

Sunflower Counseling Center

March is Women’s History Month



Sunflower Counseling Center Celebrates Women’s History Month!

March is Women’s History Month and it’s the perfect time to get to know some of the trailblazing, glass-ceiling-shattering women who have helped shape our field.

In a field that has long been male-dominated, many of these pioneers faced and overcame discrimination, sexism, and other barriers meant to deter them from advancing their careers. In honor of Women’s History Month, we aim to amplify the voices and highlight the valuable contributions of the women in our field.

1

MARY WHITON CALKINS

Mary Whiton Calkins attended Harvard University and completed all requirements for her Doctoral degree, but was denied her degree on the basis that she was a woman. In spite of her degree being denied, she went on to be the first female president of the American Psychological Association. She is known as a influential figure in the field of Self-Psychology.

2

MAMMIE PHIPPS CLARK

Mammie Phipps Clark’s contribution to the field are numerous. Much of her work centered around race and she is best known for the development of the “Doll Test” which explored the impacts of racism on Black children. She also contributed to the famous Brown v. Board of Ed Case in 1954. Clark became the first Black woman to receive a degree from Columbia University.

3

MARY AINSWORTH

Ainsworth was the brilliant mind behind the development of the “Strange Situation” which was instrumental in understanding healthy childhood attachments. Her work contributed to our expanding knowledge of attachment styles. Her techniques and findings are still widely used in the field today.

Mental Health Resources for Women

- NAMI Connection: Women’s Virtual Support Group
https://namiswwa.org/support-groups-old-2/connection/?gad_source=1&gclid=CjwKCAjwzN-vBhAkEiwAYiO7oNNh6zsLRLNTsLS3HpC4w8PTqwnG8B4B39bayI2ynLZIE6WuQYA2jVBoC94QAvD_BwE
- Office on Women’s Health.
Find resources for depression, survivors of trauma and abuse, eating disorders, and for teens and young adults.
<https://www.womenshealth.gov/mental-health/get-help-now>
- National Domestic Violence Hotline
Talk:
1800.799.7233
Text:
“START” to 88788