

A Feminist Voice Since 1969

ASSOCIATION FOR WOMEN IN PSYCHOLOGY



Spring Issue, June 5, 2019, Yuki Okubo, Newsletter Editor

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CO-CO'S CORNER BY SHARON SIEGEL

Good day AWPers. Warm greetings to you from hot Palm Springs, California. I know many of you have suffered through an extra-long and uncomfortable (to say the least) winter. I wish you well!

I am having a delightful time reflecting on the 2019 AWP conference — "Gold, Bold and More to Be Told: Our Feminist Journey" at Gurney's Newport Resort & Marina in Rhode Island. Thank you so much Kat Quina, Mary Zahn and your many volunteers, for this creative and outstanding conference. We happily joined with you to celebrate our 50th anniversary as an organization at our 40th annual conference. Good cake! Special thanks also to Leonore Tiefer and Gail Lloyd for "Stories from the Founding to the 50th," a 17 minute video and timeline of conference locations.

What fun, to surprise Mary Zahm with the Christine Ladd-Franklin Award, and then to immediately honor Mary Zahm and Kat Quina with the Doris Howard Lifetime Achievement Award, previously offered only four times in 40 years! And this year, the Rhode Island AWP collective established the Christine Blasey-Ford Woman of Courage Award, and honored Blasey-Ford as an important trail-blazer for feminists (not to diminish the importance of Anita Hill and so many others!).

It was so nice to connect with dear friends whom I see only once each year, to enhance relationships with early career professionals and many students from differing healing professions. Professionally, I always benefit from critical thinking, new research and feminist processes for moving forward in life. This conference was no exception!



**Sharon Siegel
CoCo**

Many ideas that will enhance our organization have come from the 2019 conference, including but not limited to:

- determination of ways to teleconference or Skype conference plenaries to AWPers who cannot get to conferences (we need more ideas);
- reestablishment of the Student Research Award, now Co-Chaired by Rebecca Smart and Yuying Tsong;
- reinvigoration of the Activism Caucus, with Joan Chrisler and Paula Caplan at the helm;
- bringing a feminist lens to new AWP awards — acceptance by the AWP 2019 Business Meeting of the "Living our Visions Award" honoring Susan Morrow; and, the "Christine Blasey-Ford Woman of Courage

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

"It was so nice to connect with dear friends whom I see only once each year, to enhance relationships with early career professionals and many students from differing healing professions."

Sharon Siegel

Award" (both to be electronically voted by the AWP membership);

- exploring new and creative ways to hold and strengthen our ties with the SPW (APA's Division 35) now that the Implementation Collective decided to not staff the APA Suite beginning in 2020 (pending commentary and agreement by our membership);
- ways to enhance participation, adding contacts, volunteering, and increasing AWP membership for our 2020 Austin, Texas, AWP conference, ("Sexual Agency/Sexual Rights");
- moving forward from #metoo, with political activism to address the popularization of misogynist standards.

We have an awesome group of Implementation Collective members! In addition to adhering to their job descriptions, each Imp is now committed to serving on annual AWP Conference Committees in the capacity most suited to their Imp positions. This is an important change in governance, implemented because of the need for organizational memory as conference planning takes place, and oftentimes because there are fewer onsite volunteers. Now familiar with the Vieth website, Mary Zahn has stepped forward to help with 2020 conference registration and programming. To all: thank you for all who are involved, to others — please be in touch with the 2020 conference coordinators if you can volunteer.

The AWP Imps are working hard at many tasks. We need help from the membership to handle various issues: the Strategic Plan and (finalization of) Fiscal Policy need Ad Hoc Committees or Task Forces for completion. Please contact me if you can assist.

Changes coming: we will miss the awesome and brilliant service to the AWP Implementation Collective, by Riddhi Sandil and Aliya Kahn, and soon to "roll-off" Nikolai Houston. We cannot thank you enough! Congratulations to AWP/SPW Suite Coordinator Keely Hirsch on her recent marriage. And we now welcome incoming Imps: Celina Whitmore, Mindy Erchull and Fran Trotman. And the beat goes on ...

Bye for now dear AWP members. I hope your Summer time will be a time of actualizing your dreams and plans. According to designs on ancient pottery, cave frescoes and archeological evidence, when the sun is at its fiery best we women (especially women) "take care of business." It's time to move toward whatever we most desire.

Warm regards from
your Collective Coordinator,
Sharon

EMGAGING WITH OUR SOCIAL MEDIA OUTLETS



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



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

INTRODUCING CELINA WHITMORE NEW WEBSITE/COMMUNICATIONS COORDINATOR

My name is Celina Whitmore and I am excited to have just started my term as the IMP Communications and Website Coordinator for AWP. I received my Bachelor's in Health Sciences at the University of Hartford (2015) and my Master's Degree in Community Psychology at the University of New Haven (2017). Currently I work as a Resident Director at the University of Hartford in West Hartford, CT. I enjoy the work that I do and the meaningful relationships I get to build with my staff, students, and colleagues.

I am passionate about understanding the school and college experiences of QTPOC in order to be an advocate and change agent for cultural shifts to make education more inclusive and welcoming for all students.

As an IMP I'm hoping to bring new ideas and collaborations into the organization to make it a more welcoming place for diverse students, activists, and young professionals.

In my free time I enjoy listening to audiobooks, interesting podcasts, gardening, physical exercise, and exploring trails and parks with my dog Penelope.



Celina Whitmore
Website/Communications
Coordinator

INTRODUCING MINDY ERCHULL NEW TREASURER



Mindy Erchull
Incoming Treasurer

I am a Professor in the Department of Psychological Science at the University of Mary Washington in Fredericksburg, Virginia. I'm a social psychologist, and I do research on a diverse array of topics including the objectification and sexualization of women, feminist identity, division of labor and parenting, and education about and attitudes towards menstruation.

I have been a member of AWP since 1997 when I was an undergraduate at Connecticut College. I've previously served as Co-Coordinator of the Researchers' Caucus and as the Co-Coordinator for the SWP/SPW Featured Feminist Science Symposia Series. I'm excited to have my schedule and skills finally line up with an opening on the IMPs and look forward to beginning my term as treasurer in June.

While I'm very familiar with AWP as a long-time member, I know that I'll learn a lot more about the organization as an IMP, particularly as treasurer as finances are integrated through all aspects of the organization.

You can reach me at merchull@umw.edu.

INTRODUCING FRAN TROTMAN NEW WOMEN OF COLOR COORDINATOR



Fran Trotman
Women of Color Coordinator

Born and raised in Harlem, NYC, Dr. Fran Trotman received her PhD and M.Phil. in Counseling Psychology from Columbia University, and an M.S. in Ed. in Guidance and Counseling from C.U.N.Y.

Dr. Trotman has been in private practice for over 40 years. Prior to that, she had been a teacher, school counselor, social worker, community organizer and activist.

Dr. Trotman is currently retired from a Full Professorship at Monmouth University where she developed, directed, and founded and chaired the Graduate Program in Psychological Counseling.

She is also a Fellow (div. 35, 44, &45) of the American Psychological Association (APA). She has many publications in the areas of counseling and psychotherapy, resilience, multicultural counseling, grand-mothering, and aging. She has numerous national and international professional presentations, publications and awards, including AWP'S Women Empowering Women's Award, and APA's (div. 35) Heritage Award.

OLDER WOMEN'S CAUCUS REPORT FROM NEWPORT, 2019 BY LEONORE TIEFER

At the 2019 Rhode Island AWP conference, the OWC decided to contribute a regular column to the newsletter in which we would, briefly, share our thoughts and decisions about important issues we are dealing with in this phase of life as a feminist psychologist.

TOPIC 1: Where are you planning to live after your retirement, and why?

Leonore Tiefer

I'm really torn. I have an affordable NYC apt, but NY is getting hard for me to tolerate in my 70s. I'd like to have an apt near friends. No kids or partner, so the choices are pretty broad. I could see an assisted living, but not with all strangers.

Maureen McHugh

I want to live in a warm(er) climate near one of my daughters and/or family. I am looking forward to a granddaughter this year (2019); she will be born in Atlanta. Moving itself is an overwhelming idea. Discarding books & papers, leaving friends & Family.

Ellen Cole

At 78 I work FT, but just signed a 3-year "phase-out" contract. For decades my husband and I lived in homes provided by his job. When he retired last year we bought an 1815 farmhouse in rural upstate NY. There's plenty to keep us busy here (forever). We plan to stay put until we can't.

Michele (and Curt) Wittig

I'm hoping to remain independent for another 50 years in Santa Monica, where I have access to public transportation, am involved in grassroots organizing, take free classes and sing in a community chorus. In good health, we two academics with no children have been very fortunate and strive to deserve it.

Carla Golden

I plan to remain in the co-housing community in Ithaca where I've lived for 35 years. My partner and I are talking about building a green, single-story dwelling on the property, so as to age in place. There are many unknowns; maybe we'll go elsewhere for the winters ... (Con't to next page)

OLDER WOMEN'S CAUCUS REPORT (CON'T)

Sharon Siegel

I am now selling my home of 49 years (half of which was built with my own hands) - on an Oak Tree grove in the hills of Topanga Canyon. I am happy in my Palm Springs condo and I hope to remain here and work two days a week, because it brings meaning to my life. Maybe live communally with friends in a year or two.

Joan Chrisler

I love living at the beach in Connecticut, so I plan to stay here as long as I can. High real estate taxes (and my bedroom on the third floor) could make me change my mind in 10-20 years. Have lived near NYC all my life, so that's important too.

Kat Quina

Retiring in 2016, I just wanted warm winters, an organized house, a calmer life, a new identity. The election thrust me back into a harsh new reality; those goals remain unmet. I'm slowly learning how to balance activism with self-care and allow my "new identity" to make peace within me.

Mary Hayden

I closed my office this month, so I'm just launching my retirement. So far no plans to move - just gardening, painting, climate and election activism, tennis golf, reading. Said a sad farewell this week to our 15 year old Lab, and beginning to look at travel websites.

Alice Riger

My 50 words: I've moved to Cleveland to be near old college friends. Doctors predict I may develop an incurable blood cancer, so best to be near friends I trust to care for me. But I take great pride in proving doctors' dire predictions wrong. Arthritis in remission, No cancer yet!

Angela Gillem

Gail and I have considered multiple options, but the most compelling is to "age in place". We love our house, our neighborhood, and our neighbors and friends nearby. It's a very livable, diverse, neighborhood, with public transportation a block away and lots of resources close by.

Mary Brabeck

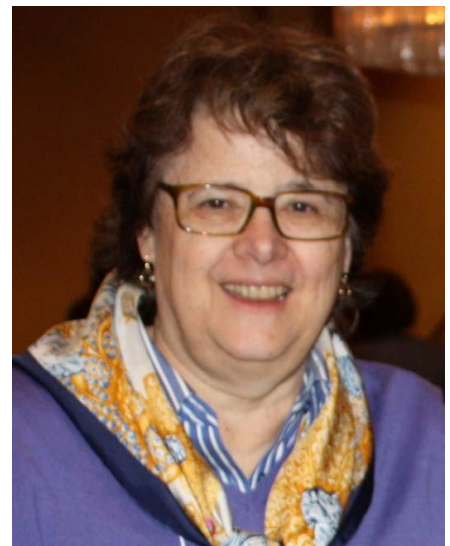
My retirement starts June 1st, which amazes me! I must have been having fun; time went so fast! I don't want to leave Manhattan—the opera, theater, and NYU library. For as long as I can, I will toggle between NYC, Rhode Island, and Boston—the grandkids and the garden.

Hilary Lips

I'm already retired, and chose to stay in Blacksburg, a university town that offers lots of energy and activities without the big-city traffic. The disadvantage is that it is not the easiest place from which to launch air travel. Staying put keeps me near friends, though, unfortunately, far from family.

Carol Goodenow

I'm by myself now, and my central Massachusetts suburban house doesn't make much sense any more. I'm considering some 55+ independent living communities, looking for one with cultural activities and intelligent and engaged residents, most likely in northern California near family.



Leonore Tiefer

ANY IDEAS FOR A COLUMN?

Have you ever thought about writing a column for a newsletter?

Do you have a story you would like to share with the membership?

I would be happy to consult with you with any ideas you may have to contribute to the future newsletters.

Please contact me at yxokubo@salisbury.edu



AWP REPRESENTED AT UNITED NATIONS: REPORT

BY MARAM HALLAK

It (our membership at the United Nations as a NGO) permits us to voice opinions, discuss policies and ultimately effect change globally."

Maram Hallak
AWP
Representative
at UN

Our membership at the United Nations as a Non-Government Association (NGO) precipitate a special forum to fulfill our mission and advance our philosophy. It permits us to voice opinions, discuss policies and ultimately effect change globally. AWP has been an active member with ongoing affiliation with the United Nations through their Civil Societies' Department of Public Information (DPI). AWP has maintained that membership since its early commencement in the early seventies, which makes us one of the oldest feminist organizations to join the United Nations, and to render continuous representation. The association has maintained accreditation and good standing regularly and timely, and complied with all rules and regulation that keep us active and participating members in good standing.

As an NGO, our relations are maintained though the evaluative process of the Annual Review submissions that ensures goal achievement and organizational compliance. Over 1,450 NGOs are currently in formal association with the Department of Public Information.

Our youth Representatives have important forum from where they can voice their ideas with honor and responsibility. They acknowledge and value their important roles in bringing humanitarian issues and activities to the UN. New advances in technology allowed connecting from a distance with a larger audience globally to exchange information and facilitate participation. Nowadays, most of the United Nations' sessions are broadcasted on the UN general website for all to watch. Our Youth Representatives' approach to deep understanding of the importance of enhanced communication between the NGOs globally were well received, complimented and most of the suggestions were included. We presently have an opening for one youth representative.

Every NGO has the right to be presented by one Main Representative, two Alternate Representatives, and two Youth Representatives.

ACTIVITIES:

Our team is now richer with the addition of Dr. Mala Matacin who agreed to serve as an

Alternate Representative. She brings her valuable energy and enthusiasm to our team as she continues to work on integrating her own teaching and research in university courses with the United Nations Sustainable Development Goals in various efforts, one of which is to address global health inequalities. Her addition promises diverse prospects and service on all levels: members information and collaboration, recruitment and mentoring of other representatives/youth representatives, communicating important UN events to our interested members in order to open venues for presentations and participations, as well as other areas.

Here's why Dr. Matacin is the perfect fit for our team. In her own words:

After I received my yearly badge to allow me enter to the United Nations' premises on July 26, 2018 I (Mala Matacin), I felt very grateful for this opportunity, overjoyed with the possibilities, and ready to do what is possible to utilize this unique forum to advance our mission and values.

Attending the 67th UN/DPI conference entitled "We the Peoples: Together Finding Global Solutions for Global Problems" last August allowed me to be immersed in an unforgettable experience. This annual conference attracts approximately 2,000 representatives globally from over 300 NGOs who represent more than 100 countries, and all I could imagine is our members and students occupying a panel or a workshop where we can bridge our knowledge to action. I left with so many new perspectives and possibilities. An example of a main inspiration came from an extraordinary team from DeMontfort University in Leicester, England where the Vice-Chancellor, staff members, and students presented their work on the creation and execution of #JoinTogether, with more intentions to challenge other academics/institutions to become part of the #JoinTogether Network.

Lastly, during this conference, my students and I are presenting "Hear me Roar: Raising and Representing Feminist Voices" that includes a slide show that was presented at the UN last month.

2) Our Youth Representative Ping Lam travelled last summer to Nanjing, China to participate in a learning exchange experience with the local

UNITED NATIONS: REPORT (CON'T)

educators. Here's what she reported:

Nanjing, one of the nation's important historical cities for over a thousand years, is recognized as one of the four great ancient capitals of China. It was the capital of six different dynasties during ancient times. To learn more about Nanjing, the UN representatives from China organized a trip, and invited people from around the world to learn more about Nanjing. The trip was remarkable; not only we were able to learn about and enjoy many local dishes, explore interesting landmarks, and engage in the culture of the city, but also provided conditions for all of us to engage in fruitful activities where I informed others about our organization, and networked with other sister organizations.

3) In every October of every year, we are requested as an organization to refill an application for accreditation renewal form that consists of near a hundred entry. It has been increasingly complicated over the years and compliance has been difficult. Fortunately, we are happy to report that application for renewal was approved for this year and our team is in the process of receiving their yearly passes.

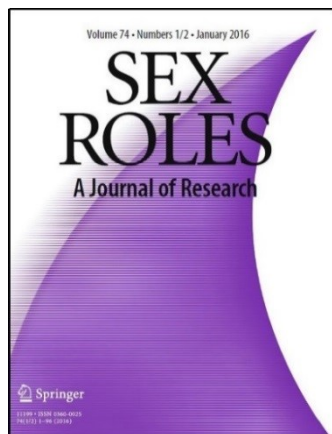
Reported by AWP Representatives: Maram Hallak, Mala Matacin and NgaPing Lam



Maram Hallak & NgaPing Lam
AWP UN Representatives

LATEST IN *SEX ROLES* BY JAN YODER

Check out *Sex Roles* lately?



If you missed Laura Brown's inspiring talk at the exciting AWP conference in Newport, you can read it in *Sex Roles*. It is available online (<https://doi.org/10.1007/s11199-019-01044-w>) and is in print in the June 2019 issue.

To stay up-to-date on everything coming out in *Sex Roles*, check out the Online First Articles posted on our website to access published papers ahead of print. You also can receive the Table of Contents for each new issue when it is available electronically. Just sign up (it's free) for "Alerts for this journal" on *Sex Roles'* home page:

<https://www.springer.com/psychology/journal/11199>.



Sex Roles

<https://doi.org/10.1007/s11199-019-01044-w>

COMMENTARY

Celebrating the Fiftieth Anniversary of the Association for Women in Psychology: A Life in Feminist Psychology: A Long and Interesting Journey from Ft. Wayne to Newport (Herstory)

Laura S. Brown¹

AWP 2019: WE WERE GOLD & BOLD; NOW THERE'S MORE TO BE TOLD! BY KAT QUINA & MARY ZAHM, CONFERENCE CO-COORDINATORS

A huge thank you to all who were able to celebrate our 50th anniversary AWP conference in Newport, RI, February 28-March 3, 2019, and to those who were with us in spirit. The experience provided a wonderful opportunity to celebrate our journeys, AWP's herstories, our interconnections, and AWP's impacts on the world. Our RIAWP planning collective, which has reconstituted itself in ever-changing (and yet, so constant!) forms each decade since 1988 to do our "party on the 9s," is grateful for the excuse to spend quality (and quantity!) time with each other. We had a blast, and you were all wonderful guests. The hotel staff agreed – you all got much praise from staff and managers!

Just over 400 attendees managed to navigate the trek to Newport in between the three snowstorms that hit the area between Wednesday and Monday, and we're pleased that we broke even on the budget, and maybe even earned a few hundred dollars for AWP and for our local student scholarship fund. We won't try to summarize the whole experience, but we'll share a few of the highlights.

Exhibits: The interactive herstory exhibits, which will end up in the Psychology archives in Akron, honored our vision and mission well. Leonore Tiefer and her team created posters of timelines and AWP leaders across 50 years; we constantly streamed the wonderful video giving voice to the meaning of AWP to members (<https://awp50herstory.wordpress.com>); Valerie Ryan's interactive exhibits invited attendees to "locate" themselves in AWP's herstory and in the network of our sister organizations; and lots of people

were psyched about *I am Psyched* and the special session on its classroom use by Alex Rutherford and Shari Miles Cohen. Cathy Faye of the Psychology archives in Akron sounded a call for more thoughtful archiving of our treasured records, past and current.

Photoactivism: Mala Matacin and her team were kept busy photographing as we had our say about Our Feminist Journeys, posing in front of their wonderful backdrop. Photos are on the AWP Facebook page!



Kat Quina & Mary Zahm
Conference Co-Coordiators

Program: Laura Brown delivered a powerful keynote reminding us of the impact of AWP through the entwinement of her own feminist journey with AWP. Her challenge to the audience to tackle the colonization of therapy was a tough but inspiring reminder of how much there is yet to be done. Find her inspiring words, already published (open access) in *Sex Roles*, at <https://link.springer.com/article/10.1007%2Fs11199-019-01044-w>.

Laura gave us another challenge: *Invest in the future of AWP!* The Laura Brown Match Challenge was a huge success, raising over \$12,000 for future AWP members who, like her, found their first and most meaningful home in AWP's supportive, accepting sisterhood. The match fund is still seeking donations; see inset!

Plenary panelists Jennifer Freyd, Shari Miles-Cohen, and Jasmine Mena described

the ways in which they have infused their work and their mentoring relationships with feminist activism. Each also left us with issues that demand our attention (see insets). Be sure to follow their work; they each have *Much More to Be Told!* The award presentations were amazing, and the almost 300 other presentations, posters and discussions provided 2.5 powerful days of Vitamin Feminism!

Socializing: We also had time to reflect and recharge. Kayla Weiner and Suzanne Borstein conducted an open Shabbat on Friday evening, welcoming the Jewish Sabbath and remembering those who have been victims of anti-Semitism and other forms of hate. A beautiful sunset over Narragansett bay honored us in return.

The *Sisterhood is Powerful* reception, cosponsored by the Society for the Psychology of Women, celebrated our many interconnections. SPW President Yuying Tsong, Past President Peggy Signorella, and other SPW leaders were recognized, including delightful reminiscences by Florence Denmark and Bonnie Strickland, the fifth and seventh women presidents of APA. Shari Miles Cohen noted those who have been leaders in the Committee on Women in Psychology, and Laura Brown encouraged younger members to reinvigorate the Feminist Therapy Institute. We were joined by representatives from the Psychology of Women Section of the British Psychological Association, the Sexuality and Gender Division of the Psychological Society of South Africa, and the Society for Women and Psychology of the Canadian Psychological

AWP 2019 CONFERENCE (CON'T)

Association. We then consumed much more Vitamin Fun with an evening of feminist karaoke.

Saturday evening's *Birthday Bash* began with a toast to our beloved Sue Morrow from Liz Abrams and Karen Tao, who related that Sue's friends sang Katy Perry's *Firework* at her memorial (<https://www.youtube.com/watch?v=QGJuMBdaqlw>). As we raised our glasses, the setting sun sent a burst of rays dancing across the bay and filling our room – nature's own firework! Thank you, Sue! We honored almost 50 members present who were involved in AWP's first 25 years, and delivered on our promise of cake. We rocked the night away to the marvelous Kim Trusty and her band; she says we were the dancing-est group she's ever seen!

What's Next? Lots of other stuff happened, so much and so quickly it remains a bit of a blur to those of us running around behind (or in front of) the scenes. What is not blurry, however, is the afterglow of the energy, love, and joy of the women and men who gathered at the tip of a little island in the littlest state for a very big dose of Vitamins F1 and F2, Feminism and Fun. We hope you have memories to cherish (and share on #AWP2019) and make plans to meet up in Austin in 2020!

Visit our website, www.riawp.com, for the latest program, pictures, and more! Share your pictures or thoughts on AWP's Facebook page!

Contribute to **Laura Brown's Match Fund**! Laura says: "AWP shaped my career; nothing I have become would have happened without feminist psychology, the leadership, mentoring, and support I received from the time I was a baby grad student. So it seemed to make sense to give back -- 100 for each of AWP's 50 years! If AWP and feminist psychology has shaped your life in some important way, consider following my lead (a dollar



a year? 50 cents a year? Something that says *Thanks, AWP!*" Information and donation link are at www.AWPpsych.org.

Jennifer Freyd warned that US colleges are adopting harmful policies that *mandate* reporting of sexual assaults disclosed by students, regardless of age. Some classes now include a warning not to share assault experiences with their instructor unless they want it to be reported. She offers data-informed arguments and suggestions for responding at her website

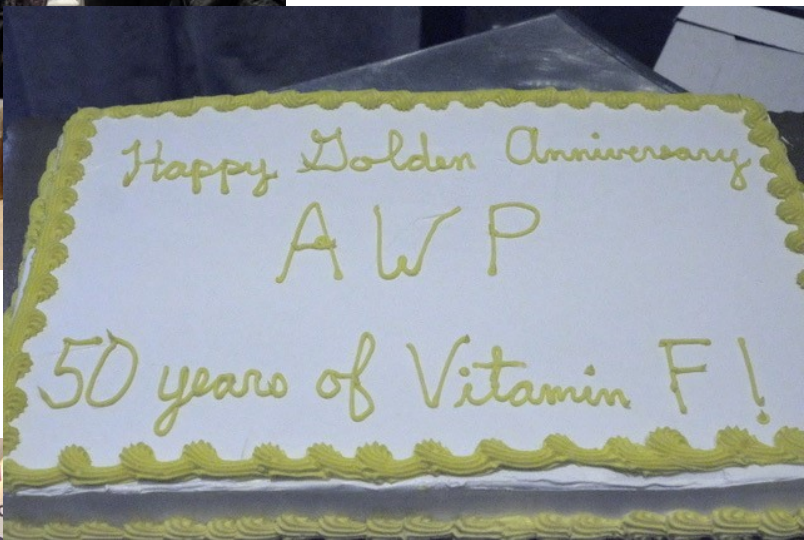
<https://dynamic.uoregon.edu/jjf/disclosure/requiredreporting.html>; follow her at @jjforegon!

The APA Office of Women's Programs, led by **Shari Miles-Cohen**, is taking a step further the advice by the late great Representative Shirley Chisholm: *if they don't give you a seat at the table, bring a folding chair!* With the APA Leadership Institute for Women in Psychology and the *I am Psyched!* Initiative, girls and women leaders have already taken permanent seats at the table, and they are telling their own stories. Join them! Learn more at <https://www.apa.org/pi/women/programs/leadership>.

Although the movement of multiculturalism from the margin to the center of psychology is laudable, **Jasmine Mena** reminds us that this success poses a new risk to the fight against oppression: the feeling of accomplishment. In our research, we must take caution to ask ourselves such questions as: *What level of oppression does my work address? What is its potential contribution toward collective liberation? Do those who stand to "benefit" from this research have a say?* Check out her newly released *Integrating Multiculturalism and Intersectionality Into the Psychology Curriculum: Strategies for Instructors* at <https://www.apa.org/pubs/books/4311037>.



RHODE ISLAND CONFERENCE PHOTOS



RHODE ISLAND CONFERENCE PHOTOS



RHODE ISLAND CONFERENCE PHOTOS



AWP'S NEW ACTIVISM CAUCUS

BY JOAN CHRISLER & PAULA CAPLAN

*"We decided
that perhaps the
best way to work
to achieve our
desire was to
form a caucus"*

Joan Chrisler
&
Paula Kaplan

At the AWP conference in Newport, Paula Caplan and Joan Chrisler facilitated a structured discussion on AWP's activist herstory and the types of actions that AWP has sponsored and encouraged over the 50 years since its founding. Some of these actions were organized by conference committees or regional chapters; others were public stances taken by the AWP Spokesperson (who often worked with a committee of volunteers), and others were projects (or policies) sponsored or devised by the Implementation Collective. Participants in the discussion agreed that AWP has not been as obviously activist in recent years and expressed a desire to return to our activist roots.

We decided that perhaps the best way to work to achieve our desire was to form a caucus. Like other AWP caucuses, we see our role as raising the organization's consciousness, sponsoring conference sessions, encouraging scholarly work, undertaking activist projects, and otherwise seeking to make both social and organizational change in service of social justice. The formation of the Activism Caucus was announced at the Feminist Forum on the last day of the conference, and it was well received by those in attendance. Joan and Paula agreed to serve as the caucus' first co-coordinators.

Since the conference, the caucus members have corresponded with each other to: share information about activism opportunities (e.g., a website designed to facilitate and organize protest against the Trump administration's family separations at the US-Mexico border; an APA interdivisional project related to immigrants' narratives), to write and approve a letter to the IMPs regarding AWP's decreased activism (see this issue of the newsletter), and to begin to plan sessions on activism for next year's AWP conference in Austin.

Reminder: AWP is a 501©3 organization. We cannot engage in partisan politics (e.g., endorse candidates for public office). However, we can work on issues, especially those related to our expertise in psychology and women's/gender issues. For example, we can lobby, give expert testimony, and take stands. As individuals, of course, we can be as partisan as we'd like, but not in AWP's or the Caucus' name.

New members are welcome. If you would like to join our caucus, please contact Joan at jcchr@conncoll.edu or Paula at paulacaplan@gmail.com.

GIVING BACK TO AWP

Are you interested in joining
our Implementation Collective?
Contact our Staffer/Regional Coordinator
Clare Mehta at mehtac@emmanuel.edu

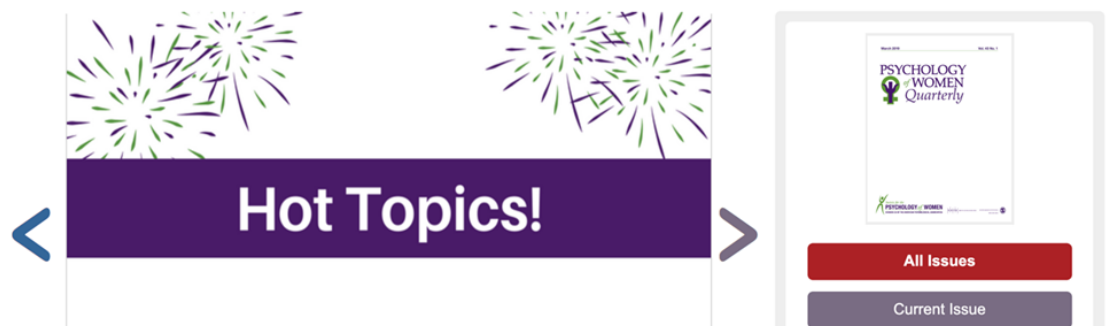
Would you like to host our annual Conference
in the future?
Contact our Conferences Liaison Elizabeth Bennett
at bennette1@duq.edu



Do you want to contribute your writing
to AWP Newsletters?
Contact our Newsletter Editor Yuki Okubo at
yxokubo@salisbury.edu

Would you like to make a donation?
Contact our Treasurer Nikolai Houston
at nikolaihouston@gmail.com

HOT TOPICS AT PWQ BY LEAH SOBEL



Despite how the Internet has facilitated our access to information, the magnitude of research on a particular topic can be challenging to navigate. How many times have you typed key search words into Google Scholar or PsycInfo, only to be overwhelmed with the sheer amount of options? Of course, having too much research is a *very good* problem to have, especially in comparison to the alternative. We acknowledge the incredible breadth and depth of feminist psychological work, while also recognizing how diverse and complex the field has become. In order to simplify the literature search process and make *Psychology of Women Quarterly* (PWQ) articles more accessible, the PWQ editorial team has curated a collection of articles on relevant feminist topics. We call it **Hot Topics**.

We started this effort after receiving several requests via Twitter and email for articles on specific topics, often in response to current events like the #MeToo movement, which ignited a conversation about sexual assault and harassment in the workplace and beyond. Feminists at the forefront of the movement shared their stories of the social, economic, and psychological consequences of sexual abuse, taking an unprecedented opportunity to shed light on an issue that had remained in the dark for far too long. As the movement grew, so did the public's interest in theories about sexual violence and preventative interventions shown to diminish its occurrence. Equipped with a list of pertinent scientific and peer-reviewed articles, PWQ joined the conversation by filling in knowledge gaps with **findings from years of rigorous research**.

In constructing these lists, we were informed by the work feminist psychologists are doing in the world—whether on the ground, on the computer, in the classroom, in the public realm, or in the clinical setting. Digging through dozens of issues of PWQ from the past two decades, we noticed similarities and trends among the published articles. For example, **Barbara Fredrickson and Tomi-Ann Roberts'** (1997) groundbreaking framework of objectification theory sparked a generation of scholarly writing in PWQ and other women's studies journals. Elizabeth Cole's (2009) formulation of the Intersectional approach to psychology (**See Else-Quest and Hyde**) prompted extensive critical research on past, present, and future methodologies for scholarship on psychology of women, gender, and culture. Innovative and evidence-based programs have been developed, and continue to be developed, based on decades of research recording gender bias in STEM fields. Progress has generated more progress, and the evidence of development of usable knowledge can be found throughout the pages of PWQ.

After examining PWQ volumes from the past few years, we **identified 10 broad topics** of current interest to both scholars and the public: 1) politics, racism, and sexism; 2) sexual violence and assault; 3) relationships, motherhood, and family; 4) sexism and body objectification; 5) sexism in education, STEM, and the workplace; 6) new and diverse methodological paradigms; 7) intersectionality; 8) transnational issues; 9) preventative interventions against racism and sexism; and

10) coping with racism. We will continue to add to this list of hot topics.

In creating **these lists of Hot Topics**, we hope to facilitate and promote the knowledge-sharing process among PWQ readers. We foresee that the lists will be used by students writing papers, professors creating teaching materials (and see **PWQ's Power-Point teaching slides** and **twenty-minute podcasts**), clinicians seeking **knowledge for practice**, and researchers looking for a deeper and current understanding of concepts and theories; that is, in addition to many other possible uses that advance feminist scholarship and activism. In a field that is regularly changing and expanding, PWQ will continue to follow the lead of our invaluable feminist authors and create accessible research that is both historically relevant and socially influential.

Cole, E. (2009). Intersectionality and research in psychology. *American Psychologist*, 64, 170–180.
doi:10.1037/a0014564

Fredrickson, B. L., & Roberts, T. (1997). Objectification theory: Toward understanding women's lived experiences and mental health risks. *Psychology of Women Quarterly*, 21, 173–206.
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“WE THE PEOPLES”: MY FIRST UN CONFERENCE BY MALA MATACIN



On July 26, 2018 I went to the United Nations Headquarters in New York City to get my badge as an Alternative Representative for AWP. I am very grateful for this opportunity and my deepest gratitude goes to Dr. Maram Hallak for allowing me to join her in larger efforts at the UN.

I returned to the UN in August to attend the 67th UN/DPI conference entitled “We the Peoples: Together Finding Global Solutions for Global Problems” (held August 22-23, 2018). This annual conference attracts approximately 2,000 representatives globally from over 300 NGOs who represent more than 100 countries. I did not know what to expect and as it was my first conference so I allowed myself to be immersed in the experience which, at times, was overwhelming. My first step into the immense conference room #4 was both awe-inspiring and emotional. It was a feeling that I will never forget.

I attended as many sessions as possible, visited the exhibits, participated in conversations with other

academics and advocates, and took a tour of the building. I learned new phrases and words—multilateralism and SDGs (which stands for Sustainable Development Goals). SDGs is now part of my vocabulary and has shifted my thinking to be more global especially in terms of equity/equality. It surprised me how many academics were there. I attended a session on “The Central Inclusion of Women and Girls: National Action Plans, Localization Efforts and Effective Mobilization” where I met Dr. Jan Marie Fritz, a clinical sociologist from the University of Cincinnati. She urged me to become a member of the International Sociological Association and encouraged me to remain an activist—such activities are crucial to academics dedicated to social justice. I also met an extraordinary team from DeMontfort University in Leicester, England (Vice-Chancellor, staff, and students) who presented their work on the creation and execution of #JoinTogether, a network of academics/institutions using the

SDGs to educate and address inequalities. DeMontfort University’s strategic plan is built around the 17 SDGs and one of their intentions was to challenge other academics/institutions to become part of the #JoinTogether Network. They began the initiative in January 2018 and by the time I met them, 57 institutions had joined; #JoinTogether now has over 100 academic institutions as part of the network. I am one of them. DeMontfort encourages all #JoinTogether partners to become part of the UN Academic Impact--UNAI (a part of the UN I knew nothing about until I attended the conference). Joining the UNAI must be made by a University’s President, Chancellor, or Dean. I have reached out to the administrators at the University of Hartford (where I am a faculty member) in hopes that we can become a member. To date, this has not happened.

I teach a first year seminar (FYS) in the College of Arts and Sciences at the University of Hartford called “Beauty, Body Image, and Feminism”. Every

MY FIRST UN CONFERENCE (CON'T)

FYS must have a collaborative project that students work on throughout the semester and present at the FYS Symposium at the end of December. Inspired by DeMontfort University and as a member of the #JoinTogether network, I created a collaborative project for my class which addressed the SDGs, primarily SDG#5 (Gender Equality). In “thinking globally and acting locally” my students created #JoinTogetherUHart where they addressed campus sexual assault/violence and the availability of menstrual products in public restrooms. There are 20 different first year seminars offered to first

year students and five classes are given awards. I am happy to report that my class won the “audience favorite” (chosen by the students in other seminars) for their project. #JoinTogether network members were invited to the United Nations this past January 7, 2019 to share their work. Without institutional or organizational support, it is difficult to take students to such venues. But, I created and shared the slide below which was shown at the UN. At this past year’s AWP conference in Newport, Rhode Island, my students and I presenting some of this work in a symposium

(“*Hear me Roar: Raising and Representing Feminist Voices*”).

In addition, Dr. Hallak and I have submitted an abstract to the European Health Psychology Society’s (EHPS) conference in Dubrovnik, Croatia (September 3-7, 2019). EHPS has a formal relationship with the United Nations and all submissions were required to indicate the SDG that their work addressed. It is our hope that the mission and name of AWP as a UN NGO will be more known internationally as we continue the work of addressing inequalities.

REQUEST FOR AWP BY ACTIVISM CAUCUS

Dear IMPs,

The Activism Caucus, which we created at the 2019 AWP conference in Newport, RI, is sending you this request for AWP to take significant steps to return to its history-making, ground-breaking activist roots. The **“AWP and Activism: Its Birth, History, and Future in Political Action”** structured discussion in Newport facilitated by former Co-Co and Spokesperson Joan C. Chrisler and former Spokesperson Paula J. Caplan was well attended by a dozen people who expressed enthusiasm – even longing – for AWP to become seriously engaged in activism as it was at its birth and in its earlier years. At its birth, this included the storming of the American Psychological Association’s Council meeting and the demands AWP’s foremothers presented to the APA President, which led to creation of the Committee on Women in Psychology and later Division 35 of APA as well as to AWP itself. Perhaps the most recent example of activism was a campaign started by

AWP foremother Toni Appel to raise money for a response to the accusation that Professor Christine Blasey Ford has a therapy-induced false memory about Justice Kavanaugh.

We add here as Appendix A a partial list with some description of some of the activist steps taken by AWP over its lifetime. This list is intended to provide you with a sense of the range of activities AWP has taken up in the past. Some actions were large-scale and continued over a period of time; others were as small as a letter to the editor or to an elected or corporate official.

We strongly believe that, given the present state of the world, it is all the more important for AWP to resume its leadership role in making the world a better place. Our history of activism is also a major difference between AWP and Division 35, which tends to focus on professional issues and professional development. Publicity about AWP activism could serve as a recruitment tool to attract new members.

There are a number of critical steps the IMPs could take or cause to be taken. These include the recreation of the position of Spokesperson, which Sharon Siegel informed us no longer exists. That role makes possible rapid response to events, and in conjunction with the new Activism Caucus, would provide a good basis for more actions to be taken. The IMPs might want to consider the reasons that AWP’s activism declined over the years, in order to facilitate the addressing of those factors in a productive way. You might also look to SPSSI as a model of how to combine activism with other professional activities.

We look forward to hearing from you.

In sisterhood,

Members of the Activism Caucus

*Appendix A on Pages 18-19

LEVITT'S ORIGINAL WORK BEING PUBLISHED IN PWQ FOR LGBT PRIDE MONTH

June is LGBT Pride month. [Psychology of Women Quarterly](#) is publishing an original, empirically based, functional theory of gender, [A Psychosocial Genealogy of LGBTQ+ Gender: An Empirically Based Theory of Gender and Gender Identity Cultures](#) by [Heidi M. Levitt](#).

Dr. Heidi Levitt summarizes findings from an extensive body of mixed methods research on lesbian, gay, bisexual, transgender, queer, and other (LGBTQ+) genders in the United States. She uses a feminist-intersectional lens to empirically base and historically situate a theory of gender that is grounded in research of LGBTQ+ communities (butch, femme, bear, leathermen, transgender, drag queens, and family/house systems). She defines genders as either sets of personal qualities within a culture associated with physiological sex, or sets of qualities that evolve in reaction to limitations of existing genders. The evolution of genders functions to meet needs in four domains: (1) psychological: an experience of fit between a core aspect of self and a gender construct; (2) cultural: the creation of an LGBTQ+ culture that asserts sets of gender characteristics, which were denied and stigmatized within preexisting cultural norms; (3) interpersonal: the communicating of affiliation and status to enhance safety; and (4) sexual: an erotic embodiment of signifiers of these needs via an aesthetic that structures sexual attraction. Levitt details how each function affects identity, security, belonging, and personal and social values.

Elliot Tebbe introduces the article and there are critical and insightful responses to the theory by Bonnie Moradi, who examines the implications for research and Laura Watson, who discusses the implications for practice. Dr. Levitt comments on the responses and further clarifies her functional theory of gender and its relation to critical and feminist theory. All articles are available on [PWQ's OnLineFirst site](#) and will appear in the Sept. issue of [PWQ](#).

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REQUEST FROM ACTIVISM CAUCUS (CON'T)

Appendix A: Partial List of AWP Actions

Even a list of brief descriptions of past AWP activism runs on for many pages, but the following examples provide some sense of their range and variety:

- Petition begun at AWP conference in the mid-1980s protesting the proposed *DSM* categories of Masochistic/Self-defeating Personality Disorder, and Paraphilic Rapism led ultimately to the submission to the *DSM-III-R* Task Force head of individual signatures and letters from organizations representing a total of 6 million people in the United States and globally. A consequence, after the Task Force withdrew Paraphilic Rapism, was the creation of a special appendix for the other two categories that allegedly prevented them from being formally used. The “Coalition Against Ms-Diagnosis” (of which AWP was a prominent member) picketed American Psychiatric Association convention.
- AWP sponsored the publication of the one-of-a-kind book *Bias in Psychiatric Diagnosis*, and nearly all of its royalties have gone to support AWP.
- For some years, the holding of a Feminist Forum at the annual conferences, where needed political actions could be proposed and discussed. The flavor of the forum today is far different than it used to be, as most comments seem to be focused on attitudes toward the conference rather than on the state of the world.
- As Iraq War began, creation and dissemination to major media of a White Paper on the subject, “Psychologists Can Only Heal So Much: Emotional Casualties of War.” A key message was that all citizens need to stop pathologizing people who experience terror and other disturbing feelings as a result of their experiences in these wars or war zones and that pathologizing them and sending them to therapists to listen to their stories is a way that society keeps itself from having to face the emotional consequences of war and thus makes it more likely that we will go to war again. This led to numerous media interviews, and the press release about it was the lead story in *Counterpunch*. (That led to a *Washington Post* Outlook piece that was reprinted in a magazine for military families and a publication for reserve officers, and it later grew into the book, *When Johnny and Jane Come Marching Home: How All of Us Can Help Veterans*, which won three top national nonfiction awards, and was the basis for a film, “Is Anybody Listening?”, which won many awards.)
- AWP sent Dr. Susan Woods, head of the FDA’s Women’s Program, a policy statement protesting the FDA Commissioner’s refusal to approve over-the-counter sales of the morning-after pill called Plan B. The same statement was sent widely to media and to Congresswoman Slaughter and Senators Kennedy and Kerry.
- Some conference committees have organized actions during the conference, such as a march against sexual assault and the donation of toiletries from conference hotel rooms to a local battered women’s shelter.
- For many years, the IMPs had a policy of not meeting in non-unionized hotels. (Is that policy still in place?)
- Many activism sessions have been presented at conferences (e.g., teaching activist tactics).
- AWP issued a call for Congressional Hearings about Psychiatric Diagnosis and collected individual and organizational endorsements for it, with stories of harm from diagnosis. Endorsers are listed at <https://>

REQUEST FROM ACTIVISM CAUCUS (CON'T)

psychdiagnosis.weebly.com/endorsers.html, and a petition where additional endorsers can sign on is at change.org (“Endorse the Call for Congressional Hearings about Psychiatric Diagnosis”)

- The AWP Committee on Bias in Psychiatric Diagnosis created a section for the AWP website with essays by various writers targeting topics related to the then-in-preparation *DSM-5* and issued a press release about it. http://awpsych.org/index.php?option=com_content&view=article&id=102&Itemid=126
- AWP cosponsored (with the Society for Menstrual Cycle Research and the National Women’s Health Network) a 2002 Congressional briefing with Sarafem for “PMDD” as the specific example. The AWP Spokesperson talked about “Psychiatric Diagnosis: Little Science and No Regulation” and made concrete recommendations for action.
- For many years the AWP Spokesperson responded to requests from media people for feminist perspectives on issues in the news. For example, on April 23, 2004, Paula as Spokesperson did a 45-min interview with Raoul Mowat of Chicago Tribune re: the feminization of psychology.
- Based on a press release the Spokesperson wrote, a small item appeared in the *Metro* newspaper, Boston edition (larger circulation than *Boston Globe*, they say), for Women’s Equality Day, saying that in the past 3 years 1 million women have lost their jobs and that “women still earn far less than men and are hit hard by the scarcity of affordable health insurance and childcare.” The published article said that this information came from the Association for Women in Psychology.
- The spokesperson wrote a Letter to the Editor that was printed in the *Boston Globe* that said: Now that, in Teresa Heinz Kerry, we have another Presidential candidate's wife who is both straight-talking and warmly expressive, we again see the near-impossibility of being regarded as a good woman without being quiet and compliant. Strong women are damned no matter what they do. *Globe* columnist Cathy Young (The Right to Be Opinionated, August 2) minimizes the phenomenal, committed philanthropy of Heinz Kerry by pointing out that "her philanthropy is funded by the fortune of her first husband." And if she kept all that money for herself, would we be encouraged to admire her then? Exactly what is the good, "womanly, feminine" thing to do with her money? In this campaign, we need to watch for pundits to put women in these impossible positions.
- The spokesperson sent a letter to the Hyatt Hotel chain protesting their policy on “acceptable” hairstyles for female employees (no dreads or braids for Black women).
- The spokesperson sent a letter to the National Cancer Institute protesting the cancellation of the women’s health trial on breast cancer prevention.
- The spokesperson sent a letter to Rep. John Conyers asking him to urge his colleagues to include violence against women in the hate crimes legislation that was under consideration.
- The spokesperson sent a letter to *Psychology Today* objecting because a book review in a recent issue put “date rape” in quotation marks, which suggested that date rape is not a real or serious problem.
- The spokesperson sent a letter to the A&P supermarket chain urging them to stop selling California grapes whose pesticides pose danger to farm workers. We also asked them to meet with Cesar Chavez as soon as possible about this.
- The spokesperson sent a letter to the Malaysian Tourist Center to say that we will ask people not to visit Malaysia until the four women imprisoned for having attended seminars in the Philippines are released.

AWP AUSTIN 2020: PLANNING UNDERWAY FOR MARCH 5-8, 2020

BY SHARON LAMB & DEBRA MOLLEN

The AWP AUSTIN 2020 Planning Committee met on May 20th, officially beginning our year-long feminist collaboration to bring AWP an exciting conference in an amazing town. The theme, Sexual Agency/Sexual Rights, was chosen not only because of our long time interests, but because now more than ever, when reproductive rights are being challenged, and especially in an election year, when attention to feminist objectives may hold more sway, sexual agency and sexual rights seem inextricably linked.

Our planning committee consists of 10-12 AWP members representing the diversity of our association. We will continually welcome new people with ideas onto the planning committee up until the last moment. As almost none of us live in Austin, we will be planning from afar and welcome input from all of you with connections to UT Austin and other feminist, LGBT, reproductive rights, etc. organizations there. AWP members who did their internship in Austin are at this very moment hunting down the best DJ or band or Karaoke host for our evening activities.

The conference will take place in the AT&T



Sharon Lamb
2020 Conference Co-Coordinator

*“now more than
ever, when
reproductive
rights are being
challenged, ...
sexual agency
and sexual
rights seem
inextricably
linked.”*

Sharon Lamb
&
Debra Mollen

Conference Center which is just South of the UT Austin campus and just North of the capitol. It's a quick walk to the nightlife on 6th St and a fast uber/lyft drive to the SOCO district or a walk around Ladybird Lake. The AT&T Conference Center is connected to a hotel and goddess willing, the weather will permit us to hold some events outdoors in the courtyard between the hotel and conference center and the terraces overlooking the courtyard.

We have only just started planning but here are some ideas we will be looking into along with the usual conference activities. Could we organize a fund-raising art show featuring art by local artists as well as AWP members? We are thinking about organizing restaurant trips that members sign up for in advance. Is it possible to go as a group to Esther's Follies or the Broken Spoke for some sketch comedy or some Austin two-step lessons? Can we do some activism while there in collaboration with any non-profit group in Austin?

We hope to make this conference one of the most inclusive ever and already have members who are volunteering to coordinate accessibility and potentially a workshop or program on feminism and disability. We have another



Debra Mollen
2020 Conference Co-Coordinator

AWP AUSTIN 2020 (CON'T)

member whose expertise is in treatment of transgender youth and adults in Austin who has volunteered to review language and signage for inclusivity, having listened to the folks at the AWP Rhode Island meeting who asked for more sensitivity as well as inclusive language.

Finally we're thrilled to announce our keynote speaker, Loretta Ross, a long-time activist, human rights leader, and author on reproductive justice who puts the lived experience of women of color front and center in her work. She was a co-founder and national coordinator of Sister-Song, a Women of Color Reproductive Justice Collective, and has also served as Co-Director of the March for Women's Lives in 2004. She is Founder and Executive Director of the National Center for Human Rights Education, and has led many women of color delegations to international conferences on women's and human rights is-

sues. A rape survivor and survivor of sterilization abuse, her story and her work continues to inspire many. Born in Texas, she returns to speak to AWP members on March 6th. Her talk is entitled "How #MeToo Intersects Reproductive Justice."

Our Saturday morning plenary focuses on Sexual Agency and zeroes in on the uses and abuses of that phrase in neoliberal times. Laina Bay-Cheng, Professor and Associate Dean for Faculty Development at the University at Buffalo School of Social Work. Since the beginning of her career, she has concentrated her research on the imprint of social forces and material conditions on young women's sexual lives. She combines empirical and conceptual analyses to shift attention away from individual-focused models of sexual risk and toward the systemic roots of girls' and women's sexual vulnerability: interlocked gender, class, race, and age-based inequalities and the ideologies that perpetuate them. Long-time AWP member Alexandra Rutherford will join Laina

and present her work exploring feminist history, sexual agency, and neoliberalism. Alex is a professor of psychology at York University in Toronto. She studies the relationships between feminist psychology and society to understand how feminist science contributes to positive social change. In her recent publications she has examined the roles of neoliberalism and postfeminism in shaping gendered discourses of agency and empowerment. And also long-time AWP member Deborah Tolman, will present on her newest thinking and upcoming book on sex, sexual agency, and embodiment. Deb is currently at Hunter College in NY where she researches adolescent sexuality around the "unmentionables" of pleasure and danger.

The call for papers will come out in September. We still welcome any and all volunteers to help in our planning! Contact us at our new email address: AWPAUSTIN2020@yahoo.com. Sharon Lamb and Debra Mollen

EDITOR'S REFLECTION BY YUKI OKUBO

Nourishing Soul: A Daily Practice

I must admit, I was never good at calibrating a balance between work and life, whether it be as a student or as an academic. While I was consistently given messages from people about becoming better about prioritizing certain activities, deadlines, figuring out in a "smart" way where and how much to use time and energy, it does not come naturally for me. Thus, over the years, I have been taking active steps to become better about how I spend my time and energy, and for once, actually have time to play instead of working all the time!

This realization of needing to have a work-life balance and

importance of self-care has hit me pretty hard in the last few years as I have dealt with some significant medical issues, physical pain, and work-life transitions and milestones. IN facing these changes and challenges, there are a few life lessons I learned along the way. One of the hardest things I continue to struggle with is the fact that self-care is a daily practice. I so wish I could just take a long weekend and that will just get me through the week! I wish that I did not carry stress in my body but I do, and just because I was good at moving my body and resting one day doesn't translate necessarily into a good week ahead. Thus, while I have not achieved the best practice, I can identify a few activities I have come to appreciate that help me not only recover from daily grind but also

nourish my soul.

Yoga: When I go to a class, it has become a particular routine of getting ready early, arriving to the class 30 minutes early, taking the extra time to get into the mindset, actual class, and showering. It is a good 2.5 hour commitment and yet when I do it, there is no regret. I appreciate the ritualistic element of the routine as well as the differences in experience brought on by my physical, mental, and emotional condition.

Meditation: While I haven't been good about meditating daily, when I do, I experience the benefit of it throughout that day and beyond. My students in Helping Skills course this past semester also appreciated the benefit of meditation when I used it as a part (continue to page 23)

OUR FEMINIST JOURNEY AND THE AGE OF SOCIAL MEDIA

BY MARISSA LAWRENCE

“The project entitled, ‘Our Feminist Journeys,’ welcomed all AWP members and conference attendees to be photographed with a short quote that explained how their feminist journey began.”



Marissa Lawrence

This year the Association for Women in Psychology (AWP) annual conference set out to commemorate the 50th anniversary of organization's formation. To celebrate 50 years of feminist scholarship and community, many felt it was important to highlight the history of AWP and how its' history continues to inform our work in the present. In addition, this year's conference theme entitled, "Gold, Bold, more stories Untold," aimed to raise up the stories and voices of those that have remained hidden.

Long time AWP member and contributor Dr. Mala Matacin and a team of her students embarked on a project that would both encompass the conference theme and pay tribute to the incredible history of AWP. The project entitled, "Our Feminist Journeys," welcomed all AWP members and conference attendees to be photographed with a short quote that explained how their feminist journey began. Once all participating members were photographed, my task was to document their journeys by posting the pictures through the organization's various social media outlets. The project allowed participants to both explore their individual feminist journey, and to serve as activists once their journeys were shared on social media. Dr. Matacin and I felt it was important to utilize social media platforms as a way to document and share the participant's stories beyond the confines of the conference. Social media is changing how people are identifying within the feminist community; due to the fact that the connection to feminism has changed what it means to be a feminist. More specifically, the connection has changed due to how personal and accessible information has become through the internet. Therefore, as we continue to contribute to the online feminist community, the information people encounter then becomes a major part of their own individual journeys.

The change in the sophistication of how information is presented on social media, has also impacted our ability to fully evaluate what we're viewing. For example, social media users often present information that depict their lives as a 'finished product' and this picture is almost always a positive one. We are rarely reminded of the complexity of someone's transformation and growth, because we are not previewed to the process of their journey. In addition to this, we then forget to focus our attention inwardly, and appreciate the process of our own journeys. 'Our Feminist Journeys' was able to provide the participants with the opportunity to look inward and then share a snap shot of their process outwardly to challenge this phenomenon.

When information presented on social media depicts a 'finished product' and the collective of these messages become homogenous; the underlying implication is that there is a sought-after standard that is acceptable in the world. This is why it was important to capture the diversity of the participants and their experiences. For example, experiences such as supportive mentorship, political changes, intergenerational influences between women, and many other personal experiences were shared by the participants of the project.

Specifically, in the feminist community, this can feel exclusive to others and portray an unrealistic standard of what the community consists of. This phenomenon can result in the perpetuation of hierarchies already present in the feminist community, that continue to uplift voices with power and disregard those voices that are not shared. Thus, it was important that the project did not place a hierarchy on the quality of anyone's journey, and that every photo submission was posted online.

It is our hope that we can continue to immerse ourselves in opportunities to share these untold stories, because it is these stories and voices that continue to help AWP grow and work towards the future.

FROM ACTIVISM CAUCUS BY PAULA CAPLAN

Press Release: May 15, 2019

Activism Caucus

**Psychological Damage Inflicted
on Girls and Women from
Restrictions on Reproductive
Rights**

As the news in the United States these days about restrictions on women's reproductive freedom echoes Margaret Atwood's (1985) novel, *The Handmaid's Tale*, the Activism Caucus of the Association for Women in Psychology considers it essential to point out the alarming psychological consequences of laws that limit girls' and women's rights to make decisions about their bodies and their futures.

This is especially the case for the most extreme measures, such as those embodied in the Alabama legislature's vote on May 14 to classify abortion as a felony.

These laws are damaging to the emotional health of girls and women in a number of important ways:

(1) Growing girls learn that in crucial, life-altering ways, the govern-

ment has more control over their bodies than they do. This is important for many reasons, one of which is that a sense of control has been shown repeatedly in psychological research to be important to mental health and well-being. Rape and incest are examples of extreme loss of control, and at least in some cases, making the decision to have an abortion after rape and incest are important parts of healing, but the new Alabama law prohibits that;

(2) Women, who already have fewer legal rights than men under the U.S. Constitution, are experiencing shock and fear as they see government entities with all their power take away some of the most important rights they do have. In the decades since the *Roe v. Wade* decision in 1972, most women have been able to make decisions about whether and when to give birth, and they have felt secure in their right to privacy. These new laws substitute the opinion of state legislatures over the opinions of women and their doctors, and they suggest that women are incapable of making ethical decisions based on their own health and circumstances; and

(3) Accompanying these reactionary attempts to challenge reproductive rights are moralistic fervor and the blaming and shaming of girls and women who choose to use birth control measures or who choose to have abortions. This causes fear, self-doubt, low self-confidence, feelings of being unsafe, and beliefs that others consider them incompetent to make major decisions about their lives and undeserving of reproductive rights.

(4) When reproductive rights are restricted, higher-income women find it easier than lower-income women to purchase or travel to seek the health care they want and need, and the physical and mental health of the latter will suffer.

Women's rights are human rights, and human rights are essential to mental health and well-being.

The Association for Women in Psychology is an august, 50-year-old organization whose mission includes the promotion of emotional health and happiness for all. awpsych.org

EDITOR'S REFLECTION (CON'T)

of the exercise to be in touch with their thoughts and emotions, acknowledging them, and then letting them go to be more present. We do not seem to realize how much we hurry in our lives. Recently, my yoga instructor introduced an intention for the practice to slow down and not hurry. It was a meaningful practice for me whose work pace has not slow down this summer. It has stayed with both my husband and I where he has reminded me the importance of slowing down,

taking the time, and appreciating the moment.

Gardening: There is a community garden where I live that is active in spring and summer. I enjoy the people who gather there during the work day and we tend to whatever is needed for the garden. Most time is spent weeding while we get to know each other and catch up on each other's lives as we witness how much plants have grown each week. There is something magical and healing (continue to page 27)



Yuki Okubo
Newsletter Editor

PSYCHOLOGY *of* WOMEN Quarterly



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

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<http://www.apa.org/divisions/div35/>

CALL FOR AWP AWARDS

Jewish Women's Caucus (JWC) 2018 Award for Scholarship

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

Deadline: December 31, 2019

Purpose

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

Eligibility

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

Submission

Entries should be written in APA style. Email to <docsiegel@earthlink.net> or send four (4) hard copies of the paper, book or project and a self-addressed stamped postcard to the address below. A cover sheet should accompany each submission and include the author's name, address, telephone number and email address.

The submissions will be reviewed using a standard blind review procedure, therefore [where possible] the author's identifying information should not appear on the submission itself.

Criteria

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

Award

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

To Contribute to the Award

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

Send Donations, Submissions, Hard Copies and/or Nominations to:

Sharon Siegel, 125 E. Tahquitz Canyon Way, Suite #203, Palm Springs, CA 92262-6464
Or e-mail with subject line: "JWC Award Nomination" to <docsiegel@earthlink.net>

CALL FOR AWP AWARDS

SPECTRUM LGBTQ+ 2018-2019 Award Gender and Sexual Minority Manuscript Award

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

Content: The Association for Women in Psychology encourages submissions of theoretical and empirical manuscripts that address the psychology of marginalized gender and sexual identity populations, including but not necessarily limited to those who identify as lesbian, gay, bisexual, transgender, non-binary, genderqueer, genderfluid, and/or queer. Manuscripts focusing on any topic relevant to the psychology of populations of marginalized gender and sexual identity status are invited.

Eligibility:

Individual and jointly authored manuscripts are eligible. Manuscripts (conference papers, dissertations, journal articles, or other manuscripts) can be unpublished, under review, accepted for publication or published. (Note: If you are submitting a published manuscript for consideration, please provide full citation and note that no manuscripts published PRIOR to January 1, 2018 will be considered). Manuscripts not more than 50 pages are recommended. Entire books are not eligible. Members and nonmembers of the Association for Women in Psychology are eligible to apply.

Deadline extended to Friday, June 21, 2019 at 11:59pm Eastern Standard Time.

Evaluation and Requirements:

Submissions must be made by manuscript author(s) to Erin Hipple (eehipple@gmail.com) by 11:59pm (Eastern Standard Time) on Friday, June 21, 2019. Please send your submissions via email with the following email subject line: AWP 2019 SPECTRUM Submission. Please include two documents in your submission (Word or PDF), one document containing the manuscript with no identifying information (including only the title, abstract, and manuscript body) and a second document containing contact information (i.e., author name(s) and contact information along with the title, abstract, and manuscript body). A panel of SPECTRUM committee members will review the anonymous manuscripts. Submissions will be evaluated on the basis of sound methodology, clarity of writing, and relevance to the advancement of the psychology of gender and sexual minorities.

Award:

The award winner will receive a \$250 honorarium and will be given the opportunity to present their research at the 2020 Annual Association for Women in Psychology conference. The award winner will be notified by email and announced at the American Psychology Association convention in August (the winner is not required to attend the APA award ceremony, but is strongly encouraged to present their work at a special awards symposium at the AWP conference). Please email Erin Hipple with any questions you may have at ehipple@gmail.com.

OTHER AWP AWARDS

Check out AWP Website Awards page at
<https://www.awpsych.org/awards.php> for all the awards
with detailed information.

CALL FOR AWP AWARDS (CON'T)

LUMA Award

Deadlines EXTENDED to Friday, June 21, 2019 at 11:59pm.

Purpose: The Association for Women in Psychology encourages theoretical and empirical scholarship that addresses the psychology of lesbians' experience.

Topics: Manuscripts focusing on any topic relevant to the psychology of lesbians are invited. Submissions must be made by manuscript author(s) to Lhyers@wcupa.edu by the extended deadline. Deadline EXTENDED to Friday, June 21, 2019 at 11:59pm, (Eastern Standard Time) with subject line: AWP 2019 LUMA Submission.

Please include two word documents or PDF documents in your submission, one document containing the manuscript with no identifying information (including only the title, abstract, and manuscript body) and a second document containing contact information (i.e., author name(s) and contact information along with the title, abstract, and manuscript body). A panel of Association for Women in Psychology committee members will review the anonymous manuscripts. Submissions will be evaluated on the basis of sound methodology, clarity of writing, and relevance to the advancement of the psychology of lesbians. The award winner will be notified individually via email and also announced at American Psychology Association convention in August (the winner is not required to attend the APA award ceremony). The winner is invited to present the manuscript at the Annual Association for Women in Psychology conference and will receive a \$250 honorarium and waived conference registration for presenting.

Eligibility

Manuscripts (conference papers, dissertations, journal articles, or other manuscripts) can be unpublished, under review, accepted for publication or published. (Note: If you are submitting a published manuscript for consideration, please provide full citation and note that no manuscripts published PRIOR to Jan 1, 2018 will be considered.) Both sole and jointly authored papers are eligible. Manuscripts of less than 50 pages are preferred, but longer manuscripts are acceptable; however, no books will be considered. Members and nonmembers of the Association for Women in Psychology will be considered equally.

EDITOR'S REFLECTION (CON'T)

about touching soil, being outside, and witnessing vegetables, fruit, and herbs grow. Icing on the cake is being able to them enjoy eating fresh produce at harvest.

Coloring: My creative bone was buried long time ago until I started teaching and realized this is where I can be creative. I've always enjoyed coloring but was particular about it. I have been the kind of person who wouldn't want to color a picture I like because I don't want to ruin it. It has been difficult to overcome this notion and just try a color. And believe me, I make mistakes that ruin the pictures. But it is just a drawing. Choosing colors and making these small

decisions are small ways in which I'm building my confidence in affirming the experience that trying is more important than the how the pictures turn out.

Reading: Ever since I was little, I loved reading books. I used to go to a public library which was a few blocks away while growing up on a daily basis. As I started reading more for my education and then work, I lost an ability to read for leisure during academic year. It took a very long time to realize that this had to do with stress and anxiety, lack of mental and emotional capacity to enjoy reading. As I have started other

activities mentioned above, I have been able to pick up books, especially at the end of the day, or during the weekend. I'd love to read more but I'm so excited that I'm reading again!

By engaging in these self-care activities for the last few years, I was surprised how deprived I was in creativity, stimulation, calm, and realization. I look forward to re-centering myself this summer (and before another academic year rolls around) to nourish my soul.

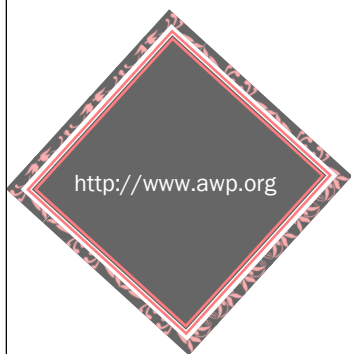
For those of you attending and presenting at APA in Chicago, please stop by Division 35 Suite and say hello!

AWP IMPLEMENTATION COLLECTIVE MEETING MINUTES

Feb. 28, 2019
Gurney's Resorts
Newport, RI

AGENDA TOPIC/THEME	Specific Topic	Discussion Points	Actions/decisions
June Meeting 2019	<ul style="list-style-type: none"> Location and Dates 	<ul style="list-style-type: none"> Notre Dame Campus of Emmanuel College as a possibility 	<ul style="list-style-type: none"> June 27-30 on Notre Dame Campus, Emmanuel College in Boston.
APA Convention Suite Coordinator Update	<ul style="list-style-type: none"> APA 2020 	<ul style="list-style-type: none"> Division suites are functioning in a different way than in the past. Having conversations with Division 35 in the future. Planning for APA 2019 	<ul style="list-style-type: none"> Will continue interactions with Division 35.
AWP 2019 Conference Updates	<ul style="list-style-type: none"> New Award Laura Brown's talk and donation possibility Registration 	<ul style="list-style-type: none"> Christine Blasey-Ford Women of Courage Award Will ask conference attendee for donations. About 385 registered, about 50 of them are guests. 	<ul style="list-style-type: none"> New awards to be brought to business meeting, and then electronic votes by membership in the future. Will establish a mechanism to collect donation at her talk.
AWP 2020 Conference Updates	<ul style="list-style-type: none"> Soliciting team members for conference planning 	<ul style="list-style-type: none"> Generated ways to help Co- Coordinators 	<ul style="list-style-type: none"> Will continue to reach out to Austin based individuals.
Request for Press Release	<ul style="list-style-type: none"> How to handle press release request in a timely fashion 	<ul style="list-style-type: none"> There is no established process for this. 	<ul style="list-style-type: none"> Press release request to go to Website/Communications Coordinator

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AWP 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.

