



Minnesota Women in Psychology

Summer 2007

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

Membership's Fruit & Flowers Event

INSIDE . . .

Notes from the Co-Chair
page 2

Social Action Book Club Update
page 3

MWP Listserv
page 4

Pillsbury House Theatre Event
page 5

A Design for MWP
page 5

Review of the MWP Annual Meeting
page 6

Minutes from the Annual Meeting
page 7

Meet a New EC Member
page 8

Spotlight on an MWP Member
page 9

. . . and much more

On April 24th, MWP members came together for our Spring Membership Event in downtown Minneapolis at The Loft literary center. Members enjoyed relaxing conversation, food and wine, and some had a chance to tour the facility. What a wonderful space—a great space for future workshops or meetings. Linda Rodgers and Ruth Markowitz led a "circle" during the evening in which fruit or flowers were given to each member in honor and gratitude of their presence.

by Susan Broadwell

Friends get together at the "Fruit and Flowers" event. l to r: Cathy Skrip, Ruth Markowitz, Fran Zimmerman, Karrol Butler, Claudia Bertramsen.



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 Co-Chair

Summer is here. Summer is a time to reflect, and a time to retreat, and a time to play. I like to use summer to take a breather, and mindfully think about the upcoming Fall and the year ahead. Sometimes mindfulness can be painful, as we acknowledge hurts or issues that we have been in denial about. Always, mindfulness is healing, as it allows opportunities to observe, describe, and eventually change past patterns that have been difficult or to enhance behavioral patterns that have been working well.

The executive committee for MWP is planning a retreat in August. The goal is to help us have some fun, to bond more as a group, and do some strategic planning for MWP. My favorite work is that which feels like play. The executive committee has many issues to play with during the retreat.

In many ways, the last year has been a very successful one. Minnesota Women in Psychology has stayed alive and begun to grow again. Membership is increasing. The Executive Committee is growing as well, and I would like to welcome our two new members, Laura Nielson, and Jan Jirak. Look for more information about them as we spotlight members in the upcoming newsletters.

Our technology committee is continuing to make changes and add to our website. You can find information in this issue regarding the new MWP listserve.

The membership committee continues to hold events and promote membership.

Many thanks to Susan Broadwell and the Membership Committee for the Fruit and Flowers event in May and the work the committee has done over this year to bring in new members.

Thanks to Jane Bennett for her many contributions to the executive committee and her work on organizing an event to the RACE exhibit and the production of LOW, which you can also read about in this issue.

Finally, thanks to Ferris Fletcher and all the members of the Annual Meeting Committee. Our lunch was elegant and lovely. The panel of presenters also gave us much to think about as an organization, which I would like to elaborate on below.

I would like to express my personal response regarding the MWP Annual Meeting this year. The opinions expressed in this column are my own, and are not meant to represent the opinions of any other member of the committee, or the executive committee as a whole.

I appreciated all of the panelists, but I was struck quite profoundly by the call to action issued by Phyllis Solon, regarding the lack of racial diversity in the membership of MWP. At first I personally felt ashamed by her confrontation of our group, and felt we had fallen short in her eyes. After thinking about her message, and discussing with colleagues, I now feel resolved that the message is important, and even if it hurts, it is worth paying attention to.

I believe that for MWP to keep growing and prospering as an organization, to bridge the gap between our founders' generation and the generations since, we are at a point where we need to reassess the organization's purpose, and if necessary, re-shape our goals around an expanded vision of how to support women in psychology.

One of the priorities I personally would like to address is to increase the diversity in membership of MWP. I am interested in racial, cultural, and economic diversity and would like to especially reach out to women of color. I would like to find ways our organization can help address multicultural needs, and to serve more effectively underserved and diverse client populations.

I believe that increasing our mindfulness and raising our consciousness regarding women's issues in a broader and more diverse context will strengthen

Continued on Page 3

Social Action Book Group Update

The June 16, 2007 Book Club meeting focused on "Ladies' Coupe" by Anita Nair (an author originally from India). 'Ladies coupe' used to be a carriage in commercial trains that was reserved for women only (often for women traveling alone or for young girls to be protected from male stares at close quarters in a 'general compartment'). This particular book talks of a 12+ hours journey in the extreme southern part of India in which one rural and four urban women decide to help the sixth woman (Akhila, the main character) who is trying to make a major, life-changing decision.

The process of help is essentially a non-professional, peer effort, i.e., through sharing their own difficult life-the stories and struggles so that she can benefit from their experiences. The compilation of all six stories is a revealing account of different women's struggles in the south Indian social setup, wherein it is still a belief and concern that a woman 'alone' (i.e., without a male physically present) cannot manage life for herself. It is an unfair self-fulfilling prophecy because Akhila actually had been managing a career with several dependents of her family of origin. Individual struggles of the six women in this book are struggles for independence, for acknowledgement as adequate human beings, and for self-esteem in the modern world of equality for the genders. The struggles of independence and emancipation are in spousal relationship, family of origin, or community criticisms, stigma and judgment for helpless urban women in financial troubles (upon the death of the father, the sole wage earner), or a granddaughter's compassionate struggles to support the grandmother's dignity and self-esteem against her own parents. The worst is the tremendous vulnerability of a rural young girl who has little formal education, access to media and little preparation for adult life in a rural community where some unethical folk with money and power take advantage of her repeatedly in different ways because she is poor, uninformed, and unable to protect herself adequately. Unfortunately, the significant others in the family of origin are in the same boat and cannot protect her either. The predicament of the poor rural girls has also been noted in other parts of India even though this book focuses only on the south India population.

The book is easily readable and absorbing. I hope many will read it to broaden their own cultural understanding as therapists and women in psychology.

By Asha Mukherjee

Next Book Club Meeting:

"No God But God" by Reza Aslan

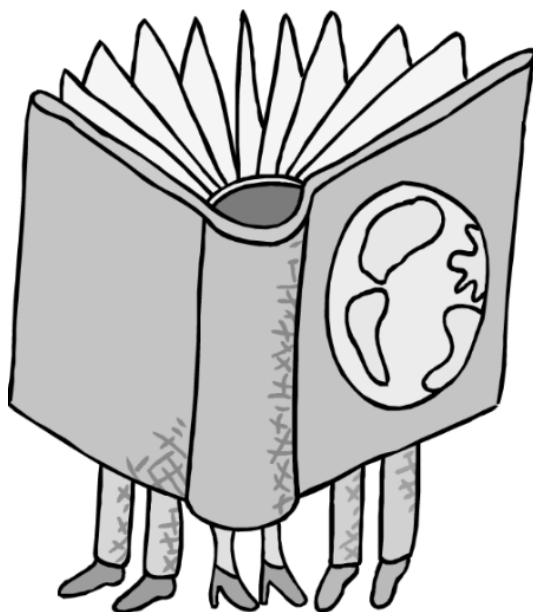
"Lucidly charts the growth of Islam from Muhammad's model community in Medina—depicted as a center of egalitarian social reform—through the chaotic contest to define the faith after the Prophet's death" (New Yorker review).

Date: Saturday, September 22

Time: 1:30-3:30 pm

Location: Black Bear Crossings Coffee Shop, Como Park Pavilion, St. Paul

For more information: Contact Jane Whiteside at janewhiteside@earthlink.net



Minnesota Women in Psychology at the Minnesota Psychological Association Convention

This year, MWP had a booth at the MPA convention entitled, Integrating Mind, Body, and Spirit: Psychology's Challenge, held on April 27 and 28, 2007. All of the 20 brochures for MWP were given out to people who stopped by the booth! The booth was held during the Community and Learning Resource Fair at the convention. Currently, the women's division of MPA is not active. If anyone who is a co-member of MWP and MPA would like to help to re-activate that committee, contact Mark Miller, the current president of MPA at (612) 863-6489.

Sharon Stein McNamara

Please Note!

The deadlines for submitting articles to the newsletter are changing!! The new deadlines will be September 1, December 1, March 1, and June 1. Thus, the next newsletter deadline will be September 1, 2007. The reasoning behind the deadline change is to avoid trying to get submissions around holidays. Thank you for your help! Remember, if you have an article you would like to submit to the newsletter please email it jacquelinebgrnwd@yahoo.com.

Continued from page 2

MWP's membership base, and will increase the organization's relevance and importance in the field.

If you have any thoughts, questions, or ideas, you would like to put forth before the executive committee when we meet next month, I would love to hear from you. Drop me an e-mail at ssmcmnamara@comcast.net.

—Sharon Stein McNamara,
Ed.D.,L.P.,
Co-chair

Easing Communication for MWP Membership – Womeninpsychology Listserv

MWP is consistently striving to join the 21st century! In order to facilitate this, the technology committee has started a Yahoo! Listserv. The reasoning behind this listserv is to make communication between MWP members easier. Members will be able to post messages to the listserv, which will then be sent directly to other members. It works the same as any other listserv of which you may be a member.

Members will be allowed to post congratulations to other members, announcements and other items of interest to members of the listserv and receive responses from members in a timely manner. These can include sharing resources (have you read a good book lately that really informed your practice of psychology?); Asking questions of other members (need a consent form? Having difficulty with NPI billing issues?), getting referrals (do you or does a client need a good acupuncturist? Do you need to find a good pediatric psychiatrist?); congratulate members (Thanks to Ferris and the Annual meeting committee for their great work at this year's annual meeting); or offer/ask for support from other members (Minnie has been having difficulty finding clients – anyone have any good ways to market their practice? I am wore out by the parents of the kids I work with who don't want to work with me on schedules for their children, anyone have a good book I can read?).

By using a Yahoo! Group, MWP doesn't have to pay anything and membership money continues to go toward the events that MWP members love. MWP member Jacqueline Greenwood will moderate the listserv for content and membership.

Why would I want to join another listserv? While a number of listservs offer great information for us, many of them are nationwide - the MWP listserv is local and comprised only of MWP members. The listserv will also bring a new element of networking to MWP. We get so busy in our daily lives that it is often difficult to attend all the functions we would like to. The MWP

listserv will allow us to network in the virtual world and in a timely manner. Additionally, with the Yahoo! Listserv members are allowed to post files to the group homepage. For example if a person is looking for a consent form, other members may upload a copy of the consent form they use to the group for all members to borrow.

How am I able to join?

1. All MWP members will be sent an email with from Womeninpsychology moderator with a subject line - You're invited! Join Womeninpsychology today. You have 30 days from the time you receive the invitation to join the group. Your invitation will state, jacquelinebgrnwd@yahoo.com has invited you to join the Womeninpsychology group! The invitation also contains a brief message with the terms of usage of the listserv.

2. Click the "Join this group!" button in the lower right corner of the invitation. This will direct you to another page. This page indicates that you have been asked to join and that if a person tries to join without an invitation they must be approved by the moderator. You will also see the number of members, the date it was founded, the mailing list type and a description of the listserv.

- A. If you have a Yahoo! I.D. you simply sign in and skip to number 4.

- B. If you don't have a Yahoo! I.D. you will need to get one. Select "Sign Up" on the lower right hand. Follow the instructions on the following page. If you don't want to bother with a new Yahoo! email, you may put in an alternate email (for example your daily use email) where you can chose to receive the listserv messages. You will still need to create a Yahoo! I.D. This will include an extra step of Yahoo! sending you an email to verify the email address. Then continue on to number 4.

Why would a person want a Yahoo! email? I can only speak from my own personal experience with spam emails. I use my Yahoo! email when I order over the internet or sign up for lists when I need to give an email address. While it didn't happen right away, I have noticed a significant decrease in the junk email I get in my work email. My spam email goes directly to a bulk folder in my Yahoo! email account and I simply have to hit a button to empty it. Granted, at first I had to watch my bulk folder so I didn't miss important emails, but now I don't even check it, just delete it.

4. You select the Yahoo! Profile you would like to use and the email address you would like the listserv emails sent to. Then select if you would like to receive them in an individual format, a daily digest (you would receive a daily email with the postings for that day in it), Special notices from the moderator only, or being able to read it simply online (without getting any emails). Then select if you want your posts sent fully featured (with links to the group homepage) or traditional (with the email posting only). Type the text in the box and select "join". You will then be confirmed to join. The whole process will take about 15 minutes.

One last note, if MWP doesn't have an email address for you, you may go to www.yahoo.com and select "groups" on the menu on the left hand side. In the search box, type in Womeninpsychology. Your search results will list the MWP group Womeninpsychology. Click join this group in the upper right hand. Then follow the directions above in numbers 3 and 4. You will need to be approved by the moderator if you join this way.

The technology committee looks forward to you joining the Womeninpsychology Yahoo! Group listserv and "chatting" with the MWP members more in the months to come! Remember to watch your email in August for your invitation!

~Jacqueline Greenwood

Jane Bennett Brought MWP Members Together for Another Successful Event

Low, a one woman show, at the Pillsbury House Theatre was an incredible experience shared by MWP members and guests. It was an honor to witness this story and get to know this character. Audience members were brought to tears as they absorbed the intense emotional journey performed on the stage. The evocative power of theater is known and remains forever surprising. On this evening, we watched the story of a woman named Lowquesha (Low), conceived, written, and performed by Rha Goddess. Low is a woman growing and living with mental illness. Her struggle to keep her reality at least similar to that of her environment, while also coping with the everyday pains and stresses of relationships, sexuality, employment, and housing overwhelm her fragile mind and challenge her sturdy spirit. The struggle is moving as is the beauty of the performance itself. Rha Goddess appeared to give all of herself in order to share this woman, made up of women from her life, with the audience. After the performance and a lively well deserved standing ovation, Rha's contagious passion was apparent as she answered audience members' questions, comments, and commentaries. Minnesota Women in Psychology belong at such event. We support women making a difference. We welcome inspiration, learning, and feeling.

By Sarah Paper

Design for a Difference: An MWP Celebration

The 30th Anniversary/Annual Meeting Committee wanted to plan an event that combined elements of history and the future of psychology in an elegant setting. The St Paul Hotel seemed like the perfect setting, and we needed invitations that would reflect the plans for the day. We were lucky to have a designer in the house: my daughter, Mae, is a clothing design student at the U of M with a background in creative arts. She offered to design the invitations, then decided to incorporate them in her final clothing project for the year.

What began as a favor for us developed into the basis for her assignment: to "design for a difference." Her description for the assignment of the first phase of the project was to design a garment sleeve. Mae described the sleeve design as, "To visually show what MWP is about, the embroidered band at the elbow and cuff were designed to resemble the structure of a support group. Each crystal on the elbow band is a being or idea that is connected and the crystals on the cuff show how everything radiates from one being or idea. The "ladder" beading on the side of the sleeve represents the support MWP provides for its members and the larger community."

She researched MWP's history and mission, the history and architecture of the Saint Paul Hotel, and a variety of issues in psychology. She focused on MWP's strengths in networking and support, and the growing field of Positive Psychology. Her customer profile of a fictional MWP member is a psychologist whose career has focused on positive change in today's society and culture. She has done lots of volunteer work for MWP, her hair is "graying naturally," and she makes \$75,000-\$100,000 a year! She would be hosting the 30th Anniversary celebration and wanted a dress to fit the occasion. Mae's project earned her an A and our thanks for the gift of our invitations!

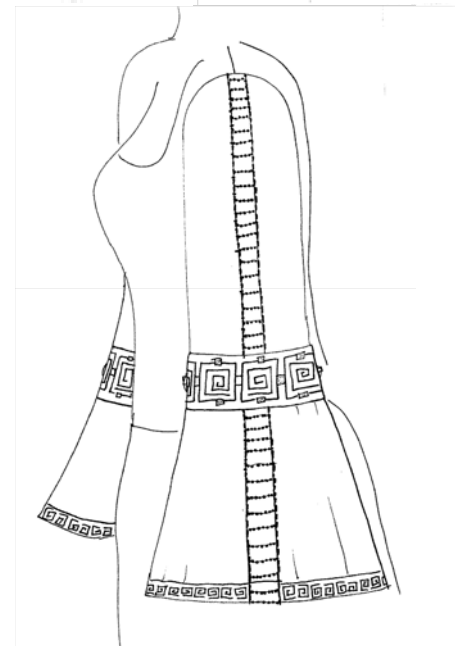
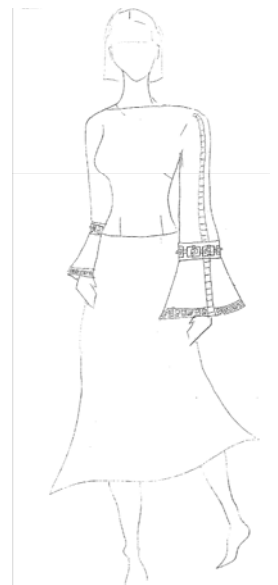
By Linda Rodgers

Congratulations

One of our long-time members, and former steering committee member of MWP, Marge, Charmoli, Ph.D., L.P. has been elected as MPA's representative to the APA Council of Representatives. This is no small achievement as she had to be elected by the APA membership of Minnesota. Congratulations Marge. You are an inspiration.

Congratulations to Jennifer Nash-Wright for her induction into her high school Athletic Hall of Fame in her hometown of Owatonna. Jennifer was inducted on the evening of May 30th, 2007.

By Sharon Stein McNamara



MWP 30th Anniversary Annual Meeting

On May 11, 2007, 40 MWP members met at the St Paul Hotel for the 30th Anniversary Annual Meeting. The birthday party included a wonderful lunch, the annual meeting, and four presentations about the future of psychological services. The St. Paul Hotel's amazing kitchen provided a buffet feast with vegetable soup, greens with pears and walnuts and white balsamic vinaigrette, melons and berries, turkey BLT wraps, ham and Gruyere wraps, portabella, hummus and spinach wraps, and dessert bars. People reported various years of membership, so many generations of MWP members were represented and cheered the health of the organization.

After time to socialize and eat, the Annual meeting (See page 7 for minutes) was convened by Susan Rydell. The highlights of the Annual Meeting were reports from the officers and honoring of volunteers. Sharon Stein McNamara and Jill Strunk, co-chairs of the executive committee, were thanked with purple orchids as a reminder of the growth of MWP that they have facilitated. Susan Johnson, Administrative Assistant of MWP, also received thanks and an orchid to decorate her new home. The current Executive Committee of Jill, Sharon, Sarah Paper, Treasurer, Jane Bennett, Susan Broadwell and Jennifer Nash Wright have agreed to serve again next year. The by-laws will be changed this year to allow flexibility in the number of people governing and the structure of MWP. Thank you to this group who were willing to lead an organization in transition, and to the other volunteers who make MWP flourish.

MWP could not be run without its volunteer committee members. Many thanks to:

Membership Committee: Susan Broadwell, Chair, Claudia Bertramson, Karrol Butler, Sara Gurganus, Maggie Keating, Linda Rodgers, Ruth Markowitz, and Fran Zimmerman.

Technology Committee: Jill Strunk, Chair, Jane Bennett, Jacqueline Greenwood, Ferris Fletcher, Mary

Zaudtke, and honorary members Lance Fletcher and Dave Winberg.

Newsletter - Jacqueline Greenwood, Editor.

Social Action Book Group: Jane Whiteside, Chair, Gail Anderson and Asha Mukherjee.

Private Practice Group: Dawn Ulrich, Chair.

Wilderness Retreat: Dawn Ulrich, Chair.

Fireside Chats - Jennifer Nash Wright, Chair, Sharon Stein McNamara.

The Founding Mothers' Award was given to Cathy Skrip. Since Cathy was not able to be at the presentation, another event is being planned with three purposes: to hand Cathy the award with many people clapping, to view the 20th Anniversary videotape of Ruth McKenzie's tribute to MWP, and to socialize.

The educational component of the afternoon focused on future trends and their implications for women in a variety of mental health settings. Dr. Kathy Harowski of Metropolitan State University led off with information about technology. She included reflections on how practice is changing, including distance therapy opportunities and requirements for record storage and technological security. Kathy noted that technology is changing people, with reference to studies that adolescent brains seem to be changing with increased computer and video game use.

Marsha Porter, LICSW, of the Twin Cities Red Cross Mental Health Stress Team, Collaborative Law Institute and Washburn Child Guidance Clinic brought wonderful handouts and examples to her presentation on resiliency as a growing topic in the field. She described a model proposed by Project Resilience that includes the strength clusters of insight, independence, relationships, initiative, creativity, humor and morality (see www.projectresilience.com) and gave examples from her work to illustrate the clusters.

Dr. Beth Harrington described her work in the growing field of parent consultation. She described what parent coordinators, parenting time expeditors, parent coaches, and other consultants do, including what qualities are helpful to do the job and what training is necessary. Feedback from attendees indicated that these descriptions will be helpful for guiding divorcing clients to appropriate services, and, in some cases, that attendees will check out this career opportunity.

Dr. Phyllis Solon reviewed data about who needs mental health services and are not being served. By listing the groups who are underserved, she was able to challenge the field to work on expanding services to diverse groups. Conversations ensued about increasing MWP's diversity, and ways to continue the topic.

Thank you to all of the wonderful speakers who engaged the hearts and brains of MWP members. Thank you also to the wonderful work of the Annual Meeting Committee. Linda Rodgers was in charge of invitations and even enlisted the aid of her daughter Mae who used the invitation as part of a project in a design class (see page 5). Dawn Ulrich helped the Rodgers assembly team by finding addresses of members from the past five years, making labels, then stuffing, stamping, gluing and shipping off the invitations. Susan Rydell was an admirable Mistress of Ceremonies again this year. Sarah Paper spearheaded the speaker search and helped on the assembly line. All members brainstormed and supported the effort to celebrate 30 years - they represent the fellowship and competence of the volunteers who make up MWP.

**By Ferris Fletcher,
Annual Meeting Chair**

Minnesota Women in Psychology

Annual Meeting at the St. Paul Hotel/ Friday, May 11, 2007

Present: Jan Smith, Anne Harmon, Linda Rodgers, Laura Nelsen, Jane Whiteside, Susan Rydell, Susan Phipps-Yonas, Laura Triplet Dodge, Jane Bennett, Martha Pottle, Cindy Schultz, Sharon Stein McNamara, Jill Strunk, Jennifer Nash-Wright, Susan Broadwell, Kathy Harowski, Phyllis Solon, Marsha Porter, Beth Harrington, Ferris Fletcher, Karrol Butler, Judith Zimmerman, Sara Gurganus, Susan Johnson, Claudia Bertramsen, Nickey Larson, Joan Ungar, Julie Kenfield, Julie Eschenlauer, Carol Oldowski, Dana Fox, Margaret Charmoli, Janet Thomas, Kirsten Lind Seal, Susan Scott, Beth Carlson, Maggie Keating, Linda Carole, Dawn Ulrich, Katheleen Avila, Katie Shinnick, Sarah Paper

The meeting was called to order by Susan Rydell, Master of Ceremonies

1) Approval of Minutes from 2006 Annual Meeting.

- i) The minutes were approved.

2) State of the Organization Address by Officers

- i) Executive Committee presented by co-chairs Jill Strunk and Sharon Stein McNamara
 - (a) MWP would benefit by adding a subcategory of 5013C allowing grants for education. This is in the process of review.
 - (b) A suspension to the current bylaws to allow the Executive Committee to continue with 5 or more members in place of a Steering Committee for one more year to enable MWP to grow and become more vibrant was voted on and approved.
 - (c) The current slate of members of the Executive Committee was presented and requested to continue through the 2007-2008 year. This was put to vote and approved.
 - (d) The Executive Committee requests more time to rewrite the MWP by-laws. This was voted on and approved. An opportunity for more members to work on the rewrite of the MWP by-laws was presented.
 - (e) Jill Strunk, Sharon Stein McNamara, co-chairs, and Susan Johnson, administrative assistant, were honored with orchids.
- ii) Technology Committee presented by chair Jill Strunk.
 - (a) A new and improved MWP website is up and running. Special recognition was give to Lance Fletcher for his work in the new website planning and designing. Plans for a list serve are in process.
 - (b) Career Fairs at local High Schools was attempted this year, but did not quite come together. It is hoped that next winter/spring this will be more of a reality. The website will include opportunities to be part of a Career Fair and many other opportunities to be active in other ways through MWP.
- iii) Treasurer's Report by Sarah Paper.
 - (a) While MWP brought in less this year, it also spent less this year. Handouts were distributed to all the attendees.
- iv) Membership Committee presented by chairperson Susan Broadwell.
 - (a) The Membership Committee meets monthly. This past year they have had two fun events as a to allowing networking and socializing between MWP members and to introduce new members and invite potential members.
- v) Social Action Book Group presented by Jane Whiteside, chairperson.
 - (a) The newsletter, website and emails inform the MWP members of the upcoming book selection. All are welcome to attend the book discussions.
- vi) Annual Meeting Committee presented by chairperson Ferris Fletcher.
 - (a) The members were introduced and applauded for the wonderful luncheon and pleasant atmosphere. Special recognition was given to Mae Rodgers for the invitation design.
- vii) Private Practice group presented by Dawn Ulrich
 - (a) The group has been meeting the 2nd Saturday of every month. All are welcome to attend these meetings.
- viii) Wilderness Group
 - (a) Dawn Ulrich has lead a group up into the Boundary Waters for the past two years and a third trip is planned for this summer.
- ix) Fireside Chat presented by new chairperson Jennifer Nash Wright.
 - (a) Two sessions took place this past year, one in the fall and one in the spring. The Fireside Chat focuses on self-care for therapists. Ideas or speakers for Fireside Chats can be sent to Jennifer.
- x) Informal MWP Gatherings
 - (a) Jane Bennett organized a RACE event, which featured viewing the RACE display at the Science Museum and was followed up with a talking circle. She is currently organizing a group to attend a play at the Pillsbury Theater, LOW, on June 1st or 8th. Contact Jane if you are interested.
- xi) Honoring 30 Years of Volunteers
 - (a) Past members of the MWP Steering Committee were asked to stand and be recognized.

3) Executive Committee

- i) The Executive Committee members for the 2007-2008 year were asked to stand and be recognized.

4) Founding Mothers' Award

- i) Ferris Fletcher announced the 2006-2007 Founding Mothers' Award to be presented to Cathy Skrip, who could not attend today's meeting. The letter of nomination was read.

The meeting was adjourned at 1:00 pm.

A Panel Presentation on "Future Trends in Psychology; Implications for Women in a Variety of Mental Health Settings was presented by Dr. Beth Harrington, Dr. Kathy Harowski, Marsha Porter, LICSW and Dr. Phyllis Solon.

Respectfully Submitted,

Susan Johnson, MWP Administrative Assistant

This May Be the Support Group You Have Been Seeking

MWP would like to start a new support group for members in academia. If you are interesting in joining this special interest group please email jacquelinebgrnwd@yahoo.com for meeting places and times.

MWP Website Check It Out Soon!

Have you checked out the MWP website lately? (<http://www.womenpsychologists.org>) Photos of the annual meeting have been nicely laid out for all members to see! Click on "Annual Meeting" on the left hand menu (under committees).

Upcoming Web Design Workshop

Are you eager to develop a web site to promote your practice? MWP will be offering an exciting seminar outlining the ins and outs of web design possibilities. Hear how to sign up for a web site and pick a name, how to find a host, and how to evaluate different design advantages for utility and cost. Lance Fletcher and Dave Winberg will teach us some of what they know. Watch for further notices!

Introducing the Newest Executive Committee Member

Name and credentials: Laura Nielsen, Psy.D., LP

Place of Employment: Abbott Northwestern Hospital

Specializations/General description of your practice: I work primarily on the child and adolescent psychiatric inpatient unit at Abbott Northwestern hospital, providing family therapy and group psychotherapy services (ages 5-18). I also work on the adult psychiatric inpatient units a couple of afternoons a week, facilitating group psychotherapy. Long before I knew I wanted to be a psychologist, I knew I wanted a career where I would be able to help children and adolescents in some way, so my child and adolescent work has always been my main passion. However, I love being able to work with adults as well and enjoy the variety it brings to my daily schedule. I find there is never a dull day at work, and I work with an inspiring, talented, and dedicated team-just another great aspect of my job!

Why you joined MWP: I am originally from Minnesota, but attended graduate school in Denver, Colorado. Graduate school was a wonderful opportunity to connect with many psychologists in training and mental health professionals in the field. After moving back to Minnesota, I was eager to meet other professionals in the area. I was delighted to stumble upon Minnesota Women in Psychology's website. After a great conversation with Susan Broadwell, I knew I wanted to be a part of the organization. I have all ready greatly enjoyed the women I have met and look forward to meeting others.

Who is a woman you look up to and why? I look up to my grandmother, who is no longer around but taught me so much about life and being a good person. She was an intelligent, peaceful, hard-working woman who had a quiet and gentle spirit, yet with much to say and teach others. She dedicated her time to serving the underserved and helping out in her church. She had many amazing talents and embraced life fully until she was 97 years old. I want to be like that! I think of her frequently when reflecting upon life or making decisions and think about what she might do. There are so many other amazing women I could say so much about- my mother, my sister, and psychologists who have mentored me along the way. I especially admire those women who find balance between their personal and professional life and don't feel guilty for saying no.

What do you like to do in your spare time? I love to run, and try to do this as frequently as I can. I have been running since I was twelve years old, and haven't stopped long enough to get out of shape (the first couple weeks of running are always the hardest!). I enjoy the outdoors- hiking, skiing, canoeing, walking, and gardening. I enjoy cooking and baking and trying out healthy recipes (more so for the cooking than the baking- you have to splurge sometimes!). My husband and I love to entertain. In the summer, we are fortunate to have a family cabin that we travel to for quiet and relaxing weekends.

Favorite (any or all) movie/tv show/food/book/game: My favorite movie is "Love Actually". I don't watch television, or very rarely do (my husband and I decided to move our television to our cold basement that doesn't have any furniture- this was a great move). My favorite food is pasta of nearly any kind, and I found a great fettuccine alfredo with broccoli recipe from "Cooking Light" that is amazing! I love to read books of all kinds- to name a favorite would be too hard! My favorite game is "Mad Gab"- we roll on the floor laughing so hard anytime we play it with family or friends.

Tell us about your home life (pets, family, significant other...): I live in North St. Paul with my husband Todd. We married in October of 2005, just six weeks after I graduated from the University of Denver, moved back to Minnesota, and started my first "real" job as a psychologist! (at Abbott Northwestern). So it was a busy but very exciting time for me. We don't have any children yet, as that seemed to be enough major life changes for a while. In the mean time, I am enjoying married life very much!

What else should MWP members know about you: I had so many inspiring mentors along the way who have greatly impacted my journey as a psychologist, and I try my very best to serve in this role for aspiring mental health professionals. I have gone to college classrooms to speak about the field of psychology and am always willing to talk with students who want to connect with someone in the field.

Spotlight on a MWP Member

Name and credentials: Suzanne Swanson, Ph.D., LP

Place of Employment: Private practice – 28 years, most of them in St. Paul (on Grand at Lexington, above the Domino's Pizza)

General description of your practice: I work mostly with adult women, specializing in addressing issues of pregnancy, birth, loss, postpartum and mothering. I especially like helping women who have had a traumatic birth experience.

Why you joined MWP: Because it was there! I am a psychologist, I am a woman, I live in Minnesota. I've been a member for a very long time, since just after grad school, and I knew then that I needed company along the professional-development way.

Who is a woman you look up to and why: Sheila Kitzinger, the grande dame of childbirth/mothering activism. She's an anthropologist and author – smart, feisty, funny – and mother to 5 adult daughters. She's interdisciplinary – able to look hard at a topic, think clearly about what she sees, and then speak from the heart and mind about her conclusions and beliefs.

What do you like to do in your spare time? I'm a poet and member of the Laurel Poetry Collective. I write the Word section of the monthly Celtic services at Pilgrim Lutheran Church in St. Paul. I love to walk with friends year-round. This winter, I've started a weight-training program called Bodypump. In summer I row on the Mississippi with the Minneapolis Rowing Club, and dig up more and more of my little lawn for gardens. I hope to get up to the BWCA this year.

Favorites: I love Mediterranean food, eaten at the *Black Sea*, a hole-in-the-wall on Snelling Avenue, or at *It's Greek to Me* in Minneapolis. Poetry: *Good Heart* by Deborah Keenan; *October Palace* by Jane Hirschfield. Movies? I love Jane Austen brought to film.

Home life: The only creature actually living with me at the moment is Sassafras, a crochety old tabby. My youngest son just started college in Tacoma, my oldest is at Cornell (almost finished with his dissertation on the non-song vocalizations of the magpie jay), my daughter is teaching English as a volunteer on a remote atoll in the Marshall Islands. I can see that part of "home" for me for the next few years will be traveling to visit them.

Also: I am Minnesota's volunteer co-coordinator for Postpartum Support International (PSI), postpartum.net, and I'm active in the Childbirth Collective, too.

MWP Welcomes New Members

Rebecca Chesin

Sue Evans M.A., LP

Brenda R. Peabody, Psy.D., LP, LPC

Martha A. Pottle, M.A., L.A.D.C.

Kirsten Lind Seal

Pamela S. Lipe, M.S., LP

Maureen Vogt, M.A.

Renewal information and fee for the MWP Membership 2007/2008 is due October 1, 2007 to be included in the new directory. Renewal information will be sent to you the beginning of September. We are looking forward to another great year of networking, supporting, learning and socializing with the wonderful MWP members.

Space Available

Space is available Tuesday, Thursday and Saturday, half-day or full-day. A classroom is also available for presentations or classes. We have a staff of approx. 15 practitioners and instructors who would potentially provide referrals to a psychologist. Please visit our website for further info. www.healingwaters-mn.com. Contact Mary Jo Lohn at 651-653-1660 on Tues. or Thurs. or email mjlohn@healingwater-mn.com.

Contributors to this Summer Newsletter

Susan Broadwell

Ferris Fletcher

Jacqueline Greenwood

Susan Johnson

Sharon Stein McNamara

Asha Mukherjee

Laura Nielsen

Sarah Paper

Linda Rodgers

Suzanne Swanson

Jane Whiteside



Nationally Recognized Hakomi Trainer presents.....

An Introduction to **Hakomi Experiential Psychotherapy**



Embodying Healing Presence

...Nourishing the Therapist while Serving the Client

with Morgan Holford, LPC, of the Hakomi Institute

In this experiential workshop you will practice aspects of the Hakomi Method that will enable you to:

- ❖ Explore through your body the beliefs and attitudes that shape you as a therapist
- ❖ Discover ways to replenish your body, mind and spirit within your working relationship
- ❖ Mobilize curiosity and compassion to reenergize the therapy process
- ❖ Use mindfulness to cultivate the “being” side of therapy and foster intuition

Hakomi Experiential Psychotherapy, developed by Ron Kurtz, uses mindfulness and body awareness to gently probe beneath everyday patterns of habit and automatic responses. We discover those rich, nonverbal levels where basic beliefs shape our experiences. Once conscious, the limiting aspects of our belief systems can begin to open to new, more satisfying options.

Friday, October 19, 2007, 9:30 am to 5 pm
Saturday, October 20, 2007, 9:30 am to 5 pm
Minneapolis, MN

\$265 (\$235 if paid in full by September 26)

Enrollment limited, advance registration required.

For psychologists, psychotherapists, counselors and bodyworkers:
Information is available for CEU remittance.

For more information contact: **Susan Broadwell, 952-922-1848**

Morgan Holford, LPC, is a Certified Hakomi Therapist and Trainer. She has been on the faculty of the Hakomi Institute since 1987 and conducts workshops and trainings throughout the US. Morgan maintains a private practice in Santa Fe, NM, and serves there as director of Hakomi Southwest. She weaves together psychotherapy, body therapies and somatic trauma resolution, creating a unique approach in her work with individuals, couples, and groups. She is committed to the integration of spirit into everyday life.

REGISTRATION FOR “EMBODYING HEALING PRESENCE”

NAME: _____ EMAIL: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: (h) _____ (w) _____

Make check payable to: **Morgan Holford**

Mail check and registration to: **Susan Broadwell, 4500 Park Glen Road, Ste. 150, St. Louis Park, MN 55416**

Full payment must accompany registration. Cancellations by October 11, 2007 will be refunded less a \$30.00 fee.

No refunds after October 11, 2007, though you may send someone in your place.



Fundamentals of Rosen Method Bodywork Accessing the Unconscious Through Touch

Living in these times, it takes courage, faith, and heart to continue to open and feel. We invite you to join us in this journey into the unknown territory of our embodied selves. The explosion of research in neuroscience confirms the importance of touch and contact for human development and well being—for regulating our emotions and our physiology. Rosen Method uses receptive touch and verbal dialogue to assist people in opening to long-forgotten experience and emotions, and to release unconscious limiting beliefs.

The Fundamentals Course addresses such basic questions as:

How does the emotional life manifest in the body?

What is the power of touch in loosening our rigid postures?

How can we unlock the holding around our hearts?

What do the mysteries of the breath tell us about tension and our inner barriers?

This intensive workshop will be of special interest to health and helping professionals, psychotherapists, and current bodyworkers. It is also intended to benefit those from all walks of life who want greater physical and emotional aliveness, a sense of ease in being who you are. It is helpful for those who wish to learn to become more at ease with their own emotions, or emotions in others. The week is wonderful self-care for any helping professional.

Presenters: Karen Roeper* and Dorothea Hrossowyc**.

Date: Oct. 26 to Nov. 3, 2007 (8-day intensive, one day off)

Location: Minneapolis location: TBA

Cost: \$850 (\$800 early bird fee if reserved by Sept 7. Ask about further discount for referrals.)

***Karen Roeper** is a senior teacher of Rosen Method & the founder of Essential Motion, a somatic-based coaching process. She maintains a private practice in California and holds a master's degree in counseling and dance therapy. Presence, curiosity, creative expression, acceptance, and kindness are the principles Karen Roeper draws on in her work with a deep trust in the transformative ability of each person.

****Dorothea Hrossowyc, MA**, is a certified Rosen Method Bodywork practitioner in private practice in bodywork and empowerment counseling in Minnesota. She has also studied Hakomi Body Psychotherapy and Sensorimotor Psychotherapy for trauma. She has led many workshops on mind/body medicine, releasing unconscious limitations, women's issues, listening skills, parenting, educational change, and healing from physical and sexual hurts. All forms of human liberation and transformation are life-long passions.

**Register with check to Dorothea Hrossowyc, 8620 Wallstreet Rd., Northfield, MN 55057; 612.817.5777.
For more information, contact Marjorie Huebner 612.338.5353 or Louisa Castner 612.201.7887.**

Mark Your Calendar

Friday, August 10-Saturday, August 11, 2007

Executive Committee Retreat

Saturday, August 11, 2007

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

Saturday, September 1, 2007

Fall Newsletter Deadline
Send articles to Jacqueline Greenwood at jacquelinebgrnwd@yahoo.com

Saturday, September 8, 2007

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

Saturday, September 22, 2007

Social Action Book Group, 1:30-3:30 pm
Black Bear Crossings Coffee Shop (in the Como Park Pavilion, St. Paul)
For more information: Contact Jane Whiteside at janewhiteside@earthlink.net

Monday, October 1, 2007

MWP Membership Renewal Deadline



5244 114th Ave
Clear Lake, MN 55319

ADDRESS SERVICE REQUESTED

Dated Materials: August, 2007