

Minnesota Women in Psychology

Fall 2008

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



Third Annual Fall Membership Event

Join your MWP colleagues and friends for our annual Wine & Chocolate Event on Friday, October 24th, 4:00-7:00 pm! Last year we had a huge turnout, with time for networking, noshing and a few fun stories. Bring your friends and invite potential new MWP members to come with you to the event! Wine, chocolate, appetizers and other beverages will be served.

Location: 100 2nd Street SE, 1st floor party room of condo building (same location as the last two years). Parking is available both on the street and in the parking lot north of the condo building. Look for postcards in the mail with directions.

When: Friday, October 24th
4:00 - 7:00 pm.
Mark it on your calendars!

Hosted by: the MWP Membership Committee. Any questions, please call Membership Chair, Susan Broadwell, at 952.922.1848.

Please RSVP by October 20th to WmPsychlgy@aol.com or call Susan Johnson at the MWP office at 320.743.5694.

Hope to see you there!!

By Susan Broadwell
MWP Membership Committee Chair

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. . . and more

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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 jacquelinebgrnwd@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.

2008-2009 Executive Committee

Jennifer Nash Wright, Chair
Susan Broadwell
Rebecca Chesin
Jacqueline Greenwood, Newsletter
Sharon Stein McNamara
Laura Nielsen
Jill Strunk
Fran Zimmerman

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

Greetings.

Summer is officially over and fall is upon us and with it comes excitement of a new season as well as challenges of transition for some. I hope all of you had the opportunity to partake in the summer activities you most enjoy. Being able to have vacation time at our lake cabin is one of my favorite parts of summer. Being around nature, soaking up some sun, and just slowing down helps me approach daily life and activities refreshed and clear minded.

There are many exciting things happening within our MWP organization. Openness to growth is needed for any organization to stay vibrant and relevant for members. Such a proposition can be exciting but also difficult as it may challenge conventional approaches. The Executive Committee took a day this summer for our annual retreat. We were able to spend time getting to know each other, have some fun as well as generate productive discussions. There were several important issues we discussed that you can read more in depth about in this edition of the newsletter. We plan to invest in upgrades to our web site to improve the capacity of the internet in order to enhance networking and grow our organization. I encourage you to read about updates on our bylaws that we are considering in order for our language to more accurately reflect the diversity of our organization and the broadening of what MWP has to offer to members.

In addition, we have some great events coming up this fall including the MWP sponsored educational workshop on Women's Sexuality and the annual Wine and Chocolate membership event to name a few. I hope to see many familiar faces and hopefully some new ones. My thanks to those of you giving of your energy, time and ideas for the enhancement of MWP. As always, I encourage those who have not to get involved by attending an event, joining a committee, contributing to the newsletter, listserv or visiting our website.

Respectfully,

Jennifer Nash-Wright, PsyD, LP
Chair MWP Executive Committee



Volunteers Needed for the Fireside Chat Committee



Would you like to volunteer for MWP but don't have a lot of time to give? Join a committee such as the Fireside Chat Committee. You can help to create fireside chats via e-mail and phone calls. This committee only has one meeting face-to-face a year, plus you can be a part of creating a wonderful Fireside Chat Series for your fellow psychologists. Contact Sharon Stein McNamara at ssmcnamara@comcast.net or call (651) 698-1799. Thanks.

MWP Website Use & Survey Results

Response to the website survey we conducted in June was quite respectable and we gathered some useful information. The most valued public web "page" is our *Public Directory* – 74% of responders rated it as "very high value". Other sections receiving high votes are *Links and Resources*, *Events*, and *About Us*.

In the member's-only, password-protected section of the website, the *Private Directory* was rated as "very high value" by 77%. Next in popularity came *Ethical Resources* and *Resource List*. Nothing in either section scored a majority of votes in "very low value" which shows us that we are including relevant and helpful information to our members.

Comments were thoughtful and gave us some good ideas as we go forward with planning to update our website. We will be keeping the needs you expressed in mind and select enhancements to the site that will provide broad benefits to members. For further details, or a longer summary of survey results, contact me at leavesdancing@yahoo.com.

Looking at our website statistics also gives us some good information as we plan revisions that will provide enhanced service to our members. Our busiest day is Tuesday, reflecting that many of us are reading the newsletter online. In the past 12 months, there have been approximately 4,500 visits to our website. Of course, some of those are repeat visitors. An average of 5.5 pages are being viewed at each visit. This is pretty healthy traffic and we expect that any changes we make will only increase these figures.

You may have heard; we are looking for additional people to serve on the Technology committee, which meets 2-3 times a year and conducts email discussions where feasible. We welcome your participation if you have ideas you would like to see implemented in our website. You don't have to be a technical expert. Get in touch when you are ready to step up to this opportunity: leavesdancing@yahoo.com or 763.458.6896

By Rebecca Chesin
MWP Technology Chairperson

Welcome New and Returning MWP Members

Yasmin Alami

Pennie Bucilla, RN, BN, MA, LPC

Cheryl Champion, MSW, LICSW

Mary Hernandez Petrulo

Dolores Johnson, M.S., LMFT

Lyndall Johnson, M.A., LP

Sara Marck, M.S. LP

Diane Rawlings



Contributors to this Issue

Susan Broadwell

Rebecca Chesin

Sharon Stein McNamara

Asha Mukherjee

Jennifer Nash-Wright

Jane Whiteside

Fran Zimmerman

MWP Executive Committee Retreat was Productive & Relaxing

On August 1, 2008, the majority of the members of the Executive Committee met for our Annual Retreat at the home of Jill Strunk in Minnetonka from 9am to 5pm. It was a perfect day, and the members were able to sit outside for some of the time, accompanied by beautiful flowers and the gurgling stream in Jill's garden. Our new Chairwoman, Jennifer Nash-Wright, led the day with an agenda for strategic planning.

Members present at the retreat: Susan Broadwell, Jill Strunk, Laura Nielsen, Jennifer Nash-Wright, Sharon Stein McNamara, Susan Johnson, and Rebecca Chesin. Members who could not be present were Jacqueline Greenwood Julien, Fran Zimmerman, and Sarah Paper.

The first stage of the retreat included setting goals for the 2008-2009 year. MWP is committed to growing in membership, to keeping within the

budget, to expanding Fireside Chats and Professional Development, and to expanding our web presence. The long term goal is to create a searchable directory and redo the website to make it more user-friendly and attractive. The technology committee is very active, and would like to increase listserv awareness, and to create policies and procedures regarding the weekly E-Blast, and the website.

The EC members discussed making MWP more inclusive in terms of the name, so as to attract and retain members from mental health fields including psychology, social work, marriage and family therapy, and other forms of therapy. A tag line was created: **Minnesota Women in Psychology: Networking and support for all women in the mental health professions.** Other discussions included making some changes to the MWP by-laws. See the article

by Jill Strunk in this issue.

Committees were discussed including Professional Development, Fireside Chat, Membership, Technology, Annual Meeting, Newsletter, and Private Practice. Committees most needing membership include Fireside Chat, Technology, and Annual Meeting.

The Retreat members were very excited about the upcoming events, which will be posted in the MWP calendar. Be sure to watch for the Women's Sexuality Workshop on October 4, and the Wine and Chocolate Membership Event on October 24.

The retreat ended with entrance of a wonderful masseuse who gave all of the EC members free massages at the end of the day.

By Sharon Stein McNamara

Mark Your Calendar

Wednesday, October 1—Fall Membership Renewal

Look for your renewal form in the mail

Saturday, October 4—MWP Workshop Event

Integrated Approach to Women's Sexuality

8:30 - 4:30 at the Ridgedale Library, Minnetonka, MN

Saturday, October 11—Private Practice Group

9:00-11:00 am at the Black Bear Coffee on the Lake
1360 Lexington Pkwy N, St. Paul, 55103, phone: 651.488.4927
FYI Dawn Brennan at dawnbrenn@gmail.com or 612.390.6232

Saturday, October 11—Book Group Discusses

"The God of Small Things" by Arundhati Roy
1:30-3:30 pm at the Black Bear Coffee on the Lake
1300 Lexington Pkwy N, St. Paul 55103
FYI Jane Whiteside at janewhiteside@earthlink.net

Friday, October 24—Membership Wine & Chocolate Event

An evening for networking, noshing and a few fun stories
Wine, chocolate, appetizers and other beverages will be served
4:00 - 7:00 pm at 100 2nd Street SE, Minneapolis 55414
RSVP to WmPsychlgy@aol.com by Mon., Oct. 20th

Saturday, November 1

Final Deadline for inclusion in the MWP Directory (*printed*)

Thursday, November 6—Mentorship Presentation

Hosted by the Professional Development Committee
7:00-9:00 pm - Details TBA
FYI contact Laura Nielsen

Saturday, November 8—Private Practice Group

9:00-11:00 am at the Black Bear Coffee on the Lake
1360 Lexington Pkwy N, St. Paul, 55103, phone: 651.488.4927
FYI Dawn Brennan at dawnbrenn@gmail.com or 612.390.6232

Tuesday, November 11—Executive Committee Meeting

7:00-9:00 pm - Venue to be decided
FYI Jennifer Nash-Wright

November, 2008—Fireside Chat

Keep posted for details! FYI Sharon Stein McNamara

Monday, December 1—MWP Winter Newsletter Deadline

Please send article submissions to Jacqueline Greenwood Julien
jacquelinebgrnwd@yahoo.com

Saturday, December 13—Private Practice Group

9:00-11:00 am at the Black Bear Coffee on the Lake
1360 Lexington Pkwy N, St. Paul, 55103, phone: 651.488.4927
FYI Dawn Brennan at dawnbrenn@gmail.com or 612.390.6232

Proposed MWP Bylaw Changes

In your membership renewal packet, you will be asked to vote on changes to the bylaws, proposed by the Steering Committee.

Current:

I. Name and Purpose

(Paragraph 1) The name of this organization shall be Minnesota Women in Psychology. (Currently our tagline is “Committed to furthering the psychological, social and emotional well-being of all women,” although it does not specifically appear in the bylaws.)

(Paragraph 3) . . . encourage and promote mentoring among psychologists, including graduate and undergraduate students.

Proposed:

I. Name and Purpose

(Paragraph 1) The name of this organization shall be Minnesota Women in Psychology. One of the following taglines may appear with the name: “Committed to furthering the psychological, social and emotional well-being of all women,” or “Networking and support for all women in the mental health professions.”

(Paragraph 3) . . . encourage and promote mentoring among women in psychological fields, including graduate and undergraduate students.

Rationale:

(Paragraph 1) In most cases, the second tagline more accurately describes our functioning.

(Paragraph 3) Consistency with the name change to Women in Psychology rather than Women Psychologists.

Current:

II. Membership

a. Regular Members – hold either a Master’s or Doctoral degree in psychology from a regionally accredited institution or have been licensed as psychologists in Minnesota. This category included Ph.D. and Psy.D. candidates who have successfully

completed a prelim oral examination. Persons with equivalent training in a related field (e.g. counseling and guidance, family studies, human services, etc.) will also be admitted to membership.

b. Affiliate Members – any other individuals interested in promoting the mission of the organization. Affiliate Members do not vote or serve on the Steering Committee.

Proposed:

II. Membership

a. Regular Members – 1) hold either a Master’s or Doctoral degree in one of the fields of psychology or a related field (e.g. counseling and guidance, family studies, human services, etc.) from a regionally accredited institution or 2) have been licensed in Minnesota in one of the fields of psychology. This includes Psychologists, Social Workers, Marriage and Family Therapists, Licensed Professional Counselors, School Psychologists and Counselors, Psychiatric Nurses, etc. Doctoral candidates who have successfully completed a preliminary oral examination in one of the above areas will also be admitted to membership

b. (No change)

Rationale:

This change explains our membership policy in a way more consistent with our name change and with equality among all members.

Proposed:

The Steering Committee also proposes adding a paragraph to section II. Membership, which will read:

“MWP does not exclude members based on criminal record or involvement with professional ethics boards. We acknowledge that it’s not our role to judge, sanction, or punish members. If a member finds herself involved with the justice system or an ethics board investigation, it will be left to her best discernment and judgment as to level of involvement or

withdrawal from MWP activities. If another member is in disagreement with someone’s level of MWP involvement, we encourage that member to bring her concerns directly to the woman with whom she is in disagreement, if appropriate.”

Rationale:

Nowhere in our bylaws does it imply that part of our purpose is judging or disciplining the practice of members. One of our most valuable roles is supporting each other and that can include supporting a person without specifically supporting every behavior of that person. Participation in MWP activities should be considered on the merits of that participation, rather than on extraneous factors. Only if the MWP involvement itself were counter to our purposes or put our organization in jeopardy would it be necessary to limit the person’s involvement.

Current:

VII. Dues and Finances

All members pay dues on a sliding scale based on their annual income. The options of sustaining memberships and contributing memberships are also available.

Proposed:

All members pay dues on a sliding scale based on their annual income. The option to contribute beyond the expected amount will also be available.

Rationale:

To match the bylaws to actual practice. Sustaining membership and contributing membership have not been defined on membership applications for many years, if ever. In 1981 there was a category of “Contributor,” and a fee of \$22, but it didn’t indicate that the contributor would become a member by contributing.

By Jill Strunk

Spotlight on New Executive Committee Member

Fran Zimmerman, MA

Licensed Psychologist, Spiritual Director, Certified EMDR Practitioner

Private Practice: 8085 Wayzata Blvd. Suite 216, St. Louis Park, Minnesota 55426, 952-545-9310. (just marked 20 years in private practice this spring)

Specializations: Mind/body/spirit integration:

Body Psychotherapy, Psycho-spiritual exploration, EMDR/Trauma therapy, Abuse recovery, addictions recovery grief and loss. Many other conditions related to the body: chronic and terminal illness, insomnia, fertility and infant loss, menopause and other hormone related conditions.

I work with many clients who are gay, lesbian, and bisexual

Why MWP?

I joined MWP in the early 80's. Having completed grad school and being newer in the field, I was drawn to the sisterhood aspect of MWP and the opportunity to connect with other female therapists in a more relaxed atmosphere.

I did my first professional presenta-

tion at an MWP annual meeting entitled "Bringing The Body into Therapy". It was a bit of a coming out for me as this type of work wasn't as accepted 15/20 years ago and I had been doing it successfully in the privacy of my office. The number of women that attended the presentation, and the positive response I got was so affirming and supportive. I learned that others were out there doing similar kind of work. Years later I was able to do a full day workshop which again was well received. I am so grateful to share my work with others and know that my therapy with clients has been enriched as a result.

Though for many years while I was busy working and raising children my involvement in MWP was minimal, I still highly valued being a member and attended workshops and a retreat. More recently, as my children are more independent, I've been happy to be able to have the time to give back by being a part of the membership committee and more recently to take on the task of treasurer.

What do you do in your spare time?

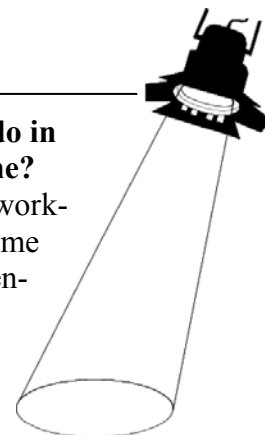
When I'm not working or having time with family, I enjoy time with friends, seeing movies, theater, and musical performances. I love having time in nature and especially enjoy doing that on vacations. Partly for enjoyment and partly for the necessity of an aging body, I run, bike, attend a stretch class, meditate, and have recently started weight lifting. This past winter, I got involved with the Mother Bear Project in which myself and a group of women knit teddy bears to send to children in Africa affected by Aids.

Tell us about your family?

I have been married for 22 years to a fellow New Yorker and therapist that I met in Minnesota. We have 2 children- a 20 year old daughter beginning her 2nd year of college and a 17 year old son in high school. We also have a dog Buddy who is 11. Most of our extended family lives on the east coast.

What else?

I so appreciate being a part of MWP!!



MWP Book Group October Discussion

Book: "The God of Small Things" by Arundhati Roy.

The story is set in Kerala, India, during the late 1960s and begins with the funeral of the cousin of the novel's protagonists. "Beneath the drama of a family tragedy lies a background of local politics, social taboos and the tide of history. Protagonist "Rahel notices that 'at times like these, only the Small Things are ever said. The Big Things lurk unsaid inside.'" (Publishers Weekly)

Date/Time: Saturday, October 11, 1:30-3:30

Location: Black Bear Crossings Coffee Shop (Como Park Pavilion), 1300 Lexington Pkwy N, St. Paul 55103 St. Paul

FYI: Contact Jane Whiteside at janewhiteside@earthlink.net

Space Available

Spacious office for rent in Loring Park, 3-5 days/wk., with group of 6 independent psychologists. Optional reception/scheduling services. Potential to sign lease. Contact Heather Murphy, 612.870.1242.

MWP Book Review

Asian American X (eds): an intersection of 21st century Asian American voices

by Arar Hahn & John Hsu

This wonderful book is a compilation of 34 essays. In addition, the introduction defines the reasons for and the goals of the book. The essays are written by college education young men and women (ages 18-30) who seem to be bright, and, free to be creative and original thinkers. Some of them are second generation Americans but some are still struggling with migration, status and identity issues after being here for several generations, simply because of 'looking different'. Their parents and ancestors hailed from many different Asian American countries but there are some common issues faced by them.

After the introduction by the editors, and a good size bibliography, the 34 essays reveal a variety of reactions from Asian American young folk, some focusing mainly on personal experience and others going beyond the experience, to general sociological, anthropological,



political, interactional and national group aspects as well as the individual identity issues of humans upon migration. At any rate, the essays are courageous, thoughtful, honest and introspective in nature. It is interesting that while a few have described experiences of racial discrimination, others have looked 'within and without' to search for creative adjustments to the process of development of their belongingness and identity on the one hand, and, on the other hand, of congenial, peaceful living in a culturally diverse, free, egalitarian society,

Asian American X' is written in

simple everyday-spoken language of the US, easy to read and does not require major time commitment due to the essays being only 3-5 pages long on an average. They can be read one at a time without threats of loss of continuity because each essay has its own perspective as an individual author's reaction. This book would be beneficial for all in our country who understand and honor the values of diversity, and for immigrants of all generations of Asian American and non-Asian Americans. Needless to say, it is a "must read" for those who have not yet experienced an interest in the multicultural aspect of our country, or those who believe that terms 'diversity' and 'multicultural' only apply to minority groups and therefore not relevant to others. I believe that all types of readers would find something informational and/or educational in this book. It includes the views and voices of some of our country's future leaders and educators.

By Asha Mukherjee, PhD, LP

Authentic Movement/Contemplative Dance Experienced Movers Workshop

with Alton Wasson, MDiv, STM (Yale) from Massachusetts

Authentic Movement is a simple, yet profound practice of moving with our innate intelligence of the body, psyche and imagination and their drive for wholeness and integration. We pay attention inwardly and we move or are still, suspending self-criticism and cultivation awareness. We may move, or be moved, into deeper streams of consciousness. As we practice with others we develop an appreciation for the diversity of human experience. The workshop will include guided movement mediations, art media and time spent in nature.

September 26 - 28, 2008

Friday evening - 6:30 - 9:00 pm Saturday - 9:30 am - 5:30 pm Sunday - 9:30 am - 12:30 pm

Minneapolis location. Cost \$250, register with \$50 deposit to

Alton Wasson, 24 O'Neil Road, Haydenville, MA01039

or pay pal on-line at www.contemplativedance.org. Click on Mpls workshop.

Call Marjorie Huebner 612.242.6646 for more information.



5244 114th Ave
Clear Lake, MN 55319

ADDRESS SERVICE REQUESTED

Dated Materials: October 1, 2008