

Women and Psychology Newsletter

APS WOMEN AND PSYCHOLOGY INTEREST GROUP

Volume 22, Issue 1

May 2010

EVENTS	
<p>Exhibition: Avenue of honour Anne Riggs Three Stories Gallery, 505 Maroondah Highway, Healesville. March 4-May 30.</p>	p.12
<p>Consultations: Victorian Women's Health and Wellbeing Strategy 2010-2014:</p> <ul style="list-style-type: none"> • Tuesday, 1 June in Eltham. • Friday 4 June in Footscray • Tuesday 8 June in Broadmeadows 	p.4
<p>Workshop: Getting started as women in psychology APS Women and Psychology Interest Group - Victorian Group Wed 2nd June – 7.30-9.30pm</p>	p.3
<p>Workshop: Health at Every Size: A Feminist/Humanist Perspective on Eating Disorders and Body Image Concerns Dr Naomi Crafti & Dr RaeLynn Álvarez Wicklein July 23rd 2010: 10-4pm</p>	p.5
<p>Conference: The 27th International Congress of Applied Psychology Melbourne Convention Centre July 11th-16th</p>	p.6 &7 &8
<p>Call for Papers: Journal of Community Psychology. Special Issue: Creating Feminist Community Psychology Due date: August 15, 2010.</p>	p.10
<p>Conference: Women in psychology: Trans-tasman conference University of Waikato, Hamilton, Aotearoa/New Zealand Dec 2010 Abstracts due: Sept 1st 2010</p>	p.2

Welcome to the first edition of the women and psychology newsletter for 2010.

I would like to introduce myself (Sally Northfield) as the latest newsletter editor.

Wondering how to begin this job, I have been looking over the past editions and they provide a wealth of information about this vibrant and active group within the APS. Although I am not yet equipped to provide a sophisticated looking version of the newsletter (technology pending) I am collating this newsletter with the tools I currently have, because there are a number of events occurring which I am sure will be of interest to the members of the women and psychology group.

I look forward to getting to know more members of the group and I am encouraging you to contribute your thoughts, ideas and opinions on areas that concern or interest you. My apologies for the Victorian centred commentary at this stage. I'll be working on including much more from all over the country in the next edition.

Send me an email outlining what you would like to see in your newsletter <mailto:sal@infoxchange.net.au>



WOMEN IN PSYCHOLOGY CONFERENCE 2010



WOMEN IN PSYCHOLOGY TRANS- TASMAN CONFERENCE New Zealand 2010

**Abstracts may be
submitted between 1
April & 1 September
2010**

Though submission via the
website is preferred
<http://www.waikato.ac.nz/wfass/WomenInPsychology2010/abstracts.shtml>

We will notify submitters of
acceptance (or otherwise)
within one month of
submission.

Please send any queries to
Heather Hamerton:
heather.hamerton@boppoly.ac.nz

I hope to see you in Nelson in
December!

Cate

Dr Cate Curtis

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Conference Information Women in Psychology 2010

3 - 5 December 2010
Nelson
Aotearoa New Zealand

Keeping our balance in a changing environment: Women, politics and wellbeing in the 21st century

This conference heralds the revival of Trans-Tasman Women and Psychology conferences in Aotearoa New Zealand, continuing the tradition of conferences where Australasian women have come together to network and learn from one another about research and practice relevant to women. This year's conference will highlight women's and feminist perspectives on global and environmental issues, mental health and wellbeing, women's changing roles in the 21st century, work-life balance, research and psychological practice with and about women.

Presenters are invited to be creative in speaking to this theme.

The conference committee welcomes the submission of a range of presentations (individual papers, workshops and symposia or posters). We encourage you to consider submitting an abstract, whether or not you have any previous experience in presenting at conferences. Student contributions are especially encouraged. Please ensure you allow time for questions or discussion when planning your contribution.

Data projectors and whiteboards will be available in all rooms. We encourage people to bring their own laptop if possible, but laptops will be available for use if necessary. Please advise us if you require a laptop or any other equipment. It is each presenter's responsibility to have their presentation stored on CD Rom, or memory stick. Additional copies of the presentation may be emailed to: heather.hamerton@boppoly.ac.nz

Before you submit your Abstract, please ensure that you have read the guidelines at <http://www.waikato.ac.nz/wfass/WomenInPsychology2010/abstracts.shtml> and that your Abstract reflects the conference theme.

All abstracts will be blind peer-reviewed.

APS Women and Psychology Interest Group Victorian Group

GETTING STARTED AS WOMEN IN PSYCHOLOGY

FACILITATORS	Heather Gridley, Carmel O'Brien, Melissa Noonan, Debbie Hocking & Raelynn Álvarez Wicklein
WHEN?	Wednesday 2 nd June – 7.30-9.30pm
WHERE?	Treacy Conference Centre, 126 The Avenue, Parkville
COST?	Women & Psychology members \$10; non-members \$15 Students/unwaged \$5 or by donation

By popular demand as in previous years, this seminar is designed to introduce new members, especially students and recent graduates, to the Women and Psychology Interest Group, and to invite you to explore some of the issues facing women as beginning psychologists. The Interest Group brings women together as practitioners, consumers, academics and students of all ages and a range of backgrounds. This interactive session will review the current requirements for APS membership, College membership and State/National registration, and consider ways in which the group might support new graduates setting about locating themselves in the "real" world. The focus of the evening will be generated by participants themselves, but we expect to cover such questions as:

- *How have others managed the transition from graduate to practitioner?*
- *How are requirements for registration and APS/college membership impacting on students and graduates?*
- *What's fair play in the volunteer and professional training sectors?*
- *Getting started in private practice – or not?*
- *What difference might a feminist approach to supervision and mentoring make?*
- *What does being a member of the Women and Psychology Interest Group involve?*
- *In what ways can the group be supportive of young or beginning psychologists?*

**Contacts: Email: [Carmel O'Brien](mailto:Carmel O'Brien@carmel@doncare.org.au)
[\[carmel@doncare.org.au\]](mailto:Carmel O'Brien@carmel@doncare.org.au)
Phone/message: Heather Gridley –
0419 113731**

Victorian Women's Health and Wellbeing Strategy 2010-2014: Consultation

The Victoria Government is committed to the development of the third Women's health strategy (the Strategy) in the [2010 Statement of Government Intentions](#).

The aim of the Victorian Women's Health And Wellbeing Strategy is to improve the health and wellbeing of Victorian women, with particular attention to how gender, diversity and disadvantage affect women's health. Gathering together the ideas of women through a consultation and submission process will guide the development of the Strategy.

Consulting with Victorian women

The regional women's health service [Women's Health in the North](#) is collaborating with the regional Department of Health to hold a consultation forum in your region.

Come along and contribute!

What are the most important health issues for Victorian women?
Help this Strategy reflect what you think are the most important areas for focussed effort by the Department of Health into the next decade.

When? Where?

*******Tuesday 1 June 2010**, 2.30-5pm
Eltham Community and Reception Centre
801 main Road, Eltham

When? Where?

*******Friday 4 June 2010**, 1.30-4pm
Reception Room, Maribyrnong City Council
Corner of Hyde and Napier Streets, Footscray

When? Where?

*******Tuesday 1 June 2010**, 10am-12.30pm
Hume Global Learning Centre
1079 Pascoe Vale Road, Broadmeadows

What if I can't attend the forum?

You can download the Consultation Paper and Response Form.

Email or send back the response form. Your thoughts and comments will be considered as the Strategy is developed.

GO TO: [Victorian Women's Health and Wellbeing Strategy website](#)

(<http://www.health.vic.gov.au/vwhp/wellbeing>). The Consultation paper and response form will be available and downloadable from early May 2010.

CONTACT: [Jade Blakkarly on 9412 5348](#) or the Diversity team in Melbourne by email:

<mailto:diversity@health.vic.gov.au>

As well as attending forums the APS Women and Psychology Interest Group Victorian Group are planning to contribute to this important strategy for women in Victoria

Contact [RaeLynn Álvarez Wicklein](#) if you would like to participate
raelynn.wicklein@rmit.edu.au

The APS College of Counselling Psychologists (VIC)
Presents

**Health at Every Size:
A Feminist/Humanist Perspective on Eating
Disorders and Body Image Concerns**

**Dr Naomi Crafti MAPS
Dr Raelynn Álvarez Wicklein MAPS**

When: Friday 23 July 2010
Time: 10.00 a.m. – 4.00 p.m.
Where: Victoria University, Flinders Street Campus, Room C1109, Level 11, 300 Flinders Street
Cost: APS Counselling College Members \$90; APS Students \$90; Non-Members \$110
Note: Morning tea and afternoon tea are included. Lunch is NOT included.

This workshop is limited to 30 people. Professional Development: 5 Specialist Professional Development points (CCOUN). Members of other APS Colleges and non-College members may claim the equivalent generalist points.

Enquiries: APS Events Team, Ph: (03) 8662 3300, Fax: (03) 9663 6177,
Email: events@psychology.org.au

Working with women who are experiencing eating and body image issues is challenging and rewarding. This workshop will introduce participants to the philosophy of 'Health at Every Size', based on the evidence that healthy behaviours rather than weight loss should be the goal of counselling for body image problems, including eating disorders.

The workshop will also focus on a Feminist/Humanist perspective on eating issues and body image concerns, and on collaborating with women as they explore meaning in the concept they have of themselves and their bodies, the media they view, the context in which they live, and the messages they filter and don't filter about who they are in the world. This approach engages women in exploring meaning in relationships with persons around them that support healthy acceptance of body and/or dismantle the 'love affair' with themselves. Three key areas will be examined: assisting clients to achieve increased knowledge of meaning making about messages women receive about themselves, further developing healthier eating and body image through acceptance, and encouraging/ teaching/collaborating about critical media/context literacy (deconstruction).

Finally, the workshop will explore the concept of Mindful Eating.

Dr Raelynn Álvarez Wicklein is a counselling psychologist and registered supervisor. She has provided and supervised psychological practice in the U.S. and Australia since 1996 and has been privileged to work with women and their experiences with eating and body image issues in university counselling, community centres, and hospital settings. She currently works as a senior psychologist in RMIT University Counselling Service.

Dr Naomi Crafti, Community Development/Education Officer, Eating Disorders Victoria is a member of the College of Counselling Psychologists, with over 16 years experience working in the area of eating disorders and body image. Naomi began working as the Community Development/Education Officer at EDV in 2009. In this role Naomi enjoys the opportunity to speak and interact with a variety of people about understanding and managing eating disorders, enhancing self-esteem, developing a positive body image and celebrating diversity.



Editor's Picks for ICAP

The 27th International Congress of Applied Psychology, hosted by the Australian Psychological Society (APS) and the International Association of Applied Psychology (IAAP), will be held in the Southern Hemisphere for the first time, bringing together more than 3000 presenters from over 60 countries, including prominent psychologists, researchers and keynote speakers.

The congress is held every four years. Key themes this year will include: psychological responses to refugees, disaster, homelessness, poverty, terrorism, genocide and climate change, and other topical themes such as hoarding, stalking, body image, youth substance abuse issues, traffic psychology and bullying.

Preliminary Program – Monday 12 July 2010

Invited Keynote

Pat Dudgeon

An overview of Australian Aboriginal and Torres Strait Islander people and psychology

12.00

Invited Keynote

Lyn Littlefield

Australian psychological service systems

17.30

Invited Symposium

Martha Augoustinos (C)

Pat Dudgeon

Ingrid Huygens

Brianne Hastie

Damien Riggs & Clemence

Due

Christopher Sonn (D)

Prejudice and racism:

What can psychology do?

1600

IAAP Division 6 Clinical & Community Psychology Symposium

Isaac Prilleltensky (C)

Adrine McKenzie

Ora Prilleltensky

Scot Evans

Colleen Turner

Community psychology applications to organizational and community well-being: Research and action

1600

Preliminary Program – Tuesday 13 July 2010

Invited Symposium

Heather Gridley (C)

Jean L. Pettifor

Heather Gridley &

Sally Northfield

Ingrid Huygens

Geraldine Moane

RaeLynn Álvarez Wicklein (D)

Personal, professional and political: Applications of feminist ethics to research and practice

8.30- 10.00

Plenary 1

Division 17

Professional Practice & Ethics Invited Symposium

Jean Pettifor (C)

Carole Sinclair

Carol Falender

Pumla Gobodo-Madikizela

Pat Dudgeon

Natasha Tassell (D)

Psychology, ethics and social justice

10.30-12.00

IAAP Division 17

Professional Practice

Invited Symposium

Pat Dudgeon (C)

Tania Jones & Kerrie Kelly

Roz Walker & Christopher Sonn

Clinton Schultz, Roz Walker &

Pat Dudgeon

Heather Gridley (D)

Cultural competence: Working with Australian Aboriginal and Torres Strait Islander people

14.00-15.30

Preliminary Program – Tuesday 13 July 2010

Invited Keynote

Martha Augoustinos

**Talking race and prejudice
'DownUnder'**

12.00

**IAAP Division 6 Clinical &
Community Psychology**

Invited Keynote

Grace Pretty

**Having a sense of one's
place: Benefits and
challenges of nurturing
personenvironment
connections**

12.00

Invited Keynote

Fanny Cheung

**Work and family: Can women
leaders have both?**

17.30

Preliminary Program – Wednesday 14th July 2010

**Social and Cultural Issues
Individual Oral**

Presentations – Gender

Melody Morley

**"Knowing me, knowing
you": An exploration of the
mother-daughter
relationship**

Jing Yang

**The mediating mechanism
of women entrepreneurs'
self-efficacy on
entrepreneurial decision-
making in China**

Gyan Mudra

**Women's status in rural
entrepreneurship**

12.00-13.00

State of the Art Address

Stuart Carr

**Psychology applied to
poverty reduction**

12.00

**Lesbian, Gay, Bisexual and
Transgender (LGBT) Stream**

Damien W Riggs (C)

Rhonda Brown

Maria Pallotta- Chiarolli

Liz Short

**Creation and experiences of family
by lesbian women, gay men, and
bisexual people**

14.00-15.30

Preliminary Program – Thursday 15th July 2010

IAAP Division 15

Psychology Students

**Double Symposia: Emerging Scholars
Program**

Preeti Datta

**Precarious abodes: Hues of Red, Black and
Grey – A Psychological exploration into the
lives of Indian women in prostitution**

8.30-10.00

State of the Art Address

Geraldine Moane

**Principles of emancipatory practice in
communities**

12.00

Preliminary Program – Friday 16th July 2010

**IAAP Division 11
Political Psychology
Panel**

*Takehiko Ito
Di Bretherton
Klaus Boehnke
Cristina Montiel
Hamdi Muluk
Noraini Noor
Barbara Tint
Susie Burke*

**National and international
development of peace
psychology**
8.30-10.00

**IAAP Division
19 Ethics Panel
Discussion**

*Saths Cooper
Stephen Behnke
Janel Gauthier
Elizabeth Nair*

**Human rights' issues
confronting psychology in
the 21st century**
13.45-15.15

**Workshop: Cultural
differences and ethical
dilemmas in supervision**

Jean Pettifor & Carol Falender
8.30-11.30

**IAAP Division 15
Psychology Students
Individual Oral Presentations
– Clinical/forensic
psychology**

Debbie Hocking
**Asylum seeking in Australia:
The mental health
consequences and their
determinants**
15.15-16.15

**IAAP Division 20
Social and Cultural
Issues Symposium**

*Heather Gridley (C)
Cynthia Dunn
Carmel O'Brien
Elizabeth Short
Heather Gridley
Helen Vidler*

**Psychological research
and practice with
women problem or
solution?**
10.30-12.00

**IAAP Division 20 Social
and Cultural Issues
Symposium**

*Heather Gridley (C)
Pat Dudgeon
Tania Jones
Victoria Hovane
Roz Walker*

**The lives of Australian
Aboriginal and Torres
Straight Islander
Women**
15.15-16.15

**Journal
Contributors &
Reviewers wanted**

women
A G A I N S T
V I O L E N C E

————— A N A U S T R A L I A N F E M I N I S T J O U R N A L

THE WOMEN AGAINST VIOLENCE JOURNAL WANTS CONTRIBUTORS AND REVIEWERS: READ THE INFORMATION BELOW TO FIND OUT MORE

What is the *Women Against Violence* Journal?

The *Women Against Violence* Journal is a national journal examining issues relevant to the work to stop violence against women.

The Journal is founded on the belief that those working against violence against women welcome the opportunity to document initiatives, policy and practice development and encourage debate. The Journal reflects a feminist philosophy and a social justice framework.

The Journal is a strategy to amplify the voices of women and to encourage contributions that reflected their views and experiences. While always concerned to maintain the high standards of the publication, the journal must remain accessible for all contributors.

How did the journal begin?

In 1995 CASA House distributed a survey to attendees at the First Annual Sexual Assault & the Law Conference. The survey canvassed interest in a journal that would focus on issues relevant to those working to eliminate violence against women. The survey, titled *Netting the Fields*, was completed by hundreds of individuals and organisational representatives from across Australia. Responses revealed overwhelming support for the journal concept and elicited many suggestions for proposed content.

In June 1996 the Editorial Group developed and ratified the Editorial Policy, which remains the same today. At this meeting the committee also agreed to name the journal *Women Against Violence*, and identified women from across Australia to participate as a national advisory board. Wendy Weeks drafted an Editorial for the 1st Issue on behalf of the committee, noting that the journal would have a feminist framework, a broad definition of violence against women and an editorial policy that would encourage partnerships between workers in the services and community groups concerned with violence against women, as well as research and analysis by academic women and theorists.

The first issue of *Women Against Violence* was published in November 1996.

Who can contribute to the *Women Against Violence* Journal?

We encourage women from all backgrounds to contribute. Past contributors have included researchers, academics, practitioners and other professionals who have shared their knowledge on many aspects of violence against women.

Who can subscribe?

The *Women Against Violence* Journal will be of interest to all people working towards the elimination of violence against women in our society. This includes professionals, practitioners, service providers, students, policy-makers, educators and researchers.

Share your knowledge and learn more about current debates on violence against women by joining Women Against Violence

Women Against Violence Journal
C/- CASA House

(03) 9663 9742 (fax)
(03) 9635 3600 (phone)
email: casa@thewomens.org.au

www.casahouse.com.au Australia

Level 3, QVWC
210 Lonsdale Street
Melbourne Vic 3000

Call for Papers

Journal of Community Psychology Special Issue: Creating Feminist Community Psychology

Editors: Anne Mulvey and Holly Angelique

The *Journal of Community Psychology* (JCP) is planning a special issue on the past, present and future of feminist community psychology (FCP). The issue will highlight the origins, histories and contemporary challenges of FCP and identify heuristic lessons and best practices for incorporating feminist perspectives and processes into community psychology. Papers that explore gender-related dynamics and multi-faceted identities as they shape and are shaped by political, community and inter-personal processes are of particular interest. We encourage attention to the co-creation of identities, groups and outcomes within multi-layered cultural contexts. The centrality and inseparability of gender, race, class, sexuality and other socially structured inequalities is assumed. Implications for re-visioning FCP theories and practices to foster the well-being and quality of life of women and girls, particularly marginalized groups, should be considered.

We welcome a variety of formats (e.g., narratives, ethnographies, conversations, poetry). Topical areas of interest include but are not limited to:

- Convergence and dissonance of Community Psychology (CP) and Feminist Community Psychology (FCP)
- Convergence and dissonance of FCP and other feminist perspectives
- The importance of—and challenges to—our own and other identities
- Mentoring, Boundary-spanning, and Bridging.

Send inquiries to Anne Mulvey (Anne.Mulvey@uml.edu) and Holly Angelique (hxa11@psu.edu).

Follow author guidelines available on the *Journal of Community Psychology* website.

Style: Use style in the *American Psychological Association Publication Manual* (5th Ed).

Maximum length: 30 pages including references.

Submit manuscript online at mc.manuscriptcentral.com/jcop. Please put *Feminist Community Psychology Special Issue* at the top of the title page.

Due date: August 15, 2010.

Anne Mulvey, Ph.D.
Professor Emerita
University of Massachusetts Lowell
870 Broadway Street, Suite 1
Lowell, MA 01854-3043
(978) 934-3965 - phone
Anne.Mulvey@uml.edu

WSA Journal Network eList

Kia ora koutou

The WSA editorial committee is currently considering ways to reinvigorate the **Women's Studies journal**. As part of that process we are seeking interest from feminist writers to create a journal network elist which will have two purposes.

The first purpose will be to develop a list of people who can provide review of journal articles. The second purpose will be to develop a list of people who are willing to submit journal articles, and/or actively encourage others to do so. We welcome interest from as many people as possible and seek to ensure that the group includes a diversity of standpoints, disciplinary perspectives and interests.

If you are interested in being on the Journal Network eList could you please let us know as soon as possible. Please indicate below which aspects of the journal network you are interested in.

- i. Review of articles submitted to journal
- ii. Submitting articles/prompting others to submit articles
- iii. Both

If you know of anyone else in your networks who you would recommend for these purposes could you please let us know their name and contact details. We are currently using a snowball approach to make contact with people and would like to cast the net as widely as possible.

- iv. Recommend other people

Kind regards

Hee

On behalf of the Women's Studies Journal Editorial Committee

Dr Heather Barnett (PhD)
Senior Researcher/Policy Analyst
Mental Health Foundation of New Zealand
PO Box 6563 Marion Square
Level 5 Education House
178 Willis Street
Wellington 6011
New Zealand Aotearoa

Email: heather@mentalhealth.org.nz

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Exhibition REPORT

Avenue of Honour –

Anne Riggs

Three Stories Gallery, 505 Maroondah Highway, Healesville.
Exhibition open March 4-May 30.



Anne is deeply interested in art and its potential for understanding, acknowledging and accepting loss and grief. Don't just come and look... stay a while. There will be materials available for you to respond to the installation... add your own interpretation to the artwork or ponder over a coffee on the balcony. This ceramic work is installed as the work was originally created as a contemplation of the First World War, but is installed here as an evocation of the losses, memories, and hope associated with the 2009 Victorian Bushfires. Healesville is at the edge of the bushfire affected area and was under serious threat during this period.

Awards REPORT

APS College Awards of Distinction

Congratulations Heather Gridley

The APS College Awards of Distinction recognise the importance of an individual's contribution to his or her specialist field and significant contributions to the relevant APS College over a number of years.

College of Community Psychologists



Heather Gridley FAPS

Heather Gridley's career history as a humanities-based psychologist with a passionate commitment to social justice bridges the practitioner-academic divide. Her interest in community psychology stemmed from her work in community health in the 1980s, where she became aware of the limitations of interventions directed solely at individuals.

Although her training was in counselling and clinical psychology, she joined the then Board of Community Psychologists primarily to learn more about this relatively new area. She soon found herself co-opted to the Victorian and National Committees, where she has remained involved ever since, as Membership Secretary, Secretary, State Chair and finally national Chair from 2003-6. In 1990 Heather joined the fledgling Victoria University, where she coordinated the postgraduate program in community psychology, one of only two in Australia. Heather's teaching, research and practice are based on feminist principles, and in 1995 she received the APS Elaine Dignan Award for significant contributions concerning women and psychology. She has served terms on the APS Board as Director of Social Issues and Membership, and is currently employed in the National Office as the Manager of the Public Interest team.

Heather recommends that you sign the national petition on-line to support specialist endorsement of community and health psychology under the National Registration and Accreditation scheme.

<http://www.gopetition.com/petitions/endorse-community-psychology.html>

Open Hearted Phone Counselling

(printed with permission from author (Linette Harriott - linettemaree@gmail.com)

first published in DVRC Quarterly, Spring 2009

In the beginning the call moved through the usual territory; a request for help, a story evoking sympathy... then something in the tone of the caller changed.

The caller, let's call them "A", insisted on telling me some details of a sexual assault. I answer the phones at a sexual assault crisis line. I have worked on a domestic violence line too.

It is a surprising aspect of this phone crisis work, but it is unusual for someone to go into the details of an assault. Usually people shy away from getting too graphic. Callers to our services are much more likely to be exploring the impacts of the abuse, such as sleeplessness, anxiety, depression or fears about family reactions when or if news of the abuse gets out.

The details caller A relayed had a familiar tone; this was a well-worn path.

I realised this was one of the crisis service's regular callers: some services call them 'frequent flyers' (more on this later). Every crisis service has regular callers who "get off" on playing the role of a victim, or whose use of the service is, for a variety of reasons, inappropriate (eg: masturbating to a 'fantasy' story). For all we know; we probably all have the same callers. Some phone workers I know work in services that receive one call a week from someone like A. Other services I have spoken to say it can depend on the timing of the shift, but that every caller in the shift could be A.

I snapped into action and conveyed by my tone and a series of questions that I understood A was known to the service. I 'contained' the call to the agreed time limit by reminding A of the 'contract' worked out between A and the service manager. This particular contract was 10 minutes, no more.

In the past when I have done this, the caller has a response that ranges anywhere from anger to disappointment, to something approaching relief, or they hang up.

I often feel odd; like I have pre-judged them or like I am accusing the caller. And I always take a deep breath before launching into a part of the

conversation that sounds like an accusation e.g.: "have you ever called us before?" or "I believe I may have spoken to you before... Is this 'A'?" or "I think you have spoken to one of my colleagues..."

As I sat filling in the call log sheet and stats I moved between thinking; "...ah well, no real damage done and the phone was not tied up for too long..." and a sneaking, annoying idea that I'd been "sucked in", hoodwinked... used.

I resolved to take this call to my next team meeting.

'Sucked in' is a corrosive thought that eats away at my sense of professionalism and skill. It is a thought that has me believing if only I had been faster at spotting the familiar elements of the story, or if only I wasn't so gullible or if only I hadn't given something genuine of myself in the call.

What do you call it when you've been 'taken in' by a caller?

Our team discussion had us agreeing that 'sucked in' was not a helpful idea.

In this discussion we also wondered; is it possible to 'quarantine' that corrosive thinking?

How do you stop it from tainting the next call? Your next shift? The next time, and, yes, there will be a next time, A calls and you pick up the phone.

Does the practice of using the term 'frequent flyer' support you to work with the caller, or does it get in the way of your work with a regular caller?

What terms can you use that might be more respectful and supportive to both of you throughout the call?

Does a rights-based model help you?

A has a right to a service. Everyone has a right to a service, not just the polite callers or the "good" callers who stick to the rules and behave themselves.

Does thinking of A's need in that moment help you?

What about A's loneliness or desperation or psychological unwellness that might lead A to make a call like that?

I believe it is important to build and develop a

culture that shares the expertise, but not the prejudices and blaming of the people who make the calls or of the workers who 'don't get it' early enough, or don't contain the calls quickly enough.

Does your team have discussions to share how to manage these calls and the impact of this work?

How does your team talk about the contract?

In a number of services I have worked in, these calls have been managed by making a contract with the caller. These contracts are fairly specific to the individual callers and might include only speaking to the caller if s/he is sober, only speaking for ten minutes, limiting the content of the call to specific suggestions that will help the client feel better in the next 10 minutes (a reminder that listening to a favourite song helps in lonely moments or reminding of a particular goal the caller may have lost sight of temporarily).

Recently, a service I work in received a call from a psychologist warning us that a person she was working with would be ringing very regularly for a short period, due to some extra stresses. The psychologist had discussed this coping mechanism with the person, and they had scripted a number of helpful interventions for the phone workers to follow. The scripts worked well and were helpful to the caller, as well as the workers.

How does your team talk about the impact on you?

What are the impacts of doing this highly specialised, potentially isolating work? Particularly when the content of the calls can be details that are disturbing and may even feel abusive. They may leave you with unhelpful images or a sense of shame at being a 'bad' worker.

Does your agency have a policy of terminating calls when they feel abusive? Do you feel supported in enacting that policy?

Are you able to do any/all of this without pathologising A?

Here's what we found less helpful when we compared notes: getting angry, feeling used, feeling ashamed, feeling duped, regretting having given a piece of ourselves, feeling

annoyed with ourselves for not having spotted the call earlier.

Have you noticed how all of these responses have me, the phone worker, in the centre of the picture, rather than A?

They also have an idea that I should be 'above' being taken in; that as an experienced phone worker I am somehow immune to these 'calls for help'.

How about an idea we talked about in our team meeting: **"Open Hearted Phone Counselling"**. We talked about intentionally going towards each and every call with an open heart. That our intentionality was about knowing that there might be times the service might be used in a way we might not agree with, however, we believed that in the end we would rather 'take a hit' or absorb these calls, than create the possibility that another caller might receive the leftover emotional content from a previous call.

A recent team discussion led us to recognising that we were stuck in the habit of only ever talking about the bad, abusive and difficult calls. We resolved to make sure we also talked about the calls that went well and kept us in touch with the real reasons the service is open, our original reasons for getting into this line of work and the parts of us we value, such as our sense of compassion.

What were your original motivations for getting into this work? Were they about helping people in need? How does A not fit that description?

With these thoughts in mind, how might you respond differently the next time you pick up the phone? How might you help build and maintain a team that supports these difficult discussions without blame or shame? What difference might it make to ensure your team doesn't become jaded, hard, burnt out or cynical?

What might be the new or different conversations you and your team could have to help each other hold on to the ideal of responding warmly, empathically, compassionately, 'open heartedly'?

Thanks to Heather, Belinda, Loretta, Ursula, Deb, Ken, Asadeh, Michael and Heather for encouragement and rereads and to the many teams of phone workers I have discussed these ideas with over the years.

The 20th Annual APS Women and Psychology Interest Group Conference

Re-engendering psychology: Research & practice with & about women



**Presented by the APS Women &
Psychology Interest Group (Victoria)
and Victoria University
Sunbury Hall, Victoria University, Sunbury
Victoria
4 - 6 December 2009**

The conference held in Sunbury, December 2009 marked 20 years since the first Women and Psychology Annual Residential Conference! A

fascinating and dynamic program of presentations, workshops and social events celebrated this milestone. The conference highlighted feminist perspectives on re-engendering psychological practice, community work, consultation and supervision; scholarship and research, and noted barriers and opportunities in engaging with a feminist psychology.

Presentations focussed on re-engendering the nature of mental and physical health and well being, human rights, cultural diversity, family diversity, and the multiple roles women engage with as paid/unpaid workers, scholars and carers. The concept of gender was explored as a social construction across the lines of race, ethnicity, class, age, and sexual orientation, making visible women's viewpoints and experiences in practice and research.

One of the many highlights for conference participants was the presentation and the workshop by one of the keynote speakers, Annemarie Ferguson explaining and demonstrating the Wonderful Work of the Women's Circus. The Circus is also preparing to celebrate a 20-year history of engagement with women in the Victorian community. Annemarie and Franca lead an amazing workshop that mirrored what they call The New Women's Program, designed especially for first-time participants in Women's Circus. It is an introductory circus class that gives participants a basic introduction to as many aspects of circus as possible, and pays special attention to building trust and establishing safe ways of working. As conference participants we were lucky enough to experience what it would be like to turn up and join the Women's Circus. There was much laughter, contortion of limbs and gasps of astonishment as many of us connected or reconnected with an often forgotten physicality. The initial consternation over having to remove your shoes and try to hide the holes in your socks was quickly forgotten as we negotiated some pretty impressive aerial moves. I think we were all left with a sense of the potency of working in this way to influence women's wellbeing.

Browse through the conference abstracts below to gain a sense of the breadth and depth of issues discussed at the conference (abstracts appear in the order they were presented at the conference). Contact details for presenters are listed if you wish to explore a topic further. I would welcome further conference reports impressions etc. for the next edition of this newsletter, as I was only able to attend the first day.

PRESENTATIONS

Rebecca Riley & Angela Utomo

Prevention of Sexual Violence in University settings: an Evaluation

Within Australian university settings, there is a distinct lack of efforts to prevent sexual violence and even less evaluations of such efforts. We have evaluated “This Place Nurtures Good Relationships” (TPNGR), a Health Promotion initiative by La Trobe Counselling Service (funded by VicHealth and La Trobe University). The project works by inviting and facilitating groups of students (e.g. sporting clubs, residential colleges etc.) to articulate their existing attitudes and beliefs and develop resources reflecting these (i.e. posters, postcards, online resources and film). Through this process this project aimed to increase students’ confidence and commitments as advocates against sexual violence and provide practical and material support for students’ values, beliefs and strategies. Both qualitative and quantitative data were collected to identify the process and impact of the TPNGR project. Recommendations for the future development for sexual violence prevention on campus are discussed.

We are two Masters of Applied Psychology students majoring in Community Psychology at Victoria University. We are currently on placement at the La Trobe Counselling Service where we are evaluating a prevention of sexual violence project. We would like to share the results and recommendations to hopefully benefit other prevention efforts.

Presenter’s details:

Angela Utomo

Rebecca Riley

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Bróna Nic Giolla Easpaig

Praxis, Gendered Oppression and Sexual Violence

I propose to speak about catalysing praxis by students, teachers, community members and community psychologists in relation to gendered power and sexual violence.

I will start by explicating how we deploy the terms “gendered oppression” and “sexual violence” and the frame of reference within which they can be seen as embedded in everyday practices, procedures and policies collectively enacted in Institutions of Higher Education, health and community projects and other organisations within which many community psychologists work. Next I will also argue that sexual violence and gendered oppression are also produced and maintained through our community psychology associations, journals, web pages, list serves, conferences etc., without being assiduously surfaced and contested.

I will then describe praxis, underway and envisaged, to expose and contest sexual violence in an institution of higher education within which female undergraduates are constructed to be: one of the least powerful groups in the institutional hierarchy; disproportionately victims of sexual violence; and known to be so without serious attempts at prevention or intervention. On the contrary, this institution: promotes particular forms of sexualisation of young women; inscribes them in its culture of socialisation; collusively accepts sexual violence as an inevitable part of its ‘culture’; and actively silences women and those concerned with the violence towards women through control of knowledge, victim blaming and the deployment of oppressive de-ideologised individualistic explanations discourses. I will invite feedback on and discussion of the approach described.

I will next invite participants to: engage in critical reflexivity about gendered oppression and sexual violence within their own settings; envisage community critical praxis relevant to deconstructing, auditing and resisting gendered oppression and sexual violence within their own institutions. Finally, I will invite participants to engage in collectively auditing the conference itself in terms of gendered oppression and sexual violence.

I'm newly arrived in Australia, originally from Ireland and completed my undergraduate degree in psychology at the University of Stirling, Scotland. This work is part of my PhD at Charles Sturt University which is engaging with sexual violence and gender inequality at my institution, problems that are of a priority concern in the campus community. I'm interested in making connections between and deploying some areas of feminist scholarship, post-structural theory and community psychology.

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Chris Kyle Link

Girls in a Whirl Project

"Girls in a Whirl" is a program for Facilitator Training. "Girls in a Whirl" is about preparing for Change-Puberty and Growing Up is a health promotion program for girls and their mothers/carers.

Training Program is aimed at: Community Development Workers, Community Health Nurses, School Nurses, Health Promotion Workers, Primary School Teachers and Welfare Co-ordinators.

Women's Health Loddon Mallee provide Professional Development and Educational sessions on the following topics and health issues:

- Why Women's Health?
- Gender and Health
- Service Provision in a Diverse Community
- What is Inclusiveness?
- The Health Affects of Violence Against Women
- Women's Health within a Policy Framework

Presenter's details:

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Heather Barnett

Exploring Meanings of Discrimination Within and Towards Families and Whānau of People Labelled with 'Mental Illness'

The Mental Health Foundation's current research project – Families, Whānau, Mental Illness and Discrimination – is being undertaken as part of the New Zealand Like Minds Like Mine programme. The research explores discrimination within and towards families and whānau of people who have been labeled with 'mental illness' and identifies strategies for reducing these forms of discrimination. This qualitative research project has involved nine focus groups and one national Dialogue Forum with families, whānau, people who identify as having experienced 'mental illness' and tangata whaiora. The conference presentation addresses meanings of discrimination in the context of families coping with severe mental distress. Examples of discrimination within families, as well as discrimination towards families, will be used to highlight the tensions and complexities associated with the meaning of 'discrimination'. Attendees are invited to contribute to a more robust conceptualization of discrimination in the context of an 'against discrimination' agenda. Heather Barnett (Hee) is employed as the Senior Researcher/Policy Analyst for the Mental Health Foundation of New Zealand. She has a background in feminist and critical psychology. Her doctoral research involved a critique of clinical psychology training programmes in Aotearoa New Zealand. Heather managed the Mental Health Commission's

narrative research project which explored young adults' stories of a first mental health crisis - Journeys of Despair Journeys of Hope (Barnett and Lapsley, 2006). She was also a key writer and background researcher for the Mental Health Commission's report on the decade since the Mason Inquiry into mental health services Te Haererenga Mo Te Whakaōranga 1996-2006.

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RaeLynn Álvarez Wicklein

Cause for Consideration: Are Women from another Culture? Cultural Case Formulation for Women

Case formulation has traditionally been viewed as a set of hypotheses, generally framed by a particular psychological theory or psychotherapy orientation, regarding what variables are seen as causes, triggers, or maintaining factors of a person's emotional, psychological, interpersonal, and behavioural issues (Ells, 1997). It is seen as a description of a person's complaints and symptoms of distress, as well as an organising structure to help the practitioner understand how such issues come into being, how various symptoms co-exist, what environmental or intrapersonal events trigger such issues, and why such issues persist (Nezu, Nezu, Peacock, & Girdwood, 2004). In this presentation I will describe how to apply a socially and culturally constructed model to assist clinical decision-making in the process of assisting women and girls who seek psychological services.

References:

- Ells, T. D. (1997). Psychotherapy case formulation: History and current status. In T. D. Ells (Ed.), *Handbook of psychotherapy case formulation* (pp. 1-25). New York: Guilford Press.
- Nezu, A. M., Nezu, C. M., Peacock, M. A., & Girdwood, C. P. (2004). Case formulation and cognitive-behavior therapy. In M. Hersen (Series Ed.), S. N. Haynes, & e. Heiby (Vol. Eds.), *Behavioral assessment*. Vol. 3 of the *comprehensive handbook of psychological assessment* (pp. 402-426). New York: Wiley.

Presenter's details:

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Elizabeth Short

Elaine Dignan Award Winner: "It's just everyday": Lesbian mothers living well in the context of heterosexism and discrimination - Resources, strategies and legislative change

Although the heterosexism and discrimination encountered by lesbian women who are mothers can have negative practical, financial, social and psychological consequences, lesbian mothers and their families frequently thrive. This paper is based on in-depth interviews with 68 women from the Australian Conceiving the Family: Lesbian Mothers' Decisions, Experiences and Wellbeing, and the Current Legal, Public Policy, and Discursive Context project. The paper focuses on resources and strategies that build or maintain resilience and that assist lesbian women and their families to navigate, negotiate and resist heterosexism, including both structural and 'mundane' heterosexism. A range of legal,

social, emotional, and knowledge-based resources and strategies which promote the well-being of lesbian women and their families is presented, including the very significant recent Australian legislative amendments to recognise the family relationships of parents and children in the families of lesbian women. It is important to promote knowledge of these resources and strategies, and the importance of amending discriminatory laws and policies, to psychologists and others who interact with lesbian-parented families. Knowledge about how lesbian women and their families can resist and thrive in the context of heterosexism and discrimination can also potentially be of benefit to other people who experience discrimination.

The nomination of Liz Short for the Elaine Dignan Award was based on her work and research that demonstrated the greatest merit and the strongest understanding of the application of feminist research in psychology. Her extensive research has contributed to the knowledge and understanding of women and psychology and to the transfer of that knowledge to a wider public forum through publications and presentations.

Her considerable research and publications in the area of the psychological factors impacting lesbian parents is of particular note. Her research explored the psychological impact that recognition of non-birth mothers has on lesbian families. Her work also informs the wider context of non-traditional family structures and the enormous strain on relationships that a lack of recognition can bring. It has implications for disciplines beyond psychology.

Her publications and presentations have brought this important area of concern to a wider public audience.

Liz Short said, "...I have viewed and promoted the understanding of gender as a social construct, and one that exists across and interacts with the lines of culture, ethnicity, class and sexual orientation. The body of work and activities provides an example of work that is clearly focused on (and promotes understanding of) gender and gender-based discrimination and how this intersects with and interrelates with discrimination based on sexuality."

We would like to take this opportunity to congratulate Liz Short on winning the Elaine Dignan Award for 2009 and wish her well in her continued endeavours to create social change and an equitable more just society for all.

Presenter's details:

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Sally Northfield

Canvassing the Emotions: Women, creativity and mental health in context. *Research with women who have had an experience of mental ill health about their artmaking*

Health care professionals are generally concerned with physical, mental, social and emotional aspects of health and wellbeing. Some practitioners may also consider the spiritual components of health. However, one shard of the health and wellbeing prism is continually overlooked – the creative dimension. Apart from the surprisingly enduring notion of the link between creativity and madness, what do we really know about women, creativity and mental health? This paper explores the historical, cultural and political influences on forming and maintaining an artistic identity, becoming and being a woman in Australia and the relationship of these factors to wellbeing. Identity is highlighted, because women have historically been denied creative identity and refused recognition as artists. Women's struggle to forge a creative identity has often been equated with madness.

In this research I sought to generate narratives to examine the negotiation of social identities including those of woman, artist and mental patient. But what do we mean when we talk about identity? How do we choose an identity? Does our

identity have a sustained private core or exist as a multiplicity, changing with circumstances and relationships - a complex of partial sub-identities? How do these issues influence the lives of women who have experienced mental ill health: women who have had their personalities assessed, diagnosed and treated and who have travelled through an inherently gendered health system where practitioners often subscribe to a particular set of behaviours for women monitored within socially sanctioned parameters. Thirty-two women who make art and who have had an experience of mental ill health construct the first-person narratives gathered during this research project. Extracts from these narratives will be presented to offer some perspectives rarely heard.

Presenters' details:

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Keynote: Annemarie Ferguson

Wonderful Work of the Women's Circus and Workshop

Women's Circus is a community arts organisation that presents innovative high quality circus performances and workshops to a diverse audience and participant base. Women's Circus was established in 1991 as a project of Footscray Community Arts Centre and in 2003 incorporated as a company. In October 2006 the Circus relocated to the Drill Hall in West Footscray. The Circus' Outreach Program works to build relationships with other organizations and delivers programs to a diverse group of participants. Significant programs include programs with Parkville Juvenile Justice Centre, the Royal Melbourne Hospital Eating Disorders Unit, Gilmore Girls College and Art Beat. Across 18 years, the Circus has: presented 15 major large-scale new works in Melbourne, trained over 1600 women, toured to Beijing as part of the UN's Conference on Women in 1995, and published a book, Women's Circus: Leaping Off the Edge, Spinifex Press (1997). The critical success of the Circus rests with our strong focus on creating a safe, supportive and stimulating environment in which participants can extend their skills, build confidence and have fun, and in presenting engaging, high quality public performances of social relevance.

Training Program: Women's Circus runs a variety of training for its members and the general public, consisting of weekly classes for members, and intensive and short courses open to all women. Men participate in activities through our Outreach Program.

Outreach Program: Women's Circus Outreach Program works to build relationships with other organizations and delivers programs to a diverse group of participants. The Outreach Program has worked closely with Vic Health since 2006 to evaluate and improve its work. Workshops are taught by highly skilled and experienced members of the Circus, providing professional pathways and employment opportunities for our membership.

Artistic Program: Women's Circus regularly presents public performances in varying capacities at community festivals and forums, and for sixteen years has performed in various locations and venues. In 2009 the major end of year show will be held at the Living Museum of the West at Pipemaker's Park, Maribyrnong.

The Women's Circus is currently funded by Arts Victoria Other partners include Maribyrnong City Council which supports training and office space. We have been involved in community initiatives like the Maribyrnong Refugee Committee and the 2008 Women's Suffrage Celebration Network, and continue to develop and work with partners through our Outreach Program.

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Carmel O'Brien

The Wise Application of Angels: Mentoring after DV

Based on the Big Sister model, volunteers in The DAWN Project (Doncare Angels for Women Program) act as mentors and companions, by assisting women with everyday activities and by providing them with emotional support for up to twelve months. This is a unique opportunity for women in the city of Manningham and surrounding municipalities to be provided with regular in-home support between 2 & 6 hours per week by volunteers. This innovative project provides psychological support to women who are socially isolated and in need of emotional and practical assistance. It is hoped that the provision of this kind of support will aid recovery and mental health, help prevent women from re-entering the abusive relationships and therefore prevent further experiences of trauma. Volunteers are carefully selected and receive professional training at Doncare. In the first twelve months, a comprehensive Training Program and a Policy and Procedures Manual was also developed for use at Doncare and to facilitate the opportunity for this model to be taken up by other agencies. There is still too little known about the psychological impact of living with abuse, the long term nature of the trauma and the types of interventions that assist the widest range of clients. In initiating this unusual way of providing psychological support, it was felt that importance needed to be given to making the evaluation accurate, useful and informative.

When the DAWN Project was started, an evaluation was planned that would provide some recognised measures of mental health status of clients before and after their DAWN experience as well as more qualitative feedback from clients and their mentors. The results of the first full twelve months of support, provided to twelve clients, will be discussed. The improvement in the mental health of the women involved was extremely positive. These evaluation tools are being used with the new group of clients in an ongoing attempt to learn more about what helps women, and the angel and client feedback forms are being refined for the second round of service. As research, the primary goal of DAWN is to provide a useful and innovative service in a busy and underfunded program through quality staff, dedicated commitment to excellence, and the careful support of volunteers, some of whom are themselves survivors of domestic violence. The biggest threat to the program is funding, as the program now relies on successful submissions to philanthropic trusts each year in order to continue.

Carmel is a counselling psychologist with experience working with individuals, couples and families, including assessments for court. She has worked with DHS, the Women's Prison, the Victorian Office of Corrections and with general and relationship counselling and de-briefing services. Carmel has conducted a part-time private practice in eastern Melbourne for the last 11 years. She is also the director of the clinical services programs for a large community agency, Doncare, including general counselling, clinical supervision and support programs for women who have experienced domestic violence. Carmel is a member of the APS College of Counselling Psychologists, National Secretary for the APS Child, Adolescent and Family Interest Group and is national treasurer of the APS Women and Psychology Interest Group. Her special clinical interest is the recovery of women from the impact of family violence. Carmel received a Menzies Award in January 2009 for a number of her initiatives which provide services for this client group of women through Doncare.

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Helen Vidler

A Gender Sensitive Schema as an Aid to Guide Recovery from Depression in Women

A 'one size fits all' model of understanding depression and treatment for depression wastes resources, contributes to disempowering women and hampers any recovery. Frequently we do not hear the things women say about the

social/contextual factors that make their experience of being depressed gendered, or if we do, we don't know what to do about them or don't realize their significance in keeping the depression active. Sometimes, not matter how well we listen, women have grown used to the status quo and don't mention the issues that are particularly important and make their experience of depression gendered or peculiar to being a woman (apart from PND, PMS or menopausal issues). If we can help women identify what the social/contextual and gendered factors connected to their depression are, and work with them to change these where possible, there is greater likelihood of recovering from depression and staying well than there is if we just use techniques like CBT for example on their own. We need to be open to the biological, psychological (intrapsychic & interpersonal), social/contextual, and gendered aspects when working with women. There are qualitative differences regarding the context and experience of depression for women. Depression is gendered. If women can tell us about the importance for them of issues that are gendered we can work together with them to provide meaningful solutions. This presentation reports on research conducted with two groups of depressed women asked to identify and rate items on a gender sensitive schema designed as an aid to planning recovery for women with depression.

Method: Two groups of women, one from a women's health centre and one responding to an online survey, were asked to complete a self-report depression measure (CESD) and an inventory of items linked to depression in women (SHIFT-D). Results: Both groups of women identified and rated gendered issues connected to being depressed and to recovering from depression. Gendered issues included; not having enough money, unable to access care, lack of time for self, feeling overwhelmed with other's expectations, prioritising other-care versus self-care, being isolated with no support, dealing with current or past abuse, feeling powerless and lacking self-agency or direction. Conclusion: When women are presented with information that focuses on the social/contextual and gendered issues related to depression in women they readily identify and rate their importance. Furthermore, when women are provided with support in identifying the gendered issues related to depression that are embedded in their lives, they have the information they need to seek solutions they believe will work for them.

Dr Helen Vidler is a specialist counselling psychologist who has also conducted research on women and depression for the last ten years. This research work is focused on how the social contextual factors in women's lives are important and interact with the biological, psychological (intrapsychic & interpersonal) and community. In her doctoral research the qualitative findings showed there were particular issues that women experience in the context of their lives that influence being depressed and whether they will recover or not. Helen's has been working to validate the gender sensitive inventory, which combines the multifactorial factors with the gender sensitive issues, over the past three years. She combines this research with her counselling role in the Employee Assistance Program of St Joseph's Hospital in Sydney's west, together with private consultancy and supervision. Her earlier doctoral research has been published as refereed articles in 'Psychotherapy in Australia' and 'Women's Studies International Forum'.

Presenter's details:

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APS Guidelines for Working with Women and Girls: Panel

Sally Northfield, Heather Gridley, & Raelynn Álvarez Wicklein

The APS Guidelines for Psychological Practice with Women and Girls has not been updated since 2003. As it is an important opportunity to have a hand in shaping the guidelines for working with women and girls in Australia, we are presenting the current draft for open discussion.

The consequences of enduring gender disparities lead to profound and differential impacts on health and wellbeing. The World Health Organization (WHO) Gender policy (2002) explicitly acknowledges that sex and gender have an important impact on health and wellbeing. The health burden that is created by gender discrimination, poverty, social position and various forms of violence against women are gender specific risk factors on health and wellbeing that can no longer be ignored (Office for Women, 2007; Krug, et al. 2002). Given the persistent social inequalities in the position

of women in Australian society, guidelines for working with women and girls exist to optimise equitable treatment of female users of psychological services. Psychologists need to be aware of, and knowledgeable about the issues and conditions that have an impact on women's lives. Ethical psychological practice with women and girls encompasses a tapestry of experiences associated with becoming and being a woman in Australian society. (Guidelines, 2009 draft)

Presenter's details:

Sally Northfield Victoria University Melbourne City Victoria Email: sal@infoxchange.net.au Heather Gridley, Department of Psychology Victoria University, Footscray Park Campus PO Box 14428 Melbourne City MC Victoria 8001	RaeLynn Álvarez Wicklein, PsyD, MAPS, CCOUN Senior Psychologist, Acting Head of Service Intern Placement Coordinator RMIT Counselling Service (RMIT CS) PO Box 71 Bundoora, Victoria 3083 Tel: +61 03 9925 4365 Email: raelynn.wicklein@rmit.edu.au
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Julie McDonald

A taste of creative arts therapy and intersubjective responding

The facilitator's interest is in working together with clients to co-create experiences using inter-modal arts processes in the pursuit of meaning making. A key feature of the work is the use of intersubjective responding that provides the opportunity for clients not only to share their stories and have them witnessed but also to offer and receive responses from each other. This workshop will involve an experiential creative arts component to demonstrate this process.

A past president of the Australian Creative Arts Therapy Association, Julie McDonald is an experiential educator, therapist and artist gaining her masters degree from the Melbourne Institute for Experiential and Creative Arts Therapy (MIECAT). She has a diverse experience working in the fields of mental health, youth and family violence. In addition to her private practice she shares the co-ordination of group programs for Doncare's Domestic Violence Service in Melbourne's eastern suburbs delivering both the psycho-educational program and an ongoing therapy group.

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Fiona Combe & Chris Penver

Council of Single Mothers' and their Children, 40 Years On

In late 1969, due to the commitment, passion and determination of a small group of Victorian women, the Council for the Single Mother and her Child (CSMC) was formed. Working within a self-help model, their aim was to offer emotional, practical and financial support to single women during and after pregnancy; to promote the understanding and acceptance of single mothers and their children within the wider community; and to pursue economic, social and legal reform to ensure that families headed by single mothers would be free from discrimination and prejudice. The following forty years have been witness to radical social and legal changes, and during this presentation, Fiona Combe will briefly outline some of the initiatives that CSMC have undertaken to help contribute to these developments. Chris Penver will follow with an in-depth account of the "Financial Abuse in Intimate Relationships" research project conducted by CSMC's co-ordinator, Dr. Liz Brannigan, in 2004.

Fiona Combe is a PhD candidate at Victoria University, and her research is around mediation under the new Family Law Act. She has had 15 years experience supporting women – first at Women’s Information and Referral Exchange (WIRE), and she is currently employed as a part-time Contact Worker at the Council of Single Mothers and their Children (CSMC). She is also interested in narrative research, and I am on the organizing committee for Narrative Network Australia. She is a single mother with four children.

Chris Penver is a Social Worker with a Bachelor of Arts in Social Science, majoring in legal studies. She is currently Deputy Manager of a mental health facility and prior to this was Team Leader of a women’s crisis service for the Salvation Army. In the early 1990’s Chris started volunteer work advocating for single mothers and subsequently joined the Management Collective for CSMC. She was a key contributor to the “Financial Abuse in Intimate Relationships” research project.

Presenter Details:

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Doing (and supervising) feminist student research and practice in community psychology: Forum

Lead by Heather Gridley

What makes something feminist? What are the challenges for community psychology students and graduates seeking to work in feminist or at least women-friendly ways? How can supervisors support, promote and facilitate feminist approaches to research and practice? We have adapted Charlotte Bunch's (1974) five criteria for evaluating feminist reforms, and applied them to four situations:

1. Does it have the potential to materially improve the lives of women and if so, which women and how many?
2. Does it build an individual woman's self-respect, strength and confidence?
3. *Does it give women a sense of power, strength, and imagination as a group, and help build structures for further change?*
4. Does it enhance women’s ability to criticize and challenge political systems in the future?
5. *Does it weaken patriarchal control of society's institutions and help women gain power over them?*

The four situations involve research on women’s access to family planning services in rural areas, an examination of inter-female bullying in the workplace, preparing and presenting an exhibition of artworks by women who have experienced mental ill health and/or psychological trauma, and the role of a psychologist working in a women’s prison. The session will comprise brief presentations of the four scenarios and a facilitated forum discussion.

Reference

Bunch, C. (1974). The Reform Tool Kit. Quest 1, 37-87.

Presenters’ details:

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Keynote: Pat Dudgeon & Tania Jones

The Lives of Australian Indigenous Women

Two Indigenous psychologists will discuss the role(s) of Indigenous women. This panel explores the ways in which colonisation has impacted on the lives of Aboriginal women, their health and wellbeing and the diverse ways in which they are and have been positioned and recognised in Australian society. A brief discussion about traditional and contemporary roles within the family and community and dynamics of family relationships and extended family life, particularly as grandmothers, mothers and daughters will be undertaken. Discussions about the strengths, stressors and strains affect the lives of Aboriginal women and their families and partners. Discussion will map the impacts of colonisation for Aboriginal women, including leadership and empowerment.

Finally, panel members will describe some of the ways women have responded to the circumstances, including their involvement in community based health programs and services and their participation in the wider community. From a gendered perspective, we also consider some of the Australian government commitments to address the physical, social and emotional health of Aboriginal women, including opportunities to participate advisory bodies, teaching, health care, and the raising of awareness of Aboriginal women's lives through the media.

Associate Professor Pat Dudgeon is descended from Bardi people of the Kimberley. Pat came to Perth to study psychology and afterwards joined the Centre for Aboriginal Studies at Curtin as a lecturer in 1987 and later, the Head in 1990 and has led the organization through significant growth and change. As well as leadership in Indigenous higher education, Pat Dudgeon has also had significant involvement in psychology and Indigenous issues for many years. She has many publications in this area and is considered one of the 'founding' people in Indigenous people and psychology. She is the current Chair of the Australian Indigenous Psychologists Association and a member on the Public Interest Advisory Group of the Australian Psychological Society (APS). She was also awarded the grade of Fellow in the APS in 2008. She completed her Doctor of Philosophy Mothers of Sin, Indigenous Women's Perceptions of Identity and Sexuality/Gender in 2008. She is actively involved with the Aboriginal community and has a commitment to social justice for Indigenous people. Currently she is a postdoctoral research fellow at the School of Indigenous Studies at the University of Western Australia, researching about Aboriginal women and leadership.

Tania Jones is a descendant of the Wathaurong and Gunditjmarra people of Southwest Victoria. Tania works in the area of Indigenous family violence with the Victorian Government, working with Aboriginal communities to develop local programs to prevent, intervene and reduce violence. She also holds an advisory role with Stolen Generations Victoria and is very involved with the local Aboriginal Community of Warrnambool, holding the positions of Chairperson LAECG and Board of Directors Vice Chairperson Gunditjmarra Aboriginal Co-operative Limited. Tania is a foundation member of Australian Indigenous Psychologists Association and is currently engaged to develop a Cultural Competency Training program for Psychologists. Tania is very committed to advocating and working towards better mental health outcomes for Australia's Indigenous peoples.

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Herstory of Women and Psychology Interest Group Panel/Forum

Chaired by Heather Gridley