

Division 44 Newsletter
A Newsletter of APA Div44
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APA Policy Statement on Affirming Evidence-Based Inclusive Care for Transgender, Gender Diverse, and Nonbinary Individuals, Addressing Misinformation, and the Role of Psychological Practice and Science

On February 24, 2024, the American Psychological Association adopted a [policy statement](#) that supports the appropriateness of evidence-based, gender-affirming care, including psychological services, for youth and adults, opposes policies and legislations that block access to care, and opposes the dissemination of false information used to attack trans, gender diverse, and nonbinary people as well as the care they need.

This is a critical step for us because, while many other organizations – the American Medical Association, the American Academy of Pediatrics, and others – had made such statements years ago, APA had never made such a statement to date, in spite of having taken steps like promulgating clinical guidelines for trans care. This tied the hands of our advocacy team and hampered our efforts in policy advocacy and legal advocacy. With this statement in place, we can be much more effective in mobilizing APA advocacy against these bans and limitations on effective care.

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This public statement is incredibly timely, as we have anti-trans legislation active in the legislatures of many states, and these bills are increasingly draconian. This toxic atmosphere has caused internal displacement of gender diverse people and their families inside the United States, as they flee these policies, and creates a climate of fear as well as empowering hostility, including the tragic situation in Oklahoma, earlier this week, in which a nonbinary youth died after being assaulted in school.

This statement came together through the work of so many Division 44 members including Stephanie Budge, Sebastian Barr, Richard Sprott, and Kimberly Balsam. As Council Representatives, we would also like to recognize Arlene Noriega and Michael Hendricks, who paved the way and helped us establish ourselves at Council, and continue to provide mentorship and leadership, as they serve in their roles on Council Leadership Team and the Board of Directors. Gregory Sarlo, President of Division 44, also brought us together at Midwinter Meeting and helped us get in a place where we could work together quickly to create this policy and respond to suggestions from other parts of APA. And of course, our amazing Public Policy Committee laid the critical groundwork in our own Division's policy statement on this topic.

We also built an incredible coalition. We worked very closely with Terry Stancin, a pediatric psychologist representing Division 54, who co-wrote and "co-moved" this policy statement. She was our partner at every level of this process. APA staff from multiple layers of the Association were also critical to this process. In particular, I would like to offer my heartfelt thanks to Katherine McGuire, Chief Advocacy Officer of the American Psychological Association. She provided tremendous support to obtain and incorporate feedback and strengthen this document, and we simply would not have reached this goal at this Council meeting, without her. In the end, 45 members of Council – about a quarter of the full elected body – endorsed this policy statement in advance of introducing it on the floor of Council. Twelve divisions and state, provincial, and territorial associations (SPTAs), including Division 44, also endorsed the statement, alongside APA Boards and Committees. These connections made it clear that a number of diverse voices are willing to stand up with us for our rights, and resulted in the policy passing with overwhelming support on the floor of Council, with more than 93% of votes cast in favor of the proposal.

For me, this was the first time I was able to introduce a resolution to Council, as I am in my second year, and last year was spent learning the processes and procedures of Council. My hope is that the team we have built inside our Division and the coalition we have built beyond our Division will help us to advance many more policies that support the rights, welfare, and dignity of the LGBTQ community, and I look forward to doing this in partnership with everyone in the Division.

In gratitude,

Mira C. Jourdan, PhD, ABPP

Council Representative and Former President, The Society for the Psychology of Sexual Orientation and Gender Diversity



Applications are now open for the Springfield LGBTQIA+ Congressional Fellowship – Deadline

April 1

The [Springfield LGBTQIA+ Congressional Fellowship](#) provides psychologists with an interest in policies that affect LGBTQIA+ populations to spend one year working with a member of Congress

or a congressional committee.

Through a generous bequest to the [American Psychological Foundation](#) (APF) from Franklyn Springfield, PhD, that established the FS LGBTQIA+ Awareness Fund, APA administers this APF-funded program for a congressional fellow.

Springfield was a clinical psychologist who was passionate about gay rights and the need to publicize the findings of psychological research, not only within the academic community, but to the public at large. Springfield believed that education and awareness are critical tools in the fight against stigma and prejudice.

He received his PhD in clinical psychology at a time when homosexuality was still considered a mental illness and often said that his admission to his doctoral program was the only time he ever lied about his sexuality. Springfield passed away in April 2020 after a long illness and he was predeceased by his husband Peter MacNamara. Both of them were committed to APF, to the cause of gay rights, and to the two funds they established at APF, the Franklyn Springfield Research Fund and the FS LGBTQIA+ Awareness Fund. Springfield arranged for the funds to last at least fifty years, ensuring that the scholarships and publicity would have long-lasting impact.

The purpose of the Springfield LGBTQIA+ Congressional Fellowship is to provide psychologists with an invaluable public policy learning experience; to contribute to the more effective use of psychological knowledge in government; and to broaden awareness about the value of psychology-government interaction among psychologists and within the federal government.

Applicants for this fellowship must have a background or interest in psychology as it pertains to health, wellbeing and civil rights of LGBTQIA+ populations. Fellowship activities may involve drafting legislation, conducting oversight work, assisting with congressional hearings and events, and preparing briefs and speeches. Fellows also attend a two-week orientation program on congressional and executive branch operations, which provides guidance for the congressional placement process, and participate in a yearlong seminar series on science and public policy issues. The American Association for the Advancement of Science administers

these professional development activities for the APA fellows and for fellows sponsored by over two dozen other professional societies.

APF will sponsor up to one Springfield LGBTQIA+ Congressional Fellow for a one-year appointment beginning approximately August 30, 2024. The fellowship stipend ranges from \$75,000 to \$90,000, depending upon years of post-doctoral experience. In addition, the fellowship provides reimbursement for health insurance coverage and a \$3,750 stipend for professional development and relocation expenses during the fellowship year. Final selection of fellows will be made in early spring of 2024.

To learn more about the fellowship experience please watch the [2021 presentation video](#).

News from APA: Our APA Council of Representatives Report

February 2024 meeting was notably active

Submitted by Sarah E. Burgamy, PsyD. on behalf of the Division 44 Council Representatives (Dr. Burgamy, Dr. Mira Jourdan & Dr. David Rivera)

The February 2024 meeting of the APA Council of Representatives (COR) in Washington, D.C. was a notably active one for our Division 44 COR representatives.

In collaboration with Division 54 (Society of Pediatric Psychology), and the APA Advocacy Office, your Division 44 Council representatives moved a new business item: *Policy Statement on Affirming Evidence-Based Inclusive Care for Transgender, Gender Diverse, and Nonbinary Individuals, Addressing Misinformation, and the Role of Psychological Practice and Science*. This is one time I believe even my 7th grade English teacher would excuse the lack of title brevity for the thorough breadth of this policy statement! As you may have heard by now, thanks to some dutiful, real-time meeting reporting from our own Mira Jourdan, this policy statement passed with overwhelming support (93.9% Yes, 5.5% No, .6% Abstain). The policy document is now APA policy and will enable the Association to better advocate for access to gender affirming care for transgender, gender diverse and nonbinary people. Additionally, beyond supporting access, the policy also addressed the damaging and misleading effects of misinformation and how science-based evidence can get displaced by readily propagated misinformation via informal channels of communication or during legislative hearings.

Some of you may be wondering why/how this was not already a policy of APA? After all, we are all familiar with the *Guidelines for Psychological Practice with Transgender and Gender Nonconforming People* (2015; currently in the midst of revision), as well as the edicts of nondiscrimination and competency in the APA Code of Ethics which specifically denote gender identity and gender expression. Using the three-legged stool metaphor, we were missing one very important leg – APA policy. Also, as many of you may be well aware, a Division 44 working group has been focused on this very issue for some time – in collaboration with

representatives from Division 17 (Society for Counseling Psychology), Division 37 (Society for Child and Family Policy and Practice), Division 53 (Society of Clinical Child and Adolescent Psychology) and Division 54 (Society of Pediatric Psychology). Together with the APA Advocacy Office and a huge lift from Katherine McGuire, APA Chief Advocacy Officer, and stewarded by our own Arlene Noriega, Council Leadership Team (CLT) Chair and member of the APA Board of Directors, this policy document was put into final form and successfully added to the February COR meeting agenda on a tight timeline.

COR is the policy making body of the APA. As such, your representatives are positioned to bring concerns, business items, and inclusive competency in representation of our Division to all of the work which transpires at COR. Often, our work is focused on examining business items brought forth by other groups or constituencies. However, moving a new business item is one of the most powerful things we can do on behalf of the Division and our concerns.

As the COR meeting dates drew near, we sought endorsements for the policy item from other COR representatives – garnering more than 40 names: Divisions (10 total signatories: Divisions 17, 31, 35, 37, 38, 39, 44, 45, 53, 54); State, Provincial and Territorial Associations, SPTAs (both Ohio Psychological Association and Colorado Psychological Association signed on); and review and recommendations for approval from pertinent boards and committees of APA (Board for the Advancement of Psychology in the Public Interest, Committee on Sexual Orientation and Gender Diversity, and the Advocacy Coordinating Committee).

Much of the “work” of COR is done in discussion with other COR representatives. This consisted of presenting the item to members of COR via virtual caucus meetings the week before the COR meeting (yes, caucuses, like a mini-psychology version of Congress), addressing questions, concerns and gathering support; and then engaging in ongoing conversation, discussion and collaboration with members of COR during lunches, in the hotel hallways, via e-mail, you name it! With some “game time” edits to address feedback and concerns, we then hit the floor and presented the item before the 183-member body of COR. In the case of our policy item, support at the floor microphones from other members of COR was overwhelming and moving. A few members of COR expressed some concern that the public may not have an adequate understanding of the term “gender-affirming care” and offered amendments to the item to use different terminology throughout the policy document. We declined this amendment and the body of COR defeated that amendment proposal. So therein lies a bit more detail about how the APA policy “sausage” gets made. Needless to say, I left this meeting feeling more buoyed by the support of our Association than I have in some time.

As COR met over two days, obviously, there is more to report than our policy item alone. APA CEO Arthur Evans provided an update regarding the health and activities of the Association. Notably, APA membership has grown to approximately 157,000 members (2023), up from even 2022 (146K), and quite remarkably since 2020 (121K). APA media mentions topped out at 61,000 in 2023, up from 36,700 in 2021. Dr. Evans highlighted the efforts of members to make

themselves more available for media comment and connection along with APA staff. Ever in alignment with the work of our Division, Dr. Evans noted that our work at APA is, after all, about “improving the human condition.”

Below, please find a summary of many of the remaining business items discussed during this meeting:

- Resolution Opposing Involuntary Individual Isolation of Youth in Juvenile Justice Settings: PASSED (98.1% Yes). One COR member remarked that she used to be a warden in a justice setting and this resolution document would have been particularly helpful. The resolution made some specific and practical recommendations in dissuading use of involuntary isolation of youth.
- American Psychological Association/American Psychological Association Services, Inc. Strategic Plan: PASSED (92.9% Yes). The CEO of APA is tasked with providing an updated strategic plan every five years. Notably, Sarah Burgamy referenced the Vision, Mission, Guiding Principles as well as Strategic Goals and Objectives from this very plan, passed just the day prior, during the introduction of our policy item on gender affirming care.
- Resolution to Support Parents with Disabilities: PASSED (99.4%).
- Resolution on the Secure Storage of Firearms and Lethal Means Safety Strategies to Prevent Suicides: PASSED (96.3% Yes)
- Amendments to Association Rule 210–5: Dues - PASSED: COR voted to increase full member dues by \$27 (\$247-\$274) while simultaneously reducing dues at years four through six for early career psychologists (ECP) (\$149 to \$124). The APA Membership office reported a significant drop-off in membership for folks in year four of the ECP “ramp up” in dues which led to the proposal to reduce the amount of the increase from years three to four and through year six.
- Resolution on Combatting Misinformation and Promoting Psychological Science Literacy: PASSED (98.1%)
- Guidelines for Psychological Practice with Older Adults: PASSED (97.5% Yes). This item included considerations for aging LGBTQ+ folks. We also provided feedback, upon passage, regarding the definition of nonbinary in the guidelines. Suggested edits to the general descriptive definition of nonbinary were submitted to Amber Roopan, APA Staff Liaison to COR, utilizing information from our Division 44 Nonbinary Fact Sheet.

- Council Leadership Team Recommendations on Council Action Items: PASSED (83.4% Yes). This item concerned how the Council Leadership Team (CLT) reviews and makes recommendations to COR pertaining to COR business items.

Division 44 President's Column

Gregory Sarlo, PsyD

Hello everyone, I hope all is well. Just an update in the *Newsletter* about the events of this year. It has been a very busy and productive term so far. I wanted to let you know some things that have moved very fast.

The Executive Board (EB) met in Santa Fe for the Midwinter Meeting. Here are a couple of main highlights which happened at the meeting. We passed the budget for the upcoming year and we are doing very well. We also discussed some exciting convention plans for this year. Dr. Beck Garza and the Programming Committee have some great programs planned for both the suite and the convention itself. We will be posting the program shortly.

Also, we have exciting news that we are going to be having a ECP brunch and a Pastpresident's brunch in the suite. Further, plans are in the works to see if we can have the Dinner for the division this year again. We are working hard to try and bring everyone together again for some social fun.

Speaking of celebrating!!!! I worked to bring together the division task forces, expertise in the division, Council reps and some other key individuals to see what we could do further for the community. We discussed at the EB meeting in January the Task Force working on the "Resolution on the Healthcare of Transgender, Gender Diverse, and Nonbinary Children and Adolescents."

We have since sent the resolution out of Division 44, posted on our website. This is not an APA resolution, but a resolution out of the division. Thank you all who worked on this important piece of advocacy and statement so, so much. It has been long in the works. I want to reach out and thank **all** those who shared their expertise and writing in authoring this important document.

From that document, within two weeks, there was an organized effort to write a new business item (NBI) for APA Council spearheaded by Arlene Noriega, some of the Task Force members, some of us on EC, and our Council Reps. This proposed policy entitled, "Policy Statement on Affirming Evidence-Based Inclusive Care for Transgender, Gender Diverse, and Nonbinary Individuals, Addressing Misinformation, and the Role of Psychological Practice and Science," moved very fast and was presented to the Council Leadership Team (CLT). The CLT voted to recommend it for approval to the APA Council. They felt it was imperative to highlight the policy proposal with our Division expertise, the resolution from our Task Force, and our endorsement for the NBI as a Division.

Well, on February 28th, this press release was sent out. “APA ADOPTS GROUNDBREAKING POLICY SUPPORTING TRANSGENDER, GENDER DIVERSE, NONBINARY INDIVIDUALS.”

We should all be proud of our Division 44 and the expertise of the professionals within the Division! This effort, which grew out of the hard-working efforts and expertise of the Task Force and the exceptional work of the Division Council Representatives as well as the extraordinary efforts of so many who worked very hard for two weeks following the Midwinter Meeting. See the details in the article by Council Rep. Mira Jordan in the lead article in this issue.

I want to thank again all who worked on these two efforts and commend everyone for all for their work. Thank you, thank you, thank you!

We should all be very proud of the Division. We all worked very hard to make this history happen. I will hopefully see you at the convention; it will be here quicker than we realize. Our President-elect, Dr. Elenore McCabe, and the committee are working hard on a Fabulous Awards Ceremony! We are both working very hard on our addresses too!

Thank you again to all!

Gregory

Diversity in Aging Committee Report

Katie Mendoza

We successfully submitted a workshop proposal – “Understanding Relationship Diversity in Sexual Minority Older Adults” for the LGBTQ+ Elders Conference to be held in June, 2024. We will know if our proposal has been accepted mid-March. Ongoing projects include updating the committee’s FAQ sheet and adding a Resource Guide list with an anticipated post to our forthcoming landing page on the Division 44 website by Summer 2024.

We are also working towards coordinating and establishing ongoing relationships with other committees within the division AND are looking to outreach to other APA divisions and organizations to work in promoting and addressing intersectionality.

We are available for consultations in reviewing any materials on which you would like to have our perspective and input. Likewise, we hope to have your feedback on the projects we’re working on!

Our committee continues to meet on a monthly basis. Starting in March, 2024, we will dedicating time for presenting scholarship work (at any stage of completion); and Benjamin Shepherd will be presenting his work on “Intraminority stigma, stress, and belonging among

gay and bi+ men across the lifespan.” If you are interested in joining us, please reach out to Braden Berkey or Katie Mendoza for the meeting link.

From the Newsletter 5, 10, 15, 20, 25, 30, and 35 Years Ago

April 2019

President Margaret Rosario was informed via the Listserv of APA’s decision to nominate to a U.S. Department of Education committee on accreditation someone who was a senior officer at a university with anti-LGBT attitudes and behaviors directed generally and at its students and staff. ... The divisional trio of presidents responded, and Council was galvanized. From Nov. 19, 2018, through the end of the month, at least 13 divisions supported, in writing to [APA CEO] Evans and [APA President] Daniel, withdrawal of the nomination. ... On Dec. 1, 2018, the nominee withdrew their name from consideration.

Em Matsuno wrote an article to increase awareness of the challenges that trans and gender diverse (TGD) graduate students face in psychology and provide concrete steps that professors, supervisors, students and colleagues can employ to support TGD students. ... “My hope is that these small steps can support TGD students to be successful in our field and to continue breaking barriers, expanding knowledge and fighting for the well-being of the TGD community.”

Juan Pantoja-Patiño wrote: Acknowledging the existence of multiple intersecting identities is an important precursor to appreciating the cultural complexities for LGBTQ+ People of Color. This wide-angle approach (i.e., intersectionality) can be used to legitimize the voices of marginalized groups and their various oppressions from multiple identities and contexts. Unfortunately, the intersectionality of LGBTQ+ People of Color tends to be examined thru the lens of mainstream culture (i.e., white, cisgender, heterosexual) thus rendering it invisible.

Jasper Privat wrote about centering underserved communities with healing-focused yoga.

During the training, I realized how much I had been closing off parts of my identity in order to make others feel more comfortable. Inspired by the support of the training participants, I finally felt able to accept my gender identity and to begin to share my identity with others.

January 2014

Arlene Noriega's Presidential address began: This has been quite a year for “our community.”

The highest court in our country with a stroke of the pen struck down a law that legitimized oppression of the LGBT community by repealing DOMA. This decision has opened up the floodgates for federal litigation against state marriage laws, the DOMA decision puts considerable pressure on the states to enact legal reforms – or face the strong possibility that reforms would be imposed upon them by the Supreme Court itself – making the prospect of national marriage equality greater now than ever before.

President Michael Hendrix noted that the possibilities we now have available to us exist because those who have been involved in Div. 44 and in the advancement of LGBT psychology more broadly for the past three decades have created for us pathways that had

never before existed. Not only did these heroes of LGBT psychology champion the causes of recognition, freedom and equality, they forged alliances and earned respect for the science and practice of LGBT psychology and for those who engage in it.

Three new APA Fellows were elected from Division 44: Kimberly Balsam, PhD, has published more than 40 articles and chapters, many published in first-rank APA journals; Michael Hendricks, PhD, has spent his career as a practicing clinical psychologist; Arlene Noriega, PhD, has taken essential leadership roles in Division 44 – in particular, her role as the Division 44 representative and coordinator for the National Multicultural Summit demonstrated one of her outstanding and unusual contributions to the profession. **Spring**

2009

President Randy Georgemiller announced that the Division Executive Committee unanimously endorsed changing the name of the Division to: “The Society for the Psychological Study of Lesbian, Gay, Bisexual, and Transgender Issues.” Also the EC supported the development of APA guidelines for the assessment and treatment of transgender and gender variant clients.

Beverly Greene introduced Dr. Bonnie Strickland at the Elder's Ceremony during the 2009 National Multicultural Conference and Summit: “Professionally she is among those who were first to teach the psychology of women and lesbian psychology. Her pioneering research articles are among the classics of the psychological literature in these and other areas. Her social justice commitment has been an active part of her teaching and extensive pioneering research in ways that serve as a powerful role model for many of us to follow as scientists who use their science and work as advocates for social justice policy.”

Bonnie R. Strickland began her remarks after receiving the award: “I have been privileged to receive other honors in my life, but none means as much to me as this Elder Award. It seems to come not for what I’ve done but for who I am. It marks a place in my life where I am many years and many miles from my growing up in the South, torn across boundaries of Black and White, male and female, sin and salvation, pride and shame, hospitality and hate. This is a remarkably integrative, affirming and blessed recognition, an unconditional positive regard, for which I am so grateful.”

Spring 2004

Judith Glassgold, President, noted the decisions of the Massachusetts Supreme Court and the court of Appeal for Ontario (Canada) upholding the rights of same-sex couples to marry. She also noted the backlash at the federal as well as the state level to ban same-sex marriage.

“Madeline H. Wyndzen (pen name)” wrote an expanded letter to the editor regarding the mental illness model of transgenderism. “I find that the mental illness label imposed on transsexuality is just as disquieting as the label that used to be imposed on homosexuality.”

Five articles were contributed to the special issue on affirmative psychoanalytic perspectives on LGBT issues.

Martin Rochlin’s obituary noted he was one of the pioneers of gay-affirmative psychology and a founding member of Division 44. In addition to being the first openly gay psychologist in Los Angeles, he was also a musician who played nightclubs and worked with Judy Garland, Pearl Bailey, Eartha Kitt, Martha Raye, and Billie Holiday.

David Haltiwanger, an original member of Division 44, discussed the National Coalition for LGBT Health.

Maryka Biaggio wrote “Addressing Institutional Sensitivity to Lesbian/Gay/Bisexual Individuals and Groups.”

Abbie Goldberg, a Scrivner Award Recipient, summarized her research on “The Transition to Parenthood for Lesbian Couples: Changes in Roles and Responsibilities.” A list of past APA Division 44 Award Winners was printed.

Spring 1999

President Steven James, a Native American psychologist, wrote of his reactions to the first National Multicultural Conference and Summit: “The prize of acceptance and tolerance for queer psychology is still out of reach in our profession.” He noted the positive presentations, but also that a majority of the Summit participants did not challenge the use of religious beliefs as a justification for anti-queer prejudice. Our greater involvement is needed.

Kristen Hancock and Armand Cerbone reported that the *Guidelines for Psychotherapy with Gay, Lesbian, and Bisexual Clients* has been approved by the Board for the Advancement of Psychology in the Public Interest.

Committee reports by Emily Page and Ron Fox (Bisexual Issues), Roxanne Uradomo (Ethnic Minority Affairs), Davina Kotulski and Randy Georgemiller (Public Policy), and Linda Wilson (Women’s Health) were presented.

Douglas Deville reported on the Membership Satisfaction Survey of 180 respondents. The Executive Committee responded by discussing the need for a membership directory, state or regional Division 44 meetings, coordination of public policy work with APA, fund raising, and highlighting the affiliate membership opportunity for those who are not APA members.

Andrew Boxer’s obituary noted his contributions on the life course of lesbians and gay men from adolescence through mid-life, including *Children of Horizons*, with Gilbert Herdt, on normative development of gay and lesbian teens.

June 1994

Olivia Espin, President, reported that APA Science Leader’s Meeting has invited Division 44 to send Cynthia Gomez which will increase our profile as a science division.

Sadly, Bill Bailey, APA Public Policy staff person frequently involved with Division 44 issues passed away recently.

Clinton Anderson reported that for the first time the National Institute of Mental Health has been approached by a science organization (APA Committee on Lesbian and Gay Concerns) in the area of lesbian and gay issues.

Evelyn Hooker sent a hand-written letter praising the first volume of *Lesbian and Gay Psychology*, the annual edited by Greg Herek and Beverly Green: “My impulse is to show it to all those skeptics in 1957 who thought I was wrong. I want to hold it up and say, ‘Didn’t I tell you!’ It is a dream come true! Empirically and scientifically solid.”

Esther D. Rothblum reviewed *Psychological Perspectives on Lesbian and Gay Male Experiences*, edited by Linda D. Garnets and Douglas C. Kimmel. “The quality of articles is excellent. . . . This book . . . will be a classic in the field.”

Al Sbordone described his study of 78 openly gay men who chose to become fathers. They reported increased need to disclose their homosexuality to others, called for repeal of laws that interfere with gay adoptions and for new laws that allow joint adoption and ensure parental rights, and for support groups that address these unique experiences. **April 1989**

Adrienne Smith noted that she became President six months prematurely because Alan Malyon died of lung cancer in December, age 47; he would have been serving this term. A memorial service will be held at the APA convention during the time reserved for his presidential address.

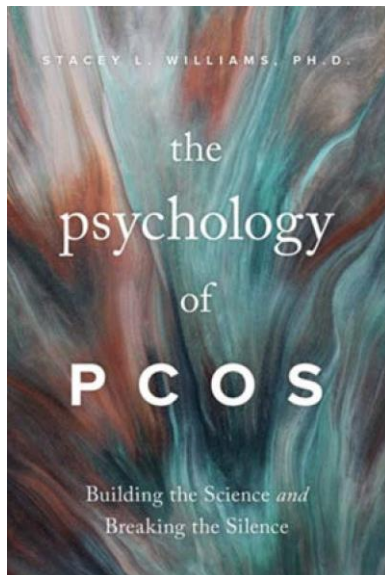
The Association of Lesbian and Gay Psychologists (ALGP) provides the hospitality suite at the APA convention, sponsors the annual leadership conference, and lobbies APA for lesbian and gay affirmative practices.

Allan Pinka, past Secretary-Treasurer of ALGP and later Division 44, died of AIDS just two years and four months after Harley Knight, his lover of 16 years. Allan worked closely with Alan Malyon in professional matters and their friendship was a testament to the love of brother for brother. Alan's partner of 13 years, Allen Chivens, helped Allan through the difficult years. Allan went into a coma before he learned that Alan Malyon had died first.

A featured speaker at convention will be Karen Thompson, whose lover, Sharon Kowalski, recently won a major victory in establishing her right to select her caregivers.

The Division's Executive Committee sponsored a seven-hour workshop on racism, sexism, and homophobia.

Clinton Anderson reported that APA filed an *amicus* brief in the case of Sergeant Perry J. Watkins, discharged from the Army for being gay. APA Council voted to consider state laws criminalizing consensual adult sexual behavior in private in the selection of future convention sites.



Book review: The Psychology of PCOS: Building the Science and Breaking the Silence

Citation: Williams, S. L. (2023). *The Psychology of PCOS: Building the Science and Breaking the Silence*. Washington, DC: American Psychological Association (192 pages).

Review author: Lindsay Sycz, PsyD

Polycystic ovary syndrome (PCOS) is the most common endocrine disorder, affecting an estimated 8–13% of reproductive-aged women. The condition consists of a collection of symptoms that includes menstrual irregularities, hyperandrogenism (e.g., high levels of testosterone, excess body/facial hair, acne), and/or the appearance of polycystic ovaries. It is also associated with a range of psychological and physical health concerns such as depression, anxiety, obesity, diabetes, infertility, and

cardiovascular disease. There is currently limited understanding of the etiology and cause of PCOS, as well as no cure; rather, the focus of treatment is often symptom management. Despite its prevalence and negative impacts, there is a scarcity of literature on individuals living with PCOS.

To help fill this gap, Stacey L. Williams, PhD, a social-health psychologist, and professor at East Tennessee State University who studies stigma and health, wrote *The Psychology of PCOS: Building the Science and Breaking the Silence*. In this newly published book, Williams takes readers on a moving and deeply personal journey into an understudied area where health and psychology intersect. The book is based on the author's own qualitative research, where she conducted 50 recorded, one-to-one phone interviews with individuals who self-reported a PCOS diagnosis. Participants ranged from 19 to 46 years and represented multiple racial/ethnic, gender, and sexual identities from across the United States. Williams was intentional in her recruitment and explicitly sought to include the voices of transgender, nonbinary, and gender diverse individuals who were living with PCOS. Notably, the author reports that 50% of participants indicated that their gender fit a label other than "woman." Thus, it is important to acknowledge (as Williams does) that her sample is not a direct representation of the population with PCOS. To read more about the study's methodology, the readers are directed to Appendix A.

In the introduction, Williams makes the argument for why we need a psychological science of PCOS. The rest of the book is divided into seven chapters, with two appendices. She starts with a brief but helpful overview of PCOS and names the silence and invisibility of the condition (Chapter 1). She then discusses the various ways that PCOS symptoms can be stigmatizing (Chapter 2). In Chapter 3, Williams correlates this stigma with a violation of societal expectations of womanhood, a section that I found particularly compelling. Typically understood as a "women's health" issue, Williams explicitly tackles the misconception that cisgender females are the group affected and draws attention to the diversity of experiences across gender identities. Although many cisgender women experience PCOS symptoms as adverse because of their impact on body image, for example, the author noted the positive experiences described among the gender diverse *because* of the masculinizing effects of certain symptoms. This is a fascinating and important area of study that deserves further investigation.

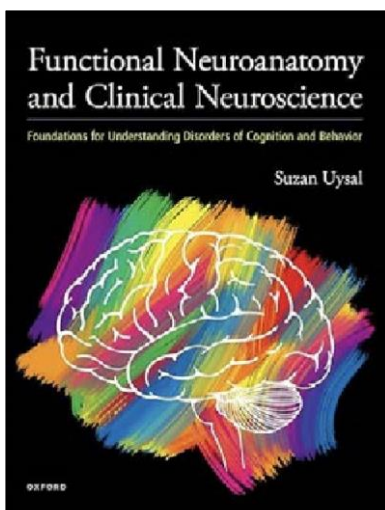
Williams also explores the challenges and benefits of social support surrounding PCOS, the variable impacts of symptoms on sexual functioning and dating (Chapter 4), and potential reasons for increased psychological risk (Chapter 5). Again, she highlights a novel (and perhaps surprising) finding worthy of exploration: Some individuals described positive outcomes ("psychological growth") despite or even *because* of their condition. There are also physical health risks and complications associated with PCOS (Chapter 6). Here, Williams labels participants' dissatisfaction with their healthcare with themes, which include medical professionals' lack of knowledge, delayed diagnosis, dismissive responses that were suggestive of race- and gender-based bias, and cultural incompetence.

In the final chapter, Williams puts forth a “PCOS call to action” and identifies three main areas of future work: clinical interventions (to address mental health and improve PCOS healthcare), advocacy, and psychological science. For those who desire a deeper dive into understanding PCOS (specifically) and the various related psychosocial aspects of life (more broadly), Williams shares a suggested reading list of medical, social science, and popular press sources that she says increased her own knowledge in these areas (Appendix B).

Early on, Williams “breaks her silence” and labels her own history with the diagnosis. Throughout the book, she seamlessly transitions between review of the academic research on the topic, excerpts from participant interviews, and description of her own experiences with PCOS. Using this approach, she manages to personalize the research and bring her participants’ reality to the forefront. The language of the book is not overly technical; it is thoughtfully written and researched. She is unassuming of her audience and provides accessible, digestible explanations for terminology and theoretical concepts that may be very familiar to some and novel to others (e.g., intersectionality). She approaches the topic from an ecological framework, highlighting the opportunities for intervention at the individual, interpersonal, community, and societal levels.

Given Williams’ call to “build the science,” the book is aimed toward scholars, researchers, and practitioners; namely, social, health, and clinical psychologists. However, as the author states, scholars in other disciplines (e.g., public health, nursing) and areas of study (e.g., women’s health, LGBTQ studies) may also find the topic relevant to their work.

Williams hopes the book will also serve those living – struggling *and* flourishing – with PCOS, by having their validating voices reflected back to them. This “PCOS Manifesto,” as the author lovingly calls it, demands that the silence be broken. This book engenders opportunities to do just that.



Book Review: Functional Neuroanatomy and Clinical Neuroscience

Citation: Uysal, S. (2023). *Functional Neuroanatomy and Clinical Neuroscience: Foundations for Understanding Disorders of Cognition and Behavior*. New York: Oxford University Press (410 pages).

Review author: Dana Bevan, PhD

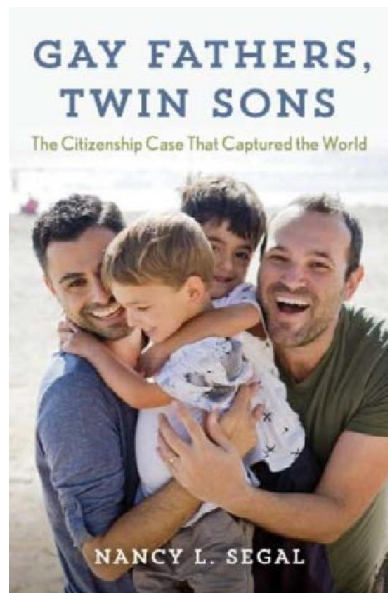
This reference work describes each major neuroanatomical structure of the brain and spinal cord and commonly associated clinical disorders and diseases at a top level. The strength of this book lies in its precise and succinct definitions of structures and

clinical neuroscience phenomena. The book is of value to psychologists seeking understanding of the etiology of behavior. Its precise definitions and references allow the reader to move quickly to more detailed reference literature and to relevant research literature. The index is well constructed and useful.

This book does not set out to encompass the vast research on psychopharmacology but does provide some basic information on neuronal physiology. That is fine because in many cases we do not really know how and where many drugs act to influence pathologies and behavior. The recent discovery that SSRIs (selective serotonin reuptake inhibitors) drugs designed to reduce depression by increasing synaptic serotonin levels do not actually work this way is a case in point.

In later chapters, the book does provide information for several clinical disorders that cannot currently be precisely localized to anatomical structures such as impairment of language, amnesia and learning disabilities. Finally, it also provides useful information on brain imaging and neurological examination.

In general, this is a useful book because of its clarity and capture of current thinking about neuroanatomy and neuroscience correlates of pathological conditions.



Book Review: Gay Fathers, Twin Sons

Citation: N. L. Segal (2023). *Gay Fathers, Twin Sons. The Citizenship Case That Captured the World*, Lanham, MD: Rowman & Littlefield (276 pages).

Review author: Richard A. Sprott, PhD

I am approaching the book as a developmental psychologist, familiar with the literature on parent-child interactions and their impact on child development, familiar with psychosocial stages and some special concerns for LGBTQ+ folk as they navigate those stages, and familiar with health disparities for LGBTQ+ people at all stages of life. I am less familiar with assisted reproduction issues, and issues around citizenship status, so these were new to me.

Before I began reading *Gay Fathers, Twin Sons*, I had four expectations:

- To see some discussion and reports from the literature on assisted reproduction issues, and challenges specific to gay men;
- To learn about the differences among nations on citizenship for lesbian/gay/bisexual folks;
- To hear about motivations for parenting among gay men;

- To see how stigma affects family dynamics for same-sex parents and their children. Each of these expectations was met to my satisfaction.

The first two chapters discuss the life course of the two gay fathers, Andrew and Elad, before they met. There are periodic reflections on the interaction of genetics and environment when discussing the temperaments of both men; and there is special attention to important events and relationships that fostered interests in travel, attitudes to their Jewish heritage, and struggles with their sexual identity development. All of these are elements in a portrayal that explains how two people raised 8,000 miles apart would eventually meet up and become life partners.

The third chapter describes the wedding and early part of married life for Andrew and Elad. The fourth chapter discusses the decision to have children and the technological options for assisted reproduction. There is also an interesting section on the notable diversity among twins, in terms of genetic parentage – as with other biological topics. Going through the details allows the reader to appreciate just how much diversity is possible, even if many differences are not acknowledged or understood by a culture.

The fifth and sixth chapters discuss the story of Andrew and Elad's first encounter with trouble in terms of the legal status of their children and immigration policies, and expand on the issues that demonstrate how nations can classify children as legal strangers to their parents. Chapters seven and eight discuss the legal battles and the resolution of the legal conflicts around same-sex parents, surrogacy, assisted reproduction, and the citizenship of their children.

There is some description in these chapters about the work of [Immigration Equality](#), which is dedicated to addressing issues of immigration and citizenship for LGBTQ people. This organization was instrumental in bringing lawsuits to get the U.S. government to change its policies in cases like this.

The remaining chapters discuss and reflect on the resolution of the lawsuits and the ways in which Andrew and Elad's family survived and thrived during these times. Questions for academic and scientific inquiry around these issues is provided as a capstone to this in-depth case study.

On a more critical note, the book does not explore new concepts or theories about sexuality or parenting, except for one: the idea of "assortative cross-parenting." It is related to a concept introduced by the author called assortative parenting, where the similarity in characteristics (appearance, personality) between a parent and child leads to a certain "affinity or identification with that child over another" (p. 188). Assortative cross-parenting is having a certain affinity for a child due to the child having characteristics of one's partner. Nancy Segal notes that this is not the same thing as favoritism. A fuller description of these concepts can be found in a recent article (Segal, 2024).

Overall, the book is very clearly written and organized, and well integrated across the chapters. I can see it being useful for a course that addresses or includes the topics of assisted reproduction and/or parenting among gay male couples.

Reference

Segal, N. (2024). Assortative parenting and assortative cross-parenting: New views of parental preference for selected children. *Early Human Development*, 188, 105903.

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