

## **EDITH “WINX” LAWRENCE**

*Associate Professor of Clinical and School Psychology  
Co-Director of the Young Women Leaders Program, UVa Women's Center*

“Nurturing Competence in Our Adolescent Daughters”

May 10, 2002 — Virginia Beach Central Library, Virginia Beach, Virginia

### **On the wwWeb:**

The **University of Virginia** serves more than one million people every year through more than 400 public service and outreach programs. For more information about outreach at UVa, visit <http://www.virginia.edu/outreachvirginia/>, an interactive web-based listing of public service programs searchable by region, interest, audience, or type of program. Some programs listed in the database include the following:

#### **Young Women Leaders**

Local 7th and 8th grade girls are paired with UVa undergraduate women in this free, nine-week partnering program to explore how they can best reach their leadership potential.

#### **Community Education Classes**

Free and low-fee classes about pregnancy and parenthood including: infant massage, mom/baby fitness, mind/body techniques for pregnancy, breastfeeding and safety issues. There's even a "daddy bootcamp" for new fathers.

#### **High School Engineering Visitation Weekend**

As part of an initiative to increase the involvement of women in the fields of science and technology, the UVa Society of Women Engineers invites female junior and senior high school students to spend a weekend at the University exploring majors and careers in engineering.

#### **Motheread/Fatheread**

Motheread/Fatheread is a family literacy program that uses the power of stories and literature to improve parenting and literacy skills, increase family communication, and address challenging family issues.

#### **Upward Bound**

This program offers Saturday and summer sessions to simulate the college experience for potential first generation college students and/or who are from low-income families.

#### **Young Women Leaders Program**

<http://womenscenter.virginia.edu/ywl/broch.htm>

#### **Femina.com -- Sites for, by, and about women**

<http://www.femina.com/>

#### **Engaging the Mind: Commonwealth 2020 Lecture Series**

<http://www.virginia.edu/facultysenate/speakers/2020/>

#### **UVa School of Continuing and Professional Studies – Hampton Roads**

<http://uvace.virginia.edu/hamptonroads/index.htm>

## On the shelf:

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- LeCroy, C. W. & Daley, J. (2001). *Empowering adolescent girls: Examining and building skills for the future with the Go Girls program*. New York: W. W. Norton & Co.
- Pipher, M. (1994). *Reviving Ophelia: Saving the selves of adolescent girls*. New York: Putnam.
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- Rubenstein, A. & Zager, K. (2002). *The inside story on teen girls: Experts answer parents/teens questions*. Washington, D.C.: American Psychological Association.
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- Stepp, L. S. (2000). *Our last best shot: Guiding our children through early adolescence*. New York: Riverhead Books.
- Waters, D., & Lawrence, E. (1993). *Competence, courage, and change: An approach to family therapy*. New York: W. W. Norton.
- Zimmerman, J. & Reavill, G. (1998). *Raising our athletic daughters: How sports can build self-esteem and save girls lives*. New York: Doubleday.

## **A** About the speaker:

Edith Lawrence, known to most as “Winx,” is an Associate Professor in the Curry Programs in Clinical and School Psychology at the University of Virginia and Associate Director of Training for the Center for Clinical Psychology Services, the mental health clinic associated with the graduate program. In addition to teaching several graduate courses, she offers and supervises graduate students offering marital and family therapy in the clinic.

She is the co-author of *Competence, Courage, and Change: An Approach to Family Therapy* and presents workshops on this work frequently on the national level. She has recently developed a competence-based assessment measure that helps multi-problem families and those who work with them assess both the family’s resources and stressors prior to formulating a treatment plan.

Winx is also the Co-Founder and Co-Director of the Young Women Leaders Program, a mentoring program for middle school girls and college women that focuses on boosting the self-esteem and leadership skills of both ages. The program is in its fifth year of operation and has served over 300 area middle school girls. Finally, she is the mother of three children, who mostly like her but infrequently ask her for advice.

