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NEWSLETTER

OF THE CPA/SCP



SECTION ON WOMEN & PSYCHOLOGY
SECTION : FEMMES ET PSYCHOLOGIE

June, 1989

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COORDINATOR'S MESSAGE

As I gathered my thoughts to compose my message for this issue of the Newsletter, I realized that my "term" is almost over. Still to come, however, before Julie Brickman begins her year as coordinator, is the Institute and the CPA Annual Conference in June. Accordingly, I'd like to take this opportunity to highlight the SWAP events planned for Halifax.

The SWAP Institute, on Wednesday, June 7th, will feature keynote addresses by feminist lawyer, Lorene Clark and Florence Denmark, President of the International Council of Psychology, as well as papers and workshops on a wide variety of topics in feminist research and practice. Be sure to check the full programme (included in the Newsletter). Joanne Gallivan, this year's Institute organizer, deserves our thanks for her hard work in planning and arranging what augurs to be an exciting day of presentations by feminist psychologists. Other SWAP members helping Joanne with arrangements for the Institute are Heather Davey and Susan Hyde in Sydney and Toni Laidlaw and Beth Percival in Halifax.

This year's CPA is celebrating its fiftieth anniversary, and several events are planned to mark this occasion. SWAP also will be marking this occasion--by celebrating the contributions of women to the discipline and profession of psychology in Canada, from the early years of this century to the present day. The focus of this "celebration" will be the SWAP Symposium, "Women and Canadian Psychology: Learning from our Past," scheduled for the Saturday afternoon of the Annual Conference. The symposium speakers and the titles of their papers are:

Lykke de la Cour (History Dept., University of Toronto)

"Engendering Psychology: Women's Impact on Psychology in Toronto from 1920 to 1945"

Mary J. Wright (University of Western Ontario and CPA Archivist)

"Women Ground-Breakers in Canadian Psychology: World War II and its Aftermath"

Elinor W. Ames (Simon Fraser University)

"Building for the Future: Canadian Women Psychologists, 1970 and Beyond"

I encourage all SWAP members (and friends) to attend what promises to be a fascinating series of papers on the history of women in Canadian psychology.

MESSAGE FROM THE EDITORS

Again this year, the SWAP AGM is scheduled for Saturday afternoon just before the Symposium. Apart from the usual reports and announcements of the Student Paper Award and Bursaries, two issues of importance to SWAP that need to be discussed are: 1) the budgetary implications of the recent fiscal changes proposed by CPA (i.e., the levy of a 10% processing fee on the section beginning in 1990); 2) the potential impact on SWAP of the proposed plan for reorganization of CPA (see Winter issue of Highlights for the most recent version of the plan). As one of the larger sections, SWAP has a particular interest in any changes that affect the role of sections within CPA. If there are other items or concerns that you would like discussed at the SWAP AGM, please let me know.

In ending my last "message" as Coordinator, I would like to thank those who have helped to make this a successful year for SWAP: the members of the executive; the provincial representatives; the Newsletter Editors, Carol Wilson, Lorette Woolsey, and Geraldine Brooks; Christine Storm for coordinating the Student Paper Award and Bursaries; and Joanne Gallivan for organizing the Institute.

I look forward to seeing many of you in Halifax.

Janet M. Stoppard
SWAP Coordinator 1988-89

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MESSAGE FROM THE EDITORS

We have a number of items that we would like to bring to your attention this issue.

First of all, we want to thank all of you who have contributed news and book-reports to this year's Newsletter. We also wish to thank, once again, Dean Nancy Sheehan of the University of British Columbia for her generous financial support of this publication.

Second, you will find the current SWAP membership list included in this issue. Please check for your name and address and notify us if you find any errors in your listing. Also, please note that the 1989-90 SWAP representative for B.C. has changed since the last issue. Dr. Gayle Way has stepped down from this position to be replaced by Ms. Jessica McFarlane. Ms. McFarlane's address is the Department of Psychology, 2136 West Mall, University of British Columbia, Vancouver, B.C., V6T 1Y7 (Tel: (604) 228-5121).

Third, the deadline for reports, announcements, news, etc. for the September Newsletter is August 15, 1989. We welcome information and articles, in either official language, which would be of interest to our readers. We would especially like to invite listings for the next issue's Calendar Notices section (which will list upcoming events across Canada that are of interest to SWAP members) and the News About Our Members section (which premieres in this issue). Send submissions to your provincial representative (well before the deadline date) or directly to:

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Finally, we would like to remind all non-SWAP subscribers to the Newsletter to keep their subscriptions up-to-date. The cost is \$5.00 per year. Those interested in joining SWAP and receiving the Newsletter may write to the Canadian Psychological Association, Vincent Road, Old Chelsea, Quebec, JOX 2N0, for information.

EDITOR'S NOTE: We realize that by the time you receive this Newsletter the 1989 SWAP Institute will have taken place. We are including the following Remarquez, s'il vous plait, la date limite pour les rapports, les annonces, les nouvelles, etc. Pour le bulletin de septembre la date limite est le 15 aout 1989. On invite l'information et des articles qui seraient d'un interet a nos lecteurs. Ceci comprend des soumissions en francais.

On aimerait rappeler à tous les abonnées non-SWAP du bulletin de bien vouloir envoyer \$5.00 si voulex continuer à recevoir le bulletin. Ceux qui désirent devenir membre de SWAP peuvent écrire à: Canadian Psychological Association, Chemin Vincent, Old Chelsea, Quebec, JOX 2N0 pour des reseignements. On aimerait aussi rappeler aux membres du CPA des se réabonner a SWAP.

NEWS ABOUT OUR MEMBERS

We hope that you will use this section to inform SWAP members of professional appointments and awards, to exchange information, and to make contact with others working in the same areas of interest.

From B.C.

Dr. Sharon Kahn, past Coordinator of SWAP, has been appointed the University of British Columbia's new Director of Employment Equity. Operating under guidelines established by the Federal Contractors Program, Dr. Kahn will compile employment information relating to four target groups: women, visible minorities, persons with disabilities, and native people.

As a research scholar, Dr. Kahn has most recently focused on women's career concerns, specifically the ways in which women in management positions cope with stress. She sees her appointment as an opportunity to expand her work by studying institutional and social barriers to career enhancement. Dr. Kahn invites correspondence from other SWAP members interested in research in the area of employment equity.

EDITOR'S NOTE: We realize that by the time you receive this Newsletter the 1989 SWAP Institute will have taken place. We are including the following programme, however, for the benefit of those members who did not attend the Institute.

INSTITUT 1989 INSTITUTE

SECTION ON WOMEN AND PSYCHOLOGY
SECTION: FEMMES ET PSYCHOLOGIE

Canadian Psychological Association
Société canadienne de psychologie

FEMINIST PSYCHOLOGY IN CANADA: RETROSPECT AND PROSPECTS
PSYCHOLOGIE FEMINISTE AU CANADA: RETROSPECTIVES ET PERSPECTIVES

Wednesday, June 7, 1989
World Trade and Convention Center, Halifax

PROGRAM

- 8:30 - 9:30 Registration - Highland Lobby, Level 3, WTCC
- 9:00 - 10:15 KEYNOTE SPEAKER- Lorenne Clark, Dalhousie Law School
Highland #8
Feminist Perspectives on Violence against Women and Children:
Psychological, Social Service, and Criminal Justice Concerns
- 10:15 - 10:30 Refreshment Break
- 10:30 - 12:00 Science Informed by Feminist Values
Highland #10
Saying the truth: Feminist empiricism and the work of Helen
Thompson Woolley and Leta Stetter Hollingworth. Meredith
Kimball, Simon Fraser University
Epistemological values of feminist graduate students in
psychology.
Mary Ricketts, Central Newfoundland Community College
Speaking as an expert: "Powerless" language and perceived
competence of knowledgeable women and men. Debbie Whitney &
Linda McMullen, University of Saskatchewan

10:30 - 12:00 Descent into blackness: The traumatic consequences of full disclosure for incest survivors. (Workshop)

Julie Brickman, Psychologist, Toronto
Linde Zingaro, Psychotherapist, Vancouver

12:00 - 1:30 Lunch - Highland #8

1:30 - 3:00 Feminist Therapy: Reframing Clinical Formulations
Highland #10

Feminism and cognitive behavior therapy: A proposed integration.
Teresa Sztaba, University of Manitoba

Feminist psychology/feminist psychotherapy: Toward the understanding of women's life experiences.
Eleni Skodra, Mediterranean Women's Studies Institute

Burn-out and marginalization in social service work: A preliminary report.
Janice Ristok, Ontario Institute for Studies in Education

1:30 - 3:00 What might a feminist approach to psychological assessment look like? Some preliminary considerations.

Eva Szélely, Youthdale Treatment Centres and OISE

3:00 - 3:15 Refreshment break

3:15 - 4:30 INVITED SPEAKER- Florence Denmark, Pace University
Highland #8

Feminist Psychology: Looking Back and Looking Forward

4:30 - 6:00 Social Hour with Cash Bar - Atrium, WTCC

BOOK REVIEWS

Reviewers: Beverley M. McLagan, M.A. (Counselling Psychology), and
Toby I. Silverton, M.A. (Counselling Psychology).

Bev McLagan and Toby Silverton are therapists in private practice in Vancouver, specializing in womens' issues and eating disorders, and Co-founders of the Canadian Association of Anorexia Nervosa and Associated Disorders (ANAD). They are currently involved in doctoral level training in counselling psychology. Here they recommend/review two books which they see as particularly important for those working in, or interested in, the field of women and psychology and/or eating disorders.

Bev and Toby may be contacted at:

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Eichenbaum, L. & Orbach, S. (1988). Between Women New York: Viking
Penguin Inc.

Reviewed by: Bev McLagan

Between Women explores the importance of, and change in, women's relationships in the 1980's. The authors present a feminist psychoanalytic understanding of the emotional and psychological processes that originate from the perceived differences between women--differences that in the past, would have been destructive rather than productive to their friendships.

Eichenbaum and Orbach are founders of the Women's Therapy Centre (London) and the Women's Therapy Centre Institute (New York). In their writings, they draw on experiences with women aged 20 to 60 years from all backgrounds, political affiliations, and sexual orientations, as well as on their own long-standing relationship. Taking into account women's historical roots, the authors argue that women's changing roles have not only produced the same need for female relationships, but have increased concerns that place added strain on our relationships with each other. Women's legacy carried from past generations portrays us as caregivers, housewives, daughters, and mothers. At this time in history, this legacy is being confronted by changing roles and demands for autonomy for women. The authors submit that these social and psychological "transformations" affect relationships between women.

During the women's movement, women found satisfaction and liberation in sharing and supporting one another. A sense of attachment and connectedness between women emphasized the importance of female friendships and intimacy between women. The authors state that the changes in women's roles has moved the reality of women's friendships into new territory.

Today, enormous misunderstandings can exist between women. Part of our project has been to unravel, uncover, and speak openly about these difficulties. We need to address the sticky issues in women's relationships, the messy uncomfortable bits one wishes would just disappear; the hurt, the envy, the competition, the unexpressed anger, the feelings of betrayal, and the experience of abandonment.
(p. 10)

This book addresses each of these feelings in separate chapters. They are placed within the roots of female socialization and societal expectations. The authors suggest alternatives to traversing the confusion and discomfort produced by negative feelings we have towards other women who have cared and supported us. Eichenbaum and Orbach suggest that disagreement and hidden feelings threaten women's relationships. This book encourages women to declare their continued need for other women by recognizing, experiencing, and openly speaking up about these issues in order to "preserve and nurture one of the relationships most important to us--that which is between women.

Between Women provides insight and understanding into the complexities and importance of women-to-women relationships. This is a particularly informative book for therapists conducting women's therapy groups. The relationships formed in such groups provide an environment for nurturance, support, and understanding; however, the very nature of the group provides for competition, envy, and angry emotions that we, as women, have learned to temper or hide. While comfort is found in sharing common experiences and painful memories, envy and anger is found in competition for recovery, space within the group, and attention from therapists. These issues are an integral part of the group process. With knowledge of the roots of these issues and the future possibilities to deal with negative feelings outright, women's groups could be enhanced. This book is a must for therapists dealing in this area in their practices, and may also be important bibliotherapy for women clients.

Bruch, Hilde (1988). Conversations with anorexics. Edited by Danita Czyzewski & Melanie Suhr. New York: Basic Books.

Reviewed by: Toby Silverton

Conversations with Anorexics is the last book written by Dr. Hilde Bruch, the foremost authority in the world on the treatment of eating disorders. Bruch finished this work shortly before her death in 1984. The editors, Danita Czyzewski and Melanie Suhr, have painstakingly transformed Bruch's final transcripts into this significant book.

In Conversations, Bruch utilized transcripts from over a dozen cases, and specifically two cases, in an attempt to illustrate many specific issues in the dynamics and treatment of anorexia nervosa. Details of the cases help illuminate underlying characteristics of anorexic women, such as ineffectiveness, distorted body image, misperception of feelings, and a fear of inner emptiness. Individual chapters deal with reconstructing the anorexic's childhood and the concepts of food, body, and self.

Conversations follows the therapy process from initial consultation to termination--from isolation and starvation to rediscovery of the self and recovery. Bruch, originally trained as a classical psychoanalyst, brought a depth of insight to her early pioneering work with anorexics which had previously been missing. With experience she found that it was more beneficial if she deviated from traditional psychoanalysis, and she developed a conversational style of working with anorexic clients. Bruch maintained that the anorexic herself needs to actively explore and understand what is going on within herself. By listening to the client and encouraging her to draw her own conclusions, Bruch makes the client the significant explorer.

Bruch was always an open critic of many treatment approaches used with anorexic women, such as behaviour modification. Theodore Lidz, M.D., states in the Foreword, that he believes that Bruch's determination to complete Conversations, despite her serious incapacitation, derived in part from a desire to counter the trend to treat anorexics by behaviour therapy or family therapy alone, with little or no regard for the profound emotional disorders from which most anorexics suffer. In this work, Bruch makes every effort to delineate what had been useful or antitherapeutic in previous approaches experienced by her clients.

Every book or article written by Bruch has furthered our knowledge of anorexia nervosa. She always encouraged therapists to approach these clients in a respectful manner, realizing that psychotherapy with anorexic clients is often difficult for both client and therapist. Bruch believed that some of these treatment difficulties are related to the therapist's often unexamined suspicion that the client's denial of illness indicates dishonesty. She stated that therapists tend to deal with this dishonesty as if clients could change it through an act of will. For this reason, some therapists approach and evaluate

anorexic clients in a critical manner, with a certain guardedness and prejudice, or even with open dislike. What is overlooked, as she suggested, is that anorexic women have grown up under circumstances that discouraged the expression of honest and factual experiences.

Bruch approached her clients with a belief that they could make progress and could find a less painful way of living. This was possible, she believed, when a warm, human, relationship developed between the anorexic and the therapist, and when the verbal exchange had the openness and directness of ordinary conversation. In her no-nonsense way, she stated:

I let it be known that I am relatively little impressed by or sympathetic to a patient's dramatic display of helplessness. As soon as possible I try to recognize and focus on her potential for self-expression. The important point is to convey to an anorexic that she is not helpless, though many abilities or potentials have remained undeveloped. (p. 59)

Over years of following Bruch's work with anorexics, I have come to the conclusion that she addressed us, the therapists, in exactly the same manner she addressed her clients: with understanding and yet tough as nails when she believed we were neglecting our duty to our clients. Thank goodness we have some of her final words of encouragement, hope, and advice from which to continue to learn.

NEWS FROM SASKATCHEWAN

There have been two recent developments in Saskatchewan in regard to the study of women working in academic settings. First, Dr. **Cannie Stark-Adamec** has been awarded a large three-year grant from the Social Sciences and Humanities Research Council of Canada for the study of the working experiences of women faculty members, graduate students, honours students, secretaries, and librarians. She will collect information on the stresses experienced by these women (in both the work and the personal domains), the consequences of these stresses, the coping mechanisms used, the perceived barriers in the work setting, the organizational policies that affect the participation and contribution of women, the difficulties of re-entering the educational system as a mature student or single parent, and the importance of role models and mentors.

The major purpose of the project is to develop measures that are appropriate to the experiences of women working in academic settings. The project will begin with in-depth interviews of women from the identified groups and will culminate with a national survey.

Second, the Status of Women Committee of the University of Saskatchewan Faculty Association has just completed its comparative study of salaries and working conditions of men and women and women faculty members on that campus. Data were collected on aspects such as academic credentials, level of appointment, starting salary, progression through the ranks, merit pay, current salary, stipends for non-teaching duties, tenure and promotion, teaching loads, administrative and committee work, number of publications, number and dollar value of grants received, community service, and child care and domestic responsibilities.

A not unexpected, although nonetheless disappointing, conclusion was that, on most of the major yardsticks used to determine status in the academic community, women fared poorly, on average, in comparison to their male counterparts. Among the specific recommendations in the report were that the Executive of the Association monitor practices related to hiring and career advancement of female academics, investigate options for women to pursue doctoral studies while maintaining employment at the university, and determine the feasibility of establishing a mentoring network to assist female academics in the preparation of research grants and in the acquisition of salary negotiation techniques.

NEWS FROM NEW BRUNSWICK

A two-day workshop entitled: "The place of gender in work with couples and families" was held on May 15 and 16 in Fredericton. The workshop was presented by Judith Myers Avis, Ph.D. of the Marital and Family Therapy Graduate Program at the University of Guelph.

Claudia Whalen at Saint Thomas University in Fredericton has received a grant to develop norms for a French Version of the Peabody Picture Vocabulary Test.

The annual meeting of the College of Psychologists of New Brunswick was held in Fredericton on April 13 and 14. One of the topics discussed was the reporting procedure in cases where an adult woman discloses, while in therapy, having been sexually abused as a child. In some cases the first disclosure by a survivor is years, or even decades, after the abuse occurred. One of the many relevant questions that was raised concerned the implications for the client, as well as for other potential victims of the abuser, if the abuse is officially reported.

We would be interested in the experience of psychologists in other provinces. Are there problems in other provinces? Please send correspondence to Raymond Shred (address is on p. 3 or C4C@UNB using NetNorth).

Christine Storm at Mount Allison in Sackville, organized the conference on Liberal Education, held at Mount Allison on April 28 and 29, 1989. Of special interest was a session entitled: "The Role of Women and Women's Studies in Liberal Education." The keynote speaker was Patricia Miller King, Director of the Schlesinger Library at Radcliffe, which includes a large Women's Archive.

Several graduate students at UNB in Fredericton are involved in interesting projects. Heather Davies is doing her dissertation research on the occupational choices of female and male adolescents. Don Townsend is investigating gender differences in perceived stress levels. Josephine Tan and Raymond Shred are conducting a pilot project concerning the needs of children who have witnessed wife abuse where their mother is the victim.

NEWS FROM ONTARIO

It is difficult to relate all the news of the last three months from Ontario that would be of interest to SWAP Members across the country. I therefore decided to select a few items that focus on immigrant, visible minority and refugee women - Dr. Eva Szekely (Ontario Representative).

During the week of events celebrating International Women's Day a new documentary was screened in Toronto. This film, called A Voice Of Our Own, is about the 1987 meeting in Winnipeg of 350 women from immigrant and visible minority groups to form the National Organization of Immigrant and Visible Minority Women (NOIVM). NOIVM was formed to give a voice of their own to immigrant, refugee, and visible minority women's groups in this country who were fed up (and still are) with having been silenced, neglected, or patronized by the "mainstream" women's movement--dominated by Canadian-born white middle-class women. This documentary was made by Premika Ratnam. For information about the film she can be contacted at (416) 921-5853.

In March, 1989, Women Working with Immigrant Women (WWIW, Toronto) released a new study on Racial Minority Immigrant Women and Race Relations. In this research gaps in services regarding human rights issues are identified and systematic racism in the areas of housing, health, education and employment in Metropolitan Toronto is documented and analyzed. The report includes recommendations for organized and collective ways of dealing with systematic racism. Copies of this report can be obtained by writing to WWIW, 555 Bloor Street West, Toronto, Ontario, M5S 1Y6.

Healthsharing, a national women's magazine based in Toronto, is in the process of putting together a special issue on immigrant, visible minority and refugee women's health. The plans for this issue (to be published in the summer of 1990) include a list of immigrant, refugee and visible minority women's health projects and organizations across the country, resources, handbooks, etc. The guest editorial collective requests any information you (or someone you know) may have regarding projects, organizations and resources relevant to the theme of this special issue. Please forward materials to: "Immigrant Women" Special Issue, Healthsharing, 14 Skey Lane, Toronto, Ontario, M6J 3S4. Your collaboration in this matter would be greatly appreciated.

NEWS FROM ALBERTA

The Social Issues Committee of the Psychologists Association of Alberta (PAA) recently reviewed the Canadian Mental Health Document, "Women and Mental Health in Canada" and presented a brief to the PAA Executive. The brief included a number of recommendations that the PAA Council adopted. The Committee and the Women in Psychology Special Interest Groups of PAA are very pleased by what is viewed as a major move forward in the recognition of the special needs of women and of the need for adequate training and for ongoing continuing education of psychologists in the area of women and mental health. The Social Issues Committee is currently developing strategies that PAA could implement to follow through on the recommendations.

The theme and dates for the **Fifth Annual Women Helping Women Conference** have been set. The conference will be held in Calgary on October 27 and 28. The theme chosen for this year's Conference is "Women's Spirituality: A Personal Resource." The focus of the Conference is to provide a wide variety of perspectives and experiential workshops for women to explore their spirituality from a feminist perspective. Feminist spirituality can be defined as the bringing into expression the unique spirit in each of us and recognizing our connectedness with all other beings. The conference is designed for feminists working and studying in the areas of psychology, social welfare, and related counselling areas. The Call for Papers is currently underway so if you are interested in presenting or attending contact **Barbara Wilkinson**, 2004 - 22nd Avenue, NW, Calgary, Alberta, T2M 1R9.

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