



Minnesota Women in Psychology

Spring
2014

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

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. . . and much more

The 2014 Annual Celebration of Women

Make sure you get the date on your calendar! Time to register is fast approaching for the event that wraps up the MWP year. Again this year, we are ending with a splash!

Our theme this year has been one of Connections...

There have been a number of steps that we have taken to grow and develop as an organization over this past year, from working on our connections with each other to working on expanding our professional connections as an organization. This year we are acknowledging MWP members across the career span with honoring our retirees, and offering the first round of scholarships from the Dorothy Loeffler Scholarship Fund!

We are thrilled to have our keynote presentation be given by Teresa Thomas, Director of Women in Networking (WIN), and a rave-reviewed speaker who specializes in helping to resource women with professional networking skills.



2014 Annual Celebration of Women

Friday May 2nd
11:30 AM to 3:00 PM

Luncheon
Annual Meeting

Keynote Speaker:

Teresa Thomas

Director of Women in Networking

Mayflower Congregational Church
106 E. Diamond Lake Rd. Minneapolis 55419

“Tap Into the Power of Win/Win Connections”

Networking is the primary path to gaining opportunities, learning and support to get where we want to go. Learn how to tap into the power of authentic and confident networking, and maximize your relationships through win/win connections!

Watch for your invitation. And make sure to use this as an opportunity to invite your colleagues to join us!

To learn more about Teresa’s work, go to <http://teresa-thomas.com/>

To learn more about Women in Networking, go to <http://mnwin.org/>

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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.

2013-2014 Executive Committee

Cathy Skrip, M.S., LP; chair
Kathy Johnson, M.A., LMFT; vice-chair
Denise Kautzer, M.A., LPC, CPA; treasurer
Hanin Ailabouni
Ruth Markowitz, M.A., LP, CST
Bonnie McMillin, LP
Michelle Purtle, Psy.D., LP
Beth Siegel
Susan Whalen, LICSW

Regular Membership in MWP is available to women who hold either a Master's or doctoral degree in one of the fields of psychology or a related field (e.g. counseling & guidance, marriage & family studies, human services, social work, psychiatric nursing, etc) from a regionally accredited institution or have been licensed in Minnesota in one of the fields of psychology. This includes Psychologists, Social Workers, Marriage & Family Therapists, Licensed Professional Counselors, Licensed Professional Clinical Counselors, School Psychologists and Counselors, and Clinical Nurse Specialists.

Student Membership is available to women in graduate programs in one of the fields of mental health. Student members are able to fully participate, but do not have voting privileges. Annual dues are based on a sliding scale according to the annual income of the member, currently ranging from \$30 to \$80 per year. 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



Pinch me! Am I awake! Is it possible that my year of serving as your chair is coming to an end, and we are planning for MWP's 37th Annual Meeting on May 2! As I was thinking about this newsletter, I recalled some creative writing I did at the close of my last term as chair in 1997. Times were different then. I was a lot younger for one thing! Did I really chair when my practice was only five years old? I did, didn't I!! I didn't even have a cell phone, let alone a smart phone. I had graduated from an electric typewriter to a word processor, which meant that I had to dive into the bowels of my closet to find my old writing because my old floppy disc wouldn't be compatible with anything I have now even if I hadn't sent it through my HIPAA-compliant shredding service! Even HIPAA hadn't been configured in 1997! Imagine that!

Since I took the time to dig through my closet, I think it is only fair that you should now read my Anniversary Fable, written in honor of MWP's 20th anniversary celebration. (See Page 4) This will be a nostalgic read for some of you, while others may say, "LOL! Are you kidding!" or "TL:DR!" Just to clue you in if you weren't part of MWP back in the day, we held a retreat in which we featured our senior members. We honored them as our "cronos." Diversity and inclusivity was a major theme for MWP in the '90's. We had many more Greater Minnesota members and even a Mankato chapter. Long before the days of email or Skype, these Greater Minnesota women often belonged just because they loved our printed newsletters so much! MWP meant Minnesota Women Psychologists back then. We were all psychologists except for a few women from other disciplines, who belonged as Associate Members. Therefore, we used to hold an annual EPPP brunch to help with preparation for the licensure exam. We marched out of Loring Park every year for the Take Back the Night rally with a huge MWP banner. Thankfully, that is not still in my closet. We had a "women only" section and then added a "friends and family" section so husbands, male companions and sons could take back the night with us. It was a different time in feminist history, which we rarely failed to call "herstory."

Fast forward back to present time. Much has changed, and much has continued. We still need mirrors to guide us and help us reflect back upon our traditions and evolution. As we have marched further along, from our 20th passage through our 37th, we have lifted ourselves over numerous bumps along our route and come around many corners. Do you realize that MWP has always been quite unique in the United States? Back in the early days, there were similar groups in Colorado and Ohio, which we apparently discovered through letters of inquiry sent through the mail. Now, with the advantage of search engines that can find just about anything, I have been unable to find either of these groups, but I did stumble across one student group called Women in Psychology at the University of Texas, Austin. We are still unique and have

Continued on Page 3

Notes From the Chair Continued

earned the right to look in the mirror and feel proud of our MWP heritage.

At the same time, we cannot just sit back and rest on our laurels. We need to constantly strive to reach our potential and risk exploring new possibilities so that we remain relevant and credible in real time. In the past year, your Executive Committee has worked hard to look in the mirror and carefully evaluate all that we do against our mission of providing networking and support for all women in the mental health professions. The range in our ages, years of professional experience, and disciplines has given us a broad range of perspectives for such evaluation. While we feel good about all that has been accomplished, we are also aware of additional, unmet needs. In order to keep fine tuning and sharpening our focus, we encourage all members to get involved and provide feedback so that the reflection that comes back truly represents our diverse membership.

Now, as our procession nears the transition to our 38th passage, windows are as important as ever to keep our collective vision open and far reaching. In this age of rapidly changing technology with uncharted ethical challenges and unprecedented expectations for practice, we need to walk together in the procession more than ever. While we will continue to honor the wisdom of our crones, it is imperative that we listen to the youngest and newest among us, because they are the future of MWP. It is also critical that we collaborate, both within and beyond our own limits, because isolation and resistance to change will not sustain us. MWP is already on file at the Minnesota History Center, but we do not want to be relegated only to the archives.

I hope to connect with you at this year's Annual Meeting. It has been a profound experience for me to carry the torch at the head of our procession for a second time, and I thank you all for the opportunity. This year's Annual Meeting will be another proud gathering of individual women with a collective voice and a far reaching vision. It will be a celebration of this year's theme of connection. We will give thanks and recognition for all that has been done and cast our vote of confidence for all that is yet to be.

--Cathy Skrip, M.S., LP

2014 Scholarship Awards

MWP's Scholarship Committee is pleased to announce two scholarship awards for 2014.

The first award will be given to a graduate student, enrolled in an advanced degree program, to help offset the cost of tuition. The second scholarship will be awarded to a member actively seeking licensure to assist with the cost of supervision.

Selection of the scholarship awards will be based on the recipient's demonstrated accomplishments and experience in the field, financial hardship, and career goals.

Applications are posted on the MWP website. Deadline for submission for both awards is **March 31, 2014**.

Financial Notes from the Treasurer

The Executive Committee would like to thank those members who have generously contributed to the Dorothy Loeffler Memorial Scholarship Fund. Your donations will help ensure that deserving women working towards a degree in the mental health field or seeking licensure will receive financial assistance that will help them further their education and career.

We would like to clarify the deductibility of these donations in determining your federal tax liability.

MWP is a professional organization and has been granted tax exempt status from the IRS as a 501(c)(6) entity. This means that MWP is not required to pay federal income taxes. It also means, however, that individuals who make donations to MWP are not able to deduct these contributions on their federal income tax forms.

Again, thank you for your generosity and we hope this clarifies the deductibility of contributions you have made or may consider making in the future.

--Denise Kautzer, M.A., LPC, CPA

Notes from the Chair . . . An Anniversary Fable

Reprinted from the April 1997 MWP Newsletter

It is a bold day in the Culture of Psychology—a fleeting, memorable moment, perhaps more significant in its tradition and potential than its presence. It was a day of celebration; a time of passage through expanses of mirrors and windows. It was a proud gathering of women.

Honored guests arrived from the County of Cronedom. Their presence gave the gathering substance and depth, for it was these women who had shaped the Culture. Their number was ever growing, as each of twenty passages had shifted more to their ranks. Over time, their individual qualities and natures had intertwined to create a great, collective energy. The mirrors reflected evolving images of Dorana, Charmoth, Janise, Rebeclyn, and a host of others—some with faces, some with names, but all with contributions. The composite Crone led the procession. Her face was etched with the lines of wisdom. Streaks of silver ran through her braided plaits. Peapods hung from her ears. She wore a sweater knit by her own hands during the times of Check-in and Colloquia.

On their way to the gathering, these women of Cronedom turned many corners. As they turned away from the mirrors, the value of their hindsight reflected through the windows and touched those yet to come. As they ventured through the Villages of Diversity, they were granted enrichment and gave their mentoring touch to the women coming of age. Some traveled great distances from the villages of Greater Cronedom and added their unique gifts to those of the women of Metrocrone.

The vision of the Crones extended through the windows and paved paths to the county of Potentialness. Women began to line up in the village of EPPPton. They gathered together, shared their notes, and set out down the path to prove their potential in the Culture. Some evolved first in other cultures and then stepped onto our path to prove their potential in the Culture. Some evolved first in other cultures and then stepped onto our path in their seasons of maturity, while others aspired to join the procession from

the times of their youth. As the foresight of these women caught the reflected images behind the windows, many risked taking their own first steps through the towns of Involvement and, in so doing, felt immediately closer to the women of Cronedom. Of course, the County of Potentialness legislated no limits, so the villages of Possibility kept springing up along the path, offering ongoing growth in both size and significance.

By contrast, other subgroups within the Culture gathered less force. While some men continued to walk parallel paths, they lacked the type of nurturance from one another that the Crones had so carefully laid down as a foundation for the women. Some villages evolved around the bonds of special interests, yet none with the promise of gathering of this magnitude. As the procession moved along, collaboration with these other subgroups was welcomed yet did not diminish or compromise the brightness of the procession itself.

On this day of boldness, the paths from the Counties of Cronedom and Potentialness converged at the Great Hall of Herstory. Women from the Present stood with one foot on each path and embraced each and every member of the procession. It was a gala event—a proud gathering of individual women. It was an event shaped by hours of dedication. It was a celebration of thanksgiving, recognition, and hope. It was also a time for some of the women to shift their positions within the procession.

Thank you for the nurturing, the mentoring, the opportunity, the responsibility, the honor of leading a few of our herstorical moments. It is a time again for each of us individually and collectively to consider our reflections in the mirrors and to seek the options through the next windows of Possibility.

—Cathy Skrip, M.S., LP

Spring 1997

“While some men continued to walk parallel paths, they lacked the type of nurturance from one another that the Crones had so carefully laid down as a foundation for the women.”

Understanding Our Proposed Bylaw Revisions

The Bylaws shall be reviewed periodically by the Executive 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 Executive Committee. (Section X, Constitution and Bylaws, Minnesota Women in Psychology, Revised 2011)

Please review the following proposed revisions, which will appear on our ballot, along with nominations for Executive Committee. If you have questions about these revisions, please email the MWP office or contact any member of Executive Committee. Your vote is important, and we want you to understand the rationale for these proposed changes. A complete copy of the Bylaws is available on the MWP website at www.mnwomeninpsychology.com. Go to "Member Resources" and then click on the Bylaws link.

Section II. Membership

Regular Members: The "or" between 1) and 2) would be changed to "and" so that members would need both a graduate degree in a field related to psychology and be licensed or actively seeking licensure. We have had some requests for membership from individuals, who have the graduate degree but are then working in jobs which do not require mental health licensure. Examples might include personal coaches, acupuncturists, or body workers. We added a few additional examples of qualified job positions (e.g., psychiatrists and chemical dependency counselors).

Student Members: In Section V, Executive Committee Membership, we are proposing that one student member could be elected to Executive Committee. If approved, then student members would still not vote at the annual meeting for elections or bylaw revisions, but we are proposing that "student representatives on Executive Committee may participate in consensus votes within Executive Committee but may never participate to break a tie vote." Historically, students have not been given a vote in the organization for ethical reasons. Without preparation for licensure and adequate professional experience, there could be the potential for students to sway a vote in ways that could jeopardize MWP's position with our professional boards.

The rationale for adding a student to Executive Committee grew out of our experience in the past year. As most of you understand, MWP went through a bit of a leadership crisis a few years ago, when our Chair left very unexpectedly and we lost several executive committee members due to health and personal reasons. We formed an Interim Executive Committee at that time (2011-12) and have gradually been rebuilding our structure. Hopefully, by next year we will have enough participation to reinstitute a

separate Elections Committee. Without this structure in place last year, however, we inadvertently placed a student on the ballot and didn't realize that we were in violation of the Bylaws until after the membership had elected Beth Siegel. We talked very openly with Beth and invited her to participate in this rather experimental position.

Beth has been an invaluable resource on Executive Committee, and we highly support the practice of keeping one student representative on EC at all times. Please read the interview with Beth Siegel to learn more about her involvement and contributions in the past year. As noted by Marketing and Communications Committee Chair, Hanin Ailabouni, "Having a student on Executive Committee offers a fresh energy and new perspective that would otherwise have been missed. Beth is a great asset and tool to bridge the gap between other student members and MWP. We are grateful for her help and dedication to the Executive Committee."

Section III. Governance

Just for safety, we are recommending the obvious expectation that Executive Committee members "renew membership status and pay dues on a timely basis." With membership renewal now done on a rotating basis, this is simply a safeguard to prevent any oversights.

Section V. Executive Committee Membership

Our current Bylaws state that "A minimum of two members from Greater Minnesota should be serving on the Executive Committee at all times... and may be appointed (and re-appointed)...at the time of the election." While we wholly support the intent of this mandate, the reality is that such participation has rarely been accomplished. Therefore, we are recommending a softening of the language, which preserves the intent of involving members from throughout the state but respects the possibility that this may not always be feasible. Revised language would read "It is recommended that two members from Greater Minnesota serve on Executive Committee... may be invited and welcomed for appointment... These invitations will occur at the time of elections."

Section VII. Dues and Finances

"The options of sustaining memberships and contributing memberships are also available." We recommend elimination of this outdated sentence since sustaining and contributing memberships have not been available for a number of years.

Section X. Amendments

To keep up with technology and current practice, we would replace "mail ballot" with "email ballot."

Please note that members may always contact the MWP office and request U.S. mail if needed.

An Interview with Beth Siegel

Tell me a little about yourself and your status as a student, Beth.



I'm in my second year of the counseling program at Saint Mary's. I will graduate in six months. I have my bachelor's degree from the University of Northern Iowa and moved to Minnesota in order to enter the counseling program here. I joined MWP because there were brochures right next to

the office door when I came to interview at Saint Mary's.

What prompted you to run for Executive Committee?

I thought it would be good for me to get more involved and to make better connections with women already working in the mental health field.

Immediately after elections, we realized that we had overlooked your student status, and we informed you that your election was actually out of compliance with our bylaws and that you would not have a vote. Executive Committee decided to turn this rather awkward situation into an opportunity to give student representation a try and potentially seek bylaw revision. You enthusiastically agreed to participate, and I'm wondering how it initially felt for you to step on to EC with this untested status.

Everyone was really welcoming and kind. Even though I couldn't formally vote, I could still get involved with committees and express my opinions. I felt like I had a voice, even though I didn't have a vote. Because of the way it was presented, I could

completely understand that students don't vote because they don't have the same type of experience as those who are already graduated and licensed. Everyone seemed excited to have a student on EC so I felt very free to participate.

What do you think you have personally gained by serving on Executive Committee as a student?

I've gained a lot of insight into my own future. There are so many diverse women in MWP and on EC. I have been able to pick their brains, and they are always willing to field my questions. I feel like I've gained a great network to help me with my own professional growth.

Are there some unique ways you have felt able to contribute because you are a student?

Yes. I have been able to assist EC in seeing things from a different perspective. I feel like I've opened up more opportunity and effort to reach out to students. I've added insight into how students might participate with programming, and I've been able to help Michelle Purtle set up the Student Group.

Do you feel it would be valuable for MWP to have an ongoing student representative on Executive Committee?

Definitely. Students are a significant population within the MWP membership, and having representation will help MWP to better reach out to students. I've found that I can be a go-between for MWP and the graduate schools, and this has helped build contacts and diversity within our membership. Students will know they are valued within the organization if they have representation at the Executive Committee level.

A New Connection with the Minnesota Women's Consortium

MWP has joined Minnesota Women's Consortium membership. A group for women, just like MWP! MWC is involved in public policy, leadership development and education of women about women's rights. The benefits to MWP members are free rooms for meetings! The large rooms sit 18-20 people and there are smaller rooms as well, that need to be reserved.

MWP members can also advertise events on the Minnesota Women's Consortium calendar. They ask that you send these requests through the two delegates Susan Whalen and Beth Siegel.

Check out their page!

<http://mnwomen.org/about-us/services/>

Contact Beth or Susan for questions or to advertise on their calendar!

bsiegel0618@gmail.com

whalen.susan@comcast.net

--Beth Siegel

Cardio Pulmonary Resuscitation and First Aid



Cardiovascular arrest is the number #1 killer of men and women in the U.S. Every year, about 383,000 people die outside of the hospital from cardiac arrest. Nearly 88% of these occur at home. The life you save from CPR will most likely be the life of someone you love. There is also the possibility that one of your clients could go into cardiac arrest. The life you save could also be theirs.

Do you know how to recognize cardiac arrest? Did you know that the warning signs of cardiac arrest can look different for women than it does for men?

Many people are too afraid to help someone suffering from cardiac arrest. But effective CPR can double or triple a victim's chance of survival! Would you be willing to help someone suffering from a cardiac arrest?

On January 10th fourteen MWP members attended a Growth Series Event to learn CPR. In just two and a half hours we were educated about the statistics surrounding CPR, the latest changes in CPR and were able to practice on resuscitation models. We even had the opportunity to practice on an infant mannequin, as the process is modified for their size. Along with CPR, we learned how to use portable defibrillator machines, both on adults and children. These machines are amazing, as they literally talk you through the process. I know most of us in the class were intending to go back and check with our office buildings and clinics to see if they had the portable devices on site.

Our instructor was Jeannine Mogan, who has been teaching CPR and first

aid for the American Heart Association for more than ten years. She states, "My mission is to help increase the number of people who know how to provide CPR and first aid and are willing to do it. I strive to make classes engaging, easy to understand and fun!" I think the consensus around the room that day was that she more than achieved that objective.

Not surprisingly, the American Heart Association is the leader in CPR and first aid education. Perhaps what might be a bit surprising is that learning how to perform CPR is easy! Anyone can learn it and everyone should learn it. A CPR class takes about 2 and half hours to complete. Once completed, participants are tested and certified for two years. During a CPR class you will learn how to recognize the signs of cardiac arrest, how to perform the CPR steps and how to apply them to real-life situations. Upon completion of the class you will be certified to perform CPR for two years.

The American Heart Association also provides basic First Aid classes. In First Aid class, participants learn how to recognize and address common injuries and illnesses including: bleeding, strokes, seizures, sprains and strains, and diabetic emergencies. To learn more about the American Heart Association or find a class in your community, visit www.heart.org.

We hope to hold another CPR class as a Growth Series Event in the future. In the meantime, if you would like to get training for a group such as your clinic, teens, family,

church, etc., feel free to contact Jeannine Mogan directly. When she is not teaching CPR and First Aid around town and at Normandale Community College, she can be found at Hyland Hills in Bloomington, where she heads the Ski Patrol. To get more information about her classes or to schedule a class with Jeannine, email skier615@gmail.com or call 612.710.2186.

--Kathy Johnson, M.A., LMFT



Hansel and Gretel:

A Tale of Personal Insight Experienced Through Symbols and Art Making

Connie Cohen, MA, AT

Fairy tales capture our imagination and have been an integral part of our oral history. We relate to the characters because they offer a personal identification to the universal human condition. Through the use of symbols and metaphors, the story gives the reader a sense of autonomy – an overall picture that others have had similar feelings to their own.

Art, as a therapeutic tool, offers another form of symbolic communication. In the process of creating, thoughts and feelings may emerge that can provide a new perspective. This new perspective provides a glimpse at the underlying, unconscious motivations of behavior.

Exploring the combined use of art making and archetypal symbols held within the tale of Hansel and Gretel by the Grimm brothers, research was conducted to see if these two modes used together could be a valuable therapeutic tool. The methodology included reading of the story to a group of participants. They were then asked to use clay to create two objects that represented the character they most and least identified with. Nineteen archetypal characters were identified within the story. These archetypes correlate to the characters in the story and also represent values and motivations by which we act. The idea was that once we understand which archetypal symbol is influencing our actions, we can then begin to shed light on what is holding us in “stuck” behavior. The findings were based on self-reports from the participants through a questionnaire, tallied scores of how often a specific archetypal character was identified, and personal observation of the process.

What was discovered was that people most identified with Hansel and least identified with the Stepmother. Hansel is the archetypal character that represents courage and hope, while the Stepmother represents shame, blame, and judgment. Men identified Hansel as being creative, bright and in service to others. Creativity for women came from problem solving and having choices. Both men and women identified the shadow side of Hansel as being unable to attain courage and hope when they feared being unsuccessful or powerless.

In least identifying with the Stepmother, the survey results revealed that both men and women have a need for self-protection and achievement. Judgment, shame, and blame thwart the process of achievement when men feel they are being cold, devious, or heartless. Women will stall the process if they feel they are being selfish or egocentric.

These answers provide interesting insight and a multitude of uses within therapy. By understanding the underlying current of basic behavior, we can then start to unravel the tangles of our thinking. For example, we all have a need for achievement, but what stops

someone from pursuing a “dream?” Based on the results, a man may not follow through for fear of being seen as unsuccessful, using excuses as, “I don’t have the time or the resources.” A woman may not follow through for fear of being seen as selfish, using excuses such as, “I can’t take that kind of time away from my family,” or “I can’t give that to myself.” Understanding the general roadblocks, a therapist can begin to help someone move through them.

Another idea that was expressed in the research was of a collective journey that we all embark on. The tallied scores of which archetypes appeared the most in the research highlighted this journey. The research suggests that we are constantly moving between the archetypes in a balance between courage and judgment. With courage, we proceed forward on our personal journeys. However, at some point along the path we will run into judgment. One aspect of judgment appears in the story of Hansel and Gretel as the witch who, wanting to consume Hansel, was not content with herself - wanting to be perfect or the better than by taking away Hansel’s abilities. The witch represents the archetype of narcissism.

When we hit the roadblock of judgment, we can choose to stay in that spot or one can choose to look personally inward to gain clarity as to what the block is about. It is in the process of gaining clarity that we can then venture outward, continuing again along the path. This process of going in toward self-reflection and expanding out, as indicated in the research, occurs over and over throughout our life journey.

Being able to observe yourself through a story, to see your actions from an externalized point of view, helps you to move the unconscious motivations to awareness. When you feel stuck in your thought patterns, you are generally held there because of judgment, shame, or blame, as revealed in the results of the research. In order to move from that spot, understanding the mechanism that is at play, the idea, the internal construction is key. Once that is brought to the surface, observed, and witnessed, understanding and awareness will replace the judgment and the journey will continue. The therapeutic tool created in the research of Hansel and Gretel is one that allows you to observe your movement patterns within the context of a story and then reframe your relationship to the characters. The story is the framework. The art puts an image to thoughts. Seeing a thought, externalizing what is within, is the first step toward self-awareness and understanding.

Connie Cohen practices psychotherapy + art therapy at Aslan Institute in Eagan. For more information, please contact her at: conniec@aslaninst.com.



Member Opportunities

Interested in Hosting a Brown Bag?

MWP Brown Bags offer a great way for MWP members to get involved and network with other members. When hosting a brown bag you are able to set the day, time and location. It can be easy and fun! You can present a topic of your choice or facilitate a discussion. Members can attend free of charge. Just come up with an idea and we will list it for you in the MWP Eblast.

Contact Lori Wiggenhorn for more information at loriw@avilacounseling.com.

Pre-Retirement Consciousness Raising Workshop Series

This series is meant to offer an opportunity for thoughtful contemplation and connection about this stage of life, whenever it might be. All interested people are welcome regardless of where you are in the retirement process. Our first three sessions have been well attended and very positively evaluated. Don't miss our last session!

Social and Emotional Impact of Retirement

Date/Time: Thursday, April 3 from 6:30-9:00

Presenters: Char Follet, Ph.D., LP; Alletta Jervey, Ph.D., LMFT; Corrine Geiger, Ph.D., LP and MaryAnn McLeod, Ph.D., LP

Location: 66 E.9th St. in the Party Room at City Walk Condominium in Saint Paul where Ruth Markowitz lives.

Fee: \$25.

Credits: Non-approved CEU information will be provided for you to submit to your boards.

Registration: Mail your check made out to MWP to Ruth Markowitz at 1599 Selby Ave #107, St Paul, MN 55104.

FFI: Ruth at .rumark@aol.com

Private Practice Group Location Change

Location: Black Bear Crossings on Como Lake, 1360 N. Lexington Parkway, St. Paul, MN 55103. 651.488.4920

There are two parking lots for Black Bear, both free, and equidistance from the building. Black Bear has a cafe for your coffee, Danish or full-on breakfast needs.

Date/Time: Saturday, April 12th, from 9:00 AM - 11:00 AM.

Meet upstairs in the open area where there is seating. Look for Susan Whalen, as she will be leading the group that day.

Date/Time: Saturday, May 10th, from 9:00 AM - 11:00 AM.

Meet in the basement in the Larry Kitto Community Room. Look for Laurie Nelson, who will be leading the group that day.

Student Group

The new MWP Student Group will be meeting on the 3rd Saturday of each month at Amore Coffee at 12:30 PM. The group is intended to be an open forum for questions, discussion and support. Bring your friends! MWP allows non-members to attend one MWP event to check us out before deciding whether to join.

Location: Amore Coffee, 879 Smith Ave, West St. Paul, MN 55118

Thanks to the following contributors to this newsletter:

Hanin Ailabouni

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Laura Triplet Dodge, M.S., LP

Denise Kautzer, M.A., LPC, CPA

Kathy Johnson, M.A., LMFT

Beth Siegel

Cathy Skrip, M.S., LP

Interim Editor



*"Awake, thou wintry earth -
Fling off thy sadness!
Fair vernal flowers,
laugh forth
Your ancient gladness!"*

*~Thomas Blackburn, "
An Easter Hymn"*

HELP WANTED!!

We are looking for an ongoing Newsletter Editor to join us on Executive Committee. Contact the MWP Office today if you are interested at wmpsyhlgly@aol.com.

New and Returning MWP Members from January thru March 2014

Jessica K. Baum
Pamela Beyer, Psy.D., LP
Kathy Boisjoli, M.A.
Marnette R. Doyle M.S.W., LICSW
Susan M. Eckfeldt, Ph.D., LP
Eloise Erasmus, Ph.D., LP
Faye K. Foote, M.A.
Kyja V. Foster, M.A.
Margaret A. Fulton, Ph.D., ABPP, LP
Lucy D. Grantz, LMFT
Jan Jirak, M.A., LP, S.E.P., PLLC
Beverly J. Johnson, M.A., LP
Elizabeth Johnson, LAMFT
Beth Jordan, M.A., LPC, LADC
Denise A. Katuzer, M.A., LPC, CPA
Christine Larson, M.A., M.S.
Patricia S. Lindberg, Ph.D., LP
Mary Clare B. Lindsley, M.A., LPC
Deborah M. Luther, J.D., M.A., LMFT
Anna M. McCourt, M.A., LP
Stacy B. Nunne, LAMFT
Kathleen A. O'Brien, M.A., LMFT
Gretchen L. Peterson, LICSW
Danielle J. Pierce, B.A.
Michelle L. Purtle, Psy.D., LP
Laura Rademacher, M.A., LAMFT
Molly E. Ruggles, Psy.D.
Joy M. Sales
Heidi C. Schelling, LICSW, LCSW
Maren Schiess Rinker, RN, CNP
Annie K. Schwain, M.A., LADC, LAMFT
Renee L. Segal, M.A., LMFT
Annie (Joanne) M. Simmons
Sandra R. Streitman, Ph.D., LP
Cynthia J. Swanlund
Lisa L. Wald, MSW, LICSW
Susan J. Whalen, LICSW
Kathy M. Wise, M.A., LP
Karen W. Wright, M.A., LPCC, LADC

Calendar of Events

Thursday, April 3

MWP Growth Series

Social and Emotional Impact of Retirement

6:30-9:00

66 E 9th St, St. Paul

FFI: Ruth Markowitz

rumark@aol.com

Wednesday, April 9

Executive Committee Meeting

7:00-9:00 PM

3249 Humboldt Ave, Minneapolis

All members are welcome to attend meetings

FFI: Cathy Skrip

clee19s@yahoo.com

Saturday, April 12

Private Practice Group

9:00-11:00 AM

Black Bear Crossings on Como Lake, 1360 N. Lexington Parkway, St. Paul, MN 55103. Upstairs in the open area.

Look for Susan Whalen

FFI: call or text Kathy Johnson at 612.518.7300

Saturday, April 19

Student Group

12:30 PM

Amore Coffee, 879 Smith Ave, W St Paul, 55118

FFI: Michelle Purtle michelle.sexton26@gmail.com

Friday, May 2

MWP Annual Meeting

11:30 AM—3:00 PM

Mayflower Church, 106 E Diamond Lake Rd Minneapolis 55419

Saturday, May 10

Private Practice Group

9:00-11:00 AM

Black Bear Crossings on Como Lake, 1360 N. Lexington Parkway, St. Paul, MN 55103, Basement-Larry Kitto Community Room.

Look for Laurie Nelson

FFI: call or text Kathy Johnson at 612.518.7300

Wednesday, May 14

Executive Committee Meeting/All Committees' Meeting

7:00-9:00 PM

3249 Humboldt Ave, Mpls

All members are welcome to attend meetings

FFI: Cathy Skrip

clee19s@yahoo.com

Saturday, May 17

Student Group

12:30 PM

Amore Coffee, 879 Smith Ave, W St Paul, 55118

FFI: Michelle Purtle michelle.sexton26@gmail.com

Monday, June 9

Executive Committee Retreat

FFI: Cathy Skrip

clee19s@yahoo.com