



# HELPING HANDS



## Celebrating Women's History Month: Women Who Changed Psychology

(excerpts from verywellmind.com)

### Anna Freud

The famous psychoanalyst's daughter Anna was a well-known and influential psychologist in her own right. Anna Freud not only expanded upon her father's ideas, but she also helped develop the field of child psychotherapy and influenced other thinkers such as Erik Erikson.

Among her many accomplishments are introducing the concept of defense mechanisms and expanding interest in the field of child psychology.

### Mary Whiton Calkins



Mary Whiton Calkins studied at Harvard. She studied with some of the most eminent thinkers of the time, including William James and Hugo Munsterberg, and completed all of the requirements for a doctorate.

Calkins went on to become the first female president of the American Psychological Association. During her career, she wrote over a hundred professional papers on psychology topics, developed the paired-association technique, and became known for her work in the area of self-psychology.

### Mary Ainsworth

Mary Ainsworth was an important developmental psychologist. Her work demonstrated the importance of healthy childhood attachments. In her research on mother-child attachments and interactions, Ainsworth would have a mother and a child sit in an unfamiliar room. Researchers would then observe the child's reactions to various situations including a stranger entering the room, being left alone with the stranger, and the mother's return to the room. Ainsworth's groundbreaking work had a major influence on our understanding of attachment styles and how these styles contribute to behavior later in life.

### Leta Stetter Hollingworth

Leta Stetter Hollingworth was an early pioneer of psychology in the United States. She studied with Edward Thorndike and made a name for herself for her research on intelligence and gifted children.

Another of her important contributions was her research on the psychology of women. The prevailing opinion at the time was that women were both intellectually inferior to men and essentially semi-invalid during their cycle. Hollingworth challenged these assumptions, and her research demonstrated that women were as intelligent and capable as men were, no matter what time of the month it was.

Her many accomplishments are perhaps even more remarkable considering the fact that she not only faced considerable obstacles due to gender discrimination, but she also died at the age of 53. Despite a life cut short, her influence and contributions to the field of psychology were impressive.

### Melanie Klein

Play therapy is a commonly used technique to help children express their feelings and experiences in a natural and helpful way. Widely used today, a psychoanalyst named Melanie Klein played a pivotal role in developing this technique. Through her work with children, she observed that children often utilize play as one of their primary means of communication.

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Klein began to utilize play therapy as a way to investigate children's unconscious feelings, anxieties, and experiences. Klein suggested that analyzing a child's actions during play allowed the therapist to explore how various anxieties impact the development of the ego and the superego.

### **Karen Horney**

Karen Horney was an influential Neo-Freudian psychologist known for her take on feminine psychology.

Her outspoken refutation of Freud's ideas helped draw greater attention to the psychology of women. Her theory of neurotic needs and her belief that people were capable of taking a personal role in their own mental health were among her many contributions to the field of psychology.



### **Eleanor Maccoby**

Eleanor Maccoby's name is likely familiar to anyone who has ever studied developmental psychology. Her pioneering work in the psychology of sex differences played a major role in our current understanding of things such as socialization, biological influences on sex differences, and gender roles. She was the first woman to chair the psychology department at Stanford University and, by her own description, the first woman to ever deliver a lecture at Stanford wearing a pantsuit. She held a position as professor emeritus at Stanford and received numerous awards for her groundbreaking work. The Maccoby Book Award is named in her honor.

## IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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Women have made many important and groundbreaking contributions to the field of psychology, often despite facing considerable discrimination due to their sex.

Many of these pioneering women in psychology faced considerable discrimination, obstacles, and difficulties. Many were not allowed to study with men, were denied degrees they had rightfully earned, or found it difficult to secure academic positions that would allow them to research and publish. Despite these obstacles, women's contributions to Psychology have helped many people