



# WomanView

Fall, 2016

*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 colleagues!

I'd like to first take the opportunity to introduce myself to you as the new SAW Chair. My name is Laurel Watson, and I'm an Assistant Professor at the University of Missouri-Kansas City. I'm very humbled and honored to serve as SAW Chair, and I look forward to an exciting and engaging period of service. First, I would like to extend tremendous thanks to Dr. Debra Mollen—current Past Chair of SAW—for her enthusiasm and encouragement of my role as SAW Chair. Debra has been extremely patient and gracious, taking time to answer my numerous questions as I transition into this role and learn the ropes. Please join me in congratulating and thanking her for her successful leadership and service to SAW.

I was first introduced to SAW by my mentor, Dr. Julie Ancis. As an enthusiastic doctoral student, I was eager to get involved in service opportunities and develop collegial relationships with fellow feminist psychologists and psychologists in training. SAW immediately felt very comforting, inviting, and receptive to student involvement. As a result, I developed some wonderful friendships and professional relationships with others, while also strengthening my leadership skills. So, for students and ECPs who are interested in issues relevant to gender and diversity, I highly encourage you to reach out,

get involved, and attend some of our events at this year's annual APA Convention (more to come on that later!).

As the Chair of SAW, I have several broad goals in mind that I'd like to share with you. Mentorship has always been a strong value of mine, and thus I am committed to continuing to provide mentorship opportunities for students and ECPs through SAW. This may include virtual mentoring sessions, programming at the APA Convention, as well as other activities. In addition, given the current political climate, I feel that it is important to forge relationships with other Sections and Divisions so that we can collaborate on needed advocacy initiatives. Relatedly, I am also committed to strengthening our intersectional feminist lens and position, and am interested in providing opportunities that may be of interest to individuals with multiple marginalized identities. Lastly, I am interested in developing more systematized efforts to nominate feminist psychologists for various awards. I am very receptive to hearing ideas that you may have for enacting these goals. Or, if there is something else that you would like to see addressed by SAW, I'd love to hear from you about that as well ([watsonlb@umkc.edu](mailto:watsonlb@umkc.edu))!

Now, I'd like to take the time to reflect on some SAW events over the past year. SAW held many successful events at the annual APA Convention in Denver. We had the opportunity to meet an enthusiastic and energetic group of students and ECPs, while also catching up with long-time supporters of SAW. Of note, Drs. Mollen and Nadia Hasan co-facilitated an intimate, yet lively roundtable conversation on "Putting our Feminist Values Into Practice." In addition, Debra Mollen and I co-facilitated a symposium, entitled, "Women in the Academy: Diverse Faculty Members Share Their Unique Paths of Success." Symposium presenters included an esteemed group of women at various stages in their careers: Drs. NiCole Buchanan, Jean Lau Chin, Cirleen DeBlaere, Tania Israel, Arpana Inman, Debra Kawahara,

Isis Settles, and Wendi Williams. Each presenter described their unique career trajectory, as well as insights for diverse groups of women interested in attaining a career in academia. The respective wisdom among this group was very inspiring, and provided a unique mentorship opportunity for students and ECPs. Please join me in extending sincere thanks and appreciation for their contributions and insights.

We also had the opportunity to highlight student research at the Division 17 Social Hour on Thursday evening. In keeping with SAW's mission of advancing research and practice with women and girls, these three posters included themes related to body image and relational functioning:

- *Body Image and Embodiment Among Midlife Women: A Review of the Current Literature* (Hilary McBride, University of British Columbia)
- *Instrumentality and Self-Objectification: Female Athletes' Perceptions of Male Coaching Behaviors* (Stephanie Harrison and Mary Jo Loughran, Chatham University)
- *Design and Implementation of the Post-Nuptial Depression Scale* (Elizabeth Harris, Deepta DasGupta, Kristin Hultgren, and Krista Klabo, University of Denver)

Of course, it wouldn't be APA without our annual champagne breakfast! The breakfast always provides a wonderful opportunity to catch up with colleagues and friends—old and new. We were joined by a number of students who provided much appreciated energy and enthusiasm. As a group, we brainstormed ideas for upcoming SAW activities, including additional mentoring events and nominating feminist Counseling Psychologists for various awards. It is my goal as SAW Chair to put these ideas into effect, and if you're interested in getting more involved, I'd love to hear from you and collaborate on these goals.

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The breakfast also provides us an opportunity to honor the successes and contributions of our members through several awards: Dr. Morgan Grotewiel, Student of the Year; Dr. Julia C. Phillips, Woman of the Year; and Dr. Ruth Fassinger, Foremother of Year. In addition, Natalie Raymond, a Counseling Psychology doctoral student at the University of North Dakota, was the 2016 winner of the SAW Student Research Award for her study entitled, *A Positive Sexuality Class to Reduce Sexual Violence: Initial Findings and Longitudinal Impact*. Please join me in congratulating them for their notable contributions!

Immediately following the business meeting, Dr. Meghan Davidson delivered a beautiful and brilliant talk (*The Love Campaign: How Divorce, Friendship, and Yoga Changed My Life*) for her 2015 Woman of the Year talk. For those of you who missed it, I highly encourage you to take a listen; it was video-recorded and may be accessed through this link: <https://soundcloud.com/user-877232155/love-campaign-saw-apa-2016>

Lastly, I'd like to acknowledge that, for many of us, the results of this past election have brought a tremendous amount of pain, fear, and anger. Like many of you, I continue to process this news and have been riding an emotional roller coaster. In light of this news, I hope you are all taking good care of yourselves and honoring the wide array of thoughts and feelings that you may experience. I believe that our work as a Section is so incredibly important at this juncture in time, and I hope that the news, though difficult for many, serves as a call to action and renewed commitment to social justice.

We hope that you are able to attend the 2017 APA Convention in Washington, D.C. Please note that the deadline for Division proposals is Thursday, December 1<sup>st</sup>, 2016 at 5 pm EST. They may be submitted here: <http://apps.apa.org/ConvCall>

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Please feel free to visit our Facebook page (<https://www.facebook.com/SawDiv17APA>) and give us an electronic thumbs-up!

If you haven't yet renewed your membership for the year, please contact Dr. Nadia Hasan, our Membership Chair, at [Nadia.hasan@tamuk.edu](mailto:Nadia.hasan@tamuk.edu). You'll find our membership form here ([http://www.div17.org/wp-content/uploads/SAW\\_Membership\\_Application\\_2016-1.docx](http://www.div17.org/wp-content/uploads/SAW_Membership_Application_2016-1.docx)) and on the last page of this newsletter. Remember that our maximum dues are just \$15 annually and are lower for those on reduced incomes.

Thank you all for continued and sustained commitment to SAW. I look forward to hearing from and working with you during the next two years.

-Laurel Watson, Chair

## When Your Body is on the Line: Civic Engagement and Women's Rights

*Sydney K. Morgan, M.A.*

Election year is here again, and without fail politicians are focusing on women's bodies: from discussion of healthcare to abortion to bathrooms. While our bodies seem to always be up for discussion, election cycles tend to highlight how limited our control over our own bodies truly is. As newly elected politicians prepare to establish themselves within our government and re-elected politicians settle back in, I implore you to continue fighting. This year, it is more important than ever that we bring our voices to bear. As many of us continue to heal after the most recent election and are ready to think about taking action, I encourage you to not be silenced. We must continue to use our voice and advocate for ourselves, our communities, our classrooms, our clients, and our bodies.

While not frequently discussed in psychology, civic engagement aligns nicely with a counseling psychologist identity, as civic engagement means *working to make a difference in the civic life of our communities and developing the combination of knowledge, skills, values and motivations that make a difference* (Ehrlich, 2000). Given counseling psychology's role to promote education and training, scientific investigation, practice, and diversity and public interest in professional psychology we are uniquely positioned to foster engagement in our classrooms and communities.

So, how might we – counseling psychologists invested in the advancement of women – practice civic engagement when politicians plan to enact legislation that may limit our autonomy with our bodies? If you're able, **vote!** Voting to support candidates who support you is a key way to have your voice heard. If you're not able to vote, you can volunteer to work with political candidates. Another means by which to let your voice be heard is *writing your representatives*. For legislation supported by APA, you can join **APA's Federal Action Network** and receive notifications when you need to be an effective advocate for psychology. You can *testify before a committee, meet with representatives, or become one*— like U.S. Department of Representative member and psychologist Judy Chu.

Psychologists must inform themselves of legislation in their local, state, and national communities. If you're unfamiliar with federal advocacy, APA's [guide](#) to federal advocacy outlines various opportunities for advocacy, and sample letters. Our roles in classrooms, community mental health centers, hospitals, private practice, etc. center us as active community members. We can and must fight for our students, our clients, our communities, and ourselves.

Stay up to date with APA's actions on [Women's issues](#), and stay engaged.

#### Reference

Ehrlich, T. (2000). Civic responsibility and higher education. Westport, CT: Oryx Press.

## Cross-Cultural Identity: One Woman's Fight to Change a Monolithic Society

Natasha Shukla, M.S.

Note: Natasha's portrait is on p. 6.

During the first day of my graduate Cross-Cultural course, the entire class was asked to answer the question, "Who am I, culturally?" I felt paralyzed by this simple yet complex question. Tasked with representing my identity through artwork, I stared at an empty canvas contemplating how I could fully represent myself beyond race, religion, and gender. I thought, "Is that it? Do those characteristics represent the many facets of who I am as an individual?" Throughout the semester, I delved deeper into recognizing more of my cultural identity, as well as the privileged and oppressed groups of which I am a part. Upon further reflection, I decided to paint a self-portrait highlighting my collective identity split into these two distinct groups.

I started with what I already knew about myself. I am an Indian woman with secular beliefs. I recognized that these characteristics convey the oppressed aspects of my identity and opted to group them together on one half of my portrait. To signify my Indian heritage, I covered that side in a sari, the traditional attire synonymous with my race. As someone who is non-religious, I represented my beliefs in secular Humanism through the Happy Human symbol worn around my neck. As the least visible aspect of my oppression, I chose to

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place the symbol in an inconspicuous manner. Unlike my gender and race, which are highly transparent to society, my faith (or lack of faith) is something that I can choose to reveal to others. In addition, I wanted to subtly hint at society's misperception of what it means to be a woman. Accordingly, I painted the oppressed side with a single tear representing an inaccurate yet common gender stereotype that women are "emotional." I also depicted a hand covering my mouth to further symbolize a patriarchal system that expects marginalized groups to be silenced. All of these symbols signify how the world may see me; however, they do not fully represent who I am. I seldom wear a traditional garb, my faith is rarely put on display, and my tears are often filled with resilience rather than weakness.

In contrast to identifying the oppressed aspects of my identity, examining my privileges felt far more challenging. Initially, I struggled to make sense of my emotions with being a young, educated, able-bodied, heterosexual, middle class American. Should I be proud of my own privileges knowing that it affords me certain advantages over others? As I continued to reflect upon this question with friends and family (who also had a difficult time discussing their own privileges), I started to recognize that we have been taught within our society to adamantly deny our privileges in order to diminish guilt we may harbor. Rather than dismiss this aspect of my identity, I decided to understand it and embrace it. I realized my privileges should not be seen in a silo, as they are just as much a part of my cultural identity as my oppressions. To be consistent with the other half of my painting, I decided to portray symbols of my privilege as they are perceived by society, and not necessarily through my own eyes.

To indicate my heterosexuality, I painted red sindoor (colored powder) in the parting of my hair. Within Indian culture, married women traditionally apply sindoor to their forehead to signify that they have a husband who is alive

and well. My youthfulness is shown through long voluminous hair, as well as brightly colored makeup including rose-colored blush, hot pink nail polish, red lipstick, and long eyelashes covered in mascara. I also wanted to demonstrate that I am able-bodied by showing a raised hand, open-mouth and a prominent ear with my hair tucked behind it. I chose to convey my middle class status through various pieces of jewelry, as well as by holding a book indicating my privilege to attain higher education. Although some individuals may see these symbols as only privileges, I also see them as opportunities to be an advocate for those whose voices have been muted by political, social, and economic forces.

As I look back on my artwork, I feel liberated to have had the opportunity to challenge and explore my individuality. As an aspiring educator, I hope to turn to academia to teach the new generation of college students how privilege and oppression operates within our system by challenging them to answer the same question, "Who am I, culturally?"

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Cross-cultural self-portrait, by Natasha Shukla.

## The Pull

*Meghan Davidson, Ph.D.*

this mermaid is being called,  
lulled,  
pulled by the ocean.  
she sees the emeralds,  
the turquoises,  
the teals,  
and it feels like home.  
she aches to dive in,  
feel the familiar,  
the tide against her flesh,  
her hair fan out in the waves.  
yet, her gills feel inconsequential,  
not quite developed.  
or more apt, not quite regrown.  
she wants to swim,  
to delve deep again.  
but she is still too much...human.  
but, it's coming,  
her scales,  
her surety,  
that old knowing,  
rebirthed into a greater truth.  
it's coming,  
and the ocean will rush to greet her return...



## Welcome New Student Representatives: Raquel Craney and Sydney Morgan

Please extend a warm welcome to our new student representatives, Raquel Craney and Sydney K. Morgan!

### Raquel Craney

University of Missouri-Kansas City



Raquel earned her B.A. in Psychology and B.S. in Family and Human Development from Arizona State University. She is currently a first year student in the Counseling Psychology Ph.D. program at the University of Missouri

Kansas City and an advisee under Dr. Laurel Watson. Her research interests center around sexual assault, gender, sexuality, and substance abuse. In her free time Raquel enjoys watching live music, trying new restaurants and traveling.

### Sydney K. Morgan, M.A.

University of Missouri-Kansas City



Sydney earned her master's degree in clinical-adult psychology, and made her transition to counseling psychology with mentorship from women counseling psychologists - Drs. Danice Brown and W. Irene Summers Temple.

She is currently a third year doctoral student at University of Missouri - Kansas City under the advisement of Dr. Kimberly J. Langrehr where her research interests center on racial-ethnic socialization in transracial and monoracial families. She is passionate about professional service and serves as APAGS Advocacy

Coordinating Team's Southeast Regional Advocacy Coordinator and APAGS Convention Committee member. She loves coffee, dual monitors, and mornings. She continues to be surprised everyday by her ever increasing love for her dog, Elwood, and is thankful to serve SAW as a student representative.

## Announcements: Professional Achievements

- Debra Mollen, Nadia Hasan, and Noelany Pelc have been selected as Guest Editors for a forthcoming special issue of *Women & Therapy* entitled, "Feminist Leadership and Mentorship in the Academy: Diverse Women Telling Our Stories." This special issue will feature some of the leading voices of diverse feminist academic psychologists who will share their stories of career progression.
- Debra Mollen has been appointed to the Editorial Board for the *Journal of Counseling Psychology* for 2017-2018.
- Ruth Fassinger was nominated by Division 17 to be recognized as a National Multicultural Summit (NMCS) Elder in Portland, OR on January 5, 2017.

## Recent Publications

- Abbott, D. M., Harris, J. E., & Mollen, D. (2016). The impact of religious commitment on women's sexual self-esteem. *Sexuality & Culture*, 20, 1063-1082. doi: 10.1007/s12119-016-9374-x
- DeBlaere, C., Watson, L. B., & Langrehr, K. J. (accepted). Social justice in a multicultural context, in C.B. Travis & J. W. White (Eds.), *Handbook of the Psychology of Women*.

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- Watson, L. B., DeBlaere, C., Langrehr, K. J., Zelaya, D., & Flores, M. J. (2016, online first). The influence of multiple oppressions on Women of Color's experiences with insidious trauma. *Journal of Counseling Psychology*.
- Watson, L. B., & Grotewiel, M. (2016). The protective role of feminist identity attitudes in the relationship between women's sexist experiences and self-silencing. *Sex Roles*, 75, 139-150. doi: 10.1007/s11199-016-0594-1.
- Watson, L. B., Velez, B. L., Brownfield, J., & Flores, M. J. (in press). Minority stress and bisexual women's disordered eating: The role of maladaptive coping. *The Counseling Psychologist*.



<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!

Visit Our Website

<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.

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

### **Governing Board**

#### **Chair**

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Meghan Davidson, Ph.D.

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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	
Work Affiliation	
Mailing Address	
Work Phone Number	
Home Phone Number	
E-mail Address	
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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