



Minnesota Women in Psychology

Spring 2008

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

Annual Meeting Invitation

This year's annual meeting will feature presentations by three people who have recently completed dissertations. We will be able to gather the newest data after eating lunch and participating in the Annual Meeting review of the year. Plan to attend to honor all of the volunteers who make the organization vibrant.

The meeting will be held Sunday, June 1, from noon to three pm. Lunch and annual meeting will be from noon to 1:00 pm, then research presentations will follow from 1:00 pm to 3:00 pm. A certificate describing these two hours will be presented so that you can apply to your Board for continuing education credits.

Save the date - details will follow!

By Ferris Fletcher
Annual Meeting Committee Chair

MWP Private Practice Group

Support. Advice. Inspiration. Encouragement. Information. Energy. Ideas. Enthusiasm. And a cup of coffee! These are just a few of the reasons why a group of women gather each month for the Private Practice Group. It meets the second Saturday of each month from 9:00 to 11:00 in the morning at the Black Bear Coffee Shop (second floor) at the Como Park Pavilion. This group is for anyone thinking about starting a private practice to those who are in private practice. You can come as often or as little as you would like!

The Private Practice group provides an informal, supportive, positive, and encouraging atmosphere. This group has been meeting since February of 2003 on a monthly basis. Dawn Ulrich, who co-founded the Private Practice group

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Left to right: Dawn Brennan, Dawn Ulrich, Barb O'Brien (almost falling in front) Laura Nielsen, Linda Rodgers and Sharon Ward.

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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 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-chairs

Two years has gone quickly and I have acquired great memories as co-chair of MWP during this revitalization phase. I step down knowing that Jennifer will do a fantastic job of leading us in the future and I'm very happy that the ranks of the Executive Committee have grown to nine members. I'm thrilled to see that the technology committee is moving forward under Rebecca Chesin's capable leadership, the membership committee remains creative and effective, and the other committees are right on target.

I am grateful to all of you members who have made it possible to keep MWP alive and growing. Getting to know more of you has been my greatest reward and, though I will no longer be co-chair, I know I'll continue to be involved in lots of ways. I couldn't have known until I became more active just how much I had been missing. I hope you are looking forward to becoming more and more involved yourself. I'll see you soon, dear colleague!

Jill Strunk, Retiring Co-chair*



I, too, have gained some great memories during this time of transition for Minnesota Women in Psychology. It has been great to see the organization grow and change. In May of 2006, we were wondering if MWP could survive. Now the executive committee has grown, the membership committee has grown, the technology committee is prospering, and we are gaining new members while still keeping many of the old members. We are starting up a new professional development committee, and they are planning an actual MWP conference for CEU's. Keep looking for it. The fireside chats continue to support and nurture us all. It is true that this organization will need to continue to change and transform with the times. We are especially changing in the area of technology, with an expanded website, e-mail blast, and potential list serve.

I am grateful for the time I have spent as the co-chair, and I also look forward to the new leadership of Jennifer Nash-Wright, who starts as the new chair of MWP in May 2008. I am grateful to all the members of the Executive Committee who volunteer their time each month for this organization. I will continue to serve for another year as past chair on the executive committee. I echo Jill's words above. Get involved, and you will find out how great it feels to help create events and experiences for yourself, your colleagues, and in the long run, to support your clients, through MWP. I'll see you soon, dear colleague!

Sharon Stein McNamara, Retiring Co-chair

New MWP Committee

The new Professional Development Committee held its first meeting at Jane Bennett's house on February 27. Laura Nielsen and Julie Eschenlauer were chosen as co-chairs and other members present were Jane Bennett, Sue Evans and Jill Strunk.

The initial purposes of the committee are to provide professional educational opportunities which can be submitted for CEUs, to promote mentorship, and to encourage networking and socialization in the context of professional development.

Three projects are in the planning stages. 1.) A day-long workshop on Women and Sexuality covering such topics as the effects of trauma on sexuality, menopause and mental health, and medical advancements in treatment of sexual dysfunction; 2.) A series of one-time mentorship opportunities with an expert in a specialized area of psychology available to answer questions to those interested in learning more about that specialization; and 3.) A series of gatherings to view and discuss professionally relevant videos, facilitated by MWP members with experience in the topic areas touched on by the videos.

Watch for more details in future newsletters and the weekly e-mail Blast. If you are interested in becoming a member of the committee, contact Laura at 651-769-3360 or Julie at 763-412-9724 (or jeschen@uwalumni.com)

By Laura Nielsen



MWP Book Group

MWP Book Group will meet on Saturday, April 19 from 1:30-3:30 pm at the Black Bear Coffee on the Lake, 1360 Lexington Parkway North, St. Paul. They will discuss "Asian American X: An Intersection of Twenty-First Century Asian-American Voices" edited by Arar Han and John Hsu (U of Michigan Press, 2004)

This book is "a collection of coming-of-age essays [that] powerfully captures...the many oft-conflicting ties they feel to both American and Asian cultures. The essays also highlight the vast cultural diversity within the category of Asian American, yet ultimately reveal how these young people are truly American in their ideals and dreams" (Amazon.com summary).

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

Private Practice cont.

with Ferris Fletcher, states that the group was developed based upon the vision "for women to take some risks . . . and be supported by others who have done the same thing. There is so much that we can learn from others as the wisdom amongst the members is incredible. There is immense talent amongst our members and, frankly, because of the support of the group many women have gone into private practice . . . Now they have healthy and thriving private practices." She adds that the group is also an excellent networking opportunity.

You are encouraged to bring your questions to the group or you can come just to listen. A wide range of topics can be discussed, including ethical issues related to practice, HIPPA compliance, marketing strategies, managed care concerns, and other general practice issues. Those who come have benefited from coming when they feel stuck, are in need of support, or have a question they would like help with. Velma Wagner joined the group shortly after she started her own independent practice four years ago. "I have found the support to be helpful and have gotten valuable tips that I have put to use" comments Wagner. "I have also been challenged by other participations to take risky steps to help my business grow, such as to set tangible goals for myself, to start a group, and to solidify the introduction that I make about myself and my practice when talking to a potential client on the phone" she adds. The group also promotes sharing successes, growth, and new ideas.

So grab a cup of coffee and come join us!

By Laura Nielsen



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. . . and much more

Proposed Bylaw Changes

The following changes to the by-laws will be proposed for vote at the annual meeting.

V. STEERING COMMITTEE MEMBERSHIP

A Steering Committee member shall be elected to an initial term of office of two years and may run for up to an additional four consecutive one-year terms for a maximum of six consecutive years, if duly elected. The Steering Committee will poll members on their intention to run for an additional year term at least six months before their term expires, and will actively recruit replacements for those who do not intend to run again. When possible, at least 1/3 of Steering Committee members will be experienced and one or more new members will be added each year.

Following one year of non-involvement on the Steering Committee, the MWP member could again run for an initial two year term and up to four additional consecutive one-year terms. This rotation of terms on and off could be repeated indefinitely.

Steering Committee members will be elected by ballot at the annual meeting, with a majority vote of those attending sufficient to elect a member, under the condition that at least 10% of the total membership is present at the annual meeting, or has voted by absentee ballot in the week before the annual meeting. The members running for Steering Committee positions will be publicized to the total membership, either electronically and/or by mail, at least two weeks prior to the annual meeting and those not planning to attend the annual meeting may obtain an absentee ballot by contacting the administrative assistant. The absentee ballot must be returned, either by mail or electronically, no later than five days prior to the annual meeting.

(Rationale for change: It will be easier to get volunteers for a two-year term than for a three-year term, and to get them to extend their term in one-year increments. This arrangement still allows for some experienced and some new members in any given year. Holding elections at the annual meeting would save money for mailing, and the absentee ballot would allow everyone the chance to vote. A list of those who had voted by absentee ballot would be held at the door of the annual meeting, so if someone was able to attend after all, she wouldn't get a second ballot.)

III. GOVERNANCE

The organization shall be governed by a Steering Committee consisting of no fewer than five and no more than 15 persons. . . .

If the chair has decided she would decline a further term, she will inform the Steering Committee at least six months prior to the end of her term and a replacement will be agreed upon at least four months before the annual election of officers.

(Rationale: We found that the organization can continue to function temporarily with as few as five steering committee members. Many organizations have a "chair elect" position for the person who will replace the chair when she retires. This is our proposed way of addressing that concept.)

X. AMENDMENTS

The Bylaws shall be revised periodically by The Steering Committee. Amendment of the Bylaws requires a vote by the membership. They may be amended by a two-thirds vote of the members attending the annual meeting, assuming that at least 10% of the membership attends the annual meeting. (10% constituting a quorum for such a vote). The proposed bylaw changes will be publicized to the total membership, either electronically

and/or by mail, at least two weeks prior to the annual meeting and those not planning to attend the annual meeting may obtain an absentee ballot by contacting the administrative assistant. The absentee ballot must be returned, either by mail or electronically, no later than five days prior to the annual meeting.

(Rationale: Same as for elections of steering committee members.)

By Jill Strunk

CURRENT BYLAWS

V. STEERING COMMITTEE MEMBERSHIP

A Steering Committee member shall be elected to a term of office of three years and may serve a maximum of two consecutive terms, if duly elected. Terms will be staggered to ensure that approximately two-thirds of the Steering Committee members will have prior experience and one-third of Steering Committee members will be new, following any election. Following one year of non-involvement on the Steering Committee, the MWP member could again run for up to two consecutive terms. This rotation of terms on and off could be repeated indefinitely.

The Steering Committee members shall be elected by a mail ballot. Only Regular Members can vote. Any Full Member of MWP is encouraged to become a Steering Committee member. Those wishing to be considered must follow the nomination procedure outlined by the Election Committee.

In the event of the mid-term resignation of a Steering Committee member, the Steering Committee may choose to appoint an individual to fill the position for the remainder of the year. If there is still additional time remaining in that term, the ballot at the next election will include a position for the uncompleted term.

Bylaw Changes cont.

New Steering Committee members will begin their terms of office in May, immediately following their election.

A minimum of two members from Greater Minnesota should be serving on the Steering Committee at all times. To ensure this representation, up to two members from Greater Minnesota may be appointed (and re-appointed) to the Steering Committee for not less than one year, if no one from outside the metro area is elected via the annual election process. These appointments will occur at the time of the election.

The Newsletter Editor shall be appointed by the Steering Committee for a three-year term beginning with the May meeting, following the election. In the event of the resignation of the Editor, the Steering Committee will appoint a new Editor from the membership to serve the remainder of the term. The Editor may be reappointed for an indefinite number of terms. She is an appointed member of the Steering Committee as well as Editor.

The appointed members of the Steering Committee have the same privileges and responsibilities as do the elected members of the Steering Committee.

III. GOVERNANCE

The organization shall be governed by a Steering Committee consisting of no fewer than 10 and no more than 15 persons. Steering Committee members: attend all Steering Committee meetings, make policy decisions affecting the organization, plan programs consistent with the organization's purposes, appoint committees to accomplish tasks and implement programs, assess membership concerns, provide a vehicle for informing membership about pertinent issues and events, take political action consistent with membership

views or in the interest of women in psychology and consumers of psychological services, and generally promote the effective functioning of the organization. For the purposes of taking action, a quorum is defined as a majority of the Steering Committee membership.

The Officers of the organization shall consist of a Chair or two Co-chairs, one or more Vice-chairs, Treasurer, and past-Chair. Officers are elected annually by the Steering Committee at least one month prior to the all-day planning meeting. The Chair will be given an automatic extension of one year to serve as past-Chair on the Steering Committee, should the end of her term as Chair coincide with the end of her elected term on the Steering Committee. Each officer shall perform the usual duties of the respective office and specific duties as described elsewhere in these By-laws or as assigned by the Steering Committee.

Robert's Rules of Order serves as MWP's reference on questions of parliamentary procedure.

X. AMENDMENTS

The bylaws shall be reviewed periodically by the Steering Committee. Amendment of the Bylaws requires a vote by the membership. They may be amended by a two-thirds vote of the Regular Members who reply to a mail ballot, assuming that at least 10% of the membership responds to the ballot (10% constituting a quorum for such a vote). Minor changes in wording which do not change the meaning or intent of the statement can be made by a majority vote of the Steering Committee.

Welcome New and Renewing MWP Members

Karen Brinkman

Daniella Cavenagh

Audrey Frederickson

Jil Leverone

Jennifer Riff

Patricia Stankovitch

Jennifer Wilson



Contributors to this Issue

Ferris Fletcher

Jacqueline Greenwood Julien

Ruth Markowitz

Sharon Stein McNamara

Asha Mukherjee

Laura Nielsen

Beth Stockinger

Jill Strunk

Jane Whiteside

Change in Child Abuse/Neglect Reporting Rules

Our duty to report maltreatment of minors has expanded. In August, 2007, the MN statute was changed to include duty to report knowledge of a pregnant woman using tetrahydrocannabinol (the active ingredient in marijuana) or using alcohol habitually or in excess.

The entire statute, 626.556, is accessible on the state website (<http://www.dhs.state.mn.us>). The wording of this new section is: “**626.5561 REPORTING OF PRENATAL EXPOSURE TO CONTROLLED SUBSTANCES.**

Subdivision 1. Reports required. A person mandated to report under section 626.556, subdivision 3, shall immediately report to the local welfare agency if the person knows or has reason to believe that a woman is pregnant and has used a controlled substance for a nonmedical purpose during the pregnancy, including, but not limited to, tetrahydrocannabinol, or has consumed alcoholic beverages during the pregnancy in any way that is habitual or excessive. Any person may make a voluntary report if the person knows or has reason to believe that a woman is pregnant and has used a controlled substance for a non-medical purpose during the pregnancy, including, but not limited to, tetrahydrocannabinol, or has consumed alcoholic beverages during the pregnancy in any way that is habitual or excessive. An oral report shall be made immediately by telephone or otherwise. An oral report made by a person required to report shall be followed within 72 hours, exclusive of weekends and holidays, by a report in

writing to the local welfare agency. Any report shall be of sufficient content to identify the pregnant woman, the nature and extent of the use, if known, and the name and address of the reporter.”

Gary Schoener, M.Eq.,L.P., Executive Director of the Walk-In Counseling Center, presents an excellent discussion of this new rule in the January 2008 issue of Minnesota Psychologist (the magazine of Minnesota Psychological Association). He points out the dilemma created by the vagueness of the terminology “in a way that is habitual or excessive” regarding alcohol use.

Two major issues emerge: 1.) Is this wording clear enough to guide those mandated to report? We may become vulnerable to liability for failure to report what others interpret as “habitual or excessive.” On the other hand, we may be called more often to defend our report on the basis of “good faith” if someone else considers our report an over-reaction, and 2.) Will this vague wording be interpreted too loosely to protect the unborn from the tragic symptoms of the fetal alcohol effects spectrum?

Gary suggests that an advisory group be formed to examine these issues and perhaps pursue further clarification in the law. If you are interested in this project, you can contact Gary at the Walk-in Counseling Center at 612.870.0565.

By Jill Strunk

"If we had no winter, the spring would not be so pleasant;
if we did not sometimes taste of adversity, prosperity would not be so welcome."

-- Anne Bradstreet

MWP Volunteers Needed for the MPA Annual Convention

We need volunteers from MWP to attend the Minnesota Psychological Association's 72nd conference, “The Psychology of Human Development: The Person and the Professional.” The conference is being held at the Minneapolis Airport Marriott, Bloomington, MN, on April 25 and 26, 2008. You get 13.5 CEU's for attending. You can attend either Friday, Saturday or both. On Saturday, April 26, MWP will have a booth at the Community Resource Fair, from 1 to 2 pm, and we need MWP members to hang out

at the booth to recruit new members and answer questions about MWP. If you do not want to attend the whole conference, you can come just for that hour on Saturday, for free. If you are planning to attend and want to connect with MWP members, or you want to volunteer at the booth, contact Sharon Stein McNamara (ssmcnamara@comcast.net). We look forward to a large turnout from MWP.

By Sharon Stein McNamara

Nationally Recognized Hakomi Trainer presents....

An Introduction to **Hakomi Experiential Psychotherapy**



The Sensitivity Cycle: A Diagnostic Tool to Assess Where We or Our Clients Are Out of Balance.

with Maci Tater, Ed.S., LPC, of the Hakomi Institute

I embrace the notion that healing is directed from within, that it is organic. As the client becomes increasingly sensitive, either the information within becomes clearer, or the habits of internal noise or distraction which manage experience, take over. With awareness gently focused on present experience, sensitivity increases and attempts to manage the experience slowly yield to the acceptance of whatever emerges. —Ron Kurtz, Hakomi Founder

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

- ❖ Know how to use the Sensitivity Cycle as an empowering resource for yourself and your clients.
- ❖ Understand, name and use the four stages of the Sensitivity Cycle (clarity, effectiveness, satisfaction and relaxation) and learn strategies to overcome the barriers associated with each stage.
- ❖ Use the Sensitivity Cycle to improve decision-making by attuning to the intrinsic signals for action and stillness.
- ❖ Utilize mindfulness to diminish reactivity, increase clarity about one's needs, and more effectively respond to the demands of life.

Hakomi Experiential Psychotherapy, developed by Ron Kurtz, uses mindfulness and body awareness to gently explore the rich, nonverbal levels where unconscious beliefs shape our experiences. In this experiential workshop, you will learn a tool that Hakomi practitioners use to help clients live more effective and satisfying lives. It is called the "Sensitivity" Cycle because when we are sensitive to our inner guidance, we have clarity about our needs and are able to take effective action to meet them.

Friday, April 25, 2008, 9:30 am to 5:30 pm

Saturday, April 26, 2008, 9:30 am to 5:30 pm

Minneapolis, MN

\$265 (\$235 if paid in full by April 1)

Enrollment limited, advance registration required.

For psychologists, psychotherapists, counselors, social workers, bodyworkers, etc. :

Information is available for CEU remittance.

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

Maci Tater, Ed.S., LPC, is a Certified Hakomi Therapist and Trainer on the faculty in Georgia, North Carolina and Virginia. Maci holds graduate degrees in Education and Counseling from Harvard and Georgia State Universities and is an advanced student of Somatic Experiencing. She practices psychotherapy, career planning and life coaching in Decatur, GA.

REGISTRATION FOR "THE SENSITIVITY CYCLE"

NAME:

EMAIL:

ADDRESS:

CITY/STATE/ZIP:

PHONE: (h)

(w)

Make check payable to:

Susan Broadwell

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 April 18, 2008 will be refunded less a \$30.00 fee.
No refunds after April 18, 2008, though you may send someone in your place.**

Meet an MWP Member

Beth Stockinger, MS,
Licensed Psychologist, Licensed Marriage and Family Therapist

Private Practice: FireStation Professional Building, 91 North Snelling, #230, St. Paul, Minnesota 55104, 651.641.1846

Also co-owner of Albert and Associates (private practice clinic in Roseville and St. Paul)

Specializations: Couple and Marriage Therapy with emphasis on competency-based, attachment, and developmental therapeutic approaches. * Studied for 4 years with Marianne Walters, MSW and associates at the Family Therapy and Practice Center in Washington, DC. * Currently participating in 9 month intensive training with the Couples Institute, Ellyn Bader, PhD, Menlo Park, California

Consultation and therapy with parents, families, teenagers, young adults, and with adult family members.

Dementia, Alzheimer's, other aging and medical changes-personal and family adjustment, consultation, and supportive therapy.

Individual therapy for mental health concerns-depression, anxiety, stress, grief, relationships, etc.

Why did you join MWP?

Ruth Markowitz, Linda Rogers, and Sara Gurganus sent me an invitation to the MWP Open House. All three of them signed the invitation which made me laugh out loud and I realized it was time.

I had stopped joining organizations because I love being a Mom and wanted to keep my time open. I have heard such positive things about MWP in terms of the ongoing focus on women and issues related to their life experiences. I know that MWP runs well as an organization, is committed to professional development and networking, and is an awfully fun group of women. At this point in my career and life, I find myself wanting to discuss the complexities and gray areas of issues that clients bring to us.

Who is a woman you look up to?

Hard question. Oh so many women to look up to for many reasons. I went twice to the Omega Institute Women and Power conferences. Many of the women were so inspiring from the famous ones like Eve Ensler, Elizabeth Lesser, Sally Field, Jane Fonda, to the women from small villages in other countries. I have always liked Ann Richards. She was a smart, tough, compassionate, humorous person. She looked some like my mother. I looked up to my mother for her quiet yet wise ways. My mother-in-law, Betty, is another woman I look up to. It always amazes me how she can be loving and positive after surviving the experiences she had in WWII.

What do you do in your spare time?

I do not have much spare time but I enjoy spending time with my 12 year old son, Ben and my husband, Sam. We like to read by the fireplace (especially this winter), Ben and I

downhill ski, I love ocean-usually we go to the east coast but any ocean will do, we watch comedy and movies, The Office (stupid and painfully funny), old classics, romance, nature. I love to have a coffee and set out on a long walk with a friend or colleague. Laughing is very, very important to me.

Favorite movie, TV show, food, book, game?

Comedy, old Saturday Night Live reruns, The Office, Smallville (about Superman as a child-superhero theme), Gray's Anatomy, Dark Chocolate, Books-historical fiction, Game-Catch Phrase. Dancing is high on my list and I love The Steeles.

Tell us about your family.

As I mentioned, My husband is Sam. We have been married for 20 years. We met in the days when we both ran marathons. This was well before the current middle age chub appeared. We have a dear son, Ben, who will be 13 soon. I also have a stepson, Josh, daughter-in-law, Amy, and two grandkids, Max (6) and Henry (1). I grew up in St. Cloud, Minnesota and I am the 4th of 5 girls. I have a very special relationship with my 90 year old Jewish mother-in law, Betty, who lives in Arizona. She is a gift, a role model, a wise woman, and quite a character.

What else should MWP know about you?

I am very happy to be a member and look forward to spending time with you. Thank you for the interview.

Office Space Needed

Office space needed a few hours each week to sublet in Roseville area. Needed primarily for Healthpartners out-of-network clients as I would like to be certified as an in-network provider with them and an office outside of the home office is required for this. Please contact Meg McChesney MSW LICSW at megmcc@pro-ns.net or call 612.280.2610.

"All through the long winter, I dream of my garden. On the first day of spring, I dig my fingers deep into the soft earth. I can feel its energy, and my spirits soar."

-- Helen Hayes

Two Books on Private Practice Reviewed

Building your Ideal Private Practice: A Guide for Therapists and other Healing Professionals. (2000) and *Twelve Months to your Ideal Private Practice: A Workbook.* (2003) By Lynn Grodzki . W.W. Norton, New York, NY.

If your graduate school experience was anything like mine, you did not receive one hour of training on how to use your skills as a psychologist or a therapist, to operate your practice as a business, market a business, or to manage a business. For the first ten years I was in practice, I did not need to worry much about attracting clients because I found they just came to me without much effort on my part. But the climate for most therapists has changed in the past ten years. It has become much more competitive and difficult to attract and keep clients. In the current climate, instead of just being a psychologist, my experience is that I have to think like an entrepreneur, and market my business, to attract and keep my ideal client base.

Luckily, Lynn Grodzki has written two wonderful books since the year 2000, to help therapists think and act more like business owners rather than just being healers. Her first book, *Building Your Ideal Private Practice*, is a wonderful resource for any therapist. She outlines the basic rules of business, in terms of having a business plan, and even deciding which types of clients you want to attract and keep. She outlines what she calls the "aligned vision process," in which you create a mission and vision statement about the type of work you are called to do, and how to get paid for that work. One of the best things about Grodzki's methods, is that she asks therapists to think clearly about how to charge, what fees to set, and how to feel comfortable with talking directly to clients about money. We all have specialties, and we work very hard to maintain our professional competencies in our specialty areas. But if you are like me, you never thought much

about what that competency is worth to your clients. Grodzki helped me to see how to tie together the pride I have in my work with the fees I charge for my work.

In one section, Grodzki coaches the reader to practice stating their hourly rate so that it feels good and comfortable every time it is stated. If you feel uncomfortable with asking for your hourly rate, or are concerned about offering a range of fees and services, she recommends offering a menu for clients, including group, individual, or short consultation services, with a different range of prices.

Grodzki's companion workbook, offers exercises and skill building that is good for any therapist at any level of practice. If you have a longstanding practice that needs a makeover, or are just building a new practice, this book has a depth of insight from multiple levels including very seasoned long-term practices. Again, Grodzki teaches therapists to have an entrepreneurial mindset and to look at therapy as a business. She invites us, as therapists, to build a reserve of support of professionals to support us from an abundance mentality, rather than through competition. Grodzki discusses the details of integrity regarding your business and how to create policy statements and practices that reflect your integrity, vision, and mission. One chapter discusses making peace with making money, and how to feel good about being profitable. Grodzki also discusses ways to use attraction-base marketing, to guide clients to your practice because they find it to be a good fit, rather than using promotional marketing, that is more aggressive.

If you are interested in learning more about Lynn Grodzki's books, and her work as a coach for therapists, check out her website at www.privatepracticesuccess.com.

By Sharon Stein McNamara

Therapist-Friendly Website Designer



Are you wanting a website to represent your practice but unfamiliar with technical lingo? I can speak your "language" and translate what you need to know into clear and easy steps! I have over a decade of experience in Information Technology, including website design and development. For the past few years I have been transitioning into the field of psychology and counseling, so I understand the needs and desires of practitioners with this career. Visit www.lizardrevolution.com and get in touch with me if I can be of assistance.

Rebecca Chesin
Head Lizard

"A little Madness in the spring Is wholesome even for the King."

-- Emily Dickinson

"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also. "

-- Harriet Ann Jacobs

"A man has every season while a woman only has the right to spring. "

-- Jane Fonda

Book Review: “Namesake” by Jhumpa Lahiri

“Namesake” is the story of the cultural adjustment of a first-generation immigrant couple from India and the impact of their history, personalities and adjustment process on the offspring. The need to continue the old country’s culture is well illustrated in the first generation immigrants (i.e. the parents). The story first focuses on Ashoke as a young bachelor (later the father in the family) whom an older man advised “to go abroad and see the world” while he was still young and a bachelor, a few hours prior to a major accident of their train during which Ashoke almost died. Ashoke had not been at all keen to travel out of the country and had no such goals or plans. However, this became a life-changing significant experience for Ashoke and generated his unusual reason for coming to the US. Arriving as a student and deciding to stay here, he visited India to marry a young woman through the traditional ‘arranged marriage’ (by families) system. His wife faced the dual problem of (1) separation pangs from her own family and culture, as well as (2) facing the new world and developing a new lifestyle in the US. The couple’s need to follow traditional ways was unusually strong so as to not jive with the requirements of a birth certificate of their firstborn. As a result the firstborn son got named in a hurry (with not a random name based on family-values nor a deity’s name, which happens a lot among Indian folk) but instead as ‘Gogol’ based on his father’s worship of a Russian author Nikolai Gogol. The significance of the favorite author had increased due to his connection to the PTSD memories of the train accident in which the father almost died. Surprisingly, the son’s informal nickname or pet-name was the only name used until he grew to be of school age. (Typically, a formal name is given at the same time and the child is well aware of it). The boy knew no other name during his pre-

school years and upon entering school, he resisted a new, strange, formal name for himself. The school staff made the decision that he would remain Gogol against the parents’ wishes. (This has clear implications for awareness and respect for diverse cultural ways). It is mind-boggling that neither teacher nor parents thought of taking the time to ‘explain and reason this out’ with the child. At any rate, in later school years the boy faced teasing, bullying, embarrassment, frustration and resentment about his unusual name. It did not help to discover in the school curriculum that Nikolai Gogol had had many mental health issues and was not admired during his lifetime. All this had a negative impact on the son’s identity-forming years. The name became responsible for his resentment toward and alienation from his parents, for his partner choice, and for his pessimism and loneliness. Another reason for the alienation was his parents’ inflexible clinging to the old country’s culture and to connect with a very small group of people almost exclusively. Identity confusions in his mind caused over-valuation of non-Indian ways of his first girlfriend’s family because they were non Indian. This was a positive bias (a new prejudice in reaction to parental prejudices!?) but nevertheless prejudice it was. It is only in Nikhil’s adulthood that his father shared with him significance of his own train accident and the meaning his name had had for his father. For the first time Gogol / Nikhil he did not see his name in a negative light due to a new awareness of significance and awakening of compassion for his father.

While the family has 4 members (mother, father, son and the daughter) living in Cambridge, Massachusetts, the book focuses mostly on the mother and the son’s inner life and subjective feelings. The repercussions of lack of communication between

the generations impact also the son’s partner choices. His father was so much in the background after the accident that Gogol / Nikhil had never known him any other way. He aptly concluded after his father’s death that his father had actually “died” in many ways during the train accident : “as if the preparatory work of the death had been done long ago, the night he was nearly killed, and all that was left for him was one day, quietly, to go.”

It is interesting that most lifestyle decisions were made by the father and simply accepted by the mother. Neither parent thought of plans and lifestyle with regard for the children’s needs, feelings and views. While the family is similar to many Indian families in that they follow socio-cultural traditions, it is also very different in that very few efforts are made by the parents to make sufficient changes to make life comfortable for the children born in the new country. The Ganguli parents are gentle but still autocratic and disapprove when the offspring follow new culture’s ways. They mingle and spend time only with the Bengali families from Calcutta (i.e., do not have much to do with the families who are even from any of the other 19 states of India). The Ganguli family’s closed-group social life and entertainment gatherings at Indian festivals seemed to bore and burden the children of all the families in this group. The children of the whole community seem to put up with parental wishes without protest but harbor the resentment . For Gogol /Nikhil, this becomes the common factor for attachment with his second girlfriend. His sister’s life was given minimal focus in the book but she gets much less ‘flack’ from the mother about dating a non-Indian person than the son did. The mother seemed to have learned a few things about “American common sense” by the time the second born was ready to marry.

The book is written very well and

“Namesake” cont.

gives insights in family dynamics. About parenting it is a story that at times tells us what not to do with our children if we happen to be first generation immigrants. Personally it was difficult for me not to feel appalled that the physically well attended, loved, at times pampered, and educationally encouraged children were so neglected in social-emotional aspects. This is not typically seen in the first-generation immigrants from India. If anything, without the extended family, they become more conscious of their increased responsibility to the offspring. It is not uncommon to hear “we have to be their parents, uncles, aunts and grandparents”. My reactions to parental inflexibility in this story seemed to fight with my empathy for them. For new immigrants, it

is normal to not give up their culture but it has been possible for many to be more relaxed and open in attitude so as to include the new country’s culture as well. The mother herself seemed strong and resilient, but perhaps more open later in life. On the whole it seems fortunate that this particular family is not representative of all families from India. It is very likely that other readers would have varying reactions to it. I hope that through what we learn from this book, our first-generation and second-generation immigrant clients would benefit. Needless to say that the current societal efforts about Diversity (including understanding new residents’ cultures) deserves a lot of support.

By Asha Mukherjee, PhD,LP
MWP Social Action Book Club

Omega Institute Conference Shared

In September a small group of women from Minnesota, who are in psychology went to the Women and Power conference at the Omega Institute in Rhinebeck N.Y. It was a two and a half day event and for me it was my third time going along with my dear friend and colleague Sue Evans. After each time that I went I wanted to share this more and more with people who I knew would appreciate it as I did. So this time Roni Ahern, Lyn Kiely, Beth Stockinger (who came the second time we went) and Dorey Macek attended. And what a time we had. This event is a collaboration between the Women’s Institute at Omega and Eve Ensler. We had the privilege of being with 3 Nobel Peace prize winners, Rigoberta Menchu, Jodi Williams and Betty Williams. We heard women from the Congo, Bosnia Afghanistan, Haiti and New Orleans tell their stories of living through wars, rape, the Taliban, hurricanes and death. They told us how they built shelters, and places for women to go. They shared with us how Eve Ensler came and gave money from her organization Vday to create shelters to help. We heard a young woman from the Bronx talk about how she has worked to eliminate the environmental toxins in her area. We heard a play that was written by Eve Ensler about the women in Bosnia and was presented with Jane Fonda, Ellen Burstyn and Kerry Washington. It was called Necessary Targets and was incredibly powerful. We heard Pat Mitchell who worked for Public TV for many years as a producer and we heard Carol Gilligan and we were sung to by Natalie Merchant who sang thank yous to all the amazing women who were there. And I’m sure I’m leaving out things, but we want to share this experience with you.

In January we shared the DVD of the time we were there. Those of us who went selected 2 hours worth to share with you all this incredibly sacred experience.

By Ruth Markowitz

Workshops

The National Association for Poetry Therapy Annual Conference: “Reaching Out and Reaching In: Expressive Writing for Growth & Healing”
April 2-6
Millennium Hotel in Minneapolis.
Keynote speakers, Patricia Smith, *award-winning poet and poetry slam winner*, & Ruth Gendler, *poet and philosophical writer on beauty and transformation*. CEU’s are available To register contact Lauren Keller at NAPTkeller@yahoo.com or go to www.poetrytherapy.org.

Looking Through the Eyes: EMDR, Ego State Therapy & Somatics Across the Dissociation Continuum
with Sandra Paulsen PhD. presenter.
April 26-27 from 9:00 am-5:30 pm.
Midtown Global Market
\$290 for two days 12 CEU’s
For brochure or more information call 612) 870-7673.

An Overview and Comparison of Imagery Approaches Currently Used in Psychotherapy
by Diane P. Barrett, Ph.D., LP as part of the Minnesota Psychological Association Friday Forum Series
Friday, May 2
8:30 Registration/9:00-Noon Presentation
Metropolitan State University, St. Paul Campus
CEU’s available
Further information: MPA office 651.203.7249 or 800.417.3660

Introduction to Poetry/ Bibliotherapy: Theory & Practice
June 4-6
Instructor: Geri Chavis, Licensed Psychologist, Certified Poetry Therapist and Mentor/Supervision
Place: Edina, Minnesota
Cost: Only \$370 (Includes printed materials, coffee/tea break snacks, & continuing education certificate)
Contact Geri Chavis for details ggchavis@stkate.edu, 952.922.9090 or 651.690.6524.



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ADDRESS SERVICE REQUESTED

Dated Materials: April, 2008

Mark Your Calendar

Tuesday, April 1

Membership "Fairy Godmother Gala"

6:30-9:00 pm

"Fairy Godmother", 3801 Grand Ave S, Minneapolis

Contact Susan Broadwell at 952.922.1848.

Saturday, April 12

Private Practice Group

9:00-11:00 am

Black Bear Coffee on the Lake

Contact Dawn Ulrich at dmulrich@hickorytech.net

Saturday, April 19

MWP Book Group

1:30-3:30 pm

Black Bear Coffee on the Lake

Contact Jane Whiteside at janewhiteside@earthlink.net

Saturday, May 10

Private Practice Group

9:00-11:00 am

Black Bear Coffee on the Lake

Contact Dawn Ulrich at dmulrich@hickorytech.net

Sunday, June 1

MWP Annual Meeting

12:00-3:00 pm

Contact Ferris Fletcher at getferris@hotmail.com

Sunday, June 1

Summer MWP Newsletter Deadline

Email articles to jacquelinebgrnwd@yahoo.com

Saturday, June 14

Private Practice Group

9:00-11:00 am

Black Bear Coffee on the Lake

Contact Dawn Ulrich at dmulrich@hickorytech.net

Saturday, July 12

Private Practice Group

9:00-11:00 am

Black Bear Coffee on the Lake

Contact Dawn Ulrich at dmulrich@hickorytech.net