

# April 2001

## Annual Meeting Set for June 7

Join fellow MWP members for this annual gathering, an event that this year will feature *GirlyWorld*, a one-woman dramatic presentation by Carolyn Kolovitz. Kolovitz is a Twin Cities performer who also facilitates self-esteem and leadership workshops for young women. An MPA program will follow in the same location that may be of interest to MWP members. Look for more details in a brochure to be mailed.

**Thursday, June 7, 2001 from 11 am – 3 pm**

Colonial Church, Edina  
Deb Fisher and Skye Payne  
Annual Meeting Coordinators

## Mark Your Calendar

- ! **Thursday, April 5, 6:30–9 pm**  
Steering Committee meets, Sue Eckfeldt's home
- ! **Monday, April 16**  
Deadline for return of ballots for Steering Committee elections and proposed bylaws changes – Remember to vote!
- ! **Friday, April 27, 3–4:30 pm**  
MWP Women Students' Forum, at MSPP (see page 5)
- ! **Saturday, May 19, 1–3:30 pm**  
Steering Committee meets, Judith Zimmerman's home
- ! **Thursday, June 7, 11 am–3 pm**  
MWP Annual Meeting at Colonial Church, Edina

**Contributors to this Issue**

Julia Davis   Diana Gabriel   Claire Grubich   Maggie Keating  
Meredythe McCarthy   Judith Zimmerman   Ferris Fletcher

## **IN THIS ISSUE . . .**

**Julia Davis writes about the  
proposed MWP name change**

**\News from the Professional Issues, Social Action and Personal  
Development committees**

**It was a great colloquium**

**New therapy group listing**

*. . . and much more*

## **Notes from the Steering Committee**

As the itch for Spring becomes unbearable, MWP plans for spring activities like “Meet, Greet and Renew” and the annual meeting, where scholarship are awarded, thanks are given to those who served the organization, and honors are bestowed.

MWP is one year away from the 25<sup>th</sup> anniversary annual meeting, and seeds are planted for that celebration. The tentative plan includes a social time, dinner, a national speaker discussing changes in knowledge about the psychology of women in the past 25 years, and small group reaction meetings, in addition to usual annual meeting events. A special issue of the *Newsletter* is planned to honor this occasion. Anyone interested in being on the planning committee for the event or the *Newsletter*, please contact Ferris Fletcher at 952-546-7056. Nurturing these seeds should be very rewarding and fun!

Another growing part of MWP is the web site. Members have reported varying degrees of access to the web site, so changes are underway to make sure that everyone can visit the site. The site covers mission and structure information, reprinting of *Newsletter* articles, events descriptions, and membership

information. Discussion continues about how to make the web site responsive to members. One recent discussion involved making it interactive somehow. At most meetings, the Steering Committee wonders what the membership thinks about an issue and proposes a survey. What would it be like to collect data through the web site? Could political action be taken quickly with blanket e-mails? As technology changes so could the organization change.

MWP has archives that cover 24 years. The Minnesota History Center houses a copy of each *Newsletter* printed. The other archival material is in boxes that have moved depending on space availability and in boxes that Eunice Slager has saved. Because the archives are growing, they will soon be housed in a storage facility. MWP members can then have access to the materials, and archivists will not be required to store boxes! The Archives Committee of Diana Gabriel, Sara Marck, Dawn Ulrich and Ferris Fletcher have organized material by year and have put pictures in order in books. So, hopefully, the archives are usable and easy to update.

The other seed that I have been tending for MWP is the *Newsletter*, which has not seen dramatic changes lately except for more photography and color. Please keep in touch with me about any of these patches – they flourish with attention from many!

-- Ferris Fletcher

## **Personal Development Committee**

Though the number of attendees was not huge, the winter colloquium was another of MWP's various opportunities for members and nonmembers to partake in "personal development." Webster defines "development" as "an act, a process, or result of developing, the state of being developed, plus a reference to land, a developed tract of land, especially one that has houses built thereon."

The latter definition brings to mind a parallel concept, which could perhaps be addressed with a question: as professional helpers, how many ways are we involved in development? Our professional knowledge avails us to use developmental theory, and we have learned about the family life cycle, which informs us about developmental stages of life within a family (more referable in Western culture). My feelings and thoughts about personal development and professional development merge, and they are often difficult to separate.

Rather, I think both areas of development become all the richer and fuller if we avoid the thought of separation completely.

As women, we have always been involved in the “building of houses,” a vivid metaphor that mirrors our relationships – nurturing children, forming friendships, supporting each other, loving partners, and embracing life. The Steering Committee, especially the Personal Development Committee, hopes to provide the potential for personal and professional explorations and discoveries for MWP members.

-- Judith Zimmerman

## **Professional Issues Committee**

The Professional Issues Committee – Dawn Ulrich, Diana Gabriel, Beth Carlson and Janet Thomas – are continuing to work diligently on the final drafts for our brochure that has turned into a pamphlet regarding the Board of Psychology complaint process. We are very excited about the pamphlet as everything is coming together. Our goal is to have the pamphlet published by June. So far we think we are on track to meet our goal. We have received three responses from ethical consultants and nine responses from attorneys experienced in working with Board of Psychology complaints that are interested in being on our referral list. The list will be available on the web site soon!

Our committee is co-sponsoring the 2001 Joint Dinner – “Women and Mentoring: The ‘New Girls’ Network,” on March 15. The members of our committee will be attending the dinner representing MWP.

-- Diana Gabriel

## **Social Action Committee**

Ø **April 19 and 20: The 11<sup>th</sup> Minnesota Conference on Adolescent Females.**

Please attend if you are able. For more information, call 651-646-5060, and see page 7.

Ø We will be deciding on the **Social Action Award** recipient by May 19. We will present the award at the annual meeting on June 7.

-- Maggie Keating

***Ballots for Steering Committee elections and a proposed name change for MWP will be mailed to all regular MWP members by April 1. Please vote and return the ballot by April 16.***

## **MWP Winter Colloquium Report**

Americans are not feeling good about their bodies. A full 85% of women in this country say they are unhappy with their bodies. In fact, it is abnormal for adolescent girls to feel comfortable in their bodies.

Kathy Kater, LICSW, in her program "How Do I Look? Reflections on Body Image in the Therapeutic Relationship," focused on body image therapy. Negative body image attitudes are moving into younger and younger children's psyches. Kathy quotes a Chinese proverb: "A culture is formed by the stories its children are told." The effort to be bigger or smaller, taller or thinner, is losing game that robs people of their attention to growth in other areas.

The issues American women and children have around their bodies are pervasive. It begins as young as ages two and four for girls. But boys are catching it, too. Negative body image is now viewed as culturally "normal." It is the expected developmental sequence for adolescent girls in western culture to use derogatory terms to describe their own and each other's bodies. How many have heard, "My butt's too big," "My boobs are too small," "I have fat legs/thighs"? Kathy's message to us as practitioners is that we *must* confront the systemic basis for body image problems in our culture. She gave an update on current research on body image, attitudes, eating disorders and weight concerns. The primary risk factors are:

1. Feeling fat (has nothing to do with being fat)
2. Believing dieting is an effective weight loss strategy
3. Restrictive dieting

Men and women deal with body issues differently. Men tend to get busy with things outside of themselves; women direct their time and energy to the inside. Kids concern with body image leads them to view themselves from the outside, with emphasis on achieving the "right" appearance, a *primary* risk factor for poor eating, which leads to eating disorders and away from important developmental tasks.

The wave of dieting started in the 1960s and is now a normal eating process in America. Yet, the United States has the heaviest population in the world and the fastest growing heavy culture in the world. Our children face a thinness schema in that they must be slim to make it in the world. Beauty is the primary project. A successful woman can and should transform and control herself through fashion,

dieting and rigorous exercise in order to conform to the desired lean look. This is a very confusing situation for children. Primary prevention *has* to come before the onset of puberty, when negative attitudes toward body image become set.

Kathy has developed an all-subject elementary school curriculum (*Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!*, 1998, Seattle: Eating Disorders Awareness and Prevention). Her goal is to prevent unhealthy body image by raising consciousness and prescribing antidotes.

Myths:

- ÿ It's not who you are. It's how you look. Image is everything.
  - ÿ Fatness means "overweight." Fatter people eat too much or are not active enough.
  - ÿ Fatter people are undesirable. Thinner people are virtuous.
  - ÿ You can do anything you put your mind to. When it comes to weight, dieting is the "cure" for the "wrong" body.
- ÿ If/when fatness is a health risk, the prescription is "Lose some weight!"

Antidotes:

- ÿ Gain a historical perspective on body images.
  - ÿ Become media literate by developing critiques of the ads we see.
  - ÿ Maintain a balanced attention to the many parts of who we are. How we look is only one part.
  - ÿ 50 to 80% of our physical appearance is genetically predisposed. Talk about what we can influence for our own health, not just weight control.
- ÿ Understand and anticipate internal weight regulators that determine size, shape, weight and body mass.

The number one prejudice is against fat more than color or gender. When people talk about being overweight, Kathy asks, "over *what* weight?" She suggests using the words "fat" and "thin" to desensitize ourselves. People need to understand that hunger is a drive that keeps us alive. It is as essential as breathing, sleeping, taking liquids and keeping warm. As soon as a basic need is jeopardized, we are preoccupied with it. Chronic dieters will become compulsive eaters, It is known that fatter people who are fit have fewer health problems than thin people who are unfit.

So is it about fatness or fitness? We can choose how and what we eat, and also how we move. But this does *not* make us slim. People will be healthier at the weight that is best for them. Prescribing weight loss is a prescription for failure. We must accept our biology, eat well, exercise and choose healthy role models and friends that are right for us. The goal is acceptance of our innate body, the one we were born with, and to build a foundation that challenges unhealthy cultural myths and understands what cannot be controlled about our body size and shape.

Kathy brought in five former clients who shared their struggles around food and how they have been able to get on with healthy lives. Their general consensus was: "Be healthy, eat healthy, exercise and your body will take care of itself. It will find the size that is right for you." MWP members especially liked the question and answer session with them.

-- Meredythe McCarthy

## Notes from Greater Minnesota

*Girl, Interrupted* (Vintage Books) is an autobiographical statement by Susanna Kaysen about her treatment for mental illness and about the patients she meets. This easily read book demonstrates how her world in the '60s is a contest between conformity and individuality stereotypes or myths and uniqueness, institutions and patients. The book prompts the reader to examine which qualities keep some patients in the chronic mode, while others in society exist outside of and separate from mental health services.

Kaysen chronicles her stays at McLean Hospital with her narrative and complements this perspective with copies of progress reports and summaries of her admissions and discharges.

Not surprising are her observations of hospital staff and treatment team members to whom she gives clinical handles as if to retaliate for the labeling and the categorizations which she received. The frank portrayal of professional staff members and their powers – "therapists had nothing to do with our everyday lives; they couldn't grant or rescind privileges, help us get rid of smelly roommates, stop aides from pestering us" (87) – becomes humor to the informed reader.

She describes her reactions to her diagnosis as first calm, then growing toward ominous, then comforted that borderline personality “appears to be a way station between neurosis and psychosis: a fractured but not disassembled psyche” (151).

Kaysen expands on the cognitive process of mental illness and takes the reader on a ride through the recognized confusion regarding trust of staff. She describes Valerie’s strictness and inflexibility as a sign that she wasn’t afraid of patients or doctors – she was the only staff person trusted. She didn’t say too much or label too much, but rather said what she meant: “The only phrase she used was *acting out*, and she used it correctly, to mean ‘getting in my hair and driving me crazy’ ” (78).

Student nurses were befriended, given advice about their personal lives, and sheltered from the real feelings of patients. They probably learned little about psychiatric nursing because they saw improved versions of the patients – this was as close to being cured as some patients experienced.

The reader searches for the meaning of the title and discovers its origin in the final pages: “This time I read the titles of the painting, *Girl Interrupted At Her Reading* . . . interrupted in the music of being seventeen, as her life had been, snatched and fixed on canvas: one moment made to stand still and to stand for all the other moments, whatever they would be or might have been. What life can recover from that?” (167).

-- Claire Grubich

### **Welcome New and Re-Joining Members!**

Four women have joined MWP since the February *Newsletter* was published:

*Shawna M. Benson   Amy S. Hilburger   Sara K. Johnson   Madonna M. Link*

### **Interest Group Forming**

**Are you a retired or semi-retired MWP member?** If you would enjoy getting together with other like members, both for socializing and also to consider ways to participate in and contribute to MWP, please

contact MWP, 952-920-9606, PO Box 16445, Minneapolis, MN 55416. A list of interested members will be made and distributed to those who respond.

### **Women Students' Forum**

Come learn more about MWP and share in a discussion about how women with careers in psychology and related fields can help support and facilitate women graduate students' experiences.

**Open to all women graduate students and women professionals in psychology-related fields**

**Friday, April 27, 2001 from 3 to 4 pm**

Minnesota School of Professional Psychology (MSPP), Second Floor

**Refreshments will be provided.**

Please RSVP to Eunice Slager at MWP by Wednesday, April 25, 952-920-9606.

## **Space Available**

**Uptown:** Therapy office in Uptown Business Center, available two days per week, to share. Completely furnished. One block from Calhoun Square. FFI: Lynda Borchers, M.A., LP, 651-387-7122, or 651-450-9558.

iii

**Sublet:** Office to sublet Mondays, Fridays; evenings (after 5 pm) available. Unique and elegant space. FFI: Lynn Kiely, 612-870-8728.

iii

**Southdale Area:** Great location near Hwy. 62 and France Ave., complete with pond, wooded view, rabbits, squirrels and ducks. Large, lovely, furnished office with waiting room, available to sublet from Sept. 1, 2001 to Sept. 2002, full-time or divided among a few. Possible part-time available before and after these dates. FFI: Nickey Larson, M.A., LP, 952-929-8432.

iii

**St. Paul:** Sunny office with large windows; clean, well-maintained building in St. Paul. Free parking, wheelchair accessible; sublet one to four days/week. Group rooms also available. FFI: Mary A. Palmer, LICSW, LMFT, 1619 Dayton Ave., Suite 110, St. Paul, 651-645-2638.

iii

**Minneapolis:** Office available in newly renovated Victorian suite of offices in south Minneapolis. Waiting room and office equipment shared with therapists in two other offices. FFI: 612-823-1352.

## Personal Observations

**Jacquelin Germain** is pleased to announce the recent publication of a book chapter in the book *Faces of Violence: Psychological Correlates, Concepts and Intervention Strategies*. The title of her book chapter is "Predictors of domestic violence: Power-and-control versus imbalance-of-power and related factors."

iii

**Nickey Larson** is finishing her coursework in the Psy.D. program at the University of St. Thomas. She is excited to announce that she has accepted an internship in Hawaii for next year. The site is on Oahu, across the mountains from Honolulu, in Kailua. Besides learning a health-based approach to therapy, she can learn to surf. She is, therefore, looking to rent her three-plus bedroom house in Bloomington for a year. FFI: Nickey Larson, M.A., LP, 952-929-8432.

## Positions Available

The Hazelden Center for Youth and Families (HCYF) has two positions available for doctorate-level psychologists:

**Psychology Supervisor:** Will conduct assessment and diagnosis, individual and group therapy, provide clinical supervision to mental health staff and student

interns, participate in multidisciplinary and quality leadership teams, and evaluate and coach clinical staff.

**Senior Psychologist:** Will conduct assessment and diagnosis, individual and group therapy, and participate as a member of the multidisciplinary team.

Qualifications for these positions include a Ph.D. or Psy.D., current Minnesota licensure or eligibility for licensure as a psychologist and expertise in the 12-step facilitation approach to chemical dependency treatment. Submit your resume via fax (651-213-4394), e-mail ([jobs@hazelden.org](mailto:jobs@hazelden.org)), or US mail (Hazelden Foundation, Human Resources - BC 16, PO Box 11, Center City, MN 55012). FFI: Visit their web site, [www.hazelden.org](http://www.hazelden.org).

iii

**Therapist:** Growing western metro private practice, Mound Psychological Services, seeks experienced licensed therapist to work primarily with women and children. Fax resume to 952-495-1409. FFI: 952-472-2408.

## Letter to the Editor

### To the Editor:

I am writing because I was really concerned after reading last month's MWP newsletter and what follows is my response to the idea of changing the name.

This is what I understand about the reasoning for the proposed name change for MWP. The organization was historically founded to provide a supportive professional setting for women psychologists, but it has always accepted memberships from women social workers or other related fields; and now that the term psychologist is legally reserved only for those with a Ph.D., MWP predicts that there will be fewer women Ph.D. psychologists and more LPPs and Master's level practitioners, licensed and un-licensed, in the coming years. Why not be more inclusive? Minnesota Women in Psychology is proposed as an alternative that is a more accurate description of MWP membership.

I ran the name past some friends, not psychologists, and got pretty mixed reviews. One person thought it sounded like women in therapy, i.e. clients, would be welcomed, too, and another thought it sounded like a study program, women *into* psychology. I note in the MWP newsletter, there is reference to a

national organization with a similar name, but no breakdown of their membership in terms of training and qualifications.

I think, if an inclusive name is the goal, Minnesota Women **Psychotherapists** would be still more accurate: it would acknowledge the large proportion of members who are not legally psychologists, and, as well, those who do not have training or licensure in psychology but who do share common interests in providing the service of psychotherapy. Psychotherapy is provided by psychologists, social workers, master's level and Ph.D. level alike; and by those who are not licensed or even trained, for that matter, in this state. It would be maximally inclusive and would underscore the pragmatic bent of the organization toward practice and social action and away from research and academia.

But I don't like the proposed change and I am not in support of it. If the name changes, then I think I will resign.

I am sad because I realize that the proposed name change also has forced me to reevaluate my relationship with MWP and has led to the recognition that I may not have much to share with MWP any more. I joined, I think, at the beginning, when I was a graduate student in the '70's, and while health and family reasons have curtailed my involvement in the past decade, I continue to send in my dues and come to workshops. But as a woman psychologist in the legal sense, I have felt increasingly peripheral to MWP on many levels. I feel as if MWP has changed from its original purpose—peer support for women psychologists—to something closer to peer support for women providing mental health services, and with that change, the original purpose has been lost.

I want to belong to professional organizations that are going to support the profession that I am in, psychology, and that are active in overseeing the practice of psychology in the state, and who support, critique and influence the actions of the Board of Psychology to maintain both a high standard of practice and an informed public. But in the recent newsletter, the comments suggested an identity shift away from the **Psychologist** to the **Woman**, a dilution of purpose that makes me wonder if MWP will continue to support psychological licensure in this state. An organization that objects to the high cost of licensure without acknowledging the importance of the Board's service to us and to the community may come to wink at the non-licensure of its members and cease to be an effective leader within the psychological community. Have we forgotten the purpose of licensure is to protect the public and our reputations against our peers who abuse their clients or demonstrate other ethical offenses? Does MWP really think that only men are guilty of fraudulent practices or boundary violations? I hope not, because that is simply not true.

I want to belong to groups that challenge me with new research and critical assessments of new clinical techniques, that keep me abreast of changes within my profession so that I can continue to provide the best service I can to my clients. But with the shift away from "Psychologists" to "in Psychology", what is the standard of practice and what is the criteria for excellence?

I am concerned that MWP has an agenda that supports inclusivity more than quality, and whose membership is increasingly interpreting themselves as disenfranchised and disengaged from the professional practice of psychology in Minnesota. The programs I have attended have been very mixed: some presentations have been excellent descriptions of clinical techniques, but far too many have involved discussions of questionable techniques, presented without adequate support in the literature for their proper application and the diagnostic groups for which they are best suited. Sometimes I have felt that even suggesting the existence of diagnostic groups is poorly received: but as a profession, one of psychology's most valuable contributions to mental health is the assessment and diagnosis of different populations, the better to match need to service. As a profession, our training in the use of discriminative reading of the literature sets us apart in our ability to recognize when a new technique is solid and useful and when it is merely the latest trendy fad to come along. If MWP is redefining itself as inclusive of all women practitioners, regardless of training program, then MWP either has the additional responsibility of training the membership in the standards of the profession of psychology, or MWP will lose the essence of professional identity and become more a support group for women mental health practitioners. That in itself has value: but it is not an agenda of professional development and engagement that is of interest to me.

Maybe the parting of the ways was in the licensure battle of the '90's. Some of the comments in the last newsletter about the "elitism" of psychologists now sound like echoes from that time.

Despite MWP's effort to remain neutral, many of its membership fought against single level licensure, and the organization's neutrality seemed to be a choice for inclusivity over professional standards. I think the "feel" changed then. Where once, women Ph.D.s were appreciated as people who had achieved the highest degrees in the profession, and who represented what women could do, it now appears that Ph.D.s are discounted as irrelevant, elitist, and somehow anti-feminist ---or at least politically incorrect. And yet the profession of

psychology has changed over the years, too, so that I understand now that there are more women Ph.D.s than men, that psychology itself is less male-dominated and more egalitarian. This does not change the need for MWP, since we live and work in a patriarchy, but it does challenge the assumption that a Ph.D. in psychology is somehow more difficult to achieve for one gender than another, and that lacking one is due to discrimination rather than ability and choice.

I supported single-level licensure. I believed it was the best choice for my profession for Minnesota to adopt the same standards that carried in 48 other states. I think it is urgent that we develop and maintain high professional standards in the services that we give to our clients in the state, and I believe it is essential to support our Board, even when it feels like they are asking us to pay for the bullet that shoots us. But I feel that in supporting my profession, I was somehow forced into making a choice between being a woman or being a psychologist, and this was nowhere so apparent as in the organization that has supposedly been developed to support both those needs, together, as a woman psychologist. Which letter in the name was I to choose, the W or the P? How ironic: I had hoped for a place where I could be both. But instead it feels like my Ph.D. is not an intellectual accomplishment to be proud of, but instead a shabby expression of my supposed greed and status-seeking.

No one has ever said so directly: but reading the latest newsletter brought it all back, it is there in the words. And when I read through the directory, I am surprised at the attrition of women psychologists that I know are still practicing but who are not MWP members. Perhaps MWP should do a poll of lapsed members to find out when and why they ceased their involvement?

Maybe the task is to ask about the balance between having high standards as a profession and the inclusivity that comes with making everyone feel welcome. Is MWP a professional entity or a support group?

If MWP is to maintain professional status as a psychological organization, it will have the benefit of the standards within the profession for training, research, licensure, quality practice, continuing education, etc. As a psychological organization, it will have the responsibility to clarify the standards for workshop presentations and dissertation grants: a recognition of diagnostic groups, a critical assessment of the measuring techniques used, and a careful review of available literature with a discriminative eye to experimental design. In this era of great change in our health care system, we need more than ever a reasoned way of evaluating the waves of information; of evaluating the merits of the treatments and techniques that are introduced, that our clients ask us about. Many of the "latest" information is the merest snake oil, or is based on anecdotal rumor. We need the science in our work more than ever, the better to sift what is

correlation from causation, and what is the latest placebo effect from what works in the long run. We have the responsibility to use the highest standards of psychological theory and practice when we evaluate our services and the services of others. This is not elitism: this is ambition, idealism, and discipline. Psychology is, after all, a discipline, a way of looking at the world, a unique professional identity. Without that identity, who is to say whose standards should be met? Judging from the wide range of quality in current workshop presentations, MWP is already struggling with this issue now.

MWP has also had a long history of being a feminist organization and its definition of feminism may also be at the heart of this debate. There is, within feminism, an ongoing debate about hierarchies and inequities that can pit those who accept the existence of hierarchies against those who consider them the work of the (male) devil. Is it feminist to have a Ph.D. if another woman does not? Is it feminist to say that a Ph.D. reflects a difference in training and achievement? Is it feminist to support single-level licensure if it means that people—women and men—without a Ph.D. will not be able to practice independently? Is it feminist to make distinctions about the quality of training and practice? I, for one, having accepted the existence of measurement, cannot imagine an effective society without hierarchies of excellence and achievement: some people are better at some things than others. As a feminist, I think it does not serve us well as a gender or as a society to insist that differences do not exist, or, granting their existence, that they do not matter. Nor do I believe it will serve MWP well to minimize or ignore the presence of high achieving women in its membership. I happen to believe that the true future of feminism is to support and nurture high achievement by women and the movement of women into positions of power and effectiveness, and to not reject them once they get there.

I think MWP is looking at how high they want to set the bar: and this needs to be considered separately from discussions of inclusivity. MWP has already demonstrated that it is inclusive: all levels of training and even non-licensure have traditionally been welcomed. The numbers given indicate that fully a third of the membership has been unlicensed for years, and that Ph.D.s have comprised a third of the membership for the same number of years: a stable record of inclusive membership composition. (A question. When I joined, I was unlicensed and undegreed, as a student, with the expectation that I would eventually join the profession, as I did, and support its goals, as I have. Has there been a change in the composition of the non-Ph.D. membership away from those expectations?) The problem seems to be that the professional standard for the practice of psychology has been raised by the community at large, or our state, at least legally, so that only Ph.D.s and the grand-fathered M.A.s can be called psychologists. But there is no provision in MWP's bylaws that prohibits membership from those who are not technically psychologists; there is no

difference in access or privilege within the organization, only the difference that some people have achieved the highest goal where others have not. Are they better people? No. Are they better practitioners? Not always; not necessarily. Are they trained differently? Yes. Does MWP want to continue to be a part of the professional psychological community, recognize the existence of the hierarchy and accept the standards of the profession? Or does it want to devolve into a clearinghouse of talent and support for members irrespective of professional training? And if so, how will it define its standards and identity?

– Julia Davis, Ph.D., LP

## For Your Information

*In this section, **For Your Information**, we print items of particular interest to women psychologists, MWP members, and women clients. Most of the programs listed here for professionals offer CEU's for psychologists, or have applied for them. Be sure to confirm before registering, if CEU's are important to you.*

*Items for this section are limited to approximately 30 words; exceptions for that policy are made for non-profit organizations which serve primarily women (e.g., YWCA, Women's Consortium, Continuing Education for Women, etc.).*

*A special service **for members of MWP** who are offering services, events; you may contribute items for **For Your Information** irrespective of whether the event is aimed for women. All other events (those which are not presented by MWP members) must be of particular interest to women in order to be included here. The Editor often uses her own judgment in determining if the event is of particular interest to women, e.g., events which address issues of families and children.*

**Friday-Saturday    The Silent Treatment:  
Fostering Resilience in  
April 6-7, 2001    Traumatized Children and  
Adolescents**, presented by  
**8 am – 4:15 pm** Martha B. Straus, Ph.D. Course  
top-

ics include: PTSD, Attachment Problems and Too Much Talk, Underlying Premises of No Talk Therapy, and Case Planning for the Silent Treatment. At St. Olaf College, Northfield. FFI: 507-646-3629.



**Friday, April 20    Helping Parents with “Out of  
Control” Teenagers**, presented

**9 am – 4 pm** by Susan Carstens, Psy.D., LP,  
and John

Clarke, Ph.D., LP. Will describe innovative techniques for helping parents both set limits for and connect with their teenagers. At Minnesota School of Professional Psychology (MSPP), Bloomington. FFI: 952-921-9500.



**Monday, April 23** **Treating Survivors of Trauma and Abuse**, presented by Libby R. Leinweber, CISW, BCD. FFI: 715-836-9900.  
**8:30 am – 4 pm**



**Friday, April 27** **Practical Applications of Animal Assisted Therapy.**  
**9 am – 4 pm** Presenters Molly M. DePrekel, M.A., LP, MWP mem-

ber, and Tony K. Welsch, MSW, LGSW, will lead hands-on activities with animals, therapeutic role-plays and discussion groups. FFI: MSPP, 952-921-9500.



**Friday, April 27** **Advances in Cognitive-Behavioral Therapy with Couples**, with Dr. Norman Epstein. FFI: Sandy Latts, 651-698-8378.  
**8:30 am – 4 pm**



**Friday-Saturday** **Critical Junctures in Women's Economic Lives: A symposium**  
**April 27-28** exploring causes and

consequences of

women's economic decisions. FFI: 651-293-1222.



**Friday-Saturday** **Shaken Baby Alliance** is co-sponsoring Candlelight Vigil  
**April 27-28** 2001 and Public Policy Day to encourage awareness of shaken  
**Washington, DC** baby syndrome.

FFI: 952-249-1702; [www.shakenbabyvigil.com](http://www.shakenbabyvigil.com).



**Monday-Tues.** **Geriatrics for the Primary**  
**April 30-May 1** **Care Provider:** physiological, environmental and psychological issues. FFI: 612-725-2051.  
**8 am – 5 pm**



**Friday, May 4** **Couples Therapy: A Practical**  
**8:30 am–4:15** **Approach to Treatment**, with Douglas Meske, MSW, Ph.D.  
**pm** FFI: 715-836-9900.



**Friday-Saturday** **Thought Field Therapy, Levels I and II.** Combination workshops will be presented by  
**May 4-5** Jill Strunk, Ed.D., LP, MWP member. In Minnetonka. FFI:  
**June 1-2** (952) 936-7547.

**9 am–5:30 pm**



**Friday-Sunday**  
**May 4-6**  
**Hibbing, MN**

**Life Strides Retreat for Working Moms.** A small group of working moms will meditate, hike, eat, be massaged and receive coaching at a Hibbing inn. FFI: 952-854-4154.



**Friday, May 11**  
**9 am–4 pm**

**Clinical Supervision: Legal and Ethical Challenges.** Janet Thomas, Psy.D., LP, MWP member, will de-

scribe supervision skills, legal and ethical issues, and the complex responsibilities of a supervisor. At MSPP. FFI: (952) 921-9500.



**Friday, May 11**  
**8:30 am–3:30 pm**

**Alternative Healing and What Actually Works,** with Laura Pawlak, Ph.D., LP. FFI: 925-609-2820.



**Friday, May 18**  
**9 am – 4 pm**

**Understanding the Impact of Chronic Illness and How to Offer Positive Therapeutic Intervention.** Presenter Jennifer M. Gish, M.A.,

LICSW, will describe the life changes that chronic illness brings and ways to help clients develop management plans to improve quality of life. At MSPP, in Bloomington. FFI: 952-921-9500.

iiii

### **Professional Group Available**

**Psychotherapist Peer Consultation Group:** Three psychotherapists with diverse, eclectic backgrounds, are looking for one or more additional members to discuss cases with us once a month for 1½ hours. We are eager to add members with experience in personality disorders, DBT, and/or family therapy, but we're also open to other areas of expertise. FFI: Sue Salmela, 952-929-5473, or Jan Jirak, 612-985-1097.



## Client Groups Available

**Women's Cancer Resource Center** support groups focus on topics including treatment choices, young women, healing circles, caregivers, and others. FFI: 612-822-4846.

iii

**ARIA** (Adults Recovering from Incest Anonymous) support groups. FFI: 612-591-5916.

iii

**Money Classes** for women or couples; ongoing, one to seven sessions. Focus varies from emotional impact to practical strategizing and problem solving. FFI: Ruth Hayden, 651-690-3797.

iii

**Changing Lives for Changing Times**, a four-session workshop designed for persons age 50 and over, provides an opportunity for participants to examine transition in relationship with self, family, friends and partners. Facilitated by J. Alice Felicia, M.A., LP, MWP member, and Lynn Amon, LSW, on Tuesday evenings in St. Paul. FFI: 651-215-2209.

iii

**A "Novel" Experience**, a group for women, with Debra Froberg, Ph.D., LP, and Rita Benak, M.S., LP, MWP members, will read *The Red Tent* by Anita Diamant. Discussing the book will be a springboard for participants' own personal growth through exploring changing relationships, life transitions, the loss of dreams and generation of new ones, and mother-daughter relationships. Six Wednesdays, beginning

April 25, 5-6:30 pm, in Minnetonka. FFI: 763-475-2722 (Debra) or 952-593-3627 (Rita).

iiii

Miranda Amaris, Psy.D., MWP member, facilitates several groups at the **Center for Grief** in St. Paul, with topics that include Motherloss, Accidental Death, Vicarious Traumatization, and Sexual Abuse Survivors. Fee: \$45/session.

iiii

**Deadlines for next *Newsletter*:  
articles: May 10, 2001**

**Classified Ads: May 5, 2001**

**News and**