



WomanView

Spring, 2016

*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 Content

Notes from SAW Chair 1
Debra Mollen, Ph.D.

Early Career Psychologists 3

*Personal, Political, and Professional-- My
journey to becoming a feminist psychologist*

Laurel Watson, Ph.D.

*Nadia's Multicultural Feminist Counseling
Psychologist Road Trip: An Update*

Nadia T. Hasan, Ph.D.

Announcements 6

Enclosed: 8

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

Membership Form

Notes from SAW Chair

Debra Mollen, Ph.D.



Happy Spring!

Although I am writing this submission in the last few weeks of winter, by the time it reaches you, it will likely be spring. Of course, in Texas, our winters are typically much milder than in

most parts of the country. This winter, in particular, has been snowless, warmer than usual, and generally temperate. Still, changes in seasons are good times for reflections as we awaken from the season of hibernation and look forward to what the next months hold.

In this issue, we've assembled personal accounts of early career psychologists' development as they grow into their roles as feminist counseling psychologists. While I'm now considered a midcareer psychologist, I have also been reflecting on my development, particularly as I will soon mark 12 years since earning my Ph.D. and celebrate the same number of years serving as a faculty member at my university, the nation's largest public

university primarily for women. Growing up in the 1970s and 1980s in suburban New Jersey in a progressive Jewish family lent itself to an early proclivity toward identifying as a feminist. At the age of 12, I decided I wanted to become a psychologist, although I know my understanding about what that entailed was nascent at best—and of course, it has taken more than three decades for me to coalesce and integrate these critical identities, a process I continue to cultivate and imagine I will continue to develop for years to come.

As I also near the end of my service as SAW Chair, I feel exceedingly grateful for the chance to have enacted my feminist counseling psychologist identity in our section. The activities of the section highlight and promote the feminist advocacy, scholarship, and leadership of students and professionals across their careers. We recently received submissions for the annual SAW Dissertation/Thesis Award and are currently in the process of selecting a recipient. For a second year, Ginny Maril has generously agreed to oversee and coordinate the process and Manijeh Badjee, Nadia Hasan, and Laurel Watson have graciously agreed to serve as reviewers. We are also reviewing student poster submissions for the APA Division 17 Social Hour in Denver. We are delighted that Jillian Woodford Wasson is managing this process for us. Speaking of convention, Laurel Watson and I will be co-chairing a symposium entitled “Women in the Academy: Diverse Faculty Members Share their Unique Paths of Success,” at which seven amazing pioneering academic women will present. We anticipate that this mentoring event will catalyze and inspire feminist students and psychologists to continue to strive for excellence across our careers.

We have lots of other projects in the works, too. Along with my intrepid co-chairs, Lillian Comas-Diaz and Sharon Lamb, we have submitted a second revised version of the APA Guidelines for Psychological Practice with Girls and Women and are awaiting their feedback.

The SAW Herstory team, comprised of Jennifer Taylor, Jennifer Mootz, Lisa De La Rue, and Morgan Grotewiel, has worked arduously, secured IRB approval, and recently distributed the first round of their survey. We are looking forward to seeing what we learn from their sustained efforts! Our SAW leaders have been tirelessly spearheading outstanding projects in service of our section. Nadia Hasan has initiated a membership drive, and Morgan Grotewiel did a fantastic job converting our website so that you can now access it through the Division 17 homepage. We added more photos and collected some of our newsletters dating back several years to archive the amazing legacy of our foremothers. Check it out when you have a minute: <http://www.div17.org/advancement-of-women/>

We have been stepping up our social media presence, posting more articles and memes relevant to the aims of our section, and, at this writing, have 244 likes on Facebook. Be sure to check us out (<https://www.facebook.com/SawDiv17APA/>) and give us an electronic thumbs-up!

-Debra Mollen, Chair

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.

Early Career Psychologists

Personal, Political, and Professional-- My journey to becoming a feminist psychologist

Laurel Watson, Ph.D.



Although I am one giant test away from officially being able to call myself a psychologist, I am excited about the opportunity to discuss my development as a feminist almost-psychologist. My

journey, like many others', is based on a commingling of my personal and professional lives. I will start, however, with describing how certain aspects of my own personal life shaped my views on feminism and then explain how my professional life assisted in further cultivating this identity.

At a very early age I began identifying as a feminist—before I fully knew what it meant or what it meant to others. As a young girl, I simply knew that I wanted to be treated with respect and know that my voice was valued as much as men's. This recognition is steeped in my own family history, whereby both of my parents endorsed fairly traditional gender roles. The adherence to these gender roles created significant burdens for both of my parents; my father experienced a great deal of shame when he felt he wasn't the provider he "should" be, and my mother often silenced herself in relation to him. In addition, both of my parents have struggled with mental health concerns, and from my perspective, the sociocultural context and adherence to these gender roles exacerbated, or

in some ways caused, many of these issues. So, I guess you could say that at a very early age, before I even had the language, I understood that "the personal is political."

This feminist tenet was also solidified in me as a result of some fantastic role models! When I was a young girl, I accompanied my aunts and mother to a presidential rally for Bill Clinton. I still recall my aunts walking down the street, screaming "keep your laws off my body!" As a youngster, I thought that my aunts were the coolest women ever! They lived together in the city, had successful careers, and were smart, beautiful, and very politically minded. They were the embodiment of sisterhood (literally and figuratively) and girl power. This early exposure to advocacy and political involvement was especially helpful for me in understanding the importance of social justice. As I grew, I became involved in my own advocacy efforts, but I feel as though this very early exposure to the power of protest and advocacy had a significant, lasting impact on my understanding of feminism.

I also knew fairly early on that I wanted a career that would bring meaning to my and others' lives. So, after receiving my bachelor's degree in psychology, I enrolled in a graduate program in counseling at Georgia State University. Being the feminist that I was, I knew I wanted to specialize in working with women, and thus I began a practicum and internship at an agency that worked with survivors of intimate partner violence. I was eager to begin applying my knowledge, and at that point, I thought that cognitive-behavioral approaches were the holy grail. In retrospect, like many beginning counselors, I appreciated the seemingly straightforward approach of these related theories, especially since I had no clue what I was doing as a counselor. But, when trying to use CBT as a framework for working with my clients, I was missing something—and something big. It's not to say that I still don't appreciate or integrate aspects of this perspective, but the way I conceptualized my

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.

clients' presenting concerns was much more holistic and contextual. It was this sociocultural context that I felt needed to be centralized in counseling. This approach was a much better fit with my own worldview and style: I sought to diminish power differences, integrate discussions of sociocultural context and multiculturalism as they related to my clients' presenting concerns, and I began to understand their symptoms as methods of coping or communicating the effects of a harmful sociocultural context.

It was also during this time that I gained exposure to psychological research from a feminist and multicultural framework. I learned that research could be a form of advocacy, and it also stimulated my intellectual curiosity. I wasn't finished with my education and wanted more research experience, and thus applied and gained acceptance into the Counseling Psychology doctoral program at Georgia State University. I grew tremendously in my doctoral studies, both personally and professionally. Perhaps most importantly, I grew in my awareness of myself as a multicultural being; rather than merely focusing on aspects of my identity that were oppressed, I began to understand privileged aspects of my identity and how I had inadvertently oppressed others. I had always considered myself an ally to marginalized groups, so identifying and wrestling the oppressor within myself was a significant step in my development as a feminist psychologist, but certainly not easy (nor should it be). Furthermore, I realized that feminism historically (and many argue still does) neglected the voices and experiences of Women of Color. I also came to understand that gender cannot be understood apart from race, class, sexual identity, and other social identities. Thus, my personal definition of feminism grew from being primarily focused on gender to being intersectional, and it is this intersectional lens that guides my current work.

As I grew in my understanding of feminism, social justice, and my own identities, I became

committed to a career where I could continue conducting research from a sociocultural perspective and working with students. Therefore, I decided to enter academia and am currently an Assistant Professor at the University of Missouri-Kansas City. My current research agenda focuses on how experiences of discrimination (e.g., discrimination based on gender, race, sexuality, and the intersections therein) and other minority stressors influence mental health outcomes, such as trauma, psychological distress, and disordered eating. Perhaps the most exciting and rewarding part of my job is being able to mentor students in their personal and professional development. Although my own growth as a feminist almost-psychologist is certainly not over, I'm excited about the opportunity to give the gift of mentorship to others.

Nadia's Multicultural Feminist Counseling Psychologist Road Trip: An Update

Nadia T. Hasan, Ph.D.



Becoming a Multicultural Feminist Counseling Psychologist (MFCP) is not easy, but it is essential to accomplish my life mission.

As I reflected back on my day, semester, and self, I found that three goals demonstrate my commitment to being an MFCP. First, I focus on mentoring, teaching, and supporting Latina

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.

students on my campus to understand and utilize their strengths, resources, and cultural values. The second goal is reminding myself that I have the strengths and resources to “make it” (i.e., earn tenure) as a faculty member in my department, despite the masculine culture that pervades academia. Continuing my leadership journey with the American Psychological Association (APA) is my third goal, despite the sadness I feel regarding the Independent/Hoffman Report. I will share my current thoughts on these three goals because I think they help describe my identity as an MFCP and may initiate some important conversation in our community.

1. Working at a Hispanic Serving Institution, I am fortunate to teach many talented Latina undergraduate and graduate students pursuing a BA in Psychology or an MA in Counseling Psychology. As an Arab-American and multicultural educator/scholar, this experience provides me an excellent opportunity to learn about other women’s cultural identities and share my own cultural identities with them. This exchange occurs during course lectures, clinical roleplays, research lab meetings, faculty advising, and individual, everyday interactions. This year, I was able to help organize two student-focused symposiums on campus (i.e., the Women and Gender Studies Fall Symposium and the Women’s History Month Symposium). Seeing so many Latinas sharing their research, culture, knowledge, and skills with the audience was amazing. This really energizes me to continue providing cross-cultural mentoring. It reminds me that we have something special in this quiet South Texas town and that feminism is alive and well even in the conservative South.

2. Being a faculty member is very different from what I expected. I had always imagined that it would be an honorable career in which faculty hung out on campus and continued to learn as they taught others. Picture the Renaissance paintings of all the great teachers sitting around just to discuss books. In reality, academia

sometimes is like a business with employees and customers. Sometimes your supervisors pull rank and say no to very reasonable requests. Other times our customers want less (e.g., less homework or easier exams) or more (e.g., unreasonable requests) for their dollars. Sometimes customers are unhappy regardless of your efforts to reach them. Recently, I overheard a male graduate student telling another graduate student to avoid my course because I was a “terrible educator” who “hated him and all men.” Hearing these comments were frustrating because I work hard to provide an inclusive atmosphere in my classes; however, this Latino student felt threatened by my feminist approach. I feel that this student’s male privilege was threatened by my attempts to value equality in the classroom. My first 2 years in academia have taught me to adjust my expectations and focus on the positive aspects of my job. Despite some setbacks, it feels good to be able to influence the next generation of professionals.

3. As many know, the Independent Report or the Hoffman Report was released last year and resulted in a huge scandal for APA. The resulting discussions at the individual member, divisional, and governance levels have filled me with many emotions, including anger, disappointment, surprise, more anger, frustration, fear, and great sadness. From my perspective, these discussions seemed to miss or avoid describing the harmful impact that this incident has on individuals who are Muslim and/or Middle Eastern and North African (MENA). These populations are already fearful of psychologists and mental health professionals. Given that some psychologists were actively harming people like them, this will make it hard for these groups, my people, to trust psychologists even more. This means that many Muslims and MENA individuals who need help, are not going to get it from psychologists. As an Arab American Psychologist, I have always felt a disconnect between my cultural identity as an Arab American and my professional identity as a psychologist. Given that many “alleged”

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.

“terrorists” are Arab and/or Muslim, the Hoffman Report and the ensuing discussions further proved that one cannot be an Arab American and a psychologist. I am saddened that two of my very important identities do not seem to fit together. These internal and external post-Hoffman discussions remind me of the post-9/11 backlash and discriminatory environment that challenged my identities as an American, Arab, Muslim, psychologist, and female. As an MFCP, I understand that an individual’s self-concept can grow stronger when challenged and that sometimes sorting through very complicated emotions can actually lead to better decisions. Staying connected to APA as a member and leader is currently a challenge, but I hope it helps me gain a better understanding of my personal identities as a feminist, female, Arab American, psychologist, leader, and educator.

Past-Chair, at julieancis@gmail.com. The nomination deadline is **May 6, 2016**.

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, Libby Nutt Williams, Bianca Bernstein and Meghan Davidson.

Announcements

SAW Awards: Call for Nominations

Now is the time to nominate and recognize the accomplishments of women for the Section for the Advancement of Women (SAW) awards! Below are descriptions of the awards. 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 description of why you are nominating her to Julie Ancis, SAW

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, Sonia Carrizales, and Janelle Maloch.

3. SAW Foremother Award

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.

Check Out Our Facebook Page

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, Donna Hawxhurst, and Roberta Nutt.

<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!



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.



WomanView

Spring, 2016

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

SAW Governing Board, Ex-Officio, & Committees

Governing Board

Chair

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

Past Chair

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

Chair-Elect

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

Treasurer

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

Membership Chair

Nadia Hasan, Ph.D.
Texas A&M University-Kingsville
nadia.hasan@tamuk.edu

Newsletter Editor

Yu-ting Su, Ph.D.
Bellevue College
yu-ting.su@bellevuecollege.edu

Others

Student Representatives

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

Dena Abbott, M.A.

Texas Woman's University
dabbott@twu.edu

Student Research Award Coordinator

Ginny Maril, Ph.D.
California Lutheran University
vmaril@callutheran.edu

APA Student Poster Coordinator

Jillian Woodford Wasson, Ph.D.
University of St. Mary
jillian.wasson@stmary.edu

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

Co-Chairs APA Revisions for the Guidelines for Psychological Practice with Girls and Women

Sharon Lamb

Sharon.Lamb@umb.edu

Debra Mollen

dmollen@mail.twu.edu

Lillian Comas-Díaz

lilliancomasdiaz@gmail.com

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.



WomanView

Spring, 2016

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

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: **Nadia T. Hasan, Ph.D., Department of Psychology and Sociology, MSC 177, Texas A&M University-Kingsville, 700 University Boulevard, Kingsville, Texas 78363.**

NAME _____

ADDRESS _____

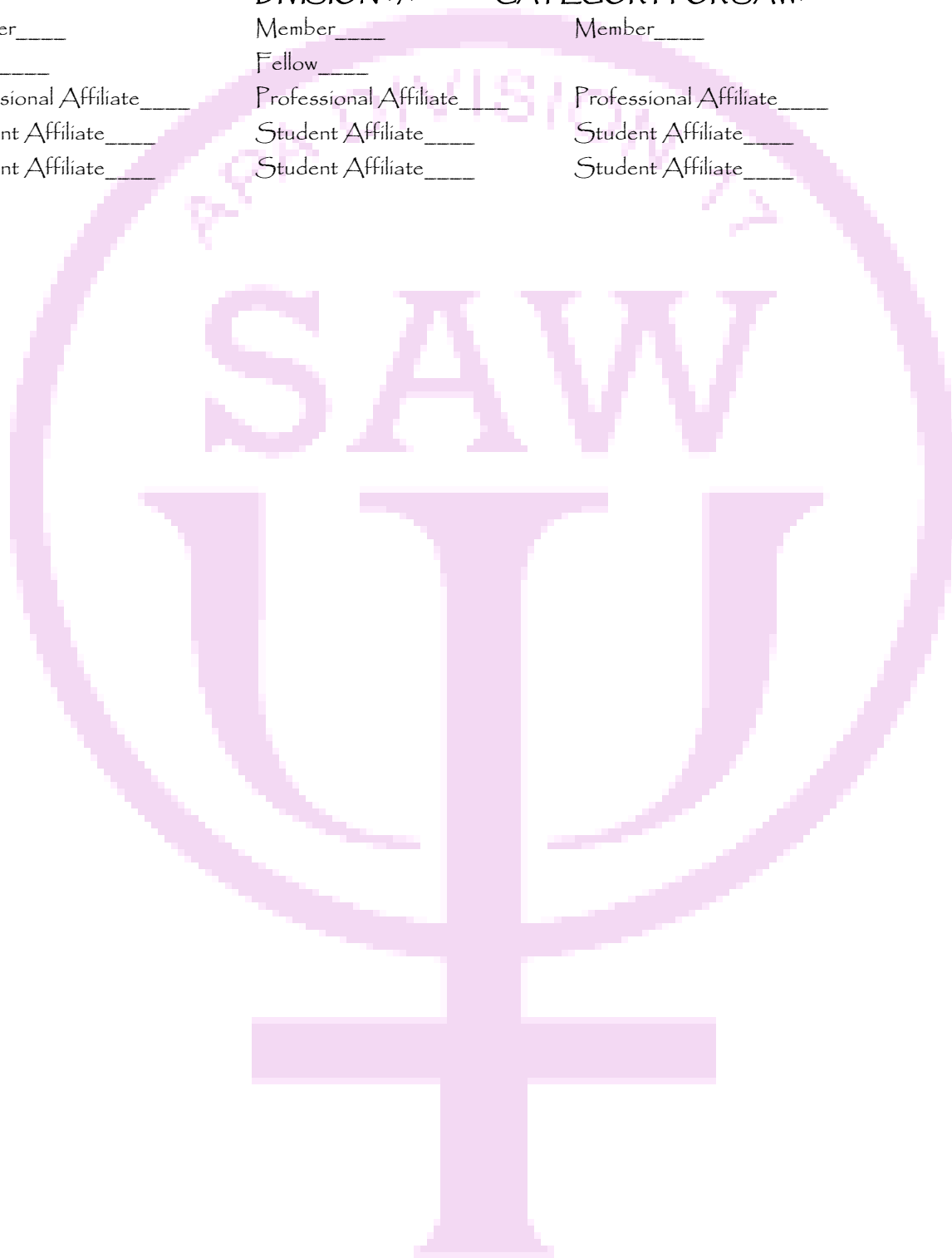
WORK PHONE _____ HOME PHONE _____

E-MAIL ADDRESS _____

WORK SETTING AND POSITION _____

CHECK CATEGORY OF MEMBERSHIP FOR THE FOLLOWING:
DESIRED MEMBERSHIP

APA:	DIVISION 17:	CATEGORY FOR SAW:
Member _____	Member _____	Member _____
Fellow _____	Fellow _____	
Professional Affiliate _____	Professional Affiliate _____	Professional Affiliate _____
Student Affiliate _____	Student Affiliate _____	Student Affiliate _____
Student Affiliate _____	Student 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.