

WomanView

JUNE 2023

The Newsletter of the Section for the Advancement of Women
Society of Counseling Psychology (Div 17)
American Psychological Association
Nicole Lozano, Ph.D., Editor

The Section for the Advancement of Women (SAW) welcomes academic, practitioner, consulting, and other counseling psychologists, both professionals and students, who are interested in working together toward advancing women in the field.

As an organization, we are committed to addressing issues pertinent to women from the perspective of diverse theoretical frameworks, examining issues of power, multiple oppressions, and multiple privileges.

We also recognize the pluralities of gender identity and expression, and openly welcome transgender identifying (e.g., trans woman, gender queer, trans men, gender fluid, nonbinary, agender, bigender, polygender) people into our Section.

SAW is actively striving toward becoming a home for all women in Counseling Psychology, values the perspectives of diverse groups, and is actively pursuing coalition-building with sister organizations and other activist Division 17 Sections, APA Divisions, and related groups.



Table of Contents

[Notes from Our Chair - Nic Johnson](#)
[Woman of the Year 2020 Essay - Deb Mollen](#)
[Student of the Year 2022 Essay - April Berry](#)
[Changes to Awards - Governing Board](#)
[Member Announcements](#)
[#PsychGradWishList](#)
[The Books We're Reading](#)
[Join SAW](#)
[SAW Leadership](#)

Notes from our Chair

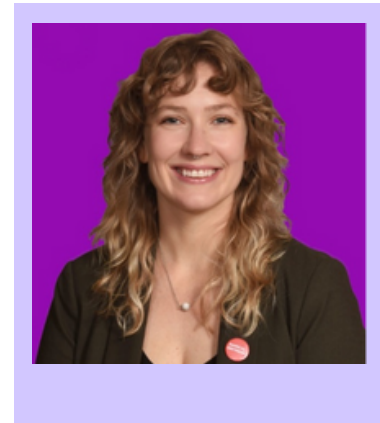
NICOLE "NIC" JOHNSON, PH.D.
NIJ316@LEHIGH.EDU

Hello fabulous SAW Community! I hope you all have had a chance to get outside and enjoy the blooms of Spring. My allergies do not appreciate them, but my body sure does.

I have been reflecting a lot lately about what feels good to my body and how to be more in my body, in large part because I recently had a baby and my body does not feel as much my own anymore. Sometimes I get the yearning to have my body back for just me and other times I feel so grateful to have this companion to share my body with. Why am I sharing all this? Probably because my little one is the first thing on my mind these days (I'm a bit obsessed), followed closely by the recent escalation in attacks on bodies and bodily autonomy within the United States.

I was privileged (in many ways) to get to decide when I (and my wife) were ready to have a baby. Our little one is a "rainbow baby"; I had a spontaneous abortion or what we call a "miscarriage" with my first pregnancy. However, the abortion was "incomplete" and therefore I had to have a medical abortion (two, actually). Thankfully, this all occurred prior to the overturn of Roe v. Wade and in a state that has maintained abortion protection post Roe v. Wade. While my story may be different from what we think of when we think of "abortion stories" the truth is the procedure was exactly the same. I had bodily autonomy to make the decision to have this procedure, for both my mental *and* physical health, in a safe and affirming environment. My wife and I also had the choice to switch from one fertility clinic to another to have a more queer affirming experience.

This directly links to another attack on bodily autonomy, the attack on gender-affirming care. We could extend this attack on bodies to the uptick in Asian hate we've seen since the COVID pandemic and the attack on critical pedagogy that names the history of body terrorism on bodies of color, particularly black bodies.



Given these connections, I've been pushing us as an organization to think about which bodies (or who) our organization is for. Currently, we are a section for women, and while we've tried to be clear that this means all women - trans women, cis women, women of color - we need to continue to highlight this through our membership and leadership.

This has been a challenge, not because of lack of desire, but in part because of a dip in engagement. One example of this is our difficulty in finding a chair-elect. We've tried to work through this dip - is it continued exhaustion because of COVID? Is it the ways that capitalism overcommits us? Is it our own imposter syndrome? I explored the possibility that we have outgrown our sole focus on women, as many "women's organizations" have begun wrestling with the idea of moving away from binary gender labels towards gender liberation across genders. However, it has been hard to figure out the answer to these questions without much dialogue.

The executive board has made some changes to reflect the importance of gender liberation beyond the binary, which will be addressed more in this newsletter. But we're looking for fresh perspectives for this organization, and we need YOU!

Please nominate yourself, your loved ones, someone you think would excel in this position who you don't even know that well. I came to this community looking for my home within APA and was invited to be chair-elect! At first, I thought, "I can't be chair of an organization that I haven't been a part of", but I was encouraged to jump in with both feet and that I did. I have loved my time within SAW since 2020 and am so grateful to the longstanding members who supported me in getting my bearings. I would be happy to support someone else doing the same.

Woman of The Year 2020: Dr. Debra Mollen

Dr. Debra Mollen is a Counseling Psychologist at Texas Woman's University. She was awarded our Woman of the Year award in 2020 and we were thrilled to have her give her speech at our meeting in 2022.

WITH GRATITUDE AND IN MEMORIAM: MY PERSONAL TRIBUTE TO ROE

I was born in July 1971, 546 days before Roe v. Wade was passed, providing essential legality for people seeking abortion nationwide. At the time I was born, the birth control pill had been available as a contraceptive to (heterosexual) married couples for six years. It would be another year until contraception was legal for unmarried couples. In 2022, when Roe was overturned, I was nearly 51 years old. For my entire recollectable life then—and certainly for the duration of my reproductive-capable years—I have lived with the knowledge that I had unfettered access to birth control and abortion. Considering especially the reality of my multiple, intersecting, privileged identities, I was able—readily and intentionally, safely and affordably—to control my fertility. That this has not been the reality for millions of people capable of reproducing in the same timeframe and that these rights have now been effectively eviscerated in nearly half the states fills me with a rageful dread I can hardly contain.

Gloria Steinem has remarked, “Most of us are living out the un-lived lives of our mothers,” a fact that resonates with me deeply. My mother was born in 1945 in a family of three daughters to an authoritarian father who was disdainful of women. Along with her sisters, my mother provided care to my maternal grandmother whose own life was marred by illness and strife. When she was 16, my mother met my father, a hostile, frightening man whom she married two years later. By the time she was 28, my mother had four children under 7 years old. She had not yet gone to college, largely because she had internalized the misogynist messages from her father about the limits to her own intellect.

By contrast, though I have known plenty of trauma and strife, I have lived a life punctuated by freedom. My identity as a White, Jewish American, cisgender, heterosexual woman born to middle-class parents and raised in New Jersey meant that I had access to accurate information about sex and birth control. My ability to obtain birth control meant I have been able to avoid pregnancy that I did not want for more than three and a half decades. I have never needed an abortion, but I always knew I could get one if I needed to end a pregnancy. Even in my later-fertile years, living in a reproductive desert like Texas,

I had the necessary tools, including income, education, health insurance, and a career that allows me incredible autonomy and flexibility, to have been able to travel any distance for any length of time to obtain a safe, legal abortion.

When we lost Roe, I felt, like Farrah Parkes of the Gender Justice Fund remarked, “I think we’re all horrified, and unfortunately, I think some of us are not surprised.” Fittingly, when Roe was overturned, I was having breakfast with one of my cherished Doctoral students, a young woman whose wedding I had recently attended, a woman who—like me—is fairly certain she wants both an academic career and to remain childfree.



When I walked to my car and checked my phone, I felt the gravity of what we had been anticipating. Though expected, the pain of losing such vital rights, knowing how much harm would follow, especially for younger people, people of color, those living in poverty, LGBTQ folx, and those in rural communities, hit me precipitously hard.

I have not stopped mourning Roe since that day, but neither have I stopped educating, marching, writing, and speaking. Rather than accept defeat, I have strengthened my resolve, joined forces with my community, and vowed not to rest until reproductive healthcare access is restored in full and expanded in depth so that the life I’m privileged to live will be within others’ reach.

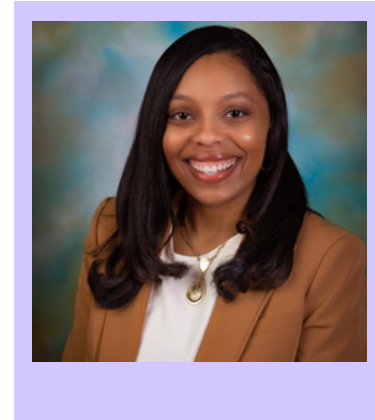
Student of The Year 2022: Dr. April Berry

Dr. April Berry

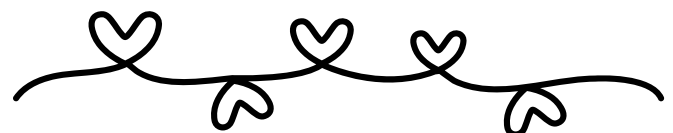
WHAT DOES IT MEAN TO BE BLACK AND A WOMAN?

What does it mean to be Black? What does it mean to be both Black and a woman? These two questions are what sparked me to search for meaning and write my dissertation entitled, *What Does It Mean to Be Black and a Woman? An Investigation of Recollected Racial Socialization Messages and Racial Identity Development on Subjective Gender Role Stress*. This topic reflects more than just research, but rather “me-search.” As a Black woman, I grew up receiving racial socialization messages about my identities and how to interact in a world in which I was going to experience various forms of oppression. However, I did not let the negative messages related to my identities impact how I perceived myself or how I let others perceive me. Based on my own personal experiences related to racial socialization, racial identity, and gender role expectations, I sought to combine each of these areas of counseling psychology and explored the combined impacts on Black women.

Therefore, when I received notification that I had been selected as the 2022 SAW Student of the Year recipient, I was so humbled. It finally felt that all my years of working to advance social justice and bring awareness to Black people’s experiences were finally validated. My life was validated. My experiences were validated. My dissertation was validated. You may ask, why was this validation so needed? Well, when you have struggled with survivor guilt, imposter phenomenon, microaggressions, and being in spaces and places that did not appreciate your two most salient intersecting identities (Black and woman), you can often feel inadequate and incompetent. Thus, receiving this award was such a prestigious honor and came with a sense of continued dedication and commitment to social justice and liberation in counseling psychology.



To anyone reading this, I want to leave you with a few words of empowerment. I believe in climbing and maintaining. Climbing means continuing to find ways around obstacles and remaining persistent and ambitious even when you don’t feel worthy of doing so. On the other hand, maintaining means continuing to stay grounded in your purpose, continuing to be motivated to accomplish your goals, and continuing to engage in self-care and positive self-talk. What I am suggesting is to meet all challenges with your head lifted high and with an open heart. I yearn to empower you to understand that your struggles do not define who you are and to remind you that success in the present is not limited by your past. Seek to strive for excellence in every task, large or small. Your individual successes benefit society as a whole because when you succeed, you lighten the burden of someone else even when it may not feel like it. My challenge to each of you, as well as myself, is to do all you can do to be your best self in life. You were destined for greatness. Embrace, accept, and believe. The future is truly in your hands. Indeed, as I imagine my grandmother may have said it, “Everyone has experiences that can define them”; however, we can write our own narrative by choosing to climb and maintain.



Changes to SAW Annual Awards

SAW GOVERNING BOARD

Part of our mission as the Section for the Advancement of Women is create a place where we can advance *all* women. We recognize the pluralities of gender identity and expression, and we want people off all gender identities and expressions to feel that they can be a part of this section.



As Nic wrote in the *Notes from the Chair*, the governing board has been in discussions about how best to accomplish this without duplicating efforts of other sections. One way that we decided we could do is in rethinking the names of the awards that we hand out annually at APA.

We felt that by the awards centering "woman" in the title, we were unintentionally narrowing the scope of who felt that they were eligible to nominated or to self-nominate for an award. Thus, we have decided to rename our *Woman of the Year Award* to the *SAW Advocate of the Year*. The goal of the award is the same: to recognize the contributions of scholars who have provided "outstanding service, research, and/or practice to the psychology of women/femmes."

In addition, we will be collaborating with the Section for the Advocacy of Sexual Orientation and Gender Diversity on an award titled *Gender Liberation Award* to honor those who are contributing to both sections' shared vision of gender liberation.

We're so grateful to our SAW members as we continue to devise the best ways forward for the organization. If you have any questions, comments, or concerns, we invite you to reach out as well as to attend our APA Meeting.



SAW Advocate of the Year (AOTY) Award. The AOTY Award is given to an individual who has provided outstanding service, research, and/or practice to the psychology of women/femmes. The Award carries with it the honor of presenting an invited address at the APA Annual Meeting the year following the receipt of the Award. Qualifications for the AOTY Award may be demonstrated through a variety of means such as: service to SAW, promoting the status of women and girls in counseling psychology, leadership activities or activism on behalf of women/femmes, efforts to enhance communication within and between groups of women/femmes, and/or publications that advance knowledge of women's/femme's concerns in counseling psychology.

SAW Student of the Year (SOTY) Award. The SOTY Award is given to a student who has provided outstanding service to SAW and/or contributions to the counseling psychology of women/femmes.

SASOGD & SAW Gender Liberation Award. The Gender Liberation award is a collaborative award between the Section for the Advocacy of Sexual Orientation and Gender Diversity (SASOGD) and the Section for the Advancement of Women (SAW). This award is given to an individual who has contributed to our shared mission of gender liberation. This may be through activism/advocacy, professional service, clinical work, mentorship, and/or research.

Announcements, Awards, and Accomplishments!

Dr. Morgan Grotewiel has been promoted to Associate Professor (fall 2023) and has become the department Chair of Psychology at Webster University!

We also want to send Congratulations to all of our students who matched for internship in the 2023 cycle!

Dr. Nic Johnson and her partner have welcomed a new baby into their lives, born in fall 2022!

Dr. Nicole Lozano has been promoted to Associate Professor (fall 2023) and has become the Gender Studies Minor chair at Angelo State University!

#PsychGradWishList

About: #PsychGradWishList is a grassroots effort created and organized by Dr. Ayli Carrero Pinedo when she was a psychology intern. To date, 125+ trainees of color have signed up and received assistance since this mutual aid movement launched in 2021.

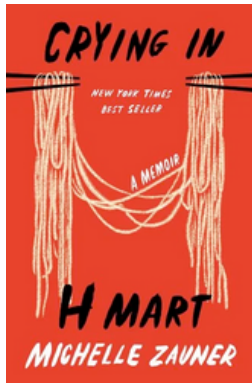
Why it is important: Trainees of color face stark educational and financial disparities at various stages of their professional journey. This is a unique opportunity to make a difference as they transition to internship or postdoc.

How you can make a difference:

1. Purchase items from wish lists - <https://tinyurl.com/supportPGWL2023>
 - Items go directly to the trainee's mailing address
2. Support trainees via Ca\$h app, Venmo, or Zelle (refer to the link for information)
3. Amplify #PsychGradWishList in social media and with your professional networks

Questions? Email psychgradwishlist@gmail.com. Learn more about the movement on Twitter or IG: @psychgradwish

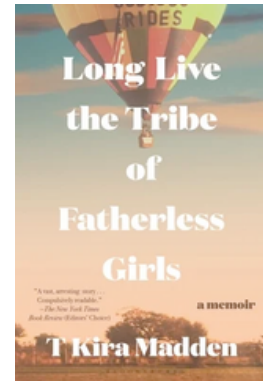
The Things We're Reading



Crying in H Mart
BY MICHELLE ZAUNER



Aphro-ism: Essays on Pop Culture, Feminism, and Black Veganism from Two Sisters
BY: APH KO & SYL KO



Long Live the Tribe of Fatherless Girls
BY T KIRA MADDEN

**"I am a part of everything that I have read."
— Theodore Roosevelt**



Different Kinds of Fruit
BY: KYLE LUKOFF



I'm Glad My Mom Died
BY JENNETTE MCCURDY.



The House in the Cerulean Sea
BY: TJ KLUNE

LIFETIME MEMBERS

We are incredibly grateful to our Lifetime Members who indicate a dedication to the work of SAW with their donation.

**Annette Kluck
Bianca Bernstein
Debra Mollen
Gail Hackett
Julia C. Phillip
Lauren Weitzman
Libby Nutt Williams**

**Melba Vasquez
Michelle Boyer
Morgan Grotewiel
Nadia Hasan
Peggy Brady Amoon
Tania Israel**

When you renew your SAW membership, please consider becoming a Lifetime Member for a one-time payment of \$150. We appreciate our members and their support!



Visit the [SAW website](#) to learn more about SAW, including our leadership, task forces, awards, bylaws, and projects. You can also join our listserv and [download the membership application](#).

Visit the [SAW Facebook page](#) for a great way to meet many like-minded individuals seeking to address issues related to gender, sexuality, diversity, and social justice. This page will keep you up to date on the most current SAW information and provides non-members with a quick and easy way to join SAW.

SAW Leadership

governing board

CHAIR

Nic Johnson, Ph.D. (she/her)
Lehigh University
nij316@lehigh.edu

CHAIR-ELECT

This could be you!
Contact Nic for further information!

PAST CHAIR

Jillian Wasson, Ph.D. (she/her)
Private Practice, Lenexa, KS
jillianwwasson@me.com

TREASURER

Morgan Grotewiel, Ph.D. (she/her)
Webster University
mgrotewiel04@webster.edu

MEMBERSHIP CHAIR

Caitlin Mercier, Ph.D. (she/her)
Illinois State University
cmmerci@ilstu.edu

NEWSLETTER EDITOR

Nicole Lozano (she/her)
Angelo State University
nicole.lozano@angelo.edu

additional leadership

STUDENT REPRESENTATIVE

Dana Conzemius, M.A. (she/her)
University of North Dakota
dana.conzemius@und.edu

APA STUDENT POSTER COORDINATOR

Katherine Jorgenson, Ph.D. (she/her)
University of St. Mary
katherine.jorgenson@stmary.edu

STUDENT RESEARCH AWARD COORDINATOR

Ginny Maril, Ph.D.
California Lutheran University
vmaril@callutheran.edu