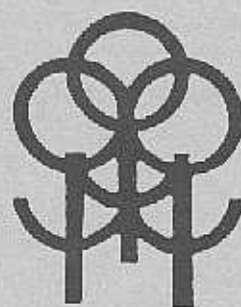


NEWSLETTER

OF THE CPA/SCP



SECTION ON WOMEN & PSYCHOLOGY
SECTION : FEMMES ET PSYCHOLOGIE

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1993-1994 EXECUTIVE

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COORDINATOR'S MESSAGE

Despite the recession, I hope that many of you will nevertheless be coming to CPA in Penticton this year. I look forward to seeing you there.

The Saturday lineup begins with our Section business meeting at 9 a.m. A good attendance would be much appreciated, as it provides one of the rare opportunities to discuss the business of the Section together.

The annual SWAP symposium will follow the business meeting. The topic this year is **Recovered Memories of Childhood Abuse**. Nancy DeCourville will be the moderator of the panel, which will also consist of Kathryn Belicki, Carolyn Allard, Kathleen Felton, and Connie Kristiansen. There will be time allotted for discussion after the presentations.

Connie Kristiansen will also be giving an address as a special speaker suggested by SWAP during the main convention. Her talk is entitled **Recovered Memories of Abuse: Fact, Fantasy or Fancy** and promises to be enlightening.

Thursday also promises to be full of SWAP activities. A Conversation Hour (regrettably scheduled for 8 a.m.) has been organized, with representatives from the CPA Committee on the Status of Women (Jean Pettifor), the Social Science Federation of Canada Women's Issues Network (Cannie Stark-Adamec), CPA Committee on Education and Training (Sandra Pyke), and SWAP. the topic under discussion will be **CPA's Role in Making Women's Issues Outdated: Has Full Participation been Achieved?** The Women & Psychology poster session has been scheduled on Thursday afternoon, beginning at 2 p.m..

I would like to encourage members to come to the convention with ideas for nominations - for CPA invited speakers, fellows, and board members, as well as for our own SWAP executive, including a review coordinator. Also, if any of you would like to become more active in SWAP (and I highly encourage graduate students to become more involved), please let me know. Volunteers are always needed.

Looking forward to seeing you in Penticton.

Naomi E. Holobow, Ph.D.
SWAP Coordinator 1993-94

FROM THE EDITOR

I often receive notices from publishers, the NFB and other individuals who have new books and videotapes which may be of interest to our readers. If you are willing to even *consider* reading a new book (you get to keep the copy you review) or viewing a new videotape and writing a review for the newsletter, please fill out and return the form at the end of this issue.

In this issue, you will find the names and addresses of current SWAP members (according to the list we received from CPA some time ago). Each time I send this newsletter out, some copies are invariably returned because the address is incorrect. Please let me know when your address changes, so that I can amend our list.

See you in Penticton!!!

ABOUT SWAP

According to CPA's latest mailing list, current membership in SWAP is 223. Any member of CPA is eligible to join the SWAP Section. Fees vary as a function of class of membership: full member, student affiliates, foreign affiliates, and special affiliates.

Additional information and application forms are available from: *CPA, Vincent Road, Old Chelsea, Quebec, J0X 2N0, Telephone: 819-827-3727, FAX: 819-827-4639.*

SUBMISSIONS TO THE NEWSLETTER:

Deadline for the next issue of the SWAP Newsletter is August 12, 1994.

Whenever possible, please send your submissions on a floppy diskette (either 5 1/2" or 3 1/4") in Word Perfect for PC (DOS/ASCII text is OK, too). Thanks to the genius (geniae?) who invented software to convert material composed on Macintosh computers to DOS text, you are now invited to send in MAC disks as well. Your diskette will be returned to you. Alternatively, you may submit items for inclusion in the Newsletter via e-mail. The least preferred (but still acceptable) mode is via hard copy, because it means that I, or one of our too-busy secretaries will have to retype the submission.

THANKS TO:

Linda Rose-Krasnor, Chair of the Department of Psychology at Brock University, and *William Webster*, Dean of the Faculty of Social Sciences for agreeing to provide financial and secretarial assistance; *Linda Pidduck and Joanne Boekestyn*, for invaluable technical assistance; and *those who submitted material* for inclusion in this newsletter.

Required disclaimer: *The opinions expressed in this newsletter are strictly those of the authors and do not reflect the opinions of the Canadian Psychological Association, its officers, directors, or employees.*

AT THE MOVIES

*with Connie M. Kristiansen & Kathleen A. Felton,
Carleton University*

Where Angels Dare: 26 mins, National Film Board, 1993. To preview, rent or purchase (\$26.95), contact your local NFB library or phone toll-free: 1-800-267-7710.

Directed by survivor Shona Rossel in consultation with feminist clinical psychologist Cheryl Marmo, this video introduces the talking heads of four women and two men as they describe their abuse, the aftereffects they experienced, their recovery process and what recovery means for them. Each looks average enough, that is, until they describe their childhood abuse, abuse that began as early as age 14 months, lasted for as long as 15 years, and was associated with varying degrees of violence and humiliation, including cult abuse. It was hard to connect these real people with such unimaginable experiences. It felt incongruent, amiss, unreal. As if aware of this contradiction, the viewer is helped visually by scenes of children at play coupled with haunting images of children's voiceless stares, silences that scream for attention. Cinematographically, the viewer is spared by mystic hazes that blur the challenge posed by this fundamental violation of reality. Ethereal music further softens the blow.

The surrealism of child abuse evaporates as each survivor speaks of the diverse aftereffects of their experiences. Lenny recounts his feelings of shame and self-blame because, as a child in search of love, he would, as he put it, "seek" his abuser and "initiate" his abuse. Only when he contemplates the innocence of his own infant son does Lenny realize the injustice he experienced and allow himself to feel his pain, pain that he previously numbed with drugs. Kathryn talks of being an angelic, ideal child before her transition to an adolescence replete with promiscuity and drugs, while Shona describes her childhood parentification and her adult preoccupation with death, and Gabrielle gives voice to her profound self-loathing and fear of success.

Each survivor goes on to detail the factors that motivated them to face the traumas that lie buried within the core of their inner selves, factors largely associated with their close relationships - a divorce, a new partnership, a partner's ultimatum. As Scott put it, "my own process for healing began with a very

frightening decision to actually decide to look at it and open wounds ... It came through some one-on-one therapy I'd been doing and a discovery that resources had been sent my way. I'd found someone I could trust. And it's like a voice in my head said 'now is the time, it is safe, and now is the time, grab life with both hands.' Their courage in the face of overwhelming fear is readily apparent: Their recovery necessitated trust and connection, something that was dangerous, denied, even destroyed, years ago.

The survivors also tell a tale of transformation and faith that "we will come to the other side of our anger and our tears. Over time we learn to love again, there's love to share. Over time the wounds will heal and we can go where angels dare." Roberta, for example, explains that "the abuse surrounded me with fear, and every aspect of my life was controlled by fear. Fear of everything: Fear of my own voice on the phone, fear of showers, fear of words. And I'm just beginning now to understand that that happened to me and that I can turn that around and I can develop a sense of self." And Lenny says that, "I know when I'm through dealing with everything that happened to me in my past, that I will wake up in the morning and not cry and not be hurt by the things that happened to me. ... Now I feel like I'm a warrior for the cause. I'm a warrior for the people that aren't able to speak up for themselves. I'm a warrior to get the message out that it is wrong, that abuse is wrong, that it is worthwhile to speak up."

This video, these survivors, convey a lot, and the video could stimulate useful discussions of the nature of abuse and its aftereffects. The inclusion of male survivors also makes this video especially appropriate for audiences with men. Because of the slick production and the use of 'talking heads,' however, the video is rather 'detached' and the issue of child abuse comes across as 'objectified' and 'academic.' Unfortunately, even the survivors are a bit stiff and rehearsed, using 'clinically correct' jargon that sometimes undermines their genuine and highly personal messages.

Putting the Pieces Together: 40 mins. Voice of Survivors/Sunrise Media Group, 1993. To order (\$40), write to: V.O.S., c/o Family Services Centre, 119 Ross Ave., Ottawa, Ontario, K1Y 0N6.

A dog. A cat sunbathing on a car roof. Chickens. A

field. The camera gazes into the weathered frame of a farm house window and we see a group of women chatting around a kitchen table. They aren't swapping recipes, although sometimes they do. They aren't talking about their children or grandchildren, although they do that too. They are sharing their personal experiences of their recovery from child abuse:

"What was the most welcome word you heard?"

"I believe you."

"It was never your fault."

"Its okay to be angry."

"Its okay to cry."

"You didn't do anything wrong."

The pieces of five jigsaw puzzles lay strewn across the kitchen table. One woman picks a piece that reads, "being kind to myself." Another responds, "We all need that. Who gets it? Someone has to be kind to themself." They read the words describing the pieces of their lives: 'Burning anger,' 'courage,' 'creativity,' 'low self-esteem,' 'learning to play,' 'strength,' 'isolation,' 'learning to love,' 'activist-student'.

"Panic. Addictions. Illness. We can throw them out!"

A piece labelled 'dare to dream' takes us outside to Berthe, who shows us her shield of dreams. It bears an angel protecting a chalet-style house, a garden, her budgie Ernie who was with her through her healing, flowers, amethyst for peace and serenity, and a little chick that symbolizes new life. Two months after making her shield, Berthe's dreams came true: She now lives on a farm. Later, the camera catches Berthe again, this time over by the wood pile. She tells us that her dreams would not have come true if she didn't go through therapy and heal- she'd still be stuck where she was 20 or 30 years ago. But today, she assures us, "Don't give up on that dream ... because its worth it. And life is worth it".

'Shame.' 'Fear.' More pieces. Rose explains, "shame and fear are great silencers. Healing, for me, has been about speaking out about who am I, what I've done, and what has been done to me. It is important that I say that I am a lesbian, because there is nothing wrong with being a lesbian. And that I say that I abused my daughter and that I stopped. Its important that people know what my experiences

were. I am a lesbian and a feminist. I'm a mother. I'm a carpenter, I'm a singer. Sometimes I'm a funny woman, and many, many more. No one piece defines who I am. But all of them together are me".

"There's that C-word. Well, did any of you think you were C-R-A-Z-Y?"

A spontaneous, collective "YESSSSSSSS" ensues, and then laughter.

"Well, do we think we are now?"

"Nooooooooooooo!"

"Actually, a lot of women think they're crazy when this happens because the pain is so bad when we're going through the memories and the flashbacks. ... For me, the only way I could numb the pain was through alcohol and some drugs ... It was the only way that I could survive. ... But now that I have worked through the pain, I don't need alcohol or drugs. Once the pain has gone away, and its been worked through, there's not this craving for addictions anymore."

"There's another C-word - Confrontation. A lot of women wonder whether they should confront or not, ... confront the abusers."

Deanna says she thought of it, but she always feared she was partly to blame, that she didn't say 'NO' loudly enough. But last year she confronted her father, over the phone, and then, "I wasn't afraid anymore. I could almost feel the fear physically leaving me because when I talked to him he was just a disgusting old man. He wasn't this person that I'd been afraid of for so many years, who put that fear in me when I was young and it just never left." After she wondered why she didn't confront her father 20 years ago. But then she realizes, she wasn't ready back then.

Elaine describes her own, rather unique, confrontation: At her father's grave, she cast a circle of safety, and used symbolism and ritual to give her father back his guilt, his shame, and his responsibility for what he had done to her as a child. And Rose adds that, to begin healing, she first had to confront the power to abuse that resided within herself.

Eventually, after walking through country lanes, playing ball, carving wood, gardening, reading poetry

and chatting, each woman's puzzle reveals a photo of herself. Except for Deanna. "Deanna's still apart!" "Oh, pull yourself together!" The women help Deanna, laughing and talking about the importance of other people in their healing process. A vibrant example of 'women's growth in connection.' And then all the photo puzzles are complete. Oh there's still a few cracks here and there, but as Deanna said, "The sadness, the anger and the shame never really go away, but they do become manageable."

As the video draws to a close, we join the women outside, around a huge fire. They are throwing the pieces of themselves that were never really theirs, things like shame and guilt, and their fears, addictions, depressions, into the dancing flames.

This video isn't as slick as the NFB video. The sound, for example, wavers at points. It's like we're watching home movies. In fact, that's exactly what we're doing. These women openly and spontaneously share their highly personal processes, as they re-member and re-construct themselves, as they 'put the pieces together.' And because of this, the video is not only informative, it's also real and engaging. Finally, some may find the discussions of the healing facilitated by women's spirituality useful. They may, however, act as triggers for some survivors.

MORE VIDEOS

Hypnotherapy for Healing Childhood Trauma: A Teaching Video. Colour 99 Minutes, \$145 plus \$5 S&H. Produced & Directed by Cheryl Malmø.

This video was designed as a teaching tool for advanced students of psychotherapy and for practitioners who wish to learn more about the use of hypnotherapy as a method for working with adults who have survived childhood trauma including sexual abuse. It presents three therapy sessions with Dr. Cheryl Malmø, psychologist, and her client, Gloria.

Feminist Counselling Strategies: A Teaching video. Colour 63 Minutes, \$125 plus S&H. Produced & Directed by Cheryl Malmø.

This video was designed as a teaching tool for instructors who are training students to counsel from a feminist orientation. It presents five abbreviated

counselling sessions, each of which teaches three strategies commonly used by feminist counsellors to validate and empower women. It is recommended that prior to using this video, students be trained in basic communication and counselling skills and study some theory of a feminist approach to counselling.

Both videos are available from: Dr. Cheryl Malmø, 9806-89 Avenue, Edmonton, Alberta, Canada, T6E 2S4, phone (403) 439-0576.

NOTICES

RECOVERED MEMORIES OF CHILD ABUSE The Recovered Memory Task Group (RMTG) is part of the Sexual Assault Network of the Ottawa-Carleton Regional Coordinating Committee to End Violence Against Women (SAN of OCRCEVAW, if you're really into acronyms). Our members include women who are survivors, therapists, lawyers, social scientists and activists, and we operate collectively to educate laypeople and professionals about the process of recovery from abuse, the validity of recovered memories, the "false memory syndrome" debate, and legal issues, among other things.

Enclosed with this issue of the SWAP Newsletter is a copy of our fact sheet, "Recovered Memories of Childhood Abuse". Please feel welcome to copy and distribute this fact sheet to anyone who might be interested.

The RMTG is looking for feminist psychologists with interests in, for example, clinical and cognitive psychology, hypnosis, psychophysiology, and neuroscience. Your expertise is requested to help us write reviews of the literature, conduct research, and speak on the process(es) by which memories of child abuse are recovered. If interested, or for more information, contact the **Recovered Memory Task Group, c/o Women's Place, 241 Bryère, Ottawa, Ontario (613-789-2155); or Connie Kristiansen, Department of Psychology, Carleton University, Ottawa, Ontario, K1S 5B6 (613-788-2600, ext. 2674; e-mail ckristia@ccs.carleton.ca).**

CALL FOR REVIEWERS**BOOKS/VIDEOS**

SWAP needs a roster of reviewers for relevant books and videos. Both practitioner and academic reviewers are needed. If you would be willing to help out, please complete the form below and forward to:

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HOME: _____

FAX: _____

LANGUAGES: ENGLISH.... FRENCH:

AREAS OF INTEREST: (e.g., violence, sexual abuse, health, aging, treatment, workplace).

