#### A Feminist Voice Since 1969

## ASSOCIATION FOR WOMEN IN PSYCHOLOGY



Spring Issue, June 15, 2017, Yuki Okubo, Newsletter Editor

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### CO-CO'S CORNER BY SHARON SIEGEL

Dear AWP Members,

Greetings from your new CoCo. Sincere thanks to Diane Hall for mentoring and encouraging me in this new endeavor, to be AWP's Collective Coordinator, and for engendering in the present Collective a warm, caring and respectful group of talented and dedicated women. The Imps told me that the delightful energy among them is largely Diane's doing.

I am eager to rave a bit about the awesome 2017 AWP Conference in Milwaukee. Thank you Christine and Crystal for co-coordinating AWP's annual event that (unlike any other conference) offers highest quality feminist psychological and mental-health programming. The events were mentally stimulating, in addition to fun. The hotel setting encouraged networking among our delightful population. The awards, caucuses, plenary sessions, papers and presentations were top quality. In addition, being in Milwaukee was exciting for my taste buds. There we were, just a one minute walk to Old World 3rd Street and Riverwalk, rich with Milwaukee's German heritage, surrounded by great restaurants, the Wisconsin Cheese Mart, white cheddar cheese curds, sausages from Usingers (open since the 1880's), and The Spice House with spices from all over the world! YUM on all levels! Thank you!

I am proud to have a 27 year herstory of dedication to the AWP. I loved y'all from the first conference I attended in Tempe,



Arizona, 1990. I was intrigued by everything there, from the opening ceremony led by indigenous First Nation people and sage-smudging, to the drumming at closing. Then in every conference, every year, I find vanguard thinking, feminist psychology teachers, presentations, institutionalized interruptions of racism, peers and students, and women who are wonderfully talented mentors for me.

During all these years, I missed only one annual conference. I have been an Imp as a Recorder/Correspondent, two terms as Treasurer, and I was the Jewish Women's Caucus Liaison to the Implementation Collective at all Imp meetings for a year, followed by serving

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## CO-CO'S CORNER BY SHARON SIEGEL (CON'T)

two terms as Chair of the JWC. In the 2009 conference, where I received AWP's Ladd-Franklin Award, I could hardly contain my emotions, totally awestruck by so much appreciation. Then in 2012, in another high point of my life in AWP, I co-coordinated the well-attended Palm Springs AWP Conference with Bobreta Franklin and Gloria Kapp.

I begin this three year journey as CoCo feeling honored to be chosen for the task. I am excited about AWP moving into the future with brilliant early career professionals and students among us; celebrating feminist principles in our careers as well as in our private lives. It is an era of marching, rallying, and digging into our pockets and purses for extra contributions to support causes we believe in. We even get relentless in support of our opinions! Now more than ever before. I believe we need what AWP offers in the forms of feminism, intellectual wealth, sweetness of sisterhood, and support for one another.

As usual, during this period of time in AWP, there are many irons in the fire. The IMPs will prioritize our plans as we complete the website (thank you Liz Abrams!); continue Nina Nabors' strategic plan; revisit the Conferences Manual, offer mentoring for conference coordinators, examine our relationship with the Suite at APA; identify and improve our diversity, and expand our social media. Members, if you have ideas please contact me. **Please contact me.** 

We believe in ourselves and in the AWP Mission. **We need to** 

schedule the next five years of annual conferences; however, potential conference coordinators have not yet stepped forward. Imps and previous conference coordinators are willing to help along the coordination journey, and you would not be alone with the tasks. AWP very much needs local groups and/or individuals to step forward to offer locations and facilitation for our conferences. Please think about 2020, 2021, 2022 and 2023 for your home town! FYI: recent years have proven that virtual committees with

AWP very much needs local groups and/or individuals to step forward to offer locations and facilitation for our conferences.
Sharon Siegel

one central person are quite feasible and create great conferences. BTW: It's fun to coordinate a conference! Come on, step forward! Contact any Implementation Collective member.

Another need: like many organizations, AWP cannot thrive without financial support from our members. In case you are one of

our long-time professional members paying the "limited income/student" membership fees for AWP, or lower registration fees for our annual conferences, please consider paying full membership and registration fees if you can, and even help provide extra towards scholarships. AWP offers conference scholarships, all we can, so that all who want to join us at our conferences can do so. Hey women! Please dig deeply. Please support AWP!

In addition to AWP, I am happy with my work as a feminist psychotherapist in Palm Springs, California. My life mission is to empower women to love and accept ourselves, embrace the Sacred Feminine if that is our Spiritual Path, and to live in peace and balance. I am Rev. Dr. High Priestess Sharon Asherah (aka Siegel), ordained as a "Priestess of Sacred Wholeness" by the Abbey of Avalon, and the founder/co-creatrix of two local non-profit (501c3) organizations: The Goddess Temple of Palm Springs, dedicated to the Divine Feminine, a place for women to hold the world together with women's sacred circles; and, The L-Fund, that grants financial assistance (usually within 24-hours) to lesbians in crisis in the Coachella Valley. Lately I have been working with The Palm Springs Women's Circle, helping to gather the business women of Palm Springs.

To say I am exuberant about being AWP's CoCo is an understatement. Thank you for this opportunity.

#### CALL FOR VOLUNTEERS FOR THE AWP/ DIVISION 35 HOSPITALITY SUITE AT APA CONVENTION, WASHINGTON, D.C.

Interested in volunteering in the AWP/Society for the Psychology of Women (APA's Division 35) Hospitality Suite at the APA Convention (August 3-August 6)? I would love to hear from you! Volunteering in the suite is a great way to save some money on housing during the convention as well as a fabulous way to meet new people.

Volunteering is important work because we want the suite to be inviting and well organized. This opportunity is open to everyone - students and non-students, professionals and non-professionals, locally, nationally, AWP members, Division 35 members, etc.

Questions/Information? Contact Allie Jedinak at: allison.jedinak@gmail.com

Allie Jedinak, AWP/Division 35 Hospitality Suite Coordinator

## ACTIVITIES OF THE OLDER WOMEN'S CAUCUS BY LEONORE TIEFER

There is always a down time after the March meeting. AWP activities go to the back of the queue. It's good to have this newsletter to wake me up.

I am hoping to find a student to help me with some data-gathering and planning for our AWP history exhibit at the 2019 50<sup>th</sup> anniversary meeting in Rhode Island. When you're not at an academic institution yourself it's hard to find student help even if you can pay for it. The Imps will be giving me a grant to help put together these materials, so if you are an interested student or know of one, please contact me. Ideally, the person would be in New York City.

Otherwise, I have been taking a class/discussion group on aging at the New York Academy of Medicine this Spring. Being the chair of this caucus was part of the motivation for signing up - I figured I'd read some things that might be useful, and meet some older women who might offer some ideas for our group. The class is only halfway through and I am not sure if either of these goals will be met, but there's no question that 65 y/o+ women are eager to reflect on the meanings of aging in their lives and the culture. The class is being led by a mid-30s woman who signs her emails "Wellness Coach & Doula; M.S. Narrative Medicine," so that tells you something about new career options!

Archiving is much on my mind these days. I am struggling to put together a short video about the New View Campaign and its final "Capstone" conference held last October. I find I have a shortage of video/film materials to illustrate our 16 years of activism, so I am reminding you to film your activities for future use. Still photos are second best.

Here's a poem by Andrea Cohen someone sent me. It's called "The Committee Weighs In."

I tell my mother I've won the Nobel Prize. Again? She says. Which discipline this time? It's a little game we play: I pretend I'm somebody; she pretends she isn't dead.

Leonore Tiefer, Chair, OWC Itiefer@mindspring.com; 212-533-2774

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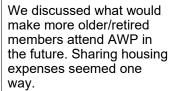
#### OLDER WOMEN'S CAUCUS REPORT FROM MILWAUKEE, 2017

BY LEONORE TIEFER CAUCUS CHAIR 2015-2019

Attending: Hilary Lips, Irene Frieze, Kathryn Norsworthy, Deena Flamm, Leonore Tiefer, Mary Pelton Cooper, Susan Basow, Susanna Rose, Haneefa Mateen (part), Maureen McHugh (part), Mary Hayden (part).

#### Review:

Mary brought large sheets of paper for the walls and markers and prepared some discussion points, Kathryn took notes and Leonore facilitated. We began by going around the circle with introductions, and "what's one thing on your mind?" This led to topics of retirement, identity, planning, continuing connection to AWP and feminist psychology, role models, inventing our future, agism, health, meaning in life, activism. This was a very rich discussion.



2019 will be AWP's 50<sup>th</sup> anniversary and offers an opportunity for us to reach out to former AWP members.

It seems it is mostly the older members who are interested in the history of AWP and it is up to us to keep track of the archives. The main archives of AWP (24 boxes, 1970-1999) are at the Cummings Center for the History of Psychology at University of Akron. We should compile records for 1999-2019 and add them to the archive. In Rhode Island (site of 2019 meeting), we could have illustrative posters, maybe of the CoCos, founders, Christine-Ladd Franklin winners....

#### Plans for AWP 2018 (Philadelphia):

1) "Circle of Life." This idea originated from an annual event at Hilary's school. We will have a session with 2 parts. First, Leonore and a younger member [Britney Brinkman, 2009 PhD, AWP conference co-coordinator in 2009, now at Chatham College agreed to do this] will discuss the results of a yearlong process of getting acquainted, focused on the meaning of intergenerational feminist psychology. Then we will have a two part fishbowl, with younger women in the middle being asked questions and then older women in the middle being asked questions. [Later in the conference, the Imps said they would like to co-

sponsor this session in 2018.1

#### 2) "Take it from me:

Surviving and Thriving as a feminist psychologist." To be organized by Mary and Irene, based on a panel organized by Chris Smith with the same name a few years ago. Starts maybe with a brief statement about a difficult issue in one's life/ career, and then lots of questions from the audience.

- 3) In Memoriam. Maureen is doing this session at a 12-1PM time slot with a cake. This seems to be working well, and she is willing to continue. Go, Maureen!
- 4) We will definitely have another pre-conference session. It's really good to hear how everyone is handling the exigencies of aging. We have Irene and Jamila's bibliography, but we couldn't see a clear way of putting it to use.

#### Addendum:

During the OWC caucus meeting, Leonore, Mary and Irene put this report together. Later, Leonore went to the Business Meeting and requested a grant from the Imps to work on the archive. They suggested she put together a grant request with provisional budget and submit it to the June Imps meeting. The \$ would largely pay for an assistant to help compile all the materials, and for postage, but maybe also a trip to Akron to dig into the archive.



**Leonore Tiefer** 

## TALKING ABOUT GENDER AND COMMUNITY ACROSS THE RED-BLUE DIVIDE BY JOY LADIN

Since the election, I have felt called to do my part to heal the red-blue divide in our country by visiting politically or culturally conservative communities to engage in respectful conversations about transgender identities, religion, tradition and community. (I have set up trips to Georgia, northern Wisconsin and Alabama so far.) My inspiration for this project comes from the numerous articles and interviews I have read in which people in conservative communities describe feeling ignored, derided, condescended to, dismissed, and caricatured by people like me - academics from the East coast who promote acceptance of LGBTQ (lesbian, gay, bisexual, transgender and queer) people.

As the first and still only openly transgender employee of an Orthodox Jewish institution - I am keenly aware that to many people, transgender rights initiatives represent the worst aspects of this oneway discourse. For many Americans, it is obvious human beings are only and always either male or female, and that gender is determined by physical sex. In many communities, this concept of gender is seen as the foundation of family, religion and society; the idea that it should be changed to accommodate a small minority of people like me who don't fit traditional gender categories seems, to many, like an assault on religion and community, not to mention common sense.

My goal in these conversations is not to change or judge others' beliefs or ways of life. It is to promote understanding by listening, learning, and demonstrating respect for others' views without demanding anything in return. I want to learn what gender means and how it works in their families and communities, and to under-



American democracy only thrives when Americans with different views and beliefs find ways to talk and listen to one another. Whether or not these conversations change minds about transgender people, I hope that everyone who participates feel listened to, respected, and that all of us are in this together. You can support this project at www.youcaring.com/joyladin-

stand the concerns that arise when they consider transgender people.

#### BIO:

Joy Ladin, Gottesman Chair in English at Yeshiva University. is the first openly transgender employee of an Orthodox Jewish institution. Her memoir, Through the Door of Life: A Jewish Journey Between Genders, was a finalist for a National Jewish Book Award, and received an honorable mention for the AWP's Jewish Women's Caucus Award for Scholarship; she was named to the 2012 Forward 50 list of influential or courageous American Jews. She is also the author of seven books of poetry, including two Lambda Literary Award finalists, *Transmigration* and Impersonation. Her book-inprogress, 'I am what I will be': Reading God and Torah from a Transgender Perspective, is supported by National Endowment for the Arts Writing Fellowship and a Hadassah Brandeis Institute Research Fellowship; she is also the recipient of a Fulbright Scholarship and an American Council of Learned Societies Research Fellowship. A nationally recognized speaker on trans and Jewish identity, she was recently named to LGBTQ Nation's Top 50 Transgender Americans list.

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"This award recipient, like all Florence Denmark. Award recipients, /Donna Hawxhurst] is known as a mentor who lives and breathes feminist multicultural values in her work with mentees."

Karol Dean

# THE FLORENCE DENMARK DISTINGUISHED MENTORING AWARD BY KAROL DEAN

#### Introduction

In 2004, our foremother Florence Denmark generously donated funds to AWP that allowed us to create a new mentoring award. The Florence Denmark Distinguished Mentoring Award has been created to honor Florence's work as a selfless mentor of women around the world. Since the inception of this award, we have honored many feminist mentors, and I'd like to ask the past Florence Denmark Distinguished Mentoring Award winners from past years to stand and be acknowledged as we know their mentorship continues with new generations of students. Please join me in honoring again Kat Quina, Joan Chrisler, Angela Gillem, Maureen McHugh, Niva Piran, Sue Morrow, Ann Fischer, Bonnie Moradi, Glenda Russell, Irene Frieze, Kathryn Norsworthy, and Alexandra Rutherford. Thank you for continuing to mentor your students, befriend your colleagues, and inspire the feminist psychology work that is central to our Association.

This annual award is presented to a feminist leader who continues in Florence's foot steps in providing mentorship and inspiration to all women. I am fortunate to describe this year's award winner, and present the \$200 award.

<u>Donna Hawxhurst as recipient of the</u> <u>Florence Denmark Distinguished Mentoring</u> <u>Award</u>

This award recipient, like all Florence Denmark Award recipients, is known as a mentor who lives and breathes feminist multicultural values in her work with mentees. She "engages with others with cultural humility, attention to power dynamics, and a great willingness to take a deep look at her own internalized messages of bias in order to continue working for liberation and social justice." One student indicated that "it was not easy to find mentors that welcome diverse aspects of my experience in a professional

context. She allowed me to bring my cultural background, ideas of the world, and identity as a Latina" to the shared work.

This mentor carefully helps students to grow during their formal time together. She creates an "environment where dialogue and differing perspectives are welcomed and feedback is always invited." She challenges students to grow and pushes them to grow "within a foundation built on respect and care." She uses "effective scaffolding to push students "into areas of discomfort in order to grow and learn." Students "feel safe to reflect deeply and share experiences in an authentic way." She has a "thoughtful and quiet presence," casting a "positive glow" to those around her. She has "much wisdom to impart to those in her presence, whether they interact with her directly, observe her grace, or believe they are unnoticed." "She does not disturb the environments she enters because she is careful where she treads."

This mentor builds a "community of feminists" and continues the mentoring relationship long after the students have moved into their professional roles. The mentees continue to use her model of mentoring of feminist values in their own work. One former student indicated that the constant support and respect she received during a particularly difficult time continues to guide her actions. The student said, "her influence is clearly felt in the way that I interact with others." Another student indicated that this mentor "is one of the main reasons that I am a feminist fighter. When I don't achieve the outcome I desire, her voice is the one I hear inspiring me to keep going." Another student shared, "To this day, in my own teaching, group facilitation, activism and clinical work, I often think, 'What would this mentor do?'"

One of the mentor's former students provided a list of what she learned from this mentor. Since these are lessons that

## THE FLORENCE DENMARK DISTINGUISHED MENTORING AWARD (CON'T) BY KAROL DEAN

we can all benefit from, the list is included here: "(1) Take care of yourself first and then help others around you, (2) Eat healthy and enjoyable meals, (3) Get into nature because it is restorative, (4) Restoration comes from exercise, connecting with others and with yourself, (5) Practice integrity, (6) Do what you love and support others to find their callings, (7) Befriend like-minded others, (8) Notice when others are struggling and lend a helping hand, (9) Share resources and be a decent human being, (10) Even though it's not about the title or label, give feminism a good name and make feminists proud to identify as such"

For these lessons and many others she shares with students, former students and colleagues every day, for intentionally changing how students see their roles as mental health professionals, and for her tremendous impact on the feminist psychology community, AWP is honored to present the annual Florence Denmark Distinguished Mentoring Award to Donna Hawxhurst!

## EARLY CAREER PSYCHOLOGY PROFESSIONALS (ECPP) CAUCUS REPORT BY MICHELLE SCHULTZ & WENDY DRAGON

The ECPP was founded several years ago to assist early career professionals (ECP) in connecting with Association for Women in Psychology and support one another in transitioning to their respective professional roles while maintaining our feminist values. The Caucus co-coordinators also facilitated a structured discussion on mentoring ECP's and students on issues of professionalism within a feminist framework. There was an ECPP Caucus meeting in the Caucus suite on March 4, 2017 and we had an excellent turn out of conference attendees, ECP's and students.

Issues discussed during the Caucus meeting:

- (1) Imposter syndrome- many members discussed feeling like an imposter as they transitioned into new roles. Members provided support to one another and normalized each other's experience.
- (2) Several members discussed being the only professional who identified as a feminist within their organization. Members discussed feelings of isolation and burnout. Several noted that they were the only professional within their organization that would speak out on certain issues and/or their work was minimized due to the nature of their work. Members discussed avenues to network with likeminded professionals, addressing issues within their organizations, and copings skills.
- (3) The caucus attendees discussed ways for members to become involved in AWP and stay connected in between conferences. Co-coordinators will explore electronic options.

Looking forward to seeing everyone in Philadelphia, 2018.

Caucus Co-Coordinators Michelle Schultz Wendy Dragon Page 8 Spring Issue, 2017

## THE 27TH ANNUAL RENFREW CENTER FOUNDATION CONFERENCE FOR PROFESSIONALS BY KAITLIN McFadden

#### **REGISTRATION NOW OPEN**

Feminist Relational Perspectives and Beyond:

Integrating Science, Creativity and Clinical Wisdom

**NOVEMBER 10 - 12, 2017** 

Philadelphia Airport Marriott

The Renfrew Center Foundation Annual Conference will provide you with a front-row seat to the newest science and evidence-based practices for eating disorder treatment. Our workshops will help you determine how to integrate these new approaches into your own clinical practice and how to leverage the wisdom and intuition you've cultivated from real-world experience. As successful eating disorder professionals, we are always looking to improve our effectiveness. We understand the environment in which we practice is constantly changing and our patient population is changing too.

#### **Keynote Presentations**

#### Making Mental Health Essential Health

Patrick J. Kennedy

Collaborative Care in the Treatment of Eating
Disorders Across the Lifespan:
Lessons Learned from Research and Practice

Janet Treasure, OBE, PhD, FRCP, FRCPsych Adele Lafrance, PhD, CPsych

#### Feeding Hunger...

A Journey of Self Discovery, Acceptance and Healing

Roxane Gay, PhD

#### Research Gaps & Promising Practices: A Feminist, Social Justice Inquiry

Beth Hartman McGilley, PhD, FAED, CEDS (Moderator)
Gayle E. Brooks, PhD
Rachael Calogero, PhD, FAED
Melissa-Irene Jackson, BS, BA
Marcella Raimondo, PhD, MPH

#### **Featured Workshops**

#### Beyond the Acronym: Understanding LGBTQIA+ Needs in Clinical Practice

Rebecca Newman, MSW, LCSW

Participants will improve their competency in interacting with factors including biological sex, sexual orientation, and gender identity, and integrating these biopsychosocial components into treatment for eating disorders and body image issues.

#### The Intuitive Therapist – Integrating Evidence-Based Practices with Transpersonal Psychology Principles

Dorie McCubbrey, PhD, MSEd, LPC, CEDS

The inherent wisdom of both clinician and client can be enhanced with Eating Disorder Intuitive TherapyTM, which combines evidence based practices with transpersonal psychology principles. Case studies highlight this method for achieving lasting holistic recovery.

#### Body Justice: Understanding the Intersection of Body Oppression and Social Justice

Melissa A. Fabello, MEd & Sonalee Rashatwar, LSW, MEd This workshop explores body justice, offering new perspectives to understand systemic body oppression, and concrete steps to reevaluate limitations in clinical work.

#### Tackling Taboo Topics with African American Clients

Paula Edwards-Gayfield, MA, LPCS, CEDS; Charlynn Small, PhD, LPC, CEDS & Mazella B. Fuller, PhD, MSW, LCSW, CEDS

This workshop explores the impact, as well as the relationship between issues of race, ethnicity, social justice, acculturation, class, sexuality and eating disorders.

#### Medical and Psychological Issues in the Wise Women Years

Jennifer L. Gaudiani, MD, CEDS, FAED & Margo Maine, PhD, FAED, CEDS

Informed by a biopsychosocial perspective this workshop explores their unique needs and experiences, and illustrates how to integrate physiological and psychological components of treatment in order to provide optimal interdisciplinary care, including empowering them to move from shame and silence into hope for the future.

For more information or to register please visit www.renfrewconference.com or contact Kavita Patel at 1-877-367-3383 orkpatel@renfrewcenter.com.

#### EDITOR'S REFLECTION BY YUKI OKUBO

I hope those of you who were at Milwaukee Conference had a wonderful time, connection with new friends, reconnecting with familiar friends, and got rejuvenated to do the work we do as feminists. For those of you who were not at the Conference this year, myself included, plan to connect with like-minded people in the near future (perhaps start planning to attend Philadelphia 2018!). I had to join the March meeting via phone, as I was recovering from a much-needed surgery. I am happy and grateful to say that everything went well, and I have gone back to work and my daily routine since then. The last five months has gone by at extreme speed, and yet I remember some moments in a slow motion as if it happened just yesterday. It has been transformative for me in teaching the importance of boundaries and selfcompassion.

In the past, I was someone who tried my best to be flexible to accommodate others. I thought that it was a privilege to have an understanding partner and being childless, and therefore I thought it was expected of me to be accommodating. However, I at times would feel resentful for being accommodating, switching things around in my schedule, saying yes to things that I should not have, ending up with schedules that impinged on my productivity, or feeling physically exhausted. Part of me felt that I did not have the right to assert my preferences or needs when others had so many demands placed on them. However, I am not sure if my effort to be accommodating and flexible was all that helpful in reality. Chances are, others did not even realize I was making such effort.

During the recovery process, I took time off for four solid weeks. It was a doctor's order. Yes, I needed to be told so that I would clear my schedule for a month! I have never had this in my adult life. Even when it was between jobs, I always had some deadlines, responsibilities and tasks to

complete. It was a surreal experience. Having completely blank scheduling book pages, with no email checking, no deadlines, and no appointments, I focused solely on my recovery. I learned very quickly I needed to be okay with asking for help and saying clearly what I could and could not do. I never realized how important health is until my sole focus became this. I feel that I have become more attuned to my body since then, and have a better sense of when to keep on going and when to rest. This has then resulted into being more assertive and firm with what I say "yes" to. At first, I felt guilty for saying no, and wondered if I am being seen as "unavailable." However, I don't think the people's perception of my availability has changed much. In fact, I find myself feeling less resentful because I am saying yes to things that I enjoy and I am not bending over backwards to fit them into my life.

As I have mentioned earlier, I had to learn to ask for help early on in my recovery. It was a struggle for me, as I am fairly independent, and asking for help does not come naturally to me. However, as I had to come to terms with what I can and cannot do, or whether or not I have the energy to do certain activities or tasks, I could not afford not to ask for help. Although I did not realize this right away, it forced me to be accountable to myself. If I went out for a walk and went too far

because I did not listen to my body, I had to pay for consequences of walking back and being in physical pain. As a recovering procrastinator, this has been transformative. By being accountable to myself, I am more accountable to other people, and therefore, it has become easier to ask for help and ask for clarification. I used to hesitate in asking for clarification because I thought I

was at fault for not knowing and then as I hesitated, it then became too late to ask.

These changes are slowly but surely affecting the notion of self-compassion for me. As a Japanese woman who grew up both in Japan and in the U.S., it is ingrained in me to be interdependent, and to preserve harmony. To focus on myself and my needs first, and to be fierce with my boundaries is not something I am used to. However, I am starting to see positive changes in my daily life. I believe I have a better sense of what tasks I need to focus on daily. I am much more realistic about tasks I am engaged with, and overall less anxious and stressed out. While I cannot say that I am wholeheartedly selfcompassionate yet, I know that I am actively working towards it. One side benefit to actively working on selfcompassion is spending more intentional and meaningful alone time, and appreciating time I spend with friends and families. I am carving out more time for selfreflection as well as doing things I love, such as cooking, playing ukulele, and reading. I am much more present when I am playing with my dogs Little Cesear and Bo. This road of recovery has been one of the hardest things I have experienced in my life. However, it has already taught me so much in such a short period of time, and I do not see the impact of it diminishing any time soon. Summer time is a wonderful time to try something new or be reflective on what we have been working on. I hope you will take the time to join me in being

and in turn find yourself be more compassionate with yourself and others.

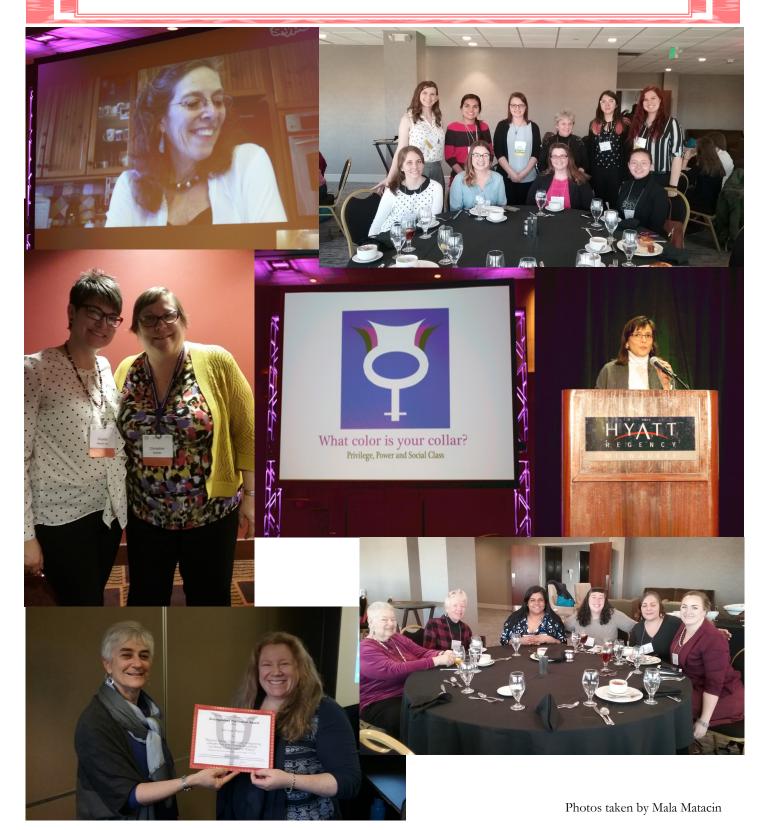
Warmly, Yuki



fiercer with your boundaries this summer,

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## MILWAUKEE CONFERENCE MARCH 3-5TH, 2017



## MILWAUKEE CONFERENCE MARCH 3-5TH, 2017 (CON'T)



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#### Publish your paper in <u>Psychology of Women Quarterly</u>

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**Psychology of Women Quarterly (PWQ)** is a feminist, scientific, peer-reviewed journal that publishes empirical research, critical reviews, and theoretical articles that advance a field of inquiry, teaching briefs, and invited book reviews, related to the psychology of women and gender.

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Attitudes Toward Women's Work and Family Roles in the United States, 1976–2013.

Kristin Donnelly, Jean Twenge, Malissa Clark, Samia Shaikh, Angela Beiler, Nathan Carter, March 2016

Article **Podcast PowerPoint** 

Stigma Resistance in Online Childfree Communities: The Limitations of Choice Rhetoric.

Tracy Morison, Catriona Macleod, Ingrid Lynch, Magda Mijas, & Seemanthini Tumkur Shivakumar, March 2016

Article **PowerPoint** 

Stereotypes of Black American Women Related to Sexuality and Motherhood.

Lisa Rosenthal and Marci Lobel, September 2016

Article **PowerPoint** 

The Times They are a-Changing...or Are They Not? A Comparison of Gender Stereotypes, 1983-2014. Elizabeth L. Haines, Kay Deaux, & Nicole Lofaro, September 2016

Article **PowerPoint** 

Exposure to Sexual Economics Theory Promotes a Hostile View of Heterosexual Relationships.

Janell C. Fetterolf & Laurie A. Rudman, March 2017

Article **PowerPoint** 

Stereotypes of Black American Women Related to Sexuality and Motherhood.

Lisa Rosenthal and Marci Lobel, September 2016

PowerPoint Article

Objectification in Action: Self- and Other-Objectification in Mixed-Sex Interpersonal Interactions.

Randi L. Garcia, Valerie A. Earnshaw, & Diane M. Quinn, June 2016

Article **PowerPoint** 

Power, Objectification, and Recognition of Sexualized Women and Men.

Ciro Civile & Sukhvinder S. Obhi, March 2016

Article **PowerPoint** 

"Enjoy Your Sexuality, but Do it in Secret": Exploring Undergraduate Women's Reports of Friends'

Sexual Communications. Sarah Trinh, March 2016

**Podcast** Article

Differences Across Contexts: Minority Stress and Interpersonal Relationships for Lesbian, Gay, and Bisexual Women.

Jae A. Puckett, Sharon G. Horne, Cara Herbitter, Meredith R. Mahoney, & Heidi M. Levitt, December 2016

Article **PowerPoint** 

Identity, Relationship Satisfaction, and Disclosure: Predicting Suicide Risk Among Sexual Minority Women. Elizabeth

Velkoff, Lauren Forrest, Dorian Dodd, & April Smith, June 2016

**PowerPoint** Article

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#### AWP LEGACY CIRCLE

Founded in 1969 AWP has provided a very special haven and network for feminists, in many different areas of work in our study in psychology.

Together we have created a body of theory and practice that has changed our field as well as our communities. Together we have attended diverse, activist, inspiring conferences that have made great differences in our lives, and together we can sustain these goals and activities.

The AWP Legacy Circle it's a way of supporting AWP in feminist activities for the future through contributions and planned giving. By making AWP a beneficiary of an insurance policy, will, trust or retirement account, or donating an annual gift, you allow AWP to plan for a feminist future. Because AWP is a 501c3 nonprofit organization your gift is fully tax-deductible to the extent of the law.

#### Securing the future of AWP

The AWP implementation collective invites you to join our AWP Legacy Circle by telling us of your intended contribution. You may designate your gift for a specific purpose or for use where it is most needed.

AWP annual dues and conference proceeds cover our current expenses, but do not provide the safety net for our future nor the funding to expand our programs. The AWP Legacy Circle will allow us to enhance our mentoring, outreach, awards, student involvement, and research activities. As well as allowing each of us a sustaining presence in AWP the AWP Legacy Circle honor benefactors on the plaque we display at every AWP conference and at APA.

To obtain detailed information about how to join the AWP Legacy Circle, please send the bottom of this page to: Sharon L. Siegel, PhD/MFT, 125 E. Tahquitz Cyn. Way, Suite 203, Palm Springs, CA 92262-6464

#### Members will enjoy

- Special recognition in the AWP newsletter (or the option to remain anonymous)
- Lifetime AWP membership with donations of \$5000 or more
- Invitation to special gatherings at annual AWP conferences
- An alliance with others who share your vision for a better AWP future
- · Invitation to regional AWP events
- Legacy Circle plaque displayed at teach AWP conference unless you request anonymity
- AWP Legacy Circle Certificate of Appreciation
- · Ongoing information about estate planning upon request

#### 10 reasons to join the AWP Legacy Circle

- to give long life to AWP's programs
- to give feminist psychology a louder voice
- to be part of AWP's future
- to support AWP's annual conferences
- to support feminist ethic and sexual diversity
- to promote feminist research and pedagogy
- to honor a partner, relative, friend, or colleague
- to be remembered in AWP's herstory
- to help future feminist students
- to put your money where your heart is

Name (s)	I am interested in providing a legacy for  (Check all that apply)  □ AWP Conferences
Street Address	☐ Implementation collective projects
City, State, Zip	□ International initiatives
Telephone Number ( ) -	□ Social action initiatives mentoring
E-mail	□ Caucuses and committees
	 □ Annnual AWP awards
	□ Scholarship for AWP conferences
	□ Area of most need
	□ Other:

### CALL FOR SPECTRUM LGBTQ+ 2018 AWARD BY ERIN HIPPLE

#### **Gender and Sexual Minority Manuscript Award**

We are pleased to announce AWP's second annual SPECTRUM Award to reward and encourage work on the Psychology of the LGBTQ+ Experience!

Content: The Association for Women in Psychology encourages submissions of theoretical and empirical manuscripts that address the psychology gender and sexual minorities, including those who identify as lesbian, gay, bisexual, transgender, and queer. Manuscripts focusing on any topic relevant to the psychology of gender and sexual minorities are invited.

Eligibility: Individual and jointly authored manuscripts are eligible. Manuscripts (conference papers, dissertations, journal articles, or other manuscripts) can be unpublished, under review, accepted for publication or published (Note: If you are submitting a published manuscript for consideration, please provide full citation and note that no manuscripts published PRIOR to May 1, 2016 will be considered).

Manuscripts not more than 50 pages are recommended; however, longer manuscripts are also eligible for review. Entire books are not eligible. Members and nonmembers of the Association for Women in Psychology are eligible to apply.

Deadline: August 15, 2017

Evaluation: Submissions must be made by manuscript author(s) to Erin Hipple, <a href="mailto:eehipple@gmail.com">eehipple@gmail.com</a>
by 11:59pm (Central Standard Time) on August 15, 2017. Please include two word documents in your submission, one document containing the manuscript with no identifying information (including only the title, abstract, and manuscript body) and a second document containing contact information (i. e., author name(s) and contact information along with the title, abstract, and manuscript body). A panel of Association for Women in Psychology committee members will review the anonymous manuscripts. Submissions will be evaluated on the basis of sound methodology, clarity of writing, and relevance to the advancement of the psychology of gender and sexual minorities.

Award: The award winner will receive a \$250 honorarium and their conference registration fee will be waived in order to present at the 2017 Annual Association for Women in Psychology conference. The award winner will be notified by email and announced at the American Psychology Association convention in August (the winner is not required to attend the APA award ceremony, but is strongly encouraged to present their work at a special awards symposium at the AWP conference).

Please email Erin Hipple with any questions you may have at <a href="ehipple@gmail.com">ehipple@gmail.com</a>.

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## CALL FOR JEWISH WOMEN'S CAUCUS (JWC) 2017 AWARD FOR SCHOLARSHIP

#### \$250 Prize from the Pax Fund Held by the AWP Treasurer

Deadline: February 15, 2017

#### **Purpose**

Intended to recognize, further the development of, and honor distinguished scholarship in the field of the psychology of Jewish Women. The JWC Award was established by the family of Kayla Weiner, to honor her work in the areas of Judaism, Feminism and Psychology. JWC funds are held in a socially conscious no-load mutual fund.

#### **Eligibility**

Theoretical papers, creative projects and research papers will be considered. Papers that have been submitted for publication or presented at professional meetings are eligible, as well as papers that have been previously published or accepted for publication.

#### Submission

Entries should be written in APA style. Email to <docsiegel@earthlink.net> or send four (4) hard copies of the paper, book or project and a self-addressed stamped postcard to the address below. A cover sheet should accompany each submission and include the author's name, address, telephone number and email address. The submissions will be reviewed using a standard blind review procedure, therefore [where possible] the author's identifying information should not appear on the submission itself.

#### Criteria

Nominations will be judged on the basis of theoretical creativity, quality of the project, clarity, style presentation, and importance and relevance of the topic to the psychology of Jewish women.

#### **Award**

A \$250 prize will be awarded. The award will be announced at the American Psychological Association Conference. The winner is asked to be an active member of AWP, and to present her work as an 'invited address' at the next year's Association for Women in Psychology Conference.

#### To Contribute to the Award

Please make tax-deductible donation checks payable to AWP, earmarked "JWC Award."

Send Donations, Submissions, Hard Copies and/or Nominations to:
Sharon Siegel, 125 E. Tahquitz Canyon Way, Suite #203, Palm Springs, CA 92262-6464
Or e-mail with subject line:

"JWC Award Nomination" to <docsiegel@earthlink.net>

## AWP IMPLEMENTATION COLLECTIVE MEETING MINUTES

Meeting Minutes March 2, 2017 Milwaukee, WI Hyatt Regency

Present: Aliya Khan, Allie Jedinak, Becky Klinger, Diane Hall, Karen Tao, Liz Abrams, Nikolai Houston, Riddhi Sandil, Sharon Siegel, Yuki Okubo (phone)

Specific Topic	Discussion Points	Actions/decisions
2018 Conference	<ul> <li>In need of a co-facilitator</li> <li>Theme to be decided</li> <li>Contract</li> <li>Potential for a joint conference</li> </ul>	<ul> <li>Send letters to the people in Philadelphia area</li> <li>Theme to be different from "She Persisted"</li> <li>Lori and Nikolai will review the contract</li> <li>Not to do a joint conference for 2018 but will revisit the idea for future conferences</li> </ul>
Website	<ul> <li>Membership information</li> <li>PayPal Account</li> <li>Conference Program Booklet being deleted on website</li> </ul>	<ul> <li>Contact Karol Dean for information</li> <li>Create a new business Pay Pal Account. Liz will work on website, and Riddhi and Nikolai will work with the PayPal Account</li> <li>Aliya will follow up with the 2017 conference facilitators to document the issue and pass on the information to future conference facilitators.</li> </ul>
Taxes	Chapters have to be a part of the filing of the federal taxes. Currently we are ac- cruing fines every day we don't submit our 2016 taxes.	Each imp will look into at least one external option for managing the account.
IMP Sponsored Session	Run through	Outlined the session process and will practice prior to the session.
All Caucus Raucous	In need of non-alcoholic beverage for the event	<ul> <li>Aliya will get the beverage and bring sign-in sheets.</li> </ul>
New Member Lunch	Inviting veteran members	Beck will check in with conference coordinators with a charge of \$10 per person.

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## AWP IMPLEMENTATION COLLECTIVE MEETING MINUTES (CON'T)

Specific Topic	Discussion Points	Actions/decisions
Staffing	<ul> <li>Conference Liaison</li> <li>Suite Coordinator</li> <li>Membership</li> <li>Staffer</li> <li>Treasurer</li> </ul>	<ul> <li>Conference Liaison: will follow up on leads</li> <li>Suite Coordinator: Priority discussion point for June meeting</li> <li>Membership and Staffer: rolling off in March 2018</li> <li>Treasurer: rolling off June 2018</li> </ul>
Conference Report	<ul><li>Registration</li><li>Memberleap</li><li>New Member Lunch</li><li>Updates</li></ul>	<ul> <li>Current: 293; Estimate: 320</li> <li>Memberleap feedback: negative user experience</li> <li>Non-new members: \$10; 45 new members signed up; 20 tickets will be sold</li> <li>Updates: attendees pleased with hotel; Keynote speaker will be Skyping in.</li> </ul>
Women of Color Caucus	Sustaining the Caucus	<ul> <li>Tabling the discussion until June</li> <li>Diane will touch base with Nina to see if she can be at the business meeting.</li> </ul>
June Meeting Date & Location	Potential Sites and dates	<ul> <li>New York, NY; Salt Lake City, UT; Salisbury, MD; and Pitts- burg, PA as potential sites.</li> <li>By April 1 to make a decision</li> <li>Sharon will prompt via email for a decision</li> </ul>
Roll-Off	Diane Hall	



Would you like to write a piece for the next newsletter? Or perhaps have an essay you want to contribute over a few newsletter issues? Contact AWP Newsletter Editor, Yuki Okubo at yxoku-bo@salisbury.edu

#### A Feminist Voice Since 1969



Association for Women in Psychology Instagram and Twitter Accounts

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psychology

**Twitter** 



#### **AWP Implementation Collective**

#### **Collective Coordinator**

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#### Treasurer

Nikolai Houston (6/14 - 6/17) nikolaihouston@gmail.com

#### **Conferences Liaison**

Becky Klinger (3/14—3/17) reklinger@gmail.com

#### **APA Convention Suite Coordinator**

Allison Jedinak (3/15 - 3/18) Allison.jedinak@gmail.com

#### **Women of Color Coordinator**

Riddhi Sandil (3/16 - 3/19) riddhisandil@gmail.com

#### Recorder/Correspondent

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#### **Newsletter Editor**

Yuki Okubo (10/16 – 10/19) yxokubo@salisbury.edu

#### AWP MISSION STATMENT

AWP is a diverse feminist community of psychologists and allied professionals invested in the integration of personal, professional, and political power in the service of social justice.

We challenge unexamined privilege and dominant discourses that marginalize and oppress within psychology and the wider society.

AWP accomplishes this by promoting feminist scholarship, teaching, practice, and networking, and through mentoring, activism, and influencing public policy.

