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*The Newsletter
of the Section for
the Advancement
of Women, APA
Division 17
Fall 2001*

WomanView

Editor: Dawn M. Szymanski



Notes From The Chair

Sue Morrow

I am writing this article the evening of September 11, a day that began with my own shocked disbelief as a member of our building custodial staff told me of the multiple airplane crash attacks on U.S. soil. I became aware of my smug privilege in assuming wars were things that happened in other countries. I taught my first-year Counseling Psychology doctoral students this afternoon and began by asking students to share, if they wished, the impact that this experience has had on them. Our conversation emerged into an exploration of our different styles of handling crisis, how we might help others manage this one, and how the caregiver gets cared for. In my diverse class, we explored with one another the many directions such care might take.

In the aftermath of this national tragedy, it is already very difficult to remember the highlights of the APA convention. I am struck by the terrible inter-group hatred that led to the violence perpetrated this morning, yet as long as we live in a country that colonizes individuals and nations, such hatred is to be expected (though not excused). I worry about the consequences to Palestinian and other "foreign-looking" citizens of this country as they fear individual reprisals from their neighbors or strangers on the street. I do not have a crystal ball to know what will happen in the next days or weeks, yet I do know clearly that as feminist multicultural

counseling psychologists, we have a part to play in healing and bridging the differences that divide groups of people from one another. In the Section for the Advancement of Women, I believe we are about that bridging as we form alliances with the Sections for Ethnic and Racial Diversity (SERD) and for Lesbian, Gay, Bisexual Awareness (SLGBA); people with disabilities; and international and immigrant people. SAW events this August at APA were characterized by these and other diversities, as well as by coalition- and bridge-building as we engaged in productive and energizing dialogues toward shared goals of activism and social justice.

I believe that our individual responses to this crisis are important. I have listened alternately to vindictive and peace-seeking people speak. I believe our first contributions to healing are at the interpersonal level as we "speak peace," not war, and as we move beyond our own traumatization to notice how our students, teachers, clients, neighbors, family, and friends are affected. How can we create safety in our own personal space for others who may be unsafe at this time? Then, as I watch counseling psychologists reach out to provide critical incident stress management to students on my campus, I am aware that together we can work to provide healing. Finally, by continuing to explore ways to build bridges

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instead of erecting walls between people, we are able to contribute to a world in which our differences are revered, not feared.

WomanView Newsletter

WomanView is published three times a year, in the Fall, Spring, and Summer. All SAW members are encouraged to submit current professional and personal news (e.g., publications, awards, births, anniversaries), announcements of interest to SAW members, short articles, updates from the working groups, photos of SAW events, and/or suggestions for upcoming issues of the newsletter. When submitting information about a publication or presentation, be sure to include all authors in the reference just as they appear in the journal or conference program (according to APA guidelines).

Information can be submitted to Dawn M. Szymanski via e-mail at <dawnszymanski@msn.com> or by postal mail at 4474 Wallace Circle, Snellville, GA 30039.

Submission deadlines are January 15, May 15, and September 15.

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San Francisco Standouts (APA 2001)

SUE MORROW



APA 2001 was a real success from a SAW perspective. Cherie Bagley and Colleen Character gave generously of their time and expertise in the SAW skill-building workshop on *Eating Disorders Among Women of Color*. Sandy Shullman brought down the house with her SAW 2000 Woman of the Year Award Address, *Experiencing Feminism at the .05 Level: One Woman's Search for Essential Significance*. I was fortunate to be joined by Beverly Vandiver, Mary McRae, Louise Douce, and a diverse group of about 25 attendees in a roundtable entitled, *The Privilege of Tears: Addressing Barriers to Coalition, Becoming Allies*. Tania Israel (SAW past-newsletter editor and coordinator of the More Pie Initiative); Division 17 Chairs Gargi Roysircar (formerly Sodowsky) and John O'Brien (SERD and SLGBA, respectively); and I facilitated a dialogue entitled, *More Pie Initiative: SERD, SAW, and SLGBA*, to explore working as allies for our own and one another's activist agendas in the Division. See an accompanying article for more information about the More Pie Initiative.

Sunday morning at APA would not be complete without the SAW champagne breakfast. I was privileged to present the SAW 2001 Woman of the Year Award to Louise Douce. Our discussion hour focused on *Connecting, Supporting Mentoring, and Nurturing Students, New Professionals, and One Another*. During our business meeting, we welcomed our new chair-elect Carol Enns, newsletter editor Dawn Szymanski, and membership chair Laura Urbanski-Forrest. We bid a fond goodbye to outgoing newsletter editor Tania Israel, membership chair Kristin Perrone, and Multicultural Voices co-chair Kathy Gainor. We thank our outgoing Governing Board Members for their service and wish them the best in their future endeavors.

From the Editor...



I am excited to be the new editor of WomanView. I hope to continue the excellence set forth by past editor, Tania Israel.

Tania's work on the newsletter over the past three years has been, to say the least, impressive! I would like to thank Tania on behalf of the Section for her hard work on the newsletter and for making my transition to editor an easy one.

I have changed the layout of the newsletter. Additionally, two new columns, "Member News" and "Member Publications," have been created in this issue. Both columns were created to keep members informed about the personal and professional accomplishments and news of individual members of the Section. I would like to express my gratitude to the section members who submitted entries and helped get these new columns off the ground. I encourage each of you to submit some news about yourself or your colleagues in the Section for the spring edition of the newsletter.

My appreciation to Sue Morrow, Sharon Gizara, and Nancy Elman for continuing to volunteer and take the lead on their respective columns. Sue shares her reactions and thoughts to the horrific bombings in New York and Washington, DC, and encourages us to respond in healing and peaceful ways. In the Multicultural Forum, guest writer, Tom Atlee, challenges us to not only recognize our privileges but also to use them to better our society. In WomanView books, we learn about Frieda Fromm-Reichmann, an inspiring and revolutionary foremother of psychotherapy.

I hope you enjoy this issue of the newsletter and look forward to your feedback and future contributions. If you have suggestions for the next newsletter or would like to volunteer to write a feature article, please contact me via e-mail at dawnszymanski@msn.com.

Dawn M. Szymanski, Editor

Multicultural Forum:

Blessings and Privilege

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TOM ATLEE

Dear friends,

During the holidays I receive many messages referring to the blessings of life and wishing me more blessings. Here are excerpts from some of the most intriguing of those messages:

- "If you woke up this morning with more health than illness... You are more blessed than the million who will not survive this week."
- "If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation. . . You are ahead of 500 million people in the world."
- "If you can attend a church meeting without fear of harassment, arrest, torture, or death. . . You are more blessed than three billion people in the world."
- "If you have food in the refrigerator, clothes on your back, a roof overhead, and a place to sleep... You are richer than 75% of this world."
- "If you have money in the bank, in your wallet, and spare change in a dish someplace, you are among the top 8% of the world's wealthy."
- "If you can read this message. . . You are more blessed than over two billion people in the world that cannot read at all."

This got me thinking about the relationship between blessings and privilege--about why I have so many of these things when so many people don't. Is it because God favors me and my kind over so many others? How should we think about all this? I decided to start with the basics:

- Blessings come from God, from the benign Power of the universe.
- Privilege, on the other hand, comes from social systems developed by people--from social power arrangements that benefit some people and harm or degrade others.
- I am often grateful for some blessing--perhaps comfort, or wealth, or health--that might actually be better described as a privilege. The red flag that alerts me to possible privilege is that I have a thing

that most people in my community (or society, or the world) don't have.

- I say "possible" privilege, because I believe I am called at such times to look at my life and my world honestly and clearly, and notice how much of what I have comes from:
 - a) my own character and effort;
 - b) the grace of the benign Power of the universe; or
 - c) social arrangements that make it significantly easier for me to have certain things than it is for others to have them.

Often my own character and effort are the primary factors. However, I sometimes see ways in which even the quality of my character, of the effectiveness of my efforts, are rooted in social privileges, such as having more time or less stress or a less dangerous environment or a whiter skin or more education than others or just food on the table.

However, I should be clear: I don't believe the point of such inquiry is to dig up reasons to feel guilty. I believe the point is to be honest enough to recognize the real sources of the benefits in my life--and to not use God to justify unjust power arrangements that benefit me and harm others.

Nevertheless, once I am honest in this, I often have to face a certain level of discomfort. I may well feel guilt rising up. However, I believe that guilt is a notoriously unproductive form of discomfort. I've never seen it bring more life to any person or situation.

Similarly, sometimes I feel an urge to get rid of my privilege--only to find that that's either impossible (such as not being White) or that I would be wasting valuable resources (such as turning my house over to homeless people).

So what do I do with my discomfort?

My favorite answer is to let it spur me into creative action. Wallowing--in either the pain or the pleasures of my privilege--is a waste of precious life energy. I have come to believe that it is more productive for me to USE my privilege (power, advantage, time, knowledge, wealth, safety--the more, the better) to make my society and my world more just, wise and universally blessed.

Some say that all things come from God, including privilege. To them I'd point out that that doesn't mean that God approves of privilege or thinks some

Continued on next page

of us are more deserving than others--any more than God approves of all the pain and suffering in the world. Perhaps God put pain in the world for the same reason it exists in our bodies--to get us to pay attention to a situation that needs changing. Perhaps the existence of privilege is a brilliant package deal, through which God gives us both a sign that things need changing and the means with which to change them.

Some say the greatest blessings we have are love and compassion for our fellow beings. I believe there is great truth in that. But I believe love and compassion present us with a special challenge today--a challenge that is greater, the more we are privileged to know about how the world works. I believe we are challenged to use our love and compassion not only to serve needy people directly, but also to create social systems that benefit all lives in and around them, so that everyone can experience the full blessings of life.

We can use our privilege to change our society in ways that expand the circle of privilege. But notice: At the point where EVERYONE is privileged, then privilege will disappear, because privilege is based on advantage over others. Ultimately, privilege is not something we need for healthy individual or community lives. It exists only for us to use well and then let go of.

Blessings are different from privileges in the more everyone feels blessed, the more blessings grow. Blessings are not something to feel guilty about (which is why so many of us like to think of our privileges as blessings). When blessings are appreciated, shared, and used for the greater good, they grow a thousand fold.

And so I believe that we are called on by the benign Power of the universe to see our privilege as a blessing to be used--not just shared individual-to-individual (as in charity), but as a Powerful resource to create cultures that bring blessings to all the lives in and around them.

I believe, as we follow this call, that we will find and create Heaven on earth.

And I also believe that if we see our privilege as God's way of favoring us over others, we will, through that belief alone, create Hell on earth--first for others, then for ourselves.

So I believe it matters how we view blessings and privileges in both our personal and public lives.

In fact, I believe it makes a world of difference.

Tom Atlee can be reached via the Co-Intelligence Institute website:
www.co-intelligence.org.

Multicultural Forum Editor's Note:

I would like to express my appreciation to Kathy Gainor, the co-chair of the Multicultural Voices Task Force for the past several years, who is stepping down from that role. I am grateful for the courage, insight, and strength Kathy has brought to this work.

Just as I prepared to send this column to our newsletter editor, our country experienced the profound tragedy of the terrorist attacks on New York and Washington. Would you be willing to write a column examining your personal or professional experiences of these violent acts? Do you have questions or suggestions? Everyone's perspective is important. Please contact me at sgizara@cyber-dyne.com.

Sharon Gizara

GREETINGS FROM SWAP!

DIANE PRIEBE

Hello everyone at SAW, APA Division 17!!! I am the new coordinator for the Section on Women and Psychology (SWAP), of the Canadian Psychological Association (CPA). I am very happy that we are making this connection via our respective newsletters. I am currently in the process of learning more about my position with SWAP and all of its duties and responsibilities. SWAP is a great group of women whom I have found to be very supportive of each other. SWAP has been in existence for 20 years and has been a very active section of CPA. SWAP has been a strong voice for women psychologists, students, and clients. Each year, we present a program, several speakers, and a pre-convention workshop, called the SWAP Institute, which offer a variety of themes relevant to feminist thought, research, and practice during the annual CPA convention. We also publish our newsletter three times a year, and this contains a great deal of information and articles about feminist psychology.

Continued on next page

Our current newsletter editor, Renee Cormier, is also our web-mistress and has done a fantastic job of putting together our website (www.cpa.ca/swap). I hope that this connection between our two groups develops into a rich and satisfying network for all of our members and that we are able to support each other as women, psychologists, researchers, and practitioners! I look forward to getting to know your section better and to working together. Please feel free to contact me: Diane Priebe, 9313 - 95 Street, Edmonton, Alberta, Canada, T6C 3X1, (780) 469-7829 home, (780) 421-1747 work, diane.priebe@home.com.

UPDATE ON SAW (MICHIGAN) CONFERENCE AND CASEBOOK SERIES

RUTH FASSINGER AND LINDA FORREST

We would like to provide an update on the various professional presentations and publication activities resulting from the Michigan conference, and also address the issue of the casebook series. To date, a number of conference presentations and articles have come from various working groups since the conference. We are extremely pleased at the ongoing work accomplished by many of the conference participants, and feel it is very important that these ideas are receiving airtime in our professional meetings and in our journals.

Two special issues of the Journal of Multicultural Counseling and Development (JMCD) are "in progress" under Ruth Fassinger's editorship. Each of the two issues will contain 5-7 articles, almost all written by SAW conference participants (because this was an open call for manuscripts, a very small number of articles have been submitted by people outside the SAW conference experience). At this point, articles for the first special issue have been reviewed and are being revised for publication (included from our groups are articles on counseling/therapy, supervision, career, and consultation). We're not sure yet of the exact publication date, but it should be this fall or winter. The articles for the second special issue

are in various stages of review and revision (included from our group are articles on pedagogy, mentoring, diversity, and international consultation). Again, we're not sure of the publication date, but we are assuming winter or spring, directly following the first special issue. We are thrilled to see these articles being readied for publication. These two special JMCD issues will make a tremendous contribution to the literature and we are proud to be meeting one of the conference goals in this manner.

Now on to discussion about the casebook series. As you will recall, the first chapters of each of the casebooks were conceptualized as integrative literature reviews. The JMCD articles vary widely in content, from accounts of conference process around particular issues to presentations of theoretical models and ideas, and all have vitally important ideas in them. However, as expected, very few of them present an integrative literature review. In addition, in communications from JMCD authors, it has become clear that producing even this much information as a result of the conference work groups has required incredible stretches on numerous individuals' parts. Thus, at this point, we are far from being able to commit to a casebook series the way it was originally conceptualized. So, we have recommended to the coordinators of the working groups that we not proceed with the casebook series. They are in agreement with our recommendation.

We encourage all of you to continue to pursue other outlets for your work and ideas resulting from the conference, and we are ready to consult, edit, or otherwise assist you in such efforts. Integrative reviews with supplemental case material remain important and largely unfinished. Many are in good positions to pursue this work with colleagues who share their interests and commitment. However, the idea of an organized casebook series built around the work of conference participants no longer seems viable, and we would like to free everyone up to pursue this work in other ways.

Many thanks for the dedication many of you have maintained over a long period of time. We have learned a lot of useful things as a result of what we tried to do before, during, and after the Michigan conference, and we feel that SAW's experiences have enriched our collective understandings of the

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complexity of this integrative work and have encouraged positive changes in other Division 17 conferences and professional activities (e.g., active working groups, large student involvement, follow-up activities, etc.). So, again, we partly accomplished one of our conference goals, which was to change the paradigm of what a conference might be. And, perhaps most importantly, the connections made by many conference participants have endured, and that is, after all, what SAW is all about!!!

SAW 2001 Woman of the Year Award: Louise Douce

Text of Award Presentation
SUE MORROW

It gives me great pleasure to present the APA Division 17 Section for the Advancement of Women **Woman of the Year Award** this year. The woman who has been selected for this award has contributed immensely to the counseling psychology of women over her career. She has been a leader in issues concerning women, lesbian/gay/bisexual individuals, and other underrepresented groups.

Louise Douce was one of the founding members of the APA Division 17 Committee on Women, having joined as a graduate student and continued her involvement up until the present time. She is outspoken about women's issues and has been since the beginning--she wrote her undergraduate honors thesis on attitudes toward women. She has written about women in transition, victimization of women, women and careers, advancing women's careers in counseling centers, sex-role stereotyping, women's career assessment, women's programming in the university settings, and sexual harassment. She worked with Sandy Shullman, last year's Woman of the Year, to establish guidelines for APA Site Visitors who encounter sexual harassment concerns during accreditation evaluations.

She was also one of the first "out" lesbian counseling psychologists, a trailblazer, incorporating LGB issues into counseling center internship training and supervision. She co-authored, with Robin Burke,

what is considered to be a seminal article in The Counseling Psychologist in 1991 on LGB training issues. Since that time, her contributions to the well being of LGB trainees and professionals have been nothing short of remarkable. According to Helen Roehlke, Louise's 1998 article in TCP, titled "Can a cutting edge last twenty-five years?" reminds us that we still cannot rest on our laurels.

Louise has never rested on her laurels. Passionate about justice, dedicated to socially conscious training and mentoring, she is a counseling psychologist who makes a difference, not only in our profession but also in the lives of those she touches.



Louise Douce receiving SAW Woman of the Year Award from Sue Morrow

SAW HELPS BUILD A BIGGER PIE!

TANIA ISRAEL

Twenty-seven people attended a meeting of the More Pie Initiative at the APA 2001 annual convention to discuss coalition building among the Sections for the Advancement of Women (SAW), LGB Awareness (SLGBA), and Ethnic and Racial Diversity (SERD). This initiative, which arose from a discussion among the sections at the Houston 2001 conference, seeks to create a more powerful voice within Division 17, connect Division 17 members who are interested in social justice, and raise awareness within the three sections about social justice issues. The basic assumption is that rather than fighting over pieces of the pie, we need MORE PIE.

A rousing icebreaker inspired people to imagine what kind of pie they might be. A variety of reasons for attending the meeting were expressed, including the following: to learn from other sections, to integrate interests that don't fit into neat little boxes, to find a place to do activism, and to advocate for issues that aren't being addressed by the three sections (e.g., disability issues and economic injustice). Additionally, several people noted that they belong to multiple sections but cannot attend all of the sections' meetings.

Meeting participants decided that there is no need for a separate structural group, rather More Pie can be conceptualized as an initiative within SAW, SERD, and SLGBA to connect with the other sections and with other social justice initiatives within and outside Division 17. Plans were developed to (a) connect with the social justice group that is considering forming, (b) facilitate joint memberships among the three sections, (c) generate collaborative programming at APA, (d) conduct consciousness raising within each section about the issues addressed in the other two sections, and (e) even compile a cookbook with pie recipes and stories. The enthusiasm, innovative ideas, and good humor of the meeting certainly lived up to the organizers' desire to "put the 'social' back into social justice!"

Even if you did not attend the meeting, your involvement in More Pie is welcomed. Information is available on the web at <http://www.education.ucsb.edu/~tisrael/morepie.html>, by contacting any of the section chairs, or by contacting Tania Israel (tisrael@education.ucsb.edu, 805-893-5008).



**Outgoing Officers:
Kristen Perrone and Tania Israel**



SAW Champagne Breakfast at APA 2001

Member News

Julie R. Ancis received tenure and promotion to Associate Professor in the Department of Counseling and Psychological Services at Georgia State University in Atlanta.

Martha J. Barry in Portland, Maine, recently completed a training program with MentorCoach (sm), and is pleased to be expanding her private practice work to include Personal Life Coaching as a new area of specialization. She is particularly interested in coaching women in academia, new professionals, and doctoral students (including ABD women and mothers). She can be reached at marthjb@earthlink.net.

Drs. Karyn Boatwright and Linda Forrest received an award for the "Best Article Published in 2000" presented by Dr. Richard Hodgetts, Editor of the *Journal of Leadership Studies*, at the National Academy of Management meetings on August 5, 2001, in Washington, D.C. The article, entitled "Leadership preferences: The influence of gender and needs for connection on workers' ideal preferences for leadership behavior," was based on work from Karyn's dissertation research. Karyn is currently an assistant professor in the Psychology Department at Kalamazoo College, in Kalamazoo, Michigan. This is a great honor, for Karyn, and for a counseling psychologist, to win an award from a management journal and association.

Linda Forrest is leaving Michigan State University after 22 years and moving to the University of Oregon where she will join counseling psychologists, Ellen and Ben McWhirter and other faculty committed to an ecological model of training. She will be the new Area Head for the Counseling Psychology and Human Services Area in the College of Education. Her new address as of January 1, 2002 will be: Linda Forrest, Counseling Psychology and Human Services, College of Education, Eugene, OR 97403. Anyone interested in following Linda to the University of Oregon should look at the job announcement for the assistant professor position

open in the counseling psychology program. Anyone interested in learning more about the position, the UO counseling psychology program, or what it is like to live surrounded by the beauty of the Northwest should contact Ellen McWhirter, Chair of the Search Committee. Ellen's email address is: ellenmcw@darkwing.uoregon.edu.

Mary Heppner has been awarded a Fulbright Research Fellowship to study prevalence and culture specific coping with sexual assault in Taiwan and Korea. She will also be teaching a course on sexual violence within a cultural context at National Taiwan Normal University in Taipei.

Peggy Kaczmarek had her third chemotherapy on Friday, September 7th marking the halfway point for her chemotherapy. She reports having many local friends that check in on her and that they have been very helpful. She describes herself as a fighter. There was no lymph node involvement and she was cancer free after the breast cancer surgery earlier this year. She is hopeful that this bodes for a good outcome. She is keeping a journal and plans to write several articles based on her experience. She welcomes our support and says it really gives her a boost. She would love to hear from us. Her email address is: mkaczmar@nmsu.edu

SAW Listserv: 17WOMEN

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Send an e-mail message to Sue Morrow (morrow@ed.utah.edu), and request that you be added to the list.

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Send your e-mail message to 17WOMEN@gse.utah.edu and it will automatically be sent to everyone on the listserv.

Remember to keep us posted about your e-mail changes!

Note: This is not a high-volume list.

Member Publications

Julie R. Ancis & Dawn M. Szymanski (2001).

Awareness of white privilege among white counseling trainees. The Counseling Psychologist, 29, 548-569.

Ozegovic, J. J., Bikos, L. H., & **Dawn M.**

Szymanski (2001). Trends and predictors of alcohol use among undergraduate female students. Journal of College Student Development, 42, 447-455.

Kristin M. Perrone & Worthington, Jr., E. L.

(2001). Factors influencing ratings of marital quality by individuals within dual-career marriages: A conceptual model. Journal of Counseling Psychology, 48, 3-9.

Dawn M. Szymanski, Chung, Y. B., & Balsam, K.

F. (2001). Psychosocial correlates of internalized homophobia in lesbians. Measurement and Evaluation in Counseling and Development, 34(1), 27-38.

Dawn M. Szymanski & Chung, Y. B. (2001). The

Lesbian Internalized Homophobia Scale: A rational/theoretical approach. Journal of Homosexuality, 41(2), 37-52

Melba J. T. Vasquez (in press). Latinas, exercise and empowerment from a feminist psychodynamic perspective. Women and Therapy.

Melba J. T. Vasquez (2001). Reflections on unearned advantages, unearned disadvantages, and empowering experiences. In J. G. Ponterotto, J. M. Casas, L. A. Suzuki, and C. M. Alexander (Eds.), Handbook of Multicultural Counseling (2nd ed.). Thousand Oaks, CA.: Sage.

Melba J. T. Vasquez (2001). Leveling the playing field: Toward the emancipation of women. Psychology of Women Quarterly, 25, 89-97.

Melba J. T. Vasquez (2001). Advancing the study of Chicana/o psychology. The Counseling Psychologist, 29, 118-127.

Melba J. T. Vasquez, Baker, N. L., & **Sandy L. Shullman** (in press). Assessing employment discrimination and harassment. In A. M. Goldstein (Ed.), Forensic psychology (Vol. 11) of I.B. Weiner (Ed.) Comprehensive handbook of psychology. New York: John Wiley.

WomanView Books



The goal of this column is to provide timely critiques of books of meaning and significance to women, particularly as we engage in theory and practice in counseling psychology. While scholarly work is the focus, other writing that informs issues of feminism and gender in psychology is also of interest. The review that follows is the first reprint in this column, but the subject of the biography, Frieda Fromm-Reichmann, is an important foremother of psychotherapy. A feminist long before that held a community of support (like

Katherine Graham, former editor of the Washington Post, who died this summer), Fromm-Reichmann made incredible strides in a psychiatry dominated by males and masculine models of care. The review's author, Kay Saakvitne, is a thoughtful and highly regarded contributor to the care of trauma victims, and I am pleased to introduce her to those in Counseling Psychology who may not know of her work. The review is an abbreviated version of the one published in Psychologist-Psychoanalyst, Vol. XXI, No. 3, Summer 2001.

Continued on next page

If you would like to write a review and/or have a suggestion for books to be reviewed, please get in touch with me at 412-648-7093, e-mail: elman@pitt.edu, or mail brief reviews to: Nancy S. Elman, Ph.D., Program in Counseling Psychology, 5F28 Posvar Hall, University of Pittsburgh, Pittsburgh, PA 15260.

Review:

Hornstein, Gail. (2000). To Redeem One Person is to Redeem the World: The Life of Frieda Fromm-Reichmann. New York: Free Press. (444 pp.) \$35.00. ISBN: 0-684-82792-1

I have to begin by confessing that Frieda Fromm-Reichmann is one of my long-time heroines. So, when I received this book as Christmas gift, I promptly immersed myself in it - all 444 pages! But one reads a biography of a hero or heroine with some anxiety. On the one hand, you want to understand the intimate influences on your heroine's life choices and decisions and, on the other hand, you do not want to lose respect or affection for one who has inspired you. In particular, a heroine to one's therapist-self embodies a professional ego-ideal, and serves as an internalized object imbued with wisdom and vision, helping to sustain the therapist's own hope and idealism. None of us can easily afford to lose that which gives us hope in our work.

Hornstein's book is a tour de force; she is a meticulous researcher and elegant writer. She works wonders with minimal information about much of Fromm-Reichmann's life without straying into wild analysis or romanticized fiction. What she does instead is elaborate the essential contexts of Fromm-Reichmann's life: Growing up as a German Jew between the world wars; being trained in the developing fields of psychiatry and neurology in the first half of the twentieth century; and forging the direction and identity of Chestnut Lodge, a uniquely American psychiatric hospital in Rockville, MD, after fleeing Nazi Germany and coming to the United States. The contexts of Fromm-Reichmann's life are everything.

In a life profoundly shaped by the devastation of World War I and the horrors of the Nazi Holocaust, her refusal to give up on humanity or hope is the fundamental aspect of Fromm-Reichmann. Throughout the biography, Hornstein strives to

understand and make understandable Fromm-Reichmann's drive and complete dedication to her work from this perspective. One of the central strengths of this biography is Hornstein's ability to integrate complex clinical, religious, philosophical, personal and historical perspectives. She makes it clear that one must understand the confluence of these influences on who Frieda Fromm-Reichmann was and how she chose to live her life.

An essential concept, and one that gave rise to the title of the book, is the Jewish tradition of *Tikkun*. As told by a great sixteenth-century rabbi, Isaac Luria:

The task of human history and the responsibility of every Jew is to rescue the divine sparks and restore order to the world. This is the work known as tikkun. When it is fully accomplished, redemption will come to everyone. Tikkun is a collective task; no one person can perform it on his own. A divine spark is attached to each prayer, each charitable act, each moment of goodness. If a person fulfills her duty and strictly follows the ethical path, that spark is restored to its source in the divine realm. To assist another is to do God's work. To redeem one person is to redeem the world. (Dan, 1986, pp. 94-103) (p. xvi).

What I found most fascinating and moving was Hornstein's ongoing analysis of Fromm-Reichmann's "revolutionary" belief that mental illness, including psychosis, was treatable by analytic treatment. Throughout the book she contrasts Fromm-Reichmann's conviction in a meaning-based approach to psychopathology with the fundamental pessimism and helplessness of psychiatry as a field. In doing so Hornstein offers a fascinating history of psychiatry in the twentieth century.

Fromm-Reichmann's first job as a physician was to work with brain-injured German soldiers wounded in the trenches during World War I. In this context, she learned two important principles: the impact of brain trauma on otherwise healthy men, and the remarkable adaptive capacity of the brain. She was also profoundly influenced by working with Kurt Goldstein, in a sanatorium with Johannes Schultz, who taught her methods linking mind and

Continued on next page

body and introduced her to Freud's written work, and at the Berlin Institute with George Groddeck. She blended the approaches of Goldstein and Groddeck: "using whatever worked with each individual and relying on the patient's own inherent capacity for healing to guide the treatment. . . . she began to evolve a unique clinical style that turned the therapeutic relationship into a fulcrum for change" (p. 37).

One testament to the power of Fromm-Reichmann's willingness and capacity to engage in a deep relationship with her clients, is the central role in this book of Joanne Greenberg, Frieda Fromm-Reichmann's former patient and author of *I Never Promised You A Rose Garden*. Greenberg did not write *Rose Garden* intending it to be a biography or memorial to Frieda Fromm-Reichmann, although she and Frieda had discussed collaborating on a book about their work together. Yet Greenberg has proved to be an important source of information about Fromm-Reichmann. Because Fromm-Reichmann's clinical style was to be present and knowable to her patients, perhaps it is fitting that we know her most intimately through the account of her patient. In a videotaped lecture to mental health professionals on the topic of the use of metaphor in psychotherapy, Greenberg reported that when she retreated to her own inner world during a psychotherapy session, Fromm-Reichmann would say gently, not "come back," but "take me with you." She recognized the role of trauma in mental illness, and the trauma of mental illness and maintained her esteem for the sufferers of both.

Fromm-Reichmann's practical application of the theory of interpersonal psychiatry enriched the theory and furthered its dissemination. Both as an analyst and as a supervisor and teacher, Fromm-Reichmann modeled the application of Harry Stack Sullivan's central constructs and added to our understanding of dynamics of the therapeutic relationship. Her combination of responsibility and hope were sources of Frieda Fromm-Reichmann's indomitable spirit in her professional work. In her lifetime, it made her a teacher, mentor, and stern taskmaster, as well as an exceptional clinician.

It can be argued that the second half of the book is as much the story of Chestnut Lodge as of Frieda Fromm-Reichmann. It is a terrible irony that

Chestnut Lodge closed its doors so soon after the publication of this book on April 27, 2001.

Fromm-Reichmann believed in the human potential for healing. She believed in the humanity of those who suffer. She neither feared nor resented that which she did not understand. Throughout her professional life she engaged in a process of learning and was, at the same time, a committed teacher. It is a sad truth that her principles continue to be "revolutionary." I will not say that Fromm-Reichmann emerged unscathed from her biography. She is more human than the idealized heroine I have carried, but my respect for what she taught and believed are undiminished. We cannot afford to forget Frieda Fromm-Reichmann. Hornstein's wonderful biography of Frieda Fromm-Reichmann is well worth reading.

Karen W. Saakvitne is the clinical director of the Traumatic Stress Institute and co-author of Trauma and the Therapist, and recently, Risking Connection: A Training Curriculum for Working with Survivors of Childhood Abuse, and its companion teaching manual, Relational Teaching, Experiential Learning. She is the former secretary of Division 39 and serves on the Advisory Committee on Colleague Assistance for APA.

"With age and experience, you will be happy to know, growth becomes a conscious, recognized process. Still somewhat frightening, but at least understood for what it is. Those long periods when something inside ourselves seems to be waiting, holding its breath, unsure about what the next step should be, eventually become the periods we wait for, for it is in those periods that we realize we are being prepared for the next phase of our life and that, in all probability, a new level of the personality is about to be revealed."

--Alice Walker

Walker, A. (1988) Living by the word: Essays. San Diego, CA: Harcourt Brace & Company.

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