



WomanView

Summer 2017

*The Newsletter of the Section for the Advancement of Women
Society of Counseling Psychology (Div 17)
American Psychological Association
Morgan Grotewiel, Editor*

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Notes from SAW Chair

Laurel Watson, Ph.D.

Greetings SAW Members,

I hope this newsletter finds you well, and you are enjoying your summer! I wanted to provide you with some updates on SAW-related discussions and activities at this year's annual APA Convention in Washington, D.C.

Recognizing the pluralities of gender identity and expression, the Executive Board of SAW has been discussing the importance of making the Section more transgender-inclusive. Although SAW explicitly recognizes the interplay of race, gender, class, ability status, and other intersecting identities in our Section description, we have tended to focus on cisgender women's experiences. Thus, we wanted to more explicitly welcome and include transgender-identified (e.g., transgender women, genderqueer, trans men) folks into our section. We welcome your thoughts and ideas on ways to accomplish this goal, while further centralizing intersectionality in our section.

I would also like to thank Dr. Jillian Wasson, and her team of reviewers, for their efforts in coordinating the student poster awards recipients. We have three outstanding student posters that will be presented during the Division 17 Social Hour on Thursday (August, 3rd) evening. I encourage you all to check out these posters and congratulate the student presenters.

- Student Poster Awards: Thursday, August 3rd from 5 to 6 pm during Division 17 Social Hour. Salon 5, Marriott Marquis
 - Amelia Hoyle, M.Ed., Doctoral Candidate in Counseling Psychology at The University of Georgia, *Eating Disorder Treatment with Latina Women: A Qualitative Inquiry*.
 - Sara Heshmati, B.S., Doctoral Student at the University of Iowa, *Anonymous Internet Comments on Muslim Women in Hijab: A Qualitative Study*. (Co-Authors: Ching-Lan Lin, M.Ed., Ramsey Ali, M.A., Nikki Grunewald, M.S. Samantha Brown, B.A. Saba Ali, Ph.D., University of Iowa)
 - Renee Mikorski, M.S., Doctoral Student at the University of Tennessee, Knoxville, *Objectifying Restaurants, Power, Rumination, and Waitresses' Anxiety and Disordered Eating*. (Co-Author: Dawn Szymanski, Ph.D., University of Tennessee, Knoxville)
- *Integrating LGBT-themes into Feminist Research* (Laurel Watson, Mirella Flores, Dawn Szymanski)

I also encourage you all to join us for a symposium related to women's sexual health and reproductive justice. Presenters will address the following topics: Black women's sexual debut and sexual narratives, sexual perfectionism and assertiveness, teaching methods in women's positive sexuality education, and abortion knowledge and attitudes among psychologists and graduate students.

- Symposium (Debra Mollen, Ashley Hutchison, Candice Crowell, Annette Kluck): *Women's Sexual Agency and Reproductive Justice—Advances in Research and Education*; Saturday, August 5th from 9 to 9:50 am; Convention Center, Room 102A, street level

Lastly, please mark your calendars for our annual business meeting, in which breakfast will be provided. Also during this time, we will recognize this year's award winners: Woman of the Year (Dr. Lillian Comas-Diaz), Foremother (Dr. Pamela Remer), and Student of the Year (Natalie Raymond). Students and Early Career Professionals (ECPs) are especially encouraged to attend and become more involved in SAW. Directly following the meeting, Dr. Julia C. Phillips will give her much anticipated Woman of the Year address, entitled "In Gratitude to Others and Recognition of Privilege." Again, please join me in congratulating this year's award recipients, and we hope to see you at these events!

- Roundtables: Thursday, August 3rd from 3 to 3:50 pm, Convention Center Room A/1.
 - *Maintaining a Social Justice Agenda During a Trump Presidency* (Amber Hewitt, Debra Mollen, Ashley Hutchison, Tania Israel, Linda Forrest)
 - SAW Business Meeting and Woman of the Year Address
 - SAW Breakfast and Business Meeting: Friday, August 4th from 9 - 11 am. Location: Mount Vernon Place United Methodist Church, 900

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- Massachusetts Ave., NW.
- SAW Woman of the Year
Address: Friday, August
4th from 11 - 12 pm. Location:
Mount Vernon Place United
Methodist Church, 900
Massachusetts Ave., NW.

Finally, please remember to visit us online through our website:

<http://www.div17.org/sections/advancement-of-women/> and Facebook page
<https://www.facebook.com/SawDiv17APA>

Sincerely,
Laurel B. Watson



Additional Relevant APA Events

You may be interested in attending Sandy Shullman's Leona Tyler Award Address. The Leona Tyler Award is the highest award given by Division 17 and recognizes outstanding research or professional achievement in Counseling Psychology. Dr. Shullman is a long-standing member of SAW and has previously received the SAW Woman of the Year Award.

- Sandy Shullman's Leona Tyler Award
Address: *Leading at the .05 Level: Reflections on Psychologists and Leadership*. Thursday, August 3rd from 1:00 – 1:50 pm. Location: Convention Center 103B (street level).

The following roundtable discussion occurs at the same place and time as the two roundtable discussions sponsored by SAW. You may wish to check out all three:

- Roundtables: Thursday, August 3rd from 3 to 3:50 pm, Convention Center Room A/1.
 - *Women of Color in STEM: Promoting Academic and Career Persistence Through an Increased Understanding of the*

Influence of the Race-Gender Intersectionality (Kerrie Wilkins-Yel, Bianca Bernstein, Lisa Flores, Angela Byars-Winston, Marie Hammond)

Finally, you may wish to engage with the following poster presentations by SAW members:

- Poster Session: *Mental Health and Well-Being*. Thursday, August 3rd from 2:00 – 2:50 pm. Location: Convention Center Halls D and E (level two). Sponsor: Division 17.
 - Craney, R., & Watson, L. B. (2017). The role of general coping methods in bisexual women's discriminatory experiences and psychological distress. [Poster # (B-6)]
- Poster Session: *Research Methods, Measurement, and Evaluation*. Friday, August 4th from 9:00 – 9:50 am. Location: Convention Center Halls D and E (level two). Sponsor: Division 17.
 - Watson, L. B., Allen, L., Flores, M. J., Serpe, C., & Farrell, M. (2017). *The development and psychometric evaluation of the transgender discrimination scale (TDS)*. [Poster # (A-9)]
- Poster Session: *Cutting-Edge Research From Emerging Psychological Scientists---Late Breaking*. Saturday, August 5th from 11:00 – 11:50 am. Location: Convention Center Halls D and E (level two). Sponsor: GS-APAGS.
 - Serpe, C., Brown, C., Watson, L. B., Lamkins, K., & Criss, S. (2017). *Sexual objectification experiences of bisexual women. A grounded theory study*. [Poster# (H-5)]



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A Non-Traditional View of Graduate School

Bernadette P. Spooner

The process of transitioning from undergraduate work to graduate work is an undertaking for most students; for non-traditional students (NTs), the task looks different. I am a 42-year-old, divorced, single mother of a 9- and 13-year-old. Graduate interview season looked very different for me. I've often heard the phrase "the best program is the program you get in." For most traditional-age students I can see how that would be true. However, for me, and I would imagine many NTs, I needed some additional information: How many hours am I required to take per semester? Tell me about the local school district? Does faculty mind if I work ahead when possible? Is it okay if my kids text me and let me know they are home from school? While I knew I had what it took to perform well in a graduate program, finding the "right" program can be challenging for NTs. I interviewed with three doctoral programs, gained admittance to two, and was waitlisted on another. Not bad for a woman who, during my last three semesters of undergraduate education, went through a divorce, transitioned to being a full-time single parent, and re-entered the work world, while still taking twelve credits hours per semester. Graduate school and earning a Ph.D. was my goal, so I kept my focus fixed ahead.

In spite of receiving two offers for direct admittance into doctoral programs, I choose to start at the master's level at the university where I was waitlisted. I chose that school because it was apparent from every faculty member and student with whom I had interacted that it was a truly supportive environment. I had a conversation with the department chair before I made my decision to attend and was able to share with her where my life was and what I needed in order to do well

in graduate school. She looked at me and said, "Raising children to be empathic, compassionate, educated, and productive members of society will be your greatest work. We want to make sure that you're able to do that, in addition to graduate work, and do both well. I have no doubt you will earn a Ph.D., but I would recommend you walk through your master's a little slower so you can enjoy the process. Along with being the mother your children need you to be, and the woman you desire to be."

My decision was made, so despite having two doctoral offers and being 40 years old at the time, it was going to be best for my family if I chose the route that allowed flexibility. Flexibility is crucial for many NTs, especially those raising children. In addition, my faculty made it clear they were there to support my personal as well as professional development. I recently completed my first year of graduate school; if I had known graduate school was this much fun, I would have gone a long time ago! Being in an environment where learning is cultivated in such a way has been one of the most fulfilling experiences of my life. Yes, graduate school has been a transition. Yes, the level at which I am expected to assimilate information is different. Yes, it is a challenge to work, raise children, and attend graduate school, but I can't imagine doing anything else.

The benefit of being an NT is I have some life experiences behind me, have built up a fair amount of resilience, and am able to "own" this experience. My first semester I hit the ground running: within the first six weeks I had formed my dissertation topic, met with my advisors, and worked it backwards to make my masters project a stepping stone. I also formed my master's committee. My biggest apprehension about graduate school before I started was how I would blend in with my cohort, as I knew I was the only non-traditional, single-parent student within the program. This apprehension was quickly alleviated; my cohort has become an incredible source of support professionally and personally, and I've been able to give them

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perspective on some of the decisions they need to make. They have repeatedly helped me calm my “mommy guilt” when I feel like I’ve spread myself too thin or I have to miss a field trip or school event because I have a mid-term, presentation, or final. They have given me perspective that what I am doing right now is a great example for my children and my cohort as well.

Graduate school has allowed me to cognitively stretch myself in multiple ways. What I did not expect was the introspection that has been a companion this first year. In order to integrate theoretical orientations and psychological constructs such as hope, resilience, and grit, I have had to look at my personal strengths and challenges. Doing so has allowed me to begin the process of crafting my professional identity. This has been an unexpected, but much appreciated gift from not only the work I have done, but also from my faculty purposely creating supportive environments conducive to self-exploration and allowing all of us to bring our experiences to the table. I must admit that being a non-traditional, single-parent, full-time graduate student can be exceptionally challenging at times. Despite that challenge, I look forward to embarking on my second year of studies and beginning the work for my research project. As a future faculty member, I would like to encourage other programs to look at how your course curriculum is structured, and if there are ways to create more flexibility for NTs. We bring a wealth of resources with us, but most importantly, we respect the process and appreciate the journey.

Bernadette P. Spooner is a McNair Scholar and Master’s Student in Counseling Psychology at the University of Kansas. She can be reached at bernadettespooner26.2@gmail.com.



Disparities in Treatment for Women with Breast Cancer

Victoria Dunsmore

Breast cancer is a disease that has directly, or indirectly, impacted countless women across the globe. The rates of diagnosis continue to rise and are beginning to occur more significantly in women under the age of 50 (DeSantis, Siegel, Bandi, & Jemal, 2011). Before I became aware of these facts, my family had not had a history of breast cancer; therefore, I was quite unfamiliar with the disease. About five years ago, though, my mother, who was 39 years old at the time, was diagnosed with Stage 1 invasive ductal carcinoma breast cancer. With no family history to speak of, this devastating news shocked my mother and all her family members. After doing her research and speaking to specialists about the types of treatments available, she decided to undergo what is referred to as “radical” treatment for her diagnosis, and have a double mastectomy followed by immediate breast reconstruction (IBR).

When my mother was considering options, it seemed that if she had a mastectomy, she would also have to get reconstructive surgery to have breasts. This topic is something that has become of great interest to me in my field of research. Some questions that have troubled me are: (a) What does it mean if a woman does not undergo reconstruction? (b) Do all surgeons recommend reconstruction for mastectomy patients? and, (c) What are the psycho-social-sexual outcomes of women who did not receive reconstruction? Speaking with my mother first, I could get her account of what it was like to be in a romantic relationship with my father and go through such a drastic physical change. In her opinion, she felt that undergoing reconstruction would be necessary to maintain a positive self-image.

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During my time in a master's program, I have decided to focus my thesis on these issues and investigate the role of age and race/ethnicity in whether physicians recommend reconstructive surgery to their patients following a mastectomy. For instance, if my mother was either older, or a race other than Caucasian, would that have affected the recommendations her doctor gave her regarding surgery? After thumbing through multiple articles related to this issue, I found a very distressing trend among physicians. For instance, Butler et al. (2015) found a significant difference among a sample of almost 50,000 patients: women who were older (>45), or were minorities, were not advised to have IBR by their physicians. More specifically, 40.1% of women between 45 to 64, as well as 11.1% of women over 65, received IBR. This turned out to be significantly different from the 52.9% of women under 45 that received IBR. In relation to race, Butler et al. (2015) found that African American and Latina women underwent IBR at a rate of 24.6% and 33.0% respectively, whereas Caucasian women received IBR at a rate of 35.2%. Because of the variations in treatment among physicians, it is important to understand to what degree implicit stereotypes play a role in the decision-making process of physicians when they recommend reconstructive surgery to their patients.

In addition to the potential role stereotypes may play in the process of recommending reconstruction, I was also curious about the psycho-social-sexual effects that result from surgery. Not having breasts, which have become quite sexualized in society, could take a toll on the patient herself and her significant other. Yurek, Farrar, and Andersen (2000) looked at the outcomes of women who had either breast-conserving therapy, modified radical mastectomy without reconstruction, or modified radical mastectomy with reconstruction. Their results showed that those women who had a mastectomy, either with or without reconstruction, had lower levels of body image satisfaction compared to those who

underwent breast-conserving therapy, and they found that the sexual behavior and the sexual response cycle for women in either mastectomy group was more disrupted as compared to those who had the breast-conserving therapy. With results such as these, it is important for physicians to let their patients know that there are various options available and the psychological outcomes may be improved for one group over the other if steps are taken to keep the patient satisfied.

As this disease continues to impact millions of people, including those reading this article, it is important to expand research in this field. Upon completing my thesis, I plan to use the information that I have found to educate future practitioners and healthcare providers to be cognizant of the stereotypes that exist so that they may be more objective during treatment. My family and I just celebrated my mother's five-year anniversary of being cancer-free, and she knows now that the decision she made years ago was the right one for her peace of mind; a decision that could have been altered by her demographics and her doctor's biases.

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Victoria Dunsmore is an M.A. Candidate in Experimental Psychology at Radford University. She can be reached at vdunsmore@email.radford.edu.



Announcements

Call for SCP Leadership Academy Applications

Applications for the 2018 Society of Counseling Psychology Leadership Academy are now open. You can access more information at <http://www.div17.org/2018-la-call-for-applications-version-4-color/>. Please note that applications are due by October 1, 2017, and you can contact Linda Forrest (forrestl@uoregon.edu) or Jeanne Manese (jmanese@uci.edu) using the subject line “SCP LA QUESTION” for more information.

Rosie Bingham Running for APA President

Rosie Bingham is running for APA President. Among her many accomplishments, Dr. Bingham is a current Professor of Counseling Psychology at the University of Memphis and a past President of the Society of Counseling Psychology. You can learn more about Dr. Bingham and her campaign at her website, <https://www.rosiebinghamforapapresident.com>. If interested, sign up on her website to endorse her for APA President and/or to work on her campaign. You can learn more about APA elections at <http://www.apa.org/about/governance/elections/>.

Professional Achievement

- Nadia Hasan has accepted a position as an Assistant Professor of Counseling Psychology at The Chicago School of Professional Psychology. She begins in August 2017 and will be working in the

MA-level Mental Health Counseling Psychology Program.

Publications

- Hewitt, A. A., Watson, L. B., DeBlaere, C., Dispenza, F., Guzman de Molina, C., Cadenas, G., . . . & Tran, G. (in press). Leadership development in counseling psychology: Voices of Leadership Academy participants. *The Counseling Psychologist*.
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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!

<http://www.div17.org/sections/advancement-of-women/>

Visit the SAW website to learn more about SAW, including our leadership, task forces, awards, bylaws, and projects. You can also join our listserv and download the membership application.

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Section for the Advancement of Women (SAW) Membership Application

To become a member of the Section for the Advancement of Women, complete the form below and mail it to the Membership Chair, Nadia T. Hasan, Ph.D. at Texas A&M University-Kingsville, Department of Psychology and Sociology, MSC 177, 700 University Boulevard, Kingsville, Texas 78363.

Membership dues should be submitted in January of each year in order to remain active within the Section. Annual Dues for psychologist members are \$15 and \$5 for graduate and undergraduate students. Please make checks or money orders payable to **Division 17 Section for the Advancement of Women**.

Full Name	
Job Title	
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Mailing Address	
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SAW Membership Category (Professional or Student Member)	
Are you a SAW member (yes or no)?	
Is this a renewal of SAW membership (yes or no)?	
Are you a member of APA (yes or no)?	
Are you a member of APA Division 17 (yes or no)?	
Is this membership a gift or part of the membership drive for 16? If so, please share who is gifting the membership to you.	

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