

Sue Penfold  
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REPORT OF CHAIR: September 1, 1985- August 31, 1986.

During the year that I have been privileged to hold the inaugural Chair of Women's Studies at Simon Fraser University I have accomplished the following:

TEACHING

Fall Semester: taught "Women's Health and Health Issues" to 45 students.

Spring Semester: taught "Female Roles in Contemporary Society" to 21 students.

Also supervised 3 students doing Directed Studies, given advice to about 15 others sent to consult with me by their supervisors in Psychology, Education, Sociology and Anthropology. On Nov 5, 85, I gave a lecture to Dr Richard Freeman's postgraduate psychology seminar.

Two additional lectures have been given at SFU:

Jan 21, 1986. "Older women and depression: a life span perspective. Co-sponsored by the Gerontology and Women's Studies programs".

May 5, 1986. "Women and overprescription". SFU Health Services.

On April 9, 1986 I was discussion group leader on the topic of "Family Violence" at the Faculty of Arts Symposium Day for high school students.

SCHOLARLY WORK

Papers written

1. "Don't blame mother". Healthsharing (1986), 7(2): 18-20.
2. Revised version of "Open Reporting", in press Canadian Journal of Psychiatry.
3. "The psychiatric paradox and women", with Gillian Walker. In press Canadian Journal of Community Mental Health, 1986.
4. "Women in academic psychiatry in Canada", to be discussed at meeting of Canadian Psychiatric Association Section on Women's Issues, Vancouver, September 26, 1986. Submitted to Canadian Journal of Psychiatry.
5. "Women's diseases? Eating disorders, anxiety disorders, agoraphobia, and depression". To be presented at annual meeting

of Canadian Psychiatric Association, Vancouver, September 24, 1986.

6. "Are mood altering drugs overprescribed?". To be presented at annual meeting of Canadian Psychiatric Association, Vancouver, September 25, 1986.

Also written:

-Position paper on "Psychiatrists' sexual misconduct with patients", for the meeting of the Section on Women's Issues of the Canadian Psychiatric Association, September 25, 1986.

-Brief article "First Women's Studies Chair at SFU speaks out on Women and Psychiatry". Status of Women, BC Teachers' Federation, March 8, 1986, 33.

In progress

1. "Out of the frying pan...:current issues in therapy with women". Paper to be presented as keynote address at annual meeting of Canadian Group Psychotherapy Association, Quebec, October 17, 1986.

2. Preliminary study of women who have been sexually abused by a therapist.

3. Article: "Relationships" for Alternatives Substance Abuse Workbook.  
(Alternatives is a North Vancouver drug and alcohol counselling program).

#### COMMUNITY OUTREACH

##### COURSE CO-SPONSORED:

Jan 28, 1986. "Women, drugs and depression". With the Justice Institute of BC.

TV

Jan 9, 1986. "Women, drugs and depression". Jack Webster show, BCTV.

Jan 29, 1986. "Overprescription". Vancouver Live, CKVU.

Jan 29, 1986. "Do you need a therapist?", BCTV.

March 18, 1986. "Do mothers cause problem children?" CHEK TV, Victoria.

May 14, 21, 28, 1986. Series "Trade in your blues", hosted by Anita Fellman, Knowledge Network and Continuing Studies, SFU. Series consisted of:

May 14 "How to chose a therapist".

May 21 "Women and Depression".

May 28 "Medication pros and cons".

#### VIDEOTAPE SERIES

The above three live sessions were extended to produce 6 videotapes which are available to Knowledge Network for repeated showings, and to community colleges in BC. The tapes will also be available for purchase.

#### RADIO

Dec 12, 1985. "Christmas, divorce and family rituals". Rafe Mair show, CKNW, Vancouver.

Dec 20, 1985. "Divorce, blended families and Christmas". Dave Barrett show, CJOR, Vancouver.

Jan 27, 1986. "Women, drugs and depression". CBC Afternoon show.

March 24, 1986. "Psychiatry and social control". Dave Barrett show, CJOR, Vancouver.

#### LECTURES TO COMMUNITY AND PROFESSIONAL GROUPS IN BC

1985

Oct 20. West Coast Feminist Counselling Association Conference, "Feminist therapy now", Vancouver.

am Panel member: "How has feminism changed your life?"

pm Led workshop: "Feminism and the family".

nov 3. Focus on Women '85 Conference, Duncan.

am and pm. Workshop leader "Mothers and Daughters".

Nov 14. Mature Women's Network, Vancouver. Invited speaker, "Do you need tranquillisers?"

Nov 18. Business and Professional Women's Club, Vancouver. Invited speaker "Prescription drugs".

Dec 2. Vancouver Community College, Langara campus. Lecture, "Women and psychotherapy" to psychology students.

Dec 3. Repeat of Dec 2 lecture to another group of students.

1986

Jan 20. Society for Women in Science and Technology, Vancouver. Invited lecture, "The non-science of psychiatry".

Jan 23. Port Coquitlam Women's Centre. Workshop leader, "Mothering today".

Jan 23. Jewish Business and Professional Women's Club. Lecture, "Depression in women: a feminist perspective".

Jan 30. SFU Women's Studies Program Lecture series (Women, medicine and psychoanalysis). Lecture, "Women and overprescription".

Jan 30. Vancouver Community College, Langara campus, Women's Studies Program. Speaker at colloquium "Women's studies in the eighties".

Feb 3. Vancouver Council on Women. "The Women's Studies Chair and current concerns about women's mental health".

Feb 6. White Rock Women's Centre. "Feminism, the family and the medical profession".

Feb 11. Canadian Abortion Rights Action League, Fraser Valley Branch. "The effect on families, when access to abortion is lacking".

Feb 21. Camosun College, Victoria. "Women and post secondary education".

Feb 22. Status of Women Action Group, Victoria. "Women and therapy".

Feb 23. Fraser Valley College, Abbotsford, Women in the Valley conference. Led workshop "Body Image".

March 3,10,17,24. UBC Women's Resource Centre, Lecture series, "Women and sexuality"

March 11. Hadassah group- Ziona chapter, Vancouver. "Women, drugs and depression"

March 18. Mental Health Centre, Victoria. "Theories of depression, and women".

March 18. Friends of Schizophrenics, Victoria. "Mother-blaming and Schizophrenia".

April 8. Lay counsellors, White Rock Coordinating Centre. "Feminist family therapy".

April 10. Employment Skills for Women, Vancouver. "Mental Illness, medication and work".

April 15. Lochdale Community School, community education program. "Women and change".

April 22. Greater Vancouver Mental Health Service, case conference. Discussant "Three generations of incest".

May 6. Hadassah group- Hadasim chapter, Vancouver. "Women and medication use".

May 7. West End Community Care Team, Vancouver. "Women and depression".

May 24. BC Immigrant Women's Task Force conference on Employment and Small Businesses. Keynote speaker "Employment and Mental Health".

June 2. Outpost Nurses from BC and the Yukon. Redcross Centre Vancouver. "Women, depression and drugs".

June 3. SAFER (Suicide assessment, follow-up and evaluation research), Vancouver. "Incest and suicide".

June 17. Canadian Association of College and Student Services annual meeting, Vancouver. "Theories of depression and women".

July 9. Federation of Medical Women, Victoria. "Women and overprescribing".

Sep 3 (postponed from June 4). Richmond Women's Centre. "Women, depression and drugs".

#### OUTSIDE BC

Dec 5-6, 1985. Rosenstadt Lectureship, University of Toronto. Lectures "Mother Blaming", and "Women and Depression".

May 13, 1986. Conference: Depending on Ourselves, Health Promotion Directorate, at Geneva Park, Ontario.

Keynote speech "Women and Mental Health".

Panel presentation "Antidepressants".

In addition to these presentations I have written letters of support for community groups eg Canadian PID Society, Post Partum Counselling Society. Hundreds of women have called on an individual basis for advice about their addiction to various

prescription drugs, to discuss their treatment in the mental health system, for aid in finding a woman psychiatrist, general practitioner or obstetrician, for help in finding a physician of either sex who does not believe that medication is the answer to anxiety and depression, about alternate (nondrug) ways of coping with various emotional difficulties, and for advice re problems with the legal system. The number of these calls has peaked after a radio or TV appearance and illustrates that there is an enormous province-wide need for the provision of information on mental health issues.

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