



Minnesota Women in Psychology

Winter
2015

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

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Musings from a Retired Psychologist

Well, in light of our hopes for the New Year and in concert with many of you who have made a New Year's resolution to add the spiritual practice of daily gratitude to your life, here are some of my thoughts.

I retired two-plus years ago, and have had a bit of time to reflect on a 40-year career for which I am grateful. I am grateful:

- ◆ for work which married my passionate curiosity about people, with the determination to make a difference.
- ◆ for a career which ended up making me a better person: more tolerant, more compassionate.
- ◆ for clients who taught me so much about courage.
- ◆ for a career which pushed me constantly to change and grow.
- ◆ for work which used and developed my best skills.
- ◆ for colleagues who became my professional family.
- ◆ for a career which gave me a professional identity.
- ◆ for work that deepened sense of purpose and meaning in my life.
- ◆ for a career which provided friends of "like mind", friends who still add richness to my life.
- ◆ for work which enhanced my own well-being.
- ◆ for work that demanded boldness and intimacy from me on a daily basis.
- ◆ for work which fostered gratitude in my own life.

And, I am very grateful to have escaped the electronic health records mandate. (I really don't mean to rub it in.)

- Char Follett, Ph.D., LP

Newsletter Editor

Farren Swanson, M.A., LMFT
turnleafcounseling@gmail.com

Production Coordinator - Susan Johnson
mnwomeninpsychology@gmail.com

Web Site
www.mnwomeninpsychology.org

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
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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.

Notes From The Chair

Happy New Year!

The ads on TV bombard us with the idea of New Year's resolutions. That seems like an idea that has to stem from a place of: "what's wrong with me, what am I not doing, how am I not measuring up?" What I much prefer is an idea I read about to celebrate the "Ta Da's" rather than the "To Do's". I think MWP has quite a few Ta Da's in 2014. In the last newsletter, I wrote that I was on my way to the MWP Fall Retreat. I had such a good time being in communion with other MWP women, getting to know them in a heartfelt way. Kudos again to the Retreat Committee! I have been told that we can expect a Retreat again in 2015, which is such good news. What a great event to make part of our regular MWP offerings. I really appreciate those who have volunteered to start planning next year's retreat.

Another event that took place was the annual Wine and Chocolate in October. This year the venue was moved to the Radisson in Roseville. I think Laurie Nelson's event committee really did an amazing job. It looked so polished and grown up and I felt like we were really giving the membership an event worthy of them. I heard many reports of members meeting each other for the first time and planning collaborations of various sorts. Ta Da!!

I'm so proud of our members and how they have stepped up to share their expertise or interests with other members. Annie Schwain has been working so hard on the whole EMR/EHR/HIE issue and Cathy Skrip has joined her in making sure our membership is continually updated. Megan Sigmon-Olsen and Denise Dworakowski saw a need and created an Eastside Private Practice Group. Joan Unger and Kathleen Grittner are teaching a Soul Collage workshop this month, I think in part, to the great response Joan had to her Soul Collage offering in the Fall Retreat. I'm sure there are so many other examples of collaborations going on within MWP and to all of them, thank you and way to go.

That's the spirit of this organization. If you have renewed your membership recently, you have undoubtedly been called by someone on the Membership Committee to welcome you and encourage you to share your skills, passion, and interests with the membership by way of volunteering. What a great way to network, make new friends and share – whether if it's just for an hour event or on the Executive Committee! The Executive Committee would love to have your new ideas and energy. Here's to more Ta-Da's in 2015.



Cheers!!

- Kathy Johnson, MA, LMFT
- MWP Chair 2014-2015

Help Wanted!

Watch for an upcoming email with a call for nominations to the MWP Executive Committee. If you are interested in feeling more connected to MWP and want to build your own leadership skills in a supportive and professional environment, then Executive Committee just might be a fit for you. While Executive Committee is a three year commitment with meetings eleven months of the year, there is a significant return on the energy invested. Please feel free to contact any current EC member and ask them about their experience.

We are specifically hoping that one of our new EC members might have some financial background or interest, since we will be needing a new treasurer to replace Denise Kautzer, whose term will be ending. As a CPA, Denise has set up financial reporting formats and streamlined the committee budgeting process in ways that will be easy for a new treasurer to sustain.

If you are interested or would like to further explore the possibility of serving on the Executive Committee, please contact Susan Whalen, 651.303.5522, whalen.susan@comcast.net or Cathy Skrip, 651.464.8918, cle19s@yahoo.com.

Cathy Skrip, MS, LP
MWP Election Committee

2015 MWP Scholarship

Last year we awarded two \$500 scholarships to MWP members who were actively pursuing an advanced degree (MA/MS/Ph.D) in a mental health field or had completed the degree but were in the process of licensure with supervision requirements. MWP had awarded scholarships in the past but it had not been done for several years due to financial constraints.

We are again offering scholarships this year and invite all that qualify to apply. The application can be found on the MWP website. If you are applying, download the application, fill it out completely, then mail it to Bonnie McMillin MA, LP, Scholarship Chairperson, 3640 Tallmadge Circle, Suite 210, Vandals Heights, 55110. The deadline for the applications is March 31, 2015. The Scholarship Committee will then review all applicants and will select two; one student in a graduate mental health program and one individual who completed the advanced degree and is working towards licensure. The scholarships will be awarded at the MWP Annual Meeting on Thursday, April 30th, 2015.

- Bonnie McMillin MA, LP

CALM Shhhh

MWP's fall retreat at Koinonia Retreat Center was a wondrous time of:

- Connecting and centering
- Awesome awareness
- Learning and laughing
- Movement, meditation, and music
- Solitude, silence, sunshine...shhhh

Twenty-two MWP members came together at beautiful Koinonia from Friday evening on September 26 until midday on Sunday, September 28. Into that brief weekend participants packed in a bonfire ceremony, numerous learning activities through breakout sessions, a keynote address, hikes, pontoon boating, needle-felting, soul-collage readings, Reiki massage sessions, and music and movement. Time for connecting with one another offered a chance to develop and deepen relationships. Participants closed the retreat by creating a room-sized fabric weaving representing the connections and strength of MWP.

Without exception, retreaters exclaimed that the experience had been meaningful and enjoyable, an event to repeat annually. With that in mind, a new committee has already begun to meet to plan the next retreat for fall, 2015. If you are interested in helping, or if you have ideas to offer, watch the MWP Eblast for information and names to contact. MWP 2015

Fall Retreat is taking shape.... Be sure to put it on your calendar!

- Karen Lohn, M.A., LP

MWP Needs You

In April, we will again be holding elections for the MWP Executive Committee (EC). Because a number of current EC terms are expiring, this year we will have *seven* openings. As you know, MWP has many exciting things happening right now, and we want to keep this momentum going! So, we hope each of you will consider participation in this committee, as it is so vital to us.

What's the commitment?

The term is for three years and meetings are once/month (2nd Monday) from 7:00-9:00 PM. Each member is also asked to participate in one of the breakout committees, which requires minimal additional time, depending on which project you want to involve yourself in. There is also a 5-6 hour retreat that we schedule in May or June to get to know one another and determine which roles each person will do the following year.

What are the benefits?

Joining MWP is itself a great step in networking with other mental health professionals. Having a role on the EC furthers this networking and provides you with additional leadership opportunities. If you've participated in any of the events MWP has planned, you know that we are committed to a philosophy of supporting each other. Maybe you have ideas for more events, how we can further our connections with each other or our community, or other thoughts on enhancing our professional growth. MWP is unique in that we have women from many different Mental Health disciplines coming together to share our ideas.

What is the process?

In a couple of months, there will be a formal invitation to add your name to the ballot, with a request to tell us a little about yourself. After that, an all-membership vote is taken. The final Executive Committee is then introduced at our Annual Meeting.

For more information, contact either Cathy Skrip (clee19s@yahoo.com) or Susan Whalen (whalen.susan@comcast.net).

- Susan Whalen, LICSW, *Executive Committee Vice Chair*

Social Action

Currently, MWP does not have any sponsored Social Action events, but would like to hear from you if you have any ideas, or would like to be on this committee. Related to this, however, MWP is collectively a member of the Minnesota Women's Consortium (MWC), who's mission is *to advance equity and justice for all women through advocacy and collaboration*. MWP members are welcome to get involved in any of MWC's many lobbying events. This membership brings some other great benefits to MWP members: Two free rooms are available (one for 10-15 people, the other for up to 60 people), free advertising of your events on their calendar, and job/volunteer opportunities in the community. Visit their website at <http://mnwomen.org> to learn more. To advertise on their calendar or reserve a room, contact either Susan Whalen (whalen.susan@comcast.net) or Beth Siegel (bsiegel0618@gmail.com).

- Susan Whalen, LICSW

Domestic Violence Expert Witness Group Expanding Its Focus

A small group of MWP members interested in preparing themselves as expert witnesses on domestic violence cases has been meeting for two hours every other month. Last month, we had lunch with four family law attorneys, who also emphasized the significant need for treating therapists to testify on behalf of their own clients so we have decided to open this brown bag-format group to MWP members interested in either expert witness or treating therapist testimony. If you are interested in learning more, please join us at our next meeting in Christina Robert's office building:

Monday, February 9 from 9:00 – 11:00 AM at 2233 Hamline Avenue N, Roseville

Watch for reminders in our weekly EBlast!

Cathy Skrip, MS, LP

See You at the 2015 Annual Meeting

Mark your calendars now for Thurs., April 30, from 4:00 – 7:00 PM so that you can join us for this year's Annual Meeting at International Market Square in Minneapolis. Planning is underway for what promises to be an exceptional meeting, featuring Ann Manning as our guest speaker. Some of you will remember Ann as a former therapist, who belonged to MWP and served in leadership roles in our organization. Ann is now the Director of Future First and was instrumental in bringing the second Women's Congress to the Twin Cities in 2014. She is a speaker you will not want to miss.

The Annual Meeting will also include a brief business meeting as required in our Bylaws. Don't assume that this part of the evening will be boring. It is your opportunity to hear about the financial health of MWP, meet incoming Executive Committee officers and members, thank members at the end of their terms, recognize MWP volunteers plus mentors/mentees, award scholarships, award the Founding Mother's Award, honor recent retirees, and hear about the past year's achievements and coming year's opportunities for involvement in MWP.

Our spring Annual Meeting and fall Wine and Chocolate event are MWP's two largest, standard gatherings each year. We had excellent feedback about the positive, welcoming energy and sense of connection at our last Wine and Chocolate, held at the Roseville Radisson. If you were there, hopefully you already know that you don't want to miss the Annual Meeting. If you don't typically attend events, please consider giving the Annual Meeting a try because the felt spirit of MWP comes alive when we are together and networking. We have specifically positioned the Annual Meeting on the Minneapolis side of town this year because Wine and Chocolate was on the St. Paul side. We have also shifted to a Thursday evening format rather than the traditional Friday afternoon. While someone will always be inconvenienced by a time or location, we are hoping that the rotation of time and place will make our major meetings as accessible as possible to a majority of our members.

Watch our weekly Eblast for updates and more information about the 2015 Annual Meeting.

Hope to see you there!

- Cathy Skrip, MS, LP; *MWP Annual Meeting Committee*



Marcie Spears Organizing Angel

Marcie is a Professional Organizer specializing in helping you downsize after a loss or major life change. She understands this isn't about things; it's about the emotions, memories and personal relationships represented by your things. She will help you step by step, as little or as much as you need, at a pace that works for you.

Learn more at:

www.MarcieSpears.com



Karrol Butler, M.A.

Licensed Psychologist
EMDR Certified

580 Laurel Avenue
St. Paul, MN 55102

651-290-9144
karrolbutler@comcast.net

Dr. Kari Maynard, Psy.D.

Licensed Psychologist

(320) 322-5130



520 2nd Avenue SE
Pine City, MN 55063

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The Ethical Complexities of Psychotherapy: How Well-Intentioned Therapists Make Unintentional Mistakes with Dr. Janet Thomas

Friday, April 10

9:00 AM-12:00 PM.

Registration begins at 8:30 AM

3 CEU's (Applied For)

Mount Olivet Church, 5025 Knox Avenue South, Minneapolis 55419

The attraction to becoming a psychotherapist often has deep roots. Graduate students commonly report that family and friends have sought them out as confidants and that they have always been interested in the motivations of others and enjoyed being helpful. A natural curiosity about people and the desire to help are certainly a part of what sustains psychotherapists in this profession. But education, training, supervision, consultation, and continual attention to one's own personal issues are also necessary to marshal good intentions into effective therapeutic relationships. Even after years of experience and education, psychotherapists are susceptible to blind spots that may compromise their effectiveness when particular client characteristics or circumstances intersect with their own vulnerabilities.

This workshop focuses on strategies for inoculating the practice of psychotherapy against the risks that challenge all professionals in therapeutic relationships. Learning resources include a decision-making model and group discussion of film vignettes and case examples.

Objectives: Participants in this workshop will learn to:

1. Recognize client characteristics and circumstances that pose a risk for compromised objectivity and related ethical errors.
2. Determine and reflect on some of their own vulnerabilities with potential for creating blind spots in their clinical work.
3. Identify professional resources that can provide guidance when they encounter dilemmas related to boundaries.



Biographical information: Janet T. Thomas, Psy.D. is a psychologist in independent practice in Saint Paul where she provides psychotherapy, ethics consultation, and supervision. She has taught graduate courses, including professional ethics, at St. Mary's University, the University of Saint Thomas, and Argosy University. She has authored journal articles and book chapters, as well as the books *Navigating the Board Complaint Process: A Guide for Minnesota Psychologists* (2002) and *The Ethics of Supervision and Consultation: Practical Guidance for Mental Health Professionals* (APA, 2010). She is a former chair of the MPA Ethics Committee and a past member of the APA Ethics Committee.

Cost: Advance registration is \$60 for Members, \$65 for non-members and \$55 for students and retirees. Registration at the door is \$75.

To Registration: Mail your payment along with your name and contact information to: MWP, 5244 114th Ave, Clear Lake MN 55319

Or go on line to mnwomeninpsychology and scroll down to "Workshop with Dr. Janet Thomas" and click on the link. Please make sure to include your name and contact information.

FFI: mnwomeninpsychology@gmail.com

Pre-Retirement Consciousness Event

On Wednesday, December 3rd from 6:30-9:00 PM, approximately 12 MWP members attended the program “Pre-Retirement Consciousness Raising: The Nuts and Bolts of closing a Practice: The Practical, The Emotional”. Many who attended are in their late 50’s and 60’s, are not yet retiring, but have been thinking about it. Some people had retirement dates and were actively in the process. During these events, everyone who attends briefly shares about their pre-retirement process. We had the privilege of hearing from a panel of three retired MWP members. They were: Dr. Charlene Follett, Dr. Jane Brodie and Dr. Marki Wogstad Hansen. They shared with us the “hows” of closing their practices.

Each of the panelists closed their practice differently. All were dealing with paper files. Marki scanned every one of her files and put them onto Cd’s. It took her months to do this! She was a prescribing practitioner, and of this group was the one most likely to get requests for records. Jane has her paper files stored at a location with a contact person that will contact her if any files are needed. We learned the need to inform clients of who they can contact in order to arrange to get access to stored files. We need to keep files for 10 years: this is the Blue Cross and Medicare mandate. Each panelist arranged for a contact person to be reached about files so that clients would not be contacting them after retirement. They each created a professional will, which defines who will handle their practice if they die suddenly or are incapacitated. We also learned that for these panelists, it took between six and nine months to close a practice. Marki shared a list of items (created by the APA) that need to be addressed before retirement. Panelists shared about the need to contact insurance companies, address malpractice coverage, and decide how far back to go in client files to let clients know about leaving practice. One person contacted everyone in her files, another contacted the last year, and another went back three years. There is not a clear mandate on this, but we learned that this is a very important part of the process. Some clients who hadn’t been in for a while came back to do a little work, and to say goodbye. We also heard how important it is to have supervision/consultation during this time because it is a very intense time, therapeutically. Essentially, you are saying goodbye to every client you are seeing. The feelings on both sides run high, and the “hows” of coping with this is a great topic for consultation. We learned it is a challenging time, an intense time and basically a pretty long process, if done well.

This event, along with: “Professional Wills”, “Finances” and “The Emotional and Social Impact of Retirement”, offer the opportunity to share with others in the same retirement stage, to gather information, to prepare, to feel a part of a likeminded group.

We will be having some more Pre-Retirement Consciousness Raising Events. We hope to also discuss forming a support group with people interested in these issues much like the Private Practice Group.

- Ruth Markowitz, M.A., LP, CST



MWP Social Action Book Discussion

Date/Time: Saturday, March 21, 1:30-3:00 PM

Book: "*Behind the Beautiful Forevers: Life, Death, and Hope in a Mumbai Undercity*", by Katherine Boo. “Katherine Boo spent three years among the residents of the Annawadi slum, a sprawling, cockeyed settlement of more than 300 tin-roof huts and shacks in the shadow of Mumbai’s International Airport. From within this ‘sumpy plug of slum’ Boo unearths stories both tragic and poignant--about residents’ efforts to raise families, earn a living, or simply survive. These unforgettable characters all nurture far-fetched dreams of a better life....Boo’s writing is superb and the depth and courage of her reporting from this hidden world is astonishing.”(Amazon.com)

Location: Pinnacle Behavioral Healthcare LLC, 7250 France Ave #302, Edina 55435

FFI: Jane Whiteside at janewhiteside@earthlink.net

Minnesota Women in Psychology Graduate School Outreach

Minnesota Women in Psychology (MWP) had the opportunity to be represented at the 4th Annual Counseling Psychology Practicum Fair at the University of Saint Thomas in November. This year, approximately 175 students, 35 practicum sites, five graduate schools, and three organizations were in attendance. At this event, three students signed up for membership.

MWP was able to connect with the University of Saint Thomas, Saint Mary's University of Minnesota, Bethel University, Argosy University, and the University of Minnesota to share our graduate school outreach goals. The Marketing and Communications committee has focused on increasing the graduate student population in MWP by sharing the many opportunities available to graduate students within our organization. All the institutes were very receptive to the benefits of MWP and plan to work with MWP towards this mission. Through the connections made at the Practicum Fair, two MWP members, Beth Stockinger and Beth Jordan, were able to present information about our organization to the Saint



Miriam Zachery, M.A., LMFT
at the Practicum Fair at Saint
Thomas.

Mary's University Psy.D. students. There were approximately 8-10 women in attendance. They explained the benefits of membership, focusing on the student support group, scholarship program, and networking opportunities. Many of the attendees had little or no previous information about MWP, which revealed the importance of this year's graduate school outreach goal. One student provided testimony about how MWP has supported her in her graduate school journey. In the future, the Marketing and Communications committee hopes to visit all the graduate schools in the Twin Cities area and spread the word about MWP!

- Hanin Ailabouni, M.S.Ed., NCC

Energy Versus Effort: Electronic Health Records and Health Information Exchange

As I'm sure you all know by now, the 2007 Minnesota Legislature mandated in Minnesota Statute 62J.495 (Electronic Health Record Technology), that "By January 1, 2015, all hospitals and health care providers must have in place an interoperable electronic health records system within their hospital system or clinical practice setting." That date has passed, and, I don't know about you, but I'm not all set up.

I'm writing this article, not as an expert, but just as an ordinary clinician, vacillating between "I think I can, I think I can" and "OMG! I had my plan figured out yesterday, and today I feel all confused again!" I'm also writing because Annie Schwain and I have co-represented MWP at several multidisciplinary coalition meetings of behavioral health professionals and have tried to keep relevant information flowing to MWP members. Check out the "EHR, HIE & YOU" section in past and ongoing Eblasts and read Annie's articles in earlier MWP newsletters if you haven't already done so.

As we continue these efforts to pass along information, our Executive Committee wants members to clearly understand

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Energy Versus Effort continued from Page 8

that MWP is neither endorsing nor discrediting any particular vendor or viewpoint. In any Eblast, you might find a variety of workshops related to EHR/HIE that are either being offered or shared by individual MWP members. Paid advertisements may appear in our newsletters. You might also want to join the MWP LinkedIn group to share information and perspectives with fellow members. In all cases, MWP encourages its members to validate information and check out multiple options in order to ultimately develop compliant plans that fit for their own practices.

I don't know about you, but sometimes I feel that the emotional energy I am putting into this mandate is detracting from the actual effort I am putting into developing my plan and implementing steps within my practice. This, of course, is a problem, so here are some reminders to self that might also be helpful to you—

Improve your technical skills.

Part of the churning in my stomach is because I'm just plain scared of technology. Let's face it—my two and a half year old granddaughter is more comfortable with my Smartphone than I am! Hmmm, maybe I could improve my navigational skills or learn more about outlook functions if I signed up for a computer class. I've been meaning to do that for a long time anyway. I've seen some interesting classes offered through the public libraries, or I could check out community education, the Minnesota Science Museum, or the Literacy Council.

Assess your own beliefs.

There's that self doubting part of me that can be so easily swayed when I'm not sure where I stand in the first place. I hear the full range of opinions about EHR/HIE from “just do it; it's easy” to “drag your feet as long as you can” to “protest the mandate;” and I can agree with some parts of all those points of view. I remember how unnerved I was in 2010, when the mandate was for electronic claims submission. I did drag my feet at first but then signed up with a clearinghouse before the mandated date and have been submitting my own claims electronically ever since. It has been easy, efficient, and even cheaper than what I had been doing. As for protesting, I did come of age in the 60's, so it's not a foreign concept to me. Personally, I would be perfectly comfortable if the mandate, or at least the deadline for the mandate, went away; but I don't think that's very likely. Academic medical centers began developing their own electronic medical information systems way back in the 1960's and '70's. The push for industry-wide standards that would promote widespread use of electronic medical information began in the 1980's and has been gradually evolving ever since. President Bush launched an initiative to make electronic health records available to most Americans within ten years during his 2004 inaugural address so, like it or not, the idea has been around for a while. I can remember the movement to protest the Provider Care Tax. It was a valiant effort; but, guess what? Our annual return is due again on March 15. Personally, I think I will opt to put more effort into preparing than protesting.

Evaluate the options for your own practice.

Of course, a big chunk of my emotional energy is always going into trying to maintain balance between this work that I love and everything else in life that I love. There are so many possibilities for how to spend my time and energy! How much do I want to work? How long do I want to work? I've heard from multiple sources that those of us considering retirement within the next one to three years probably won't need to meet the full mandate, as long as we can document the efforts being made towards compliance. So, I think what I will do is maintain a notebook and record all the trainings and readings and consultations that I am doing to move forward towards meeting the mandate.

Wow, that computer class can actually count as a step! OK, I start to calm down when I think like this. Just one step at a time, and that I know you and I can all do.

- Cathy Skrip, MS, LP

Making Life and Career Changes at 50+

and Wondering About Retirement

Retirement has historically conjured up images of unrestricted leisure, and for those with ample resources, the freedom to do as they pleased when they pleased. However, that image is slowly but surely changing, partly out of necessity, but partly out of choice for the Baby Boom generation.

Chris Farrell, author of *“Unretirement: How Baby Boomers Are Changing the Way We Think About Work, Community, and the Good Life”* (Bloomsbury Press, New York, 2014) claims that Baby Boomers are going to redefine retirement, creating a cultural shift as significant as the Women’s Movement. This shift will be driven, he argues, out of Baby Boomers’ desire to continue to make a contribution to society.

The options and choices for this stage of life are broad and can be overwhelming. Given the demands of work and family in middle age, many people have had no time or energy to figure out what they will do with their time if they leave full-time employment. Whether people want to continue working in their current careers, want to take a mid-life career shift, want a portfolio career or want to move to a lifestyle of leisure and volunteering, many are asking themselves: “now what?”

Mary and Ed (not their real names) are facing those questions. Both held senior level leadership roles in their respective organizations. As they reflect on their lives at this stage, they comment: “This chapter is far more unknown and murkier than any other time in life...” when the paths may have been more clearly defined. Facing the reality of this freedom, they are finding these questions almost overwhelming – there are so many choices and possibilities that it is proving difficult to sort through them and create a clear path. Both have friends and former colleagues delaying retiring due to a “crisis of imagination”: they don’t know what they would do if they didn’t continue working.

As life and career guides, we are helping people 50+ reduce the time they spend “wandering in the wilderness,” trying to figure out what they want to do, what they can do, and who might want what they have to offer. Our career and life planning services are designed to guide people 50 and older to define themselves not by their past, but by the future they want. . . enabling them to see the exciting possibilities for a generation who wants to define what their own next act will look like. We help build the clarity, courage and confidence needed to transform to a new future. Whether a person is facing retirement, a big life change, loss of a job, or just wants to focus on something new, we have the experience and skills of replacing the fear, uncertainty, or boredom with clarity, confidence and excitement about the prospect of the future past 50.

Check out our website FuturePast50.com to learn more. Or contact Nancy Burke at 612.242.1140 or nancy@futurepast50.com; or Marg Penn (MWP member) at 612.325.7492 or marg@futurepast50.com. We will be doing a workshop for MWP members in May – watch the Blast for further details!

- Marg Penn, Ph.D.



Warm up with promotional MWP travel mugs for only \$10 plus shipping! It's a great way to promote the organization while enjoying a hot beverage! You can order yours today from the MWP website at <http://mnwomeninpsychology.org> and ship it straight to your door!

Mark Your Calendar

Thursday, February 5

Free Pre-Retirement Consciousness Raising Meeting

6:30 - 8:30 PM

Location: 66 E 9th St., Saint Paul, Party Room in Ruth's Condominium

FFI: Ruth Markowitz, rumark@aol.com - Please pre-register

Monday, February 9

MWP Executive Committee Meeting

7:00-9:00 PM

Location: Southdale Library, Helen Young Room, 7001 York Ave. S., Edina 55435

612.543.5900

FFI: call or text Kathy Johnson at 612.518.7300

Saturday, February 14

Private Practice Group

9:00-11:00 AM

Location: St. Louis Park Library, 3240 Library Lane, Minneapolis, 612.543.6125

in the St. Louis Park Meeting Room just inside the library

FFI: call or text Kathy Johnson at 612.518.7300

Friday, February 20

East Side Private Practice Group

9:00 AM

Location: Claddaugh's Coffee, 459 W Seventh St, Saint Paul, 55102

FFI: Heidi C. Schelling, PhD, LICSW, Psychotherapy Services

612.224.4000 or schellingphdlcsw@yahoo.com

Saturday, February 21

Student Group

12:30 PM

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

FFI: Michelle Purtle at michelle.sexton26@gmail.com

Monday, February 23

Domestic Violence Expert Witness Group

9:00-11:00 AM

Location: 2233 Hamline Ave N, Roseville

RSVP/FFI: Cathy Skrip at cle19s@yahoo.com or Christina Robert at robertfamilyservices@gmail.com

Monday, March 9

Executive Committee/All Committee Meeting

6:50 - 8:50 PM

Location: Roseville Library Community Program Room
2180 North Hamline Ave, Roseville, 55113

FFI: call or text Kathy Johnson at 612.518.7300

Saturday, March 14

Private Practice Group

9:00 - 11:00 AM

Location: Lund's Store, 25 University Ave. SE, Minneapolis 55414

FFI: call or text Kathy Johnson at 612.518.7300

Wednesday, March 18

Transitioning to Spending, Not Saving

6:30-8:30 PM

Location: 66 E 9th St., Saint Paul, Party Room in Ruth's Condominium

FFI: Ruth Markowitz, rumark@aol.com - Please pre-register

Saturday, March 21

Social Action Book Discussion

1:30 - 3:00 PM

Location: Pinnacle Behavioral Healthcare LLC, 7250 France Ave #302, Edina 55435

FFI: Jane Whiteside at janewhiteside@earthlink.net

Monday, March 23

Specialization Workshop

6:30-9:00 PM

Location: TBA

FFI: Ruth Markowitz at rumark@aol.com - Please pre-register

Thursday, April 2

Ending with Long Term Clients

6:00-8:30 PM

Location: 66 E 9th St., Saint Paul, Party Room in Ruth's Condominium

FFI: Ruth Markowitz at rumark@aol.com - Please pre-register

Saturday, April 10

The Ethical Complexities of Psychotherapy: How Well-Intentioned Therapists make Unintentional Mistakes

9:00 AM-12:00 PM

3 CEU's

Location: Mount Olivet Church, 5025 Knox Ave S, Minneapolis

FFI: Ruth Markowitz at rumark@aol.com

Saturday, April 11

Private Practice Group

9:00 - 11:00 AM

Location: Lunds Edina, 3945 West 50th Street, Edina 55424

FFI: call or text Kathy Johnson at 612.518.7300

Monday, April 13

Executive Committee Meeting

7:00 - 9:00 PM

Location: TDA

FFI: call or text Kathy Johnson at 612.518.7300

Thursday, April 30

MWP Annual Meeting

4:00-7:00 PM

Location: International Market Square

FFI: Cathy Skrip at cle19s@yahoo.com

October 2-4, 2015

MWP Fall Retreat

Location: Koinonia Retreat Center - Annandale MN

FFI: Joy at sale8947@stthomas.edu