

Highlights

- 2002 SAW Woman of the Year
- Awards
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*The Newsletter
of the Section for
the Advancement
of Women, APA
Division 17
Fall 2002*

WomanView

Editor: Dawn M. Szymanski



Notes From The Chair

Carol Zerbe Enns

My favorite parts of being at APA include meeting friends and colleagues whom I see only once a year (at APA), and soaking up all sorts of new insights in small groups, as well as from the challenging and thought-provoking sessions I attend. This year, as is often the case, many of my highlights were related to SAW events. My "notes" are related to these events.

In her Woman of the Year presentation, Louise Douce traced how our understandings of feminism have moved from simplistic notions (e.g., believing that by merely stating that the feminist therapy relationship is equal, we could assume that we didn't need to worry about boundary violations or power issues) to much more complicated understandings of the conundrums of feminist practice. She provided important directions for multicultural feminist and transnational feminist practice. Louise plans to emphasize global themes during her year as Division 17 president, and I hope we can initiate efforts that complement hers. For example, I believe it will be productive for us to build connections with Division 52's (International Psychology) Committee for Women. This committee has been sponsoring APA programming about international women's concerns for the past several years and completed an important paper entitled "Cultural and gender awareness in international psychology." I am also

aware that many members of SAW have had contacts with psychologists and feminists around the world. My own experience has been enriched by my interactions with feminist therapists and women's studies professors in Japan. I hope to find ways to communicate more about what they have to offer multicultural feminist psychologists in North America. Please let me know if you would like to be a part of efforts to make global connections with feminists around the world.

The SAW workshop focused on supporting and mentoring the next generation. As a result of this session and other conversations, I became even more aware of the importance of support throughout our professional careers. Emerging from our discussions at the workshop and business meeting were initial recommendations for a retreat/conference that would focus on mentoring and support. As you know, our last major conference occurred four years ago (October, 1998). A number of individuals have expressed that they think it is time for us to work toward planning another event that brings us together when we are not pulled by multiple APA obligations. Recently, some of us had the privilege of being a part of the April Dallas Retreat, which consisted of 23 task-force members who are contributing to the "Guidelines for

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psychological practice with girls and women.” This experience reminded me of the value of bringing together feminist psychologists to work on a common goal at a time when we are not being pulled by multiple distractions and responsibilities. While at our “rustic” Dallas retreat, we worked hard but also experienced significant support from each other. If you are interested in being a part of a small group that begins exploring options for a future retreat/conference, let me know.

Our Sunday conversation hour was entitled: “Continuing the dialogue: Building bridges among women of color and white women.” Discussion focused on how we can be “in process” with new bridges, as well as the ongoing pain that often separates white women from women of color. One of the themes I heard was that even when we are cognitively aware of their existence, stereotypes of white women and women of color (e.g., as strong or weak, as nice or angry) can still distort our ability to make genuine connections. For example, when white women internalize the stereotype of being “weaker” than “strong” women of color, they deny their strength and power, distance themselves from the privileges they hold, and avoid taking ownership of racism or initiating action directed toward eradicating racism and other oppressions.

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Awards & Appointments

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More Pie Initiative Liaison

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Another example of a scenario that builds rather than taking down walls is the frequent silence of “bystander” white women when in group settings in which one white woman makes biased or racism remarks. Although our silence may reflect a desire to avoid controversy or attack from another white woman, this silence also represents a form of collusion. I need to be willing to say: “I am offended” or “I’m seeing something problematic here.” The conversation hour was wide-ranging in its focus, and I hope we have time for more extended conversations in the future. On a related note, the More Pie Initiative is also building bridges and coalitions among those who are interested in social justice. Productive conversations continued at APA this year, and our ongoing commitment to this project is important.

During the APA Chicago convention, individuals who welcomed me to my new role as chair often remarked at how visible SAW has been in the past, and how influential and effective SAW has been in completing a series of very important educational and advocacy projects. As the new chair, I kept hearing the reference to our significant work in the past, and began feeling a bit of anxiety about our ability to make contributions that equal the work we have accomplished in the past. The section has been involved in a variety of high-intensity and high-energy projects, and I worry about whether we have the fortitude to maintain the pace at which we have been running. We could also easily be lulled into complacency and inaction because of our past success. At our business meeting, Ruth Fassinger encouraged us to be proactive in taking on new issues (her language was far more creative than this). What new issues should we be addressing? Please think about this question. I would like to repeat this question as an item for discussion on the listserv during the next month. Although all of us are stretched in multiple directions, I believe all or most of us, also feel energized by being involved in projects that really make a difference.

I feel honored and somewhat intimidated as I begin to serve you as Chair of the Section for the Advancement of Women. The section has been a tremendous source of support to me in the past, and I hope to give back a small portion of what I have received.

From the Editor...



It was great seeing many of you at APA, and I would have to agree with Carol, Oksana, and Meghan that SAW events were also the highlight of my convention experience. As you will see, this edition of the newsletter is filled with information about many SAW members who were recognized at the APA convention for their hard work related to feminist and social justice issues. I hope you will join me in congratulating each of them for their awards.

I would like to thank Nancy Elman on behalf of SAW for her hard work in running the WomanView Books column for the SAW newsletter over the past few years. She has done a FANTASTIC job. Nancy is ready to pass on the torch, so if any of you are willing to take over this column, please contact me. It would be a shame to have this column fade away.

I hope you enjoy this edition of the newsletter. I look forward to your feedback and future contributions.

Dawn M. Szymanski, Editor

APA 2003: Toronto, Canada International Psychology Program (Division 52)

In addition to its usual APA programming, the Division of International Psychology program plans to feature three thematic poster sessions on: (a) international women’s issues, (b) international assessment, and (c) clinical issues in working across borders. Proposals should be submitted through the usual APA submission process. If you have questions, please e-mail Lynn Collins (Division 52 program co-chair) at Lynn.H.Collins@mindspring.com.

2002 SAW WOMAN OF THE YEAR: JEAN CARTER

It gives me great pleasure to announce the 2002 SAW Woman of the Year Award. This year's award was given to a woman who is a role model for women's leadership in Division 17 and APA. It also honors the importance of counseling psychology practice in SAW and the Division. The SAW Woman of the Year for 2002 earned her Ph.D. in Counseling Psychology at the University of Maryland and has served women as the Director of the Mental Health Clinic at Women's Medical Center of Washington, DC. She is the founder and faculty member of the Institute for Contemporary Psychotherapy and is well known for her leadership visibility and vision. She has presented and provided service on such topics as nongay psychologists working with LGB clients, women in practice settings, and aging. She is a fellow in Divisions 17, 29, and 42; was president of Division 17 from 1999-2000; and is president-elect of the Independent Practice Division. Her contributions to advancing professional practice in APA have been enormous.

Her nominator, Chris Courtois, said about Jean: "I can think of no candidate who is more deserving of this honor than Dr. Carter. Dr. Carter is an exemplar of women in professional leadership positions through her various committee assignments and elected positions in the Division and throughout APA and affiliated organizations. . . she has served as Division 17 president and is currently president-elect of Division 42 and is among the Division's most visible members in APA. . . . she has supported and is a model of the scientist-practitioner. . . Jean is thus a model for other women in the division to emulate and has helped forge the path of women in leadership directly influencing APA direction and policy."

Congratulations, Jean, and thank you for your significant contributions and for being a role model for women in leadership in Counseling Psychology and APA!

DISTINGUISHED CONTRIBUTIONS TO PSYCHOLOGY IN THE PUBLIC INTEREST: MELBA J. T. VASQUEZ

The winner of the 2002 Distinguished Contributions to Psychology in the Public Interest: Senior Career Award is Dr. Melba J. T. Vasquez. Dr. Vasquez was recognized for her scholarship, teaching, service delivery and professional leadership activities, which reflect commitment to issues of empowerment, justice and equality for all members of society.

Melba has been involved in promoting the increase of ethnic minority and gender representation in all aspects of psychology. She has demonstrated her commitment to ensuring that psychology attends to the needs of the diverse population reflected in American society, through her work in the areas of ethnic minority psychology, psychology of women, professional ethics, and teaching.

Upon accepting the award at the American Psychological Foundation/American Psychological Association Awards Ceremony held on Friday, August 23, Melba made the following personal comments:

"The influences on my work as a psychologist included those that resulted from being the first born in a working class Latino/a family of seven children. I experienced the privileges of having parents who managed to make each of the seven children feel lucky and special, as well as the challenges of limited financial resources in such a big family.

I was fortunate to have parents who were very supportive about education, as are most Latino/a families. I am also fortunate that my parents were politically active in their small, central Texas community. Although my parents had limited education themselves, they communicated messages that their children could accomplish whatever they desired and that advocacy and activism were

Continued on next page

productive. I will continue my obligation to apply psychological knowledge to promote and advocate for social justice.

I am now fortunate to have such a great support system in my colleagues and friends and in my partner, Jim Miller.

I am aware that last year's honoree, Dr. Martha Bernal, died a few weeks after receiving this award. Her death leaves a void for many of us who appreciated her mentoring and presence in the profession."

As many of you know, Melba was president of Division 17 during 2001-2002, and has also served as president of Division 35. Melba has made significant contributions to APA ethics committees and task forces, and with Kenneth Pope, published the influential book *Ethics in psychotherapy and counseling*. She has received numerous awards for mentoring, for distinguished service, and for outstanding achievements in the practice of counseling psychology.

Melba was extremely busy during the APA 2002 convention, as evidenced by the list of presentations she made. In addition to delivering an address for her public interest award ("Complexities of the Latina experience: A tribute to Martha Bernal"), Melba gave a Division 17 presidential address entitled "Extending the ladder of opportunity: Breaking through the colored glass ceiling." While at the Chicago convention, she also spoke on the topics of multiple relationships, creativity in therapy, and "Understanding grief and loss from a multicultural perspective."

DOROTHY BOOZ BLACK AWARD:

MARY ANN HOFFMAN

Mary Ann Hoffman was the 2002 recipient of the Dorothy Booz Black Award for outstanding achievement in Counseling Health Psychology. Her recent publications include a chapter on health promotion and disease prevention (co-authored with Jeanine Driscoll) for the *Handbook of Counseling Psychology*, and an article about notable multicultural

training in counseling psychology and school psychology (co-authored with Margaret Rogers and Jay Wade) for the *Journal of Counseling Psychology*. Mary Ann has also made a significant contribution to the psychosocial aspects of HIV with her 1996 book entitled, "Counseling clients with HIV disease: Assessment, intervention, and prevention." Congratulations Mary Ann!

JOHN HOLLAND AWARD FOR OUTSTANDING ACHIEVEMENT IN CAREER & PERSONALITY RESEARCH: **MARY HEPPNER**

Mary Heppner was the 2002 recipient of the Division 17 John Holland Award. Mary's professional contributions are extensive, and she has published almost 70 articles and book chapters, as well as two books. The person who nominated her for this award noted: "She has been especially prolific in the area of career development, with over half of her publications covering important topics such as career transitions, process and outcome of career counseling, and the influence of contextual factors such as race, nationality, gender, class, and ethnoculture on career processes." She has also developed two important career assessment instruments: the Career Transitions Inventory (with Karen O'Brien) and the Career Counseling Self-Efficacy Scale. Mary is an author (with Norm Gysbers and Joseph Johnston) of *Career counseling: Process, issues, and techniques*. The second edition of this book has a 2003 copyright date. Mary is a faculty member in Educational and Counseling Psychology at the University of Missouri-Columbia, and also serves as the Assistant Director of the Career Planning and Placement Center.

In addition to the areas most related to the award, Mary has written on topics such as the impact of multicultural training on White racial identity, a

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culturally inclusive model of rape recovery, sexual assault prevention programming, and male socialization and career counseling. Mary has also been a Fulbright scholar in Taiwan and has been studying Asian attitudes toward coping with sexual violence. Congratulations Mary!

FRITZ & LINN KUDER AWARD FOR EARLY CAREER ACHIEVEMENT IN SCIENCE & PRACTICE: **SUE MORROW**

Sue Morrow, past chair of SAW, was one of the two recipients of the 2002 Fritz and Linn Kuder Award. This award is given to counseling psychologists who have made significant contributions to counseling psychology within 10 years following the completion of the Ph.D. Sue has become well-known for her theoretical and research contributions to qualitative methodology. Some of her recent publications include chapters on qualitative research in counseling psychology (in the *Handbook of counseling psychology*, co-authored with Mary Lee Smith); qualitative research in multicultural counseling (in the 3rd edition of the *Handbook of multicultural counseling*, co-authored with Gita Raakshsha and Carrie Castañeda); feminist reconstructions of psychology (for *Issues in the psychology of women*); and therapist issues in psychotherapy with lesbian, gay, and bisexual clients (for the *Handbook of psychotherapy with lesbian, gay, and bisexual clients*). Other publications of Sue's that have been particularly influential include an article on integrating political analysis in feminist therapy (co-authored with Donna Hawxhurst) and an article based on her dissertation: "Constructions of survival and coping by women who have survived childhood sexual abuse" (co-authored with Mary Lee Smith).

The article based on Sue's dissertation that focused on constructions of survival and coping was instrumental in helping counseling psychologists think about the myriad symptoms associated with sexual abuse as aspects of strength. Sue's research sought answers to the question: "What were the

primary ways in which you survived?" The two major categories of survival that emerged were:

(a) protecting oneself from becoming overwhelmed by dangerous and threatening feelings related to abuse, and (b) managing experiences and feelings of powerlessness, helplessness, and lack of control. Victims of sexual abuse used creative strategies of resistance or rebellion, such as by (a) refusing to eat, or bingeing and purging; (b) increasing mastery or control over specific areas of life, such as by managing the household, excelling in school, or rescuing others; or (c) creating their own pain (e.g., self-cutting), an activity that reinforced the notion that "If I am able to create my own pain, I can manage this pain."

ACADEMY OF FAMILY PSYCHOLOGY AWARD: **ROBERTA NUTT**

Roberta Nutt received an award at the APA convention from the Academy of Family Psychology (APA Division 43) for her "excellence and dedication to the field of family psychology." More specifically, the Academy noted her "Herculean" efforts that made it possible for the family psychology specialization to be recognized.

This is a good time to also note Roberta's contribution to SAW, which included attending and participating in the original conference and writing project that led to the publication of the *Principles for Counseling and Psychotherapy with Women* (1979). She also co-authored (with Louise Fitzgerald), the 1986 article that focused on the rationale and implementation of the original principles. Roberta now serves as one of the co-chairs of the interdivisional task force (Divisions 17 & 35) that is revising this work as "Guidelines for Psychological Practice with Girls and Women." Roberta, thanks for your 25+ year commitment to this project! We expect that we will benefit from all the things Roberta learned as she guided the family psychology specialization through the approval process.

**DIVISION 35
PSYCHOTHERAPY WITH
WOMEN AWARD:
DAWN M. SZYMANSKI**

The winner of the 2002 Psychotherapy with Women Award is Dawn Szymanski. Her winning manuscript was entitled "The Feminist Supervision Scale (FSS): A rational/theoretical approach." In this paper, Dawn described the development and psychometric properties of a new scale designed to assess feminist clinical supervision practices. The 32-item measure includes four subscales:

(a) collaborative relationships, (b) power analysis, (c) diversity and social context, and (d) feminist advocacy and activism. Dawn is our newsletter editor and an assistant professor in the Division of Counseling and Family Therapy at the University of Missouri-St. Louis.

The Psychotherapy with Women Award is given by Division 35, the Society for the Psychology of Women. This award is funded by Dr. Annette Brodsky and Dr. Rachel Hare-Mustin, editors of the influential 1980 book entitled, *Psychotherapy with women: An assessment of research and practice*.

**EDITOR OF THE SOCIETY
FOR THE PSYCHOLOGY
OF WOMEN BOOK SERIES:
MARY BRABECK**

Mary Brabeck has accepted the position of editor for the Division 35 book series. Some of the recent and influential books that have been published as a part of the Division 35 book series include: *Practicing feminist ethics in psychology* (edited by Mary Brabeck), *Relationships among Asian American women* (edited by Jean Lau Chin), and *Sexuality, society, and feminism* (edited by Cheryl Travis and Jacqueline White). If you have interest in exploring the possibility of

publishing a book as part of this book series, please contact Mary Brabeck.

**DIVISION 35's LIASON TO
DIVISION 17 & SAW:
MOLLIE WHALEN**

Hello to SAW members in the new academic year! I want to let you know that I am serving as Division 35's Liaison to Division 17 (and SAW). That means if there are issues of mutual concern between our divisions that you would like me to bring to Division 35, I would be happy to do so. The next meeting of the Division 35 Executive Council will follow the Multicultural Summit, on January 24-26. You may contact me by e-mail: mwhalen@po-box.esu.edu, or by phone: 570-422-3472. I look forward to hearing from you.

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 Division of Counseling & Family Therapy, University of Missouri-St. Louis, 8001 Natural Bridge Road, St. Louis, MO 63121-4499.

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

Member News and Publications

Shalini L. Batra and Margaret S. Stockdale (2002, August). *Mentoring breaks the glass ceiling: Asian American women as proteges*. Poster presented at the 110th Annual Convention of American Psychological Association, Chicago, IL.

Ellen Piel Cook was named editor of *Career Development Quarterly*. **Karen O'Brien** will be her associate editor.

The views expressed in this publication do not necessarily represent the policies of the American Psychological Association, the Division of Counseling Psychology, or its Sections.



Libby and Scot Williams welcomed their daughter Megan into the world on June 18. They are utterly delighted and completely in love with her. They are learning to live with less sleep, which gives them more time to watch as she grows and changes every day. Megan has even attended her first APA convention!

Students Speak

MENTORING AND INVOLVEMENT

OKSANA F. YAKUSHKO AND
M. MEGHAN DAVIDSON
University of Missouri, Columbia
SAW Student Co-Liaisons

The APA convention was again an exciting and exhausting experience for many of us! Spending time together as SAW members was one of the best aspects of the conference for us as students, and we feel energized to move our discussions with one another forward. For student members of SAW, there seemed to be two themes that emerged from the APA convention: (1) the importance of mentoring and (2) involvement in meaningful projects that make a difference.

On Mentoring. Women-students seem to hunger for women-mentors in Counseling Psychology. Some of our discussions emphasized the difficulty faced by many women-students to find mentors in their own programs. Part of this difficulty stems

from women-psychologists often being overburdened with needing to work much harder than their male peers in their professional roles. Another problematic aspect of this issue is that women faculty in our academic programs are sought more often than men faculty to be our advisors and mentors. Furthermore, the ratio of women in leadership roles or tenured academic positions in Counseling Psychology to women-students in our programs continues to be very low (e.g., 2:25).

How do we then create more opportunities for women-students to find a woman-mentor in Counseling Psychology? In our Business meeting we discussed several strategies:

- Use SAW connections to build mentoring relationships. SAW is a group of awesome women who may either become a mentor or connect you with a potential mentor.
- Recognize that mentoring needs to be initiated by us! E-mail a woman-professional in Counseling Psychology, whose work you are interested in and who seems like a neat

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person to get to know, and ask to be mentored. Women-psychologists in SAW emphasized that for many of them, mentoring relationships are often as satisfying to them as mentors as to us as mentees. Be assertive in asking to be mentored, share why you think this mentoring relationship may be a good fit, and then dialogue about possibilities and limitations of your mentoring relationship.

- Seek out several women-mentors. Many of us talked about having many mentors that have contributed to our development at various stages along our career journeys.
- SAW is working to create space for dialogues and mentoring relationships which focus not only on academic issues (often our primary association), but about such professional concerns as private practice, counseling center practice, and consultation.
- A SAW conference/retreat on mentoring may serve as an excellent opportunity for us to build more mentoring relationships. Keep your eye peeled as this may develop!
- As students who have some experience, we could create peer mentoring relationships. We can pass on our knowledge and provide support for each other as we go through our academic programs and begin our own careers.

On Involvement. And how about getting some energy by getting involved in meaningful projects through SAW! At APA, we began to affirm that as a group and as individuals, we are ready to engage in work to make a difference. Women-students, we can share our ideas and energy in creating powerful new projects and dialogues that help us to get involved in significant change-effecting experiences. Here are several of our ideas. Some of them might be outlandish and some may be too timid. However, we believe that sharing our ideas is the beginning of our joining together to make big and bigger waves in our profession and in the world. So, here goes:

- For Counseling Psychology programs to pioneer changes toward pay and work equity for women and men faculty
- For Counseling Psychology programs to include competency regarding gender and sexism in our multicultural courses

- For Counseling Psychology to begin to share our knowledge and ideas with non-professional people through popular media
- For Counseling Psychology to begin to gain a global perspective by seeking out connections with women-feminists and women-psychologists around the world
- For Counseling Psychology women to join forces in supporting issues of justice, peace, and equality
- For Counseling Psychology women to work together with feminists from other disciplines toward creating a better world for all women and all people
- For Counseling Psychology women-students to have an outlet in APA to discuss their experiences of sexism and discrimination in their programs
- For SAW to recruit more and more members, especially students and minority women
- For SAW member to work together to conduct research and publish work that challenges the status quo and supports positive changes toward justice and equality.

WHERE HAS MY FEMINIST GONE?

CHRISTA K. SCHMIDT
University of Missouri, Kansas City

Suddenly, I am a fifth year doctoral student, working on my dissertation, applying for internship; comps and coursework behind me. Although part of me feels as though it has gone by in the blink of an eye, another side of me feels as though this is what I have always done.

Last spring, I was confronted with just how much of myself had been usurped by my training program. When I heard that an undergraduate student from my old stomping grounds would be interviewing for our doctoral program here in Kansas City, I offered to have her stay with me rather than get a hotel room in an unfamiliar city. She had strong interests in women's studies, so much so that she was firm in her resolve to attend a doctoral program that would further develop her feminist identity. She had spent

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much of her undergraduate time exploring women's issues by double majoring in Women Studies and Psychology. This all sounded vaguely familiar... if I could just put myself back at my undergraduate institution and in the mind frame of all the women's studies courses I was able to take.

During her short stay, we talked politics, the state of our country and world, and the state of feminism. As her convictions flowed easily in our discussions, I found myself stumbling over the thoughts and ideas that I once formulated with passion and tremendous energy. It felt as though I was looking in a mirror of my identity – I knew I had been where this woman was, but how did I get to where I am now? What was this about? Where had my feminist gone?

This brief encounter with a woman, who was about to embark upon the path I have taken, brought an identity crisis to light. Specifically, how on earth did I lose my feminist?! The past four years I have developed a stronger sense of my multicultural identity, compassion for the unique experiences of LGBT individuals, and a commitment to promoting

the mental health of all individuals. And like all doctoral students, I poured over theory, grappled with research design and statistics, and wracked up the practicum hours. I jumped at the chance to do research with quality mentors and through hoops on the way to completing my degree. I became energized at APA and overwhelmed by my commitments. And this is a road well-traveled by my counterparts! In examining the past four years, it is easy to see how women's issues took a back seat to just about everyone else's. There was little time in my classes to cover the unique experiences of women and no room in my program of study to devote to classes that focused on feminist ideologies. So I wonder... are there others out there in search of their feminist also?

This question inspires me to wonder – how are feminist identities developed (or neglected) during graduate school? And more importantly, how can our academic programs ensure that no feminist is neglected during her graduate training? Because I found mine... and she's pissed!

WomanView Books



The goal of this column is to provide timely critique of books of 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 will be my last as editor of this column. It has been a labor of love to share my deep satisfaction in meaningful reading with you in this newsletter. If you would like to write reviews and/or have suggestions for this column, please contact Editor Dawn Szymanski.

Book Reviewed:

Trotman, Frances K. & Brody, Claire M. [Eds.] (2002). *Psychotherapy and Counseling with Older Women: Cross-Cultural, Family, and End-of-Life Issues*. New York: Springer. (272 pp.) \$43.80 ISBN: 0-8261-1468-7 (hc).

Reviewed by Nancy Elman

More and more women will live to be much older ages than ever before, in varying degrees of good health, and women tend to use personal psychotherapy more than 4 or 5 times the extent of men. So it stands to reason that the counseling and psychotherapy of *older* women should be of prime importance to counseling psychologists. It has been my impression, however, that in psychology and even in areas where women and feminist thinking is the focus, way too little attention has been paid to the complex needs and issues of older women. Frances Trotman and Claire Brody, both counseling psychologists, one white and the other African-American, have collaborated on a book to address this gap. Although the chapters are uneven in quality, overall they have addressed many of the most serious concerns of older women and the book can certainly

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educate, raise consciousness and prepare counseling psychologists for work with the complex challenges of being/becoming an older woman.

Psychotherapy and Counseling with Older Women... is the 16th in the Springer Series: Focus on Women that began in 1984 with Lenore Walker's *The Battered Woman Syndrome*. The focus is on gender issues across cultures as they affect aging for women, including chapters on the aging body, grandmothering (and multigenerational families), work, caretaking and the African-American woman's political, economic and historic contexts. The book makes a careful effort to expand the view of being old and female to include the impact of racial history and present realities.

Trotman and Brody are to be commended for speaking directly to the need for consciousness of all these factors in counseling with older women - and for addressing their own and each other's realities. Also enormously valuable in this part of the book is a crucial reminder about cohort effects. Older women in 2002 were younger women at the start of, or perhaps after desegregation, affirmative action, the high rate of divorce and women in the work force. Trainees and the vast majority of therapists in the field today are still young or middle age, and the potential to project meaning into the situation and needs of older women may lead to misunderstanding their perspectives and needs.

The remainder of the book is an attempt to address these issues by focusing on therapy with older women and end-of-life issues. Keeping in mind that the population of those over 85 will be 5 times larger before the mid 21st century than it is now, and there will be many more women than men, chapter authors address numerous approaches. A chapter on psychosocial themes using Erikson's well known 8 stages seems over-generalized. Trotman's chapter on feminist psychotherapy with older African American women offers useful insights into perspectives and needs of these women, but I was somewhat disconcerted with the section addressing the race of the therapist. Strengths and weaknesses of similar therapist-client pairs are included, and issues of the perception of power and privilege are addressed, but this is an area that could profit from additional solid research and should not be addressed through our comfort or stereotypes.

Beverly Greene contributes a chapter on older lesbians' concerns in therapy, carefully describing the

issues of multiple marginalization and how the absence of privilege in the heterosexual world further impacts the marginalization of being old and female. Michael Duffy contributes a chapter from his research on psychotherapy with older persons, specific to women with dementia. It is clear and useful with suggestions about maintaining emotional contact even in the face of loss of cognitive capacity. Brody follows that with a chapter of case studies of women with severe communication disorders. These two and two final chapters on end-of-life issues remind us that the aging population will become not attractive late middle agers or "seniors" but the very old, suffering from the most debilitating losses over time.

This book serves the field of counseling psychology by opening a dialogue that should influence our training, our work in the field and our empathy for older women. It would be less than honest not to say that as I enter my own 60s this book holds particular appeal - I must think about my own perspective and biases and skills in dealing with aging of clients, women of diverse backgrounds and cultures, and those increasingly frail oldest women whose need for care and nurture is perhaps the greatest and must be reached despite their limitations. Trotman and Brody remind us that "all human beings go from not belonging to this group to belonging to it" (p. 162). Their book is a contribution to the way in which counseling psychologists can be prepared for the work of counseling and therapy with older women and for becoming those women in time.

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