

Minnesota Women in Psychology

Spring
2009

Networking and support for all women in the mental health professions.

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. . . and much more

Minnesota Women in Psychology

announces our

First Annual Celebration of Women “The Musical”*

Friday, May 15

Come join colleagues and friends in a fun afternoon to
lunch
mingle,
network,
reconnect,
and have some fun.

The highlight of the event is our keynote presenter
Barb McAfee
who inspires audiences with her musically inspiring program.



“Who You Gonna Be While You Do What You Do? Bold Ideas for Bringing More Life to Work”

Watch for further announcements and invitations.

**This event will take the place of the Annual Meeting
and will include a brief segment
to review the yearly business of our organization
so all members are encouraged to participate.*

To learn more about the presenter, Barb McAfee
you can check out her web site
<http://www.barbaramcafee.com>

Newsletter Editor
Jacqueline Greenwood
jacquelinebgrnwd@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 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.

If you have read our recent newsletters and the email blasts you are aware that exciting events are happening with our organization. I want to thank all of you who have given of your creativity, time and energy in keeping MWP a vibrant and active organization. We have had a great response from members on programs in the areas of mentoring, professional development, networking, personal growth and self care. Members of the Executive Committee and all the committees have given of time and talents to develop and maintain programs and networking resources to support the professional and personal growth and development for our members in the work that we do. Jill Strunk and Sharon Stein McNamara are stepping down from the EC at the end of this term. I want to recognize them for their service and commitment to MWP and the Executive Committee. We are in need of additional committee members to keep the EC effective in its mission and energized with diverse ideas. I hope you will consider joining us.

MWP has increased earnings this year that is assisted in financing the facelift we are giving our web site. Soon our new website will be up and running with improved features that members have requested. Great thanks to Rebecca Chesin and the technology committee in their hard work to make this happen.

In the days ahead, winter will give way to spring. We all wait in anticipation of the promise of warmer days, green leaves and blooming gardens. This spring MWP is sponsoring the first annual Celebration of Women. This is an event for all members. I hope you will join us for an opportunity to socialize and network with colleagues and friends and to celebrate the work and accomplishments of the many women in our organization. This year's program will include a keynote presentation by a talented woman with a unique style and inspiring message about celebrating life and work. There is also a brief business meeting required in our bylaws that gives all members a voice in the leadership and direction of our organization. Further details and an invitation will be coming soon. I look forward to seeing you all there!

Respectfully,

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

Contributors to the Issue

Christine Halvorsen Baldwin

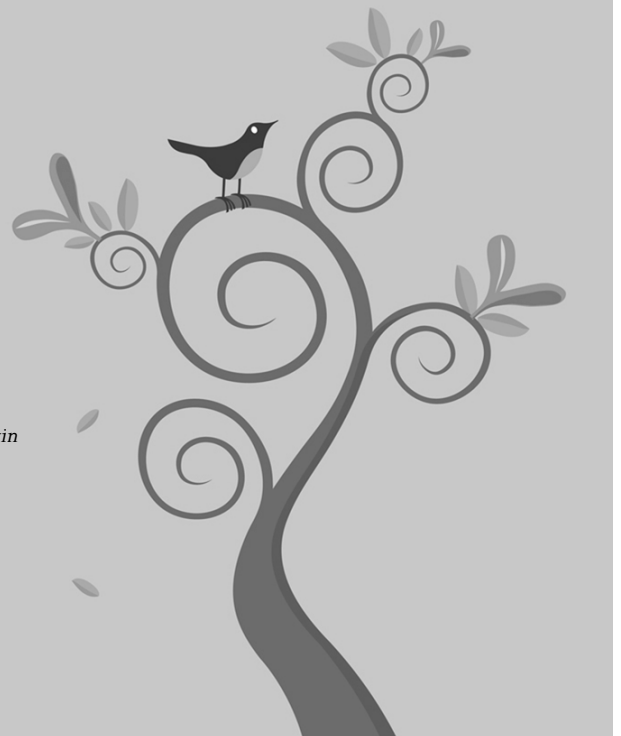
Cornelia Boisjoli

Rebecca Chesin

Lyndall Johnson

Asha Mukherjee

Jennifer Nash-Wright



Web Site Update - Request for "Test Drivers"

Our website designer continues to make progress in making our new website. The Executive Committee will be reviewing a working prototype at our March 3rd meeting. Our timeline calls for the new site to be up and running by our Annual Meeting in May.

Between those two meetings, we could use a few people willing to test drive the new site. I would send you the new website address, you would browse around, edit your listing; and basically try out everything you can think of, and then report any problems or confusing bits to me. Interested?→Get in touch! (see below for contact info)

The biggest benefit to our members will be the ability to update your own listing 24x7 via a web browser. This new Find A Therapist directory will have a search feature to make it easier for (potential) clients to easily find the services they are seeking, as well as for members to find referrals.

We will also have individual passwords (with a password retrieval system). Several technical enhancements will make maintenance and reporting easier for Susan Johnson, our Administrative Assistant. Other improvements will allow us to more easily add pictures to web pages. In addition, the slightly changed layout will make it easier for visitors of all types to find the information they need.

As always, I welcome your comments and questions; feel free to email me at leavesdance@comcast.net, or call 763-458-6896.

Rebecca Chesin
MWP Technology Chairperson

Book Discussion Group

BOOK: "The Bonesetter's Daughter" by Amy Tan. At the beginning of Amy Tan's fourth novel, two packets of papers written in Chinese calligraphy fall into the hands of Ruth Young. One bundle is titled Things I Know Are True and the other, Things I Must Not Forget. The author? That would be the protagonist's mother, LuLing, who has been diagnosed with Alzheimer's disease. In these documents the elderly matriarch, born in China in 1916, has set down a record of her birth and family history, determined to keep the facts from vanishing as her mind deteriorates....And as she did in her earlier *The Joy Luck Club*, Amy Tan uses these conflicts to explore the intricate dynamic that exists between first-generation Americans and their immigrant elders. (Amazon.com Review)

DATE/TIME: Saturday, April 18, 1:30-3:30 PM

LOCATION: Black Bear Coffee House, 1360 Lexington Pkwy N, St. Paul

FFI: Contact Jane Whiteside at janewhiteside@earthlink.net

Classified

Six-Session Imagery Consultation Group: To meet alternate Fridays beginning April 17: 4/17 & 6/26, 9-12:30; 5/1, 5/15, 5/29 & 6/12, 9:30-11:30. Focus will be on the incorporation of imagery into clinical practice. C.E.U.'s applied for and have been granted in the past. FFI: Diane Barrett, Ph.D., LP, 651.291.8070 or baireid@earthlink.net

Office Sublet: Located in charming, turn-of-the-century renovated church at the bottom of Ramsey Hill in St. Paul (311 Ramsey St .). Medium-sized office with skylight. Easy highway access. Friendly professional environment. Weds. & weekends. FFI: Diane Barrett at 651.291.8070 or baireid@earthlink.net

May you learn to see deeply into the dark
night
of your soul's longing
to be freed
from scurrying terrors,
petty hoarding of little grains of security,
restless rushing
to and fro,
up
and
down
round and round.

May fierce compassion be born
out of your own piercing in-sight
and may you
silently,
on wings of power
swiftly
swoop down,
devour and digest your fears
transforming them into
strength to soar
exultant
and
free.

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Bali 2007



Making Audio Recordings for Clients

I have always liked to make recordings for my clients, but I had hit a technology wall. I am not a techno-queen. Are you?

Many clients enjoy listening to the sound of our voices and having direct reminders of our work together. I often want to record a hypnosis or imagery session. Clients also find it useful to hear my voice leading them through the tapping points for EFT (Emotional Freedom Technique) or TFT (Thought Field Therapy) with specific reminder phrases for their issues. I often combine many techniques into a uniquely useful session "take-home."

I've discovered a recording technique that's quite useful and continues to amaze me. And, it's easy. For years I had made cassette recordings for my clients, but currently many don't even own tape players. So, in techno-transition, I hadn't hit on the ideal way to make recordings. I guess I could have cut a disk from recording directly into my laptop, but I never got around to figuring out how. Some people are recording onto their laptops and sending these recordings to their clients. The clients then download the recording into iTunes and then onto their iPods. This can be a bit of work.

For a while I was making recordings in clients' voice mails and still do this sometimes. This can work fairly well, because they have easy access from their cell phones. But, still it is not ideal. And, I usually do it after they leave the office, not during the session, which is preferable.

I have discovered that recordings can, often but not always, be made directly onto clients' iPods during a session. As with many ideas, this discovery was fortuitous. I had purchased a microphone for my iPod Classic so that I could record the voices of older relatives for posterity. And, I had fun doing this. Then I wondered if my microphone would fit into my clients' iPods. About 75% of the time I found that this does work. And then much messy downloading time and work is avoided.

I did some playing around to get this right. It's still not as easy as one might wish, but it's doable. So if I think making a recording for a client will be useful I ask them to bring in

their iPod and we see if my microphone fits into their machine. I also find that most clients own an iPod.

By the way, when you put the mike into the iPod the "Voice Memo" setting pops up on the list of available features and I record through that setting. After saving my recording however, it may not neatly appear on the "Voice Memo" setting when the client searches for it later. It may be saved in "Music" or "Favorites" or somewhere else and each person will have to see where her particular iPod decides to save the recording.

I bought my microphone at an Apple store for about eighty dollars, but think that one can buy a mike less expensively. This worked fine for my iPod Classic. It would not fit into older iPod Nanos, but does fit on the newer Nanos. Also, there may be a slight "ticking" sound in the background depending on where the hard drive is placed in the iPod. On my Classic the hard drive is near the bottom and the ticking annoys me, but doesn't seem to annoy most clients. One client had an older Classic where the hard drive was on the top of the gizmo and there was no ticking. I have also found no ticking on the newer Nanos. So, you will need to experiment and see how this might work for you.

I hope this is helpful information. Therapists have made recordings for clients for years and it did seem simpler when we could use cassette tapes. Those days are mostly gone. I am not an expert on these matters, but wanted to share what I have discovered.

I would be glad to facilitate a discussion on recording matters among the MWP membership, for publication later. So, if you care to, you can email me at "drchristinebaldwin@comcast.net" and let me know your thoughts.

**by Christine Halvorsen Baldwin,
Psy.D., LP**

Christine Halvorsen Baldwin, Psy.D., LP, is clinical psychologist in private practice in the midway area of St. Paul. She specializes in the treatment of trauma and anxiety, depression and performance enhancement using EMDR, Clinical Hypnosis, EFT and TFT, and imagery work.



Transformation

What alchemy of elements is this?
A dragonish nymph
Creeping round and round
In the cool, dark of her watery domain.

Stalking and rapaciously devouring
Smaller helpless water sprites
With her serrated, ripping jaws....

All the time feeding a hidden, inner secret,...

'Til the day she feels the upward urge
To climb towards the light
Birth herself through the crescent meniscus
And discard her disguise to

Reveal a shimmering comet of
Ruby iridescence in flight
Reflecting the fire of the sun.

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Bali 2007

Welcome New & Returning Members

Barbara Cloutier

Suzanne Harman

Ellen Holbrook Otteson

Susan Holladay

Jan Norman

Emily Oberlander

Jodi Pendroy

Pamela Russ

Kristen Ryan

Michele Sullivan

Rebecca Willaert

Karen Wright

Our Bodies - Our Memories - SomatoEmotional Release & Energy Cysts

How does CranioSacral Therapy assist in the healing of injury, illness and trauma? CranioSacral Therapy (CST) is a very compatible modality with all Medical and Psychotherapeutic professionals as a method of achieving resolution, recovery and the healing of injury, illness and trauma. CranioSacral Therapy was developed in the early 1970's by Dr. John Upledger, an Osteopathic Physician. During his research he found there were spontaneous releases of memory and sometimes with that emotional recall of a specific event when touching places on the body that held Energy Cysts. His training teaches how to locate and release these energy cysts. He calls the memory recalled and attendant memory and emotions Somato-Emotional release.

CranioSacral Therapy can assist anyone of any age to discover what is causing the discomfort in their body through gentle touch. When working with the CranioSacral system; the bones of the head & face, the spine and sacrum, the dural membrane that surrounds the brain and spinal cord extending out into the body via the fascia and the Cerebrospinal Fluid (CSF) we are able to bring the person into a state of *deep relaxation*. Allowing them to move out of their sympathetic nervous system, fight flight or freeze, into their parasympathetic nervous system, that of rest and repose.

Relaxation is a *skill* human beings learn rather than an aptitude. Too many times to count I have heard; "I have never been this relaxed!" As the client begins to relax deeply and move toward stillness their tissues begin to release

long held restrictions. Much of the release is physical in nature. Held within those restrictions can be Energy Cysts that also want to open and dissipate.

Through gentle touch, a safe container and guided by the clients "Inner Wisdom" we can facilitate the discovery of what memory may want to be remembered, brought back into sync with the body/mind and spirit.

Much of trauma, from an injury, illness, or life events is woven into the fabric of our bodies' tissue and nervous system. When an event occurs that does not have time or energy to come to full completion our body/mind will compartmentalize it until we can "get to it". In CST we call it an Energy Cyst. An Energy Cyst is a walled off area that contains; excess, disorganized, highly entropic and disruptive energy.

When an insult happens to our bodies the extrinsic energy of that insult enters into our bodies. A physical fall/injury/blow to the body or a verbal insult contains energy, extrinsic in origin. The energy must be dealt with upon entry to our bodies. Extrinsic energy is unorganized and chaotic. It is considered disruptive to the biology and organization of the body it is entering.

Our body's first choice is to dissipate it; the next best choice is to "localize" it. When localization occurs the energy of the insult is walled off and highly compressed, it becomes stuck in the soma of the body; muscles, organs, nervous system & fascia. An Energy Cyst has developed.

Over time we can accumulate a number of these Energy Cysts and our systems become challenged, open to the possibility of breaking down. Why is this so? Our bodies require more energy to maintain the Energy Cyst and energy to work around it. Everything feels ok one day and then we may bend over to pick the paper clip up off the floor and cannot understand why our back has seized up with intense pain. Maybe someone has a nagging discomfort or pain in *name the part here* and it never gets better. There may be a memory and possibly an emotion held in that part of the body that wants to come to completion.

In my practice I have found that many people have moved their recovery and healing to a new level through CranioSacral Therapy along with other modalities and approaches they are pursuing. Many come who feel "stuck" in their progress and find CranioSacral Therapy gets them moving again. Many people have come as a last resort and found lasting relief. Some come and find that they are also in need of other therapy, when that happens they are referred for treatment as well. Usually this is in the case of psychological trauma and I require that they receive psychotherapy to continue receiving CranioSacral Therapy.

by Cornelia Boisjoli CMT, CST

Cornelia Boisjoli CMT, CST is a Certified CranioSacral Therapist. Located at 1313 5th St SE, Minneapolis, MN 55414. Phone 612.269.6972, email is MatrixHealingArts@usfamily.net, web site www.CranioSacralforHealth.com. Please feel free to contact her.

Book Review: "Without Conscience" by Robert D. Hare, PhD

This book emphasizes that there are 'shades of gray' between people with conscience and those without it. It differentiates between the very high-level psychopathic criminals (who get media attention and become the subject of scary, shocking movies) and the everyday people who have similar tendencies but only to a lesser extent. According to the author, there is no dearth of such people and we all come in contact with them, to sometimes even become victimized in small and large ways. At times it is a private loan charmed out of us that never had the intention of being returned and at other times it is a relationship

that looked as wonderful as 'a dream come true' but as soon as the victim is 'hooked' (with trust and personal attachment) the rules of the game change and the true nature of the person with psychopathic tendencies becomes apparent. The charmer in the relationship becomes powerful, selfish and 'tightens the screws' to take unfair advantage, and, the other partner never again sees the wonderful person of the first few weeks/months. It becomes 'a dream of perfect bliss, too beautiful to last' but by then it is too late for the victim who is so committed that she/he automatically resists looking at the

weaknesses as well as the selfish manipulations and the cruelty of the other person, because of the well developed sense of loyalty.

The book places some responsibility on the rest of us (the public at large) and therefore clarifies in depth, through pertinent examples, the specific tendencies of the psychopath that is not the serial killer or the murderer but is psychopathic nevertheless in her/ his basic mental make-up. According to the author, if we try to be objective, we have already had contact with some such people but possibly

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have not recognized them or have made excuses for them because we were either naïve or already emotionally attached to them. These are smooth people who may never come to the attention of the law but they can certainly have very damaging impact on their victims.

The author also points out that the psychopaths do not choose their remorseless path. They simply are “wired” in a way that they do not experience emotions like the rest of us do (to them emotions are intellectually learned phenomena they can act out if they wish, to role-play for convenience). They do not actually experience or understand the pain behind the tears or the intense fear behind the scream. Therefore, the development of empathy in their minds is blocked. Conscience is seen as ‘born of emotional experience’ in our socialization process. Not having a handle on emotion, their socialization misses out on the development of conscience (possibly in addition to genetic components). While the victims rely on the psychopath’s words and statements (assuming that they have

underlying emotions like the rest of us, the promises and assuring statements of the person with psychopathic tendencies are merely “word-deep”. The psychopath’s not being purposeful about having his/her psychopathic tendencies, does not seem to prevent them from being purposeful about serving their own interests at tremendous cost to others. Robert Lindner in his book “Rebel Without A Cause” is quoted: “All his efforts, under no matter what guise, represent investments designed to satisfy his immediate needs and desires”.

The last chapter of this book is titled “A Survival Guide” wherein the first part, ‘Protect Yourself’ is about having a general understanding that would lead to a basic alertness in all of us. ‘Damage Control’ is the second part addressing how to deal with the situation when (note that it is not “if and when”; as per the author, most of us will come across at least one psychopath sooner or later) you become aware that you are in such an encounter / contact / relationship.

The book warns against diagnosing anyone and everyone carelessly but encourages objectivity for recognition of ‘what stares in the face’ when people suffer repetitive cruelty and/or selfish manipulations without any respect and regard for them, their feelings, their resources and their mental health.

Written in everyday language so that non-psychologists can understand it easily, it seems to be a good book to discriminatingly recommend to some of our clients as an eye-opener. It is also interesting reading: references are made to many well-known criminals now and then, along with brief case histories of non-criminal psychopaths in general, and even a chapter on ‘White Collar Psychopaths’. Although I have known the features of a psychopathic personality for years, this book seemed to further clarify and deepened my understanding of it. I see it as a great book for students of psychology, social work and all other mental health workers.

by Asha Mukherjee, PhD, LP

Book Review: “The Heroic Client” by Duncan, Miller & Sparks

In the interests of full disclosure, I will start by saying that I read a lot of books -- but I don't buy a lot of books. My husband jokes that the library plans to name a shelf in the reserve section after me. This is one book I thought valuable enough to take up permanent space in my bookcase, and I am integrating these techniques into my practice.

The basic idea of *The Heroic Client* is that the client’s perceptions and theory of change are crucial to effective treatment. For too long clients have been marginalized to a minor role in their own therapeutic healing. By inviting measured feedback, the therapist can demonstrate a responsiveness and accountability that has the potential to reduce therapy drop-outs and improve client outcomes.

Duncan and Miller, who co-founded the Institute for the Study of Therapeutic Change, began by making it their mission to discover which techniques of therapy were most effective. So they read studies – lots of studies – and meta-analyses that compared models and techniques to each other.

They found that a disappointingly low percentage – around 15% – of therapy’s success can be attributed to the skillful application of a model of psychotherapy. Even more discouraging, it doesn't seem to matter which of the 400+ existing models of therapy

you follow. The most effective therapists are found equally across the board.

In the chapter on the history of psychotherapy, the authors trace how the discipline emerged from a medical perspective of disease, diagnosis, and prescription. This places the therapist in a position of authority in deciding what’s best for the client. But people and their lives are too complex and diverse for this one-size-fits-all approach to be even merely adequate. All too often, the authors maintain, therapists overlook the primary experts on the subject of what works – the clients themselves.

And what of the other 85% of common factors that led to success? Studies showed that around 40% were outside the therapist's control – but not necessarily outside of the client's control. Another 30% was based on the quality of the relationship between the therapist and the client – and this is where the most effective therapists managed to excel. (The remaining 15% comes from expectancy, or hope.)

So yes, the authors say, be an expert in a model and the application of it – therapist allegiance to a model can help. But there's much more room for improvement when you work on building and strengthening the therapeutic relationship. Validating and empowering the client's own theory of change

– their goals and meaning, their preferred means and methods, their view of the relationship – has the best chance of bringing about positive change.

To this end, they've developed two instruments for use with therapy clients— both quite brief. The Outcome Rating Scale (ORS) is administered at the start of a session and shows the client’s assessment of his or her functioning over the past week. This serves as a springboard to collaboratively discuss what’s working and what’s not in therapy. The Session Rating Scale (SRS) is used at the end of the session and provides vital feedback about the therapeutic alliance. Together, these scales can help elicit concrete information to demonstrate progress to client and therapist, or to highlight needed changes to help prevent premature termination. These measures, and the conversations therapist and client have around them, form the core of the client-directed, outcome-informed (CDOI) model.

The authors discuss the development and testing of these tools, which have been shown to be valid and reliable. Much more detail and background is given in the book. I believe this model offers the most promising potential I have yet seen to improve client outcomes. Get the book, and see whether you don't agree.

Note: For more information about the CDOI
continued to page 6

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model, you can visit the website of the Institute for the Study of Therapeutic Change at www.talkingcure.com. There, you will also find many resources, including a FAQ, an active listserv, and options for downloading the ORS and SRS forms to use in your practice.

P.S.: I (Rebecca) am very interested in arranging for one of the authors to present a workshop in the Twin Cities on becoming a better therapist through this proven model. If you want to explore being involved in this project, please call me at 763.458.6896.

by Rebecca Chesin, MA, LAMFT

Rebecca Chesin, MA, LAMFT has a private practice, Twin Cities Relationship Resources, LLC (www.timeforclarity.com). She specializes in "Relationship Tune Ups" and sees couples and individuals at her office in St. Louis Park.

Book Review: "Infidel" by Ayaan Hirsi Ali

This book is a memoir of the life of Ayaan Hirsi Ali and her unique experiences as a liberated Muslim woman of modern times. Her growing years were spent among Somalia, Saudi Arabia and Kenya. In late teens and early adulthood, she came face to face with many rules of her Muslim community which her rational and compassionate mind could not accept as reasonable. These were essentially rules applicable to women and went against basic human rights. Her conflict was very strong about prevalent rules of Islam demanding not only extreme restrictions and subordination of women in multiple areas but also bodily mutilation with enormous physical suffering starting from childhood. Sadly, she experienced little of the original benevolent principles of Islam. Her community seemed to have reached a highly distorted form of the Fundamentalist View of Islam as a result of a series of poor interpretations over many generations. In particular for women, there was misrepresentation and very poor application of Islam so that what was meant to respect, honor and protect women became suppression, torture and suffering for women.

Her migration to Holland resulted from her intense need to escape from a marriage arranged by her father, (who had been her only ally up to that point) who refused her wishes pointblank. Ironically, he had been very considerate toward his daughters and had protected them from some maternal demands based on community traditions. Unable to accept the lifestyle of married women in her clan, she ended up travelling alone for many days by road to Holland.

Upon understanding the culture in Holland, she became aware that a different system and lifestyle for women were possible and this new 'yardstick' seemed to become a very important part of her identity. Strongly inner-motivated, she worked hard for years as a refugee to qualify to attend University, studied political Science, and eventually became a member of the Dutch parliament.

Though her friends were mostly not from her community, she had had sufficient contact with the suffering Muslim women in Holland

in refugee camps so that her mission in life became social and personal emancipation of Muslim women who had as little freedom from Islam traditions as their peers in Somalia and Kenya. These Muslim women in Holland still underwent suppression, social pressures for genital mutilation, intense pain for days, ill health, and poor care simply because they were 'Muslim women'. Their elder female family members, believing it to be Allah's (God's) will, had come to accept and tolerate these customs for young girls and firmly executed surgery on a tied up, screaming young girl without any kind of anesthesia. Their migration to Holland had made no difference because they lived within the traditional Muslim community and the Dutch values against interfering with the culture of immigrant communities perpetuated the status quo.

Her political efforts to change the situation for women and girls through the press, caused public unrest so that she faced opposition from the males of her own clan and community for dishonoring Islam (as the 'Infidel') to the point that her life was in danger. Many members of her own and other group in the parliament did not support her efforts for fear of her own safety. She remained committed and active and finally tolerated a very unsettled and inconvenient lifestyle of being on constant residential move at the beck and call of her anxious security guards. Her residences were forever temporary and isolated from her friends, and included old dilapidated buildings and an airport hanger, because these would be suspected less as her abode. Her independent spirit experienced agitation due to constant pressure and disruption from the political security guards, but her commitment prevailed despite the personal sacrifices. Her efforts to make a documentary film about the suffering of Muslim women was support by Theo Van Gogh, who lost his life in the process because he refused the security guard believing that only she was in danger. Ayaan's security was then maintained by several escape-trips to the US.

The book includes mindboggling descriptions of events (that are eye-opening about other

cultures) and, Ayaan Hirsi Ali's critical evaluations leading to the gradual development of her rebellious convictions. Her personal experience of alienation never weakened her resolve and remained secondary to the dedication to her mission of welfare of large numbers of Muslim women in Holland, some African countries and throughout the world. Her strength, courage, sense of justice, and unshakable resolve based on compassion, are all visible through the pages of this book. Her single-minded pursuit reveals a very broad and open view of the world and a very strong identity. She might be an example of Sigmund Freud's positive defense mechanism of 'sublimation' because she had been a child who had experienced what every Somalian, Muslim female would experience, had experienced rejection from her mother in favor of her sister, and in young adulthood, she was abandoned and disowned by her father for asserting herself. Later, she was not only alienated from her community but they saw her removal from this earth as essential! It is amazing that she did not crumble under all kinds of psych-ache. She continues to work for her cause and was believed to be living in the US at the time of publication.

Written in a simple narrative style, this 2007 book describes the ongoing unhappy experiences of women following Islam in various parts of the world, possibly including the US and even Minnesota. These are current goings-on that we might believe to be 'done and over with' along with 'witch-burning' long ago. The reaction of the members of the MWP Social Action book club was that we learned a whole lot from this book about women's social status, the double standard, and the power of groups' blind convictions based on erroneous beliefs, and, the demands placed on the author of this book in efforts to make a positive social change for fellow beings.

Her documentary file is titled "Submission" by Theo Van Gogh and Ayaan Hirsi Ali. It is available to view on internet (<http://www.youtube.com/watch?v=GnKxefgl15A>).

by Asha Mukherjee, PhD, LP



5244 114th Ave
Clear Lake, MN 55319

ADDRESS SERVICE REQUESTED

Dated Materials: April 2009

Mark Your Calendar

Saturday, April 11

Private Practice Group
9:00-11:00 am
Black Bear Coffee on the Lake
1360 Lexington Parkway North
St. Paul, Minnesota 55103-1059
phone: 651-488-4927
FFI: Dawn Brennan at
dawnbrenn@gmail.com or 612.390.6232

Saturday, April 18

Book Discussion
Book: "The Bonesetter's Daughter"
by Amy Tan
1:30-3:30 pm
Black Bear Coffee on the Lake
1360 Lexington Parkway North
St. Paul Minnesota 55103-1059
FFI: Jane Whiteside at
janewhiteside@earthlink.net

Wednesday, April 22

Executive Committee Meeting
7:00-9:00 pm
Jill Strunk's Home
FFI: Jennifer Nash-Wright at
jnashwright@comcast.net

Saturday, May 9

Private Practice Group
9:00-11:00 am
Black Bear Coffee on the Lake
1360 Lexington Parkway North
St. Paul, Minnesota 55103-1059
phone: 651-488-4927
FFI: Dawn Brennan at
dawnbrenn@gmail.com or 612.390.6232

Friday, May 15

Annual Celebration of Women
12:30-3:00 pm
Lunch, Networking, MWP Business
Meeting and Presentation by Barb McAfee
FFI: Jennifer Nash-Wright at
jnashwright@comcast.net

Monday, June 1

Summer Newsletter
Article Submission Deadline
FFI: Jacqueline Greenwood Julien at
jacquelinebgrnwd@yahoo.com

Saturday, June 13

Private Practice Group
9:00-11:00 am
Black Bear Coffee on the Lake
1360 Lexington Parkway North
St. Paul, Minnesota 55103-1059
phone: 651-488-4927
FFI: Dawn Brennan at
dawnbrenn@gmail.com or 612.390.6232