

SUMMER ISSUE | JULY 28TH, 2020



ASSOCIATION FOR WOMEN IN PSYCHOLOGY

A Feminist Voice Since 1969



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Dear AWP Community,

In *The Body is Not an Apology*, Sonya Renee Taylor challenges us to “become the architects of a world that works for everybody and every body.” Since I stepped into this new role of collective coordinator in March, as we simultaneously entered a global pandemic and a renewed uprising against the brutality directed at Black bodies by police and vigilantes, I’ve been reflecting on the ways that bodies are repressed, oppressed, and policed and have been considering what role an organization like AWP might play in supporting the creation of a world that does work for all bodies.

Credits: Photo by [Clay Banks](#) on [Unsplash](#)

COCO'S CORNER

My news and social media feeds transitioned from disturbingly ableist and classist narratives about who deserved to be sacrificed for the good of the economy to policing the ways that one should or should not express their anger and seek justice for yet another state sanctioned murder of a Black man, George Floyd. I am fortunate to live in Oakland, CA where I am able to learn from multiple generations of Black liberation fighters and was warned by Tur-Ha Ak to not allow those in power to control the narrative by reminding us that “it’s repression that created the conditions” for the uprisings, and when you “stand on a people’s neck,” you do not get to dictate how the people rise up in response.

It is not surprising that many of the leaders challenging Anti-Black racism and violence via the Movement for Black Lives are radical, queer, intersectional, Black feminists and womanists such as Alicia Garza, Patrice Cullors, Opal Tometi, and Tarana Burke. Kimberle Crenshaw and the #SayHerName movement (<https://aapf.org/sayhername>) have been challenging us to consider the reasons why the murders of George Floyd, Oscar Grant, Eric Garner, and Michael Brown catalyze a national response while the response to the losses of Breonna Taylor, Sandra Bland, Kayla Moore, Tony McDade, and countless others receive a less righteous response. In the field of psychology, Della Mosely, Candice Hargons, Helen Neville and



Tiffany O'Shaughnessy (she/her)
Collective Coordinator

so many others have been educating us via their scholarship on how to answer the call of the Black Lives Matter movement within our field and actively resist Anti-Black racism. I hope many of my AWP colleagues participated in the the Academics for Black Survival and Wellness Week that was planned by this group in mid-June (<https://www.academics4blacklives.com/>).

This brings me back to AWP, and what our role could and should be in these larger movements. Another of my favorite activists and scholars, Adrienne Maree Brown, poignantly advised that “nothing that has existed so far was the right way for everyone, but there are pieces out there that we can begin to imagine together.” Some of the pieces of AWP that I think are ripe for reimagining and supporting the liberatory work needed to help make this world a place that works for all bodies include our caucuses (e.g., Women of Color, Size Diversity, Social Class, Non-binary sexual & gender diversity, activism, and older women’s). The implementation collective will be reaching out to caucus leadership to explore ways that we might support your increased engagement in addressing these issues.

Relatedly, AWP has a long herstory of engaging in racial justice and anti-racist organizing, yet we continue to struggle internally with aspects of white supremacy culture that produce microaggressions, macroaggressions, and experiences of marginalization when we gather. The steps we have been taking as an organization to address these ongoing issues are insufficient. The Imps have begun a process of examining the ways that white supremacy culture shows up in our organization and generating action strategies we can take to continue the work of addressing these issues. I look forward to sharing more details about this process as we progress and we welcome the involvement of all who are interested.

It is hard to believe that just a few short months ago, many of us were gathered together in Austin for a memorable and engaging conference. Since that time, many of you have suffered losses of friends and family while also transitioning your work and life to a primarily online format. As you’ll see in an article compiled by Leonore Tiefer, our AWP members are coping in myriad ways to these challenges. We are also working hard to embrace the changes that this new primarily online way of engaging has to offer and are actively planning the AWP 2021 virtual conference and welcome your involvement in this endeavor.

COCO'S CORNER

I'd like to close my first co-co's corner with an expression of gratitude to Sharon Siegel and all who have held this role previously and to those who have entrusted me with this position. I am honored to work with an incredible collective and I am hopeful that we can help AWP continue on the path towards a more just world. I also owe a debt of gratitude to all of my AWP mentors and colleagues over the years who have helped to shape me into the feminist psychologist I am today, I bring your lessons with me into all that I do.

In Service,
Tiffany O'Shaughnessy (she/her)

AWP
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



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



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



AWP 2021 (March 5 – 7, 2021) Virtual Conference Updates

- Katie Bogen (kwbogen@gmail.com) and Tiffany O'Shaughnessy (dr.toshaughnessy@gmail.com) will be co-coordinating the conference planning collective.
- Our planning collective is hard at work creating both the theme and structure and will provide updates via the AWP website and social media accounts - If you want to join in on the planning fun, reach out to Katie and Tiffany and we'll add you to the group.
- If you have ideas you want to share but don't have time to commit to being on a planning committee, feel free to email us. We will also be hosting a few social hour/feedback sessions where you can pop in with ideas.
- We are committed to centering the voices of Trans, Queer, and Non-Binary Black and Indigenous People of Color (BIPOC) at this and all future AWP conferences, and are excited to recruit leaders, volunteers, and conference committee members who reflect these diverse, resilient identities. Our commitment to anti-racism is strengthened when we seek, learn from, listen to, embody, celebrate, invite, and uplift marginalized voices and perspectives.

AWP Statement in Support of the Movement of Black Lives

Dear AWP Members,

The recent killings of George Floyd and Breonna Taylor by police have heightened public awareness about the stark reality of the repressive conditions that Black citizens in the US have been dealing with for more than [400 years](#). While Black people have been vocally protesting this violence for generations, we are hopeful that the current nationwide protests will catalyze more people to commit to the anti-racist fight for liberation and justice.

As our mission states, the Association for Women in Psychology “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 condemn police violence and brutality against Black people and see it as a human rights issue and public health crisis. It is up to all of us to collectively disrupt White supremacy, systemic racism, and oppression.

We want to make it clear that, as a feminist psychology organization, we are in full support of the [Movement for Black Lives](#) and encourage all of our members to use their resources to reckon with the history and ongoing persistence of anti-Blackness in our field and commit to taking daily action to disrupt these oppressive systems. We also want to express appreciation for the immense labor of Queer Black Women that is often overlooked in this fight. As a starting point, we have compiled some resources (recognizing that this is not a comprehensive list) for us to take action, engage in community and self-care, and educate ourselves.

Resources for Black folx:

[Therapy for Black Girls - Dr. Joy Harden Bradford](#)

[#SayOurNames: Radical Healing for Black women and gender expansive folx](#)

[Dr. Thema Bryant-Davis](#)

[Dr. Jennifer Mullan](#)

[Dr. Candice Nicole - Black Lives Matter Meditations](#)

[Academics for Black Survival and Wellness](#)

[Liberate App \(meditations for BIPOC\)](#)

[The Trevor Project: Supporting Black LGBTQ Youth](#)

“The Safe Place” App by Jasmin Pierre (anywhere apps are downloaded)

Vote:

<https://www.vote.org/>

AWP Statement in Support of the Movement of Black Lives

Resources for Non-Black folx to deepen their anti-racist work:

[Scaffolded Anti-Racism Resources](#)

[Resources for Accountability and Actions for Black Lives](#)

[Academics for Black Survival and Wellness](#)

[Philly's Children's Movement](#)

["How to Be an Anti-Racist" by Dr. Ibram X. Kendi](#)

["The Racial Healing Handbook" by Anneliese Singh](#)

["Me and White Supremacy" by Layla Saad](#)

Purchase these and other books from [Black-Owned Bookstores](#)

More anti-racism resources:

Videos

[Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers](#)

["How Studying Privilege Systems Can Strengthen Compassion": Peggy McIntosh at TEDxTimberlaneSchools](#)

Podcasts

[1619 \(The New York Times\)](#)

[About Race](#)

[Code Switch \(npr.org\)](#)

[Fare of the Free Child](#)

[Integrated Schools podcast episode "Raising White Kids with Jennifer Harvey"](#)

[Pod For The Cause \(The Leadership Conference on Civil and Human Rights\)](#)

[Pod Save The People](#)

[Race Forward](#)

[Seeing White](#)

[How to Survive the End of the World](#)

Donate to Organizations doing the work:

[Antiracist Research and Policy Center](#)

[Audre Lorde Project](#)

[Black Women's Blueprint](#)

[Black Lives Matter](#)

[Black Solidarity Fund - Community Ready Corps](#)

[Colorlines](#)

[Color of Change](#)

[INCITE](#)

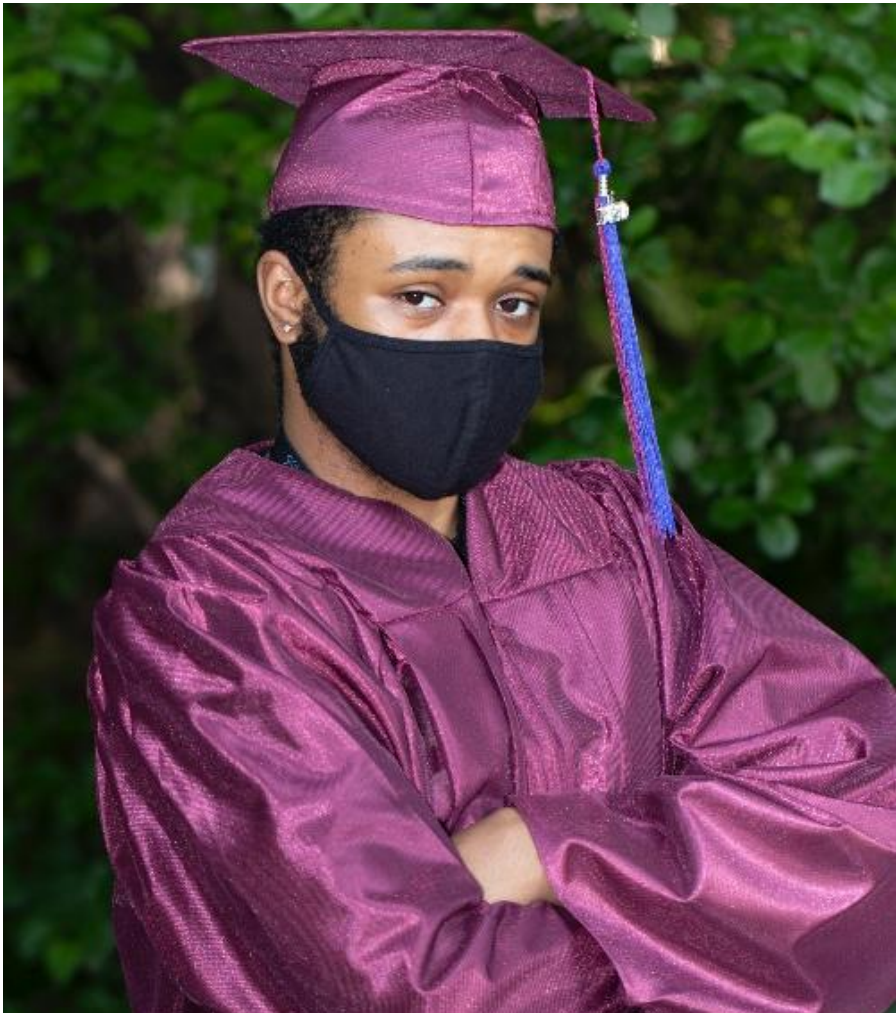
[Nationwide Bail Fund](#)

[NAACP Legal Defense Fund](#)

[Showing Up For Racial Justice \(SURJ\)](#)

[SisterSong](#)

[The People's Institute for Survival and Beyond](#)



THE CORONAVIRUS PANDEMIC AFFECTS US AND FEMINIST PSYCHOLOGY

AWP members live very different lives in very different locations.

How has the coronavirus pandemic affected us? Here are ten replies to a survey AWP sent out.

Maureen C McHugh, Psychology Professor, Indiana University of Pennsylvania

Upon my return from AWP I learned that I had one week to turn my classes into on-line learning experiences. I enjoyed the work of developing presentations for Psychology of Women, and Gender and Violence. I believe that with each lecture I can make a difference in someone's life. The PPTs gave me the opportunity to revise the classes, incorporating new material and a new text I am using (Liss, Richmond & Erchull, 2019).

After the semester, staying at home became a challenge. I am experiencing difficulty focusing. I struggle to structure my day. I am not successful at cleaning up my house one square foot at a time. I cannot garden, walk or do yoga due to a bum knee. I have met the challenge of finding enough TV and movies to watch. I also spend time fretting over the future. I am contributing my share of worrying. I am an informed worrier via MSNBC and Kos. If I find another way to contribute constructively, I will do it.

Sharon Siegel, AWP Ex-CoCo, Private Practice, Palm Springs, CA

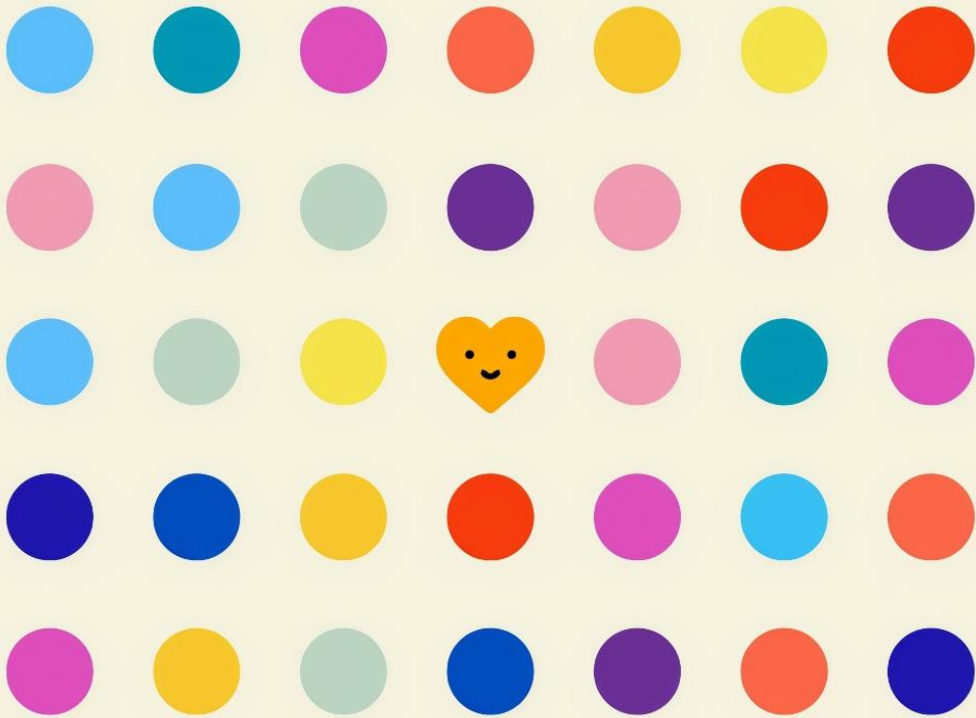
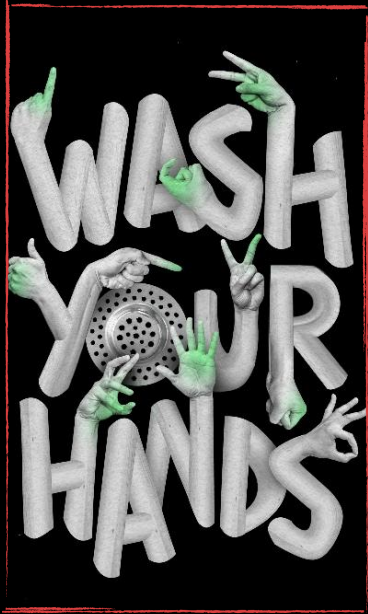
My physical health and general mood are (thankfully) excellent. I continue to enjoy isolation and quarantine. I've so much to do, many people to talk to, and many who care about me. I am enjoying long walks instead of yoga. I live in gratitude. And, now I don't have to hurry to complete writings, projects, activism and planning within philanthropic organizations. Of course, all travel plans, conferences and face-to-face meetings are cancelled. I'll miss those, but in replacing some of that time, after the local news said the shelter was "desperate" for adoptions and fostering, I've rescued a high-maintenance old cat (has only two teeth) from the no-kill shelter. Best regards to all my friends in AWP. Be well. Be safe.

Vi Negrete, doctoral graduate student, California School of Professional Psychology at Alliant Int'l University, Fresno

As an Asian international graduate student currently living and studying in America, I have heard of the negative experiences the Asian community has endured due to xenophobia and racism amplified by the COVID-19 pandemic on the news and social media.

I personally have experienced a version of what was portrayed on the news. When I walked into a grocery store wearing a face mask, I could tell people were side-eyeing and stepping away from me. I tried not to pose myself as a threat to them by walking faster and choosing open aisles to go into. Not only did I feel quite uncomfortable in these situations, I also felt unsafe in my own community.

Besides my unfortunate negative experiences throughout the pandemic due to my racial background, I felt greatly supported by my family and friends, and especially by my Program Director, who is an Asian American. She understands the effect this pandemic has on the Asian community. Through her encouragement, I have felt empowered to address and change social inequities and injustice using my voice and daily actions; I am committed to a life-long learning process to fully be an ally to all my brothers and sisters of color.



YOUR **KINDNESS** IS CONTAGIOUS.

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Haneefa Mateen, Clinical Psychology Doctoral Intern, The Chicago School of Professional Psychology, Chicago, Illinois

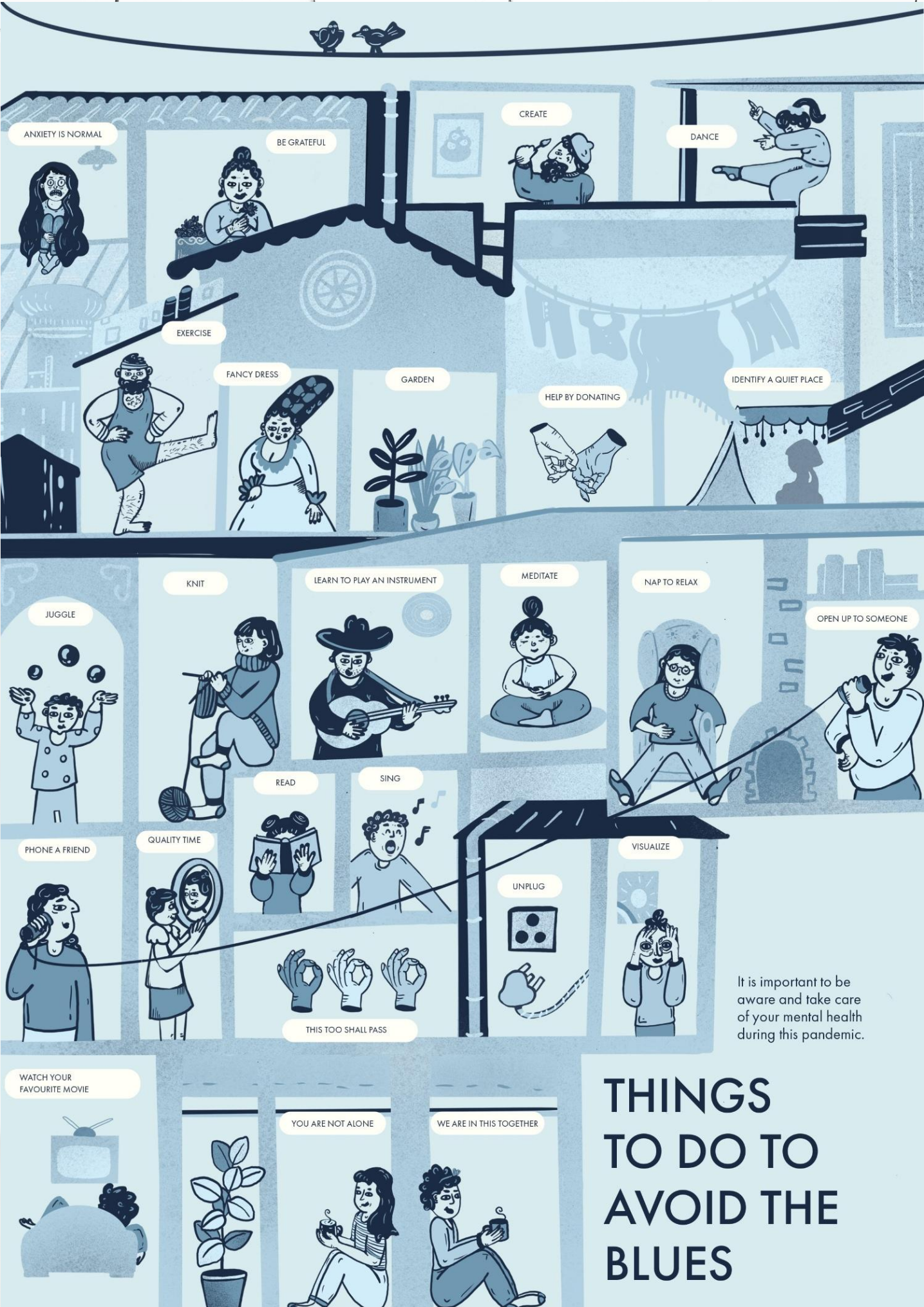
Feminist psychology includes the recognition and acceptance of our national and global need to be in relation with each other and the Earth. To have true intimacy and friendships we must be okay with and accept our feelings physically, emotionally, energetically, spiritually, and with our senses. To feel others' feelings is required for both survival and for true love and joy. To feel fully alive. The coronavirus exposed many truths included pervasive loneliness and social isolation. And that men's social conditioning to resist feelings, relationships, and healing perpetuated in all institutions is holding everyone back. And causes illnesses, apathy, substance abuse (covering anxiety and depression) and violence. That as much as we are grateful for online shopping, smart phones, YouTube and Zoom it does not replace true human interaction and caring. With the coronavirus crisis decisions we have seen the extremes of social isolation including how do psychologists explain to families that they cannot be with their loved one as they're dying in ICU or recovering? Or at funerals?

Mary Hayden, retired independent practice, Pasadena, CA

For me, the pandemic didn't inspire fear as much as relief. I have felt a deepening sense of foreboding fueled by climate-related disasters, our reactionary political atmosphere, and the injustice and inequality of our capitalist system spiraling out of control. When suddenly so much came to a stop the quiet was calming. Seeing coyotes strolling through the streets at noon was an oddly comforting sight. And watching families walk together was a reminder of a saner, slower way to live. Going through papers accumulated over the years, making hummus from scratch, weeding in the garden, I wondered: Could this unspeakable tragedy prod us to come to our senses? Could a society based on an ethic of care for each other and the earth be more than a feminist vision?

Hilary M Lips, Professor Emerita, Radford University, Virginia

The increased quiet and isolation associated with the social distancing restrictions has caused me to pay more attention to my wider social environment. Friends who are on the other side of the world are now almost as close as those in the next town. I do more long-distance communicating via email, phone, and video calls than has been typical for me, and find that I am more appreciative of ties to far-away friends and family than I have ever been. As an older woman, I also find myself shaken and even frightened by the ageism often expressed in responses to the coronavirus situation. I am startled by cavalier comments that the main impact of the virus is "only" on old people, or "mainly" in nursing homes. I am painfully aware too that regulations governing nursing homes are inadequate, and that aides caring for people in nursing homes, or for old people in their own homes, are drastically underpaid, taking large health risks, often without insurance. That these health care aides are mostly women of color brings the whole thing full circle. I knew all these things in earlier times, but they are even more painfully relevant now.



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Mary Brabeck, Dean and Professor Emerita [Applied Psych], Steinhardt School, NYU

I live in NYC. My partner for 54 years, a physician, came out of retirement (and left our upstate house) to work at Bellevue Hospital during the peak of the pandemic. We are among the fortunate, privileged, white New Yorkers who, after the peak, could leave the City, escaping the small apartments and dense communities where COVID-19 threatens people. That privilege plays out in multiple ways. I watch the response to George Floyd's murder and the systemic racism, since [1619](#), reflected in COVID-19 population statistics and police violence against Black people. I remember Langston Hughes' great poem, "[Harlem](#)," written over 50 years ago, and worry for my 40-year-old Black godson and every woman's children of color. I fear for my children and my children's children; we have badly let them down. I look for hope in songs like "[I'm Covered](#)" by the Antigone in Ferguson virtual chorus, produced in the wake of Michael Brown's death, 2014, with the [Theater of War](#) Productions, and work for a change in November, 2020. Global warming is next.

Paula J. Caplan, Associate at Harvard's Du Bois Institute, Hutchins Center for African and African American Research, activist

In one sense, my life has changed little due to covid-19, because my time is mostly consumed by my work (most of which I don't have to do in the presence of other people) and trying to help my 96-year-old mother, who lives close by. She had been in a senior residence apartment that for two months prohibited ALL visitors, so we did daily Zoom calls during which I read books to her (she has severe glaucoma), but it wasn't the same as my daily visits to read and have dinner with her. Three weeks ago, I sprung her from that place and installed her in an apartment where she and I make all the decisions, her two phenomenal caregivers who've been with her almost four years continue (thank the Goddess!) to work with her and adore her, and I am back to seeing her in person every day.

What's been hard has been to see how hard it is for Mother not to get to see my daughter and her husband and three kids in person. It's hard for me, too, very hard, and since I have no control over that, I keep trying not to dwell on that sadness.

Sandy Ramirez, Licensed Clinical Psychologist, Portland, Oregon

My life - a lovely condo, green space and a river outside, eating good food and watching Netflix, walking my dog, chatting with family and friends. Suddenly when I catch the news I am confronted by the enormous gap between my life and the lives of many others. People are hungry, living in domestic violence. Children are in jeopardy, especially without the refuge of school. I have stable income while people are unemployed or working in dangerous, life-risking jobs which they can't afford to quit. I can volunteer or tackle household projects while others are trying to care for and educate their children, keep a roof over their heads and provide goods and services for all the rest of us. Privilege allows me to move about my community while other folks risk their very lives every time they step outside just because of the color of their skin. We who enjoy privilege and status find our lives relatively unchanged by Covid-19, or maybe even better. In stark contrast, too many people are living in a war zone, struggling for survival in the face of this terrible health and economic crisis. How can any of us sleep at night???

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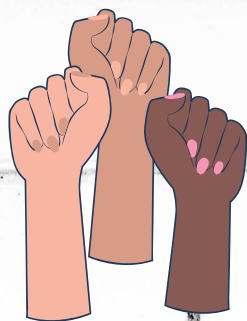
Leonore Tiefer, retired therapist, AWP history-writer/filmer, NYC

Although it took me a couple of months to rebound from the initial shock, I am now excited about how the pandemic can offer opportunities for new research, theory, and organizing within psychology and feminist studies. Disruption is an intellectual bonanza. How does shock actually work? How does quarantining affect values, self-understanding, life goals? How is interpersonal existence affected by remote as contrasted with in-person communication?

My previous work focused on understanding how norms (specifically, the norms around sexual function, desire and orgasm) get created, promoted, hijacked, changed, resisted, changed again, etc. I welcome the opportunity of the pandemic to rethink lots of social and psychological claims and assumptions. Feminism is good at examining disruption and using it to further our politics. The pandemic is a golden opportunity to think outside the box.

On a personal level, I do what I can to help (food bank, get-out-the-Democratic-vote postcards, donate \$) while respecting my age by staying mostly in my NYC apartment, reading, writing, cooking, drinking cocktails, and Zooming. I'm grateful for Medicare and my academic pensions.





Every Feminist Vote Counts! That includes the boring ones.

Sharon Rae Jenkins, SPW Apportionment Chair

We lost an important feminist voice this year; well, several, but I'm not talking about Jean Chin or others who have left us in the most difficult way. We lost a feminist vote on APA Council because not enough feminists turned in their apportionment ballots last November. That's a feminist voice silenced. Please stay with me as I head into the bureaucratic weeds, because that's where the tiny things that can make a big difference live. Some of them bite, poisonously.

APA Council is the American Psychological Association's legislative body, where policy—feminist or not—is set for all of APA. APA is our psychologist voice in Congress and (in better years) to federal mental health policy. That voice needs to be as feminist as we can make it, to direct its attention to renewal of the Violence Against Women Act, for example. If you belong to APA, you get to vote for APA presidents like Jessica Henderson Daniel, Rosie Phillips Davis, and now Sandra Shullman. That's much more exciting than your apportionment vote, but it's your apportionment vote that gets feminist voices on Council because it's the equivalent of redistricting. **We have to get louder!**

As you may know, every 10 years, census data are used to divide up (apportion) the 435 seats in the U.S. House of Representatives, and folks who are (or can be made) fearful of being counted get under-represented. And we know voter suppression is a major political issue, right? (Yes, I said weeds, bite, poisonously.) APA Council is smaller, but feminist voices (and your vote) matter just as much. This year, maybe more, because APA is downsizing as part of the worldwide financial collapse, and now we have one less feminist vote on Council to support the Women's Programs Office, Leadership Institute for Women in Psychology, and the Office of Ethnic Minority Affairs, among other priorities.

It could get worse. This fall your apportionment ballot will arrive in your email right around national election day! Since it's my job in SPW as Apportionment Chair, I will be harassing you as often as I can through every channel available to me to notice and return that ballot, and to give all your votes to SPW (Division 35) (it's easy—just type the number 10 in the right box! Takes 8 seconds.) Or if you have commitments to other divisions or state associations, please give as many as you can. The worst thing you can do is fail to vote your ballot at all. **Make sure your feminist voice is heard!**

Association for Women in Psychology

JEWISH WOMEN'S CAUCUS (JWC)

2021 AWARD FOR SCHOLARSHIP

\$250 Prize from the Pax Fund Held by AWP

Deadline Correction: December 31, 2020

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. Send four (5) hard copies of the paper, book or description of the 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

In addition to the \$250 prize, the winner will have an invited presentation, usually in March, at the next year's Association for Women in Psychology Conference. The winner is asked to be an active member of AWP, and to present her work on site at the 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, 1111 E. Tahquitz Canyon Way, Suite #121, Palm Springs, CA 92262-0102

For information, the following email address is available with subject line:

"JWC Award Nomination" to <docsharonsiegel@gmail.com>

Florence Denmark Distinguished Mentoring Award

AWP Annual Conference | March 2020



Introduction of Florence Denmark Distinguished Mentoring Award

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. Now, I'd like to ask the *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, Ann Fischer, Bonnie Moradi, Glenda Russell, Irene Frieze, Kathryn Norsworthy, Alexandra Rutherford, Donna Hawxhurst, Lisa Cosgrove, and Alyssa Zucker*. I know we are all thinking of *Sue Morrow*, as well. Thank you to all present 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. Maram Hallak and I are honored to describe this year's award winner, and present the \$200 award.

Introduction of *Kate Richmond* as recipient of the Florence Denmark Distinguished Mentoring Award

As is the case with many mentors, the initial connection students found with this mentor began in the classroom. In this mentor's classes, "her students were more open and vulnerable than I have witnessed in any other classes, and she was more open with us than any other professor I know. She was always professional but she placed her trust in us and we placed ours in hers and out of this mutual trust bloomed mutual respect." "She shows students how to walk through the world with compassion for each other, and for themselves. She maintains an intellectual curiosity, and is always striving to grow as a psychologist, educator and person. She models this rigor for her students every day." One student reports that she "remembers vividly when this mentor told the students in class that she considers all of us as her colleagues, rather than students. She treats all students with respect and values the voices and lived experiences of each one of them, which in turn lifts them up and inspires them to work harder." Another student indicates, "when I first met this mentor, I was a young, first-generation college student and transgender person coming to terms with my identity and aspirations. She encouraged me to disrupt the boundaries between higher education and other facets of my life. In a system that so consistently excludes historically underrepresented students, her classroom and office served not only as a place of respite, but of empowerment."

As her students progressed in their intellectual growth, this mentor was available to guide them through to their next stages. One student described the decision to pursue graduate school as related to admiration for this mentor: "I became motivated by the unwavering commitment to her work and her passions. I learned how to dig deeper, give more of myself to the world, and find the things that truly make me happy."

Florence Denmark Distinguished Mentoring Award


Although like all hard-working feminists, this mentor is involved in multiple projects, her mentee reports, "You might think that because of her busy schedule she was a distant advisor, you would be wrong." This mentor invites students to work with her as co-authors on manuscripts, and brings her students to present at AWP where, her student reports "she literally introduced me to everyone. I wish I could say she did this for me because I am special, but this is simply how she treats all of her students." She connects her students to leaders within this field of feminist psychology, who all were so welcoming and willing to talk with the student in part because the student was coming from this mentor, someone they respected and admired." This mentor also opened up her students' eyes to new possibilities, as one student reports, "I never would have even thought to explore that path without this mentor," "the course of my career and my life would be completely different." "She helped me see my potential, and I succeeded because of that."

In addition to careful and attentive mentoring of

students, she is also a mentor and guide to her peers and colleagues. While enrolled as a graduate student, she "started a feminist peer-mentoring group that met every week to discuss issues of equity and social justice. Almost twenty years later, these original members regularly meet at the AWP conference to connect with current graduate students in order to support and create new feminist leaders." She is one of the founders of a national feminist training and mentoring group for women in psychology, providing ongoing mentoring and guidance to the colleagues who have participated in the training.

Her mentees find her to be "truly a gift to every person she comes across." Like *Florence Denmark* herself, and the other recipients of the *Florence Denmark Mentoring Award*, "once you are her mentee, you are her mentee for life."

AWP is honored to present the 16th annual Florence Denmark Distinguished Mentoring Award to Kate Richmond!



**APA PSYCHOLOGY OF WOMEN
BOOK SERIES**

SPONSORED BY
THE SOCIETY FOR
THE PSYCHOLOGY
OF WOMEN

The series is intended to promote and distribute feminist psychology scholarship.


Please let us know if you have an idea about a book project that incorporates this scholarship into an advanced book for the field, a textbook, or a book for the educated public.

We especially encourage books written by one or a small set of authors rather than edited books. Edited books will be considered, however.

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<https://4in35pw.blogspot.com/2009/09/apa-psychology-of-women-book-series.html>

For more information

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Christin Ladd Franklin Award

AWP Annual Conference | March 2020



The award is named in honor of *Christine Ladd-Franklin* (1847-1930), an early scientist whose career provided a painful example of the way institutional sexism operated to exclude women from careers in psychology and the sciences. Although Ladd-Franklin completed the work for a Ph.D. in mathematics and logic at Johns Hopkins University in 1882, the university would not confer the degree because she was a woman. Ladd-Franklin continued her experimental work, without the benefits of the terminal degree or official institutional recognition, and made several important contributions to the literature on vision. In 1926, forty-four years later, Johns Hopkins did award her the Ph.D. for the work she completed in 1882.

The award is presented annually by the AWP Implementation Collective (IMPs) to a member who has made significant and extensive contributions to the AWP. According to award criteria, "Such contributions can include service on the Implementation Collective or as a Conference Coordinator, a Caucus Coordinator, or special projects contributor." The Individual should have been a member of AWP for at least five years, and service should be noted over at least a three-year (not necessarily continuous) period.

Our *Christine Ladd-Franklin* award winner for 2020 is **Britney Brinkman**. Britney has been involved with AWP since the early 2000s. She served as a volunteer in the AWP/SPW Suite prior to serving as the Suite Coordinator on the implementation collective from 2011-2014. Before completing her 3-year term of service on the Imps, she stepped up to co-coordinate an annual conference in Pittsburgh, PA in 2016. In addition to her individual work, Britney has embodied the spirit of feminist mentorship by routinely co-presenting with multiple students and encouraging service to the organization. Several of her former students have gone on to serve on conference planning collectives and the implementation collective. Beyond AWP, Britney's career demonstrates a firm commitment to feminist psychology via her participation in multiple community organizations (e.g., Pittsburgh Action Against Rape and Black Girls Equity Alliance) and her scholarship that focuses on centering and elevating marginalized voices and promoting intergenerational activism, advocacy, healing, and equity. We are grateful to Britney for her many years of meaningful service and her ongoing commitment to AWP.

The Doris Howard Lifetime Achievement Award

AWP Annual Conference | March 2020



SHARON SIEGEL
AND
NIKOLAI HOUSTON

The *Doris Howard Lifetime Achievement Award* was inaugurated in March, 1999, to recognize services to AWP over an extended period of time. It is awarded by the Implementation Collective to recognize persons who have provided exceptional service to AWP, and to society, over at least a 20-year period in a variety of forms. For instance, the recipient may have served AWP as a member of the Implementation Collective or Conference Committees, coordinator of a caucus or award committee, or as a contributor to special projects or financial initiatives. When awarded, it is conferred at the Annual Association for Women in Psychology Conference. This award is not given annually, but only as deemed appropriate by the Implementation Collective. This year (2020) is only the fifth time in our Herstory that this award has been given.

The *Doris Howard* award was presented to **Nikolai Houston** at the Annual Conference in Austin Texas in March, 2020 in honor of her years of exemplary service to AWP. She began her AWP membership in the early nineties and has been an asset to our organization ever since. In addition to having served many times with annual conference collectives, serving various tenures and extended tenures on the Implementation Collective, working within AWP as an organizer, facilitator and presenter in countless workshops, caucuses, and Implementation Collective sponsored programs, she has brilliantly and firmly demanded that we embrace exceptional programming. Her most recent service in the role of treasurer was critical in protecting the organization from significant financial difficulties. Her service to AWP has been outstanding. Not only has she served in numerous capacities, but she has also imprinted AWP with values of integrity, feminism, scholarship, mentoring, social justice, anti-racism activism, and empowerment for all. We are grateful to Nikolai for her years of dedicated service to AWP.

Older Women's Caucus during Covid-19

Leonore Tiefer, Chair, OWC

After a successful pre-conference workshop at the Austin conference (see photo), the older members of AWP went home to find a country in chaos that warned us we were at high risk for contracting a deadly virus. Much of our conversation in Austin had been about the challenges of staying optimistic and involved during the 2020 Presidential election. The results of Super Tuesday, occurring right before the Austin conference, had been a blow to the supporters of Elizabeth Warren and Bernie Sanders.

But the coronavirus and the rules about sheltering-in-place rapidly eclipsed concern about politics, and most of us suddenly found ourselves classified in the high risk category just because of our age. We'd been working or living active retired lives and had not thought of ourselves in an endangered category, but there it was - a blow to safety, self-esteem, and health. It was a Maslovian blitz!



It's been a challenge for us, as for other groups (students, yikes! health-care providers, oh-oh! grocery, delivery and other essential workers, whoa! people in prison, nursing homes, and group living settings, biggest worry!) to adjust. Being a psychologist offers insight, but perhaps not escape.

On March 30 I sent out an e-blast asking OWC members to check in, and 25 replied, grateful to be back in touch. The academics were struggling with virtual teaching and those with children at home or living far away had their struggles, too. Some people had been ill. Many admitted to having been in shock for weeks. Members missed their normal travel, social, exercise and group activities but many had developed new hobbies and interests (especially cooking!). Some waxed positive about solitude; others hated it and were compensating with many phone calls. Many felt privileged in their circumstances.

By May, I had learned about Zoom, and we held our first Zoom get-together on May 20, 2020 (see photo!). Attendance and interest was good and we are now having Zoom calls biweekly. There's great pleasure in seeing old friends, reminiscing, and getting updated. I predict that we will continue this indefinitely and great things will emerge!!



Meanwhile, the Imps announced that the 2021 conference will be virtual, and several from the OWC have volunteered to work on the conference collective. The opportunity for involving older AWP members in a remote conference is tremendous. People will up their technology game, for one thing, and topics of aging and ageism will have a prominent place. Stay tuned.

The Aftermath of COVID 19: Trauma on a Global Scale

Dr. Emma J. Wood, Licensed Clinical Psychologist

One of the criteria for Post Traumatic Stress Disorder (PTSD) in the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) is the presence of a traumatic event. Exposure to a natural disaster is considered a qualifying event; one that takes a person to the brink of their ability to be assured of life and safety. As global citizens, we are no doubt experiencing a sort of mass trauma as we are being impacted by the COVID-19 virus and its presence in our communities and the world at large.

As a trauma therapist I work with individuals whose trauma experiences range from developmental and psychic traumas that include chronic gaslighting or emotionally invalidating childhood environments, to patients who have developed trauma syndromes due to the untimely death of a loved one. I also work with the more widely considered traumas such as sexual assault and violence to military combat and civilian near-death experiences. These people have been my patients for years. They suffer anxiety spectrum disorders caused by trauma and have a common set of symptoms.

Sometimes these symptoms reach a level of severity and persistence that meets requirements for a diagnosis of Post-Traumatic Stress Disorder (PTSD). PTSD can cause significant impairment in work, school, play or relationships.

Patients affected to this extent experience disabling flashbacks, react severely to reminders, avoid any situations that trigger these memories, have trouble sleeping or concentrating, feel depressed and alone, have overly negative thoughts and assumptions about themselves and their world, and may be particularly irritable and often suicidal. Is it possible the multiple threats posed by the coronavirus and all the areas of one's survival in this world could be the catalyst for increased PTSD diagnoses in the months and years to come?

We are currently journeying through all that the coronavirus is activating for our mental and emotional experiences. There will come a time, after the initial danger of contagion is over, where we will see its impact on our mental state. Looking around now we can see people affected at different levels and in different ways, economically and socially, existentially and practically, in isolation or with the individuals who rely on us. We find ourselves asking...

What does this mean for me?

What does the future hold?

Am I at risk?

How do I make myself as safe as I possibly can?

Can I make myself bullet proof?

Can I protect my children? My aging parents?

My immunocompromised partner?

Will I be able to pay my bills? Keep my home?

Send my child to college?

Am I happy? Am I depressed?

Am I surviving COVID the "right" way?

At our healthiest, humans are in negotiation with what we know and don't know. Comparing and contrasting and deliberating the precautions that are reasonable and those that seem as though they may be stealing the life out from under us. Despite how many of us currently feel our lives are not on "pause" during this pandemic and subsequent quarantine; we are still living, albeit in survival mode. We are not, though easy to give in to the ennui, just waiting to live again at some future moment. These days matter and there will not be a return to what was normal before this global pandemic. A new normal will be found and forged.

This virus and its impact on our global wellbeing is a natural disaster. It is a trauma. And the trauma is ongoing. We are currently in our sympathetic nervous systems, operating from the primitive fight, flight, or freeze impulses. This is the oldest part of the brain, designed to ready our bodies and minds for danger, preparing us to survive whatever threat is crouched down ready to attack. The threat we are currently facing is a complex web of intersecting needs and insecurities, fears and fantasies. Some of us will come out of the survival stage of this historical moment deeply and profoundly affected by its trauma.

What interests me most is how the general populace will respond to the quintessential existential question that our current cultural challenge presents: "What is it that I have control over?"

The Aftermath of COVID 19: Trauma on a Global Scale

Dr. Emma J. Church (she/her/hers), Licensed Clinical Psychologist

Although most of my patients have asked this question of themselves many people have never had this thought in lives that seem to follow a predictable path we often feel as though, 'If I am good, then good things will happen to me.' This thought construct demonstrates the Myth of Meritocracy: I can earn what I deserve, I have control and the Just World Hypothesis: good things happen to good people. The sociological constructs serve to keep people psychologically safe and feeling as though they have control over their life circumstances and experiences.

However, our collective consciousness is undergoing a slow awakening to the reality that you cannot control what happens to you by being "good" or even by following every directive and precaution available. The reality that most trauma survivors already know is that being good does not protect you from pain. It does not protect you from trauma, "bad things," boogie men, war, rape or death. At best we have influence over our lives and circumstances, **not** control.

So, as we each try our very best to manage the fears, the horror, the chronic loneliness, the constant threats, we must be kind and gentle to ourselves and others. We will survive well if we notice this is all we are tasked to do. Survive well!

We are not being charged to thrive. There is no expectation to build a homeschool paradise while working from home and making creative and fully nutritionally robust meals out of



what could be found scattered in nearly empty grocery store aisles. We will not survive best if we hold our feelings of anxiety inside, pretending to partners, friends and parents that we are self-sufficient islands with no need for care and no concerns desiring comfort. We will not survive well if we diminish our own painful experiences in order to point out the myriad of others who potentially have it worse. We **MUST** care for ourselves and allow others to watch us do so. We must rest when we need rest, help when we can help, receive when it is our time to receive. We must acknowledge our fear to our children, and show them there is hope. Show them there is opportunity in these difficult days by living your influence well and creating new life within the confines of COVID-19 reality.

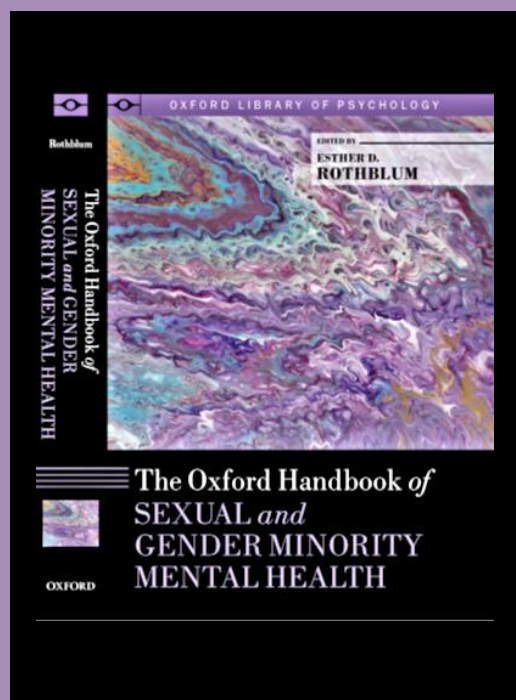
We are no doubt in unprecedented times. To live through this time in history in our current zeitgeist, having an overabundance of access to any and every source of information, regardless of how reputable or accurate the source may be, appears to be adding major insult to injury.

In fact both the World Health Organization and The American Foundation for Suicide Prevention clearly guide citizens to limit exposure to news. In our new world we must see not only the value of limiting our exposure to symptomatic individuals and vulnerable situations that facilitate the spread of illness, but also the necessity of limiting our consumption of news or social media. These outlets are spreading psychological trauma in ways that are unnecessary and potentially harmful. Mental health is physical health.

When this is over, and it will end, we will need the strength to say, "I'm not okay." We will collectively need to appreciate that what we all just experienced was a trauma modern psychology, psychiatry and medicine have yet to encounter. We will need grace for the ways in which we will require follow up care. Until then we can practice grace today, for how we are responding emotionally and what we need in order to serve ourselves and the parts of community which we claim as ours. We will require the ability to give ourselves and others permission to "just be" without expectations of greatness, productivity, or exceptionalism.

If you or someone you know needs help right now and is struggling, please call the National Suicide Hotline at 1-800-273-8255. Also reach out to therapists in your area to see if they are doing telehealth appointments as insurance companies have been required to cover telehealth at the same rate as typical office appointments. Some therapists are also offering video sessions at reduced fees. Talking helps. You are not alone.

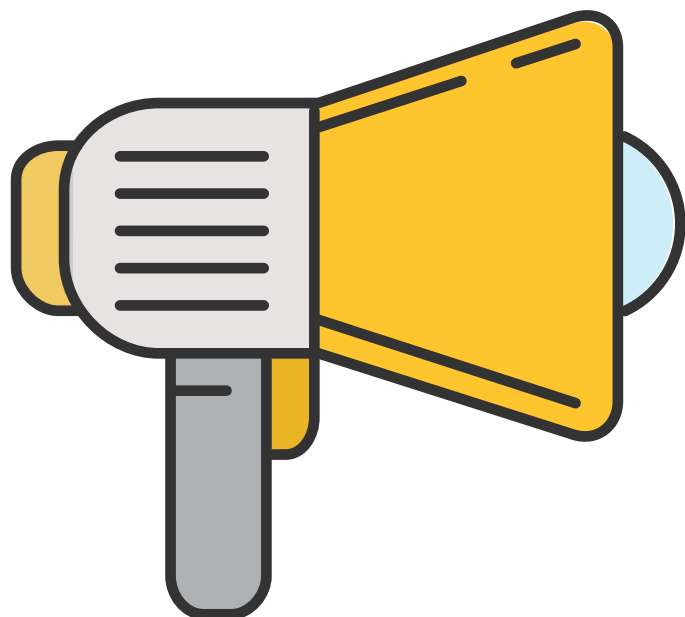
BOOK RELEASE: Esther D. Rothblum, Ph.D. (Editor)



The Oxford Handbook of Sexual and Gender Minority Mental Health provides a comprehensive and authoritative review of research on the mental health of sexual minorities (defined as those who identify as lesbian, gay, bisexual, queer, or same-gender attracted) as well as the mental health of gender minorities (defined as individuals who do not fully identify with their sex assigned at birth, including people who are transgender or gender nonbinary).

The twenty-first century has seen encouraging improvements in sampling, methods, and funding opportunities for research with sexual and gender minority (SGM) populations; nevertheless, a key purpose of this Handbook is to identify lingering gaps in research in order to motivate future scientists to expand knowledge about SGM mental health.

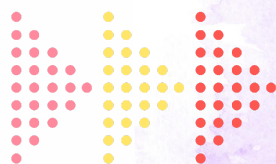
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Fall Issue Deadline: October 15th, 2020



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**Published by Sage Publications
for the Society for the
Psychology of Women, Division
35 American Psychological
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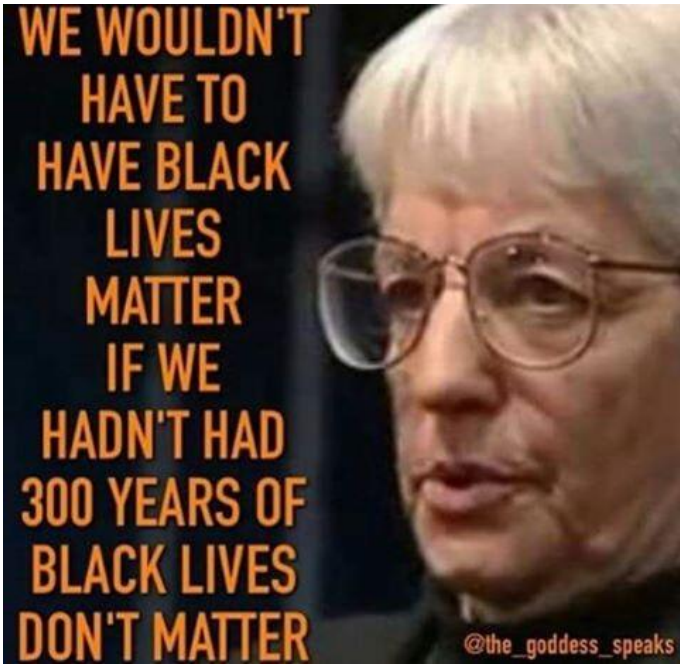
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As an immigrant to this country from Trinidad and Tobago, and a black woman, the outbreak of COVID-19 into my 'normalized' life, and the hatred directed towards Black people becoming palpable, left me feeling hurt and energized concurrently...

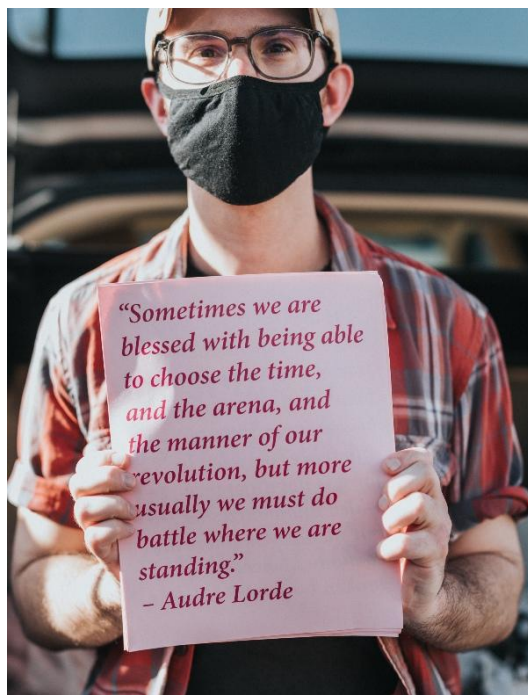
Jane Elliott stated that her life was turned upside down after the completion of her social experiment. What she went through felt all too similar... because it is easier to be silent or 'cast a blind eye", or be negligent in protecting those who have been oppressed. Her privilege, and mine now as an assistant professor imprisoned her... and like her she broke through, as I do now.

My reality is that the accolades shift away from the tangible forms of privilege to the intangible ethic of justice, and those who are protected don't have the same power as those who wield it... So standing up to injustice yields nominal material gain, but the integrity, righteousness and love that accompanies the stance is eternally felt, and carries the momentum to transform hearts, and eventually minds.

My question now: What can I surrender for another to gain?

~ Alicia Trotman (she/her)





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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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