Award carries with it the honor of presenting an invited address at the APA Annual Meeting the year following the receipt of the Award. Qualifications for the WOTY Award may be demonstrated through a variety of means such as: service to SAW, promoting the status of women in counseling psychology, leadership activities or activism on behalf of women, efforts to enhance communication within and between groups of women, and/or publications that advance knowledge of women's concerns in counseling psychology. Previous SAW Women of the Year have included: Naomi Meara, Jean Parsons, Roberta Nutt, Louise

Fitzgerald, Judy Ellickson, Lenore Harmon, Christine Courtois, Linda Forrest, Ruth Fassinger, Carolyn Zerbe Enns, Helen Farmer, Sandra Shullman, Louise Douce, Jean Carter, Lauren Weitzman, Rosie Bingham, Sue Morrow, Melba J.T. Vasquez, Joy Rice, Helen Roehlke, Jill Lee Barber, Julie Ancis, Tania Israel, Dawn Szymanski, and Libby Nutt Williams.

2. SAW Student of the Year Award

The Division 17 Section for the Advancement of Women (SAW) is seeking nominations for the Student of the Year Award (SOTY). The SOTY Award is given to a student who has provided outstanding service to SAW and/or contributions to the counseling psychology of women. Past SOTY Award recipients include Oksana Yakushko, Meghan Davidson, Anneliese Singh, Corinne Datchi, and Sonia Carrizales.

3. SAW Foremother Award

The Division 17 Section for the Advancement of Women (SAW) is seeking nominations for the SAW Foremother Award. The SAW Foremother award is given to a person who has been a long-time contributor to the counseling psychology of women and has been extraordinarily supportive of the Section for the Advancement of Women and its mission. Although this person may have contributed directly to the governance of SAW, her contributions to the section may have occurred primarily within the psychological community that extends beyond SAW or that intersects with the mission of SAW. Recent Foremother Awards have been presented to Carol Enns, Linda Forrest, Melba Vasquez, Sue Morrow, and Donna Hawxhurst.



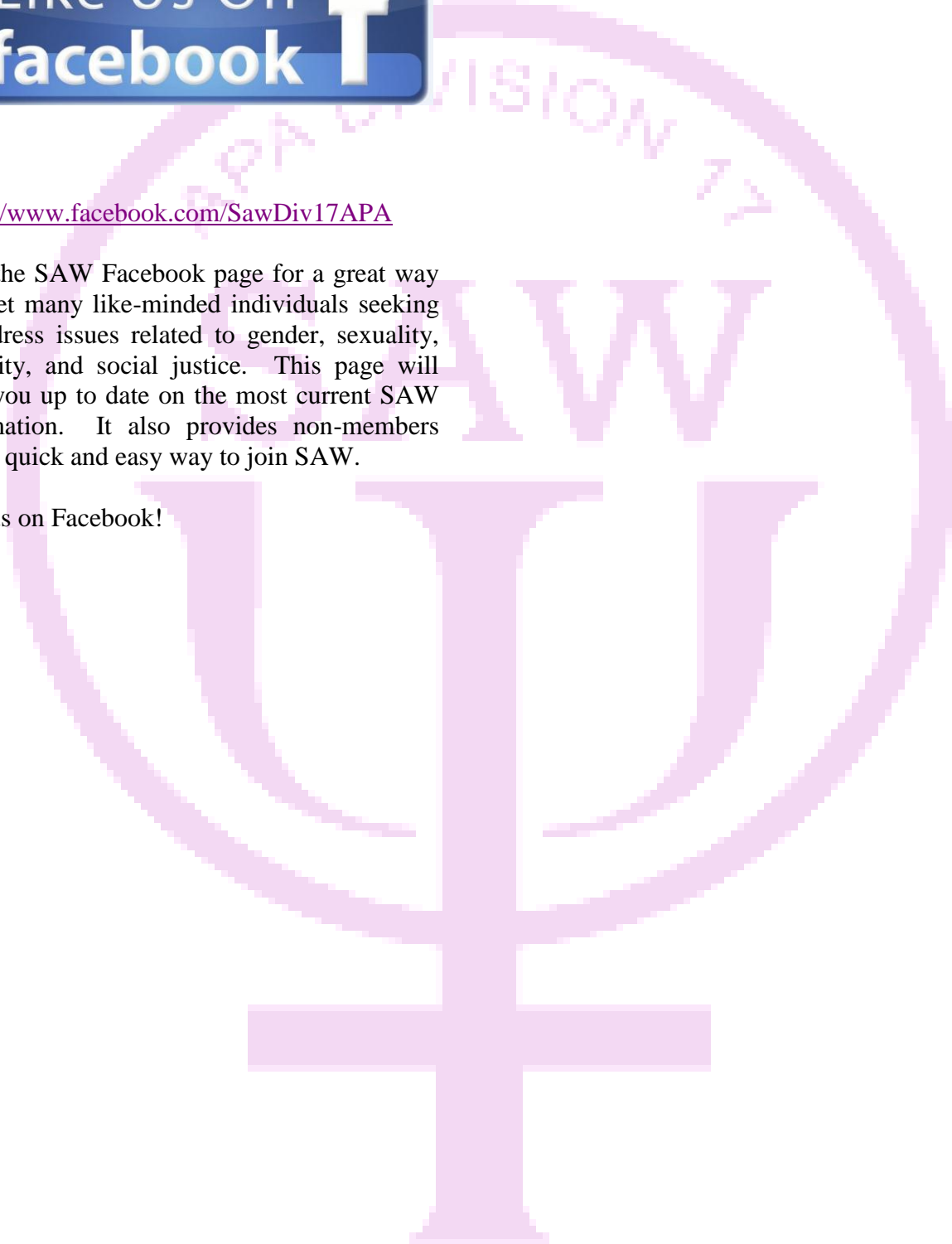
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<https://www.facebook.com/SawDiv17APA>

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!



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Newsletter Editor

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University of Wisconsin-Platteville
suy@uwplatt.edu

Others

Student Representatives

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University of Missouri-Kansas City
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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

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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 _____

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DESIRED MEMBERSHIP

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Fellow _____

Professional Affiliate _____

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