



# Minnesota Women in Psychology

Spring  
2015

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

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*. . . and much more*

## *Almost Time for MWP’s 2015 Annual Meeting*

### Learn About MWP

Hope you are registered for our upcoming Annual Meeting on Thursday, April 30 from 4:00 – 7:00 PM in Studio 185 of International Market Square, 325 Market Street, Minneapolis. Our Annual Meeting each spring and Wine & Chocolate each fall are MWP’s two major networking events of the year.

If “Annual Meeting” sounds like a boring event, think again! Yes, the business meeting is required by our Bylaws and, yes, you will hear some facts and figures about the 2014-15 year in review. The focus of the meeting, however, is on YOU, our members. We hope you will feel inspired to attend more events or join a committee as you hear about MWP opportunities. We hope you will connect names and faces as you help recognize this year’s volunteers and welcome incoming Executive Committee. We hope your questions will be answered and your commitment to MWP deepened.

### Network and Enjoy

Food will be catered by D’Amico’s. Enjoy some munchies during the business meeting. An array of hors d’oeuvres will then be available as you can move around, stretch, and relax before our speaker. This is your time to network with other members. Reconnect with someone you haven’t seen in awhile. Make a point of introducing yourself to someone, whom you’ve never met before. Converse with others at your table. Stop at the Fall Retreat table and put the date on your calendar. Ask questions. Make a date to get together for coffee.

### Listen to our Esteemed Speaker

“Lessons of a Collaborative Leader: Discovering your own Capacity to Lead through Recognizing the Leader Within”

With over thirty year’s experience in executive and consulting roles, Ann Manning will share her wisdom about collaborative leadership and will speak to each of us about her

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### Newsletter Editor

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The MWP Newsletter is published four times a year by Minnesota Women in Psychology for its members. 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 turnleafcounseling@gmail.com. Be sure to include "Newsletter" in the subject line.

**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 therapists 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: mnwomeninpsychology@gmail.com or MWP, 5244 114th Ave, Clear Lake, MN 55319.

#### 2014-2015 Executive Committee

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

**Regular & Retired Membership** in MWP is available to women who hold either a Master's or doctoral degree in one of the fields of mental health or a related field from a regionally accredited institution and eligible for licensure in Minnesota in one of the fields of mental health.

**Student Membership** in MWP is available to women who are in the process of becoming a licensed mental health professional who have not yet earned a graduate degree. Student members are not voting members of the organization. Student representatives on Executive Committee may participate in consensus votes within Executive Committee but may never participate to break a tie vote.

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 emailing the MWP office at mnwomeninpsychology@gmail.com or on the website at www.mnwomeninpsychology.org.

## Letter From The Chair

Dear MWPer,

I've started this letter to you many times. I wanted to convey what it has meant for me to be the Chair of MWP for the past year. But I'm finding it difficult to write about endings when what I see within MWP are beginnings, like these:

- A couple of weeks ago I went to the Social Hour at Coup d'Etat. What struck me beyond the quantity of people that showed up, was the energy at that table. There were so many conversations going and so many connections and plans being made.
- Today I worked with a team of people to host Janet Thomas' talk on Ethics in Therapy. We haven't done an Approved CEU event for MWP in quite some time. 52 people signed up, 48 showed up and all gave positive evaluations, many urging for similar events and for added time to connect.
- We've resurrected the Social Justice Committee, which could potentially collaborate with the long-standing Social Justice Book Club and utilize our membership in the socially conscious Women's Consortium.
- Two members expressed a need for help in figuring out their specializations in practice. They helped create the Specializations Event a couple of weeks ago, which was such a success I wouldn't be surprised if another one was on the horizon.
- Last year a group of members resurrected the Retreat. A new group of members is facilitating another Retreat this fall. Glorious.
- We've had members keep us informed and up to date on issues such as EMR/HRE/HIE and actions around those issues.
- Our Retirement Series and Expert Witness Event led to the formation of ongoing groups from the event attendees.
- Some members of the Private Practice Group saw a need for and created the Eastside Therapist Group for those in St. Paul.
- Our new Student Group is getting a lot of buzz.

These examples are just a few of the multiple collaborations that have been going on in MWP. They are just a fraction of the many more to come, all thanks to you. Thank you for embracing this organization with your involvement. It has truly been my honor to collaborate with you. I look forward to working alongside you to continue realizing our dreams for MWP.



Sincerely,  
Kathy Johnson, MA, LMFT; Chair, MWP 2014-2015  
Kathy@TwinCitiesTherapy.com

# 2015 Annual Meeting Continued

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premise that we all lead in some way. MWP is proud to claim Ann as one of our own, since some of her early leadership experience was developed on the MWP Steering Committee from 1995-1998 and as an active member of our Social Action Committee.

Join Ann and explore your own capacity for leadership. As a mental health professional, you may not perceive yourself as a leader, since much of your work may be done on an individual or small group basis. Whether you do identify as a strong leader or as an introvert, who loves the privacy of your therapy office, you will in some way influence and lead others.

Women's natural inclination for collaboration is greatly needed in the world today. Yet at the same time, it's important to recognize that collaboration does not mean leaderless organizations or teams. Learning to take responsibility for leading, while creating a collaborative environment, takes skill and practice.

Ann will share lessons learned through her

years of leading and collaborating—the successes as well as the lessons learned through pain and turmoil. While Ann may be more of an activist than many of us, you'll find her life experiences are relevant to your life. She understands our work because she did, in fact, practice as a Licensed Psychologist in Minneapolis, after earning a master's in counseling psychology from St. Mary's University.

Ann earned a second master's in public administration from Harvard's Kennedy School of Government and has a passion for economic, environmental, and social justice. Over the past two years, she has worked with the Science and Environmental Health Network, leading a group of local and national women, that hosted a three-day conference in Minneapolis last November. The 2014 Future First Women's Congress for Future Generations was attended by nearly 500 people from around the country and has created a growing civil rights movement to protect the earth for future generations. Based on a Declaration of Rights for Future

Generations and Responsibilities of the Present Generation, it creates the foundation for using the law, science and ethics in decision-making and creates a process of Guardianship for the earth, similar to the UN Declaration of Human Rights.

By listening to Ann, you will examine your own capacity to be a collaborative leader; understand the differences between collaborative and decisive/authoritative leadership styles; and identify ways in which we as mental health professionals can use our voices to create a more caring and just world.

Through serving on professional organization boards, such as MWP, leading non-profit boards and organizations, as well as working for years in Corporate America, Ann brings a wealth of knowledge and wisdom to share with us. Join us for the journey and take time to reconnect with your own inner leader.

By Cathy Skrip  
Annual Meeting Committee, Chair

## Fall Retreat 2015

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Planning for the fall retreat has been underway since before the New Year. We have made good progress and are excited about the way the weekend is shaping up. The retreat will again be held at Koinonia Retreat Center in South Haven, MN, from Friday, October 2 to Sunday, October 4 2015. All of the members on the planning committee attended last year's retreat, and experienced it as a time for personal growth, internal peace, and connection. We are hoping to include the aspects of previous retreats that people have most valued, including time for self, personal development, and group connection opportunities. The theme of

this year's retreat is "*come as you are; relax, be with u*". We want to celebrate the power of being together in connection while honoring the experiences of each individual within the group. The weekend will start with a drumming experience to highlight the dialectic of individual involvement in a collective gathering. We hope to end the retreat with an hour of laughter yoga to strengthen new connections before heading back into the world.

Applications for presenters will be distributed by the end of April. We are planning to maintain the basic structure

from last year, with three 1-hour session times separated with time for self. There is room for some flexibility in the schedule, which will depend in part on the presentations chosen. Please note that we will not be offering CEU credits for the retreat this year in an effort to move from the professional to the personal. The planning committee will be available during the MWP Annual Meeting on April 30, 2015 to promote the retreat and answer any questions.

Joy Sales, M.A  
Doctoral Candidate, Saint Thomas  
MWP Fall Retreat Planning Committee

# Book Review

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## “How We Built Our Dream Practice”

by Frank Gaskill and Dave Verhaagen

This slim volume (147 pages) takes a mostly motivational approach to envisioning what one’s dream practice would look like. Filled with amusing and informative anecdotes, the text is more motivational in spirit than providing a structured framework for the many decisions that must be made in creating a practice.

The authors have created a successful fee-for-service group practice in Charlotte, NC. Over a dozen business books are mentioned that have helped the authors refine their thinking and devise their purpose and business practices.

The first third of the book considers “The Essentials” – determining one’s mission and passion, and the mindset that carries one through the risks and hard work to make a dream practice a reality. The authors mention they took out a 6-figure

loan against their houses to start their dream practice, and while some aspects of their innovations are described, those hoping for actionable details about the nitty-gritty elements and specific chores of starting a group practice may be left wanting.

The second third is a little more detailed, addressing the importance of having a clear, identifiable niche, branding, and some of the ins and out of marketing. They recommend a sound approach of building relationships in the community, and contributing, mostly in the form of free presentations. They make some useful points about focusing on how you can be of service, and sharing their perspective that using your curiosity and relational skills and just being a friendly person are the best way to connect with others that may then refer clients to you down the road.

The final third of the book seemed a bit uneven. There was some very interesting

information about the importance of leadership. They described two types of leadership – transformational and transactional – and the strengths and weaknesses of each. Using data from some studies on leadership and their own experiences of what worked and what didn’t, they discuss the traits of good leaders. They also delved into making presentations, becoming oddly specific (considering the light gloss over details in the rest of the book) about things to do and avoid doing to put on a fun and effective presentation. This section ends with more visioning to create a compelling picture of practice to work towards.

This book offers some interesting ideas to consider if you’re tempted to create a group practice or a unique, dream practice. It also offers a glimpse into some of the experiences of two people who went about doing just that.

By Rebecca Chesin, MA, LAMFT

# MWP Calendar of Events

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**Thursday, April 30 from 4:00-7:00 PM**  
**MWP Annual Meeting**

**Location:** International Market Square  
**FFI:** Cathy Skrip at cleel19s@yahoo.com  
**RSVP by Thurs., April 23** to  
mnmwomeninpsychology@gmail.com

**Friday, May 8 from 8:30-10:30 AM**  
**MWP AM Koffee Klatch**

**Location:** Caribou Coffee, 11210 Wayzata Blvd, Minnetonka  
**RSVP:** rebecca@timeforclarity.com or 763.458.6869

**Saturday, May 9 from 9:00-11:00 AM**  
**Private Practice Group**

**Location:** Edina Library, Conference Room, 5280 Grandview Square, Edina, 55436  
**FFI:** call/text Kathy at 612.518.7300

**Monday, May 11 from 6:50-8:50 PM**  
**Executive Committee**

**Location:** Maplewood Library, 3025 Southlawn Dr, Maplewood, 55109

**Saturday, May 16 at 12:30 PM**  
**Student Group**

**Location:** Amore Coffee, 879 Smith Ave, W St Paul, 55118  
**FFI:** michelle.sexton26@gmail.com

**Monday, June 8 from 2:00-9:00 PM**  
**Executive Committee Retreat Day**

**Saturday, June 13 from 9:00-11:00 AM**  
**Private Practice Group**

**Location:** TBD  
**FFI:** call/text Kathy at 612.518.7300

**Saturday, June 20 at 12:30 PM**  
**Student Group**

**Location:** Amore Coffee, 879 Smith Ave, W St Paul, 55118  
**FFI:** michelle.sexton26@gmail.com

**Saturday, June 27 from 1:30-3:00 PM**  
**MWP June Book Discussion Group**

**Book:** East of the Sun: A Memoir" by Noha Shaath Ismail  
**Location:** Minneapolis Office of Skillfully Transforming, 4161 Minnehaha Ave S, Minneapolis  
**FFI:** janewhiteside@earthlink.net

**October 2-4, 2015**  
**MWP Fall Retreat**

**Location:** Koinonia Retreat Center - Annandale MN  
**FFI:** Joy at sale8947@stthomas.edu

## Monthly Social Event

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Our Social Hour get-together in March was a well-attended and enjoyable evening. Eleven MWP members joined for an evening of relaxation and conversation:

Beth Becker  
Erin Whitcomb-Crafton  
Julie Eschenlauer  
Kathy Johnson  
Kirsten Lind Seal  
Liz Mazlish

Mindy Benowitz  
Rebecca Chesin  
Ruth Markowitz  
Sara Gurganus  
onja Hoyum

Here's what some people had to say:

*"What a great and warm and comfortable way to connect with my colleagues, some known to me, some new. It was just fun."* –Ruth

*"Great evening! Can't until the next one!"* –Sara

*"I had a great time and plan on participating in more events. What a welcoming bunch of women!"* –Sonja

Please join us at a future monthly get-together! And stay tuned as we expand this offering to make it even more accessible and inclusive.

By Rebecca Chesin, MA, LAMFT



## June 2015 Book Group Meeting

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**Date/Time:** Saturday, June 27, 2015 from 1:30-3:00 PM

**Book:** "East of the Sun: A Memoir" by Noha Shaath Ismail, is about "the personal journey that led her to the United States in 1970....[her] Palestinian father, Lebanese mother, Egyptian husband, and American sons....with stories about Muslim traditions, courting habits, and a way of life that has since disappeared.... Not least, here is the world view of a strong-

minded woman of the world, whose home is Palestine, Egypt, Minnesota, Florida, everywhere, and whose personal story about loss, grace, and memory can inform our own." (Amazon.com)

**Location:** Minneapolis Office of Skillfully Transforming, 4161 Minnehaha Ave S, Minneapolis

**FFI:** Jane Whiteside at [janewhiteside@earthlink.net](mailto:janewhiteside@earthlink.net)

# Book Review

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## Passionate Marriage

Schnarch, D. (1997). *Passionate marriage: Love, sex and intimacy in emotionally committed relationships*. New York, NY: W. W. Norton & Company, Inc.

In his book *Passionate Marriage*, David Schnarch elaborates on what many therapists have learned from Bowenian Family Therapy. Schnarch utilizes familiar concepts such as *differentiation* and *fusion*, to address sexual functioning between committed partners. Schnarch defines differentiation as the ability to self-soothe one's anxiety and the ability to stand up for one's self, or "hold onto yourself".

As noted in the title, the intent of the book is to create a greater sense of intimacy within marriage. Much of the content is geared toward one's attitude toward sex and sexuality within marriage. Schnarch uses the marital sexual relationship as a conduit for confronting one's inclination toward fusion and developing a greater sense of differentiation. The resulting increase in differentiation has the outcome of deeper emotional intimacy and a more satisfying sexual relationship.

Taking a look at sex and sexuality, the reader is given a different experience insofar as the sexual nature goes. Schnarch does talk about the purely physical aspects of sex, however, he capitalizes on the complexity seen in human sexuality resulting from and developing out of humanity's higher brain functioning. In this way, Schnarch addresses the greater picture of the complex nature of sex and sexuality and the problems that can arise in sexual functioning. He does not separate emotional and sexual functioning within the partnership.

Schnarch does not take a standard approach of focusing on the relationship, per se; partners focus on themselves to do their part of the work needed to grow

themselves and thus, the relationship. Schnarch appears to discount many aspects of attachment theory in this way. He speaks against partners relying on receiving validation from one another and emphasizes what he calls *self-validated intimacy*. He outlines and elaborates on the common tendency of partners to mirror each other in order to avoid conflict and sustain a false sense of intimacy. Schnarch states: "Freedom doesn't come from getting away from your partner—it comes from mastering yourself enough so there's room for two people in your relationship" (p. 391). Schnarch sees the marital relationship as a vehicle for personal growth that cannot be avoided, lest the relationship stagnate and fall apart. When partners do the work to confront their own issues and dilemmas rather than looking for their partner to solve their problems or soothe them, growth and intimacy abound. Problems in the sexual or marital relationship stem mainly from individuals being unwilling to self-confront and do their own work. A result from differentiation is more honesty with one's self, and therefore a better ability to trust one's self. These things lead to more intimacy within the relationship.

The book seemed to be difficult to read at times, but not for anticipated reasons. Early chapters may leave the reader wondering about the main points of the reading, and where the author is aiming to go with the various included thoughts, anecdotes and reflections. It is this writer's opinion that some effectiveness was diminished with the organization of the writing, particularly the sometimes-lacking sense of clarity of the writer's intent. At times, it seemed as if concepts could have been put more succinctly, and chapters could have been less verbose and combined to make fewer of them. With that said, many of the anecdotes were helpful in illustrating various points and

exemplifying different presenting problems for seeking sex therapy. Ultimately, Schnarch's writing appears to develop over the course of the book, and the last section reads quite differently than the first two. In the last section, Schnarch creates outlines of his thoughts on the work to be engaged in that will lead to greater differentiation with more clarity than in previous sections. His writing in these later chapters addresses the topic of differentiation as well as confronting the self beyond the context of the sexual relationship. Referring a client to read the book seems a difficult task. Not only for the reasons outlined above, but also due to the 408 pages of content. Clients would undoubtedly benefit from prompts towards personal growth and focusing on their own work. However, the lengthy content might lose them altogether.

Although it was intended for clients, this book seems to be a valuable read for therapists who do couples therapy of any kind. Attachment-oriented therapists will wrestle with Schnarch's views and ideas that seem to negate concepts underlying attachment approaches. However, they may find it a worthwhile read that will stimulate thinking about theoretical orientation. Schnarch points towards self-reliance in ways that can appear opposite attachment.

The book is an interesting and thought-provoking read, albeit a long one.

Bottom-line, if you want a happier, more fulfilling and satisfying marriage, do not rely on your partner to bring it to you. Work on confronting yourself to make changes in the relationship.

Please share your reflections, reviews or critiques of your own experience reading *Passionate Marriage* with me at [turnleafcounseling@gmail.com](mailto:turnleafcounseling@gmail.com), with PM RESPONSE as the subject.

By Farren Swanson, MA, LMFT