

**WOMEN AND PSYCHOLOGY INTEREST GROUP NEWSLETTER**  
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***From the Editor***

A big hello from the incoming editor of the newsletter for the Women and Psychology Special Interest Group, Australian Psychological Society; a newsletter known to some as 'the little blue book'. My new position as editor follows the most recent editorship of Colleen Turner and many thanks from us all for Colleen's wonderful contribution to our group whilst in that role.

This year the newsletter will resume publication in hard copy (probably blue) and be mailed out to those who are unable to obtain access via the web site of the APS. It is my hope that we can publish three newsletters during this year, March (now April), June and September, and this will be due in large part to the efforts of those members behind the scenes – you know who you are – who have responded to my recent panic "Help! ...what do I do!?" – and those of you out there who can make sure to get copy to me on time so that there is something for you all to read.

The deadline for the next copy is first week of May 2006 and please email to me at my address above.

This March edition will present summaries of some of the papers from our recent (November 2005) conference held at the University of Queensland. It will also include activities planned for this year from our branches in New South Wales and Victoria with activities from Queensland to be announced in the next edition.

Conference presentations will be included throughout the year as space permits. The mid year edition in June, will hopefully include some preliminary information about our 2006 conference.

There was a wonderful array of presentations at our recent conference, the 16<sup>th</sup> annual residential conference. In fact the sheer number of presentations available meant having to choose to hear some and miss out on others. Hard choices! The theme of the conference was '*Women Doing it for Themselves*' and it was wonderful to have the conference opened by Amanda Gordon, the President of the APS.

Some of the highlights for me were Barbara Spears' keynote presentation on 'Girl's Peer Relationships and Bullying', Cate France's doctoral work on 'Medication in treatment of depression with younger women' using the Women's Health Australia Longitudinal Study survey data, the papers from Vivienne Lewis on 'Body image and women's wellbeing', and also the papers from A Bassingwaighe, Cath Lutton, Rhonda Malouf and Vivienne Lewis' on 'Media images: body image & health related behaviours', and Jacqueline Woerner and R King on 'Readiness to recover in Anorexia Nervosa Clients'.

The other keynote presentation was by Deb Kilroy from Sisters Inside and was stunning with its description of aspects of the daily life of women prisoners and the emotional impact of these. A presentation that I found really useful was Celia Lane's paper regarding 'Predictive factors in psychologists' unsatisfactory professional conduct'.

Other presentations were given by Bev Kirk on the 'Role of Emotional Intelligence in the Workplace', Ann Bramwell on 'Women & universities: psychosocial sequelae of organisational change', Narelle Dickinson on 'Thinking about making babies: Infertility and psychology', Kristie Alcorn, 'Variations Among Women: An Investigation into the nature of birth trauma', Gayle Fox, 'Sentencing female assailants in Queensland's District Court', Kristine Stone & Heather Gridley, 'Evaluation of the CASA House Older Women's Support Group', Rosemary Pynor, 'I'd rather drill holes in my toes than go on

another committee', Annette Yunus, 'Women & Islam, Jihad', and Shakina Burdo, 'Women, equal relationships, and communication'. Workshops were conducted by Mel Mitchell 'Healing following workplace trauma: an interactive art exhibition, Kim Uuldriks, 'Emotional debriefing for health professionals "The mind is the heart" Complementary medicine/Orthodox Psychology', Jen Barrkman, 'Stories of women: spontaneity & creativity using heart, body, and voice.', and Sarah Calleja, 'Give it a go girl: Transition into Year 7 for girls.' A selection from the presentations follows below for those of you who were not able to get there or were there but at a conjoint session.

That's all from your new newsletter editor for a couple of months. Don't forget to send me anything you wish included in the next edition by first week of May to [helen@shiftdepression.com.au](mailto:helen@shiftdepression.com.au) I encourage your contributions. If what stops you from contributing is a concern that you may not express yourself as well as you'd like, let me know and we can work up something together. All of us want to read about what women think and what matters to them.

Your editor, Helen Vidler

### ***From the National Convenor***

Welcome to the first edition of the Women and Psychology newsletter for 2006. As I sit here writing, I'm watching the ABC news coverage of the devastation and damage caused by Cyclone Larry in northern Queensland. I send thoughts of strength, hope and courage to our colleagues in the affected areas. Having come from the southern part of the United States where we were subjected to many hurricanes, floods and thunderstorms, my heart skips a beat when I think of high winds, water, and lightening. I urge everyone to contribute what they can to organizations helping victims and survivors of this natural disaster.

I hope others have had a better start to their year and have been able to have a long and rejuvenating break over December and January.

As for the APS Women and Psychology Interest Group, the year ended with the W&P annual conference in Brisbane, although I was unable to attend I heard from many that there were many interesting presentations and it was a great mix of colleagues from several of the W&P state groups. Please see Helen's review and the abstracts below from the conference.

### **Office Bearers.**

I would like to thank Dori Wisniewski for her years of dedicated and tireless service as the former APS Women and Psychology Interest Group national convenor and Colleen Turner as former W&P newsletter editor for contributions and work to getting our newsletter out. I would like to welcome Helen Vidler, the new Editor of the W&P Newsletter; Sue Flatt will continue as our Treasurer and Gabby Kirby will continue as our Secretary. The state office bearers are: Dori Wisniewski, NSW, Ann Aboud, QLD, Martha Augustinos, SA, RaeLynn Alvarez Wicklein, VIC, and Katie Thomas, WA.

### **The Women and Psychology Annual Conference 2006**

In Victoria this year we have two big events planned: The W&P Annual Conference and a Feminist Practice conference to be held in Melbourne. I encourage state groups to talk with their members about forwarding submissions for presentations when the call for submissions goes out. These are good opportunities to learn about, share, network, and provide information to colleagues and students about research, practice, and innovative solutions to issues in the community from a feminist perspective.

On to other joyous events, I gave birth to a beautiful baby boy on the 7<sup>th</sup> of February this year, Axel Santiago. I had forgotten what it was like to be up at 3am for anything, much less for someone needing my very careful attention. He has just begun to smile and coo at me and it has made everything worthwhile. His birth has also made me very conscious of the needs of mothers in the community, now that I am one too. They say there's no better teacher than experience and this experience allows for me to see the world from a very different viewpoint. I have to say not only has this experience increased my

already huge respect for my mother, who ran a single-parent household while going to school and working, but for all mothers, aunts, sisters, grandmothers and caregivers involved in raising children!

RaeLynn Alvarez Wicklein, National Convenor

**A couple of photos from the 2005 Women & Psychology conference...**

Top photo: Dori Wisniewski, Heather Gridley and Jill Davies

Bottom photo: Daphne Degotardi, Una Gault and Ann Aboud



## Conference Abstracts

### **USE OF PRESCRIPTION AND NON-PRESCRIPTION MEDICATION IN THE TREATMENT OF DEPRESSION: THE PERSPECTIVE OF YOUNGER AUSTRALIAN WOMEN.**

Cate France, Research Centre for Gender and Health, University of Newcastle

[Cate.France@newcastle.edu.au](mailto:Cate.France@newcastle.edu.au)

**AIMS:** This paper explored the prevalence, variety of and satisfaction with medication for depression, as well as the attitudes associated with depression and its treatment.

**METHODS:** This project is a nested sub-study of the Australian Longitudinal Study on Women's Health. The overall goal of the study is to clarify relationships between women's health and a range of biological, psychological, social and lifestyle factors. In 1996, surveys were mailed to over 40,000 women from three cohorts: younger, mid-aged and older women. In 2004, a sub-study survey about coping with depression was sent to 1200 younger women, selected from data analysed in 2000 and 2003: Women involved were those who had been 'never depressed', were 'no longer depressed', or had 'become depressed' as well as those who 'remained depressed'.

**RESULTS:** Medication was currently being used by 15.5% of the sample to alleviate depressive symptoms. Their statements regarding their experiences with anti-depressant medication varied from [it] "saved my life" to "nearly killed me". Women who had remained 'depressed' were more likely to have accessed professional help. There were few differences between the groups, however, with regard to attitudes towards the treatment of depression. While the majority of younger women viewed depression as a medical condition, they did not believe that anti-depressants were either the only, or the best, option.

**CONCLUSIONS:** Women are highly resourceful and employ a wide variety of strategies to cope with depressive symptoms. The overall implication for practice is that many younger women are searching for non-pharmacological treatments, and that they may benefit from validation of strategies which they used successfully in the past.

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### **"WE ARE FURTHER ON INTO OUR LIVES"**

**Kristine Stone, Victoria University** [kristinestone@aol.com](mailto:kristinestone@aol.com)

This study is an evaluation of the Older Women's Support Group at CASA House in Melbourne (one of Victoria's 15 Centres Against Sexual Assault or CASAs). The group was established in 2003 for women aged fifty years and over who have experienced sexual assault and/or domestic violence at some stage in their lives. The evaluation explored the experiences of those involved in the support group in terms of whether the group had been successful in meeting the needs of participants, and whether it represented the most appropriate form of support for older women. Individual semi-structured interviews were conducted with ten women, including the group's facilitators as well as current and past group members. Thematic analysis focused on the women's lives, their expectations of the support group, the role of the facilitator, the group structure and processes, and the best way to run a support group for older women. Most of the women believed a support group of this type provides a worthwhile and necessary service, but there were some problems identified with group management and dominant group members. Recommendations from the study include improving access to the support group for other older women, and for provision of a range of service and support options for sexual assault services in this age group.

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## **VARIATIONS AMONG WOMEN: AN INVESTIGATION INTO THE NATURE OF BIRTH TRAUMA**

Kristie Alcorn, School of Psychology, Griffith University [Kristie.Alcorn@griffith.edu.au](mailto:Kristie.Alcorn@griffith.edu.au)

Childbirth and the surrounding circumstances can be a stressful time for some women and the related stress can manifest through anxiety symptoms. An anxiety disorder that has recently been investigated in relation to childbirth is the development of Posttraumatic Stress Disorder (PTSD) and partial PTSD. The research to date, however, is coupled with methodological and theoretical concerns. An aim of the present study was to examine the longitudinal course of PTSD following childbirth after taking these methodological and theoretical concerns into account. Assessments were conducted in late pregnancy and 1, 3 and 6 months postpartum. The research findings have helped to clarify the nature and prevalence of traumatic births and the development of PTSD and partial PTSD after childbirth.

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## **SENTENCING FEMALE ASSAILANTS IN QUEENSLAND'S DISTRICT COURT**

Gayle B. Fox, School of Psychology and Sociology, Central Queensland University.

This paper presents a snapshot of female offending and sentencing in the District Court. Specifically, it concentrates on a random sample of females charged with, and sentenced for, 'assault occasioning bodily harm' during the years 1998 – 2001 (N = 40). The items of interest include the judging style of the sentencer (accommodation vs. judging), the offence and offender characteristics, the sentence imposed, and the correlations between these variables. In addition, judges' reasons or justifications for sentences are examined. Results indicated judges used an accommodation style more often than a judging style, with the former being utilised when the offender had psychological issues and/or had been physically or emotionally abused in the past, and the latter being associated with a prior criminal history. Both styles, however, were associated with harsher sentencing decisions. Community service or suspended sentences were the most frequent dispositions, and retributive and rehabilitative justifications were most frequently given for the judgments. The implications and limitations of the study are discussed.

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## **MEDIA IMAGES: BODY IMAGE & HEALTH RELATED BEHAVIOURS.**

**Amanda Bassingthwaighte, Cath Lutton and Dr. Vivienne Lewis.**

*Two abstracts follow, one by Amanda and one by Cath, based on their joint conference presentation.*

### **GENDER DIFFERENCES, INTERNALISATION OF MEDIA IMAGES, BODY SATISFACTION, AND HEALTHY LIFESTYLE BEHAVIOUR IN AUSTRALIA.**

Amanda Bassingthwaighte

The media has been accused of portraying men and women's bodies unrealistically and providing ideal images which people find difficult to achieve. This can lead to disordered eating and in severe cases, eating disorders. Research into the positive effects of media and gender differences (in particular for men) is lacking. A study of 127 university students (32 men, 95 women) investigated whether in fact there are gender differences in internalisation, body dissatisfaction and healthy behaviours, and if there could be positive outcomes from internalisation of media images. A questionnaire measuring internalisation, body satisfaction and healthy lifestyle behaviours was administered and results indicated that females internalise more than males, and have lower body satisfaction and less orientation towards fitness than men. Although participants generally had positive body satisfaction, and engaged in healthy lifestyle behaviours, they were high internalisers. The results and implications are discussed, in particular, the possibility that media can lead to positive outcomes, such as engagement in healthy lifestyle behaviours.

Cath Lutton

The positive effects arising from internalising media images were investigated. It was hypothesised that dissatisfaction with one's image and internalisation of the "ideal" image may, for some, aid in motivation process to engage in a healthy exercise regime. Engagement in exercise was thus considered to be a healthy lifestyle modification, and was deemed to be a positive effect. Male and female participants ( $N=127$ ) were recruited from a first year Psychology course at the University of Canberra. A questionnaire was completed which included scales from the Multidimensional Body-Self Relations Questionnaire (MBSRQ) (Cash, 2000), Sociocultural Attitudes Toward Appearance Questionnaire (SATAQ) (Heinberg, Thompson, & Stormer, 1995), Body Mass Index (BMI), and a number of open-ended questions relating to exercise participation, dietary behaviours, genre of magazines read, frequency of consumption, and feelings resulting from viewing images and reading articles. Results indicated that for high internalisers already dissatisfied with their body image, orientation toward fitness was enhanced through the image internalisation process, with body dissatisfaction acting as a suppressor variable. The findings are discussed in terms of social comparisons to, and internalisation of, culturally defined "ideal" body images and the effects these processes can have on lifestyle choices and behavioural modifications.

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## THE POWER OF PLAY FOR HEALTH & WELLBEING

Barbara Brewster, PSoL\* SA\* LoF\* (\**Passionate Student of Life*, \**Spontaneity Addict*, \**Lots of Fun*)

Buderim-based author, speaker, and Patch Adams clown Barbara Brewster, presents Power of Play (POP!) and Rambunctious Writing workshops for adults seeking to reclaim and enhance their sparkle, health and creativity. Her books include *Down Under All Over, Love or Growth; Why Not both?* and *Journey to Wholeness*, which chronicles her journey through multiple sclerosis.

When we change our attitude/thoughts/words, we change our energy. So, we have immense power--the choice regarding what words/thoughts we'll entertain and where we'll focus our attention. However, changing our thoughts is sometimes not so simple. Even if we don't have a sickness label, we are often stressed or bombarded by masses of chaotic energy. Especially if we're sick, discouraged, isolated, it's difficult to shift out of that worry place.

There are resources that can help us get there--launching pads. Meditation. Nature. Music... The focus in this session is on spontaneity. It's a quick - and fun! - way of dropping ourselves into the present. And when we focus on the present we forget to focus on our projections and worries. There is much evidence about how spontaneity changes our energy. The most valid evidence, however, is our own experience. In this play session we have opportunities to remember what it's like to simply be present without planning, plotting, projecting, anything. Most of us respond to life's offers out fear or habit. (*How're ya goin'? Fine.*) By having the courage to actively trust the often-untapped, unacknowledged *original* impulses just waiting within us to be invited out, we prime our creative pumps. Being playful with ourselves or others, whether with words or movement, allows us to reconnect with our spontaneity. When our creative juices are flowing, we are living wholly and available to healing—a creative process.

There are many reasons why people don't play. Fear of doing it wrong, looking foolish, not acting one's age, fear of disapproval, fear of being judged obscene, unoriginal, unimaginative. So we develop controls over our spontaneity to make sure nothing "wrong" slips out. And we shut down our imaginations, and lose our talent. This session offers you an opportunity to play with trusting your original impulses. To "take no thought" for what you'll say or do. Notice how you *feel* when you allow yourself to say "yes." Notice how you *feel* when you hold back, which is a way of saying "no" to what the moment offers.

## *Newsletter Jottings*

### **Outskirts – Australia's online feminist journal**

An email received from Dr Alison Bartlett, Director, Centre for Women's Studies at the University of Western Australia, [bartlett@cyllene.uwa.edu.au](mailto:bartlett@cyllene.uwa.edu.au), gives information about the online accessing of 'Outskirts' and invites submissions for regular future editions in May and November each. The web link is <http://www.chloe.uwa.edu.au/outskirts>

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### **Follow up information on availability of SHIFT-Depression® Inventory**

Following on from a presentation last year at a NSW Women and Psychology Professional Development event, Helen Vidler has now made the inventory to guide the treatment of depressed women available to practitioners as a free download. The self-help inventory to guide treatment for depression with women, or SHIFT-Depression® Inventory is available at [www.shiftdepression.com.au](http://www.shiftdepression.com.au) A recent journal article outlines the research behind the inventory: Vidler, H.C. (2006) 'Improving treatment outcomes for depressed women: Use of a self-help inventory in counselling settings' *Psychotherapy in Australia*. Vol.12.No.2.pp. 74 – 81. Research is ongoing to evaluate the usefulness of the inventory with women's health centres and individual practitioners. Helen would welcome feedback from any practitioner who has used the inventory in their practice so that this information (de-identified) can be included in the research. Please contact her by email at [helen@shiftdepression.com.au](mailto:helen@shiftdepression.com.au) or [h.vidler@uws.edu.au](mailto:h.vidler@uws.edu.au)

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### **Elaine Dignan Award – changes approved at AGM**

At our most recent AGM, held in Brisbane on Sunday 27th November 2005, it was agreed that we seek amendments to the standing orders governing the ED Award, as follows:

1. the cash component be increased to \$500
- 2 the value of the Award be enhanced by the addition of assistance with travel costs of the successful applicant, to ensure that she is able to attend the Women and Psychology Annual Conference (provided that the Group's budget is able to accommodate this cost).

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Greetings from your new National Convenor, RaeLynn Alvarez Wicklein – and baby Axel, born February 7th





## *Women in the news...*

**From Reuters February 28, 2006**

### **More women in politics, says study**

WOMEN made up 16.3 per cent of the membership of parliaments worldwide at the end of 2005, edging up from 15.7 per cent a year earlier, the Inter-Parliamentary Union has reported. The latest statistics confirmed that women have made steady progress in elections since a landmark world conference on women in Beijing in 1995, when females made up just 11.3 per cent of the world's MPs, the group said in its annual survey.

Women on average comprised 20 percent of the deputies elected in the 39 countries which held parliamentary elections last year, IPU officials said at UN headquarters. In nine countries, more than 30 per cent of those elected or returned to office in 2005 were women, with Norway topping the list at 37.9 per cent, the group said. Women fared the best in Nordic countries and the worst in Arab states, the group found in its latest annual round up. The US, which had no elections last year, ranked 69, with 66 women in the US House of Representatives (or 15.2 per cent) and fourteen female senators, or 14 per cent.

The proportion of women legislators fell in eight countries last year, Bolivia, Bulgaria, Denmark, Dominica, Egypt, Germany, Kyrgyzstan and St. Vincent and Grenadines, the group said. In two countries – Kyrgyzstan and Micronesia – elections were held in 2005 but no women won seats. In Saudi Arabia, whose parliament was appointed, no women were named because women there did not have the right to vote or run for election, the group said. That brought to nine the total number of countries without a single female MP as of the end of last year, the survey found: Nauru, Palau, Saint Kitts and Nevis, the Solomon Islands, Tuvalu and the United Arab Emirates as well as Kyrgyzstan, Micronesia and Saudi Arabia.

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**After months of debate, controversy and consultation, the Therapeutic Goods Amendment (Repeal of Ministerial responsibility for approval of RU486) Bill 2005 was passed by 45 votes to 28 in the Senate on February 9, and then by 95 votes to 50 in the House of Representatives on February 16.**

Regardless of our personal views on this issue (and there are some debates even within feminist circles around what some see as the desirability of further medicalisation of women's lives), congratulations must be extended to Senators Claire Moore (Labor), Lyn Allison (Democrat), Fiona Nash (National) and Judith Troeth (Liberal) for their efforts as women coming together across party lines to force a vote on a matter affecting women's lives. Feminist psychologists might be interested in contributing to the ensuing debates on whether there is a need for funded pregnancy counselling services for women, and the appropriate qualifications and location of such services.

*Some excerpts from speeches on the Bill are included below. These are all from Labor MPs because the source was an Emily's List publication – but there were contributions from all parties. You can read the Hansard here: <http://www.aph.gov.au>*

“I believe the TGA is the body that should determine which drugs should or should not be available in Australia. It is not appropriate to delegate that responsibility to a minister in this parliament. Ministers change and ministers have different beliefs. At the moment, the minister does not support the supply of RU486, but the next minister may. It is not an issue that should be determined on that basis. Rather, it should rest with the experts, and the experts are the TGA.” *Jill Hall MP, Shortland (NSW)*

“I cannot help thinking that if safety were a concern we would not be talking about this today. The decision would be left to the same people who approve heart medication, cancer treatments and other such challenging drugs. This debate is about politics. This is about either putting decisions about the health of Australian women in the hands of one person or deciding that all drugs should be examined by the same professional body and exposed to the same expert assessment.”

*Senator Ruth Webber, WA*

“This is a debate we should deal with in the least inflammatory way, and not in the most inflammatory way. I do not think it is appropriate in that regard to misstate the number of abortions there are in Australia and to do that consistently.... It is not a debate in which one should use terminology like ‘an epidemic of abortions’, ‘backyard miscarriages’ and ‘pop and forget pill’. I do not think any of those terms have any place in this debate. There is not one woman in this country who would view the decision to have an abortion as being a matter of taking a ‘pop and forget pill’”.

*Julia Gillard MP, Lalor (Vic)*

“People who are pro-choice are just that. We do not want to make women have more abortions; we do not want to try and convince people who are unsure whether they should terminate a pregnancy. We are pro-choice. We believe that for most women it is a terribly difficult thing to decide to terminate a pregnancy, but we respect women enough to believe they have the ability and the right to make such decisions for themselves. Being pro-choice means giving women genuine choices... If we are genuine about giving women choices then we have to be prepared to provide the support that would make it possible for them to continue with the pregnancy if they want to - support like paid maternity leave; affordable and accessible childcare; workplaces that respect the needs of working parents; and affordable housing”

*Tanya Plibersek MP, Sydney (NSW)*

“The decision to have an abortion is not made any easier by the fact that our society expects women to be silent about their experiences, their pain and their anxiety. The public reaction to Senator Lyn Allison is proof that the personal experiences of one in three Australian women are almost never part of the moral or political debate, so we have a very long way to go before we stop demonising individual women and start supporting them in their difficult choices.... If opposition to this bill is about lack of confidence in the TGA, then it is the parliament’s task to address those concerns... If the TGA retains this parliament’s confidence then the TGA is competent to make a ruling on the safety, efficacy and conditions for use of RU486—just like it does for all other drugs.”

*Jenny Macklin MP, Jaga Jaga (Vic)*

“We need more easily accessible and affordable family planning information and advice. We need more professional counselling for people with psychological problems, who are sometimes at risk of an unwanted pregnancy. We also need more readily available contraceptives, especially for younger people who are sexually active, and serious strategies to reduce violence, especially sexual violence, in relationships. Women subjected to such violence often seek to end their pregnancies—perhaps understandably. If we adopted such an agenda and promoted it with some energy, we would have fewer unwanted pregnancies and fewer abortions in this country—a goal I am sure we all share.”

*Carmen Lawrence MP, Fremantle (WA)*

## **NSW Women and Psychology Group News**

Women and Psychology in NSW and nationally will not be the same in 2006, with the retirement of Dori Wisniewski from the position of National Convenor that she has held since 1998, and for another term prior to that in the early 1990s. Dori will stay on as NSW Convenor, but we can't let her disappear from the national scene without acknowledging what her warmth, energy and generosity have meant to the group for so many years.

The other missing face this year will be that of Una Gault, who can only be described as the matriarch of Women & Psychology – Una turned 80 in December, and declared that the Brisbane Conference would be her last 'official' W & P event. It's impossible to sum up Una's contribution to this group since its foundation in 1982. And her mark spreads wider and further back than that – APS historian Simon Cooke (2000) found Una's wealth of anecdotes over 50 years of APS/BPS involvement invaluable, and a glance through his book reveals that back in the early 70s she was urging the APS to contribute to public debate on issues as diverse as discrimination against homosexuals, Aboriginal land rights, and the Vietnam War. The generations of psychologists and feminist activists she has taught or worked with include people like Trang Thomas, Judy Small and Eva Cox. But to us she is 'our' Una – the original 'grumpy old woman' with a mind like a fly trap, a love of the arts and a fierce commitment to social justice (and proper grammar). We don't really believe that a woman who goes surfing on her 80<sup>th</sup> birthday will be confined to a rocking chair just yet.

Cooke, S. (2000). *A meeting of minds: The Australian Psychological Society and Australian Psychologists 1944-1994*. Melbourne: The Australian Psychological Society.

### **WOMEN & PSYCHOLOGY**

#### **Interest Group of the Australian Psychological Society Calendar for first half of 2006**

**The NSW Branch of Women and Psychology meet on the last Friday of the month. October is the exception when we meet on the third Friday to avoid clashes with "Reclaim the Night" activities. Students are most welcome.**

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|-------------------------------|---|
| <b>31st March</b>             | <b>"The Resilience Doughnut - a new tool for building self-esteem and resilience in clients"</b><br><b>presented by Lyn Worsley</b> |
| <b>28<sup>th</sup> April</b>  | <b>Dealing with Diversity. Forum discussion led by Rosemary Pynor</b>   |
| <b>26<sup>th</sup> May</b>    | <b>Rosara Squirchuk – Addictive Behaviours: How do you get women to keep attending programs?</b>                                    |
| <b>30<sup>th</sup> June</b>   | <b>Bullying in the Workplace – open forum</b>   |
| <b>28<sup>th</sup> July</b>   | <b>Speaker to be confirmed</b>  |
| <b>25<sup>th</sup> August</b> | <b>"Getting Started as a Women in Psychology", panel discussion</b>   |

**5:30 for drinks; presentations/forums start at 6PM.**

**Venue: Women's College at Sydney University, the large old building right next door to the main gate on Carillon Road. Car parking available on street or on campus (meters).**

**For further information contact Dori on 0411-353434 or 9534-4434 (a.h) or 9266-8406 (b.h.)**

## **Victorian Women and Psychology Events for 2006**

You will see from the schedule below that this is to be a very busy year for the Victorian Group. Further notification of events will be emailed nearer the time and published in the APS Victorian State and Women & Psychology Newsletters

Members continue to enjoy our pot luck dinners. We have a roster of women who have agreed to host the dinners for this year (see below). We have kept the dates to the first Friday of the month for potlucks. For the W&P events scheduled intermittently between potlucks, more information about the dates will be forwarded early next year – also of note, if we have a W&P event scheduled for a month, we will not have a potluck that month.

**New people, including students, are very welcome**, and gatherings continue to aim to be an informal and friendly way to share ideas and stories. Some potlucks might have specific business to discuss but notice will be given of this. If you would like regular notification of the host's address please contact RaeLynn Alvarez Wicklein who maintains the email list at [Raelynn.Wicklein@rmit.edu.au](mailto:Raelynn.Wicklein@rmit.edu.au)

### **Wednesday 5 April**

Getting Started as Women in Psychology  
Treacy House, 126 The Avenue, Parkville, 7.30-9.30pm  
Contact Heather.Gridley@vu.edu.au Tel. 0419 113 731

### **Friday 5 May**

Pot Luck Dinner – Caulfield East

### **June**

Work/Life/Balance event

### **Friday 7 July**

Pot Luck Dinner – Greensborough

### **August (tbc)**

1 Day Feminist Practice conference/workshop

### **Friday 1 Sept (Fairfield)**

Pot Luck Dinner

### **\*Monday 26 – Friday 30 September**

Joint APS and NZPS Conference in Auckland  
Joint APS W&P and NZPS W&P gathering at conference  
to be announced

### **October (tbc)**

Joint session with Psychology and Substance Use

### **Friday 3 November**

Pot Luck Dinner and Planning Meeting

### **Fri 1<sup>st</sup> –Sun 3<sup>rd</sup> December – W & P Conference**

### ***Elaine Dignan Award 2005***

The recipient of the 2005 Elaine Dignan Award was **Parvani Pinnewala**, who is currently studying for her Master of Philosophy at Macquarie University. The title of the project that won her the Award is: *Resilience work: critical analysis of the dynamics of coping strategies and support systems in empowering women against domestic and other types of partner violence*.

This study critically examines the dynamics of women's coping strategies and support systems and the process of developing resilience in order to end or reduce domestic and other types of partner violence in Sri Lanka. The findings of this research will be incorporated into service provision (clinical, counselling, social, legal, shelter, teaching, awareness and policy recommendations), to improve the quality of services provided, and into the policy decision-making process and strategic planning of the umbrella organization, **Women in Need** (WIN). WIN is the equivalent of a national-level organization that deals with violence against women in Sri Lanka. We hope to report more of Parvani's work in a later issue of this Newsletter.

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### ***Elaine Dignan Award 2006***

Proposed and endorsed by the Women and Psychology Interest Group in recognition of Queensland psychologist Elaine Dignan, who died in 1990, the Award aims to encourage further research about women, women's studies in psychology and professional work with women (in any field).

#### **Eligibility**

Applicants are to be psychologists, or studying to become psychologists, or have a substantial or major part of their training in psychology. Preference will be given to members of the Society of any grade of membership. The Award will be judged by a selection committee according to the greatest merit in producing an activity, project or paper, or a significant contribution, concerning women and psychology.

Nominations are to be made in writing, with supporting documentation and should be forwarded to:

Director of Social Issues,  
PO Box Po Box 38  
Flinders Lane PO,  
Melbourne, Vic 8009.

Students undertaking relevant research are encouraged to apply. Current work may be included in the application, citing stage of development of the work and expected date of completion, if applicable.

#### **Closing date**

28th July 2006

Detailed criteria and further details of the award are available from Alexandra Bignell at APS National Office. Phone (03) 8662 3300; fax (03) 9663 6177