



Minnesota Women in Psychology

Fall
2010

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

The Fifth Annual
Minnesota Women in Psychology's Fall Gathering!

*Wine & Chocolate"
Networking & Membership Event*

Join us on *Friday October 8th from 4:00 to 7:00 pm*
Old Arizona, 2821 Nicollet Avenue South, Minneapolis, MN 55408
www.olderizona.com

*A variety of appetizers & beverages will be served.
Event is free. Program at 5:30
Network with members old, new & becoming*

Bring your cards and marketing materials! And remember, one of the best ways to network is to become involved in MWP activities—come to learn more!

It's time again- this is our annual Membership Drive!

Please pass the word, bring a guest (or three!). Membership renewals/registration onsite with check or on the website with PayPal at www.mnwomeninpsychology.org

Invite women colleagues to join you to...

Experience and learn more about MWP as a professional organization providing "networking and support to all women in the mental health professions". Student membership is available to those enrolled in a graduate program in a mental health field.

RSVP by Tues., Oct. 5th to WmPsychlgy@aol.com or call 612.296.4060. Be sure to include your guests in your RSVP.

See you there!



Sponsored by the MWP Membership Committee

Newsletter Editor

Asha Mukherjee

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www.mnwomeninpsychology.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 Dr.Asha.Mukherjee@gmail.com, or mail to

Asha Mukherjee, 4205 N Lancaster LN Ste 107, Plymouth MN 55441-1702

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.

2010-2011 Executive Committee

Dawn Brennan, Chair

Laura Tripet Dodge

Faye Foote

Asha Mukherjee, Newsletter

Connie Studer

Jennifer Nash Wright

Karen Wright

Barb O'Brien, Treasurer

Membership in MWP is available to women 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, 612.296.4060 or email at WmPsychlgy@aol.com or on the website at www.mnwomeninpsychology.org.

Notes From The Chair

Hello again everyone!

Fall is in the air, or so the calendar suggests contrary to our hot, humid dog days of summer. As is typical, MWP activities seemed to slow a bit as we busied ourselves with cabins, kids, and summer vacations. The MWP Executive Committee was busy meeting throughout the summer, setting our organizational course for 2011 and beyond.

I'm not sure how many of you have taken notice of the tagline that appears on all our MWP correspondence. It reads, "Networking and support for all women in the mental health professions". This phrase is easy to glance over or dismiss entirely however it summarizes the purpose of this organization in a very succinct way.

Minnesota Women in Psychology was born out of the desire of a group of professional women to come together and support each other in their work. MWP has stepped to the plate and delivered this unfailing service to its members since 1977.

Inevitably, as in all volunteer driven organizations, the leadership reins have changed hands several times over the years. The Executive Committee itself saw several new members come on board this spring. Our summer meetings, despite the heat and humidity, were infused with optimism, enthusiasm, humor and caffeine as we laid course to our 2011 organizational offerings.

I speak for the EC in saying that we are excited about increasing the value of MWP membership. We are looking forward to our annual membership drive event, Wine and Chocolate, to be held this year at Old Arizona on October 8th from 4:00-7:00. No worries if you don't care for either wine or chocolate. Other beverages and light snacks will be available. This event is available free of charge and all old, new and prospective members are welcome.

I encourage all of you to attend and consider stepping up and taking on a more active role in the organization either through attendance at one of the many scheduled activities or in a more formal role serving on a committee. Either way, we'll be happy to see you!

Dawn Brennan

Contributors to this Issue

Gail Anderson

Dawn Brennan

Laura Tripet Dodge

Denise Dworakowski

Jacqueline Greenwood Julien

Sherry Merriam

Asha Mukherjee

MWP Book Club Review

Beneath the Lion's Gaze by Maaza Mengiste

This book is not for the faint of heart. The descriptions of torture challenge the sense of safety I usually take for granted which is uncomfortable. But it is worth challenging my dislike of graphic descriptions of violence to get this heart-and-soul story of the Ethiopian history of Haile Selassie's overthrow in 1974, the takeover of the government by the Derg (a neo-fascist organization), and the oppressed Ethiopian people who struggle to not be defeated emotionally, physically or spiritually. It is a redemptive story of resiliency written in novel form.

This story is largely told through the experience of one family and those closest to this family. A doctor, Hailu, his dying wife, their sons Yonas and his wife Sara and their child Berhane, and their other son Dawit, who becomes an underground activist, are the chief protagonists. This family is educated middle or upper class, but Mengiste includes characters who come from other socioeconomic groups within the family's circle to give a broader picture.

Relieving the violence somewhat is the "magical realism" Mengiste uses to transport scenes to lyric form which transcends the literal experience. From the jail where Hailu is tortured he reflects: "Now I know it is not dark at all. There is moonlight that refracts from the sun and brings order to the sea. Here sunlight blooms. I have no need for bones and cartilage, blood and breath. I can forget. Hailu swung on a pendulum. I know now that time sinks to the bottom of the sea and rises again in curves. My reflection is only an illusion, only flesh and water manifest in a drop of moonlight that shudders at what it sees on this dead land I once called my home."

This book is not simplistic but is rather sophisticated in its depiction of the complexity of events and people. A trusted, but feared, old woman diagnoses the child Berhane's illness as a result of her mother Sara's psychological state of worry and over-protection. Sara is able to receive this information and change accordingly; Berhane recovers.

My summary is that this book is more satisfying than it is disturbing, but it is plenty of both. Some of us viewed it as one of the better books we have read and studied in the years since the Book group started. While I had thought I would find the material remote and distant, the story did have personal relevance, perhaps due to the quality of the writing.

The MWP Book group has chosen to read books about other cultures whose people may then come to live in Minnesota as immigrants and refugees. It was and is our attempt to respond to the events of 9/11 in a constructive way.

We of the MWP Book group laugh at ourselves because a few years back we decided our reading was too "heavy" and that we would take a break to read lighter material. We did for awhile, but reading about world cultures is often not light material. This book is a clear example of that.

Gail Anderson

MWP Private Practice

Why do I love the Private Practice Group? Why am I willing to drag myself out of bed and drive halfway across the Cities on a Saturday morning? Because the group is so valuable. Not only do you get to meet next to the beautiful Lake Como, which I sometimes walk around after meetings, but you get to talk with an intelligent group of entrepreneurial women full of questions and answers for each other. As a therapist starting my new private practice, I have learned so much in the MWP Private Practice Group to help my own practice, and I've had an opportunity to assist and get to know other MWP members in a small group setting.

Karen Wright, the coordinator of the Private Practice Group, is one of the warmest, most encouraging people you will ever meet. I have referred close friends to her, because I'm sure she's a great therapist. She has been dedicated to this group since before she became the leader, and she runs the informal meetings smoothly and kindly.

The group attendance has dwindled over the summer months, as so often happens with organizations like this, so I'd really like to encourage everyone in private practice to join us as we rejuvenate things this fall!

Private Practice Group
second Saturday of each
month
9:00-11:00 AM
Black Bear Coffee House,
(upstairs)
1360 Lexington Pkwy N,
St. Paul
FFI: Karen Wright
karen@benevolentjourney.com



Sherry Merriam
(pictured left)

Book Review

“The Quiet Room: A journey out of the Torment of Madness”

by Lori Schiller & Amanda Bennett

The Quiet Room is the story of a higher SES, bright and lively, Jewish teenager. It contains Lori Schiller’s experience with sudden onset of a serious mental illness and coping with the long rocky road of uneven progress. Her father was a psychologist and her mother was a socially-sophisticated working woman and a competent parent of Lori and her 2 younger brothers. They were a very usual family, vacationing together, laughing at silly family jokes, and having fun in the summer. Suddenly, during a summer camp, Lori changed in ways that led to the diagnosis of a serious mental illness at her age 17, disrupting her life and all her future plans of further education.

The ‘forward’ for the book is by her psychiatrist, Dr. Jane Dollar who expresses the hope that just like Lori found for herself a new chance for life, the other mentally ill “too can have a chance of overcoming their illnesses as she did”.

The book consists of several accounts of her own as well as her significant others (father, mother, brother) at various stages of illness. All of them write in diary format, expressing their perspectives so that each chapter is by one individual, and is an account of his/her views on a period of time specified in the heading. This is very like the therapist’s experience of the identified patient and different members of the family giving their perspectives in individual sessions. The accounts are clear, candid and are given with both observations and feelings. The book therefore paints an overall picture of a 17 year old girl, who, prior to the illness, was a high academic and extracurricular achiever, as well as, fairly popular in her social life. She was idealized and seen as a role model by her younger siblings, The sudden and drastic changes occur in a summer camp, starting at first with more enhanced perceptions of her surroundings. Lori does a beautiful job of describing this initial experience, which she had found very pleasant. However, it did not stay that way. Next, she shares clearly the personal experiences of bearing and fighting her symptoms in their intensity, hospital stays and treatments, the sense of helplessness, and, last but not the least, the vulnerability to substance use, dependence and abuse. Lori, the patient is equally honest in describing the mercilessness of the symptoms and her own cunning in obtaining the drugs. The detailed experiences of stays in “the quiet room” would be an eye opener to most of us who have not worked in mental hospitals with chronic and difficult patients. After many such difficult stays, Lori also had to fight the loss of her planned life, her self-esteem, and her health, and, had to battle depression. The sudden major changes, the severe symptoms and the typical developmental-stage attitudes combine to make a complex situation that most psychologists/therapists will appreciate.

The book is written in everyday language, and each chapter is engaging. The chapters are short enough so that a busy therapist can read a few at a time, without loss of continuity. I believe that most of us will be impressed by the clear detailing of experiences.

Asha Mukherjee, PhD, LP

Book Recommendation

“Sexual Fluidity” by Lisa M.

Diamond. It is the first published longitudinal study of women's sexual identify and how it is not necessary linear but more evolutionary. It is a bit more of an academic read; however, if you have a sophisticated client they may well appreciate the topic. Perfect for any client as well as therapist who work with people regarding sexual identify.

Denise L. Dworakoski, MA, LPCC
Wellness Coach
Cigna Health Management

Brown Bag

Networking Lunches

Openings on the Calendar for Fall Brown Bag Networking Lunches!!

An easy MWP event the YOU can schedule and host....

What is a “Brown Bag Lunch?”

A great opportunity to meet & greet other MWP members in your area--or travel across town if you like!

Brown Bag Networking is planned as a fun and informal monthly event, to simply connect and share lunch or gather with an identified focus--the host decides!

Sign up to Host: It's easy! Just send an email with your information or questions to Laura:

Laura@LauraTripetDodge.com or
call 952.933.3121

We are Proud to be Hosted by "Old Arizona"

Information About Our Old Arizona Hosts:

Old Arizona is now a center for performing and media arts, located on "eat street" at the intersection of Nicollet Avenue and 29th Street in Minneapolis, just five minutes south of the downtown business district.

History:

In 1989, Darcy Knight and Elizabeth Trumble purchased the building and began repairs. After witnessing the unhealthy behavior of the youth frequenting their corner they realized the need for positive activities to engage the youth in their neighborhood and in 1993, founded Old Arizona Collaborative as a 501 (c)(3) non profit organization established to help young women sustain the clarity, voice and self-confidence they risk losing during the challenging transition from adolescence to adulthood. They donate 100% of the profit from their cafe & wine bar, as well as their storefront tea store, chocolate lounge and wine shop to the organization to help provide free arts classes to inner city teen girls in an effort to bridge the gap during unsupervised out-of-school time, when many crimes and unhealthy teen behaviors occur. Art has proven to be a successful means to connect with program participants, and the building provides a safe alternative to the street.

Visit:

www.olderarizona.com for more information on this amazing organization!



Goodbye from our Editor

I'm not much of one for good-byes (who really is?). However, since this is my last newsletter as editor I am very thankful for all the members of MWP who have contributed over the last three years. You made my job much easier and it was a pleasure to work with each and everyone one of you! As I focus on making a new life in Texas, I leave you with this joke:

At a southern university, students in the psychology program were attending their first class on emotional extremes.

"Just to establish some parameters," said the professor to the student from Arkansas, "what is the opposite of joy?"

"Sadness," said the student.

"And the opposite of depression?" he asked of the young lady from Oklahoma.

"Elation," she said.

"And you sir," he said to the young man from Texas, "what about the opposite of woe?"

The Texan replied, "Sir, I believe that would be 'giddy up' ."

From: <http://www.free-funny-jokes.com/southern-university-psychology.html>

Jacqueline Greenwood Julien



5244 114th Ave
Clear Lake, MN 55319

ADDRESS SERVICE REQUESTED

Dated Materials: October 1, 2010

Mark Your Calendar

Friday, October 8

Wine & Chocolate Event

4:00 - 7:00 PM

Old Arizona,

2821 Nicollet Ave S, Mpls

www.oldarizona.com

RSVP to WmPsychlgy@aol.com or

612.296.4060

Saturday, October 9

Private Practice Group

9:00-11:00 AM

Black Bear Coffee House, (upstairs)

1360 Lexington Pkwy N,

St. Paul

FFI: Karen Wright

karen@benevolentjourney.com

Friday October 15

Membership Renewal Deadline

Saturday, November 13

Private Practice Group

9:00-11:00 AM

Black Bear Coffee House, (upstairs)

1360 Lexington Pkwy N,

St. Paul

FFI: Karen Wright

karen@benevolentjourney.com

Saturday, December 11

Private Practice Group

9:00-11:00 AM

Black Bear Coffee House, (upstairs)

1360 Lexington Pkwy N,

St. Paul

FFI: Karen Wright

karen@benevolentjourney.com