

**WOMEN AND PSYCHOLOGY
AN INTEREST GROUP
of the
AUSTRALIAN PSYCHOLOGICAL SOCIETY**

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From the Editor

Oh how did it get to August already!!

This edition of the newsletter is LONG overdue, and its eventual production has as its impetus a significant and tragic change to the Women and Psychology Interest Group in Victoria. Our co-convener Associate Professor Precilla Choi died suddenly and unexpectedly in May. I wish to dedicate this edition of the newsletter to her memory.

This newsletter would have in any case included the Citation from the Elaine Dignan award that Precilla won in 2004, so its inclusion is poignant to all of us who don't really believe Precilla won't be able to pass it on to the next recipient. I have found it especially poignant to edit Precilla's voice as she outlines her significant publications. I have left the outline in the first person as a way of allowing those of us who knew her to hear her speak to us one more time. I have included below some short reflections.

Other impending changes include the retirement of our National Convener, Dori Wisniewski. It's hard to imagine anyone stepping into Dori's shoes as National Convener since she has done it so well for many years. Dori has provided consistent, energetic, wise and fun leadership to us all. She won't exactly be missed because we are all assuming she will remain as State Convener of the NSW group. It will however mean that we collectively need to consider who might be able to step into the National Convener's role and to discuss this important issue at regular meetings and at the National Conference in Melbourne at the end of September.

I wish to mention a couple of submissions APS has compiled on issues of interest to Women and Psychology: a response to the Government's White Paper on proposed

changes to the Family Court arrangements, and a response to a current enquiry on Work and Family Balance. The framework and terms of reference were more about encouraging Australians to be more fertile. Those submissions are available on request from APS.

Also included in the newsletter is a letter Women and Psychology has written to APS President Amanda Gordon on a range of issues concerning women in general and our interest group in particular. We have received a reply from Amanda and are waiting on her permission to publish it in the next newsletter.

This year's APS Conference is scheduled from September 28th-October 2nd in Melbourne. Women and Psychology is hosting a **women's night out** for members and friends of the interest group on Friday 30th September at Il Primo Posto on Southbank at 6.30pm (after the Society's AGM, scheduled from 4-5.30pm at Crown Casino Conference Centre).

And remember –the **2005 Women and Psychology Conference** will be held in Queensland, on the last weekend of November - details have already been posted on the Women and Psychology page of the APS website, and this newsletter includes a call for expressions of interest in attendance and in presentations.

Colleen Turner
Newsletter Editor

Reflections on a funeral

Yesterday's service for Precilla was hosted by Victoria University at the Footscray Boat Club. It felt exquisitely bittersweet to watch the back end of sunset spread across the Maribyrnong River and up to the city, and to be reminded again what it means to be alive, while collectively pondering the meaning of death. I read a poem, Marge Piercy's '*For Strong Women*', which some of you may know. It seemed to have been written for Precilla. "*Strong is what we make each other. Until we are all strong together, a strong woman is a woman strongly afraid.*" (Heather Gridley, W & P and VU Colleague)

I still think about Precilla frequently. I read a quote the other day which gave me comfort. "It's not the amount of grief that is experienced in losing someone that is important but how that person has shaped you." I know that I will always have some part of Precilla with me (I will always think of her strength yet vulnerability; and how she was never afraid to be who she was). (Christine McKersie - VU Community Psychology student)



Friends gather for lunch at the Women and Psychology Conference, Sydney 2004

From the desk of the Convener

I am delighted that Women and Psychology has continued its firm commitment to the provision of quality professional development activities and support for members. Ambitious professional development programs have been offered by the NSW and Victorian groups. The Queensland group has also embarked on a professional development program and is organising the Women & Psychology Conference this year.

One of our most popular events, "Getting started as a woman in psychology" was offered again this year in Melbourne and Sydney. The panel of speakers included representatives from the various areas of specialisation. Students, graduates, interns and new psychologists were invited to attend the evening and to meet local members of the interest group. Both sessions were well attended.

I have truly enjoyed my time as convener of Women and Psychology. The support and friendship I have received from local and interstate members has made the task a rich and rewarding one. APS Head Office has reminded office bearers that they should not serve more than two consecutive terms of office (i.e., 4 consecutive years). Since I have well and truly served my time, I will not be standing for the position at our AGM in November at the Women & Psychology Conference in Queensland. I encourage members interested in the role to consider nominating for the position. A call for nominations will be posted on the website later this year. The role provides an excellent opportunity to make a contribution to the goals of Women and Psychology.

Dori Wisniewski, National Convener

Citation for the 2004 Elaine Dignan Award to Precilla Choi

In the Committee's judgment, the 2004 Elaine Dignan Prize* should be awarded to Dr Precilla Choi, for her continuing and outstanding contributions to the area of the psychology of women's health. Dr. Choi is an internationally renowned researcher in the areas of gender, health and related physical activity and women's reproductive health. She is author of the book *Femininity and the physically active woman* (Routledge, 2000) and numerous peer reviewed journal articles and book chapters. She directs projects researching men's health behaviours (including exercise), men's body image and androgenic-anabolic steroid use, developing physical activity programs for women, and researching young girls' understandings of femininity.

In particular, Dr. Choi has made highly valuable contributions:

1. Through her own research, which follows the general theme of the interplay between biology and behaviour. She began her work in women's health with her PhD research into physical exercise and the menstrual cycle. Since then, she has broadened both the range of topics that she has researched and the methodologies with which she has investigated these issues. She uses her knowledge base in a wide range of applications, particularly with a view to enhancing the well-being, resilience and health of women of all ages.
2. Through her far-reaching contribution to teaching, research and practice in psychology. Her work addresses issues that are of real importance to contemporary women. She has written and published widely, and presented at many conferences and workshops, thus ensuring the widespread dissemination of this valuable and practical information. Her work is routinely recommended to sport and community psychology students at Victoria University, and she is a willing and responsive mentor to those requesting her help and guidance.

In summary, Dr Choi's work clearly constitutes an outstanding example of psychological research about women and, further, it is outstanding feminist research, in that it clearly stands to benefit the health and well-being of women in the wider community. She is clearly a most deserving winner of the Elaine Dignan Award.

**Information about the Elaine Dignan Award is available on the APS website;*

http://www.psychology.org.au/aps/awards/1.4_13.asp

Please feel free to contact me for further information if necessary.

In sisterhood,

Dori Wisniewski

Convener, Women & Psychology

Significant publications as selected and outlined by Precilla

I have selected the publications below as most 'significant' on the grounds that they meet the aim of having impacted upon health practice via demonstrated application outside academia as well as within. My aim is to show how my work has impacted on the public, and to indicate how, as a result, I have been influenced in the research questions that I ask and the research methods that I use to try to answer them. The publications are listed chronologically and not in any order of significance.

1. Choi, P.Y.L., & Salmon, P. (1995) Stress reactivity in exercisers and non-exercisers in different phases of the menstrual cycle. *Social Science & Medicine*, 41, 769-777.

This paper is one of six publications from my PhD thesis. It builds on an earlier study which found that women who exercised three or more times a week reported more positive and less negative mood throughout the whole of the menstrual cycle and this was held constant during the premenstrual phase. In contrast, women who exercised less than three times a week, sedentary women and competitive sportswomen reported a premenstrual increase in negative mood and decreased positive mood. Those results led me to the question for this study: whether physical exercise protected women from premenstrual tension, and if so, how. I found that the exercisers did have some kind of physiological protection (as measured by heart rate) during the stress tasks they were subjected to in the laboratory, but they did not report feeling less anxious or distressed than the non-exercisers.

This study demonstrated that women are not less effective at certain times of their menstrual cycle. In spite of these results (also found by many other researchers) women continue to report, clinically and anecdotally, that they feel more stressed and that their performance deteriorates premenstrually. This work challenged both lay people and clinicians to consider what PMS is and how should it be treated. It challenged me to think more critically from a feminist perspective about the social construction of Premenstrual Syndrome and what it might mean to women as well as more generally, how women perceive their biological/physical experiences within the context of their sociocultural experiences.

2. Choi, P.Y.L. & Mutrie, N. (1996) The importance of physical exercise for women: a review of life events. In: J. Kerr, T. Cox, A. Griffiths (eds) *Workplace health: employee fitness and physical exercise*, London: Taylor Francis

The clinical applications of my work on the importance of physical exercise for women's reproductive health have been brought together and expanded in this book chapter. This review specified ways in which involvement with physical could be particularly beneficial for women during the menstrual, pregnancy and the menopause. At the time these were fairly under researched areas in the fields of health psychology and sport/exercise psychology. The chapter reviews the research on physical exercise and these reproductive life events and considers the possible benefits when viewed as biopsychosocial, as opposed to biological events.

In an earlier publication I argued that it is not hormones, but the woman's feelings of personal control that affect her mood and behaviour. We concluded that although very few controlled intervention studies had been conducted, the evidence from cross sectional studies is very strong for physical exercise being beneficial. We argue that this is because exercise can provide people with a feeling of control over their bodies which is particularly important for women who are not likely to feel in control of the body due to hormonal changes that occur during the menstrual cycle, pregnancy and menopause.

3. Mutrie, N., Choi, P.Y.L. (2000) Is 'fit' a feminist issue?: dilemmas for exercise psychology. *Feminism and Psychology*, 10: 544-551.

Feminist approaches to the study of the psychology of the sporting/exercising woman are still very unusual within health and sport/exercise psychology. This theoretical paper sought to change this. To do so we focused attention on the way in which physical exercise (particularly aerobics which is one of the most popular forms of exercise amongst women) is promoted to women. We reveal it to be based on patriarchal notions of heterosexual femininity with motivations to participate being mostly for physical appearance not health. Given the paucity of women who take part in sufficient physical activity to glean health benefits, we argue for a more positive way of promoting exercise to women that emphasises true empowerment that can come from participation and which is not based on archetypal scripts of femininity. However, in accepting this feminist position, a number of dilemmas present themselves to scientists and practitioners which are important to point out and reflect upon because they address issues of theoretical application. For example, does supporting women's right to choose extend to when they are being duped by the leisure industry into falsely believing that exercise alone will change one's body whilst reinforcing socio-cultural ideals of heterosexual attractiveness? Thus, we elaborate on such dilemmas in our paper illustrating to the discipline of sport/exercise psychology (as well as others) a broader view of applying a feminist perspective and the need for reflecting on our practices.

4. Choi, P.Y.L. (2000) *Femininity and the physically active woman*, London: Routledge.

This book was produced for the Routledge Women and Psychology series at the invitation of the series editor, Jane Ussher, Professor of Women's Health Psychology at the University of Western Sydney. Each book in the series addressed 'a "cutting edge" issue of research' and aimed to bridge 'the gap between abstract research and the reality of women's lives'

Using muscularity as a visible symbol of masculinity, I demonstrate how perceptions of femininity in the worlds of sport and exercise serves to render female muscularity undesirable thus ensuring visible differences between women and men remain and subsequently maintain the gender order. I argue that this affects girls and women's experiences of sport and exercise and explains why far fewer of them participate than boys and men. As with earlier publications, I argue for more consideration of critical feminist perspectives within the disciplines of sport / exercise and health sciences as well as within psychology.

Victorian Women and Psychology Events for 2005

Members continue to enjoy our *potluck dinners*. We have a roster of women who have agreed to host the dinners for this year. Please note that we have mostly changed the dates from the last Friday of the month to the first Friday. **New people, including students, are very welcome**, and gatherings aim to be an informal friendly way to share ideas and stories. Some might have specific business to discuss but notice will be given of this. Venue details are available via the potluck dinner email list, which you can join by emailing RaeLynn Alvarez-Wicklein (Raelynn.Wicklein@rmit.edu.au). If you don't have access to email, call RaeLynn on 0427 786 546 and she'll make sure you are notified by mail or phone. **NOTE: RaeLynn is now the convener of Women & Psychology (Victoria) – feel free to contact her for any enquiries.**

Friday 30 September, 6.30pm-???

Dinner at Il Posto Primo Cucina E Bar at 4 Riverside Quay, Southbank.
Also APS Annual Conference 28 Sept – 2 Oct (see conference highlights below)

Friday 4th November

Pot luck dinner – West Brunswick
This will be a planning meeting for the Women & Psychology program 2006 – your chance to express your preferences (or to offer an activity!) for our program of events.

Friday 25th – Sunday 27th November 2005

Annual Women and Psychology Conference
Brisbane, Queensland – see advertisement in this edition.

Women's Night Out at the APS Conference!

The Victorian Women and Psychology Interest Group invites you to join us for dinner on **Friday 30 September**, which coincides with the third day of the 40th Annual APS Conference. We've made a booking for our group at Il Posto Primo Cucina E Bar at 4 Riverside Quay, Southbank. For those attending the conference that day, we'll meet outside the Promenade Room (the APS AGM meeting will be held there until 5.30pm) and walk from the Crown Promenade Hotel to the restaurant.

For a booking of 20 or more persons, Il Posto Primo offers a set menu priced at \$35 per person that includes: variety of breads for starters, 3-4 choices of entrees, and 4-5 choices of mains. Drinks or desserts not included, but may be ordered separately (a selection of desserts can be added to the set menu for \$7 per person; dessert prices begin at \$9.50).

For a booking less than 20 persons, we order from the usual menu and specials offered that day. FYI: Il Posto Primo does not offer separate bills; we will pay as a group.

To join us for dinner, please contact RaeLynn Wicklein at raelynn.wicklein@rmit.edu.au or 0427 786 546 **before 22 September 2005**. The number of responses received will determine the type of booking we make for this event.

APS Conference in Melbourne – Program Highlights for Women and Psychology

Thursday 29th September, 8.30-10am - Women and psychology symposium **Past their use-by date: ideas psychology (and women) could do without.**

GRIDLEY, H. (Victoria University) heather.gridley@vu.edu.au (Convener)

The APS Ethical Guidelines on Psychological Practice with Women include an acknowledgement “that systems (e.g., medical, organisational, legal/forensic, educational) can compound the vulnerability of parties who have had unequal input into their establishment and unequal access to resources.” The Guidelines urge psychologists to avoid “the misuse of scientific or clinical ‘expertise’ to further disempower a vulnerable party, particularly in forensic contexts.”

In reflecting on psychological research and practice around issues affecting women’s lives, it appears that some concepts, constructs and approaches in common use by psychologists and other professionals fail to address this guideline. The papers presented in this symposium examine the problematic implications for women of three such examples, and offer some alternatives. The first paper explores the history and applications of the widely used construct “co-dependence”. The second paper takes up the issue of how psychologists in research, forensic and therapeutic contexts may find themselves contributing to the pathologisation and disempowerment of sexual abuse survivors. The third paper proposes a salutogenic approach to therapy with survivors of multiple trauma, as a future direction that may be more in keeping with the principles of ethical ‘best practice’ with women.

Court-licensed abuse: how psychologists risk colluding with a patriarchal legal system to disempower survivors of sexual abuse

TAYLOR, S.C. (University of Ballarat) c.taylor@ballarat.edu.au

Medicine and psychology have influenced and shaped legal discourse in ways that are both positive and negative. A significant vein in psychological literature on intrafamilial sexual abuse has located the girl-child victim and mother as culpable dyads contributing to male sexual offending. Similarly, victims of extrafamilial rape and sexual assault have been apportioned varying degrees of blame. This paper will draw on award-winning research on the impact of the psycho-medico-legal system in cases of child and adult sexual offences, to demonstrate how psychological discourses of victim blame and mother blame pathologise women and children. The defacto relationship between psychology and law will be explored and extended to encompass the need for psychology to shift from a 'deficit' and pathologising view of victim/survivors. The tendency to pathologise traumatic responses to sexual assault frequently locates the victim/survivor within a deficit model. It is argued that practitioners need to better understand the tools and strategies survivors develop, most often on their own, and utilise, most often on their own, in their daily journey to negotiate life as best they can, despite the trauma inflicted by sexual violence.

Deconstructing “co-dependence”: Are women “doing gender” being penalised for behaving in “womanly” ways?

SHORT, E. (The University of Melbourne) e.short@pgrad.unimelb.edu.au

The concept of “co-dependence” originated in the substance abuse field and was popularised via best-selling literature. It has been the subject of a large body of psychological research, and is still used by many psychologists in their work with clients. In psychology, the concept is primarily applied to and purports to explain the behaviours and experiences of women who have experienced abuse or distress in relationships. This construction of “co-dependence” differs markedly from how feminist psychologists, along with researchers and practitioners in other disciplines such as sociology and critical social theory have related to the concept. They contend that it is empirically unsupported and actually harmful to women. This presentation is based on the psychological and other literature on “co-dependence” and related fields, and on in-depth interviews with a number of women about women’s experiences in relationships. Specifically, the concept of “co-dependence” can be seen: to decontextualise women’s experiences and behaviours; to neglect issues of social structure, gender, power and ideology; to individualise, essentialise and pathologise women’s experiences and behaviours; to entail a problematic model of social and individual health; and to divert attention from social analysis and change. Implications of this research and analysis for psychological research and practice with women are presented.

A salutogenic (wellness) approach to therapy with adult survivors of multiple childhood and later trauma

JACKSON, C.A. (Sisters of Charity Outreach, Devonport Tasmania)
cjackson@outreachdev.com.au

This paper examines implications for therapeutic intervention when adult clients present with multiple childhood and later traumas. When clients present with fragmented psychological, social and somatic symptoms, aspects of the traumatic experiences may appear inaccessible, and the task of their integration is compounded. The client may be flooded by affect which lacks context or imagery, and meaning is elusive without a context or image linked to experiences. Trans-generational, developmental and systemic issues can further complicate and distort affect, cognition and relationships. These complex issues multiply exponentially when people are affected by multiple traumatic experiences. Where does the psychologist start? Where do you focus the work? What is the work? Who else should be included? What constitutes recovery and wellness in the face of multiple traumatic experiences? This paper presents a cognitive-behavioural and systems perspective focused on salutogenic (wellness) principles, as opposed to pathogenic/pathologising approaches. While the “here and now”, such as relationships (including the client-therapist one), emotional health and self care, remain the pivotal point of therapy (rather than the traumatic event itself), some guiding principles and approaches are proposed for enhancing clients’ symptom management, sense of personal safety, control, efficacy, and overall functioning, individually and within their wider systems.

Thursday 29th September, 2-3.30pm

Gay and Lesbian Issues in Psychology Interest Group (GLIP)

Symposium: Reflections on the history of research in gay and lesbian psychology: The continuing challenge to the dominance of heterosexual models.

Thursday 29 September, 6-7.30pm

Free Public Forum - Getting violent - Do we have to?

Level 2, Crown Promenade Hotel, Southbank, Melbourne - No RSVP required

The APS invites you to join Terry Laidler, former ABC presenter, and a diverse panel of sporting, media and psychological experts in exploring the challenges of raising young people. Join the panel for a stimulating discussion about the facts, myths and misconceptions surrounding violence in the lives of young peoples.

Further information: Dr Susie Burke - s.burke@psychology.org.au

Friday 30th September, 2-3.30pm

Acculturation and internalization of beauty ideals among Mexican-American women. ALVAREZ-WICKLEIN, R. (Raelynn.Wicklein@rmit.edu.au)

We thought it would be a good opportunity for Women and Psychology members attending the conference to have a conversation around the issues raised in Raelynn's paper, and on gender issues more generally. Then we can go on together to the APS AGM and our Women's Night Out.

APS Interest Group on Aboriginal Issues, Aboriginal People and Psychology

Colleen Turner has assisted the Aboriginal Interest Group in organizing two sessions, a forum on Teaching Psychology in the best interests of and in collaboration with Indigenous Australians (Thursday 10.30-12) and a symposium on Wellbeing and the importance of family for Indigenous Australians (Friday 10.30-12). And on the day after the Conference there is a special one-day event that is not listed in the conference program – which is why we are advertising it here:

Monday 3rd October, 10am-5pm

CULTURAL GATHERING - "CREATING HEALTHY PARTNERSHIPS"

Narana Dreaming, Grovedale (near Geelong)

The Aboriginal Issues, Aboriginal People and Psychology Interest Group is keen to promote conversation between Indigenous communities and psychological communities about how we can work together for the benefit of Indigenous Australia. This gathering is one such conversation that we hope will promote others and be a step towards valuable working relationship. Please join us for workshops, keynote presenters, music, art, craft, gardens, gallery/shop, food, dialogue.

Bus leaves Melbourne, Cnr Bourke and Spencer Sts; 10.00am Returns 5.00pm

Cost:\$75.00 (Incls. All costs, transport, lunch and afternoon tea.)

Numbers limited. Bookings close September 16th

Bookings: Alex Bignell, APS National Office - a.bignell@psychology.org.au

Letter to the APS President

Ms. Amanda Gordon

President

Australian Psychological Society Ltd.

PO Box 38

Flinders Lane, VIC 8009

cc Dr. Lyn Littlefield, all APS Directors

Dear Amanda,

On behalf of the APS Women and Psychology Interest Group, I am writing to congratulate you on your election as President of the Society, and to wish you a productive and rewarding term in office. We would also like to bring you up to date with some of our recent discussions.

The Annual General Meeting of the Interest Group was held on Saturday 27th November, as part of the 15th Annual Residential Conference which took place this year in Sydney. At the AGM we discussed the role of the Interest Group in raising awareness within the Society of matters concerning women in psychology and in the community. We request therefore that this letter be tabled for discussion and appropriate action at the next meeting of the Board of Directors, with particular attention to the following points:

- Women now constitute close to 70% of APS members. Thus there is no reason for any committee of the Society to have a membership of fewer than 50% women. We ask that all committees, working/advisory groups and units be audited with a view to achieving such a balance.
- As the premier body representing psychology and psychologists in Australia, the Society is involved in a number of initiatives with a potentially significant impact on the lives of Australian women. Examples include lobbying government bodies and health insurance funds for adequate reimbursement of the costs of psychological services. Since the majority of users of such services are currently women, we request that the Women and Psychology Interest group be consulted, and where feasible, invited to nominate a representative, in discussions and initiatives that have implications for women. Of particular concern here are initiatives related to family law, victim assistance schemes, psychological-legal relations, professional regulation and accountability (state registration boards, ethics committees, complaint mechanisms etc), media comment, and mental health issues such as depression and traumatisation.
- Issues of violence are implicit in the above references to victim assistance schemes and traumatisation. There is increasing recognition worldwide of violence against women as a major human rights problem. It has implications for psychologists

dealing with issues such as sexual assault (of children and adults), sexual harassment, substance use, eating and body issues, and also for debates around recovered memory, family law and the criminal justice system. We would like to assist the Society in developing appropriate responses, public statements, and guidelines for researchers and practitioners on such matters.

- Given that women are at least three times more likely to be diagnosed with unipolar depression than men, (and that it is generally held that rates of diagnosis seriously underestimate rates of incidence), it is essential that women's needs and voices are placed at the centre of any psychological theorising, training and practice in this area. We therefore request that this Interest Group be formally represented in any Society response to federal and state government initiatives on depression. Such representation should lead to the development of more sophisticated policies and more women-sensitive responses to the complexities surrounding this issue. It would also encourage a favourable view of psychology and psychologists on the part of community groups with a track record in advocating for women.
- Forthcoming changes to higher education and industrial relations, amongst other federal proposals, also impact differentially on women. In such a climate, ensuring equity in considering the merits of women in selection and appointment, being aware of and avoiding institutional and structural biases, and actively promoting work-family balance measures should be matters of concern to organisational psychologists in particular.
- APS members who are responsible for developing course programs and reading lists for undergraduate and graduate study may need to be reminded of some of the principles enunciated earlier in this letter when developing syllabuses and recommending text books and reading lists.

The Women and Psychology Interest Group does not claim to speak on behalf of all women in the discipline and profession, let alone the wider society. We do however have the wellbeing of women as our primary concern, and our members have a wealth of expertise which could enrich the Society's credibility in matters concerning the human rights, health and wellbeing of 50% of the community.

As an Interest group consisting of practitioners, researchers, teachers and students, we are less encumbered than many other APS groups by the tensions associated with vested interests and "turf wars". Our resources are at your disposal, and we hope the Board will find a way to make use of them in the most constructive way possible.

With best wishes

Dori Wisniewski
National Convener
APS Women and Psychology Interest Group

Call for papers

Special Issue on *'Women's Right to Choose ... Again'*

The Women Against Violence Editorial Committee invites contributions for a special issue to be published late 2005/early 2006 in response to current debates in Australia about abortion, fertility, pregnancy and women's right to choose. Articles addressing issues of politics, policy and service provision in these areas are encouraged.

Deadline: Abstracts to be provided by October 2005.

See the website www.rwh.org.au/casa/ for Author Guidelines or contact Gail Draper at CASA House Melbourne on (03) 9347.3066/email casa@rwh.org.au.



NSW Women and Psychology Group News

Relational aggression and the issue of girls and bullying were discussed at the open forum on August 26th. While acknowledged as a concern by many teachers and schools, bullying behaviours and relational aggression by girls often go unchallenged. Kathryn Berry, a doctoral student at Sydney University talked about her current research into the topic and the treatment program she is trialing in schools. Dori Wisniewski was able to share some observations from her work with NSW primary and high schools as part of a federal program designed to improve safety in schools. The Women and Psychology gathering explored some of the issues related to girls' relational aggression including in-school remedial strategies and practical therapeutic interventions. The topic generated quite a lively discussion and it is hoped that a more comprehensive exploration like a half-day or full day conference on the topic can occur in 2006. We would welcome input from other psychologists working in the area of relational aggression and girls.

Upcoming Meetings for the NSW Women and Psychology Group

Friday 30th September "Continuing the Dialogue on Feminist Psychology and Research" facilitated by Rosemary Pynor MAPS.

Friday 26th October APS President Amanda Gordon on issues emerging for the APS that may be of relevance to Women and Psychology.

Queensland Women and Psychology Meetings 2005

The Brisbane Women and Psychology group continues to meet at **25 Hooker St, Windsor at 6:30pm** on the last Wednesday of the month. Meetings are informative and enjoyable - facilitated by food and wine. Contact Ann Aboud - tel 322 52735 (w) or at ann.aboud@csq.qld.gov.au to go on the email contact list for the group or the conference.

Date	Topic	Presenter
28 Sept	Gambling and other addictions	Meg Welchman, <i>Relationships Australia</i>
26 Oct	Goddess Archetypes and Mythology – what they can offer Psychology	Dee Sunyatta
25-27 Nov	Women and Psychology Conference	12 presentations and 5 workshops (so far!)

In **August**, Elizabeth Tindle gained our rapt attention describing **Trends in Counselling** interwoven with her interesting life. Her achievements in Psychology, in sport - basket ball (Gold medal at the recent Masters Games in Canada) and adventures in far away places (Galapagos Islands) kept us intrigued for hours. She has faced many challenges – a caesar in Ecuador, her beloved daughter surviving cancer (Australian Story, ABC TV this year) and she has travelled the world with her sport students in Education and supported many in Psychology in Australia. It was an excellent night and we appreciated the larger audience.

In **July**, Shakina Burdo and Kishwar Salam shared their perspectives on Judaism and Islam. Shakina's narrative was linked to the political situation of Jews from the Middle East and especially Israel. Kishwar spoke generally about Islam and the psychological impacts of September 11. She told us of inappropriate comments made to herself and Muslim friends in the workplace. She invited all to the Islamic Women's fashion parade – great music, fashion, food and a good time. We all enjoyed it last year.

In **May**, Mel Mitchell from Sisters Inside spoke on **Supporting Women in Prison**. She described her work & approach in individual counselling, group & crisis work, court & practical support, advocacy, family contact as honest, non-judgmental, trusting, respectful, emphasising women's rights, setting clear boundaries, being mindful of culture & environment – walking with women at their own pace. And she demonstrated these qualities. But it was not all serious – games & crafts, having fun, being silly, problem solving all work to challenge the culture of silence, break down barriers in prison and normalise experience. Further reading is at www.sistersinside.com.au or in Kriss Olssen's (2005) biography of Deb Kilroy, *Kilroy was here* (Random House).

In **April**, Deanna Pitchford shared her research on **Gender Differences in Autobiographical Memory** which gave us many new insights and explained much puzzling phenomena in our clients and family members. It prompted a very spirited discussion and gave us valuable information to use in our professional practice and daily life. It was interesting, entertaining and instructive – what more could one ask? I am sure Deanna would be happy to share her research widely – it is well worth it.

**“Women - Doing it for Themselves”
Women and Psychology 16th Annual Conference
25 - 27 November 2005 - BRISBANE Queensland**

Venue: Duchesne College, University of Queensland, College Rd
St Lucia Q 4067 Tel (07) 3377 2333 Fax: (07) 3377 2314
Date: 25-27 November 2005

Queensland: Beautiful one day – Perfect the next

South East Queensland has come of age with a world class Art Gallery, Museum, Science Centre and Library; a bougainvillea-clad Southbank and Little Stanley St to wander through; prized restaurants of all ethnic varieties and Palace Centro with the latest films. Look at the James St precinct; the Emporium – and revel in the Botanical Gardens, Roma St Parklands; Mt Coot-tha. Night clubbers can visit Fortitude Valley (‘the valley’) for live music, great food and Chinatown. Stay longer and visit the Gold Coast, the Sunshine Coast or the beautiful hinterland at Maleny and Mt. Tambourine.

The Brisbane Women and Psychology Group aims to foster interest, discussion, and research in psychological work with women in all fields. The conference aims to highlight new research and practice in issues impacting on the mental health and wellbeing of women and girls. Researchers and practitioners from all areas of psychology, such as clinical, counselling, health, organizational, developmental, community and sport/exercise, are invited to present their ideas and research findings that have implications for improving the wellbeing of women.

Cost: \$150 full conference

Early bird registration: extended to 23 Sept save \$30 (\$120 standard, \$90 students).

Registration includes welcome reception Friday night (25 Nov), refreshment on arrival, morning/after tea, lunch on Saturday; morning tea and lunch on Sunday. Conference dinner on Saturday night may be extra.

Conference Registration: Contact Alex Bignell

Email: a.bignell@psychology.org.au

Tel: APS (03) 8662 3300

Accommodation booking: Contact Clyne Roche - Email: croche@uq.edu.au

Tel: (07) 3377 2301

Duchesne College can offer accommodation at the following rates:

Fully serviced single ensuite B&B rooms at \$65.00 per night

Fully serviced college B&B rooms with share bathroom facilities at \$55.00 per night.

Program Summary (so far)

Date	Agenda
Friday 25 November 6 - 8pm	5:30pm Registration at Duchesne; 6-8pm Drinks, canapés on Duchesne Terrace; Meet and greet; <i>Nicola Burton</i> , Chair, APS Qld State Committee will be there and I have invited <i>Amanda Gordon</i> , APS Board of Directors to join us (tbc).
Saturday 26 November 9am -5pm Evening	8:30 am registration; refreshment 9:00 am Conference; Key note speaker tbc: <i>Deb Kilroy</i> from Sisters Inside - a best practice program supporting women in prison, children); <i>Barbara Brewster</i> who clowned with Patch Adams in Russia & runs Power of Play workshops to unleash our lightness; Papers; Workshop; AGM and presentation of <i>Elaine Dignan Award</i> ; Conference dinner
Sunday 27 November 9am-1pm	Papers/ Workshop Plenary & lunch

Presentations: **1.** Emotional intelligence, self-efficacy and workplace outcomes; **2.** Job satisfaction in universities; **3.** Thinking about making babies: infertility & psychology; **4.** Factors in birth trauma outcome; **5.** Predictive factors for psychologists' unprofessional conduct; **6.** Sentencing female assailants in Qld District Court; **7.** Media Images-effects on body image & health related behaviours; **8.** Readiness to recover in anorexia nervosa clients; **9.** Medication in treatment of depression **10** Women, equal relationships, communication; **11** Women and Islam.

Workshops: **1.** Body image and its relationship to wellbeing; **2.** Successful Year 7 school transition for girls; **3.** Emotional release for health professionals; **4.** Healing following workplace trauma: an interactive art exhibition: **5.** Stories of Women: spontaneity & creativity using heart, body and voice.

NNB: When registering for the conference, please indicate which workshops you are interested in attending.

Intending presenters: It's not too late for expressions of interest from potential speakers and workshop presenters, if you move fast! This year we extend a special invitation to PhD and postgraduate researchers to attend and present their work. Please provide title, abstract of paper or workshop description, a few short lines about yourself and your audio visual requirements by 30/08/05 (**ext to 15 Sept**) to ann.aboud@csq.qld.gov.au Fax: (07) 3376 6994
Phone: (07) 3225 2735 (w) Mobile: 0408 070 837