

WomanView

The Newsletter for the Section for the Advancement of Women • Division 17 • APA • Winter 2001

News from the Chair

This is the season of conferences, it seems, particularly for multiculturally oriented feminist psychologists. Many of us recently returned from the APA National Multicultural Conference and Summit; and, as I write this, I am making plans to attend the Division 17 Conference in Houston, followed by the Association for Women in Psychology Conference in Los Angeles. It is a privilege to represent the SAW at these exciting conferences!

Social change is a top priority in many corners of APA, and Division 17 has become a consistent presence in the conversations and dialogues of inclusion.

The theme "Difficult Dialogues," begun at the first Multicultural Conference and Summit and adopted for the 2000 AWP Conference in Salt Lake City, continues to be an important focus. From the SAW working conference emerged a conversation about inclusion that continues to be exciting and challenging. At the Houston Division 17 Conference, I will be joined by Gargi Roysircar-Sodowsky, chair of the Section for Ethnic and Racial Diversity (SERD), and John O'Brian, chair of the Section for LGB Awareness (SLGBA), in a discussion hour on coalition building. We are very excited to collaborate on this important issue of the advantages and challenges of building a stronger coalition among the three activist-oriented sections.

The Houston conference will also provide us an opportunity to begin addressing one of the important issues that was raised at our conversation hour at APA last summer: that of a feminist perspective on

women's body image and eating issues. Kathy Hotelling has graciously agreed to present at Houston on "Feminism and Eating Disorders: A Treatment Team Approach." I hope this will be a first step in focusing more clearly as a Section on this important issue. There has been considerable interest expressed in exploring directions for action about this topic. We will also hold a SAW breakfast hour one morning at the conference. All events should be listed in the Conference program.

In terms of in-house Section business, watch for the upcoming revision of the Section bylaws (painstakingly revised by Lauren Weitzman and me over breakfast meetings as we sat by a window with a perfect view of the beautiful snow-covered Wasatch Mountains). Members will receive a copy for approval in the next few months--be sure to take the time to return your vote. We are exploring some networking possibilities with other organizations related to mentoring students and new professionals. Our web site is underway! I have enjoyed getting e-mails from many

of you who are interested in becoming more involved in the Section. If I have not yet responded, I will. Please let me know of your interests in feminist counseling psychology and how the Section can support you.

Sue Morrow

"Social change is a top priority in many corners of APA, and Division 17 has become a consistent presence in the conversations and dialogues of inclusion."

Student Column

Well, the "internship process" associated with the large majority of Counseling doctoral programs is drawing to its inevitable conclusion—and what a long, painful process it has been! And how do you feel now, as we all inexorably move toward "Match Day"? Stressed? Exhausted? Frazzled? Or rather, do you wish you'd followed your parents' sage advice and opted for a career in cabinet-making?

According to the official APPIC web site, some 3,172 doctoral candidates were registered for matching with 2,771 internship positions at 625 internship sites as of December 31, 2000. And every year, some 200 candidates opt out of the match procedure. Yet these numbers tell only part of the story. What are the statistics in human terms?

How many couples and families are adversely affected by the demands of the pre-doctoral internship? What happens if financial constraints prevent the intern's partner and family from accompanying her or him? How many relationships are severely strained and tested by this process? What happens to those interns who, for family or other personal considerations, must apply only to local internship sites, thereby limiting their chances for being matched? What of the doctoral candidates who risk disapproval within their accredited programs by applying to non-accredited internship sites that would allow them to remain with their families or partners? What happens to those doctoral candidates who, despite their academic and professional promise, finally decide to leave psychology altogether due to their inability to compromise family responsibilities and internship demands?

Who is served by this system? Who benefits from it? My wish here is not to paint an unfair picture. In certain respects, internship is a "win-win" situation. After all, interns will spend a one-year period in internship facilities across North America, where they

benefit enormously from working with many of the finest trainers and clinicians in the field. Certainly, it is well known that internship sites invest untold resources in their interns. In turn, the internship sites benefit from the energy, eagerness, and drive of each year's interns, all of whom wish to make a meaningful contribution and soak up the maximum of what there is to offer in terms of training and supervision.

Yet this system is deeply flawed. As it stands, the ideal intern would be someone who is not in a relationship, has no family responsibilities, and no financial worries. How many prospective interns entered the APPIC match system this year without significant concerns about any or all of these issues?

The financial rewards for the pre-doctoral internship year range from zero to a living wage. Moving expenses are not paid, although they are generally tax-deductible to some degree (upon filing tax returns one year later!). Employee benefits also range greatly—from none whatsoever to standard levels for full-

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time employees (health, insurance, vacation pay, etc.). Many sites pay a minimal stipend, placing interns near the poverty level; even if the sites wished to pay more, in many cases budgetary constraints prevent them from being able to do so. Many interns who subsist on the stipends they earn must also help support their families, and many must also find ways of travelling back to the partners and families

they have left behind. Not only does this constitute a huge financial burden—it also "costs" in terms of time, and physical and emotional energy. And finally, interns must also deal with isolation in a new location where they know few people.

According to the old adage, "If it ain't broke, don't fix it." I wonder if this explains how the internship program in psychology has remained as it is. Perhaps it's not really "broke", but simply in need of some timely but important adjustments.

My purpose in writing these lines is not to be unduly negative; rather, I believe it is time to build into our doctoral and internship programs some formal recognition of the multiple roles and complicated life circumstances of most psychology students and present and future interns. I also believe that we as a student network might consider developing a more structured support system for students about to embark on the internship process—or for those who are out on internship, who are trying their best to survive in sometimes very trying personal and professional circumstances.

I would like to invite your input on this topic—one that has certainly captured a lot of my own time and energy in recent months. Would you be interested in forming a Student Task Force on this issue? Please let me know of your interest, constructive ideas, or suggestions. My e-mail is: pat.healy@telus.net. I look forward to hearing from you.

Pat Healy

The goal of this column is to provide timely critiques of books of meaning and significance to women, particularly as we engage in counseling psychology theory and practice. While scholarly work is the focus, other writing that informs issues of feminism and gender in psychology is also of interest. 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.

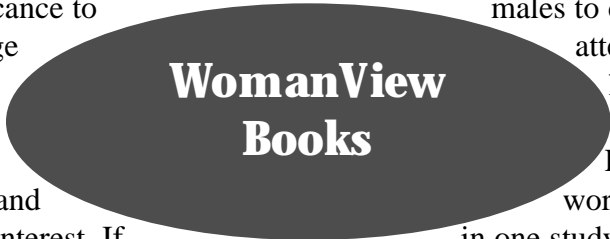
Review

Jamison, Kay. (1999). *Night falls fast: Understanding suicide*. New York: Vintage Books. (432 pp.) \$14.00 (Paper). ISBN: 0-375-70147-8.

You may wonder why I have chosen to review Kay Redfield Jamison's latest work, *Night Falls Fast: Understanding Suicide*, for this newsletter, but it seems intuitively a good choice. I am a practicing psychotherapist part-time in addition to my academic role. I recently lost a former patient (the husband in a couple I saw a couple of years ago), and I currently treat another suicidal husband in another couple, and a chronically suicidal borderline 40-something woman. I am not obsessed by suicidality in clinical practice, but Kay Jamison's latest work seemed a necessary read for me. As Jamison reminds us early in

this text, girls and women are much more likely than males to consider or plan a suicide attempt, no doubt reflecting the higher incidence of depression reported by girls and women. Frightening for those of us working with school-age women, in one study the reported thoughts of suicide nearly doubled in girls from the time they were 12 or 13 until they were between 14 and 16, while reported suicidal thoughts for boys dropped almost that amount in the same time period. According to a recent World Health Organization report, suicide is the second leading cause of death worldwide for women between 15 and 54 (p. 48-49).

A study of the effects of having patients commit suicide in a recent issue of *The American Journal of Psychiatry*, reports that one in two psychiatrists lose a patient to suicide in their career. Psychologists have a slightly lower, one in three risk. And psychiatrists, women physicians and women psychologists have elevated suicide rates as well. The effects of losing a client to suicide can be devastating, much as they are to family members. Grief and loss may be compounded by self-doubt and blame that one didn't detect or prevent the suicide, as well as the sense of blame that can accompany the not-so-subtle distancing or reproach of others. Psychology trainees and those early in professional practice are inevitably exposed to the disturbing experience of suicidal clients.



So, a new book on the danger and complexity in understanding suicidality seems a critical reminder to all of us who think about the needs of girls and women in our clinical work and in our training. Kay Jamison is one of the best contemporary women writers in mental health research and treatment today. A sufferer of manic-depressive illness, Jamison is the author of the phenomenal best seller, *An Unquiet Mind: A Memoir of Moods and Madness*, as well as a gold standard medical text on manic-depression.

Once again, this psychiatrist and researcher has written a book for the lay reader, albeit one who is willing to be challenged by thoughtful presentation and analysis of the research and the debate.

Night Falls Fast: Understanding Suicide combines a comprehensive and scholarly analysis of the historical, medical, social and treatment approaches to understanding and preventing suicide. However, as the title suggests, the focus is on

the depth of darkness of the experience of suicide in the victims and on those who love and care for them. She neither shies away from nor exploits her life struggle with bipolar depression and her own near fatal suicide attempt. Chapters on such important topics as neurobiology and genetic factors, the relationship between psychopathology and suicide, psychopharmacology, social attitudes and cultural responses, and the public health, prevention and education efforts to reduce suicide, are thorough, current and comprehensive, yet exceptionally readable. Jamison partly accomplishes this by supplying most of the statistics and references in Notes that account for almost a quarter of the book.

Embedded between these scholarly chapters are several essays. Each essay describes the life and death of one person who has died of suicide, making real and tangible the complex interplay of biology, social and interpersonal relationships, societal attitudes and practices, and unknown factors that bring a life to this particularly tragic end. Especially poignant is the essay about Margaret Davis King, a young, homeless mother with paranoid schizophrenia who swam the

moat of the lion enclosure of the Washington National Zoo one night and was mauled to death. The darkness of the inner world of suicidal thoughts and hopelessness are touchingly conveyed in Jamison's accounts of these stories and in the literary and poetic examples interspersed through the book. The writings of Anne Sexton, Virginia Woolf, and others are well-reported in the literature, but think about this in a diary written by an unknown young woman alone one night just before her death: "The pain has become

excruciating, constant and endless. It exists beyond time, beyond reality, beyond endurance. Tonight I would take an overdose, but I don't want to be sick, I just want to be dead" (p. 96). The next morning she ate her cereal, did the crossword puzzle in the morning newspaper, walked into a nearby lake and drowned herself.

Night Falls Fast is not a manual for psychotherapists; however, it contains much wisdom to help

therapists recognize and understand the potential lethality of suicidal patients. Perhaps it will help us and our students feel less alone with the need to "have the capacity to tolerate the feelings of despair, depression, anguish, rage, loneliness, emptiness and meaninglessness articulated by the suicidal person" (p. 255), and less fearful of attempting to modify specific suicidal behaviors and thoughts by lending our hope at a time when the other cannot be hopeful, and carefully addressing the wretched pain that we would truthfully rather not have to hear, and, tragically, that we may fail anyway to ameliorate.

Read *Night Falls Fast* - we need to stay mindful of the dark presence of suicide. Then we need to use this knowledge to better help our clients, teach our students, respond to darkness in those we love and contribute to a better understanding of suicide in our society. As Jamison says: the breach between what we know and what we do is lethal (p. 25).

Nancy S. Elman

So, a new book on the danger and complexity in understanding suicidality seems a critical reminder to all of us who think about the needs of girls and women in our clinical work and in our training.

SAW Award Nominations

Call for Nominations for the 2001 SAW Woman of the Year and Student of the Year Awards

SAW Woman of the Year Award

The Division 17 Section for the Advancement of Women (SAW) is seeking nominations for the Year 2001 Woman of the Year Award (WOTY). The WOTY Award is given to a woman who has provided outstanding service to the SAW. The Award carries with it the honor of presenting an invited address at the APA Annual Meeting the year following the receipt of the Award.

Qualifications for the WOTY Award may be demonstrated through a variety of means such as: leadership activities, activism on behalf of women, efforts to enhance communication within and between groups of women, and/or publications that advance knowledge of women's concerns. Thirteen such WOTY Awards have been made since its inception in 1989: Naomi Meara, Jean Parsons, Roberta Nutt, Louise Fitzgerald, Judy Ellickson, Lenore Harmon, Christine Courtois, Linda Forrest, Ruth Fassinger, Linda Forrest, Carolyn Enns, Helen Farmer, and Sandra Shullman.

To nominate a woman for the WOTY Award please send a letter of nomination addressing the above criteria and a current vita by MAY 1 to Lauren Weitzman, SAW Past-Chair, University of Utah Counseling Center, 201 S. 1460 E. Rm 426, Salt Lake City, UT, 84112-9061 or by email to lweitzman@saff.utah.edu.

SAW Student of the Year Award

The Division 17 Section for the Advancement of Women (SAW) is seeking nominations for the Year 2001 Student of the Year Award (SOTY). This Award, established in 1999, is given to a student who has demonstrated outstanding service to the SAW and/or the profession of Counseling Psychology on behalf of women. The SOTY Awardee receives a \$100 honorarium acknowledging her contribution to the SAW and the field of Counseling Psychology.

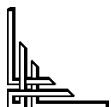
Qualifications for this award may be demonstrated through a variety of means such as: leadership activities, activism on behalf of women, efforts to enhance communication within and between groups of women, and/or publications that advance knowledge of women's concerns. Three Awards have been made since its inception in 1999: Freda Ginsberg, Leticia Arellano, and Saba Rasheed.

To nominate a student for the SOTY Award, please send a letter of nomination stating your reasons for believing this student deserves the SOTY Award and a current vita by MAY 1 to Lauren Weitzman, SAW Past-Chair, University of Utah Counseling Center, 201 S. 1460 E. Rm 426, Salt Lake City, UT, 84112-9061 or by email to lweitzman@saff.utah.edu.

WOTY & SOTY Award Nominations will be reviewed by the SAW Awards Selection Committee, chaired by the current SAW Past-Chair and made up of previous award recipients. Current members of the SAW Governing Board are not eligible during their term of office for SAW Awards. The Awards are presented during the Annual SAW Champagne Breakfast at the APA Convention. If you have questions, you may call Lauren at 801-581-6826 or email her at the above address.



We are volcanoes. When we
women offer our experience as
our truth, as human truth, all
the maps change. There are
new mountains.



~ Ursula K. Le Guin ~



SAW 2001 Elections

Below please find a paragraph introducing our nominee for the SAW Newsletter Editor position. Please send the ballot included in this Newsletter by MARCH 31 to Lauren Weitzman, SAW Past-Chair, University of Utah Counseling Center, 201 S. 1460 E. Rm 426, Salt Lake City, UT, 84112-9061. You may also respond by email by sending your vote to lweitzman@saff.utah.edu. The SAW Bylaws necessitate a formal election, even with only one candidate on the ballot. I appreciate your willingness to participate in the SAW governing process!

Dawn M. Szymanski

I am a doctoral candidate in the APA-accredited counseling psychology program at Georgia State University (GSU) in Atlanta. I am currently supporting an APA-accredited internship at the University of Akron's Counseling, Testing, and Career Center in Ohio. My main professional interests include feminist therapy and supervision, lesbian/gay/bisexual issues, multicultural counseling, and counselor and research training. I plan to complete my degree requirements and graduate in August 2001.

I have enjoyed helping Tania with copy editing for the SAW newsletter over the past year. Other editorial experiences I have had include serving as (a) Editorial Assistant for APA's Division 44 Society for the Psychological Study of Lesbian, Gay, and Bisexual Issues Newsletter, (b) Editor of GSU's Department of Counseling and Psychological Services Newsletter, and (c) proposal reviewer for both APA (Division 35) and the Association of Women in Psychology's Annual Conventions. I am excited about the possibility of contributing to the SAW newsletter as editor, and if elected plan to build upon the strong foundation (i.e., informative, professional, timely, and aesthetically pleasing) that Tania has established.

Mail-inBallot

SAW Newsletter Editor

_____ Dawn M. Szymanski

_____ Write-In Candidate _____

Please return this ballot by MARCH 31 to Lauren Weitzman, SAW Past-Chair, University of Utah Counseling Center, 201 S. 1460 E. Rm 426, Salt Lake City, UT, 84112-9061. You may also respond by email by sending your vote to lweitzman@saff.utah.edu. Please be aware of the limited confidentiality of email and please remit only one vote!

Membership Application

The Section for the Advancement of Women (SAW) is always seeking new members. Please pass along this membership form to a friend or colleague who may be interested in joining SAW.

There are three categories of membership:

Member: Any Associate, Member, or Fellow of Division 17 who has an interest in the goals of the section (see explanation) may apply for SAW membership.

Professional Affiliate: Professional affiliates of Division 17, or Fellows or Members of APA who are not members of the Division but have an interest in the goals of SAW may apply for affiliate status.

Student Affiliate: Any student belonging to either Division 17 Student Affiliate Group or APAGS who has an interest in the goals of SAW may apply for student affiliate status.

Complete the form below and mail with check to: Kristin M. Perrone, Ph.D., Membership Chair, SAW, Dept. of Counseling Psychology, Teachers College, 6th Floor, Ball State University, Muncie, IN 47306

The goals of SAW are to encourage, promote and facilitate contributions to the field of Counseling Psychology that pertain to women. This is accomplished by focusing on the following five areas:

1. Professional Support
2. Education and Training
3. Scientific Affairs
4. Professional Practice
5. Diversity and Public Interest

Annual Dues

Annual dues are based on income:

\$15 Over \$30,000/year

\$10 Under \$30,000/year

\$5 Student Affiliate

Make check payable to: Division 17 Section for the Advancement of Women

NAME _____

ADDRESS _____

WORK PHONE _____ HOME PHONE _____

EMAIL ADDRESS _____

WORK SETTING AND POSITION _____

CHECK CATEGORY OF MEMBERSHIP FOR THE FOLLOWING:

APA:

Member _____

Fellow _____

Professional Affiliate _____

Student Affiliate _____

DIVISION 17:

Member _____

Fellow _____

Professional Affiliate _____

Student Affiliate _____

DESIRED MEMBERSHIP CATEGORY FOR SAW:

Member _____

Fellow _____

Professional Affiliate _____

Student Affiliate _____

Announcements

Houston 2001 Counseling Psychology Conference SAW Schedule of Events

Friday, March 2, 10-11:30am
Feminism & Eating Disorders: A Treatment-Team Approach
Kathy Hotelling

Friday, March 2, 12-1:30pm
The Changing Face of Counseling Psychology:
Building Coalitions Among Division Activists,
Susan Morrow, Gargi Roysircar-Sodowsky, & John O'Brien

Saturday, March 3,
7-8am SAW Breakfast Social
(Window Box, front area)

Saturday, March 3, 12-1:30
SAW Governing Board Informal Meeting
(Division 17 Suite)

17women E-mail Distribution List

Please keep us posted about your e-mail changes; and if you have joined SAW or signed up to be on the mailing list and do not receive messages from 17women (the SAW e-mail list), please contact Sue Morrow (morrow@gse.utah.edu). Note that this is not a high-volume list.

Newsletter News

The newsletter is available online at <http://www.education.ucsb.edu/~tisrael/WomanView.html>.

Continued thanks to Dawn Szymanski for copy-editing the newsletter.

WomanView is published 3 times annually. Deadlines for submission are January 15, May 15, and September 15. Please send your submissions to Tania Israel via e-mail (tisrael@education.ucsb.edu) or snail mail (Department of Education, University of California, Santa Barbara, CA 93106-9490).

SAW Governing Board

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