President’s Column

Who Dat!? Sisters, You’ve Been on My Mind: Division 35 Members Visit New Orleans

By BraVada Garrett-Akinsanya, PhD, LP

This year’s Mid-Winter’s meeting was held in New Orleans, Louisiana right before Mardi Gras! The experience of seeing marching bands, floats and colorful beads streaming through the air created a wonderful backdrop to the difficult and important work in front of us as group. New Orleans is known as a city that embodies resilience, rhythm, and positive energy about life. It was there that our Extended Executive Committee began a journey towards the honest reclamation of who we are and we want to be as an APA Division. Inspired by our sister Karen Marin-da (a.k.a our Creative Arts Director), who even in her absence because of an injury inspired us all - we danced, we sang, we laughed and cried! We participated in artistic expressions through crafts, and drumming. We shared our love for Social Justice by writing a letter to Mayor Landrieu about increasing healing spaces for children, and we collaborated as volunteers and fundraisers with a local school, Mos Chukma Institute, for the children living in the 9th Ward, who were most devastated by Hurricane Katrina.

We kicked off our visit with an historical event - a joint Feminist Research-to-Practice Task Force retreat with Division 42, Independent Practice, co-chaired by Drs. Josephine Johnson and Edna Esnil. With an all-star cast of 10 Task force members from both Divisions, we began the journey of giving wings to our dream...
of expanding the constructs of feminist practice beyond the borders of what has been traditionally done. You will hear more about the wonderful Division-wide participatory projects planned for our members when you read the report within this newsletter.

Also, for the first time in the history of our Division, our EC members and general members were able to participate in our Business meeting electronically. These individuals made history as our very first Mid-winter meeting technologically-linked attendees: Earlise Ward, Wendi Williams, Karen Miranda, Martha Bergen, Kelli Vaughn-Johnson, Sarah Ullman, and Marge Charmoli. Additional support was provided by our APA Division 35 consulting attorney, Deanne Ottaviano, who provided technical assistance about key agenda items. We used a virtual talking stick to include them in the conversation. The only problems that they experienced included not being able to hear members’ speaking when they were not holding the microphone box (you had to be there)! They added valuable feedback, comments and contributions. Their participation was very useful to our processes.

Our business meeting started earlier than usual on Friday afternoon so that we could set time aside to engage in a Social Justice retreat from 8:30-12:30 on Saturday morning. We started out by engaging in “Soulfulness Training” where we danced, clapped and rapped to the song “I’ll Take You There” by the Staples singers! Members introduced themselves to each other with an exercise facilitated by Barbara Streets, on sharing the meanings of our names. Later, members engaged in discussions about the wonderful work being done by the Committee on Women in Psychology and the APA Women’s Programs Office, especially their recent collaborative efforts at creating the IamPsyched! program. IamPsyched!, launched on March 12, 2016, is a joint project of the APA Women’s Programs Office, the Cummings Center for the History of Psychology, and Psychology’s Feminist Voices, in collaboration with the Council on Women and Girls at the White House and the Smithsonian Affiliations program. They have created a pop-up museum to empower girls of color to explore the social and behavioral sciences and to use psychology to engage in positive social change. The EC voted with overwhelming support to serve as a financial Champion of the program. For more details visit the webpage: http://www.apa.org/pi/women/museum-day/default.aspx?tab=1

The meeting was also an excellent opportunity to look at infrastructural components of our Division. For example, we discussed the long-standing, well-managed solid nature of our investments and finances. Hearing the commitments of our foremothers, inspired many EC members to continue to invest in the Division by making donations to our ongoing efforts – such as providing scholarships for feminist research, teaching and service. We are also actively soliciting support to create an endowment for the American Psychological Foundation. To donate online go to: http://www.apa.org/apf/

Other infrastructural factors were explored as well including an initial proposal to review and make changes to our bylaws, several of which are outdated and make reference to conditions that no longer serve our Division. While only seven bylaws changes were proposed, others are sorely needed. For example, we need to change the representation of the Elected Executive Committee to reflect the inclusion of an Early Career Representative. We are currently working on that language so that it will be rolled out while we are discussing the other bylaw changes during the overhauling process.

Proposed bylaws changes introduced during the Mid-winter’s meeting included: Removing language that says our Division should send a representative from Section 2, Practice (which is defunct) to serve as an elected member of CAPP. This housekeeping bylaw is necessary because our Division no longer has a Section on Practice. The issue is determining whether to simply remove the language completely by creating a
liaison position with specifications to assure diverse representation over time.

A huge problem with the Handbook and the Bylaws is that terms of office are not uniformly described or synchronized. Consequently, one bylaws change that was suggested was to attempt to synchronize the terms of officers to be in line with each other and with APA. For example, APA officers (President, Council Representatives), APA fiscal year, and many APA reports are based on a calendar year. Subsequently, many of our sister Divisions have transitioned to a calendar year as well—in an effort to facilitate communication and clarify responsibilities. Even within our own Division, some of our Section Presidents and officers assume their positions in January, while others do not. My hope was to implement the change immediately, which would require that the entire slate of the existing elected officer whose terms would end in August, continue in their posts for four more months until December. While a majority of the EC was just about to vote on approval of the motion, some members (especially those who would be impacted by having to continue in their roles for four more months), voiced concern about staying in office. So the motion was rescinded pending further discussion.

Another bylaws change proposed was to more clearly delineate the terms and responsibilities of the Committee on Policies and Procedures whose charge is to maintain and update the bylaws of the society. Despite our best efforts, lapses in leadership have resulted in this herculean task being passed down from one presidential trio to the next. Other bylaws changes also involved clarifying the distinct roles of the Publications Committee and the Committee on Technology as two core standing committees necessary to the infrastructural functioning of our Division. This was because when our bylaws were created, there was no such thing as internet! Today, any progressive group must provide a clear role for technology as an asset to its organizational structure.

The final, and dare I say, more complex bylaws changes introduced for discussion included the long-standing need to create a way to remove an officer or a committee member using a “fair and feminist” process. The language and intent around how “feminists” approach such decisions needs to codified and operationally defined so that, moving forward, our Division will have a consensus on how to respectfully proceed in such processes.

As expected, there was a great deal of debate on all of these bylaws (as there should be). Consequently, we will go into a mode of creating Extended
EC workgroups, and hosting discussion boards and listening sessions with our members. We will conduct a “Call for Participation and Feedback” prior to voting on any bylaws. Once the EC votes on a bylaw, there is an additional period during which members will be required to weigh in and vote on any changes. Stay tuned as your voice and input will be sorely needed!

After all of that discussion about bylaws, we closed with a poem entitled: “Sister Walk with Me” that I wrote with my feminist sister, Dr. Maureen McHugh, in mind. Recognizing that, as leaders, we need to be repairers of the breach. We must continue to walk together, all of us, as sisters—despite our continued struggles to remain engaged amidst a sea of disappointments, disagreements and conflict.

In that tender, vulnerable moment, when for those few breaths, we all had Hope—our brilliant, gifted, creative and talented ECP representative, Amanda Almond began to gently sing “Ms. Celie’s Blues (Sister)” from the movie, The Color Purple—ending with a playful “shimmy.” Her voice truly sounded like that of an angel….and deep in New Orleans Division 35 began to get our “mojo” back!

The next morning we began our fabulous Social Justice retreat, which was facilitated by Drs. Rosie Bingham and Patricia Arredondo. The retreat planning committee members included Chair- Sharon Jenkins, along with Drs. Pamela Remer, Barbara Streets, Natalie Porter, Sharon Lamb, Maureen McHugh, and Beryl Wingate. The retreat focused on two key areas: our thoughts, feelings and experiences as a group regarding the Hoffman report and regarding our continued challenges with racism and diversity. We were also encouraged to get better organized and to think of actions that would honor our commitment to following through with member concerns.

Some key ideas for initiatives that have resulted from our discussion are to: (1) Create a Social Justice plan that will incorporate the coordination of work among many of our existing committees (within and outside of our Division). For example, this organized plan will encompass collaborative goals that are monitored and implemented as a core element of our Division’s existing strategic plan. The combined goals will

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**Sister, walk with me.**

*By BraVada Garrett-Akinsanya*

Two seconds. That’s how long it took to shoot a boy with a toy, a gun. a boy toy. Gun.
You can’t even do a single block design in two seconds, can you? especially when they tell us that your brain doesn’t develop until you are at least 26 years old.
*Sister, walk with me.*

When water hoses and water boarding and bullets are meant to shower and shatter people in churches, mosques, synagogues, movie theaters and grocery stores.  
*Sister, walk with me.*

We don’t have time to fight in the dark because we will step on each other’s toes and it will hurt and nobody will see “who dunnit.”  
*Sister, walk with me.*

We don’t have time or the luxury to break each other down because we are Afraid,  
Angry or Ashamed.  
It hurts too much and we are wounded warriors when the war we fight should not be amongst the warriors ourselves.  
*Sister, walk with me.*

Sister walk with me through this pain of discrimination, and disregard for humanity.  
Walk with me beyond privilege and a lack of exposure to knowing.  
Believe that your pain is my pain and that OUR pain is bigger than both of US.  
*Sister, walk with me.*

But because we see different paths to healing, correction, redemption, restoration, reparation and punishment, that does not make our individual and collective crimes disappear into a sea of forgetfulness.  
*Sister, walk with me.*

Sister, where are you? You are silent, you are screaming, but I cannot see you;  
I can not hear you. Turn the lights on! Thank God…someone turned the lights on!

I can now see. When I looked in the mirror, I thought I would see myself.  
But a strange thing happened when the lights were turned on. When I looked in the mirror I saw you.  
*Sister, walk with me through Change.*  
*Sister, walk with me through Anger.*  
*Sister, walk with me through Understanding.*  
*Sister, walk with me through Restitution.*  
*Sister, walk with me through Redemption.*  
*Sister, walk with me.*
especially target progress that can be made in tackling areas such as Enhanced Interrogations, Global exploitation of communities, victim reparations, as well as exploring the possibility of organizational truth and reconciliation strategies. We also talked about the need to create a Diversity plan that will be implemented as a core element of our Divisions' existing strategic plan so that we make organized and deliberate efforts to share power amongst the groups that are most marginalized within our ranks.

The absolute highlight of the second day was a visit from the Mos Chukma Institute coordinated by our Committee on Technology Co-Chair, Marlene Maheu, a new friend to SPW, MS. Pamela Booton, a fabulous book publisher and Board member of Mos Chukma. We are so grateful to Dr. Maheu for her extensive efforts to assure that we all had fun and opportunities to engage with the school and the New Orleans community! Members of the Institute staff, including Ms. Amelie Prescott, Founder/Director of Mos Chukma Arts-as-Healing Institute, led our group in a bilateral stimulation, (drumming, snapping and patting) exercise as we listened to music and poetry to re-center our Spirits after experiencing the multiple difficult dialogues held during the retreat.

SPW has a tradition of selecting and supporting at least one charitable organization in each city in which our meetings are held. This year, we were fortunate to have discovered the Mos Chukma Institute (Good Child Institute), which provides art therapy to New Orleans children at the Dr. Martin Luther King, Jr. School for Science and Technology in the Lower Ninth Ward and the Joseph A. Craig Charter School in Tremé. (http://www.moschukmainstitute.org/). Members of our Extended EC assisted the organization by recruiting volunteers, donating art supplies, and making a modest financial contribution. Because the school focuses on Indigenous and African heritage of the Mardi Gras Indians, Julii Green (Section Six) and Cashuna Huddleston (Section One) made special presentations to the group. In meeting with the organization, however, they described additional needs in their efforts to help reduce the impact of trauma on the children they serve. Of those needs, the most notable one was for additional community-based space where their programming could be expanded. Specifically, they shared with us that they needed advocacy with the Mayor’s office (Mitchell J. Landrieu) to grant them permission to use undeveloped space for community-based programming. Our EC co-created a letter requesting such an action of the Mayor. We attempted a visit to his office, and although he was more than willing to meet with us, his schedule was too full because of the Mardi Gras events. We now have ongoing access to the Mayor’s office to continue to dialogue with him and advocate for the children to have a safe, green space on which to play.

After the morning’s retreat, we continued our business meeting where key items were addressed including what we thought was a thorough discussion and the approval of our Division Listserv guidelines. Those guidelines, as you will see in this newsletter, are being challenged for further discussion and membership vote. Our hope is to more fully honor the diverse voices and concerns of members through listening sessions to establish consensus. Please stay tuned by checking on our SPW Town Hall listserv or keeping an eye out for Division Announcements providing details for your participation.

All in all, we ended the Saturday with an outstanding dinner in the evening and hit the town to hear Kermit Ruffins, a blues/jazz singer, at Little Gems Saloon. Laden with beads and all kinds of New Orleans treats, we said “good-bye” to our last night in New Orleans.

Sunday morning’s business was quickly finished and as we took one final round at passing the talking stick (so that everyone involved was allowed to speak) something wonderful happened. Magical, painful, authentic, beautiful, tearful, angry, honest, real, loving, healing and powerful conversations began—and once again we were led by our Early Career and Student Psychologists, Monica Ellis and Mindy Erchull, who engaged in a difficult dialogue. They demonstrated for us all what could be our Division’s reality—if we really, really talked (and listened) to each other with respect, patience and sisterly love. They demonstrated how true reconciliation begins.
There are no words to express the dynamic, passionate, and positive experience the Division 35/42 Feminist Research-to-Practice Task Force had during their collaborative retreat held in New Orleans, Louisiana from January 28-29, 2016—just before both group’s midwinter meetings. Co-chairs, Edna Esnil (Division 35) and Josephine Johnson (Division 42) along with Presidents BraVada Garrett-Akinsanya (Division 35) and Lori C. Thomas (Division 42) were joined by other invited thought leaders Pam Remer (Division 35), Sharon Jenkins (Division 35), Vivian D Barnette (Division 35) and Lindsey Buckman (Division 42); June Ching (Division 42) and Lenore Walker (Division 42) to explore innovative ways in which shared knowledge, grant making, and collaborative partnerships can be formed among feminist practitioners.

As President of the Division 35, Dr. Garrett-Akinsanya selected as her Presidential Theme: Expanding Feminist Spaces. The rationale for this set of initiatives is based on the belief that the construct of feminism needs to be expanded beyond academia to be more inclusive of the everyday lives of psychologists in practice areas, especially those in independent practice. Consequently, one of her goals will be to create a space where practitioners work with each other (and with researchers) to increase dialogue, collaboration, and consultation among these groups. The participants in the retreat established four key goals: (1) Develop a sustainable collaboration between Division 35 & 42, focusing on creating a space where practitioners work with each other (and with researchers) to increase dialogue, collaboration, and consultation related to feminist practice within the context of other best practice models; (2) Explore ways in which shared knowledge, grant making, and collaborative partnerships can be formed among practitioners across Divisions; (3) Develop long-term projects to evaluate and prioritize during retreat.

Members of the retreat committee developed creative ideas ranging from implementing a “seal of excellence” for feminist-identified resources through APA; sharing member expertise through the development of a series of mental health PSA videos for use by consumers and practitioners; creating a shared website and/or listserv; and establishing cross-Divisional mentoring and training opportunities. We invite you to stay tuned to hear about the diverse opportunities for everyone (regardless of experience or expertise) to be involved! So, if you are interested in joining and/or working on any of the group’s projects, please contact either Edna Esnil (edna@doctoresnil.com) or Josephine Johnson (driojohnson@gmail.com).
2016 Division 35/SPW Candidates

By Susan Basow, Co-Chair, and Maureen McHugh, Co-Chair

The Nominations Committee is pleased to announce the candidates for the April 2016 election. All APA members will receive information regarding the voting process. Candidate statements will also be accessible online, linked to their name on the ballot. There will be a write-in option for the President-Elect position as well.

A big thank-you to all those willing to serve.

Candidate for President-Elect
Margaret (Peggy) Signorella, PhD

There are many challenges facing the Division, reflecting issues in APA, the profession, the country, and the globe. I have demonstrated the academic credentials and varieties of experience as a faculty member and administrator to meet these challenges. These include my strengths in creative and collaborative leadership, in commitment to diversity and community engagement, and in skillful technology application and data-driven planning. I am an SPW and SPSSI fellow. I have served since 2011 on the SPW Executive Committee as treasurer, and since 2013 as chair of the Finance Committee. I instituted monthly FC meetings using video conferencing, one example of how I would regularly communicate to the division. In my teaching, research, and service, I have a demonstrated commitment to ensuring that all voices are acknowledged and respected. I work in an interdisciplinary environment in which my colleagues and I have been dedicated to engaging our students and ourselves in global human rights issues that also impact local communities. A key strength of mine is recognizing and nurturing talent in others, and mentoring and supporting students and colleagues. I invite all to my web page to learn more and to engage in dialog (goo.gl/TNxduZ). We can make a difference when working together, when there is respect, communication, and transparency in the process. I would be honored to have the opportunity to serve the discipline, and the community, and to share the vision that our feminist values can be a blueprint for the greater good of all peoples.

Candidates for APA Council Representative (Term: 1/17-12/19)

Lynn Collins, PhD

I would be honored to serve as SPW Council Representative. I have served as SPW President, webmaven, and PWC co-moderator, as well as President of Division 52 (International Psychology), and Philadelphia Society of Clinical Psychologists. I co-chaired SPW’s International Psychology of Women Summit to transform research, scholarship, and practice through transnational feminist perspectives. I organized SPW’s “Making Way for Minerva” sessions at AWP (collaborative programming mentoring women into leadership roles), and co-edited, “Career Strategies for Women in Academe: Arming Athena.” As SPW President, I relaunched Feminism.org, a feminist continuing education site and, through a consensus-driven process, instituted bylaws changes and co-chaired successful book series and newsletter editor searches. If elected, I will push for more space to hear intersectional voices in Council meetings. Regarding the Hoffman Report, I will reassert SPW’s social justice commitment, and work with Council to identify problematic underlying dynamics in order to prevent reoccurrences. Council’s structure needs to retain its democratic features and enhance them with more feminist approaches. I will help counter efforts to disenfranchise divisions and members associated with the movement towards centralizing financial control and decision-making power in APA at the top. I will work with other Council members to streamline Council’s structure, while retaining the processes required for democratic decision-making. I am not afraid to speak truth to power, support others who do the same, and work hard to protect spaces for sharing points of disparate point of view. Please help me do this important work for SPW by voting for me.

Pam Remer, PhD

As a former SPW President, I am deeply committed to bringing feminist and social justice perspectives to the Council of Representatives as APA strives to regain its ethical center. My extensive leadership experiences in Division 35, including serving as co-chair of several Division 35 committees (e.g., Publications, Feminist Training and Practice, Continuing Education, and Postdoctoral Training), provide me with skills in negotiation, collaboration, and inclusion of diverse voices. As SPW President, I focused on emphasizing feminist process in our executive council’s decision-making and on balancing academic, research, and practice initiatives. I am a new member of APA’s Commission for Recognition of Specialties and Proficiencies in Professional Psychology (my first APA leadership position) and am a member of Divisions 17 and 51. Thus, while I am an experienced leader within Division 35, I am new to APA governance. I see the current primary task for APA’s Council of Representatives is to examine and restructure the processes, practices, and relationships of APA that led to the harmful consequences emanating from PENS. I would bring to COR feminist perspectives on consensus building and honoring of diverse voices to this rebuilding and healing process. I believe that a part of this rebuilding process involves integrating the perspectives of experienced APA leaders with those of new leaders to APA governance. I also believe that COR must expand its role and be the front leader in creating these changes within APA.
The Council of Representatives (CoR) Meeting was an active and emotional meeting. The meeting did not proceed as business-as-usual. On Sunday morning, after several events that minimized the importance of diversity and inclusivity in APA and APA governance, the Women of Color (WOC) spoke out. Women of Color Council Representatives and Delegates representing the Ethnic Minority Psychological Associations testified to their invisibility on Council and the lack of commitment to diversity, as confirmed by the difficulty the CoR group had in framing diversity as a central priority of the strategic plan, in continuing to debate whether diversity training was a waste of time, and in the many microaggressions they experienced on Council floor and on the listserve. Dr. Melinda Garcia, the Society of Indian Psychologists’ delegate to Council, in response to Dr. Malachi O’Connor’s September 2015 Memorandum on Ethnographic Observations and Reflections initiated feedback, and she was joined by her WOC colleagues. White women from the Women’s Caucus stood up with the WOC. The Council then participated in a retreat facilitated by anthropologist Dr. Malachi O’Connor, focused on reflection and discussion of the feedback shared. Council members were encouraged to reflect on what they learned from that feedback, as well as share their thoughts on what steps APA and Council need to take to move forward.

The motions and actions of the Council centered on addressing the Independent Review and working to achieve greater transparency and accountability at APA. Slight adjustments to bylaw changes previously passed pertaining to the Good Governance Project were made and those bylaw amendments will be sent to the membership in November 2016. Diversity and inclusivity became another focus of the meeting.

**Council Action Taken in Response to the Independent Review Report**

- Council approved the establishment of the following three work groups:
  1. Work group to review best practices in order to develop APA organizational policies and procedures to address, but not be limited to:
     a. Organizational checks and balances,
     b. Fiduciary duties of governance members,
     c. Appropriate oversight of governance members in the execution of their roles and responsibilities to ensure adherence to the highest standards of professional behavior,
   d. Application of established policies and procedures,
   e. Transparency of decision-making,
   f. Sensitivity to, and willingness to address, differences arising from power differentials,
   g. Consideration of effective governance and staff working relationships
  2. Work group to develop aspirational civility principles as well as procedures for all forms of direct in-person communication and online messages and postings within and on behalf of APA,
  3. Work Group to develop guidelines that will reduce bias, increase transparency, and promote diversity in the selection of individuals serving on APA task forces. This system for task force selection should emphasize self-nomination, as well as nominations by, and consultation

Thanks to Amber Roopan, of APA Governance, for Draft Minutes of the meeting. This report is taken from those minutes.
with, relevant stakeholders (e.g. Divisions, SPTAs, other affiliated groups).

- Council voted to approve amending the Guidelines for Council Resolutions to include the extent to which the resolution is consistent with APA's core values, and the extent to which it addresses human rights, health and welfare, and ethics.
- Council also voted to prioritize ethics, human rights, and social justice in all aspects of the next Strategic Plan.

Amendments to Bylaws Articles V, VI, VII

Council approved minor changes to the Bylaw and Association Rule amendments it approved in February 2015. The Bylaws will be sent to the Membership for a vote on November 1, 2016. If the Bylaw changes are approved by the Membership, the Bylaw and Association Rule changes will do the following:

- Members-at-large of the Board of Directors will be elected by the Membership.
- One member of the Board of Directors must be an Early Career Psychologist.
- The Board of Directors will include a public member.
- The American Psychological Association of Graduate Students (APAGS) representative of the Board of Directors will be the APAGS Past Chair, or another designee from APAGS Executive Committee.
- Members-at-large and Recording Secretary cannot succeed themselves in office and while in office cannot run for any office on the Board of Directors other than President-Elect.

Additional Action Taken by Council

- Council approved the Division 53 request for authorization to publish a Divisional journal, to be titled *Evidence-based Practice of Child and Adolescent Mental Health*.
- Council adopted as APA policy the following resolutions: *Resolution on Data About Sexual Orientation and Gender Identity* and the *Resolution Opposing HIV Criminalization*.

Diversity Training: Ingrid Mattson, PhD and James W. Jones, PhD conducted diversity training on “Religious Tolerance and Discrimination with an Emphasis on Islamophobia.”

Presidential Citations: Anne E. Kazak, PhD and Ronald H. Rozenksys, PhD were presented with presidential citations.

New Business Items: The following new business items were submitted at the February 2016 meeting (referral groups will be provided when available): NBI #23A/Feb 2016, APA Apology to War-on-Terror Victims of Torture and Abuse; NBI #23B/Feb 2016, Applied Behavior Analysts and Practice of Psychology; and NBI #23C/Feb 2016, Transparency of Decisions.
Congratulations go to the fantastic team from the Committee on Academic Feminist Psychologists for organizing the second Institute for Academic Feminist Psychologists which was initiated during Stephanie Shields’ tenure as Division 35 President.

The second Institute for Academic Feminist Psychologists was held in Pittsburgh, March 2-3, just before the annual AWP conference. It was wonderful! Forty-two pre-tenure and newly tenured feminist psychologists attended. The primary goal of the Institute is to create and sustain networks of feminist academic psychologists who can support one another professionally through sharing information and developing collaborations. We will have a longer article about the Institute in an upcoming Feminist Psychologist, but we wanted to celebrate its success with you as soon as we could.

Many, many thanks to keynote speakers: NiCole Buchanan, Kim Case, Charlotte Patterson, Dionne Stephens, Abby Stewart, and to editors Jan Yoder and Mary Brabeck, who presented a special panel on publishing in PWQ and Sex Roles.

Division 35 provided substantial financial support for the Institute and was joined by other benefactors: Psychology of Women Quarterly, Michigan State, Penn State, Wilfred Laurier University, and Florida International University. Kudos also go to AWP for help in securing the Institute venue and special hotel room rates for participants. This was truly a collaborative effort!

The Organizing Committee (Asia Eaton, Nicola Curtin, Nicola Newton, Isis Settles, Stephanie Shields, and Kate Richmond) deeply appreciate everyone’s support! Stay tuned for a more detailed description of this awesome event in one of our future issues of the newsletter!
The Mary Roth Walsh Teaching the Psychology of Women Award 2015

By NiCole T. Buchanan, Michigan State University

Contextualizing Identity with Salient Identity Diagrams

First, I would like to extend my heartfelt thank you to the members of Division 35 for creating the Mary Roth Walsh Teaching the Psychology of Women Award and providing recognition for these often undervalued teaching efforts and an opportunity to share this work with the larger academic community. I would also like to thank the award’s committee members and its chair, Dr. Kim Case, not only for selecting me as this year’s recipient, but also for her commitment to innovative teaching on challenging topics, such as diversity, intersectionality theory, and the critical roles allies play in educating and advocating for social justice.

This award was presented to me during my 20th year of teaching. Throughout my career, I have dedicated my instruction to advancing social justice, helping students understand the value of diversity, and increasing their ability to have productive, meaningful conversations across difference. These foci cut across all of my courses, not just those focused on diversity, including Abnormal Psychology, Systems Theory, and Clinical Supervision of graduate students. My first formal exposure to social justice pedagogical methods was during my training to become an instructor with the Program on Intergroup Relations at the University of Illinois at Urbana-Champaign. The Director, Dr. Joyceelyn Landrum-Brown created an activity to help students think about their many identities and how those identities influence their worldviews and interactions with others. Over the years, I have adapted the exercise many times, testing its effectiveness across a variety of classes, teaching topics and participants. I was selected as this year’s recipient of the Mary Roth Walsh Teaching the Psychology of Women Award based in part on my use of this activity. Below is an overview of the exercise with an example.

Salient Circles: Social / Cultural Identity Diagram

This exercise is a standard part of my graduate and undergraduate multicultural psychology and social justice and diversity in psychology courses as well as my diversity trainings for psychologists and the private sector. I have conducted this exercise as a take home, large-scale art project, similar to that presented below and as an in-class exercise with 8.5 x 11 pieces of paper and markers. I have also had some classes write a 3-5 page paper about their salient circles, discussing the identities they represent and their rationale for their order of presentation and location on the diagram.

Students receive the following instructions: Use concentric circles to create a visual display that represents identities that are most salient to you (most important, meaningful, most on your mind currently, etc). The size and spacing of the circles are important. Something very important to you should have a larger circle. If that aspect of your identity is related to another identity, then those circles should overlap to the degree that you feel those factors overlap. You can have as few or as many circles as are relevant for you and you should only include those identities that are important to you, not what someone else may feel should be important to you. You will present your salient identity circles to the class and give an overview of who you are, why you chose the identities highlighted on the diagram, and why you chose the size, spacing, colors, etc. for the salient identity circles. The class will have an opportunity to ask you questions about your diagram. You have the right to take a “pass” on any question you are not comfortable answering. Below is an example of a diagram and a description.

Example

In the example below, AE, a student, feels that being a woman is most meaningful.
The biggest circle represents her identity as a woman. AE is also a member of a sorority, which is connected to her being a woman, so those circles overlap. AE’s father always insisted that his daughters become accountants like their mother, so being in college is connected to being a woman and being in a sorority is associated with both being a woman and being a college student. As such, these circles overlap. Before college, AE attended Cranbrook Academy, an elite high school, which is not only a source of personal pride, but also connected to her decision to attend college. Therefore, her Cranbrook and College circles overlap. However, she does not see being a Cranbrook alum as related to her gender or sorority, so these circles do not overlap. Finally, off to the side, she has a mid-sized circle demonstrating her proud Michigander identity, but feels this is independent of the other identities she finds important, so it does not touch her other salient identity circles. The colors used for AE’s circles were also meaningful. For example, she used green and white to represent her college identity and maroon for her Cranbrook identity because those are the colors for the respective schools.

**Group Discussion**

Students present their salient circles during the second class of the semester. Following presentation of the diagrams, the class discusses their reflections about their personal experience doing the assignment and their observations about the presentations. Participants often notice that students who experience marginalization on a particular identity dimension will list that as a salient identity, whereas students with privilege along those dimensions do not list that domain as an identity. For example, students of color almost always represent their race/ethnicity as a large, prominent circle, but White students rarely have a circle related to race/ethnicity. Similarly, women often identify a gender circle, but men rarely include such a circle. This exercise has been wonderful in not only building familiarity and group cohesion, but also offering many ways of introducing privilege, marginalization, and power, while also highlighting many similarities across students.

**Conclusion**

Although no one exercise can transform student learning, *Salient Circles: Social / Cultural Identity Diagram*, is a transformative experience for students. When used near the beginning of the semester, this exercise can serve as an ice breaker and an opportunity build group cohesion as students introduce themselves and become acquainted with one another. This exercise is also instrumental in introducing key concepts that permeate the entire semester, such as privilege and the manifestations of oppression. Moreover, because students see the differences between those identities that they personally hold as salient and those that are invisible to them because of their privilege, many of the barriers to productive conversation about these challenges are broken down quickly, rather than spending much of the semester struggling to overcome student defensiveness.

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## Fellows Committee

On the Term “Fellow” …

By Kathryn Anderson, PhD, Division 35 “Fellows” Committee Member, and Silvia Sara Canetto, PhD, Division 35 “Fellows” Committee Chair

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The SPW “Fellows” Committee, and many SPW members, believe that it is time for APA to use a more inclusive term to honor excellence in the science and practice of psychology.

The term “Fellow” is problematic in many ways. 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 terms such as mankind or chairman make women invisible and/or second class.

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

With regard to process, we realize there is the issue of APA’s use of the term “Fellow.” Therefore we think it may be helpful to explore and possibly institute a name change at the Division level, and then work with APA to see if it might consider and adopt a name change.

Reaching out to the SPW membership is a step in this process. We also requested 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), and Silvia Sara Canetto, Ph.D., Division 35 “Fellows” Committee Chair (silvian.canetto@colostate.edu)
What Impact Will Social Media Sites Have on Women in the Middle East?

By Elaine Hatfield, University of Hawaii

Attitudes Toward Social Media and Computer Matchmaking in the Middle East

Sometimes people talk as if the Middle East were a single, homogeneous entity. Yet, there is great diversity in age, level of education, religion, ethnicity, economic status, and the like. Sometimes, one can encounter people in the Middle Eastern bazaars that seem as if they were from different centuries. The use of the Internet by young people in the Middle East is influenced by gender, class, education, access to city life, country of birth and residence, and the like. Not surprisingly, then, in the Middle East, attitudes toward online dating are complex, to say the least.

Throughout the Middle East there are several popular Web matching sites (such as Muslims4marriage.com, Love-Habibi.com, Singleemuslim.com, Muslima.com, MuslimLounge.com, and MeetisraeliSingles.com). For women in many Middle Eastern countries, the Internet (given its anonymity and ubiquity) is one of the few ways in which they may freely interact with other women and with the opposite sex. In Saudi Arabia, for example, there is strict segregation of the sexes. (A couple caught engaging in illicit activities may be sentenced to stoning and lashes, and unmarried couples who share a meal in a restaurant or spend time together alone risk being arrested.) In such communities, paradoxically, online social networks, such as khtabh.net are booming. Currently, more than 200 Twitter sites and dozens of other Internet forums offer services for Saudi men and women seeking mates for traditional marriages, dates, or simply other women or someone of the opposite sex with whom to chat.

In Kuwait, most university students are comfortable using the Internet. A full 75% of them are active Internet users. More than 30% of them (more women than men) use it regularly to chat with and even to arrange meetings with members of the opposite sex.

In Cairo, in a sample of AUC college students, 50.3% of men and women said they had met at least one member of the opposite sex through the MSN site, a general site owned by Microsoft network, which recently added a free personal profile/dating section. The MSN site includes an instant messenger section, which enables instant online conversations. Also popular are ICQ and #IRMC, which are instant chat rooms. Only a small sliver of students experimented with specialized dating sites, namely Cupidjunction and One2OneMatch.

In Israel there are, of course, large differences in the customs of orthodox Jews, more liberal Jews, and the Arab population. In modern-day Israel, for example, among liberal Jews, men and women are allowed to meet in public places. There are also numerous online dating sites that connect daters. In Israel, these include MeetisraeliSingles.com, Jmatch.com, Jdate.com, seeyouinisrael.com, SawyouatSinai.com, and Jwed.com.

The Future

The computer, the Internet, and social media have changed the modern-day world in remarkable ways. Today, in the Middle East, advances in the use of social media are probably greater than anywhere in the world. Usage of the internet ranges from a full 90% of the population (in Bahrain), 88% (in UAE), and 85% (in Qatar) to a low of 9% (in Iraq) and 6.7%. Despite the potential political, social, and legal ramifications often associated with online dating/matchmaking in the Middle East, the industry continues to flourish. The impact of this technology on social life has arguably been, and will arguably continue to be, notable in several important ways.

By creating venues for men and women to engage in anonymous, one-on-one, communication, internet dating/matching sites are altering the ways in which Middle Eastern men and women perceive, understand, and relate to one another. What has long been all but unattainable for most young Middle Eastern women is now readily available with the click of a button: direct male-female dialogue. Referring to the influence of internet dating on Kuwaiti society, Wheeler (2003) explains, “[W]e are seeing important signs of experimentation which cannot help but stimulate processes of change over time as young people redefine norms and values for future generations” (p.2). In discussing the sweeping changes within the Middle East, de Muth (2013) notes that “…with thousands of
young, single Muslims signing up [with internet dating/matchmaking sites] every day....there is little chance of putting this particular genie back in the bottle” (p.2)

Transgressing gender lines premaritally challenges most of today’s Middle Eastern sociocultural norms and religious laws. There is a vociferous debate amongst prominent Muslim scholars as to how “Islamic” even the most conservative online matching services are. Still unknown is whether adherence to the traditional practices of a 1,400-year-old-religion will soften over time. While still legal in much of the Middle East, the feminist movement has made the practice of polygamy considerably less socially acceptable and less common. Thus, history does suggest that the popularity of long-standing Islamic laws concerning mate selection can erode over time. Perhaps as Hatfield (2016) has surmised, internet communication and matchmaking will provide an early sign of the change.

What about the bigger picture? Will the expansion of computer matchmaking engender wider and deeper social changes in the culture and politics of the Middle East? Will it contribute to greater individualism, more freedom, moves toward gender equality, and growing harmony in the long run? No one knows the answers to those questions, but it does not require a huge intellectual stretch to imagine such a possibility. The emerging global culture is based—for better or worse—on those Western values, and perhaps someday the Middle East will be more of a part of that global society.

References


Call for Award Nominations

2016 Florence L. Denmark Award for Contributions to Women and Aging

By Mary Gergen,
Chair, Florence L. Denmark Award for Contributions to Women and Aging

The Society for the Psychology of Women seeks nominations for an award initiated by Division 35’s Committee on Women and Aging, in 2010, in honor of Dr. Florence L. Denmark for her tireless work over many years on both gender and aging issues. The award is the Florence L. Denmark Award for Contributions to Women and Aging, and its purpose is to recognize scholarly or public policy accomplishments, or both, in the area of women and aging. Past recipients include Dr. Sally Shumaker, Dr. Joan Chrisler, Dr. Varda Muhlbauser, Dr. Mary Gergen, Dr. Toni M. Calasanti and Dr. Kathleen F. Slevin.

At this time, nominations are invited for the 2016 award cycle for the Florence L. Denmark Award for Contributions to Women and Aging.

Award and Nomination Details

The award winner will receive a plaque and be recognized at Division 35’s Awards Ceremony during the 2016 APA convention in Denver, Colorado.

Nominations should include the following:

• a letter of nomination,
• a 500-word statement describing the nominee’s contributions to scholarship or public policy, or both, on women and aging, and the nominee’s current CV.

The nomination may also include letters of support. Self-nominations are acceptable.

The Award Committee invites you to nominate your colleagues for this noteworthy award!

The deadline for nominations is May 1, 2016. Please submit nominations/self-nominations and materials via e-mail as Word or PDF attachments to: Mary Gergen, Chair, Florence L. Denmark Award for Contributions to Women and Aging, gv4@psu.edu.
The Hidden Dangers of Online Dating

By Jill Swirsky and Tiffany Marcantonio

While once heavily stigmatized, online dating has become far more accepted among singles looking to enter a relationship. Sites such as Match.com, eharmony, and OKcupid offer the opportunity to meet general dating candidates, while sites such as Christian Mingle (Christianity), JDate (Judaism), and OurTime (age 50+) offer a more targeted approach. Online dating offers a unique opportunity to date without needing to get dressed up or put on make-up to "window-shop," yet, there is invariably a dark side to this dating phenomenon.

Of course, the obvious risks such as sexual violence, stalking, and bodily harm are always present, but there are other hidden dangers as well. For example, no one talks about the devastating toll it can take on your self-esteem.

The story of Jill is an example. Jill was 22 when she got fed up with the bar scene and decided to give online dating a try. She created a Match.com profile, loaded some pictures, wrote lots of interesting facts about herself, and waited.

And waited.
And… waited.

After a few days of nothing happening, she realized that she was a strong, independent, feminist who did not have to wait around for men to come to her. She browsed a bit, identified a few men whose pictures were appealing and who seemed to have more depth to them than just "I love sports and trucks," and sent out some e-mails. A few of the men responded, but the majority of the e-mails were ignored. She online dated off and on for three years during her early twenties, and found this pattern to be the norm. Yet, despite trying to think optimistically, it did not take long for thoughts of "what's wrong with me?" to start entering her head. For college girls who are already at risk for depression, anxiety, and low self-esteem, this kind of highly concentrated rejection can be shattering.

While she struggled to find "Mr. Right" online, she went on around 150-200 dates with different men. Her experience showed that the first date follows the same script: identify each other in the waiting area of the restaurant, give an awkward hug or handshake, and follow the hostess to the table. But she quickly began to notice that many men would make a comment about how she actually looked like her pictures. At first she did not think much of it, but after a while she began asking if they had had many experiences where their date did NOT look like she had advertised. The answer was generally an emphatic YES! Women were posting pictures from 3 years and 20 pounds ago in an effort to look more attractive to the men browsing through pictures on Match. They were choosing the photograph of themselves that most closely aligned with social norms of beauty, whether or not it was an accurate representation of their appearance.

On the other hand, in all her time involved in online dating, she had only one experience where the man looked nothing like his picture. Female friends who have online dated reported having the same experience – their male dates looked exactly like they expected. Clearly there is a gendered phenomenon in which women, but not men, feel the need to present an attractive, and frequently misleading, appearance to gain male attention. While this observation is strictly anecdotal, there is value in recognizing this as a function of the patriarchal society in which we live. The misinformed dating script says "attractive women get dates, while unattractive women get cats." The fact that these norms have permeated the online dating culture is alarming, and warrants notice and discussion. It is time women learned to rely on their attributes, intelligence, and personalities rather than solely on their physical appearances.

While online dating can attack self-esteem, it also places women at an elevated risk to be objectified by men with little consequence to the man. Jill received countless messages that all went something to the effect of: "Sup cutie?" or "Hey baby" or, my personal favorite, "How ya doin babygurl." Anyone who knows her will tell you quite emphatically that she is no one's "babygurl." The fact that these men took the liberty of assigning her such a demeaning nickname without getting to know her demonstrates a profound lack of respect. Even worse is that when she would fail to respond to these glowing declarations of interest, the men would sometimes follow-up with a message informing her that she was "stuck up" or "prude." This serves to highlight the sexual double standard placed on women: if we are too accepting of men's sexual advances then we are "sluts," but if we reject them we are "snobby prudes."

In addition, to the more G-rated comments already discussed, Jill was also...
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sent a variety of sexual innuendos, pick-up lines, even marriage proposals. While we cannot highlight all of them, there were a few worth sharing. One man messaged her, writing:

 [In college] I studied girls, and History. I'm now in grad school for art, the art of getting into older womens [sic] pants by using Match.com. Would you like to participate in my research project? I can be very messy at times but well worth the effort.

Although it is entirely possible that this man just thought he was being funny, there is a deeper underlying theme here. It is unlikely that this man would have addressed her in such a way if doing so in the past had resulted in being reprimanded. While the victim of sexual harassment (which this certainly was) is never to blame, there is value in teaching women to stand up for themselves and telling a man who is making them uncomfortable to “shove off.”

Jill also had experience with men who would take offense if she decided after a few e-mails back and forth that she was not interested in meeting in person. While most of the time the feeling was mutual and they parted ways amicably, some men became annoyed and even hostile. For example:

 “Why did you message [sic] me in the first place if you never wanted to meet? Life isn’t some stupid Disney Movie Fairytale.”

Once again, this begs an interesting question surrounding the ambiguity of an online environment. For a man to approach a woman in a bar and blatantly sexual harass her, he would need to a) see the look on her face when he made his comment; and b) run the risk of his grossness being witnessed. Online; however, men are free to hide behind a profile picture and a screen name and say whatever they want with minimal risks to themselves.

At the risk of sounding completely pessimistic, let us end by saying that overall, Jill found online dating to be a great experience. She met some men she liked enough to date for a while, some with whom she enjoyed really fascinating and profound conversations, and ultimately, the man with whom she will spend her future. Online dating offers a [relatively] safe, low pressure environment through which to meet potential dating candidates. But focusing solely on the glaring risks (i.e., being raped and murdered) to the detriment of the more low-grade problems (i.e., constant rejection) does a disservice to those who choose to embark on this dating adventure. As feminists, we have the right to seek dating partners. Consequently, for those who are contemplating whether to engage in online dating or not, we say “Go for it,” -- but do so with a full awareness of the risks and benefits.

Contact the authors at jill.swirsky@gmail.com and tiff.marcan@gmail.com.

Book Review

Daughters, Dads, and the Path Through Grief

By Susan S. Harrington, PhD

Daughters, Dads, and the Path through Grief - Tales from Italian America by Drs. DiCello and Mangione is the the perfect balance of storytelling and professional literature. The authors interviewed fifty one women (age thirty-three to eighty-six) who live in the Northeastern United States. Each was of paternal Italian descent with sound relationships with their fathers, but varied by age, income, education, class, and family structure. Each experienced the loss of her father at sometime in their lives. The book tells their stories of life and loss.

The book is divided into 6 parts which parallel the human life cycle. Part I introduces the readers to the dads and their daughters. Parts 2-5 focus on the father-daughter connection in childhood, the young adult daughter-parent relationship with its challenges of individuation and interdependence, the circumstances of death and loss, and on the process of coping and adjusting to loss. The final section incorporates the father, now gone, into the internal lives of the daughters moving forward in their own lives.

The authors seamlessly translate psychological literature about women’s lifelong development into the personal individual experiences of that journey. They invite the reader to apply information about human development, the life cycle, healthy attachments between daughters and fathers, end of life ordeals of illness and loss, recovery and reconnection, and cultural influences to one’s professional as well as personal life experience. One is helped along the way by sections entitled “Pause and Reflect” which summarize the focus of the developmental period and pose questions which encourages reflection on your own experience, and those of your clients.

I found that I effortlessly connected with developmental and personality theory, reflected on my own experience, and found deeper meaning in many of the stories shared by clients seen over the course of my professional career. The focus on the Italian American families gave a unique perspective into the nooks and crannies of the experiences of first and second generation Italian immigrants. The value and impact of positive and supportive father daughter relationships was given voice by each “daughter”.

Rather than sadness over death and loss, the content reminds one of the importance of family, the lifelong power of connection, and the potential for an ongoing psychological connection with those who have died. For those forging family relationships it is a reminder of the importance of day to day family experiences and gives insight into the simple routines, phrases, and rituals which may be remembered and give comfort years later. For women, it reminds us of the benefits of strong, healthy father daughter relationships including the inevitable conflict that is a part of belonging and growing up. For those dealing with attachment and loss, it takes your hand and guides you through one of life’s universal and painful experiences with an insight into the gradual transformation of the pain and the joy of remembering and belonging.

Contact the authors at jill.swirsky@gmail.com and tiff.marcan@gmail.com,
Recently as I mindfully ate a piece of chocolate, I was struck by how often when enjoying a conceptuallyized “bad” food one ends up being accosted by judgmental messages either from self, others, or society. What would it be like to enjoy a range of foods in moderation WITHOUT JUDGMENT?! Oh, to dream! Division 35’s Task Force on Feminist Perspectives on Sizeism aims to help us all strive closer toward that goal.

In keeping with the feminist ideal of personal as professional, the request is to read this article and then actively engage time in reflection, and practice suggestions to foster growth so by the end of the coming two weeks, you will be empowered to interact with the content from the lists.

As a further lead into the reflections and practice suggestions, it is ethically appropriate to: a) note that this information was compiled when working on a conference presentation about sizeism and; b) acknowledge my colleague on that project: Emily Kerzin, who will soon be a graduate from Auburn University’s Counseling Psychology Ph.D. program. She and I reviewed much literature in an effort to create an informative, thought-provoking presentation.

Questions generated for reflection are below. You are encouraged to mindfully think through all of these, but if that feels too overwhelming, then consider selecting one per week upon which to reflect.

- How often do I make a judgment about someone because of the person’s size?
- What will help me stop making assumptions about a person because of the individual’s size?
- How frequently do I or people in my life, including clients and colleagues, talk about what they eat or their size in a way that implies that their worth is related to food consumption or size?
- What would it take to reduce the frequency with which I make such comments? Or to say something when others make those comments?
- What might I say in different circumstances to promote the sentiment of health at every size?

Regarding practice suggestions, many recommendations were found with only a few listed below. While this list is not exhaustive, it will hopefully spark something within you to create a more positive example and environment.

- Examine own attitudes about food and body
- Ensure that people of all sizes conduct research, teach, and counsel about sizeism
- Disconnect moral worth from size so size is just a descriptor
- Use non-stigmatizing language or terms
- Resist assuming fat clients want to lose weight or their presenting concerns relate to size
- Provide literature on sizeism and other isms
- Redefine standards of beauty and health
- Reduce blame

By Brandy L. Smith, PhD, Auburn University, Student Counseling Services, Training Coordinator

Brandy L. Smith, PhD
Now that you have read the reflective questions and practice ideas, choose which resonate most with you and start there. Challenge yourself (and potentially others) to interact with this article content in some way over the next two weeks. As our feminist training teaches us, we cannot rest upon ideas; we have to take action. The question at this time is deciding which action you want to take first. So, be empowered to take that first step, even if it is a tip toe.

**References**

13 Robinson, B. E., & Bacon, J. G. (1996). The* If only I were thin…* Treatment Program: Decreasing the stigmatizing effects of fatness. Professional Psychology: Research and Practice, 27(2), 175.

**Member Highlight**

**Depression Is a Feminist Issue**

*By Julia A. Sherman, PhD*

Hi Feminist Colleagues (Therapists and Researchers),

Depression is a feminist issue! I invite you to check out my latest contribution to the feminist cause, *Depression and Bipolar Disorder: Evidence-Based Natural Treatments and a New Theory*, at [https://depressionandbipolardisorder.wordpress.com](https://depressionandbipolardisorder.wordpress.com). Women are two to four times as likely to be depressed as men, and despite the fact that drugs are often damaging to a fetus or nursing baby (and to the mother herself), women are often expected to maintain a lifetime regime of psychiatric medications. Evidence suggests that this idea is both unwise and unnecessary. Building from the research that gave us Bright Light therapy, I explain how the intensity and timing of ambient light affects mood and how this knowledge can be used to manage depression and mood swings without psychiatric drugs.

This information is not only useful for those of you treating women (or men) with mood disorders, but if you’re interested in research ideas, you’ll will find plenty to whet your interest. Take a look and let me hear from you.

Email Julia A. Sherman, PhD, at shermanja25@yahoo.com
“Enjoy Your Sexuality, but Do it in Secret”: Exploring Undergraduate Women’s Reports of Friends’ Sexual Communications


What types of messages about sex are college-aged women receiving from their male and female friends? In her article titled, “Enjoy Your Sexuality, but Do it in Secret’: Exploring Undergraduate Women’s Reports of Friends’ Sexual Communications” Sarah L. Trinh finds that undergraduate women report a wide range of sex-positive and “sexual gatekeeping” (or conservative) messages and words of advice from both male and female friends. Trinh also found that conflicting messages were often reported simultaneously, reflecting the complicated discourse that surrounds women’s sexuality. The most frequently reported type of message dealt with the gendered double standard of sexuality - that casual sex only reflects poorly on women. Trinh’s findings underline the pervasive nature of sex norms and emphasize the need for more nuanced, revised sex education curricula.

Crossing Boundaries: An Exploration of Business Socializing (Ying Chou for Guanxi) in a Chinese Society


What unique challenges do Taiwanese women face when navigating the practice of socializing for business (ying chou)? Olwen Bedford examines this question in an article that is first of its kind, titled “Crossing Boundaries: An Exploration of Business Socializing (Ying Chou for Guanxi) in a Chinese Society.” She considers Eastern and Western role theories and conducts interviews with professional women working in Taiwan. Through qualitative analysis Bedford finds several common themes that describe the experiences of Chinese business women navigating a male-dominated world. They experienced exclusion and poor treatment by male colleagues, but also identified methods of overcoming these obstacles. Bedford makes a number of suggestions for corporations and individuals who work within Chinese societies.

Access these articles at PWQ OnlineFirst: http://pwq.sagepub.com/content/early/recent

DIVISION 35 EXECUTIVE COMMITTEE ROSTER

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A number of ECPs were able to connect at the AWP conference in Pittsburgh, and together we came up with some ideas for gatherings in the Division 35 – AWP suite in August. Stay tuned!

Meanwhile, we thought we would focus on one of the keys to feminist success: shared wisdom! Two sources of such wisdom got their start in Division 35 activities. In the early 1980s, Suzanna Rose chaired an apt-named task force called “Getting a Job and Keeping It.” About 10 women, mostly new in the field themselves, got together to try to share tips with sister ECPs. The result was Career Guide for Women Scholars, edited by Rose and published in 1986 through the Division 35 book series. The volume was filled with helpful ideas, and many of us coming up through the ranks read it cover to cover.

In the late 1990s, now-midcareer women in Division 35 again got together to discuss continuing challenges of working in academic and other settings. By that time, there was actually an evolving published literature on the challenges and solutions, some of which had been the result of research by the chapter authors. Survival Strategies for Women in Academe: Arming Athena, edited by Lynn Collins, Joan Chrisler, and Kat Quina and published by Sage in 1998, brought women together again to share this new literature and their wisdom. As with Career Guide, it was a hit with women struggling to overcome the barriers placed in their way by the “powers in the [ivory] towers.”

Several of those original authors were chatting with ECPs this past week, and we all realized two things. First, although much has changed in the workplaces of psychology, these resources are still useful – indeed, valuable! And further, the process of developing and sharing such resources can in itself be a valuable experience. So, following the advice in several of the chapters, we came up with some action strategies!

1) Get these books into the hands of ECPs! Used copies of each are available on the Internet for under $10 (along with other great career advice books). Imagine how many people could be empowered if mentors would buy just one copy and pass it around your students and ECP colleagues. Expand each other’s shared wisdom with marginal annotations, sticky notes, even long essays tucked inside!

2) Participate in an online reading group, in which experiences and ideas are shared as ECPs and mentors read the volumes (and/or other articles and books) together. (This can be biblio-therapeutic as well!) Perhaps a social media savvy ECP can post a “tip of the day” from these and other scholars, or you can use our ECP Facebook page to share lessons you have learned along the way and resources you found helpful. https://www.facebook.com/groups/apadiv35ecp/

3) Bring together students, fellow ECPs, and mentors at your home location or in sessions at APA to talk about the challenges you experience and the successes you have had in overcoming them (and don’t forget the failures – they are instructive too). Is there an issue that you would like to pursue? Do you want a resource more relevant to your career path (e.g., clinician, researcher)? Do you have advice to share?

You might not feel confident about writing a similar chapter yet, but you can develop a research project to explore one of the topics in greater depth, and it might become part of another volume. Don’t be shy – with a little help from your ECP friends, you might even be able to put together a cross-campus or nationally representative study utilizing the resources of the group!

Here’s to a more successful 2016 for each of you!

(Disclaimer: ECP co-chair Kat Quina was a member of both of these projects and an author in each volume. She also found the advice of her colleagues really helpful!)

**Listservs of Division 35**

Here are the listservs or email distribution lists of Division 35 and its sections. Access the listserv site at lists.apa.org.

- div35announce@lists.apa.org
- div35townhall@lists.apa.org
- div35exec@lists.apa.org
- div35stu@lists.apa.org
- div351@lists.apa.org
- div35exec@lists.apa.org
- div351exec@lists.apa.org
- div35sec1students@lists.apa.org
- div35sec3@lists.apa.org
- div35sec5@lists.apa.org
- div35sec6@lists.apa.org

All with membership in Division 35 are added, limited to news of the division
- Ask to join, for discussion (share information and questions)
- Division 35 executive committee
- Division 35 student affiliates
- Section 1
- Section 1 executive committee
- Section 1 student affiliates
- Section 3
- Section 5
- Section 6
Submit to:

Psychology of Women Quarterly

Submit your work to:

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Awareness of perinatal mental health has grown tremendously over the past decade. It is part of the “new mama” dialect to refer to postpartum depression, as simply “postpartum”, as in: “My best friend suffered from postpartum.”

Among the pregnancy-related disorders is the presence of Perinatal Obsessive-Compulsive Disorder (pOCD). While Obsessive-Compulsive Disorder (OCD) affects both men and women, if a woman experiences OCD during the perinatal period, it is called Perinatal OCD. Currently, there is a paucity of research to determine the prevalence of the disorder; however, estimates are that 2 to 3 in every 100 women are affected in the year after giving birth. Here are some examples of the symptoms reported by clients who have visited my clinic:

Holding her 9 month-old son, a young mother cries in my office as she describes thoughts of drowning her child.

A new mama, 2 weeks postpartum, shamefully explains that her mother is now changing all her baby’s diapers for fear she may sexually molest her daughter.

These women report their fears that I will call child protective services. They fear they will “snap,” and harm their children. Being able to admit these thoughts out loud feels very risky and shameful — after all, “How could a mother think such things?”

Constant and persistent intrusive thoughts and images, as well as the avoidant and compulsive behaviors that accompany them, plague up to 11% of pregnant and postpartum women (Brandes et al, 2004, Miller et al., 2013). These thoughts may be as simple and relentlessly debilitating as an obsessive fear of germs, and excessive cleaning or use of hand sanitizers. Or, they may be intrusive, violent, sexual, or morbid thoughts that cause deep shame and terror.

These thoughts are not psychotic or perverted; they are symptoms of perinatal obsessive-compulsive disorder (pOCD). They disrupt the mother-baby bonding process, they isolate women from those that love and care for them, and they precipitate secondary anxiety symptoms and major depression.

Recently, the US Preventive Services Task Force made recommendations in the Journal of the American Medical Association (1/26/16) that physicians routinely screen women for perinatal depression during pregnancy and the postpartum period (Siu, 2016). Many states have adopted laws requiring mandatory depression screening for postpartum women. The stories of mothers suffering from mental health challenges, such as psychosis, or depression, lead to dangerous symptoms such as:

“Even when her baby is sleeping, yet again, another mom has not slept more than 2 hours at a time, because she is constantly checking, terrified her baby might die of SIDS... One mother, a psychologist, has startling images of hanging herself, of being committed to the State Hospital.”

These developments and others are appropriate given that 15-21% of pregnant women experience moderate to severe symptoms of depression (Wisner, Sit, McShea, et al., 2013). Meanwhile, up to 21% of postpartum women experience depression (Wisner, Sit, McShea, et al.; 2013). For women who are poor, African-American and/or teenagers, the risk of having postpartum depression goes up to 60% (Earls, 2010).

Perinatal anxiety, however, is overlooked or not taken seriously. Frequently patients tell me that they were screened for depression at every prenatal visit, but were never asked about their symptoms of anxiety consistent with Panic disorder, Generalized Anxiety Disorder, OCD, and PTSD (e.g., panic, excessive worry, obsessive thoughts and compulsions, re-experiencing traumatic events, difficulty sleeping, hyper-vigilance, exaggerated startle response).

And if we don’t ask, women don’t generally tell us. This is especially true of pOCD. What woman wants to admit that she has stopped bathing her baby, or that she has locked all the knives and scissors in the trunk of her car in order to protect her child? Women who have these horrifying thoughts assume they are going crazy. They fear telling will lead to being committed, and/or having their children taken away.

I continue to meet women in my practice who sought help from their doctors, only to be hospitalized as psychotic — separated from their...
bodies, unable to breastfeed them. These women are traumatized, and are discharged feeling more “crazy” than when they were admitted.

The actual risk that a woman having intrusive thoughts might act on them, is zero to nil (Miller et. al, 2013; Fairbrother & Abramowitz, 2007). After all, these thoughts are only thoughts, and are a manifestation of anxiety.

When a woman is in a state of fear and worry about the thoughts and images she’s having, these are called “ego dystonic” thoughts. They are contrary to what she believes. Feeling afraid of bad thoughts may actually be considered a “good sign.” These mothers vigilantly avoid activities and situations with the belief that they will keep themselves and their babies safe. Their fears distinguish them from individuals experiencing serious symptoms of psychosis.

Women with postpartum psychosis actively believe their delusions. These thoughts are “ego syntonic.” Andrea Yates, who drowned her five children in the bathtub in 2001, believed she was saving them from going to Hell; within her delusion she was committing a loving act.

Postpartum psychosis only occurs in 1-2 of 1000 women (Nonacs, 2005; Sit, et al, 2006). Although only 4-5% of postpartum women have delusions related to harming self or child, there is a 5% risk of suicide and a 4% risk of infanticide (Sit, et al, 2006). This is why postpartum psychosis is considered a medical emergency, requiring immediate treatment. For example, one mother I saw had the recurring and horrifying image of strangling her baby. She told no one, and for 6 months avoided looking at her daughter, and at all times held and carried her facing outward.

This “obsessive-compulsive” experience is the result of a complex body-mind chemistry, set to “high alert.” The hormonal transitions through pregnancy, birth, and breastfeeding pose a significant risk factor for women to experience an OCD onset or exacerbation. The prevalence of perinatal OCD is twice that of OCD in the general population (Fairbrother & Abramowitz, 2007). Clearly, the disorder makes it hard to tap into the rich joys of motherhood, let alone lead a normal life.

The good news is that there is treatment available when clinicians can discern a mother’s symptoms. Increasingly, OBs, nurses, midwives, and doulas are receiving more training to recognize and treat perinatal mental health disorders. And there are more therapists (some of whom have experienced a difficult perinatal adjustment themselves), who are specializing in treating and supporting mothers with pOCD and other perinatal mood and anxiety disorders.

References


The Executive Committee reviewed and approved new listserv netiquette guidelines during our recent Midwinter’s meeting (see sample provided for the DIV3STOWNHALL listserv). The COT wishes to thank those who have participated in our planning meetings: Marlene Maheu (Co-chair), Shawna Wright (Co-chair), Alexandra Minieri (Website Coordinator), Viann Nguyen-Feng (website auditor), BraVada Garrett-Akinsanya (ex-officio), Jean Lau Chin, Annahita Mahdavi, Johari Harris, Sara Aigen, Chelsie Dunn, and Elizabeth Fong. A membership vote will soon be held on these guidelines via a mail-in ballot. Listening Sessions, with supporting documents to explore the pros and cons of the new rules, are being scheduled. To register, please be on the lookout for a “Call for Participation” on our Town Hall listserv and through our Division Announce postings. We kindly request that the Division 35 membership carefully review the forthcoming pro/con documents affiliated with the listserv netiquette guidelines below in preparation for our upcoming listening sessions.

DIV3STOWNHALL Listserv

The DIV3STOWNHALL Listserv is an amazing resource and one of the most important reasons for maintaining DIV35 membership. Its function is to facilitate communication on feminist issues among SPW/Division 35 members. Welcome!

This is an official list of Division 35 that has been authorized and approved by Division 35. The following lists are the only lists that are official lists of Division 35:

- Div3stownhall@lists.apa.org
- Div35announce@lists.apa.org
- Div35exec@lists.apa.org
- Div35stu@lists.apa.org
- Div351@lists.apa.org
- Div351exec@lists.apa.org
- Div35sec1students@lists.apa.org
- Div35sec3@lists.apa.org
- Div35sec5@lists.apa.org
- Div35sec6@lists.apa.org

Only official Division 35 lists have been authorized and approved by Division 35.

DIV3STOWNHALL Listserv Standards of Conduct

The DIV3STOWNHALL Listserv is intended to facilitate communication among the membership regarding scientific and administrative issues. Members of the List are asked to be respectful of other members’ time and attention. Reasonable adherence to the Standards is expected.

Please note that members of this listserv have agreed to open their email inboxes to you. Therefore, this privilege is to be treated with respect and an awareness that all messages must be appropriate for receipt by the entire list membership.

The following guidelines have been approved by the DIV35 Committee on Technology and DIV 35 Executive Committee:

1. Redistribution, electronically or otherwise, of any material posted is not permitted without the express written permission of all involved authors.
2. Messages must be signed with the author’s identifying information at the end of the message, including name and institutional/professional affiliation or geographic location.
3. Do not use the forum for illegal purposes, including but not limited to defamation, violation of intellectual property laws, violation of antitrust or unfair competition laws or violation of criminal laws.

4. Do not intentionally interfere with or disrupt other forum members, network services, or network equipment.

5. Do not use the Forum for commercial purposes.

6. Do not use this forum for any communication that could be construed in any way as support for or opposition to any candidate for a federal, state or local public office.

7. Inappropriate use of the DIV-3STOWNHALL Listserv may result in suspension of listserv rights and/or termination of DIV35 membership.

8. All complaints related to these Standards of Conduct or other problematic list member activity are to be submitted to the List Manager (identified below). They may be reviewed by the Committee on Technology (COT), and if required, referred to the appropriate DIV35 authorities including, but not limited to, the Executive Committee and/or the APA legal office.

9. Messages posted to the ListServ will go to all DIV35TOWNHALL List addresses. Before responding, members are encouraged to consider carefully whether they should press REPLY, which will send a message to the entire List. This is the same for REPLY ALL. You must remove the default email address and enter an individual email address in order to send a message to an individual.

10. Messages should be of sufficient professional interest or importance that they warrant delivery to the other users of the listserv.

11. Members are discouraged from simply voicing agreement with a statement or to simply echo a particular sentiment (e.g., “I agree”, “Bravo”, “me too”, or “send me that too!”). Members are expected to only post a message to the list if there is a substantial contribution to the discussion.

12. Members are expected to only REPLY to a message with information pertaining to the subject line of the thread. Do not start a new thread discussion using the subject line of a previous thread. Additionally, members must not change subject lines of threads without identifying the previous thread.
   a) This procedure is to discourage the forwarding of messages from other people without taking responsibility for contents. If anyone forwards a message, they are expected to state their view regarding the message and be prepared to discuss the issues accordingly.
   b) Forwarding messages from other parties without expressed agreement or disagreement from the individual posting the message is prohibited.
   c) Do not post to the List asking to signoff (unsubscribe). Please follow the instructions below.

13. Messages must be civil and professional in tone, and spoken from an attitude of respect.
   a) Messages must not contain slander, threats, profanity, pornography, or illicit material. Listserv email and other text-based interactions can be damaging to the recipient in social as well as personal ways. Therefore, members are encouraged to speak directly to each other by private email, text message, telephone or in-person if there is a need to exchange strong emotional content. Verbal abusiveness toward another DIV35 member is also prohibited. Members must take responsibility for what they insert into an email. Note that live human interaction is the best way to deal with strong affect, as there is no substitute for personal interaction. Additionally, you may send a private email (back channel) to the individual. The listserv domain is not an appropriate use of dealing with strong affect.
   b) Being mindful that opening one’s inbox to receiving each other’s email is a privilege and not a right, demanding a response within any amount of time is prohibited.


At the sole discretion of the List Manager and/or the Committee on Technology (COT), complaints regarding inappropriate use of the listserv will be reviewed and acted upon, and if required, referred to the DIV35 Executive Committee and/or the APA legal office for further management. The following procedures will be followed in response to listserv guideline infractions:

1. Initial instance/issue with guideline compliance: Private, respectful e-mail reminding member of guideline and providing education if appropriate (with request to correct if applicable), and a reminder that there is 30-day suspension from the listserv in question if the behavior continues.

2. Second instance/issue with same listserv: Private e-mail reminding of guideline and a warning of 30-day suspension if the behavior continues.

3. Third instance/issue with same listserv: Private e-mail reminding of guideline and a 30-day suspension if the behavior continues starting immediately.

4. If a member is suspended for 30 days and has another instance of guideline violation within 30 days or returning to the listserv, a 90-day suspension will be discussed within the COT. Continued issues requiring a second suspension could result in permanent removal from the Division 35 listservs.
The Sue Rosenberg Zalk Award for Distinguished Service to the Society for the Psychology of Women

By Asuncion Miteria Austria, PhD, Committee Chair

This award recognizes the contributions of an individual who has served the Society for the Psychology of Women, American Psychological Association, in a variety of significant ways over a substantial period of time, as did Sue Rosenberg Zalk. The Award will be presented at the 2016 APA Convention and carries a $500 honorarium.

At the time of her death in 2001, Sue Rosenberg Zalk was Book Series Editor. In the course of over 20 years of service to the Division, Dr. Zalk was APA Program Chair and chaired committees and taskforces on recruitment, fellows selection, awards, the Hyde student award, mentoring, feminist submissions to mainstream journals, and the urban initiative, and was liaison to Division 51 (Psychology of Men & Masculinity) and APS. She rarely missed an Executive Committee meeting and was forthright, insightful, strategic, and diplomatic in her comments. She also assisted other committee chairs with their responsibilities and was a mentor and friend to many SPW members.

To nominate a candidate, please send a letter to the 2016 Committee (Asuncion Miteria Austria, Chair; Nancy Baker, Martha Banks) that addresses the nominee’s length of service to SPW, the variety and significance of her or his activities in SPW, and the candidate’s contributions to SPW that have yet to be formally recognized. The strength of the nominating letter is important and may include input from up to three others beyond the nominator. Please append to this letter a list of positions held by the nominee in SPW, including the start and end date for each entry.

Please submit a single, complete nominating letter for each candidate before April 1, 2016, to: Asuncion Miteria Austria, PhD, amaustria@stritch.edu.

Previous Sue Rosenberg Zalk Award Winners

2015 Nancy Baker
2014 Asuncion Miteria Austria
2013 Joan C. Chrisler
2012 Susan Basow
2011 Jacquelyn White
2010 Janice D. Yoder
2009 Karen Fraser Wyche
2008 Margaret Madden
2007 Lula Beatty
2006 Natalie Porter
2005 (None)
2004 Pamela Reid
2003 Martha Banks
2002 Cheryl Travis

Division 35 Book Series Notice

This is a Call for Proposals, Manuscripts, and Nominations (including self-nominations) for Editorial Board Members, for the DIV 35 Book Series. We are interested in all topics within the mission of DIV 35, with topics of special interest to include Intersectionality, Innovative Research Methods, and a “Crossroads” book with Div 27 (Society for Community Research and Action). If you are interested in becoming involved in the Book Series, please contact the Book Series Editor, Mary Wyer (mbwyer@ncsu.edu).
Call for Award Nominations

Strickland Daniel Mentoring Award

By Linda Forrest

This Division 35 award recognizes the feminist mentoring of the award winner and honors Bonnie R. Strickland and Jessica Henderson Daniel for their distinguished mentoring. Bonnie Ruth Strickland has served psychology in many roles and leadership positions, including President of the American Psychological Association and as a member of the Advisory Council to the National Institute of Mental Health. Through her scholarship and her advocacy, Strickland demonstrated insight into issues of privilege and barriers to access in relation to race, regionalism, gender, age, and sexual orientation. As a mentor at the national level, Dr. Strickland organized formal workshops to assist diverse women in accessing positions of leadership within the organizations and hierarchies of psychology. Throughout her career, Dr. Strickland has demonstrated a generosity of spirit in supporting women in psychology in their pursuit of their own goals.

Named as the first recipient of the Bonnie Strickland Distinguished Mentoring Award, Jessica Henderson Daniel was subsequently co-honored in the naming of the award. She is recognized as an outstanding mentor who has developed both formal and informal mentoring networks for ethnic minority graduate students at Boston University; psychology interns and post-doctoral fellows at Children's Hospital, Boston; and for ALANA interns and fellows at Harvard Medical School (HMS) affiliated hospitals. She is an Associate Professor at HMS. Dr. Henderson Daniel has served as President of Div. 35 and member-at-large on the APA Board of Directors. Her career has primarily focused on instruction, training, and mentoring. She has interests in diversity training, the development of adolescent girls, and media images of women.

**Award Criteria:** The award recognizes the feminist mentoring of the award winner whose mentoring includes several of the following components:

- Introduces mentees to professional contacts and networks
- Takes a personal interest in the mentees
- Provides coaching, supervision, consulting to women psychologists in practice
- Develops an inclusive network of professionals and protégés that includes women from diverse ethnic/racial groups, sexual orientations, social class backgrounds
- Interacts with mentees in formal, informal, and social settings
- Promotes democratic and nonhierarchical styles of interacting
- Offers formal mentoring events and programs
- Models or discusses issues of professional and personal balance
- Provides encouragement and advice to women seeking leadership positions within their agencies and institutions
- Encourages women to participate actively in Div. 35 and APA committees and governance

**Application Deadline:** April 18, 2016

**Committee Chair and Members:** The Committee Chair is a past recipient of the Strickland Daniel Mentoring Award. The committee consists of four additional members, each of whom is a member of the Society. Committee members review and rate the nomination packets based on the above award criteria.

**Award Presentation:** Once the Committee selects an award winner, the individual is notified immediately and provided with the day and time of the Division 35 Award Ceremony. The award includes a plaque, but no monetary honor.

**Past Recipients** of the Division 35 Strickland Daniel Mentoring Award

2015: Susan Morrow, University of Utah
2014: Dr. Olivia Moorehead-Slaughter, The Park School
2013: Dr. Chris Dunkel Schetter, The University of California, Los Angeles, and Dr. Michelle Fine, The Graduate Center of the City University of New York
2012: Dr. Ruth E. Fassinger, University of Maryland College Park and John F. Kennedy University
2011: Dr. Lucia Albino Gilbert, The University of Texas at Austin and Santa Clara University
2010: Dr. Silvia Sara Canetto, Colorado State University
2009: Dr. Linda Forrest, University of Oregon
2008: Dr. Marci Lobel, State University of New York, Stony Brook
2007: Dr. Lisa A. Goodman, Boston College

SPW members, send address changes in writing to APA Membership Office, 750 First Street, NE, Washington, DC 20002-4242.

SPW affiliates, send address changes to Division 35 Administrative Office, 750 First Street, NE, Washington, DC 20002-4242, phone: 202-336-6013, email: division@apa.org

Submitting Newsletter Copy
Submit copy in the following formats (listed in order of preference): Full page: $250, Half page: $150, Quarter page: $100, Position announcement: $75 (up to 250 words)

Deadlines
The newsletter is published quarterly and reaches readers approximately six to eight weeks following each deadline: Fall Issue by September 1, Winter Issue by November 15, Spring Issue by February 15, Summer Issue by June 1.

Send submissions to: div35@apa.org