

# ITALIAN-AMERICAN HERITAGE MONTH NEWSLETTER

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## FEATURING

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**Noteworthy  
Italian-American  
Psychologists**

**Psychology-related  
Journal Articles and  
Books written by  
Italian-Americans about  
Italian-Americans**

**Media by and about  
Italian-Americans**

**FOOD:  
Quick and Easy  
Pasta Recipe  
and  
Local Italian-inspired  
Restaurants**

**And some old photos of Virginia's  
Italian - American Grandparents  
and Great-grandparents**



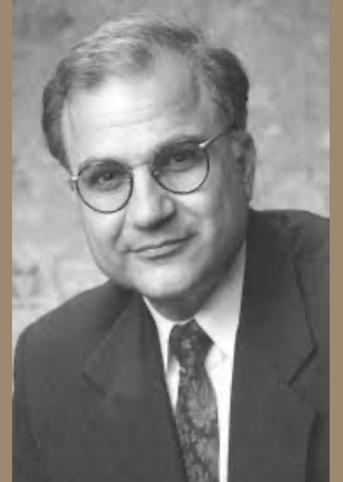
# ITALIAN-AMERICANS IN PSYCHOLOGY



**JOSEPH DOMINIC MATARAZZO**

APA President 1989

Chair of the first Department of Medical Psychology



**AURELIO PRIFITERA PH.D.**

Managing Director of Clinical Assessment at Pearson, further developing some of the company's most well-known and widely used assessments in the Wechsler family of products, including the Wechsler Intelligence Scale for Children®-Third Edition (WISC-III®), the Wechsler Individual Achievement Test® (WIAT®), and the Wechsler Memory Scale®-Revised (WMS®-R)



**RENATA CALABRESI**

One of the first Italian women graduated with a doctoral dissertation in psychology.

Dr. Calabresi, who was born in Ferrara, received her Ph.D. from the University of Florence in 1923 and went to teach at the University of Rome.

She and her brother published and distributed the leading underground newspaper of the Italian Resistance, *Non Mollare (Don't Give Up)* and was jailed for a time by the Mussolini Government.

She fled Italy and arrived in the United States in 1940, initially teaching at the New School for Social Research and Hunter College. In 1947 she joined the Veterans Administration in Newark and worked as a clinical psychologist and coordinator for the training of future psychologists until her retirement in 1969.



**ELIZABETH G. MESSINA, PH.D.**

Dr. Messina is the co-founder of the Italian-American Psychological Society. As a scholar and researcher, she has conducted cross-cultural research in Italy and the United States focusing on culture, gender, and health psychology, specifically, the under treatment of cancer pain. She is the author of numerous articles focusing on Italian Americans and is the editor of *In Our Own Voices: Multidisciplinary Perspectives on Italian and Italian American Women*. Dr. Messina was also the past Vice-President of the American Italian Historical Association.



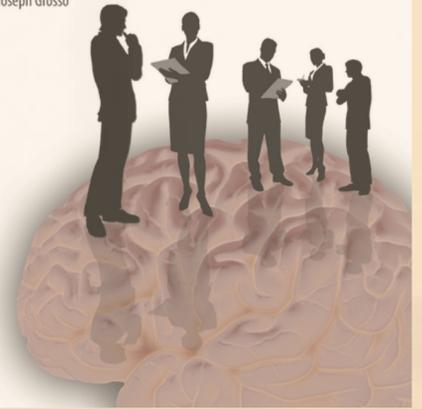
## BENESSERE PSICOLOGICO: CONTEMPORARY THOUGHT ON ITALIAN AMERICAN MENTAL HEALTH

The chapters cover a wide range of topics and viewpoints, from personal essays on experiences in therapy to theory and practice. This volume is an invaluable resource for both the researcher and practitioner, and an essential tool for any clinician working with the Italian American population.

### Benessere Psicologico

Contemporary Thought on Italian American Mental Health

EDITORS  
Dominick Carielli  
Joseph Grosso



### ARTICLES:

Psychological Perspectives on the Stigmatization of Italian Americans in the American Media

Elizabeth G. Messina PhD

Spirituality and Religion in Experiences of Italian American Daughters Grieving Their Fathers

Lorraine Mangione and  
Megan Lyons Donna DiCello

The relationship of acculturation and gender to attitudes toward counseling in Italian and Greek American college students.

Joseph G. Ponterotto et al.

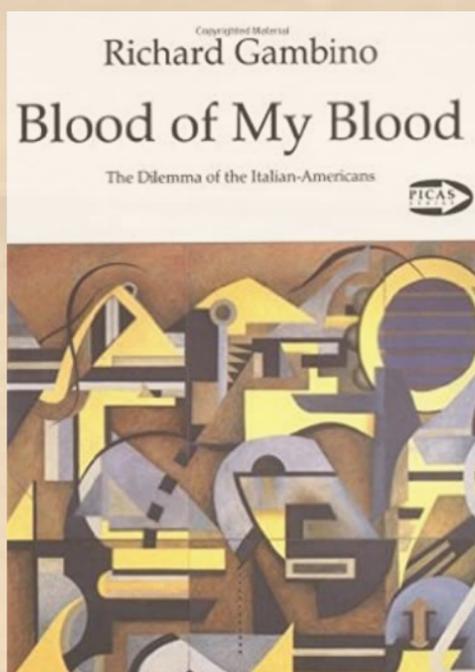
Legacies of Migration: Italian American Women, Food and Identity

Andrea L. Dottolo and Carol Dottolo

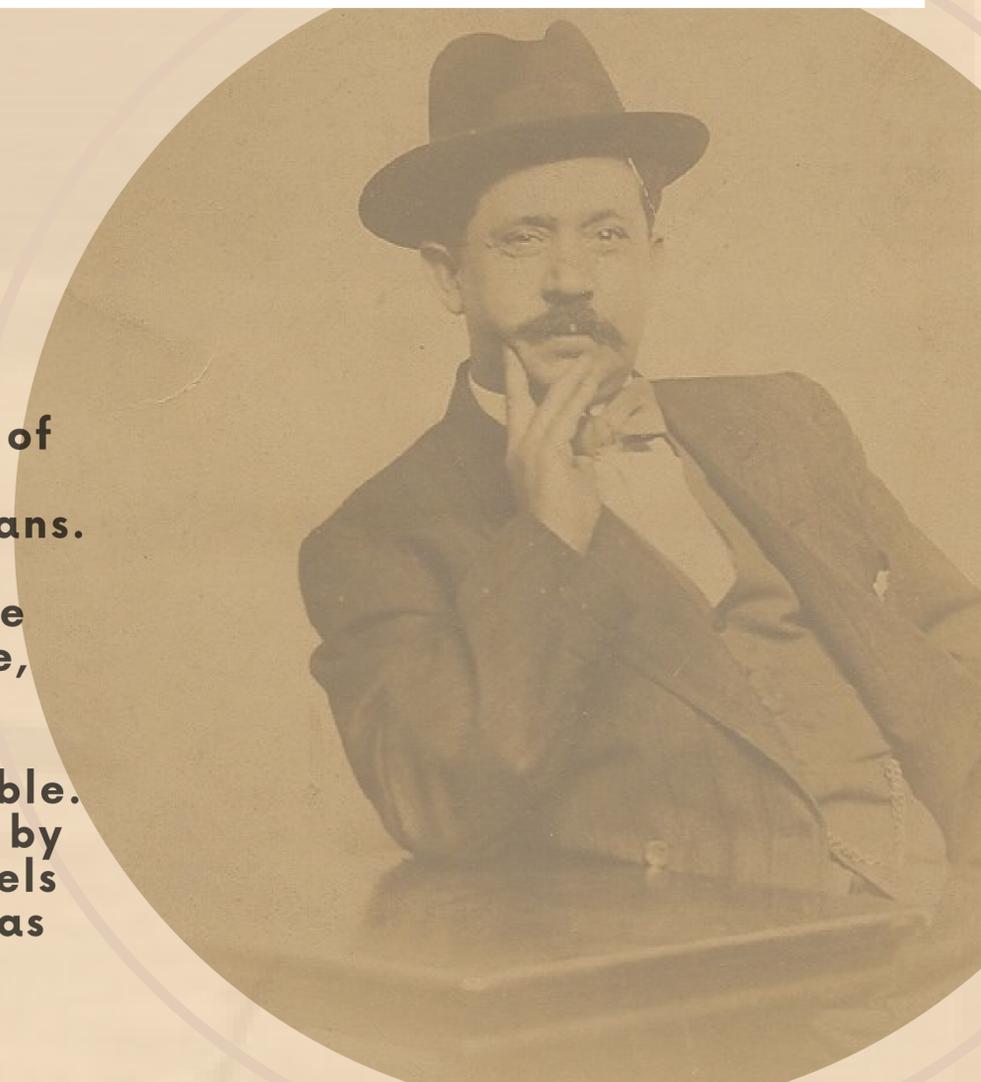
## *Narratives of Nine Italian American Women: Childhood, Work and Marriage*

ELIZABETH G. MESSINA

My experience as a participant-observer of some first- and second-generation Italian American women in New York City over a period of six months in 1990 was both rich and rewarding. The thematic content of these women's life stories—women who had lived all of their childhood and adulthood in Little Italy, New York—emerged and unfolded spontaneously during our meetings. Our discussions centered on what these women remembered, thought and felt about the relationships of their family of origin as well as of their remembered work, courtship, sexual and marital experiences. The selection of topics arose from the group's evolving relationship with me over time and the dynamics of that process.



**Blood of My Blood** eaves together the history, sociology and psychology of first, second, and third-generation Italian Americans. Its data is presented with scholarly precision; yet the author's personalized style, which he peppers with autobiographical tidbits, makes it immensely readable. Unlike most books written by academics, this one compels the reader to feel as well as to know.



## PASTA

(serves 4)

2 cups all purpose flour (Italian 00 flour is preferred if you have it)

3 eggs

1 tablespoon extra virgin olive oil

Pinch of salt

Form flour on wooden board in well and add eggs, olive oil, and salt into the well. Using a fork, beat the eggs in the well (for a newbie, I suggest beating the eggs, oil, and salt mixture beforehand, and then adding it to the well). Then slowly incorporate the flour using a fork. When the flour is almost completely incorporated, use your hands and begin kneading the dough. If the dough is too sticky, sprinkle more flour; if the dough is too dry, add a teaspoon (or more) of water. Knead the dough for a good 10 minutes until soft, smooth, and it springs back when you poke it. Form the dough in a bowl and wrap in plastic wrap. Let dough rest for 30 minutes. Roll out the dough with a pasta machine and cut into desired pasta type.

If you don't have a pasta machine, roll out the dough (very thin—Italians say you should be able to read a newspaper through it). Once rolled out, fold it into thirds and cut to desired pasta type. Note: if the well breaks, don't panic! and just continue to incorporate the flour at the break. It will turn out fine.

You can hang the pasta on a pasta drying rack (if you have one). Or you can leave the pasta on the worksurface as long as it's dusted with flour. Cook pasta in large pot of generously-salted boiling water, stirring occasionally. Cook for about 2-5 minutes (depending on thickness, size, quality of pasta). The pasta should be al dente (firm to the bite, not soggy or floppy). The only way to know if it's ready is by tasting it. Drain the pasta, holding back a couple tablespoons of the cooking water. Return pasta to the pot (with the saved cooking water). Add sauce in the pot immediately and toss the pasta with the sauce.



## LOCAL ITALIAN-INSPIRED FOOD (WITH LINKS!)

DEPALMA'S: TUSCALOOSA  
NINO'S ITALIAN: PELHAM  
AMORE: BIRMINGHAM

TRATTORIA ZAZA: BIRMINGHAM  
GIANMARCO'S: BIRMINGHAM  
BELLINI'S: BIRMINGHAM  
BERTOLONE'S: CALERA