

Celebration of Women in Psychology: A Speaker Series

Submitted by: Molly O'Connell, President
Xavier University Chapter of Psi Chi, the National Honor Society of Psychology

Approved by: Dr. Christian End, Advisor
Dr. Morell Mullins, Advisor

Amount Requested: \$9,020.00

Abstract:

In honor of the 40th anniversary of women at Xavier, if funded, our organization will host three prominent female psychologists, over the span of the next academic school year, who will present on women's issues. Tentative speakers include Judith Jordan of Harvard Medical School, African American psychologist Nancy Boyd-Franklin of Rutgers University, and Ann Kearney Cook of the Cincinnati Psychotherapy Institute. These psychologists are experts in women's issues including; relational-cultural model of development, body image, self-esteem, and issues relevant to minority women. In addition to being empirical in nature, reflecting psychology's emphasis on the scientific method, the presentations will encourage dialogue around women's issues and means to overcoming challenges that women face. All Xavier students, targeted campus organizations, and the public will be invited to the presentations. Additionally the presenters will meet with undergraduate and graduate psychology students (and faculty) over lunch to mentor those with similar career aspirations.

Detailed Budget

Flight(s)	(2 @ \$500 each)	\$1000
Lodging	(3 @ \$150 each)	\$ 450
Lunch	(3 @ \$350 each)	\$1050
Gas		\$ 100
Per Diem for Speakers	(3 @ \$2000 each)	\$6000
Printing Cost of Promotional Material		\$ 100
University Newspaper Ad		<u>\$ 120</u>
	Total =	\$9020

Necessary Materials and Equipment

In order to complete the project, we would reserve one of the large rooms in the Cintas Center for each presentation. In addition, we anticipate the lecturers will need audio and visual equipment. However, the room and equipment can be reserved free of charge through the university.

Minimal Amount of Funding

Our budget includes bringing two of the speakers from outside the region, requiring transportation and lodging expenses for each. Our financial needs could be less, if we concentrated on bringing in speakers who were within driving distance, decreasing the travel fees. Additionally, we recognize that the national prominence of the speakers results in an increased cost. The per diem aspect of the budget could potentially decrease if lesser known speakers were selected for the series instead of the women indicated.

Additional Funding

No, we will not be seeking funding from additional sources.

Celebration of Women in Psychology: A Speaker Series

Furthering the Mission of the Women of Excellence Giving Circle

Traditionally women have been underserved and underrepresented in academia, including the discipline of psychology. The Celebration of Women in Psychology supports the mission of the Women of Excellence Giving Circle by educating all students, especially women themselves, about issues that confront women and how psychological research can be applied to understanding and overcoming these real world challenges that are often minimized. The Celebration of Women in Psychology will offer dialogue on psychological issues related to women such the relational-cultural model of development of women, body image, self-esteem, and issues relevant to minority women by inviting successful, nationally renowned women in psychology to lecture on campus, tentatively including Judith Jordan of Harvard Medical School, African American psychologist Nancy Boyd-Franklin of Rutgers University, and Ann Kearney Cook of the Cincinnati Psychotherapy Institute (see appendices for biographical information and focus of research).^{*} This dovetails well with the Women of Excellence Giving Circle's mission of supporting Xavier's mission to educate and enrich the experiences of its students, as it will expose all students to particular women's issues that are of interest and concern to professionals in the field of psychology, but may not covered as in depth or in such an applied nature in the classroom. Furthermore, the Celebration of Women in Psychology will enlighten psychology majors, minors, and others interested in the field about specialized areas of psychology concerning women's issues in which they may want to pursue a career, with the speakers also functioning as models of success.

Furthering the Mission of Xavier University

The Celebration of Women in Psychology will further the mission of Xavier University to engage students intellectually and morally by providing opportunities to dialogue about challenges of women from the perspective of psychology. Focusing on a population that has historically been underserved in the collegiate level and in the traditionally male-dominated field of psychology, the Celebration of Women in Psychology supports Xavier University's mission to serve the underserved by addressing contemporary issues of women through presentations grounded in scientific research methodology used to understand human behavior. Additionally, psychologists themselves often serve the underserved, that is, those who experience mental illness. Thus, these presentations would bring additional awareness of the plight of this population to campus, which in turn may stimulate additional attempts provide the necessary support for those on campus, in the community, etc., who are being underserved.

The Need

On a campus-wide level, there is a need for more awareness of and a focus on women's issues, because, as previously mentioned, women have historically been underserved at the collegiate level in comparison to men. Like academia in general, psychological work (advanced degrees, academic/research positions, topics of research, etc.) has been traditionally male dominated despite the fact that at the undergraduate level, the majors are predominantly female. At Xavier University, more than half of all psychology majors and minors are women (the gender composition in undergraduate psychology courses is often 75-80% female). Thus, it will be beneficial and motivational to sponsor successful female psychologists.

As a result of majoring in a diverse non-professional undergraduate degree, many psychology majors are unclear in regards to their specific psychological area of interest (which just happens to be correlated to the frequency parents and others ask, "what are you going to do with that degree?"). The lectures will not only be informative but will perhaps inspire and offer guidance to those students searching for more direction within the broad field of psychology. Undecided undergraduates contemplating majoring in psychology will also benefit from the discussions in the same manner.

Additionally, the Celebration of Women in Psychology will be advantageous to numerous other groups on campus, including the Women's Center, the Health and Counseling Center, the American

Psychological Association of Graduate Students, Sigma Gamma Rho for African American females, Gender and Diversity Studies, Resident Assistants, etc. Unfortunately, from a financial standpoint, our organization does not have the opportunity to sponsor a speaker-series of well-known psychologists as our annual budget allotted from the Student Government Association is approximately \$500 for the entire year.

The Impact

The three lectures of the Celebration of Women in Psychology will be open to all undergraduate students (approximately 4,000), graduate students (approximately 2,500), and faculty (approximately 310 full time and 300 adjuncts), therefore potentially impacting approximately 7,000 individuals in the Xavier Community. More specifically, there are approximately 200 psychology majors and minors at the undergraduate level (the majority being women) and approximately 80 doctoral and 15 master level students psychology students at Xavier (again, the majority being women), totaling roughly 300 undergraduate and graduate students and faculty that would be particularly interested in such lectures. Although the psychology department will not be offering a class primarily focused on women's issues in the fall, the lectures will compliment classes being offered in other departments that focus on women, such as Women/Men: Myth & Reality, Women in the Criminal Justice System, for example.

Recognition of WOX

If funded, all WOX members will be invited to attend the lunches and lectures of the Celebration of Women in Psychology, and our organization would be honored if a representative of WOX addressed the audience prior to the lectures. All marketing, presentation materials will clearly recognize WOX as being the sponsor that made these events possible.

Measuring Success

The measurable outcomes will consist of simple data such as number of individuals who attend the presentations and other events and "satisfaction/future needs" surveys distributed to individuals who attend the presentations. Apart from these concrete, immediate measures of success regarding the project, other success outcomes could be quantified in a variety of ways. For example, the inspiring psychological majors/minors could be measured by an increase in the number of majors, the number of majors (especially women) who apply to graduate school, better attendance at our organization's meetings and events, a demand for future speaker series, or an increase in the service that targets women and/or those who suffer from mental illness. An increased awareness of women's issues could manifest in more empathic interactions, such as greater understanding and support of the on-campus women's center. Although difficult to operationalize, this project has the potential to greatly benefit Xavier and the neighboring communities.

Presenting the Project

If funded, Psi Chi's executive committee for the 2009-2010 academic year will present a summary of the project if requested by WOX

*These are tentative speakers contingent upon funding and availability of the psychologists. While all speakers have been contacted, concrete arrangements have not been made as they are dependent upon funding. If they are unavailable, our organization has prepared a contingency list of speakers who can address similar topics while not exceeding the financial parameters of the grant.

Appendix A

Dr. Judith Jordan

Dr. Judith Jordan is the director of Jean Baker Miller Training Institute at the Wellesley Centers for Women in Boston, Massachusetts and an assistant professor of psychiatry at Harvard Medical School. She was the director of Psychology Training as well as the director of the Women's Studies program at McLean Hospital. In addition, Dr. Jordan has worked with her colleagues on the development of the relational-cultural model of women's development with which she hopes to transform some of the current distorting impact of competition, hyper-individualism, racism, sexism, heterosexism, and classism. Dr. Jordan has written, lectured, and conducted workshops nationally and internationally on the subjects of women's psychological development, gender differences, mothers and daughters, mothers and sons, empathy, psychotherapy, marginality, diversity, mutuality, courage, competence and connection, women's sexuality, gender issues in the workplace, relational practice in the workplace, new models of leadership, traumatic disconnections, conflict and competition, and a relational model of self. Dr. Jordan has also appeared on the Oprah Winfrey show.

Select awards and publications include:

- Co-author of the book *Women's Growth in Connection*
- Recipient of the Massachusetts Psychology Association's Career Achievement Award for Outstanding Contributions to the Advancement of Psychology as a Science and a Profession
- Recipient of a Special Award from the Feminist Therapy Institute "in recognition of outstanding contributions to the development of feminist psychology" (2002)
- Published in over forty original reports (many as works in progress at the Stone Center) and twenty-five chapters, and as a co-author for three books

Appendix B

Nancy Boyd-Franklin

Dr. Nancy Boyd-Franklin is an African American psychologist and a Professor at Rutgers University in the Graduate School of Applied and Professional Psychology. An internationally recognized lecturer and author, she has written many articles on ethnicity and family therapy, the treatment of African American families, extended family issues, spirituality and religion, home-based family therapy, group therapy for Black women, HIV and AIDS, parent and family support groups, community empowerment and the Multisystems Model. Additionally, Dr. Boyd-Franklin has been involved in the development of community-based interventions for African Americans and other minorities.

Select awards and publications include:

- *Reaching Out in Family Therapy: Home-based, School, and Community Interventions* (Guilford Press, 2000)
- *Black Families in Therapy: A Multisystems Approach* (Guilford Press, 1989)
- *Black Families in Therapy: Understanding the African American Experience* (2003)
- The Ernest E. McMahon Award from Rutgers University in 2005 for the development of a creative, multilevel community intervention
- “Ethnic and Racial Diversity Award,” from the National Council of Schools of Professional Psychology
- “Outstanding Contribution to the Field,” award from the Association of Black Social Workers in 2001
- “Distinguished Psychologist of the Year Award,” from the Association of Black Psychologists in 1994

Appendix C

Ann Kearney Cook

Dr. Ann Kearney Cook is the director of the Cincinnati Psychotherapy Institute and an adjunct professor of psychology at the University of Cincinnati and Miami University of Ohio. She has lectured at over 150 conferences and written on the treatment of eating disorders, body image, and sexual abuse. Dr. Kearney Cook has also been named a distinguished scholar for the partnership for Women's Health at Columbia University where she developed the curriculum for the *Helping Girls Become Strong Women* project.

Select awards and publications include:

- Honored as a Fellow by the American Psychological Association for outstanding contribution to Psychology of Women
- Author of *Power Surge: Coming to Terms With Your Body and Self at Midlife*
- Author of *Helping Girls Become Strong Women: A Program for the Prevention of Eating Disorders*
- Developed a video, *Weight Loss and Control*, demonstrating her approach to helping clients with issues about weight
- Psychological expert for the "Weight Loss Diary" column of *Shape* magazine
- Has been featured on shows such as NBC's *Today*, CBS's *The Morning Show*, and *Oprah*