

Minnesota Women in Psychology

Fall
2007

Committed to furthering the psychological, social and emotional well-being of all women.

INSIDE . . .

*Note from the Co-chair
Page 2*

*Fireside Chat Series
Page 3 & 4*

*Executive Committee Retreat
Page 5*

*Spotlight on Members
Page 6*

*MWP Events Calendar
Page 7*

. . . and much more

2nd Annual Wine & Chocolate Membership Event

with a special presentation to Cathy Skrip, Founding Mother Award recipient

The 2nd Annual Wine & Chocolate Membership Event will be held Friday, October 26, 4:00 to 7:00 p.m. at 100 Second Street SE in the party room (near St. Anthony Main). This is the same location as last year—thanks Maggie! Drop in any time in the evening. Of course, there will be wine and chocolate as well as appetizers and other beverages. Last year was a lot of fun., so don't miss out on a great opportunity to socialize and network with all of the great women in our organization.

This is also a Membership Drive, so please invite new potential members or old members who may want to re-join our organization. Remember this is an opportunity to contribute to MWP and keep us moving forward! All women in the mental health field are welcome to attend!

Cathy Skrip will be honored during the evening as she is the recipient of the Founding Mother's Award this year. Please come and say hello to Cathy and acknowledge her many contributions to MWP!

Questions?
Please call Susan Broadwell,
Membership Chair, at 952.922.1848.



Newsletter Editor
Jacqueline Greenwood
jacquelinebgmwd@yahoo.com

Production Coordinator
Susan Johnson
WmPsychlgy@aol.com

Web Site
www.womenpsychologists.org

The MWP Newsletter is published four times a year by Minnesota Women in Psychology for its members. Deadlines are: September 1, December 1, March 1, and June 1. All articles and announcements may be edited to conform to space limitations or to improve clarity, without permission of writers. Contributors are given credit via byline. Email articles and items of interest to jacquelinebgmwd@yahoo.com, or mail to Jacqueline Greenwood, 16 E. 9th Street, Morris, MN 56267

All articles and announcements may be edited to conform to space limitations or to improve clarity, without permission of writers.

Advertising Guidelines: Ads must be of interest to women psychologists, and MWP reserves the right to reject or edit advertising. Publication of any advertising does not constitute endorsement; advertising by psychologists must follow APA guidelines. Cost: Ads will be accepted in increments of business card size (2" x 3 1/2"); cost of one business-card-size ad is \$20, two—\$35, three—\$50, four—\$60, etc., up to \$100 for 8-card-size, equivalent of a full-page ad. All advertising must be prepaid. Procedures: Ads must be camera ready and fit the requirement of increments of business card size. Submit by the newsletter deadline to: WmPsychlgy@aol.com or MWP, 5244 114th Ave, Clear Lake, MN 55319 or fax: 320-743-5694.

2007-2008 Executive Committee

Sharon McNamara, Co-Chair
Jill Strunk, Co-Chair
Sarah J. Paper, Treasurer
Jacqueline Greenwood, Newsletter
Jane Bennett
Susan Broadwell
Jan Jirak
Jennifer Nash Wright
Laura Nielsen

Membership in MWP is available to those who hold either a Master's or doctoral degree in psychology from a regionally accredited institution or have been licensed as psychologists in Minnesota, and others who support its mission. Membership applications are available by calling the MWP office, 320-743-5694 or email at WmPsychlgy@aol.com or on the website at www.womenpsychologists.org.

Notes From The Chair

One of the things I like best about getting together with MWP women is how readily they share good ideas which I can apply to my practice, and my personal life, and how receptive they are to listening to what I consider my good ideas. In this column I would like to share one I received and one I offered recently.

At the Executive Committee retreat, Sharon and Jan and I were talking over a meal and I loved the fact that the conversation naturally drifted to talking about self-improvement techniques we use for ourselves and clients. That just isn't the kind of topic I find easily emerging from most group conversations in daily life.

I'll pass on the idea I shared with Sharon and Jan, which I originally got from my chiropractor, Dr. Michael Isaacson. It involves thinking of our personal energy in relation to three dimensions at any given time. Stop, tune in, and ask yourself: Is my energy fast or slow right now? Is my energy hard or soft? Is my energy rough or smooth? When you have the answers, decide if you want to shift any of those dimensions, and set your intention to make the adjustment. Just put thought and intention to softening, speeding up, smoothing out, or whatever you decide you want at the moment. It's amazing to me how it can shift how I feel.

All of the states and combinations are useful in certain circumstances, but when I check in I often find that the set I am currently experiencing isn't best for the moment. So, I shift it. I also offer this concept to clients and many find it helpful. The state that I most often have to explain a bit is "rough." I interpret the beneficial version of rough energy as the kind of feeling you might have on a roller coaster, or walking through the State Fair.

Earlier that week, Ruth Markowitz shared an idea I love from a workshop she attended with Anna Gomez, M.C., LPC from Phoenix, AZ. I talked to Anna on the phone and got permission from her to share it with you. She referenced the work of Ruth Lanius, M.D., Ph.D. indicating that people with PTSD often show low thalamic activity in relation to a traumatic event, and the olfactory sense is the only one which bypasses the brain's thalamus. She said she uses the olfactory sense to "jump start" the thalamus, overcoming the numbing which can accompany PTSD.

Specifically, she adds a scent as anchor to the "safe place" exercise used in EMDR. The idea of a "safe place" isn't exclusive to EMDR; it can be used with any client for self-regulation and state change. In brief, it involves helping the client develop an internal place where she feels safe, calm, peaceful, and content. A word or phrase is paired with this special place, which acts as an anchor used to bring back the calm, contented state easily in the future.

The touch that Anna adds is offering scented lotions and having the client pick the one that fits best to pair with the safe place. Then, Anna sends a sample of that lotion home with the client. One whiff can help lower a client's stress and engender the safe, peaceful state experienced in session. Cool, huh!?

I hope you all enjoy this sharing aspect of MWP involvement as much as I do and will continue to participate in events, with one byproduct being great ideas that improve your lives well beyond the encounter.

Jill Strunk, Ed.D., L.P.
Co-chair

MWP Announces the 2007-2008 Schedule of the Fireside Chat Series

Saturday, November 17, 2007

Living and Working in Diverse Communities
Presenters Phyllis Solon and Hidaka Sera

January 2008

Women and Power
Presenter Bravada Garrett-Akinsanya

March 2008

Creative Transformation of Secondary Trauma, Burnout, and Conflict
Presenter- Kathie Bailey

Fireside Chats are an opportunity for professional and personal development of psychologists. Presentations have covered a variety of topics with themes focusing on the therapist side of the professional relationship and self care. The series involves presentations throughout the winter months held in a comfortable environment with a supportive and educational atmosphere.

Watch for more information regarding specific dates, times, and information about each specific presentation, or visit the MWP website for information regarding the Fireside Chat Series for 2007-08

If you interested in registering contact Jennifer Nash-Wright by email jnashwright@comcast.net

Jennifer Nash-Wright

Wonderful Web Site Workshop

If you've been considering setting up a web site, come to the Ridgedale Library on Saturday, November 3rd, from 2:30 to 5:00 pm to hear the thoughts of Lance Fletcher and Dave Winberg.

Lance and Dave developed the MWP site among many others. They will address topics like:

- ◆ How to choose and purchase a name for your web site
- ◆ What a server is and how to find one
- ◆ What templates are available
- ◆ What kind of message you would submit to a web site developer

They will have a template available for MWP members with varying degrees of complexity and cost, and will have ideas about other resources for web site development. Laptops optional!

Contact Ferris Fletcher at getferris@hotmail.com or 952.546.7056 for more information.



Announcements

Greetings! I'll be taking the MFT exam in a few months. If you have any study materials for this exam that you'd be willing to let me use, please get in touch. Thank you!
~Rebecca Chesin, 763-458-6896

Space Available

Chanhassen: Space Available for sub-lease, large attractive office on second floor of bank building in downtown Chanhassen, convenient parking, handicapped accessible, flexible terms, open to 1-2 days a week. Contact Dodi Thorman, MSW, LICSW, 612.978.4790.

Therapist Position Available

Central Center for Family Resources, (www.ccffr.org) a non profit mental health clinic in Spring Lake Park, a northern suburb of Minneapolis, is seeking a licensed, insurance reimbursable therapist. Experience working with children or adolescents and families necessary. Competency in psychological testing a plus. Full time or part time position available. Send cover letter and resume to kathys@ccffr.org or fax to 763.780.0784 attn: Kathy.

Contributors to this Issue

Susan Broadwell

Laura Triplet Dodge

Jacqueline Greenwood

Jan Jirak

Jennifer Nash-Wright

Jill Strunk

Judith Zimmerman

FIRESIDE CHAT SERIES 2007-2008

“Living and Working in Diverse Communities”

Speakers

Phyllis Solon and Hideko Sera

Saturday, November 17

9:00—9:30 am: networking 9:30—11:30 am: program

Colonial Church, Fireside Room—6200 Colonial Way, Edina, MN

\$30 - Non members \$20 - Members \$10 - Students

This presentation is focused on developing personal awareness of living and working in a diverse community with a heightened consciousness of the role culture has in our personal and professional lives.

The Fireside Chat Series is an opportunity for psychologists to gather in a supportive and casual environment that fosters exploring issues related to the profession of psychology and touch us on a personal level.

For questions or to register, please call Jennifer Nash-Wright 651.303.7474 or email jnashwright@comcast.net.

Directions to Colonial Church of Edina, Fireside Room, 6200 Colonial Way, Edina, MN 55436-1900

From the east: Take Hwy 62 (Crosstown) west to the Tracy Ave. exit. Turn left onto Tracy Ave. and then take the first left onto Colonial Way.

From the west: Take Hwy 62 (Crosstown) east to the Tracy Ave. exit. Turn left onto Tracy Ave., travel north over the bridge, and then take the first left onto Colonial Way.

From the north: Via Hwy 169, take Hwy 169 south to Hwy 62 (Crosstown) east. Take Hwy 62 east to the Tracy Ave. exit. Turn left onto Tracy Ave., travel north over the bridge, and then take the first left onto Colonial Way.

Via Hwy 100 or I-35W, take Hwy 100 south or I-35W south to Hwy 62 (Crosstown) west. Take Hwy 62 west to the Tracy Ave. exit. Turn left onto Tracy Ave. and then take the first left onto Colonial Way.

From the south: Via Hwy 169, take Hwy 169 north to Hwy 62 (Crosstown) east. Take Hwy 62 east to the Tracy Ave. exit. Turn left onto Tracy Ave., travel north over the bridge, and then take the first left onto Colonial Way.

Via Hwy 100 or I-35W, take Hwy 100 or I-35W north to Hwy 62 (Crosstown) west. Take Hwy 62 west to the Tracy Ave. exit. Turn left onto Tracy Ave. and then take the first left onto Colonial Way.

Parking: Enter into the first church parking lot (the first left after the hockey rink) and walk across the foot-bridge to the entrance closest to the Fireside Room. You may also park in any of the other parking lots and follow the posted signs to the Fireside Room



Executive Committee on Retreat

The Executive Committee met Friday evening and all day Saturday, August 10-11, to plan for the coming year. Jane Bennett, with help from Laura Nielsen, organized the event and reserved a meeting room Saturday at the Minnesota Landscape Arboretum. So we had a chance to literally “smell the roses” during our lunch break..

Jane led us in an agenda of looking at what we want to keep about MWP, and what we want to change, add, or let go of. Once the “what” was clarified, we determined “who” would volunteer for which tasks, and designed a calendar and timeline to nail down the “when.”

Jennifer Nash-Wright was chosen as our next chairwoman, when the current term ends next May. Sarah Paper facilitated a kinesthetic sociogram to make the choice. Everyone put her hand on the shoulder of the person she nominated. Then, after a short period of discussion, a final round ended with as Jennifer the overwhelming favorite. After a couple of weeks to consider it Jennifer said, “It is a great opportunity for me to take a leadership position. Next spring is good timing and helps me feel confident in being able to accept the

commitment of the role.” The EC proposed the ongoing practice of selecting the upcoming Chairwoman at least six months before the new term begins.

The retreat helped to solidify the big picture, as well as to fill in details with foresight. Events will be spread out and planned with time to publicize them in the newsletter. The budget was also reviewed, along with discussion of our roles in relationship to each other, other committees, and the general membership.

Time was spent on such specific ideas as offering one-time mentorship opportunities on topics of interest, including the option to have professional information available to the public through the website as a referral base, and having an Executive Committee member act as liaison for each committee.

Jacqueline Greenwood pointed out another important topic. “One of the things we discussed was asking for help, not only within the EC, but also for us to be asking for help from members, and how we as professionals often don't ask for help in general.”

~Jill Strunk

Executive Committee members participate in a kinesthetic sociogram in choosing the 2008/2009 MWP Chairperson.

Pictured: Jennifer Nash-Wright (with back to camera), Laura Nielsen, Jane Ann Bennett, Sharon Stein McNamara, Jill Strunk, and Jacqueline Greenwood.



Welcome New & Returning MWP Members

Mona Affinito

Monica Austerlitz

Kathie Bailey

Jill Boike

Cindy Dasch

Bravada Garrett-Akinsanya

Alex Marie

Meredyth McCarthy

Deborah O

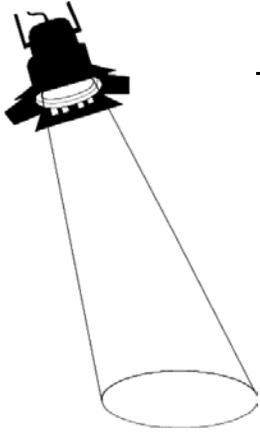
Marna Reed

Rebecca Schema

Margot Storti-Marron

Antoinette VanStelten

Myrna Yenter



Members Spotlight

New Executive Committee Member

Name and credentials:

Jan Jirak, M.A., L.P., SEP
(Somatic Experiencing Practitioner)

Place of employment:

Private Practice in the Loring
Park neighborhood in Minneapolis

Specializations/General description of practice:

I work with a broad spectrum of adults and couples, but most of my work is with people with trauma. In addition to SE, I use EMDR, am a certified Couple Communication instructor, and am trained in Psychosynthesis.

Why I joined MWP: I see belonging to MWP as a valuable way to connect professionally and personally with interesting, inspiring women. I've always thought that one of the main perks of being a therapist is that I get to hang out with therapists.

Who is a woman I look up to and why: Gosh, there are so many! As I ponder this question, I find myself thinking about the women I work with in my practice, how much I admire their courage in taking on such difficult work and their determination in seeing it through. If I had to pick just one woman right now, it probably would be Pema Chodron. She has such a lovely combination of simplicity, guts and honesty.

What I like to do in my spare time: Gardening! Also reading, being in nature, hiking, writing, meditating.

Favorites: Movies: Anything with Sandra Bullock or John Cusack. TV: Boston Legal. Lost until the plot got lost. Food: You mean besides chocolate? I could live on tabouli. Books: Sadly, it's been a while since I had time to sit down and savor a book. But I can tell you which magazines come into our home: Tricycle, Shambhala Sun, Scientific American Mind, and Mother Earth News.

Favorite game: Trying to get ahead of my "To do" list.

My family: My dear husband is a software engineer (did I marry into a good profession, or what?) who also practices Ortho-Bionomy and Lomi Lomi massage. He subscribes to Yoga Journal, Scientific American, and Fine Homebuilding, but I sometimes read those before he does.

New Membership Committee Member

Name and credentials: Judith Zimmerman, M.A., Licensed Marriage and Family Therapist

Employment: Private Practice - 614 Portland Ave., Suite 114, St. Paul MN 55102 St. Paul Youth Service - 2100 Wilson Ave., St. Paul MN 55119 - Crisis Counselor, children and families

Specializations: *Adolescents* - enjoy working with parents and adolescents who are adjusting to the child's gradual independence and autonomy. *Families* - Family therapy, including adult siblings striving toward improved family dynamics. *Couples* - challenging and rewarding work with separated and/or divorced parents and their children during difficult transitions. *Adults* - generalist, including anxiety, depression, grief/loss, relationship concerns

Why I Joined MWP: I actually joined MWP prior to completing my Bachelor's degree in psychology (at age 50!) because I wanted to learn from others in the field. Kari Topp recruited me for a spot on the committee that planned the Colloquia (as it was known in the mid-90's) events—over time, I became a member of the Steering Committee. I am grateful for the support I received and having a place to share my excitement in my new profession as I completed my graduate education.

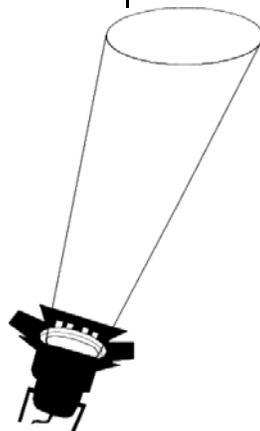
Who is a Woman you look up to and why: My favorite aunt (92) died during this past year. She always had a quick wit and a twinkle in her eye, though her life was not easy. I honor her because she modeled "aging" for me in a very real way.

What do you like to do in your spare time? Read, attend movies, plays, concerts, time with friends and family—and road trips!

Favorite movie/tv show/food/book/game: A favorite book is "Stones From the River" by Ursula Hegi—and I recently read "The Memory Keeper's Daughter," which I treasure also. I love to play "Scrabble"!

My family: I have three brothers, and we're all nearing or at retirement age. I don't know how that happened! I have four grown children and their spouses, who have blessed me with 13 grandchildren, ages 7 months to 17 years—three are step-grandchildren, and they are a "bonus." Keeping up with birthdays and holidays keeps me on my toes!

What else should MWP members know about you: I love the North Shore... invigorates me every time I visit!



New Membership Committee Member

Name and credentials:

Laura Tripet Dodge, MS LP

Place of Employment:

Private Practice in St. Louis Park

Specializations/General description of your practice:

For over 25 years I've provided both general and specialized psychotherapy to adults and adolescents. In recent years, I've worked in a private practice setting, and prior to that, spent a number of years in hospital based mental health.

My specialty services include work with eating disorders and related body image disturbance, anxiety disorders including panic, OCD and phobias, and depressive disorders. My early training as a clinician was grounded in behavioral medicine, and in recent years have found EMDR to be a valuable addition to my practice. I also enjoy providing consultation and education services to other professionals in the community.

Why you joined MWP: I've been a member for over 20 years—I joined and have stayed with MWP because I value the unique role that MWP has played in the psychological community: supporting women's mental health, mentoring and supporting female practitioners, and collaborating creatively to address identified needs in the field.

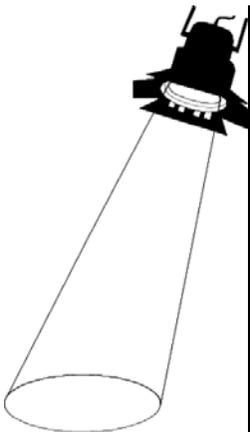
Who is a woman you look up to and why? That's a tough one because I have been blessed with many strong women in my life – I'd have to say my Mom who taught me a lot about good basic values, caring for others, being practical, and holding course in the face of adversity.

What do you like to do in your spare time? Practicing classical guitar, yoga, sailing, hanging out with my whippet, creating with "found objects", wine club, and in the cold months I consider soups & stews an art form.

Tell us about your family: I met my husband Tony in college, also a psych major (rats, not people), and we have been fortunate enough to have made it through life thus far still intact. We have two amazing adult sons who have big hearts and good people in their lives. Yay. I feel fortunate.

What else should MWP members know about you:

I've had a fairly wide (and sometimes colorful) range of volunteer experiences, like to roll up my sleeves, & am looking forward to reconnecting with MWP through serving on the Membership committee.



Mark Your Calendar

Saturday, October 13

Private Practice Group from 9:00-11:00 am
Como Park Pavilion's Black Bear Coffee Shop
Contact Dawn Ulrich at dmulrich@hickorytech.net

Tuesday, October 23

Executive Committee Meeting from 7:00-9:15 pm
For more information contact
Sharon McNamara at ssmcmamara@comcast.net

Friday, October 26

Wine & Chocolate Membership Event
from 4:00 -7:00 pm
For more info go to www.womenpsychologists.org/membership_committee.htm

Saturday, November 3

Wonderful Web Site Workshop from 2:30—5:00 pm
Ridgedale Library
12601 Ridgedale Dr., Minnetonka, MN 55305
For more information contact
Ferris Fletcher at getferris@hotmail.com

Saturday, November 10

Private Practice Group from 9:00-11:00 am
Como Park Pavilion's Black Bear Coffee Shop
Contact Dawn Ulrich at dmulrich@hickorytech.net

Saturday, November 17

Fireside Chat from 9:00-11:30 pm
Colonial Church, Fireside Room
—6200 Colonial Way, Edina, MN
For more info go to
www.womenpsychologists.org/fireside_chats.htm

Friday, November 30

Executive Committee Meeting from 7:00-9:15 pm
For more information contact
Sharon McNamara at ssmcmamara@comcast.net

Saturday, December 1

MWP Winter Newsletter Deadline
Please send submissions to
jacquelinebgrnwd@yahoo.com

Saturday, December 8

Private Practice Group from 9:00-11:00 am
Como Park Pavilion's Black Bear Coffee Shop
Contact Dawn Ulrich at dmulrich@hickorytech.net

Saturday, December 15

Executive Committee Meeting from 9:00-11:15 am
For more information contact Sharon McNamara at
ssmcmamara@comcast.net



5244 114th Ave
Clear Lake, MN 55319

ADDRESS SERVICE REQUESTED

Dated Materials: October 1, 2007