

Minnesota Women in Psychology

December 2001 Newsletter

Winter Colloquium – February 22, 2002

Mark the date in your appointment book for the MWP Winter Colloquium on February 22, 2002, an easy date to remember. Laurie Powers-Jung, M.A., LP, LMFT, will be speaking on "The Stepmother's Dilemma – Helping Untie the Knot of Conflicting Relationships." How many stepmothers do you know who would like help in unraveling this sticky knot? And how many children do you know in blended families who could feel the blessings of emotional relief? Do their frustrations hang heavy like a cold wet wash? Or burn like acid in their stomachs? Laurie Powers-Jung is psychodynamically trained and has 30 years experience in the field. She works with individuals and couples, and does systemic family work. Her expertise lies in her work with stepmothers and blended families.

This full-day colloquium will be at beautiful St. Mary's Greek Orthodox Church, the church with the gold dome that overlooks Lake Calhoun in Minneapolis. Further details will be in the brochure that will be mailed to you. For questions, call Judith Zimmerman, 612-822-6197, or Judith Lies, 612-724-8168.

— Meredythe McCarthy

Mark Your Calendar

! **Saturday, December 1, 2-4 pm**
25th Anniversary Committee Meeting, at Ferris Fletcher's Home

! **Thursday, January 20, 6:30-8:30 pm**
Steering Committee Meeting

! **Friday, February 22, 2002, 9 am-3:30 pm**
Winter Colloquium, "The Stepmother's Dilemma: Helping Untie the Knot of
Conflicting Relationships," with presenter Laurie Powers-Jung, LP, LMFT, LICSW

! **Thursday, May 16, 2002, Evening**
MWP's 25th Anniversary Celebration, featuring speaker Judith Jordan

Contributors to this Issue

Dawn Ulrich

Sara Hoppe

Laurel Haycock

Laura Nelson

Lynda Borchers

Meredythe McCarthy

Claire Grubich

Ferris Fletcher

Notes From The Chair

I have always loved Autumn. The fall foliage, with the colors red, yellow, orange, brown, and green, and the wonderful crispness in the air at dawn and at dusk, have always been quite energizing for me. Seeing and hearing the squirrels bounding through the fallen leaves and the migrating geese honking and flying in formation in the air as I walk and run on the Sakatah Trail near Mankato, has been incredibly healing to me this particular fall season. Last week I heard from friends that the Northern Lights were active. I jumped into the car clothed in my pajamas and drove 50 miles to find a place to observe nature's fireworks. Needless to say, I missed this nature's show. However, the quiet drive after an exhausting day at the office was what I had needed before I retired for the night.

Like many of you, I am attempting to make sense and understand what is happening in the universe when in fact it is neither sensible nor understandable. Since September 11, 2001, I have found myself needing my life partner, my animal companions, my family, and my friends more than I have in the past. I have also found that there are more clients needing services than previously, and there are clients calling that I haven't seen for years wanting appointments. Much anxiety and depression appears to be running rampant within our communities.

So, who gives care to the caregivers? Recently, four colleagues and I decided to meet on a monthly basis to provide care and support to each other, as many of us were feeling quite overwhelmed with our clients and their and our reaction to the world situation. Our group consists of a physician, two psychologists, a professional coach, and a college therapist. Our desire is to provide an opportunity to share intimately the feelings which we are experiencing in a safe and empathic environment. I am quite hopeful that this group will provide me with the support and care that I am needing during this time in my life and the confusing time of the world. As Minnesota Women in Psychology members, please find ways to support yourselves during these confusing, challenging, and emotional times in our lives.

In Sisterhood,

— Dawn Ulrich

Welcome, New and Re-Joining Members!

Patricia L. Cook

Irene M. Greene

Jane D. Keller-Malenfant

Julie Kogan-White

Andi Larsen

Cheryl A. Thompson

Sarah E. Truesdell

Abbey Weiss

Professional Issues Committee

The Professional Issues Committee is approaching the final work on the MWP publication tentatively titled, "Preventing and Managing Board of Psychology Complaints: A Resource Guide for Minnesota Psychologists," authored by MWP member and ethics consultant Janet Thomas. If all goes well, the publication will be mailed to all members during the month of January. The table of contents includes: 1) the complaint adjudication process; 2) professional resources for respondents (including legal and ethical consultation); 3) emotional and psychological responses; 4) prevention strategies; and 5) "five things to remember when faced with a complaint." In the meantime, if you have a complaint brought against you and would like some information about the process, contact the MWP office (one MWP member who has gone through the process has offered to talk to other MWP members to "demystify" the process a little).

In January, the Professional Issues Committee (currently Janet Thomas, Dawn Ulrich, Diana Gabriel, and Beth Carlson) hopes to commence on our next project as announced in the last newsletter: forming a mentorship support system for students and new professionals. Our first brainstorming session will be held sometime after the holidays, probably January. If you indicated your interest in this committee on the "yellow sheet" sent in with your membership renewal, you will be contacted shortly about scheduling that meeting. If you didn't complete the form but are interested, please contact committee chair Beth Carlson if you are interested (work phone 612-330-1136; e-mail carlson2@augsborg.edu; let me know what your general time availability is for meetings—weekends, weeknights, daytime).

— Beth Carlson, PIC Chair

Social Action Committee

Social Action continues to focus on adolescent females/girls, including the spring Conference on Adolescent Females and possibly some kind of "conversation" between MWP members and girls in our community. We are also continuing to work with MPA and others on the APA/MTV "Warning Signs" anti-violence program (directed at adolescents and their parents), including both co-sponsoring an MPA training program for psychologists who are interested in conducting a forum and conducting local forums in the Twin Cities and greater Minnesota.

A new activity for Social Action this year, following the September 11 terrorist attacks, is the beginning of a collaborative effort with several other mental health professional organizations to see how we might be of help, both to our fellow citizens and to immigrants who may feel at risk in the aftermath of the attacks. Please let us know if you are interested in being involved with any of these activities.

— Jane Whiteside and Judith Lies, SAC Co-chairs

Special Interest Groups

Private Practice Support Group

Opportunity to network, exchange a variety of information affecting private practice, and obtain personal and professional support. Meetings are currently held monthly for one hour on the second Tuesday of the month at 10 am in St. Louis Park. New members are always welcome. For more information, call Laura Nelsen, (952) 924-0176.

Case Consultation Group

People interested in a monthly or bi-monthly case consultation group, please call Sharon Stein McNamara, (651) 657-5722

Stone Center Discussion Group

In conjunction with MWP's upcoming 25th anniversary celebration on May 16, at which Judith Jordan will be speaking, MWP would like to re-convene the Stone Center discussion group. Please contact Karen Heegard, (651) 252-5045, kfheeg@aol.com, if you have interest in joining this group.

Personal Development Committee

Up until now the Personal Development Committee (PDC) has been humming along with organizing and presenting Colloquia, Annual Meetings, Retreats, and New Member Orientations. However, due to the small numbers of attendees and the cost of offering these events, this committee may not be able to continue to offer as many events or offer them as often as we have in the past. We need your feedback as to what is valuable to you and which events you are willing to attend to help guide us in making some necessary changes.

— Sue Scott, PDC Chair

Retreat News and Plea

Saturday, September 29, was a gorgeous fall day – perfect for our fall retreat at the beautiful Marsh, a Center for Balance and Fitness in Minnetonka.

Twenty participants explored “Women’s Ways of Becoming – Financially Astute, Physically Conscious, and Spiritually Renewed,” while enjoying the comfortable environment and great food. All this, and six CEUs, too!

Susan Zimmerman, MWP member, marriage and family therapist, and Chartered Financial Consultant, shared with us her book entitled *The Money Rascal*, and advised how best to make wise financial decisions, especially as we come to understand our money personalities. It is clear why she is a sought-after national speaker!

Juli Anderson is an experienced therapeutic bodyworker and orthopedic massage therapist who brought our awareness into our bodies as she stressed the importance of listening to, and respecting, the messages they give us. Because of the kind of work we do, it is essential that we remember to tune in and become conscious of our bodies throughout the day.

Then, having exercised our minds and bodies, we moved on to addressing our spirit, as Peg Thompson, MWP member, psychologist, and spiritual director, challenged us to explore how, or even if, spirituality can exist or flourish in our society. How can we create the time and place to nourish this part of ourselves?

Thank you to all of you who attended, and remember to use your complimentary guest pass by the end of the year. Imagine how a swim in the pool or soak in the hot tub will dissolve the holiday stress and carry you away from the snow and cold!

Because our retreat attendance has been declining over the years, the MWP Steering Committee is pondering the future of our retreat. We are asking that you PLEASE let us know how you feel about this.

We have offered retreats in the metro area and in greater Minnesota. They have always included CEUs, and the Board has authorized them as requested by us. Compared to other workshops and programs

offered by organizations, the retreat has been priced well and participants received a lot for the money. The subjects have been varied, and included one-subject retreats as well as various presenters around a central theme. Networking and camaraderie are always experienced by participants in an atmosphere that is not rushed. It is an opportunity to disconnect from our daily work and stress. The two-day retreat was replaced this year by a one-day retreat, allowing participants to be home with families in the evening if they chose to do so.

Have you ever attended a retreat? When? If not, why not? What has stopped you from attending? Is there another time of year that would work better than fall? Location? How important is getting CEUs. Should we have a colloquium instead? Please phone in responses to the MWP office, (952) 920-9606, or e-mail to eslager@mn.rr.com. You can also go to the MWP web site, www.womenpsychologists.org and fill out a comment form from there.

— Lynda Borchers, Retreat Committee Co-chair

Notes from Greater Minnesota

Funky Winkerbean has it on us . . . the ongoing observations of how it is to drive a Cruiser. The phenomenon has generated an upbeat middle class response to novelty in our neighborhoods and on the roadways. My inquiry about the vehicle began a year in advance of my purchase. The features I had previously admired in the variety of minivans I had owned were available in a condensed and novel Chrysler design. For instance, there is a back door hatch design with a shelf which can be repositioned. Yes, the shelf even functions as a changing table for baby, announced Slick, the salesman.

For the caring owner, the four-cylinder engine prevents the responsible owner from pushing for speed on the open roadway, despite the temptation to race with other drivers with cars having larger engines.

Mileage varies but refueling is less frequent than that to which I have been accustomed.

Last summer when I drove to my adult daughter's home in Fridley, I parked in her driveway in the midst of townhouses. Before long there was an informal gathering on the neighbor's outside steps. All eyes were on the little red wonder. Greetings were exchanged but only when I later reflected on the visit did I actually register the focus of their curiosity.

On another occasion, while pumping gas, I observed a man at the next island covering his attempt to stare at the Cruiser without my knowledge.

On another occasion, while leaving the municipal parking lot in town, I heard the sharp rap of knuckles on the window of the driver's side. I lowered the window to hear him exclaim: nice car you got there!

A woman at church exclaimed that her husband's eyes were on my car. When I offered him the opportunity to drive it about the church parking lot, he replied: better not! I might not bring it back!

Last summer I attended a birthday party for a friend at which numbers of past and present friends gathered. Upon learning that I drive a Cruiser and observing the obvious curiosity generated, a friend and former colleague bemoaned: it's like bringing a puppy to the beach!

The high signs readily exchanged by other friendly owners of Cruisers at intersections are day brighteners. It is as if an elite membership of total strangers has evolved into a friendship group. Many of us assign names to the vehicles which we own. To do so is to otherwise endear them or to label them for outcomes. Pet names or categories are typically Bessie, the Lemon, the Beater, the Monster, or the Beast.

My Cruiser is The Baby. I care for it much in the same way I would if it were my offspring or my pet.

— Claire Grubich

Personal Observations

Audrey Grossman is pleased to announce the opening of her private practice, Peaceful Heart. Her office is located at 436 Second Street, Suite 203, Excelsior, MN 55331; (952) 935-1491. Audrey works with women individually and also conducts workshop based on self-acceptance and self-love.

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Sandra L. Nohre, M.A., LP (Ph.D. Sexologist), has recently relocated her office from 8657 Pine Hill Road in Bloomington, Minnesota, to Sunset Ridge Business Park, 5871 Cedar Lake Road in St. Louis Park (near the juncture of I-394 and Highway 100). Her telephone number remains the same, (952) 944-1585.

Positions Available

Clinical Research Manager: Provide guidance and direction for clinical research staff, particularly nursing staff, along with the director of clinical research; manage several research projects per year. FFI: Park Nicollet Clinic – St. Louis Park.

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Psychotherapist: Courage Center, a leader in rehabilitation for people with disabilities, seeks a candidate for a part-time, 30 hour/week, psychotherapist position to provide individual, family and case management services to adults, adolescents and children. Must be master's level LP or LICSW. Experience with behavior management desired. FFI: Karen Larson-Hahn, (763) 588-0811.

The **Minnesota Women's Consortium**, of which Minnesota Women in Psychology is a member, is a statewide coalition. The Consortium has 170 member organizations and serves as a resource to enhance equality and justice for women in Minnesota. The Minnesota Women's Consortium is recruiting women to serve on a variety of committees, including fund raising, advisory council, and strategic planning. If you are interested in learning more about the Consortium, please contact

the organization by e-mail, info@mnwomen.org, or by phone, (651) 228-0338.

Space Available

St. Paul Midway: Office space available on Prior near Marshall. Convenient to expressway and to Minneapolis via Lake Street. Small, comfortable older building. Majority of renters are therapists. Shared waiting room with one other office. This space is available through assuming the lease or to sublet three days per week. FFI: Alice Felicia, (651) 215-2253.

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St. Louis Park: Large, sunny office space in prime location. Full-time tenant sought with option to sublet or assume lease. Rent is reasonable. Available November 1, 2001. FFI: Sue Wolfe or Celeste Norcia, (952) 927-4402.

MWP's new fall renewal period has ended and your new membership directory, although delayed, should be on its way to you by the time you are reading this. Call the MWP office, (952) 920-9606, if you have any questions about your renewal or the new directory.

MWP's Web Site

MWP's web site, at www.womenpsychologists.org, is a good way to stay updated on upcoming events, get messages to committee chairs, or ask questions or express concerns about the organization or your profession. Just use the contact form on the web site. There is also now a resource list of consultants and attorneys on the web site for those dealing with a complaint through the Board of Psychology. Let us know, too, how the web site can serve you best.

Book Reviews

Molecules of Emotion, by Candace Pert, Simon & Schuster

Candace Pert has written a book which is full of both science and feminism. She brings us to the intersection of these two seemingly disparate practices. Currently, Pert is a Research Professor in the Department of Physiology and Biophysics at Georgetown University Medical Center in Washington, D.C. How she got there is a fascinating story involving the politics of science, its intense competition, her emerging consciousness as a woman in her field, and the sheer excitement of research.

Candace Pert began her scientific career as a young, married mother of a toddler, in the graduate school at Johns Hopkins University. She was assigned to the lab of Dr. Sol Snyder, who trained as a psychiatrist, apprenticed in neuropharmacology, and was a charismatic leader in research. Pert worked on various projects for her doctoral degree, but came to embrace the search for an opiate receptor in the brain. At one point she was removed from this project, but continued in secret to do her experiments. This paid off. In 1972, she found what she was looking for.

Although recognition followed, the nominations for the “big prizes” – the Lasker Award and the Nobel – were to become so embroiled in internecine politics, she was denied the deserved awards. This process brought her to a painful realization of the place that women were relegated to in science.

With benefit of hindsight, I can see how willingly I embraced this macho ethos – the intense rivalry, the competition for credit, and the overriding drive to make the big score, regardless of who got burned in the process...(p. 51).

She was reminded of the story of Rosalind Franklin, who had provided the critical link in the process that led to the discovery of the DNA double helix. John Watson and Francis Crick (who won the Nobel in 1962) went to Franklin's lab when she was away, persuaded her boss to let them see her data, and "stole" her findings. Pert went on to found a group called Women in Neuroscience, which functioned as many of these early groups did, both for professional and personal support.

Partly as a result of her personal interests in scientific topics and her personal experiences as a woman in her field, Pert became very interested in the body/mind (as we now call it) dynamic. She had been in an accident one summer and spent a couple of months hospitalized and on morphine. She felt "blissful." How could this happen? What is it in the brain and the physiology of the body that brings this result? Pert believes that there is a biochemical basis for emotion.

Pert moved on to NIH to continue her research, after "breaking the rules" that the girls are supposed to follow by keeping quiet and accepting and accepting oblivion. In the 1980s she mapped out 22 different neuropeptide receptors, comparing them to the classical areas of the limbic system, known now as the "seat of emotions."

Core limbic brain structures, such as the amygdala, hippocampus and limbic cortex, believed by neuroscientists to be involved in emotional behavior, contained a whopping 85 to 95 percent of the various neuropeptide receptors that we studied! This concordance fueled my conviction...that there was such a thing as the molecules of emotion (p. 133).

Since then, more research by many scientists has opened up the worlds of the brain and the body, leading to the theory that "the emotions are the informational content that is exchanged via the psychosomatic network, with the many systems, organs and cells participating in the process" (p. 261).

Readers who are scientifically inclined will delight in the details that Pert clarifies. Clinicians will feel affirmed in the knowledge gained from our work with clients. We see the body/mind connection every day in our practices – and now have the information to reassure our clients that

what they feel is “real,” in the diverse scientific meanings of that term. Feminists will feel alternately outraged and inspired by her accomplishments.

Pert ends her book with a resource section on body-mind. She writes: “Originally we scientists thought that the flow of neuropeptides and receptors was being directed from centers in the brain. Then...we found the flow of chemicals arose from many different sites in the different systems simultaneously...and these sites formed nodal points on a vast superhighway of internal information taking place on a molecular level.... The brain is just another nodal point in the network...” (p. 310). What this all adds up to is beyond science, is transcending science? We don’t know, but we have some fascinating theories, facts and concepts to play with.

— Reviewed by C. Sara Hoppe

Healing Gardens: Therapeutic Benefits and Design Recommendations, by Clare Cooper Marcus and Marni Barnes (1999). John Wiley & Sons, New York.

What can a book written primarily as a resource guide for landscape designers and health care facility managers offer the mental health/human service fields? Plenty of intriguing and interesting ideas, I believe.

First, this book offers validation for what many of us already know, that spending time in our gardens and in nature can be healing. Simply having access to views of nature or looking at pictures of nature can help reduce stress and increase a sense of well-being. Not only is this book informative to us as individuals, it is suggestive of optimal landscapes for our offices, mental health facilities and, perhaps, schools.

The subject of *Healing Gardens* is the design of health care facilities to enable patients, staff members, and others to benefit from having views of gardens and nature. The authors succeed at their goal of offering “the most comprehensive account to date of the current

practice in healing garden design and the latest research on the healing benefits of nature” (p. 22). It does not include activities such as therapeutic horticulture, occupational therapy or physical therapy outdoors. Case studies and design guidelines of different types of facilities are quite helpful and include those for acute care hospitals, hospice gardens, psychiatric hospitals, and Alzheimer’s treatment gardens.

The chapter on psychiatric hospitals traces the ebb and flow of the belief that contact with nature is helpful for residents in these facilities. Common is the image of psychiatric hospitals built in the later 1800s and set in expansive English pastoral settings with gardens, walkways, courtyards and even farms available on-site for the residents’ benefit. Unfortunately, the 20th century brought a trend away from contact with gardens and nature at these facilities as well as general hospitals. Gardens were neglected or the land was used for other purposes as different approaches to patient care become vogue.

Now research has demonstrated the positive impact of gardens and nature on recovery from surgery in general hospitals. The bottom line is that if you need to have surgery or an invasive medical procedure, your recovery is likely to go better if you have access to certain types of views of nature.

For example, post-surgery patients needed less pain medication, had shorter hospital stays, and had fewer complications when in hospital rooms with a view of nature versus a view of a brick wall (R. R. Ulrich, “View through a window....”, *Science*, 224, 420-421, 1984). Patients reported reduced stress and an increased sense of hopefulness with access to nature. Family members and hospital staff also reported benefits. The experience of illness, hospitalization, and medical procedures is stressful, and viewing nature seems to be one factor that can ease this stress.

With this impact on health outcomes in hospital care, it is no wonder that decision-makers are taking notice and beginning to reincorporate views and access to nature and gardens into the design of health care facilities. However, research has not yet sufficiently documented the potential benefit of views of gardens and nature on mental health

outcomes. Let's hope that research follows soon and that we increasingly create and provide access to healing environments for our mental health clients.

Healing Gardens is a readable and fascinating resource book. It's available at the Andersen Horticulture Library at the Minnesota Landscape Arboretum in Chanhassen. It can't be checked out, but it can be used there in the library. Other copies are available through the Hennepin County Library system and other local libraries.

— Reviewed by Laurel Haycock

Laurel Haycock is a Twin Cities gardener, psychologist and librarian.

Update on Mental Health Counseling in Minnesota

A Bill for Independent Board and Licensure 2001-2002 Senate File (SF) 747 and House File (HF) 813 Report to the Joint Subcommittee (10-01)

For all counselor and advocates of counseling in the state of Minnesota, the time to act is now. The Mental Health Counselor Licensing Bill will be receiving its first hearing in the latter part of November to a joint subcommittee of House and Senate members reviewing all occupational licensing bills. We need polite and forceful letters sent to all committee members (see below) indicating how:

- ÿ Minnesota is allowing the unqualified to practice while at the same time denying licensure to those who are qualified. The net result is that quality mental health service is neither available nor as affordable as it should be.
- ÿ The absence of mental health licensed counselors creates a disparity of services for minorities, the poor, the rural, and the mentally ill. This is a health care crisis that desperately needs the leadership of our state.
- ÿ Minnesota residents are missing a level of care that could prevent more serious mental and physical health interventions. This bill (SF 747

and HF 813) allows agencies to receive payment for master's level counselors from government and employer contracted programs that require licensure for reimbursement throughout the state.

Broad-based support from across the state is vital. However, letters to the representatives from the Rochester, Faribault, Fergus Falls, and St. Cloud areas in particular are extremely important.

Please send a letter to your legislators and a thank-you note to the chief authors of our bill: Rep. Kevin Goodno (Moorhead), HF 813, Chair, House Health and Human Services Finance, 563 State Office Building, St. Paul, MN 55155, (651) 296-5515, Fax (651) 296-2080; and Sen. John Hottinger (Mankato), SF 747, 205 State Capitol, St. Paul, MN 55155, (651) 296-6153, Fax (651) 296-6511.

For more information, contact Dawn Ulrich, (507) 345-7400, dmulrich@chartermi.net, or check the web site <http://course1.winona.msus.edu/cward/macd/>.

— Dawn M. Ulrich

A Holiday Suggestion from MWP Member Susan Zimmerman

Susan Zimmerman, LAMFT and MWP member, announces her new book, *The Power in Your Money Personality: 8 Ways to Balance Your Urge to Splurge with Your Craving for Saving*. This new book, an update of Susan's original book, *The Money Rascals: The Power in Your Money Personality*, helps people identify their dominant money personality and eliminate the psychological habits that cause financial problems. Susan suggests that, with a chapter on conflict resolution for couples, this is a perfect self-help book to loan or give clients who are struggling with money conflict.

Get it before the Christmas "urge to splurge" grabs you or you clients!

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.

Weds., Dec. 19 **Disruptive Behavior Disorders in Children and Adolescents and Related Challenges.** Presented by
8 am – 4 pm

Daniel R. Fecht, Ph.D. At the Holiday Inn Metrodome, Minneapolis. FFI: (800) 397-0180.



Tuesday, Jan. 8 **Discipline of Special Needs Students in Minnesota.**Presenters
8:30 am – 4 pm include attorneys Laura Tubbs Booth,

Kimberly Hewitt Boyd, Steven P. Elliot, Amy J. Goetz, Charles E. Lange, Peter A. Martin, and Amy Naughton. In Bloomington. FFI: (715) 833-3959.



Sunday, Jan. 13 **Conference on Interfaith Relationships.** Keynote speaker: Prof. Egon Mayer, author of *Love and Tradition:*
12:30 – 4:30 pm

Marriage between Jews and Christians. With sessions for the interfaith couple, their parents and children, as well as sessions for Jewish educators, social workers and community leaders. At the Minneapolis Jewish Community Center, St. Louis Park. FFI: Debra Levenstein, (952) 542-4814.

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Friday, Feb. 22
9 am – 4 pm
Using Art with the Traumatized Client.
Presented by Joan Ungar,
M.A., LP, Registered Art
Therapist,

MWP member. This workshop will provide therapists with tools and understanding for using creativity with their traumatized clients. No art experience required. FFI: Evelyn at Adler Institute, (952) 988-4327.

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Client Groups Available

Integrating Life Skills Using Creativity. A few openings are available in this advanced skills group starting in January 2002. Participants must have completed one or more DBT groups and be working individually with a therapist. Group meets Thursdays from 5:30–7:30 pm in Burnsville. FFI: Joan Ungar, (612) 782-9895, or Pat Verby, (952) 892-7690 #3.

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Jewish Family and Children's Service (JFCS) of Minneapolis offers life education programs including:

December Challenges for Interfaith Families, Monday, December 3, 7:30-9 pm at Adath Jeshurun Congregation in Minnetonka. Panelists and participants will discuss family communication, decision and coping strategies during the festive winter season. FFI: (952) 546-0616.

Healthy Dating Relationships, Thursday, December 6, 7-9 pm at the Minneapolis Jewish Community Center in St. Louis Park. FFI: Barbara Rudnick, (952) 542-4825.

Quiet Miracles, Tuesdays, January 8-22, at the Minneapolis Jewish Community Center in St. Louis Park. Presenter Sid Levinsohn, pharmacist, cancer survivor and author, looks at how science, medicine and spirituality combine as a powerful force in healing. FFI: Debra Levenstein, (952) 542-4814.

Jewish Recovery Network, Sundays, December 9 and 23, 7 pm, at Beth El Synagogue in St. Louis Park. A group for people in recovery from all kinds of addictions. FFI: Joyce, (952) 545-2675.

Jewish Grief Support, second and fourth Wednesdays, 6:30-8:30 pm at Temple Israel in Minneapolis. FFI: Jill Barenbaum, (952) 542-4826.

Lech Lecha, third Sundays, 6-8 pm, at Beth El Synagogue in St. Louis Park. Group for parents raising a Jewish child with special needs. Facilitator: Beth Gendler, M.ED. FFI: Debra Levenstein, (952) 542-4814.

Women's Psychotherapy Group, meets one evening a week. Addresses the needs of women who have had a significant amount of individual therapy and desire to work on a broad range of issues in a supportive and confidential group setting. FFI: Candace Margulies, (952) 546-0616.

Caregiver Support Group, third Wednesdays, at AlterCare in St. Louis Park. For spouses, adult children and other caregivers of frail, elderly persons with memory loss or dementia. Free elder care is provided at no charge during the session with advance reservation.

Drop-in Service for Adults Needing Supervised Care, provided Monday through Friday, 9 am to 5 pm, at AlterCare in St. Louis Park. FFI: Laura Philbrook, (952) 922-1147.