



# ASSOCIATION FOR WOMEN IN PSYCHOLOGY

A Feminist Voice Since 1969



## Newsletter Highlights

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# AWP 2022 Conference

# Feminist psychology in the 21<sup>st</sup> Century



## Chicago 2022



# Planning to attend in-person conferences again can feel pretty overwhelming.

## Is it worth it to attend the annual AWP conference?



# OF COURSE!!

We can't wait to see our favorite feminist colleagues in-person – at the best conference of the year – for the first time since 2020! Learning and growing with other feminists in psychology, reconnecting with old friends and colleagues, networking and finding others who share your passions, and so much more. We have so many exciting events planned and so many incredible conference submissions! You won't want to miss out.

Why do you attend AWP? Let us know on Instagram and Twitter using the hashtag #AWP2022.

shola shodiya-zeumault

Registration for the 2022 AWP Conference opens December 1st.



# Reflections on Gathering Together In Person with AWP Colleagues

Due to the pandemic, the Implementation Collective has been holding our meetings virtually instead of meeting together to do the work of managing the organization. We completed our first in-person meeting in Chicago over the weekend of October 15th and we wanted to share our reflections with you all about how it felt to gather in person with some of our AWP family for the first time in nearly two years.

## *Tiffany's Reflections*

It's just been in the last month that I've started taking planes again. In September, I took my first trip, a short 45 minute flight within CA, a place with high vaccination rates and it was nerve wracking for me, but ultimately ok. Still, I felt pretty anxious as I contemplated taking a 3.5-4 hour flight to Chicago complete with public transit or ride sharing on either end. This is more exposure to people I don't know than I've had since the shut down in March of 2020. As the collective coordinator, I felt a lot of responsibility and some trepidation about whether the risk to the other collective members was worth it. I am so glad I was able to move through this anxiety because being able to sit in a room with 7 incredible feminist psychologists was exactly what my heart and soul were needing. We accomplished so much more together in our 2 days of meetings than I thought possible - and certainly more than had been possible in our multiple hours long zoom meetings. But also, we connected in a way I've only been able to experience in person. The bonding and deep care and laughter that forms when we share physical space together is so powerful. This was also my first hotel stay since March of 2020 and I got chills as I came down into the hotel lobby and imagined how beautiful it will be to see that place once again filled with all of the brilliant AWPers. I also really appreciated how conscientious people in Chicago were about masking indoors and sanitizing regularly, it felt as safe as being in my beloved SF and Oakland. I am so glad we took the plunge and gathered together at the conference hotel in Chicago. I know everyone has different levels of risk and different levels of comfort with re-entering public spaces, but I am so looking forward to connecting with you all in Chicago in March for AWP 2022.





# Reflections on Gathering Together In Person with AWP Colleagues

## *Sharon's Reflections*

I was super-pleased with the opportunity to go to Chicago, my home town, and to arrange around the IMPS meeting a long-awaited visit with my sister and my childhood BFF. Luckily, I had just received my booster shot and read up on how to navigate planes (keep that air circulation through the nozzle going strong) and airports (keep your distance when others choose to huddle.) I brought my own food and fed myself under my mask just so my seatmates would feel a bit safer. Although I may have been the most vaxxed person at the meeting, the others seemed relaxed as well and I am surprised to even read of Tiffany's initial anxiety. This is my first time as an IMP and I'm so glad to be with this amazing group of people. They care so much about the history and the future of the organization. And meeting in person, instead of on zoom, meant getting to know each Imp as a person through family stories, revelations of horrors in academia, meaningful intellectual discussions, and a level of engagement I haven't really had that much of over the last year and a half. I can't wait to see these people and you again in March at the conference. The hotel is fantastic and in a great area south of the river, a short walk to many restaurants and a nice walk to the Art Institute. The streets of Chicago, I must say, were pretty full with tourists, and Eataly (a few blocks from the hotel) had a crowd going, but there might not be as many people willing to slush through the snow in early March and everywhere I went, everyone was masked. Hope to see you all in person but if not 2022, 2023 in Atlanta!

## *Alicia's Reflections*

Coming from rural West Texas, I was surprised to take a direct flight from El Paso to Chicago, and riding the subway from the airport to the city was easier than I initially thought. The number of masked persons was a welcome relief because while I respect individuals' choices to receive no protections from medical establishments, I believe a basic sense of civility to be masked in crowded places can be upheld. The hotel and their employees were thorough in their cleanliness and sanitization practices to the extent that I felt comfortable to be unmasked among my fellow feminist psychologists. I arrived earlier than most to the hotel and when I stepped out to grab food, there was an affordable Indian restaurant across from the hotel, and a supermarket. I was very pleased because with a restricted diet, I easily purchased my daily fare. And even though there is a Starbucks at the hotel, some may prefer to have their caffeine fix earlier or later in the day, and there is another location two to three blocks away. By the time my fellow psychologists arrived and we settled in our assigned room, I was content. Was I astounded by the amount of work we completed in the two day time span? Definitely... and I think we were all ready to do the work because we appreciated the opportunity of being together, sharing laughs, cries and risen fists! ***We were thankful...*** One lesson I think most of us learned from this pandemic is that time is limited. And must be used very wisely... Consequently, we were ready to ***work***. With the resurgence of movements started by the women in the past decade, hiding in the dark is no longer an option (another book from Carol Gilligan to add to your collection).

# Chicago 2022



## *Joining the AWP Implementation Collective*

If you're interested in joining the AWP implementation collective, Tangi would love to hear from you! She is happy to chat with you about how you can get involved with AWP either as an imp or in other ways. All are welcome regardless of age, career stage, or experience. Email her at [troberts2188@gmail.com](mailto:troberts2188@gmail.com)

# Winners of SPECTRUM Award 2021



Monica A. Ghabrial, Ph.D.

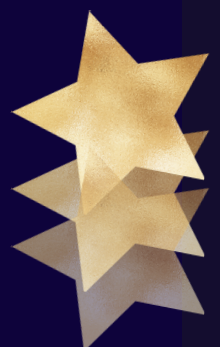
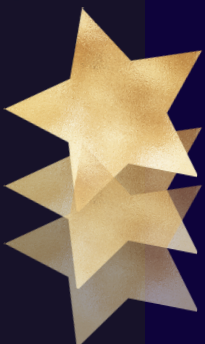


Judith P. Andersen, Ph.D.

The reviews are in and the winner of the SPECTRUM Award for the 2021 cycle is the following manuscript:

*Development and Initial Validation of the Queer People of Color Identity Affirmation Scale*  
by Monica A. Ghabrial, PhD & Judith P. Andersen, PhD.

The Award will be presented at the 2022 Conference in Chicago.





# 2021 DISTINGUISHED PUBLICATION and CAREER AWARDS

Submitted by Carla Golden and Ella Ben Hagai  
Outgoing and Incoming Chairs of the DPA Committee  
10/19/21

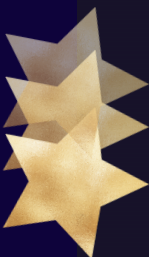
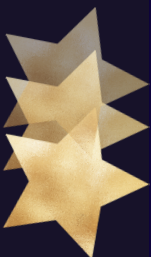
**Distinguished Publication Awards** are given annually for published works that make significant and substantial contributions to research and theory that advance our understanding of the psychology of women, as well as promote the goals of the Association for Women in Psychology. The awards are given for work published in the prior calendar year and recipients are invited to present on their work at the AWP conference the following year. The awards have been made since 1977; a full listing can be found here: <https://www.awpsych.org/awards.php>.

The **2021 DISTINGUISHED PUBLICATION AWARDS** go to:

Ali-Faisal, S. (2020). **Islamic antipatriarchal liberation psychology: A framework to decolonize psychology for Muslims.** *Feminism & Psychology*, 30(3), 343-362.

Campbell, R., Fehler-Cabral, G., Pierce, S. J., Sharma, D. B., Shaw, J., Horsford, S., & Feeney, H. (2020). **Changing the criminal justice system response to sexual assault: An empirical study of a participatory action research project.** *American Journal of Community Psychology*. 0: 1-13. DOI 10.1002/ajcp.12428

Helson, R. & Mitchell, V. (2020). **Women on the River of Life: A fifty-year study of adult development**, Oakland: University of California Press.



# 2021 DISTINGUISHED PUBLICATION and CAREER AWARDS

**Distinguished Career Awards** are given periodically by the DPA Committee to a person whose career has made a significant, substantial, and sustaining contribution to research and theory advancing our understanding of the psychology of women. A full listing of the Distinguished Career Awards can be found here:

<https://www.awpsych.org/awards.php>.



## The 2021 DISTINGUISHED CAREER AWARD

is awarded posthumously to:

**Dr. Ravenna Helson (1925-2020)**, Emerita Research Psychologist, Institute of Personality and Social Research at UC Berkeley, and a pioneering researcher in personality psychology at a time when the field was dominated by men. Best known for having initiated the Mills Longitudinal Research Project, it is to date the largest and longest longitudinal study of women's adult development. Over the decades of her career, Helson has published more than 100 articles and book chapters on her research. Deeply committed to studying women holistically, she used both quantitative ("tough") and qualitative ("tender") measures. Importantly, she combined her interest in personality stability and change with attention to the dramatic sociohistorical and cultural changes which significantly affected the trajectories of women's lives. Though marginalized early in her career, Helson was an independent and persevering researcher as well as an exceptional mentor to her graduate students and junior colleagues. In *Women on the River of Life*, published just before she died at the age of 95, Helson provides a comprehensive and fascinating overview of the findings of the 50-year Mills longitudinal study, as well as insight into the changes in the field of psychology and women's place within it during the second half of the 20th century and beyond. More about her distinguished career can be found here <https://feministvoices.com/profiles/ravenna-helson>

# Call for Nominations:

## 2022 Carolyn Wood Sherif Award

The Carolyn Wood Sherif Award is the highest award conferred by the Society for the Psychology of Women/Division 35. The award is given to a senior individual who has made sustained and substantial contributions to the field of the psychology of women and gender. The award is based on evidence of excellence across research and scholarship, teaching and mentoring, and professional leadership. Nominees need not be members of SPW/Division 35, nor need they be residents of the US or US citizens.

The award was established in honor of Carolyn Wood Sherif (1922-82), an eminent social psychologist and one of Div. 35's founders. Sherif served as Division 35's president in 1979-80. The recipient receives a cash prize and is invited to present the Sherif Memorial Lecture at the APA convention in the following year. The recipient also chairs the selection committee in the year following the lecture.

To nominate someone for the award, send:

- A nomination letter (including the nominee's telephone number and email address).
- The nominee's curriculum vitae.
- Copies of two or three of the nominee's publications.
- Two additional letters in support of the nomination. (Only three letters will be considered).

Send materials to Sue Wilkinson ([sue\\_wilkinson\\_2000@yahoo.com](mailto:sue_wilkinson_2000@yahoo.com))

Nominations will be considered for three years without further applications.

**Deadline: March 15, 2022**



# Association for Women in Psychology

## **JEWISH WOMEN'S CAUCUS (JWC)**

### **2022 AWARD FOR SCHOLARSHIP**

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

Deadline Correction: December 31, 2021

#### **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](mailto: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 with**

Subject line: "JWC Award Nomination" to:

[kmweiner@netscape.net](mailto:kmweiner@netscape.net)

# COCO'S CORNER

Dear AWP Community,

As I type this, I'm listening to the sounds of an atmospheric river drenching Oakland and feeling a sense of relief that this may mean an end to our fire season and hopeful it may lessen the drought we have found ourselves in again in this part of the country. My heart is also going out to my houseless neighbors weathering this heavy storm in their tents. As the weather turns colder, and the climate catastrophe builds along with increasing social and economic inequality, I hope those who are able can connect with and support mutual aid projects in their local communities to alleviate some of the acute suffering.

Increasing connection while staying committed to my core values has been a recurring theme for me throughout the year and it felt really lovely to bring both of those together in service for AWP. Last weekend I had the pleasure of joining the implementation collective in Chicago for our first in-person business meeting since March 2020. We spent the weekend working together and learning more about the hotel where our conference will be held this coming March.



**Tiffany O'Shaughnessy (she/her)**  
*Collective Coordinator*

We've shared our reflections on what it felt like to travel and gather together elsewhere in this newsletter, but I wanted to add that I am so thankful for the commitment and care that each member of the collective put in as we strategized ways that AWP can continue to serve as a home and space of connection for feminists working for more justice in psychology.

Another major highlight was getting to meet with Chris Smith (Conference Co-Coordinator), Claudia Pitts (Conference Co-Coordinator) and Karol Dean (Conference Treasurer) to hear about all that they are doing with their collective to pull together what should be an amazing conference in 2022. I am so looking forward to gathering with all who can join us in Chicago in March for the Feminist Psychology in the 21st Century theme.

By now you all should have received the invitation to share your thoughts about how AWP is meeting your needs and what you would like to see going forward in the organization via the Member Survey. As mentioned when it was sent out, this 2021 Member Survey was modeled after the 2011 survey and we are wanting to learn more about what is still working for you in AWP and where we have areas to grow in order to enact our vision of a "just and inclusive world without sexism and oppression, one that supports the psychological development and well-being of all people."

As the Imps look at how the organization is living our vision and upholding our values, we have focused more on ways that we can be more inclusive with regards to diverse gender identities. In this light, I am grateful to members of the "Queercus" who have compiled an amazing array of scholarly resources that can aid us all in unlearning cissexism.

## COCO'S CORNER



These resources will be available on the AWP website and there will be time to discuss these topics at our next conference as well. You should have also received a proposal for a new Gender Inclusivity Coordinator Imp position. I look forward to talking more about this possibility at the Business Meeting on **December 2nd**.

In Service,  
Tiffany O'Shaughnessy (she/her)  
Implementation Collective Coordinator (2020-2023)

### *Want to get the Jewish Women's Caucus active again?*

The Caucus, which started in 1991, has been dormant for a number of years. In the past, we have presented workshops and other events. Most notably, the Friday Night Kabbalat Shabbat.

Annually (if we get submissions) present an award for Jewish scholarship.

Given the current state of rising violent anti-Semitic attacks around the world, it seems like a good time to reconstitute ourselves.

If there are one or two women who will take the lead, I will gladly mentor you in getting the Caucus up and going. Please feel free to contact me at:

[kmweiner@netscape.net](mailto:kmweiner@netscape.net)

Kayla Weiner (she/her)



# Building the Future of AWP The Vitamin F Fund

Michele Boyer, Karol Dean, Mary Hayden and Kat Quina ~ July 2021

As a reader of this newsletter, you already know how important AWP is for the feminists who are members, and the impact we can have on the world around us. AWP members build on the strong legacy of our organization and expand by developing new frameworks and implementing what we learn. We are driven by our passion for contributing to the field of psychology, and to improving the lives of all people. We maintain an unmuzzled dedication to activism and engagement in issues related to feminist psychology and to human thriving.

The challenge we face is insuring organizational longevity. We have committed to remaining financially accessible for all members, by maintaining low membership dues and conference fees. These are the two primary sources of income for AWP, and without additional ways to earn money, we do not have the ability to grow or have greater impact. To address this challenge, AWP has established a strategic investment fund, known as the "Vitamin F Fund," to shore up the organization's financial stability. The Vitamin F Fund can be used as a contingency fund, should the organization fall short of operating expenses, or as a resource for strategic projects.

We introduced the Vitamin F Fund at AWP's March 2021 conference. To start the fund, we began with the Legacy Circle, envisioned by Sharon Siegel. As we continue to build the fund, we seek gifts from our members to build on foundational gifts from early donors who joined the effort at the conference. The fundraising target for the first year is \$21,000. So far, we have raised over \$8,000, including a generous matching gift from Mary Hayden. This is a great start, and leaves us with room to grow in the next few months!

To keep the momentum going, we have two requests of you:

1. We are asking you to consider making a gift of any size to AWP to build the Vitamin F Fund. We hope that you will see the Vitamin F Fund as a worthy beneficiary of your philanthropy. Please go to [https://www.awpsych.org/the\\_vitamin\\_f\\_fund.php](https://www.awpsych.org/the_vitamin_f_fund.php) to make a donation.
2. If you are an Early Career Psychologist, please inquire about a new leadership opportunity within our organization. We have created an Investment Subcommittee to oversee the investment of the Vitamin F Fund. If you are interested in learning more about socially responsible opportunities for investment while balancing the potential for return, please contact Karol Dean at [karol.e.dean@gmail.com](mailto:karol.e.dean@gmail.com) to learn more about this opportunity to be help to build AWP's financial future!

Thank you so much for helping us to build our financial treasury as we expand our impact on the world!



# THE ASSOCIATION FOR WOMEN IN PSYCHOLOGY

## Insuring AWP's Future: The Vitamin F Fund



Think about what AWP has meant to you: an intersectional feminist organization challenging the dominant discourses that marginalize and oppress; a forum for presenting and learning cutting-edge research, theory, and practice; a place for new feminists to grow with mentorship and sponsorship; opportunities for leadership at all stages of life; a community of friends and colleagues that we call family. Why do you love AWP?



AWP has established the Vitamin F Fund, coordinated by a Financial Sustainability subcommittee of the Fundraising Committee. This committee will seek new sources of income and invest them strategically in socially responsible funds. In honor of our first year, our fundraising target is "\$21,000 in 2021": with the reduced expenses of the 2021 conference, you can help us kickstart this effort and feel some of that Vitamin F energy!

Click on the "Donate" button and indicate "Vitamin F Fund," or follow instructions for donating by check. To learn more, contact Karol Dean at [karol.e.dean@gmail.com](mailto:karol.e.dean@gmail.com).

A W P  
would  
like  
to  
hear  
from  
you!

We would love to hear from members about ideas, thoughts, and feedback on what we do and how we can support and change this organization for better. Please contact us via email (all of our email contacts are on the very last page of this newsletter). Also, if you have any short pieces you would like to share with membership, please contact Alicia Trotman at [awp.newsletter@gmail.com](mailto:awp.newsletter@gmail.com)



AWP Facebook page:  
<https://www.facebook.com/groups/29473119739/>



Our AWP Website  
<https://www.awpsych.org/>



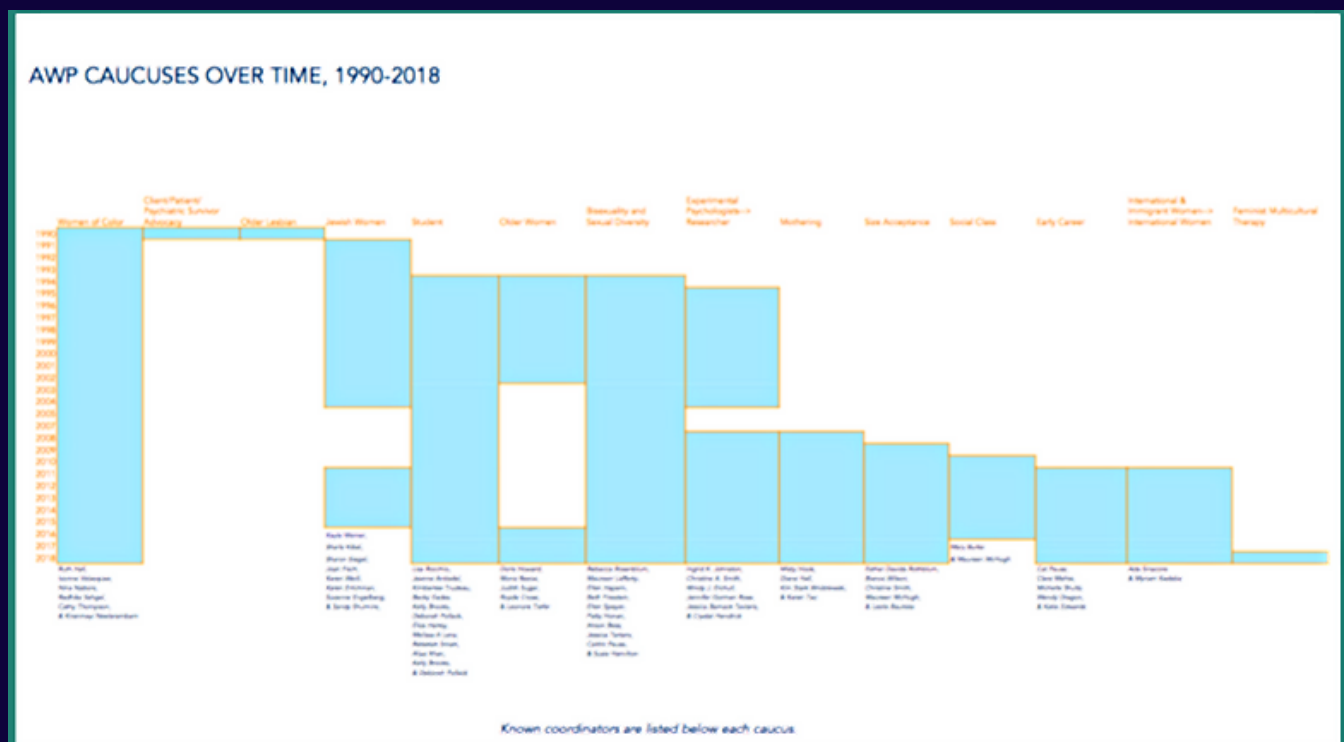
# In Praise of Caucuses

Leonore Tiefer  
Chair, History & Archives Caucus

AWP owes its survival over more than a half-century to the flexibility and inclusiveness offered by our Caucus structure and the way members have used caucuses to build support and awareness for neglected topics and perspectives. The current list of 14 caucuses may represent a high water mark for AWP and attests to the vitality of our organization and the diversity of its members' interests (see list below).

The chart that was made to depict the complete history of caucuses for our 2019 anniversary illuminates how caucuses come and go over the years in relation to the amount of interest in the topic and the willingness of caucus members to hold meetings, designate leadership, plan conference presentations, develop projects, and commit their time and energy in an ongoing fashion --

<https://awp50herstory.wordpress.com/the-caucuses/>.



This chart is not meant to be read... only to visualize the history of caucuses over a 28 year span.



# In Praise of Caucuses

Leonore Tiefer

## Chair, History & Archives Caucus

Even a short-lived caucus can make an impact, however, and be recorded in the organization's history. Because the chart was made a few years ago, it doesn't show the most recent additions to the list, or caucus name changes.

The caucuses represent the passion members have felt at particular times about particular issues in feminist psychology since they first began in 1989 with the Women of Color Caucus (WOCC). The WOCC itself is an excellent example of how members' concerns over insufficient attention to an area of feminist psychology led to projects and programming over many years which greatly enriched everyone in AWP. That seems ideal to me. The recognition of a gap leads to a coordinated effort to develop a remedy which in turn raises everyone's awareness and knowledge. I think this is how "special interest groups" work in many well-functioning organizations. The WOCC's commitment to AWP and the rewards it has brought for more than 30 years is one of our proudest stories.

Circumstances can affect caucus activity in unpredictable ways. In response to the Covid pandemic, the Older Women's Caucus (OWC) began a biweekly Zoom support and discussion group in May, 2020, which continues to this day. This represents an enormous uptick in the activity of the OWC and, I would vouchsafe, of course because of Zoom, it represents a far greater number of meetings than any caucus has recorded. This is thanks to Zoom, and maybe thanks to many members being retired.

The OWC contributes a regular column to this newsletter, informing AWP members of its activities. Such columns from all the caucuses would be a great boon to archiving and to knitting AWP together through shared information.

The Activism Caucus and the History & Archives Caucus have a different portfolio than representing neglected topics. Both arose because members wanted to be more involved in a longstanding activity of the organization. In the case of the History & Archives Caucus, AWP had, off and on, a volunteer designated "archivist," but her job description and activities were unclear. As a consequence, our archives are spotty, alas. The new Caucus will dig into back issues of the newsletter to see when our first archivist took the role and when we joined the Cummings Center Archive Collection of the History of Psychology, but clearly our archiving hasn't been consistent. Hopefully, with the Archivist position now held by former Imp and Newsletter Editor, Mala Matacin, and supported by a caucus of members actively interested in AWP's history, we can fill in the gaps and put proactive archiving on a firm basis. This befits an organization of our longevity, and, may I say, significance.

One of the roles of the History & Archives Caucus will be to offer historical perspective on AWP's members, activities and interests over these many years.

# In Praise of Caucuses

One of the roles of the History & Archives Caucus will be to offer historical perspective on AWP's members, activities and interests over these many years. As has been noted, many feminist professional organizations have come and gone, risen and fallen, often because of inability to accommodate to members' changing and even clashing interests (cf. Ferree & Martin, 1995). AWP has ridden many such waves because of the flexibility offered by its caucus structure whereby members were able to express and organize around their interests without challenging the survival of the larger collective. May we continue.

Ferree, Myra Marx and Martin, Patricia Yancey (1995) (eds.) *Feminist Organizations: Harvest of the New Women's Movement*. Philadelphia: Temple University Press.

List of Caucuses (alphabetical):

ACTIVISM  
CAMPUS SEXUAL ASSAULT  
EARLY CAREER  
HISTORY & ARCHIVES  
JEWISH WOMEN'S LIAISON  
MOTHERING ISSUES  
NON-BINARY SEXUAL & GENDER  
DIVERSITY  
OLDER WOMEN  
RESEARCHER  
SIZE DIVERSITY  
SOCIAL CLASS  
STUDENTS  
TEACHERS  
WOMEN OF COLOR

(description of each caucus and current chair, along with contact information, can be found on <https://www.awpsych.org/caucuses.php>)

**BECOME A MEMBER**



*An  
AWP'er*



[HTTPS://WWW.AWPSYCH.ORG/MEMBERSHIP.PHP](https://www.awpsych.org/membership.php)

# Notes from the Queercus

The Queercus has created this resource page to help AWP members, and anyone else seeing this page, deepen their ongoing commitment to unlearning and dismantling their internalized cisnormativity. This resource page is a direct challenge to the entrenched nature of cisnormativity--or the idea that being cis is normal, natural, desired, and more valuable--within the field of psychology, our organization, and the world at large. We challenge all members within AWP to actively engage in the journey towards being better accomplices to trans and non-binary communities in our struggles for collective liberation from the structures of colonialism and racial capitalism, and their various cultural institutions and social practices.

Special thanks to: *Janet MacIsaac, Jae Puckett, Kristin Bertsch, Katie Bogen, Nic Johnson, Elyssa Klann, Sharon Lamb*

Link to Resources Page:

[https://docs.google.com/document/d/1dURzWSUfAKGQerL\\_MOeatFT14eqQ3wAX/edit](https://docs.google.com/document/d/1dURzWSUfAKGQerL_MOeatFT14eqQ3wAX/edit)



**IN**  
**2023?**

## Interested in Hosting an AWP Conference?

If you are interested in hosting an AWP conference but live in an area that would make this less feasible because of climate or remoteness, please talk to Sharon Lamb, the new Conference Liaison, [sharon.lamb@umb.edu](mailto:sharon.lamb@umb.edu)

There are ways for individuals or groups to plan conferences in various fun, accessible, and cool places that they don't know very well but will draw AWP members.



I can help. And in addition to the fun of forming a conference committee of associates who will be your friends for life, you'll get to choose the theme, the program, and the keynote speakers, and in so doing be a part of the future of AWP.

*Sharon Lamb*  
Conference Coordinator



# Older Women's Caucus

Mary Hayden  
Caucus Coordinator

The summer and fall have passed quickly as our caucus has continued to press on at full steam with our every other week Monday Zoom meetings. We seem not only to be surviving the pandemic, but thriving, with a regular attendance of 12-18. In our June meetings, with Irene Frieze and Hilary Lips guiding us, we talked about the transition to retirement and what makes life meaningful as we age. Most of our group, whether still working professionally or not, continue to be productive and involved in giving to our communities.

Some have found new passions in retirement, like Carla Golden, who in July shared a beautiful program entitled "Walking in Wondrous Woods: Photography in a Time of Pandemic."

In our regular July meetings Alice Riger and Haneefa Mateen organized discussions on coping psychologically with disability and using assistive devices that facilitate adjusting to reduced capabilities. We also discussed the ongoing need for AWP to recognize and accommodate the needs of those with disabilities in conference planning, with increased utilization of technologies like Zoom as one possibility.



# Older Women's Caucus

Mary Hayden  
Caucus Coordinator



In August we began a challenging series on aging and death. Carla Golden shared the article she wrote with Maureen McHugh on the life and legacy of Sandra Bem, highlighting her decision to end her own life in the face of early onset Alzheimer's disease. We followed up with Susan Basow leading us in a discussion of what messages we received about death as we experienced the dying process of family members.

After a hiatus over Labor Day/Rosh Hashanah we completed our aging series with a session called Death with Dignity, facilitated by Loraine Obler and Nancy Ronan. In discussing whether or not we would ever choose to end our lives if dealing with a terminal diagnosis or dementia we made a start at clarifying our own values and got a nudge to create advance directives for ourselves.

October found us contemplating with Jan Yoder what feminism has achieved and what remains to be done. At a time when women's rights are endangered globally and here in the United States as well, we were happy to note that the education gap between men and women has been closed in this country, but appalled to look at the basics like child care, paid maternal leave, and reproductive health that so many women cannot access.

Our most recent meeting was a planning session. We evaluated what's working well and not so well in our meeting process and structure and generated a formidable list of new topics which should take us on many interesting journeys, both emotional and intellectual, in the coming months.



# AWP Fiscal Policy



The AWP Fiscal Policy has been in working draft format since 2010 but we would like for the policy to be finalized which requires a vote from the membership according to our Bylaws. Because the policy has been in a draft form for more than 10 years across multiple treasurers terms, and many changes have been made to it over this time, it has been difficult to determine which aspects of the policy have been approved by the membership and which constitute new changes. Thus, we are presenting a final clean draft for your review, commentary, and vote.

**Link to access Fiscal Policy:**

<https://docs.google.com/document/d/1KSK7-jnJTnrlNW4lnuKkzkV4qbA3erRt/edit?usp=sharing&ouid=116467494481756612414&rtpof=true&sd=true>

**CLICK HERE TO VOTE!**

**Please review and vote by January 1, 2022.**





## Member Contribution

### Why it's So Hard to Treat Eating Disorders in an Oppressive Diet Culture World?

by Marcella M Raimondo, PhD, MPH (PSY#27037)

As an eating disorder psychologist, I love my work. Sure, it can be hard, but it's not exhausting. I do believe that people can recover from eating disorders. I want to learn about my clients and hear how their eating disorders have served as their survival and protection and helped them make sense of their world. So, I lean in to hear folks' stories. By holding their story and honoring it, we can understand it so that healing can happen.

The biggest struggle and frustration of my work is not that it is difficult to treat eating disorders. The biggest challenge is always how toxic diet culture obstructs recovery.

#### What is Diet Culture?

Diet culture is everywhere. From intermittent fasting, to no sugar or no carb diets, to detoxes and cleanses, to "being bad" if we eat particular foods, or needing to "earn" our meals—we are inundated with the belief and mentality that we must continuously strive to be thin. We are conditioned not to trust our relationship with food. We see it in so many aspects of our lives: thinness, weight bias, and privileged body types are glorified, while marginalized bodies are targeted.

Diet culture runs so deep that when we sit with it, we realize how completely entrenched and pervasive it is in our society and in ourselves. I call it "white supremacy in a pretty pink bow."

*Diet culture attaches our worth and value to thinness.*

*Diet culture actively encourages eating disorders by prescribing and praising restriction, excessive exercise, calorie tracking, food labeling, weight monitoring and just being hyper vigilant about everything we eat and how much we weigh.*

*Diet culture blames, criticizes and shames bodies that are different in any way.*

*Diet culture abusively demands that we work towards a privileged body by any means. If we do not work towards a privileged body and/or do not achieve it, diet culture says we deserve any negative outcome, including any harm that comes to our bodies.*

*Diet culture is so thoroughly manipulative that it has become interwoven into mainstream living and is embedded in our vocabulary and ultimately our way of living.*

*Diet culture also aligns with white supremacy because it specifically targets marginalized bodies.*

*My clients who are marginalized tell me about their daily experiences of being targeted. They also tell me how thinness can make up for it. It's the one place where I can have some control over my body, and thus how people see me. If I have to lose thinness, I lose the one privilege that I have. If I recover and my body changes, then society will see me for who I am—and that's scary, if not dangerous, for me.*

#### It Takes Courage

When folks tell me they are scared to recover because it means they will gain weight and they are fearful of the backlash that will come to them—I wish I could say that's not true. But it is true.

## Member Contribution

### Why it's So Hard to Treat Eating Disorders in an Oppressive Diet Culture World?

by Marcella M Raimondo, PhD, MPH (PSY#27037)

My clients tell me all the time the ways that recovery is difficult:

- *I'm getting compliments now that I have lost weight.*
- *If my body changes, my dating pool decreases.*
- *If I gain weight, I don't get love from my family.*
- *I'm assigned the boring or less visible jobs at work.*
- *People make negative comments to me about my body and express concern about my weight.*
- *I can't eat in public as I get negative looks and/or comments.*
- *People laugh at me when I exercise, even though I am told I should exercise.*

When someone is making the decision to recover from an eating disorder and they seek treatment, they are being very courageous. Folks are terrified to give up an eating disorder. It may be the hardest thing that somebody has ever done. In addition to learning to have a new relationship with food and with their body, they have to struggle with all of the stigmas and biases attached to their recovery within our diet culture. Everyone who suffers from an eating disorder *deserves* to recover. They also deserve support for their recovery.

#### Weight is NOT the Problem

One of the greatest dangers of diet culture is that it presents itself as “healthy.” Our medical establishments regard thinness as health. There is a firm and commonly accepted belief that being in a large body is unhealthy, yet the studies that support this idea are inconclusive.

BMI (body mass index)—the standard by which doctors have measured whether a person is underweight or overweight for over 100 years—is a haphazardly invented and flawed mathematical calculation. There is no actual science behind it.

- <https://www.medicalnewstoday.com/articles/255712#Is-it-too-simple?>
- <https://www.livescience.com/39097-bmi-not-accurate-health-measure.html>
- <https://www.npr.org/templates/story/story.php?storyId=106268439>
- <https://www.lawyersgunsmoneyblog.com/2021/09/covid-and-the-moral-panic-over-obesity>

Weight stigma repeatedly comes up during eating disorders treatment. My clients in larger bodies always tell me:

- *People are surprised when I tell them I have an eating disorder.*
- *People tell me that I don't look like I have an eating disorder.*
- *My doctor expresses concern about my weight and/or weight gain.*
- *My doctor encourages food restriction.*

It is hard enough to recover from an eating disorder, and now folks have to endure weight bias as their body restores weight. I have had a number of clients tell me that they can't handle the weight gain and weight bias—so they leave treatment. This breaks my heart and enrages me. It is unethical for healthcare to encourage people to control their weight through eating disorder behaviors that are medically dangerous. It is also unkind, given the internal suffering and shame that people hold in their bodies. Instead, we need to meet people with compassion and understanding.



**Diet Culture  
is  
white supremacy**



**in a pretty pink bow**

## Why it's So Hard to Treat Eating Disorders in an Oppressive Diet Culture World?

by *Marcella M Raimondo, PhD, MPH (PSY#27037)*

I work with a **health at every size** approach and professionals in healthcare tell me repeatedly that this approach is not common. Restriction, losing weight, and food labeling is a chronic focus in the world of healthcare. Anti-fatness is the norm.

Our medical establishments need to go beyond weight in their assessments and prescriptions for health. *Weight is not the problem.* If our focus for physical health primarily involves making changes through weight loss—that's a failure. We're missing a whole spectrum of experiences and understanding, as well as the underlying sociological and emotional issues that contribute to health. We really have to be willing to challenge, and challenge with compassion, how we are all so wired to be anti-fat.

If healthcare does not examine and address its anti-fat and weight biases, we are saying that only thin people with eating disorders deserve to recover. It's the same as saying that people in larger bodies deserve their eating disorder, since it will manage their weight.

**Everyone who suffers from an eating disorder deserves to recover.**

### **Creating Change, Embracing Nourishment**

I remember one woman who called her obsession with food, her body and weight a "mental prison." She finally said, *I can't live like this anymore.* When she gave herself permission to eat what she wanted, she felt liberation. *My head isn't so preoccupied. It's becoming more and more a journey to embrace my body, and let go of having a smaller body. I can't live in all this excessive hatred.*

Despite what society says—you have a right to be nourished. You have a right to have food liberation and to have a relationship with your body that works for you. You don't deserve to have an eating disorder. You deserve a life that is more than your eating disorder.

**We connect with others through food and through our body.**

Change begins when we can individually and collectively embrace nourishment, our bodies and each other. We all deserve to experience food and body liberation. We all deserve that freedom. It is vital.

The thoughts I conveyed here in this blog have been expressed by many activists. I have been in conversations and shared space with so many HAES (health at every size) and eating disorders social justice activists who raise how diet culture impede eating disorder recovery. There is a potent and collective advocacy to challenge diet culture. I encourage you to check out the work of many activists

<https://marcellaedtraining.com/resources/> I have learned so much from these incredible folks. I also encourage you to look at how diet culture has influenced you, and spend time challenging your own weight bias with compassion.

Marcella M Raimondo, PhD, MPH (PSY#27037)

Psychologist, Consultant and Trainer

Pronouns: She/her/hers

Check out my site -

<http://www.marcellaedtraining.com/>

working with folks with eating problems, eating disorders and body image issues



Are you interested in joining  
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Contact our  
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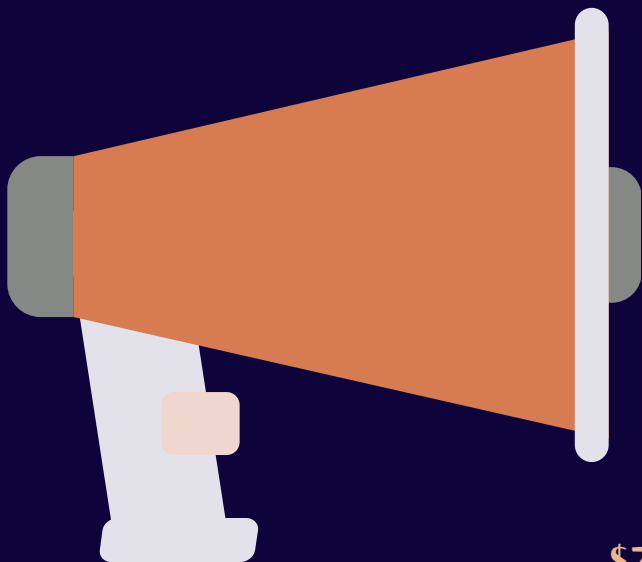
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## Mission Statement

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.



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