President's Column

OUR SOCIAL JUSTICE IMPERATIVE: FEMINISTS CALLED TO ACTION AND CONNECTION

Olivia Moorehead-Slaughter, PhD

As I begin my Presidential year of Division 35, I feel honored, humbled, and excited to assume leadership of a division devoted to feminist psychology, social justice and collective activism. Though they did not think of themselves as such, I am most certainly the product and beneficiary of strong feminist women. While growing up in Pine Bluff, Arkansas, these women, each in her own right, modeled strength, courage and how to move forward through adversity. Roxie Price, Cornelia Moorehead, Delora Brewer, Esther McPherson, Edna Williams, Rosalie Johnson, Helen Hughes, Armetta Smith and Ava Jackson, all wise women who loved, taught, shaped and encouraged me throughout my most formative years. They are forever my “Sheroes” and I am standing on their very strong and loving shoulders.

Over the past year, I have had many occasions to appreciate their lessons in perseverance, courage through difficult times, and finding strength in spirituality at all times. Becoming President-elect of this division in the wake of the release of the Hoffmann Report provided the opportunity for much reflection, soul searching, and contemplation. I have been challenged to listen, to grow and to learn valuable lessons about leadership that I am committed to using and sharing. I have emerged stronger, more empathic, and even more committed to embracing the challenges and the privilege of servant leadership. I feel a sense of urgency to make this year a productive one. Thus, my presidential theme emphasizes both “action” and “connection” because living our social justice imperative demands that we take action, doing what we can to make a difference within our personal

"..I am most certainly the product and beneficiary of strong feminist women.."
spheres of influence. I also believe that it is through connection with each other, finding our common purpose and remaining engaged around our differences that we are able to stay the course through adversity and to move forward.

For each of my initiatives, I am particularly interested in promoting cross-generational feminist partnerships among students, early career psychologists, and mid- and senior career psychologists, creating ways for shared learning.

This year, my first initiative will be the formation of a task force that will continue the work within the Division around the Hoffman Report. There is much work to be done around bringing our individual and collective voices to bear as we consider actions, inactions, and lessons learned. This task force will focus on truth and reconciliation as well as an exploration of restorative justice. This is important and difficult work for all of us to continue. The formation of a task force will facilitate continued attention to this important topic and create space for meaningful dialogue, reflection and actionable steps for our division. Building on the momentum of last year’s Lunch Counter Conversations, division members will have an opportunity to listen and to speak as this task force moves forward. Tri-chairs are planned and will be announced soon.

Stay tuned!

My second initiative is entitled “Killing Her Softly” and will include several components. Core to this initiative is a focus on self-care and mindfulness. Early career psychologist, Dr. Michaela Smith, uses mindfulness extensively in her personal and professional lives and will take the lead in bringing webinars as well as interactive mindfulness activities to the mid-winter Executive Committee meeting. Importantly, this initiative is also meant to bring attention to the importance of self-care for all of us and will bring particular focus to the overall health and mental health of women and/or girls. To date, participants around issues related to health and mental health concerns of women and girls include Dr. Jennifer Kelly, Dr. Earlise Ward, and Dr. Vivian D. Barnette. Stay tuned for other participants in this area as well.

Lastly, Dr. Thema Bryant-Davis and Dr. Shavonne Moore-Lobban will lead a component of this initiative focused on addressing violence against women and children. They will lead one webinar focusing on defining domestic violence and begin to explore how to address it in counseling. A second webinar will more deeply explore prevention, healing and recovery. Planning is also underway for a community service project for the Division at a domestic violence shelter in Portland, OR during the mid-winter Executive Committee Meeting. Drs. Bryant-Davis and Moore-Lobban are also planning to propose a 2017 Convention CE Workshop around building skills for developing relationships with community partners. There will no doubt be more exciting developments within this initiative as well.

Initiative three will be focused on mentoring, specifically to designing a “MentorMatch.com” for the Division. Heading up this initiative will be Ms. Monica Ellis and Dr. Allie Minieri. They will be assisted by the Co-Chairs of the Committee on Technology, Dr. Shawna Wright and Dr. Marlene Maheu. This initiative will allow members within the division who are seeking mentors and those who are interested in being mentors to find each other. Ms. Ellis and Dr. Minieri have the good fortune of being assisted by Sections 1 and 4 of Division 35 as well as Division 44, all of whom have generously shared information related to their experiences with this process.
Finally, “Feminist Leaders: The Power and the Peril” is an initiative that will culminate in either a book or a video highlighting the experiences and lessons learned by feminist leaders who will share their authentic leadership stories. At some point during the year, expect to hear more about an opportunity to participate in this initiative.

And so it begins, a year for all of us to "lean in" to challenges and to seek opportunities to “be the change that we wish to see in the world.” As your feminist sister, I am privileged to work alongside you as we daily commit to doing what we can to live out our social justice imperative.

**As your President, I am appreciative for this opportunity to serve and to lead. Onward...**

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**RECENTLY PUBLISHED ARTICLE IN PWQ**

*by Sara Aigen and Mary Brabeck*

**Adapting to Injustice: Young Bisexual Women’s Interpretations of Microaggressions**

*Sara L. McClelland, Jennifer D. Rubin, and José A. Bauermeister*

*Psychology of Women Quarterly*

What happens when we grow up continually hearing negative comments about ourselves, or those like us, from friends and family? Utilizing a feminist post-structuralist approach, McClelland, Rubin, and Bauermeister investigated this question through interviews conducted with 13 bisexual women who were asked about their experiences coming out as bisexual, as well as experiences of discrimination. The participants (ages 19-24) shared stories about loved ones’ reactions to their coming out and experiences with mundane forms of discrimination such as hearing slurs about their sexuality.

The authors found that reactions to women’s bisexuality fell into four distinct categories including disgust, discomfort, titillation, and ambivalent tolerance. Each of the four types of reactions highlight the subtle but powerfully negative messages received by many bisexual women from their friends and family. The authors also found that as they matured, participants tended to trivialize discriminatory experiences or see themselves as responsible for avoiding discrimination, rather than identifying themselves as targets of discrimination. McClelland and colleagues document the methodological and ethical dilemmas facing feminist psychologists who try to analyze experiences of discrimination that are minimized and distorted. The authors call researchers to action and emphasize the need for continued vigilance about how we, and those we conduct research with, may unknowingly accommodate discrimination.

Access this article at PWQ OnlineFirst! [http://pwq.sagepub.com/content/early/recent](http://pwq.sagepub.com/content/early/recent)
Consequences for sexual assault perpetrators: Does the punishment match the crime?

Tiffany Marcantonio & Jill Swirsky

Incarceration is meant to be a punishment; a stripping of rights and freedom as a consequence for engaging in an illegal action. This raises some very important issues surrounding whether our judicial system administers punishments consistent with the crime committed. Nowhere is this more apparent than the recent media coverage of several convicted college rapists.

An attack at the University of Colorado at Boulder resulted in the perpetrator being found guilty, although the judge reportedly struggled with the idea of putting Aaron Wilkerson in prison. Instead, he was sentenced to two years in prison on a “work leave” program that allowed him to go to school or work during the day. Wilkerson was also given 20 years to life of probation, including sex offender specific counseling. Brock Turner, the Stanford student, was found guilty of rape and sentenced to 6 months in county jail, with the option for early release 3 months in. The now famous letter from Turner’s father claims that incarceration is not the appropriate punishment, and that Turner has no history of violent crimes – other than, of course, rape. In 2015, football player Sam Ukwuachu was sentenced to six months in county jail and 10 years’ probation for sexually assaulting a freshman. In all of these cases, even with a conviction, the prison sentence was barely a slap on the wrist.

Seeing such mild sentencing for convicted rapists made us wonder whether other crimes, such as non-violent drug offenses, were treated in a similar manner. When someone is convicted of a drug felony, they face “mandatory minimum sentencing.” Set forth during Ronald Regan’s presidency (Hanson et al., 2015), these laws force a judge to give a convicted individual a certain criminal sentencing despite extraneous factors, such as living in poverty, lack of education, or suffering from drug addiction. For

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FROM THE EDITOR’S DESK...

Thank you for joining us for the Fall 2016 issue of The Feminist Psychologist! We welcome Olivia Moorehead-Slaughter, the new President of the Society for the Psychology of Women. Take some time to read her President’s Column where she describes new initiatives designed to spark healing and push for transformative actions.

In this issue you’ll find many of your favorites – like Dr. Mom and Figuring It Out Loud, and award news from SPW. This issue we examine sentencing disparities for sexual assault, explore strategies to help Black women thrive in the face of gendered racism, and continue our discussion of mentorship from the perspective of both mentees and mentors.

I welcome your feedback, your ideas, and your involvement. We are still in process of growing our Editorial Staff and welcome interest from potential Associate and Assistant Editors and regular/guest Contributors. The Society for the Psychology of Women is a community and The Feminist Psychologist is an amazing forum for giving voice to our community.

Shani Harris, PhD
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Associate Professor, Psychology Department, Spelman College
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instance, a non-violent drug offense with the intent to manufacture, distribute, or possess 100 grams of heroin, 500 grams of cocaine, 20 grams of crack, or 100 grams of marijuana involves a mandatory minimum sentence of 5 years in prison (Families Against Mandatory Minimums, 2013). Five years behind bars, five years with limited freedom, five years away from their families and loved ones.

Now, while we certainly acknowledge the dangers and consequences that come from selling drugs to the general public; there are several important points of comparison between drug offenses and sexual assault. First, while possession, manufacturing, and distribution of drugs CAN lead to violence, we are specifically focusing on non-violent offenders. On the other hand, every case of rape is violent: whether or not physical force is used rape is, by definition, a violation of someone else’s body. Second, while drug use or possession CAN affect others, it is just as often only harmful to the addict or user. Again, every rape is harmful to the survivor. Third drug traffickers often clearly understand what they are doing, that it is a crime, and that their actions could result in legal issues and prison time. Conversely, many men who commit sexual assault under report or minimize their behaviors (i.e., “it wasn’t a big deal”) (Strang, Peterson, Hill, & Heiman, 2014) and while it has been suggested men do not understand their behaviors are coercive, research suggest otherwise (O’Byrne, Rapley, & Hansen, 2006).

Another major issue concerns the degree of objectivity involved in legal rape cases. Drug cases involve a set precedent for judicial handling, one that does not allow a judge to use logic or discretion in their decision; any personal histories regarding the accused are null. In fact, judges often wished they could use discretion in their sentencing of non-violent offenses; perhaps one size does not fit all in these scenarios. So, when it comes to a rape case, which is a violent and demeaning behavior committed primarily against women, why are judges not only permitted, but forced, to use logic, discretion, reasoning and their own feelings to make a decision?

In summary, there is a need for a major overhaul in the ways the judicial system handles sexual violence. We have no difficulty convicting individuals committing non-violent drug offenses and have very strict regulations on how to handle them, yet convictions for sexual perpetrators are still a gray area with a lot of room for personal opinion to influence justice. While every case of sexual assault is unique, perhaps it is time to remove subjectivity for sentencing to help ensure that perpetrators of sexual violence are punished in accordance with their crime. In other words, the violation of someone’s body should ALWAYS result in more than a few months of incarceration and some time on probation.

References

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Want to discuss further? Contact the authors at:
jill.swisky@gmail.com and tiff.marcan@gmail.com
TIME TO RETIRE THE TERM "FELLOW"?

The SPW "Fellows" Committee, and many SPW and APA members, believe that it is time to revisit the choice of the term "Fellow" to honor excellence in the science and practice of psychology. The term "fellow" is problematic for many reasons. In common parlance, "fellow" means, first and foremost, man and male. **Calling women "fellows" makes women invisible, and/or second class—the same way that other masculine terms (e.g., "mankind") make women invisible and/or inferior,** and were therefore abandoned in APA communications and publications.

The fact that people who use masculine language for women do not mean to be exclusive does not make masculine language less exclusive (Kleinman, 2002). In an article entitled "Making sexism visible," Kleinman, Copp, and Sandstrom (2006) invite readers to reflect on a similarly problematic masculine term, guys, and on the following question: What does it mean “that almost all generics are male, and how [is it that] we cannot imagine men—or even most women—feeling comfortable about addressing a group of women and men with, "Hey, gals![?]"” They conclude with the statements that **"[m]uch of sexism is not a product of a male conspiracy; rather, sexist practices continue simply by women and men doing business as usual,"** or, as Johnson (2005) puts it, taking the path of least resistance with regard to the term fellow.

**What do you think?** Do you have suggestions on alternate terms, and on process to discuss and generate an inclusive term for this honor?

With regard to process, we acknowledge the issue of APA's use of the term "Fellow." Therefore, we think it may be helpful to explore a name change at the division level, and then work with APA to see if it might also consider a name change.

Reaching out to the SPW membership is a step in this process. We will also request comments from the chairs of "Fellows" Committees of APA Social Justice Divisions.

**Please send your suggestions for alternate terms as well as feedback about the idea and the process to discuss changing the term "Fellow" to:**

**Kathryn Anderson, Ph.D., Division 35**  
"Fellows" Committee Member  
(kbanderson@ollusa.edu)

**Silvia Sara Canetto, Ph.D., Division 35**  
"Fellows" Committee Chair  
(silvia.canetto@colostate.edu)

**References**


Beneath The Facade:
A Psycho-educational Resource & Community for Professional Black Women
by Veronica Y. Womack, PhD, Northwestern University & Danielle Dickens, PhD, Spelman College

Black women have unique experiences in professional settings due to their double marginalization (Jones & Shorter-Gooden, 2004). Individuals coping with gendered racism report feeling isolated and dismissed (Thomas, Witherspoon & Speight; Sesko & Biernat, 2009). Research suggests that perceptions of isolation is associated with stress, however, this relationship is buffered by coping strategies that promote validation through social support (Hall, Everett & Hamilton-Mason, 2012). As millennial Black female social psychologists, we wanted to create a space for Black women to connect, have their emotions validated, and receive the latest psychological research on coping with gendered racism. To achieve this objective, we developed “Beneath The Façade,” an empirically-based, psycho-educational website for Black women dealing with stereotypical expectations in their environment. We highlight the structures of racism and sexism through conversations and articles about identifying and coping with devaluing experiences. The concepts used to establish our framework include: positive marginality, black feminist thought, intersectionality, social identity threat, and #BlackGirlMagic. The website has a “strategies and tips” section as well as a section with social science terms that can help women identify and label their experiences. We also summarize and share the latest popular and empirical articles on the experiences of Black women through social media outlets, such as Facebook and Twitter. We hold teleconferences and in-person discussion groups called, “Chats with BF”, where we facilitate conversations for Black Women on race-related current events or gendered racism in the workplace. The discussion group themes include: pressures to be the unshakeable black woman, importance of social support networks, and tapping into your authentic self. We also hosted “special

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Short Review:
The Defining Decade: Why Your Twenties Matter - and How to Make the Most of Them
by Alynn Gordon

The Defining Decade: Why Your Twenties Matter- and How to Make the Most of Them Now is a self-help book written by psychologist/therapist, Dr. Meg Jay (2012). The Defining Decade outlines the reasons why our 20’s are not only a distinct developmental time period, but this time period is complicated by the fact that our society often fails to acknowledge “twentysomethings” as real adults, which has caused us to perceive this time as an "extended adolescence." Most of the book is very useful and encouraging, based on well-established and well-known psychological and sociological research. Throughout the book, Jay earnestly explains why we need to take our twenties seriously and prevent ourselves from stalling out in unfulfilling jobs, majors, or relationships while living under the guise of someday. The mostly upbeat, comical, yet cynical book, is peppered with excerpts from her therapy sessions with “twentysomethings." A good read starts to turn (for me) at the chapter titled "Every Body".

“Every Body” starts by discussing the changes in parenthood that have occurred since women have become more educated and more likely to delay parenthood for educational and work pursuits. Citing statistics coming from a Pew report: "when twentysomethings were asked to identify their top priorities, the majority - 52% - named being a good parent as one of the most important goals in life" (p. 177). Because of this, Jay argues, twentysomethings "deserve to be educated about fertility statistics before they themselves are statistics" (p.177). However,

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recall that 48% of participants in that same survey did not list being a “good” parent as a top priority.

Jay starts with a story about one of her clients, Kaitlyn, who at 36 was dating someone she wanted to marry, but didn’t know if she wanted to have children or not. Jay says that “[Kaitlyn’s] response made me annoyed, not at Kaitlyn, but at a culture that has told women that the decision about whether to have a baby is something that, even at thirty-six, is not pressing.” (p. 178).

This is where the feminist in me got a bit frustrated; at this point in the chapter there appears to be an underlying assumption that all women want children. Following our introduction to Kaitlyn, we find out about her unsuccessful fertility treatments and the extreme costs of such procedures, along with some fertility statistics that are not encouraging. The chapter ends with the tale of “Billy”, married with a young son in his mid-thirties, who underwent an MRI for some chest/head pains. During his MRI, Billy had a personal revelation, recounted verbatim by Jay, but before she states that she “wished twentysomethings everywhere could have heard what Billy said. I want Billy to have the last word on this” (p. 186). What Billy explained was that of all the things he thought about during his MRI, only his son and wife came to mind. He said “I traded five years of partying…for five more years I could have had with my son if I’d grown up sooner…I was wasting my life” (p.187). What I found to be so profoundly unsettling about this story, and moreover this chapter, was that, in tall the talk about children, fertility and “wasting” your time in your twenties, only one small paragraph discussed “childless” (not childfree) women (p. 182).

To be fair to Jay, many people do want children and can put themselves on a fast track to wasting time which would be better spent doing what they really want- like raising children and enjoying family life. However, to make an assumption that all women (and men) want children is unfair, and it is an untrue assumption, made subtly by Jay throughout the chapter, and perhaps not so subtly by giving Billy the last word on the topic. I don’t believe it is helpful to strike fear in the hearts of

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FIGURING IT OUT LOUD:
MENTORING AND THE EARLY CAREER PSYCHOLOGIST (PART II)
Amanda L. Almond & Kat Quina

This is part 2 of our conversation about mentoring relationships! Here are 4 more things we’ve learned to value in our mentoring relationships. It is written so to advise senior psychologists on what works, from the perspective of both an ECP and her amazing mentor. Our final tips four tips are listed. Read, enjoy, and reach out if you have comments or questions: AAlmond@citytech.cuny.edu & kquina@me.com

#5 – BE WILLING TO EXPRESS WHEN OTHER MENTORS MIGHT BE OF USE – CONNECT US

Our mentors should connect us with other mentors (peers and senior psychologists alike). This can be something as small as cc’ing a colleague on a conversation in which they might contribute, or more formally connecting us with someone who has time to work with us on a particular goal/project. Similar to my earlier point, no mentor should think that they have all the resources an ECP might need. Also, mentorship from non-psychologists (nurses, related disciplines, and administration) are also of tremendous value!
#5 (cont’d) - Be Willing to Express When Other Mentors Might Be of Use - Connect Us

**Kat:** A network is a great way to make these connections. While some may think our job is to pull strings to get favors or things done for our mentees, I suggest we create our networks by helping our mentees find and weave together many different strings to create a richer, stronger network.

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#6 - Give Us Guidance on How We Might Mentor Others

**A:** Many of us who value the role mentorship has played in our personal and professional lives go on to become mentors. This type of pipeline thinking is often left undiscovered. I have recently started mentoring undergraduate students more formally—having talks with mentors about how I should go about this has allowed them a chance to reflect on their own practices while shaping my very own. **Mentorship is cyclical, and when we are given an amazing experience such as an excellent mentor, we are certain to want and carry that forward.** This is something that should be discussed openly. Identifying our strengths as leaders will work to create the next generation of feminist mentors.

**K:** I can come across as too busy and scattered. When one of my calm, organized students was becoming less confident about her chosen career, I thought my style might be bothering her. She said no, what was really worrying her was whether she could keep up such a pace in order to succeed. I realized I had modeled the person she did not want to be. I changed the way I presented myself to others, and also learned to reinforce the value being true to ones own approach to life. Bringing students to professional conferences is one of the best ways help your mentee develop as a mentor – it is an opportunity to see the full range of a professional’s experiences. Include your mentees in activities and presentations. And if there’s a dance, dance!

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#7 - Teach Us How to Fish

**A:** The old adage about learning how to do a skill should be a mantra for mentors. It is of course helpful to get practical, immediately applicable assistance, such as editing a paper. But in the long run, it is important that we learn how to edit our own papers. Ask your mentor to go through that paper or review that meeting process together so you can understand why something should be different. It will give you important knowledge and save time for both of you in the future. **Be open to your mentor’s level of assessment of your level of knowledge or skill; but ask her to tell you honestly what you need to do to accomplish on your own and connect you with the resources to help out where needed.**

**K:** At times when I was super-busy I would forget to explain why I had cut out a section of a paper or asked for more work. There is a second advantage: having to explain your feedback also helps you both clarify your assumptions about each other and provides an opportunity to correct erroneous ones!

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#8 - If You Love Us, Let Us Go

**A:** Like the proverbial bird, **the goal of a mentor’s work is to watch you fly away on your own.** Neither of you should fear that experience – you will always have a special relationship, and thanks to modern technology you will only be nanoseconds apart even from around the world.

**K:** Value what you have learned from your mentees; they are your best teachers, too. Admire their own unique wings, and may your flight paths cross again!
2016 AWARDS OF DIVISION 35

**Division 35 Fellow Awards**  
*Award Chair: Silvia Canetto*

**INITIAL FELLOWS**

- Michele Hoffnung
- Valory Mitchell

**CURRENT FELLOWS**

- Patricia Arredondo
- Biana L. Bernstein
- Lisa Flores
- Robin J. Lewis
- Linda M. Woolf

**Student Awards**

- **Megan Sutter, MS**
  "Improving Health Care Utilization through Patient-Centered, Culturally Competent Care for Transgender Adults"

  *Honorable Mention: Chelsea Killimink, MA*
  "Nonconsensual Sexual Experiences and the Sexual Self"

  *Honorable Mention: Marina Leigh Costanzo, MSc*
  "Project WIGS - Women’s Impressions on Gender and Sex"

**JANET HYDE GRADUATE STUDENT RESEARCH GRANT AWARD**  
*(FALL 2015)*
2016 SPW AWARD WINNERS

**Carey Pulverman**

"The Relationship Between Affective Appraisal of Physiological Sexual Arousal and Sexual Dysfunction Among Women With a History of Childhood Sexual Abuse"

Honorable Mention: **Elizabeth Neilson**

"The Roles of Acute Intoxication, Emotional Arousal, and Emotion Regulation on Men's Sexual Aggression Intentions"

Honorable Mention: **Jennifer Brady**

"Body Image Experiences Among Asian American Women: An Intersectionality Framework"

JANET HYDE GRADUATE STUDENT RESEARCH GRANT AWARD (SPRING 2016)

Award Chair: **NiCole T. Buchanan**

**Anjali Dutt**

"Exploring Links Between Women's Business Ownership and Empowerment among Maasai Women in Tanzania"

Honorable Mention: **Carlie D. Trott**

"Women's Attitudes Towards Intimate Partner Violence in Ethiopia: The Role of Social Norms in the Interview Context"
2016 SPW AWARD WINNERS

Florence L. Geis Memorial Award

Andrea C. Vial
“Beyond Backlash: Extending Research on Bias Against Female Leaders”

Honorable Mention: Jacqueline Werner
“Readiness to Engage in Risky Sexual Behavior Among Women: The Role of Rejection and Interpersonal Violence Victimization”

SECTION AWARDS

SECTION ONE: Psychology of Black Women

Amanda Long
“Be Proud of Who You Are: Negotiating Colorist and Identify among a Multi-National Sample of Black Women”

Carolyn Payton Early Career Award

Adrienne Carter Sowell, PhD
“Hidden in Plain Sight: Locating, Validating, and Advocating the Stigma Experiences of Women of Color”

Award Chair: Tara Broccoli

Award Chair: Tiffany Williams
SECTION THREE: Concerns of Hispanic Women, Latinas
Award Chair: Dellanira Garcia

Veronica Caridad Rabelo
“Joyful Burdens: The Paradox of Compassion as a Demand and Resource Among U.S. Latin K-12 Teachers”

Mary T. Guarrant
“Sharing Experiences: Applying a Strengths-Based Intersectional Approach to Understanding Health Challenges Among Queer Latina Women”

SECTION FOUR: Lesbian, Bisexual, Bixsexual and Transgender Concerns
Award Chair: Jennifer Vencill

Laura Brown
Distinguished Contributions Award

Dr. Margaret Charmoli

Dr. Katina Sawyer
Early Career Psychologist Research Award

Kaitlin Portz
Graduate Student Research Award
SPW MEMBER SERVICES

Join Division 35 at www.apa.org/divapp.
New memberships are free. Membership is for January-December. If you apply during August-December, your membership will be for the following January-December.


Website: www.apadivisions.org/division-35/

Journal: Subscription to the journal Psychology of Women Quarterly is included with membership. The journal may be accessed at pwq.sagepub.com

Newsletter: The Feminist Psychologist is sent out as hard copy via US mail, is posted on the Division website, and is shared on the Division's announce listserv.

Email lists: Keep up with the latest Division 35 news through its email listservs. They are listed at lists.apa.org (scroll down to the ones that begin with "DIV35")


For help with membership issues, contact the Division office at division@apa.org or (202) 336-6013.
DIVISION AWARDS

**Victor E. Sojo**
Coauthors: Robert E. Wood and Anna E. Genat
"Harmful Workplace Experiences and Women’s Occupational Well-Being: A Meta-Analysis"

Award Chair: Mary Brabeck

**Georgia Babladelis Best PWQ Paper Award**

**Sara McClelland, PhD**

**Ellen Cole**

**Catina Sawyer, PhD**

**Mary Roth Walsh Teaching the Psychology of Women Award**

**Antonia Abbey, PhD**

**Bonnie R. Strickland and Jessica Henderson Daniel Award for Distinguished Mentoring Award**

Award Chair: Mary Gergen

Award Chair: Kim Case

Award Chair: Linda Forrest
Pamela Remer, PhD
Heritage Award
Award Chair: Stephanie A. Shields

Dr. Nisha Sahnani
Corann Okorodudu Global Women's Advocacy Award
Award Chair: Rakhshanda Saleem

Jessica Henderson Daniel, PhD

Stephanie A. Shields, PhD.

Sona Dimidjian, PhD; Sherrly H. Goodman; Jennifer N. Felder; Robery Gallop; Amanda P. Brown, and Arne Beck
"Staying Well During Pregnancy and the Postpartum: A Pilot Randomized Trial of Mindfulness-Based Cognitive Therapy for the Prevention of the Depressive Relapse/Recurrence"
2016 SPW AWARD WINNERS

Psychotherapy with Women Award

Heather Littleton, PhD, Amie Grills, PhD, Katherine Drum, PsyD, Julia Dodd, MA, and Alex Schoemann

"The From Survivor to Thriver Program: RCT of an Online Therapist Facilitated Program for Rape-Related PTSD"

Award Chair: Laurie Rudman

Carolyn Wood Sherif Award

Janice Yoder, PhD

Jan Yoder is the winner of the 2016 Carolyn Wood Sherif Memorial Award. The Sherif award is the highest honor given by Division 35 and recognizes continual excellence in research, teaching, mentoring, and leadership. Jan has excelled in each of these areas. Her groundbreaking research on tokenism and African American firefighters paved the way for studies of intersectionality. Her work on leadership and women and power are major contributions to our understanding, and her textbook, Women and gender, is in its fourth edition. She has worked closely with many undergraduates and a handful of graduate students, modeling feminist practice, and she has won major teaching awards including SPW's Heritage Award for teaching. The Society for the Psychological Study of Social Issues recently awarded her the Outstanding Teaching and Mentoring Award, and she was the recipient of CWP’s Distinguished Leader for Women in Psychology Award.

Jan has served Division 35 in multiple roles, including program chair, newsletter editor, secretary, and president, and this work was recognized with SPW’s Sue Rosenberg Zalk Award for Distinguished Service. She was editor of Psychology of Women Quarterly for 6 years and has just begun a 5-year term as editor of Sex Roles. She is fully deserving of this award, both for the excellence of her scholarship and her role as a leader in the psychology of women.

The Sherif Award is the highest award conferred by the Society for the Psychology of Women and is given to a senior individual based on sustained and substantial contributions to the field. Details of the application process are found here:


Deadline for the award application is March 17, 2017.
Core Needle Biopsy results came back and I met with my oncologist who indicated that although it was an early stage cancer and that they were treating it clinically (i.e. until I had surgery) as Stage I, I also had a more rare sub-type called Triple Negative Breast Cancer (TNBC), which occurs in about 15% of breast cancer diagnoses. My lumpectomy, less than two-weeks later, confirmed the diagnosis. (Luckily my lymph node was negative for cancer.) Having TNBC means that I am negative for the three most common types of receptors known to fuel most breast cancer growth—estrogen (ER), progesterone (PR), and the HER-2/neu gene. Thus I am ineligible to take a targeted medication (e.g. Tamoxifen or Herceptin). The best treatment to kill any cancerous cells that may have escaped is chemotherapy. It can cut risk or recurrence (metastases) in half. It is a relatively aggressive cancer and although I have a lot to live for, most importantly I have two daughters (17 and 12) that I must be here for! There is no choice except to do everything possible to keep it from coming back. In fact, TNBC may respond even better to chemotherapy in the earlier stages than many other forms of cancer. TNBC is much more likely to be diagnosed in younger women and is also more common in African American and Hispanic women and in those with the BRCA1 gene mutation. After my surgery, I was staged as having 1a Triple Negative Invasive Ductal Carcinoma. I was fortunate that it was caught early on a screening mammogram. I have had mammograms faithfully every year since about the age of 37 (I was adopted, so my primary care provider agreed we start them on the early side.) I believe my mammogram saved my life! If I wasn’t having them done regularly or was haphazard about having them done, who knows how big the malignancy would have gotten before it was found? As it was, it was not palpable to me, my surgeon or oncologist. As I write this, I am one day out from my first chemotherapy infusion. I will have 4-cycles (one every 3-weeks). I then will have 4-6 weeks of radiation. So I am pretty booked and dealing with a lot as the holidays approach! I’m also trying to maintain my private practice. I put fall decorations up this past weekend, while I was still feeling well and to create some normalcy in our home.
The hardest thing I had to do was tell my daughters, with their dad by my side. It terrified and upset them. Now we have inside jokes and laugh and talk about “silver linings,” but I also reassure them that before I am someone with cancer, I am their mother. So, I want to be able to help them with my diagnosis. I explained how early it was caught and why I needed chemotherapy. I am lucky that my chemotherapy is intended to be curative, but only time will tell. There were some early fears, from my youngest, that I was going to die. I believe her dad and I have been able to reassure her and her sister about their fears, worries and questions. I also hate the timing (although there is never a good time to have cancer). My oldest is applying to colleges and I hope I can continue to be a big part of that process. I want my daughters to see me take on the hardest thing I’ve yet had to do! I intend to go forward and “fight like a girl.”

I have been blessed with an incredible support network of friends and family who have showered me with words of love, encouragement as well as cards, texts, emails, flowers, care packages and meals. I also have a spouse who loves me no matter what and wants to help me travel this road and ease my burdens. Even though I don’t live in the same state as my parents my dad, a retired oncologist and cancer survivor, has also been a huge support and has helped me by not only getting a colleagues expert opinion and caring about how I’m doing and also by helping me with what to expect from the perspective of someone who only a few years ago traveled a similar path. My mom has been so warm and loving (as always) and I know it’s hard (for both of us) not be close by (sometimes a girl just needs her mom)!

It has been a difficult journey, so far. I have felt all the expected emotions and had days where I just couldn’t rally. I am sharing my very personal story to encourage women to avail themselves of mammograms, do regular breast self-exams and talk to your primary care doctor about family history of breast or ovarian cancer and whether genetic testing is right for you (my testing was all negative). I know not all women have the privileges I have, including up-to-date and accurate information, decent access to health care and financial resources (in spite of meeting our high deductible/

out-of-pocket max, we are able to eventually pay it off) so I have listed some resources for women who are in need or have TNBC. I have also been happy to see so many organizations that provide help with finances, free wigs or head coverings, free help with homecare, rides, pet care, and lots more.

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**RESOURCES**

https://www.plannedparenthood.org/learn/womens-health/breast-cancer-screenings

http://www.nationalbreastcancer.org/triple-negative-breast-cancer

Online forum for women with TNBC: tnbcfoundation.org/

Free program including wigs, hair coverings, make-up and in-person tutorials: http://lookgoodfeelbetter.org/

Free support services including counseling, and support groups over the phone and in-person, educational workshops, publications and financial and co-payment services: www.cancercare.org (or 1-800-813-4673)
AFRAID TO SAY NO!
by Nicole Johnson, Ph.D.

My dreams came true; I accepted my dream job, a tenure-track Assistant Professor position at an amazing University. So readily, I accepted the offer. Not thinking about how hard it would be to move to a new city, let alone a new state, by myself.

Was I worried? Of course, I was worried. Primarily that they had made a huge mistake in accepting me, and I would readily be found out as the “imposter” I was, better known as imposter syndrome. A common issue that female professionals experience. I was also worried about leaving my friends and family, and making new friends, in a new city. Now, I’m a pretty introverted person, so doing things alone is nothing new for me. But doing things alone, in a new city, where I know no one, and nothing about the city, is different.

I moved into a great apartment downtown, to push my introverted self to get out. And that is just what I did on a Friday night, after a long day at work. I walked to this cute brewery, down the street from my apartment. I brought my dog as she had been at home by herself all day, and I knew this brewery offered outdoor, pet-friendly, seating. I also brought my phone, and headphones, as a distraction from unwanted attention, a skill I learned long ago.

The outside area sat four tables of two. Lilly, my dog, and I sat at a table on the end. There is a craft beer store, next to the brewery, where one can purchase a wide array beer.

A man was standing outside of the store drinking and smoking a cigar. He repeatedly tried to get my attention, ignoring my

headphones, and therefore, I decided to make a phone call, another skill I picked up growing up as a woman. I spoke with a friend for a while, catching up on her life, also in a new city, and the man walked away. Thinking my skill had worked, I hung up the phone, and began enjoying my meal and beer in peace.

Unfortunately, the man returned, this time yelling in my direction, “Hey! Lady with the dog!” I ignored. He continued,
"Your dog looks nervous." Still ignoring, "You look nervous." I nervously laughed, it just came out. I prayed to the God that I don’t believe in, that he would leave me alone. I didn’t make eye contact; I turned up my music on my phone, so that I could not hear him any longer. **Instead of leaving, he came inches from my face and removed my headphones, “Is your dog friendly?”** I nodded. He began to pet Lilly, whom was on my lap, my body stiffened. I thought, certainly he will noticed home uncomfortable I am and leave. He did not. I then thought, certainly someone will say something; they are all looking at us. They did not.

Instead, **the man continued to pet my dog, and brush his hands against my legs.** When I felt ready to scream, a police officer came around the corner and began to cuff the man, at my table. While being cuffed, the man states, “Are you really going to do this in front of the lady?” The officer responds, “You are lucky she is here.” I sit there in silence. The officer continues, “Do you really think this woman wants you bothering her and touching her dog?” The man responds, “I asked her permission. Right?” He looks me dead in the eye and continues, “I’m waiting for an answer.” I say nothing. The man is carted away.

People begin to ask, “Are you ok?” I respond with a simple, “Yes” followed with a joke, “Not everyday someone gets arrested at your table.” They all smile, and continue with their meals. I quickly request my check, and rush back to my apartment.

I begin crying uncontrollably and then ask myself, why are you crying? I think, All I wanted to do was get out in my new town. I then quickly begin blaming the victim, Why did you bring your dog? She is adorable, _that is_ asking for attention. Why didn't he bother the other women? You shouldn't have gone out alone. You've been making an effort to look nice lately; of course people are going to notice. Why did you respond to him? Why didn’t you tell him to leave you alone? And then I caught myself. You couldn’t win. If you had told him to leave you alone, you would have been viewed as a “bitch” and he might have gotten angry, and possibly followed you home and harmed you. If you ignored him, he would have continued, and gotten closer to get your attention, case example above. If your respond, even with a simple nod, you would be perceived as giving permission, again, see above. This situation reminded me of how vulnerable I am, merely for being a woman, as well as how easy it is, even for ourselves, to victim blame. This clearly was not the first time this man had done this, and will likely not be the last.

The good news is this man reminded me why I am a feminist, and why I do the work I do.

**My research is primarily around gender-based violence and bystander intervention.**

Thank you to whomever called the police, because I was terrified to walk home alone. However, I wish someone would have distracted me, by asking me something to divert attention and mainly, I wish I didn't have to be afraid to say, "No! Leave me alone" to a man. And Mr. Police Officer, thank you for taking him away, but your threats only further perpetuate that violence is an appropriate behavior. I felt the need to write this piece to remind women that you are not alone, and no matter what you do, it is not your fault. I’ll do my best to continue to explore my new city, alone, in hopes that **one day I won’t have to be afraid to say, “No!”**
childbearing aged people with this tale, nor do I think that the assumption by Jay and by our society that all women want children need continue in this day and age. Indeed, a common commiseration among younger women in committed relationships is that their parents, partner’s parents, and seemingly everyone wants to know "when" they are going to have children. Why can’t we simply ask “if” instead? This assumption and this chapter reminded me of the work on gender essentialism that says we presume certain innate abilities and characteristics of women and men (Bem, 1993). One presumption of women is that we are born to be nurturing, communal caretakers. However, as psychologists, both Jay and I know that nature is not the whole story, and many women do not have an "innate" desire for children. Nor do many women have a desire for children once they are in their twenties. Or thirties. Or eighties. Nor should women without the desire to have children be made to feel inept, unsuccessful, or left out which is exactly what I felt for such women when reading this chapter. If anything, as psychologists, we should understand, and acknowledge, that not everyone wants or values the same things in life. References

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