

Abbreviated Curriculum Vita

Dana C. Jack
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Education

Harvard University, 1984. Ed.D. Doctoral Study in Human Development: Lifespan Social and Personality Development, Graduate School of Education. Ed.D. Dissertation: "Clinical Depression in Women: Cognitive Schemas of Self, Care & Relationships in a Longitudinal Study." Advisor: Carol Gilligan.

University of Washington, 1972, Masters in Social Work

Mount Holyoke College, Massachusetts, 1967, BA. Honors Thesis: "KIERKEGAARD: Passion, Faith, and Existence."

University of St. Andrews, St. Andrews, Scotland, Junior Year Abroad, 1965-1966.

Honors

2002: Paul J. Olscamp Research Award, Western Washington University, presented annually to a member of the faculty for outstanding research.

1980: 1905 Fellowship for Graduate Study at Harvard University

1967: Graduated **summa cum laude** and **Phi Beta Kappa** from Mount Holyoke College.

1967: Sarah Williston Prize for Graduating Senior

1967: Edward Whitman Chapin Senior Scholarship

1965: Sarah Williston Scholar

1964: Mount Holyoke Scholar

Professional Experience:

University Teaching

Professor of Interdisciplinary Studies, Fairhaven College/Western Washington University, Bellingham, WA, 1984 - present.
Psychology, Women's Studies, Gender Studies, Fairhaven core courses.

Fulbright Scholar to Nepal.

Teaching/research award for Women's Studies graduate program, Tribhuvan University, Kathmandu, Nepal. Research project to translate the Silencing the Self Scale to investigate cultural imperatives in depression in Nepalese women and men.

Fulbright Award period: January - July, 2001.

Scholarly Writings

Books

In preparation, under contract with Oxford University Press, Jack, D. C., & Ali, A. (Eds). *Cultural Perspectives on Women's Depression: Self-Silencing, Psychological Distress, and Recovery*. 21 authors from fourteen different countries consider the social and cognitive correlates of depression. Part of Oxford's Culture, Cognition, and Behavior series.

Behind the Mask: Destruction and Creativity in Women's Aggression. Cambridge, Ma: Harvard University Press. November, 1999.
Paperback, 2001.
Translations:

Chinese, (Simplified characters), 2001. North Literature and Art Press for People's Republic of China.
Chinese, (complex characters), 2002. Hangzhong Publishing House of Taiwan. Reviewed in *Contemporary Psychology*, *Psychology of Women Quarterly*, *Feminism & Psychology*, and others.

Silencing the Self: Women and Depression. Cambridge, Ma: Harvard University Press, 1991.

Paperback, 1992, HarperCollins.

Reviewed in the *New York Times Book Review*, *The London Times Literary Supplement*, *Harvard Educational Review*, *Women's Review of Books*, *Choice*, *The Boston Globe*, *The New Republic*, *Medical Humanities Review*, *Transactional Analysis Journal*, *News for Women in Psychiatry*, *Contemporary Psychology*, *Mirabella*, and numerous others. *Behavior*

Translations:

German: 1993 Wilhelm Heyne Verlag, Munich. Transl: Ilse Utz

French: 1993 Le Jour; Sogides. Transl: Marie Perron

Italian: 1996 La Tartaruga edizioni, Milano. Transl: Bianca Piazzese

Chinese: 2000

Moral Vision and Professional Decisions: The Changing Values of Women & Men Lawyers. New York: Cambridge University Press, 1989. Co-author, Rand Jack. Reviewed in *The Nation*, *The New York Times*, *American Bar Association Journal*, and numerous others.

Book Chapters (peer reviewed)

(2007). Depression in Nepalese women: Tradition, changing roles, and public health policy. With Mark van Ommeren, co-author. Editor: Valentine Moghadam. *Empowering women: Participation, rights and women's movements in the Middle East, North Africa and South Asia*. Syracuse University Press.

(2003). Anger: That most unfeminine emotion. Co-author, Lyn M. Brown. In Jessica Daniels (Ed.). *The complete guide to women's mental health*. Boston: Beacon Press.

(2003). The anger of hope and the anger of despair: Self-silencing, anger and depression in women. In Janet Stoppard and L. McMullen (Eds.). *Situating sadness: Women and Depression in social context*. New York University Press Series on Qualitative Studies in Psychology. Michelle Fine and Jeanne Meracek, Series Eds.

(2001). Anger. In J. Worell (Editor-in-Chief), *Encyclopedia of Women and Gender*. New York: Academic Press, pp. 137-147.

(1999). Silencing the self: Inner dialogues and outer realities. In T. E. Joiner & J.C. Coyne (Eds.). *The Interactional Nature of Depression: Advances in Interpersonal Approaches*. Washington, D.C.: American Psychological Association.

(1994). Women doctors and lawyers: Personal, ethical, and economic dilemmas facing American working women in the 90's. In I. H. Flessner, M. Kriszto, R. Kurth & L. Potts (Eds.). *Women's Studies im internationalen Vergleich*. Centaurus-Verlagsgesellschaft Pfaffenweiler, pp. 151-164.

(1991). Learning to listen: Interview techniques and analyses. Co-author Kathryn Anderson. In Sherna Gluck and Daphne Patai (Eds.). *Women's Words: Oral History and Feminist Methodology*. New York: Routledge, pp.11-26.

(1987). Silencing the self: The power of social imperatives in female depression. In R. Formanek and A. Gurian (Eds.). *Women and Depression: A Lifespan Perspective*, New York: Springer Publishing Co, pp. 161-181.

(1987). Self-in-relation theory. In R. Formanek and A. Gurian, *Ibid*, pp. 41-45.

Articles in Refereed Journals

(Submitted, 2008). Grant, T.M., Jack, D.C., Fitzpatrick, A., Jull, P., & Ernst, C. Depression and other indicators of psychiatric distress among ethnically diverse substance abusing women: The role of Self-Silencing.

(2006). The impact of sports on female adolescent development: The importance of Title IX. *Forum on Public Policy*, Volume 1, Issue 3.

(2005). Joiner, J.T., Bernert, R. & Jack, D.C. The bidimensional structure of suicidal symptoms in Nepal. *Archives of Suicide Research*, Vol 9, pp. 345-351.

(2001). Understanding women's anger: A description of relational patterns. *Health Care for Women International*. Special Issue, 22, 385-400.

(1999). Ways of listening to depressed women in qualitative research: Interview techniques and analyses. *Canadian Psychology*, 40#2, pp. 91-101. Special issue on Qualitative Research on Women's Depression.

(1992). The Silencing the Self Scale: Schemas of intimacy associated with depression in women. Co-author Diana Dill. *Psychology of Women Quarterly*, 16, pp. 97-102.

The Silencing the Self Scale has been made available to the general public. It is now in use in over 100 studies nationally and internationally. In addition to being translated into French, German, Italian and Chinese, it has also been translated into Finnish, Greek, Nepalese, Polish, and Spanish.

(1987). Beginning where we are. (with Kathryn Anderson, Sue Armitage & Judith Wittner) In *Oral History Review*, 15, (Spring.), 103-127.

(1983). Understanding women's psychology: New concepts, Selected Conference Proceedings, *Conceptualizing Women's Heritage*, Northwest Center for Research on Women, University of Washington.

Reprints of Articles in Collections

(2002). Beginning where we are: Feminist methodology in oral history (with Kathryn Anderson, Sue Armitage & Judith Wittner). In Sharlene Hesse-Biber and Patricia Leavy (Eds.). *Approaches to qualitative research: A reader on theory and practice*. New York: Oxford University Press.

(1998). Learning to listen: Interview techniques and analyses. Co-author, Kathryn Anderson. Reprinted in Robert Perks & Alistair Thomson, (Eds.) *The Oral History Reader*. London and New York: Routledge.

(1989). Beginning where we are: Feminist methodology in oral history (with Kathryn Anderson, Sue Armitage & Judith Wittner). Reprinted in *Feminist Research Methods: Readings from the Social Sciences*, Joyce McCarl Nielson. Boulder, CO: Westview Press,.

(1989). Women lawyers: Archetype and alternatives. (Co-author R. Jack). *Fordham Law Review*, Volume LVII, Number 6.

(1988). Female lawyers: Archetype and alternatives. Co-author R. Jack. In *Mapping the Moral Domain*, Carol Gilligan, J.W. Ward J.M. Taylor and B. Bardige, (Eds). Cambridge, MA: Harvard University Press, pp. 263-288.

Representative Book reviews, etc.

- (2003). Relational therapy for depressed women. A review of *Depression and women: An integrative treatment approach*. Susan Simonds. New York: Springer Publishing Company, 2001. In *Psychology of Women Quarterly*, 27, 191.
- (2003). Women's depression in the family. *The Family Psychologist*, 19, 17-18.

Clinical Trainings

- (2005) Workshop on "Silencing the Self and Women's Depression" for "La Violencia y La Depression in La Mujer." Oaxaca, Mexico, February 24-26. Organized by the Milton H. Ericksonian Institute, Mexico City.
- (2003) Depression in women: Self-silencing and relationships. All day workshop for the Virginia State Counselors Association. Lynchburg, Virginia, October 23.
- (1999-2002) Consultant, Interfaith Family Health Clinic, for drafting grant application and implementing resulting funding from Pfizer. Designed and implemented groups for clinically depressed low-income women, 1999-2000 as a pilot study for larger scale intervention study. Trained therapists to continue the groups. Contact: Douglas Benjamin, Director of Mental Health Project.
- (1995). "Depression in Women," "Aggression in Women," workshops for Department of Psychiatry and Behavioral Health, Marshfield Clinic, Marshfield, Wisconsin. May.
- (1995). Silencing the Self: A Relational Approach to Therapy with Depressed Women. All day workshop for University of Houston-Clear Lake Family Therapy Association. February.
- (1992). "Silencing the Self: A Relational Approach to Therapy with Depressed Women." Two day intensive workshop for therapists sponsored by Mary Susan Haynes, Ph.D. and Thomas J. Gaffney, Psy.D. June, Bar Harbor, Maine.

Research Grants

2000. Grant-in-Aid award for research into depression in Nepal. Western Washington University.
1995. Summer Research Grant Award. Western Washington University, for analysis of narratives on aggression, using Ethnograph software for coding.
1993. Summer Research Grant Award. Western Washington University, for "Analysis of Variables Associated with Depression in Women." Examination of data on the Silencing the Self Scale in three major studies.
1991. Harvard University Project on the Psychology of Women and the Development of Girls, Harvard University, for development of the Silencing the Self Scale.
1988. Stone Center for Developmental Services & Studies, Wellesley College. For development of the Silencing the Self Scale.
1985. Russell Sage Foundation. "Care & Justice in the Legal System," with Rand Jack.

Conference Presentations, 2005-1995

- (2006). Word shadows: Making meaning of depression narratives. Keynote speaker. Qualitative Research on Mental Health Conference. Tampere, Finland, 29 June – 1 July.
- (2006). Self-Silencing and Depression: Culture, Ethnicity and Gender. National Association of Ethnic Studies 34th Annual Conference. San Francisco, CA., March 30 – April 1. Keynote speaker.
- (2005). Violence against women in global perspective: Implications for women's depression. Primer Congreso Internacional de Hipnoterapia Ericksoniana Estrategica. Oaxaca, Mexico, February 24. Keynote speaker
- (2003). The impact of sports on adolescent girls' development: The impact of Title IX. Oxford Round Table Conference. London, England, March 30-April 4. Invited participation.
- (2002). Depression in Nepalese women: Tradition, changing roles, and public health policy. Fulbright Conference: "Women in the Global Community: Bridging Academia and Social Policy." Istanbul, Turkey. September 18-21, 2002.
- (2001). Narrating disconnection: Anger, self-silencing, and depression in 60 women. In (Co-chairs Dana Jack and Lyn Brown) Symposium, "Still Waters: Women's and Girls' Experiences of Anger and Silence." American Psychological Association Annual Meeting, San Francisco, Ca., August.
- (2000). Reconceptualizing internalization and externalization: A new phenomenology of anger. In Symposium, "Women's Anger," Chair, Hanneke Margaretha van Maanen (University of Bremen, Germany). 11th International Congress on Women's Health and Work, January. San Francisco, Ca.
- (1999). Excluded voices, hidden acts: Women's indirect aggression. In (Co-chairs Dana Jack and Lyn Brown) Symposium: "Subversions, Transgressions, Cover Stories: Women and Girls Speak the Unspeakable." Carol Gilligan, Discussant. American Psychological Association Annual Convention, Boston, August.
- (1997). Discussant, Symposium: "To Become Oneself with Others: Ten Years of Research on Self-Silencing and Depression." From program: "The question, possibility, and necessity of authentic self-development and self-expression within intimate relationships is the topic of this panel. Research on this theme has been generative, the stimulus for which is Dana Jack's book, *Silencing the Self: Women and Depression*. Researchers from across North America will come together to present and discuss their work, and think together of new directions." American Psychological Society Annual Meeting, Washington, D.C., May.
- (1996). Silencing the self: Theory and new findings. In Symposium: "New Directions in the Study of Interpersonal Processes in Depression," James C. Coyne, Chair. American Psychological Association Annual Convention, Toronto, Canada, August.
- (1996). Subterranean channels: Indirect aggression in women. American Orthopsychiatric Association, 73rd Annual Meeting. Boston, Massachusetts. May.
- (1995). Self-Silencing and female depression across diverse racial and cultural groups: An introduction. American Psychological Association Annual Convention, New York, New York. Division 35, August.
- (1994). Women's depression. Washington State Psychological Association "Gender Conference," Seattle, Washington. September. Panel discussion with Carol Tavris concerning gender issues in psychology and clinical practice.

- (1989). Combining the strengths of qualitative with quantitative research methods." In Symposium on qualitative research. Chaired by Martin Packer. Annual Convention of the American Psychological Association, Atlanta Georgia, August.
- (1987). Depression in adult women. In Symposium, "Women and Depression: A Lifespan Perspective." Presented at 95th Annual Convention of the American Psychological Association, New York, August.

Invited Keynote Addresses

- (2006). Word shadows: Making meaning of depression narratives. Qualitative Research on Mental Health Conference. Tampere, Finland, 29 June – 1 July.
- (2006). Self-Silencing and Depression: Culture, Ethnicity and Gender. National Association of Ethnic Studies 34th Annual Conference. San Francisco, CA., March 30 – April 1.
- (2005). Self-silencing and women's depression in international context. Primer Congreso Internacional de Hipnoterapia Ericksoniana Estrategica Y Desarrollo Personal Con Hipnosis. Oaxaca, Mexico, February 24-26.
- (2003). Women's depression in social context. *I am Woman Series*, Lynchburg, Virginia. Sponsored by the Virginia State Counselors Association. October 23, 2003
- (2001). Self-silencing and depression: Lessons and questions from an East-West comparison. Keynote speaker, East-West Conference on Health and Well-Being. Kathmandu, Nepal. March. Conference organizers: Virginia O'Leary, Auburn University, USA and Murari Regmi, Tribhuvan University, Nepal.
- (2000). "Critical Areas of Concern to Women: Depression and Aggression." Beijing +5 Northwest Forum, February 12, Olympia, Washington.
- (2000). "Aggression and Depression in High-Risk Clients." Fourth Annual Title IV-E Student Institute. Hosted by Eastern Washington University School of Social Work and Human Services for Region X. April 1-2, Falls Church, Idaho.
- (1997). "From Silence to Voice." Mayo Clinic series, "Women and Health." Rochester, Minnesota, April.
- (1996). "Depression and Aggression in Women." Women Learning from Women Conference. Palmer, Alaska. September.
- (1995). "Violence Refracted: Depression and Aggression in Women." Preconvention Workshop, Illinois Psychological Association Annual Meeting, Chicago, Illinois.
- (1995). "From Silence to Voice: Women, Girls and Self-Esteem." Department of Psychiatry and Behavioral Health, Marshfield Clinic, for their Conference of the same title. Two workshops, "Depression in Women," "Aggression in Women". Marshfield, Wisconsin. May.
- (1995). "Silencing the Self: Depression in Women." Invited address to University of Houston Downtown campus to begin Women's History Month. February.
- (1993). "Dilemmas Facing Women Lawyers." Washington Trial Lawyers Association Conference "The Year of the Woman: Does It Work In Law?" Seattle, Washington. January.
- (1992). "Silencing the Self: Depression in Women." Primary Care Practitioners Annual Conference, Seattle, Washington. October.

- (1992). "Depression in Women." Center for Women's Health Research, University of Washington, School of Nursing. October. Also, presentation to faculty, School of Nursing, University of Washington on research methods and issues with women subjects.
- (1992). "Female Adolescent Development." University of Washington Medical School, Adolescent Treatment Unit, August.
- (1991). "Women's Psychological Development: Joining Developmental Research and Clinical Practice." Pre-convention workshop, Illinois Psychological Association. Chicago, Illinois. November, 1991. Co-presenters from the Harvard University Project on the Psychology of Women and the Development of Girls: Carol Gilligan, Lyn M. Brown, Annie Rogers, and Catherine Steiner-Adair.
- (1991). "Ethical Perspectives in Male and Female Lawyers." Co-Sponsored by the Northwest Center for Research on Women, the Feminist Research Forum, and the Women's Law Caucus. University of Washington, May.
- (1991). "Justice and Care." Invited address. Plymouth Forum Series, Seattle, Washington, February.
- (1989). "Moral Vision and Professional Decisions." Northeast Association of Pre-Law Advisors, Colgate University, June.
- (1989). "Depression in Battered Women: Findings and Implications." Invited presenter, Stone Center for Developmental Services and Studies, Wellesley College, Massachusetts, June.
- (1988). "Depression in Women: The Interaction of Social Imperatives and the Relational Self." Invited presentation, Grand Rounds at Cedars-Sinai Medical Center, Mental Health Unit, Los Angeles, June.
- (1987). "Justice and Care in the Legal Profession," with Rand Jack. Invited faculty for the Washington Experienced Superior Court Judges Symposium, Port Ludlow, Washington, March.
- (1986). "Psychological Perspectives on Women Lawyers." Invited panelist on Science and Feminism. Co-panelists, Ruth Hubbard, Harvard University, and Yvonne Maddox, National Institute of General Medical Sciences. Feminist Legal Strategies Project. National Women and the Law Association, Washington D.C., October.
- (1985). "Moral Themes in Depression." Conference on Sex Roles, Northwest Center for Research on Women, Seattle, Washington, January.

Professional Activities

Featured as depression expert in PBS documentary, "A Woman's Health" aired nationally in October, 1994. Developed materials on women's depression for *Six Health Issues of Concern to Every Woman* for national distribution as part of "Woman's Health" broadcast. Also quoted in the NYT, Science Times, October 2, 2007; in LA Times, September 24, 2007, and numerous other more local papers. Speaker on PBS stations in Seattle and Minnesota Public Radio, 1992.

Depression Consultant, National Institute of Drug Abuse funded study, "Seattle Longitudinal Study on Cocaine and Pregnancy," University of Washington, Ann Streissguth, Principal Investigator, 1993-1996.

Guest Editor, Psychological Reports

Manuscript reviews for Harvard University Press, Hayworth Press, and others.

Member, The Harvard University Project on the Psychology of Women and the Development of Girls.

Service to Community

Public lectures on women's psychology for WWU classes, forums, community groups, and local radio programs, and to classes at University of Washington.

Staff training for Womencare Shelter, 1999-

Groups for chronically depressed women through Interfaith Family Health Clinic, 199-2000. Therapist training in the Silencing the Self model.

Board member, Slum Doctor

Membership in Organizations

American Psychological Association
Division 35, Psychology of Women
National Organization of Women
Fulbright Association

Personal Interests

Nature enthusiast: Ocean kayaking, Pacific Northwest, Canada and Alaska

Hiking, culture, and nature: Argentina, Malaysian Borneo, Chile, Central America, Nepal, Madagascar, SW China, Laos, Trinidad, Tobago, Finland, Sweden.