

Minnesota Women in Psychology

February 2002 Newsletter

Step Up to the Winter Colloquium!

Join MWP for its winter colloquium, "The Stepmother's Dilemma: Helping Her Untie the Knot of Conflicting Relationships," presented by Laurie Powers-Jung, M.A., LP, LICSW, LMFT. Scheduled for Friday, February 22, from 8:30 am to 4 pm at St. Mary's Greek Orthodox Church in Minneapolis, this workshop will address the historical and developmental perspectives of stepmothering (5.5 CEUs have been applied for). Participants will look at the stepmother's unique dilemma as it takes shape, and come to understand (and even predict) the solutions she will try as the clinical picture begins to develop. What is it about this role that is so perplexing? How can therapists help the struggling stepmother? What do we need to know so that we don't unwittingly make things worse for her? Other cultures and non-traditional families hold clues for common experience. The clinician's role in treating the stepmother will be discussed at length, with specific strategies based on Ms. Powers-Jung's years of studying and living this defining role. Contact MWP, 952-920-9606, for a brochure or if you have questions.

Mark Your Calendar

- ! **Sunday, February 10, 2002, 9:30 – 11:30 am**
Steering Committee Meeting at Black Bear Crossing, St. Paul
- ! **Monday, February 11, 9:30 – 11:30 am**
25th Anniversary Committee meeting at Ferris Fletcher's office
- ! **Friday, February 22, 8:30 am – 4 pm**
MWP Winter Colloquium: "The Stepmother's Dilemma" (article above)
- ! **Monday, March 11, 7 – 9 pm**
Steering Committee Meeting at Marilyn Olson's home
- ! **Thursday, March 14, 5:30 pm**
Women's Professional Association's Dinner (article inside)
- ! **Thursday, May 16, 4 – 9 pm**
MWP's 25th Anniversary Celebration: Judith Jordan speaks!

Contributors to this Issue

Sharon Stein McNamara

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Judith Lies

Jane Whiteside

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*Dawn Ulrich
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Notes From The Chair

It seems as if it was just last week when I wrote the last MWP Chair's portion of the newsletter, although it was over two months ago. December and January have flown by. The lack of snow has not indicated that it is actually winter at all. And in fact 55 Fahrenheit in Mankato in January was quite confusing for me both physically and emotionally. As many of you may already know, I am from northern Minnesota and northern North Dakota and the lack of cold and snow makes me feel as if my needs have been overlooked. I know that this may not be a popular opinion for most of you but for some of us the snow is welcomed with oohs and aahs. In fact, a good friend of mine has been incredibly hopeful this winter and just to prove it to all of us who have been quite cynical, she has chosen to drive with her cross-country skis in the front seat of her car as if they are her very best friend. I love her sense of optimism.

Although the winter has been less than ideal, Minnesota Women in Psychology has many wonderful and exciting programs planned for this winter and spring. On February 22, an all-day colloquium presented by Laurie Powers-Jung entitled "The Stepmother's Dilemma: Helping Her Untie the Knot of Conflicting Relationships" will be held in Minneapolis. Truly a timely topic. On March 14, the annual Joint Dinner which is sponsored by Minnesota Women Lawyers and Minnesota Women in Psychology along with several other Minnesota feminist organizations will be held at the Depot in Minneapolis. The featured speaker, Karen Kohrs Campbell, chair of the University of Minnesota Speech Department, will address the audience with her talk entitled "Women Speakers: Strategies for Surmounting Sexism." Look for your personal invitation in the mail in February. The 25th Anniversary committee has been busy planning a wonderful program that will include a lecture by Judith Jordan [**Ferris, could you fill in here with her title?**] and she will address the issues of 25 years of feminist therapy. This night will truly be an exciting event.

Though the Minnesota winter has been less than desirable for me, MWP has made up for the discomfort in many ways. I hope that you join us at any or all of these incredible activities. Minnesota Women in Psychology is alive and well and active.

In Sisterhood,

— Dawn Ulrich

Welcome, New and Re-joining Members!

Susan Hendrickson

Kathryn McGraw Schuchman

Marie Thielen

Denise Wilder

MWP Mid-year Financial Report

January is mid-year for MWP and the time to take stock of what we've done and plan to do. As a member of the Steering Committee and the Treasurer of MWP, I do this by compiling a mid-year financial report for each committee (thanks to Quicken!) and by reviewing with each plans for the rest of the year. Based on this information and the realities of current funds, I and the Financial Planning Committee make recommendations to the Steering Committee about adjusting and adapting the budget. This process keeps MWP on track financially and responsive to changing circumstances both in and outside our organization.

Currently, there is \$5,599 in the checking account, \$2,431 in the money market account, \$2,523 in a higher yield (?!) fund, \$6,000 in the CD for the 25th Anniversary program, and \$300 in petty cash. Total assets right now are \$16,853.

The Financial Planning Committee met in November. We decided to close the "higher yield" fund and put the money in the checking account. Considering the lack of attendance, lack of volunteers, and financial losses for programs like the fall retreat and the annual meeting for several years now, we recommended rethinking these activities to develop a better registration process to monitor costs/income more closely. The Steering Committee has been working on an advertising plan for our programs to include a much wider audience. Another adjustment we will make to address financial issues is to cut out scholarships (again, we received very few applications over the past few years) and the annual awards this year. We will have to contain plans for a re-developed web site for now.

Although the membership is down even more this year, to 273 right now, the membership drive this fall brought in a significant \$12,925. We have a new logo and revised forms for a variety of MWP functions and hope to draw in a wider membership from more women providing mental health services in Minnesota.

These changes will hopefully bring some relief for Steering Committee members who have felt perplexed and sometimes overwhelmed. Although we have enjoyed tremendous privilege of assets beyond each year's membership income for some time and used them intentionally and well, we are now at the point of living off our income in the year. While this change may be painful and awkward, I can already see the resourcefulness and vitality of the Steering Committee rising to meet the challenge.

I welcome your questions, comments, suggestions. Please feel free to contact me or any of the Steering Committee members.

— Sue Eckfeldt, Treasurer
651-644-2267

Personal Development Committee Update

As the current vice-chair of the Personal Development Committee, I want to take this opportunity to thank two very hard-working members of this committee, Lynda Borchers and Judith Zimmerman, and to highlight their work over the past few years. Both Lynda and Judith are long-time members of MWP and both have served on the Steering Committee for the past three years. Lynda is actually in the second year of her second three-year stint on the Steering Committee.

Judith has organized and facilitated the winter colloquium the past three years. Three years ago she arranged for Miranda Amaris to present her research results on vicarious traumatization. Last year she was able to get Kathy Kater for an all-day presentation on body image. This presentation included a panel of women who had struggled with their own body image and were courageous enough and willing to share their experiences with those in attendance. This winter, Judith has again been working extremely hard to bring us a presentation, on February 22, on an important and timely topic. Laurie Powers-Jung will talk about stepmothering and how to work through the conflicting relationships that can occur in stepfamilies. This topic may affect some of us personally, some professionally, and some in both areas of our lives.

Lynda Borchers did some presentations on mind-body topics for MWP events prior to being on the Steering Committee. These past four years that she has been on the Steering Committee, she has chaired the annual meetings and retreat twice each. Since the annual meeting is our premier event for the year, and involves arrangements for both a meeting portion and an educational/entertainment portion, there is a lot of work involved. The retreat, on the other hand, presents its own challenges because it has traditionally been held over two days and involves a lot of coordination of efforts. Lynda has successfully managed to give us wonderfully informative and entertaining annual meetings and retreats.

Both Judith and Lynda have always had the help (albeit not always quite enough) of volunteers, but they were ultimately responsible for providing a quality and cost effective event for MWP members. I think both of them have done a spectacular job on every event they chaired. KUDOS to both of you!

— Susan Scott, Vice-chair
Personal Development Committee

Professional Issues Committee

During fall of 2001, the Professional Issues Committee focused efforts on preparing for publication the booklet, "Navigating the Board Complaint Process: A Guide for Minnesota Psychologists" authored by ethics consultant Janet Thomas, Psy.D. The booklet is in the final editing/printing process and will be mailed out to MWP members as soon as it is printed. As a reminder, the MWP website now has a resource listing of attorneys and ethics consultants who have indicated they have experience in dealing with the Board of Psychology complaint process.

Planning has begun for the next phase of the Professional Issues Committee's work, a mentoring project to connect students and new professionals with experienced MWP members. The first meeting is being planned for the end of January to begin brainstorming and developing this project. Contact Beth Carlson (612-330-1136 or carlson2@augsborg.edu) if you are interested in attending the January meeting.

— Beth Carlson, Vice-chair
Professional Issues Committee

Social Action Committee Update

During the fall, MWP joined MPA in co-sponsoring a training program for psychologists who are interested in conducting a forum as part of the APA/MTV "Warning Signs" anti-violence program (directed at adolescents and their parents), and several forums were held in the Twin Cities and greater Minnesota.

As noted in an earlier column, during the winter, the Social Action Committee began 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 September 11 attacks. A first meeting was held in January, including representatives of MWP, MPA, Minnesota's Licensed Marriage and Family Therapist organization, and Minnesota's organization of social workers. The group included professionals of diverse educational and work backgrounds, including one member who was familiar with both Red Cross and state disaster efforts, and there was a strong interest in working together on this effort. From the perspectives of all attending, the biggest gap is the lack of any long-term follow-up after disasters occur. Discussion covered many different ideas for how the professional organizations might help in the follow-up period. The challenge for the group may be finding a role that is meaningful but not impossibly large, since there is so much, potentially, to do. This first meeting was only the start of a much longer discussion, and monthly meetings are planned to continue this work.

In the spring, the Social Action Committee will be continuing its support of the Adolescent Females Conference and is also exploring the idea of a "conversation" between MWP members and girls in our community, to further identify their issues and concerns and clarify how we might be of assistance to them. Please let us know if you are interested in being involved with any of MWP's Social Action activities.

— Judith Lies and Jane Whiteside, Co-Vice-chairs
Social Action Committee

Stone Center Discussion Group

In anticipation of Judith Jordan's presentation at the 25th Anniversary celebration in May, please join other MWP members for a discussion of the article in this newsletter by Sharon Stein McNamara (page) and the Stone Center paper, Work in Progress No. 88.

Thursday, February 28, 8:30 am

Café Latté, St. Paul

It is hoped this will evolve into a study group. Please contact Karen Heegard, (651) 251-5045 (*note phone number correction*), kfheeg@aol.com, if you: plan to come to the Feb. 28 discussion, if you are interested but are unable to attend, or if you need information about obtaining a copy of the paper.

Case Consultation Group

Any psychologist interested in a monthly or bi-monthly peer consultation group in St. Paul, regarding cases with children, adults or families (forensic issues okay), please call Sharon Stein McNamara, (651) 647-5722.

Election Nominees Wanted

Elections for the MWP Steering Committee are approaching soon. If you are interested in being on the Steering Committee or would just like more information about what Steering Committee involvement entails, please call Sue Eckfeldt, (651) 644-2267, or any other member of the Steering Committee.

MWP is proud to co-sponsor ~

What: For over a decade, the Joint Dinner of Women's Professional Associations has provided a unique opportunity for professional women to network, learn more about each other's careers and celebrate women professionals in the workforce.

Who: The 2002 Joint Dinner of Women's Professional Associations

When: **THURSDAY, March 14th, 5:30 pm**

The agenda for the evening includes: registration and reception at 5:30 p.m.; dinner services at 6:30 p.m.; and program at 7:15 p.m.

Where: The Depot - Great Hall and Winter Garden Room in Minneapolis

225 South 3rd Avenue

Contact: See insert, or for more information, call MWP, 952-920-9606

Proceeds from this event will benefit the Women's Foundation of Minnesota.

Preview of the 25th Anniversary: A Review of the Work of Judith Jordan on Shame and Humiliation

Reflections on Work in Progress No.88 from the Stone Center, "Shame and Humiliation: From Isolation to Relational Transformation, by Linda Hartling, Ph.D., Wendy Rosen, Ph.D., Maureen Walker, Ph.D., and Judith V. Jordan, Ph.D.

In the Stone Center Work in Progress, No.88, the concept and experience of having been wounded through shame and humiliation, and being able to heal from that experience, is explored. The four authors each write a section of the paper discussing shame and humiliation, from the perspective of both client

and therapist. In the final section, Judith Jordan discusses the limits of the environment in which therapists train and practice, which sometimes contributes to shame and humiliation of clients and therapists, and may limit our ability to heal ourselves and others from those experiences.

The authors discuss the shame and humiliation experience as one of disconnection. Judith Jordan is quoted as defining shame in a relational model as a feeling of being unworthy of connection. Linda Hartling goes further in her definition of humiliation, by stating that it is being made, by others, to feel unworthy of connection. The authors talk about ways that clients, therapists, and the culture of psychology in general, at times can endorse a power-over mentality that does marginalize and humiliate certain individuals. They also state that the way to heal the wounds of shame and humiliation is to move from disconnection to an enhanced state of reconnection, through empathy and understanding between individuals, and that this increased connection will create a relational transformation to help move an individual out of shame, isolation, and disconnection.

Many colleagues that I have worked with have experienced shame and humiliation in their process of becoming a therapist, and even in an ongoing manner in the current environment that weakly or ambiguously supports mental health practitioners. This is a part of my story of shame and humiliation as a therapist beginning her career. I share my story to open discussion of how we or women who value relationship and connection sometimes end up sharing each other.

I had the privilege of working with Judith Jordan and other authors of Stone Center papers, when I was a newly licensed psychologist at McLean Hospital in 1993. McLean Hospital, which is a solely psychiatric hospital affiliated with Harvard Medical School, had decided to create an inpatient women's unit.

The Women's Unit was a haven for me. I had learned many difficult lessons about the "power-over" culture of McLean Hospital, and how one must be very politically-savvy to survive there. I had made many mistakes by being outspoken with my opinions about certain psychologies and practices, and found myself to be a naïve attending psychologist who did not really have a mentor to help me survive. I was taken in by the psychiatrist, Toni Jakobi, who thankfully seemed to see some merit in me, and allowed me to work in her rounds group. Eventually, I was able to take in some workshops with Judith Jordan, and could learn about the relational model (now called the relational-cultural model) from one of its primary creators. I still remember fondly the eight idyllic months I spent practicing psychology in this incredibly nurturing environment. The relational-cultural model was practiced by colleagues and in the client/therapist relationship to an extent that I have never seen again in my career. I learned a great deal, and worked with some of the most difficult clients in my career.

But sadly, the power-over culture of McLean did not allow the women's unit to survive. To be fair, the hospital was experiencing intense stress as the managed-care problems it had avoided in the eighties finally took their toll in the early nineties. In May of 1993, we got the word that the Women's Unit was going to be closed as an inpatient unit, and that the vestiges of it would continue as a partial hospital (day program). I vividly remember the women of the unit who met for several hours in a circle of deep sadness and mourning for the loss of this dream. It also affected me personally. Judith Jordan called me into her office one fateful day in June 1993, and told me that there was no job for me. I was devastated, but determined to continue my career somewhere, so moved back home to Minnesota to find a new job.

In fall of 1993, I found that Minnesota insurance companies had been moving faster than Massachusetts in dealing with managed care. Most of the managed care companies in Minneapolis and St. Paul, were not taking new providers and were saturated. They didn't care that I had a doctorate from Harvard and had been an intern at McLean Hospital, they weren't going to let me in. I almost despaired in being able to practice as a psychologist at all, until I got a job with a local hospital outpatient practice. Another humiliating experience occurred when I approached one of many group practices that I had applied to. This time I was rejected because I had been a former client 12 years before in a therapy group, in an earlier version of the same practice, when I had been an undergraduate in Minnesota. The message I was left with was that I was rejected as a colleague, because I had been a recipient of the very services these psychologists provided.

I am now a private practice psychologist. I do have supportive colleagues and have been able to succeed in the field that I studied and worked diligently to join. However, I have noticed that it is much easier to disconnect, isolate, and work alone in this field than to bring up and discuss the ways in which supervisors, managed care companies, and licensing boards, are set up to be power-over, to implicitly and explicitly humiliate the very people they are meant to serve. Judith Jordan discusses how therapists should not practice without a "network of colleagues with whom they can share new insights about practice, uncertainties, and difficult therapeutic decisions." Unfortunately, I do not know many psychologists who really have such a safe environment. The fear of being investigated by the Board of Psychology for a questionable practice is more likely to drive their decision-making.

I applaud what this Stone Center paper is doing in bringing out for discussion the experiences of shame, humiliation and lack of power that clients and therapists experience in the process of doing the work as providers or recipients in the field of psychology. I would go farther than Judith Jordan goes, however, in discussing how the very field has to be transformed in order to become more healing to the culture as a whole. How can we be open with our clients, when we cannot very often be open with one another? My quest, for the next twenty years or so of my career, is to somehow re-create for myself and my clients the same nurturing and healing environment of the relational-cultural model support that I experienced in 1993 on East House at McLean Hospital.

Sharon Stein McNamara, Ed.D., is in private practice in St. Paul. She would be happy to receive comments on this paper at Sspsyche@aol.com.

Work in Progress No. 88 is available by contacting the Jean Baker Miller Training Institute Website (www.jbmti.org) or by contacting the Stone Center at Wellesley College Centers for Women Library, 106 Central Street, Wellesley, MA 02481.

Notes from Greater Minnesota

Being a watchful observer of dynamics in the public place, it is easy to comment on the behaviors of customers in a fabric shop. During a new stint it has become apparent to this writer that the expectations that the customer brings to the store are not to be minimized.

For instance, it is oftentimes a significant experience to encounter a man who is searching for a solution to a sewing or repair dilemma. He frequently stands out in his cautious but serious approach to a clerk, making his way among the fabric bolts or standing in an aisle with a perplexed look on his face.

The sewing industry has typically been female-dominated so that one wonders what the level of bravery is for each man who enters a store. Those who do enter sometimes have a partner to accompany them. Others bear the experience alone. Frequently, the younger men, say mid-school to college age, have their mothers along who guide them or assist them in meaningful ways. Some, too, have female acquaintances.

Their line of thinking is a curious mix between outcome and frustration, or between determination and courage. Recently it was fulfilling to instruct a man in locating the materials necessary for sewing a cover for an all-terrain vehicle. He immediately assumed that this clerk would not know about the vehicle or its design. Together we were able to effect a plan for cutting, sewing and completing the project. By the end of the encounter he exclaimed, "Maybe I could go into the business of doing this for a living someday!" I let him believe that it was all his thinking that led to the solution.

On another occasion, a college student browsed the woolens and polyesters to find just the right pieces for a Renaissance costume he planned to sew for the year-round festival in his college city. After what was nearly a half-hour of touring, matching and decision-making, he offered his genuine handshake in appreciation for the attention. His mother seemed equally appreciative.

The man who was looking for webbing for a home project humbly described his intent and hesitated about placing a special order for his designated color. He seemed perplexed and rather apologetic for the design; he left the store without an order or purchase.

The middle school students who plan the polar fleece projects are absorbed in their efforts to do and learn, unfortunately in that order, until an older and wiser woman (usually their mother!) reminds them of the required dimensions and the materials needed. They seem to see the project and outcome but deny the process.

All in all, the behavior of the male customers seems to reflect a composite of societal responses which go with entering an otherwise gender-dominated environment. For males, it appears to be a reminder of the occasional need to ask for and receive assistance; hopefully their requests are met with mutual respect in the helping process.

— Claire Grubich

Positions Available

Mental Health Therapists: Nystrom & Associates, Ltd., a Christian-based, licensed Rule 29 outpatient mental health clinic, has openings at the following locations: New Brighton Office – FT outpatient therapist (adult, couples), FT outpatient therapist (children, adolescents), FT in-home family therapist, FT in-home supervisor (LMFT preferred); Apple Valley office – PT/FT outpatient therapist (adult, couples), PT/FT outpatient therapist (children, adolescents); Brainerd office – PT/FT outpatient therapist (adult, couples); FT in-home family therapist. Licensure required for outpatient work; experience required for in-home. Send resume and cover letter to: Nystrom & Associates, Ltd., Human Resources Dept., 1900 Silver Lake Road, Suite 110, New Brighton, MN 55112, www.nystromcounseling.com.

Space Available

Minneapolis: Office space available for licensed therapists with a well-established group of independent practitioners. Warm, welcoming space in the Loring Park area of Minneapolis. One to five days per week. Contact Char Follett at 612-870-1242.

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Uptown: MWP member is looking for a therapist to share her office in the Uptown area of Minneapolis. Flexible days; receptionist and fax machine included; copy machine available; on bus line. FFI: Lynda Borchers, (651) 387-7122 or (651) 450-9558.

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.

Feb. 1 & 2 **Thought Field Therapy, Levels I & II.**
Presenter: Jill Strunk, Ed.D, LP, MWP
member. TFT accesses quickly the
fundamental causes of distress, using
bioenergy meridians, to treat anxiety,
phobias, grief and many other issues. FFI:
952-936-7547.

March 1 & 2

April 5 & 6

9 am – 5:30 pm

Minnetonka



Friday, Feb. 8 **After the Affair: Helping Couples Rebuild
Trust and Sexual Intimacy and Consider
Forgiveness.** Presented by Jane Abraham
Spring, Ph.D. FFI: Radi-

8 am – 4:30 pm

St. Paul

sson City Center, 800-258-8411.



Sunday, Feb. 10 A free Jewish community conference on
"Coping with Depression and Anxiety" will
feature a roundtable discussion on "A Jewish
Look at Depression and

12:30 – 4 pm

St. Louis Park

Anxiety: Myths and Realities." Panelists will bring medical, therapeutic, historical and other perspectives to this important issue. Six concurrent workshops will also be presented by more than 20 mental health professionals, rabbis and individuals affected by mental health problems. FFI: 952-381-3497.



Weds., Feb. 13 **Raising Children in an Interfaith Family,** a
workshop led by Barbara Rudnick, M.A. At
Jewish Family and Children's Service. Fee:
\$25/family. FFI:

7 – 9:30 pm

Minnetonka

Barbara Rudnick, 952-542-4825; brudnick@jfcsmpls.org.

Friday, March 1
8:30 am – Noon

Witnessing Domestic Violence: Consequences and Treatment. Presented by Michael Brown, Ph.D., LP. Aims to help therapists recognize possible severe

St. Paul

impact, including developing harsh images of self and others, and be aware of strategies for healing. At Metropolitan State University. FFI: MPA, 651-697-0440.



Friday, March 1
9 am – Noon

Making Sense of Loss: Spirituality and Grief, with Diane Bauer, MSW, LICSW. This workshop will explore the ways in which people make meaning of

St. Paul

loss, specifically focusing on spiritual dimensions of grief. At Univ. of St. Thomas. FFI: The Spirituality Institute, 651-962-5826.



Mon. – Tuesday
March 4 – 5

Skills Training in Dialectical Behavior Therapy. Presenters: Suzanne Wittenhoff, M.D., and Tom Lynch, Ph.D. Participants will learn the four skills training

Bloomington

models of mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. At the Wyndham Mpls. Airport Hotel. FFI: 206-548-9255.



Weds., March 20
White Bear Lake

Behavioral Interventions for Mental Health Practitioners: Creative Approaches to Common Presenting Problems, with Richard S. Sinacola, MSW, Ph.D. Topics include history of

Thurs., March 21

Bloomington

behaviorism, reinforcement schedules, operant strategies, token economies and evaluation, for children and adults. FFI: 800-843-7763.



Friday – Saturday

Treating Traumatized Children through Play Therapy. Presented by Byron E.

March 22 – 23 Norton, Ed.D. At St. Olaf College. FFI: 507-646-3629.

Northfield



Friday, April 5
8:30 am – Noon **Diversity Consulting in Schools, Corporations, and the Community**, with Kathy J. Harowski, Ph.D., LP, BraVada Garrett-Akinsanya, Ph.D., LP, and

St. Paul

Mechelle Rugg Severson. A workshop on how to develop a career path as a consultant. At Metropolitan State University. FFI: MPA, 651-697-0440.



April 17 – 21
Denver, CO The 22nd Annual **Conference of the National Association for Poetry Therapy**, with guest keynote poet Namoi Shihab

Nye. Didactic and experiential presentations on poetry/biblio/ journal therapy, as well as special performances and entertainment. FFI: 202-966-2536; NAPT@dmg-dc.com, or www.poetrytherapy.org.



Friday, April 29
8:30 am – Noon **Update on Obesity Management**, with Scott Crow, M.D., and Carol Peterson, Ph.D., LP. Highlights promising emerging treatment strategies. At Metropolitan

St. Paul

State University, Midway Center. FFI: MPA, 651-697-0440.



Monday – Friday
June 3 – 7 **Poetry/Bibliotherapy: Introduction to Theory and Practice**, a course offered by Geri Chavis, M.A., LP, MWP member. Offering a blend of didactic and

St. Paul

experiential features, this course can be taken for two undergraduate or graduate credits, or can be audited with the option of obtaining 30 continuing education hours. At the College of St. Catherine. FFI: Mary Angela Baker, 651-690-8607, or Geri Chavis, 651-690-6524, ggchavis@stkate.edu.

St. Mary's University – Twin Cities campus is pleased to offer the following one-credit courses for professionals in the mental health field:

ÿ Clinical Supervision: Theoretical Perspectives and Ethical Challenges, Fridays, March 1 & 15, 8:30 am – 4 pm.
Instructor: Janet Thomas, Psy.D., LP.

ÿ Elders: A Counseling Perspective, Fridays, April 5 & 19, 9 am – 4:30 pm. Instructor: Ann Meissner, Ph.D., LP.

ÿ Trauma Impact and Resources: Bodily Perspectives, Saturdays, May 11 & 18, 9 am – 4:30 pm. Instructor: Mary Louise Wise, Ph.D., LP.

For those licensed by the MN Board of Psychology, a one-credit course is equal to 20 CEUs. FFI: Christina Huck, 612-728-5113, or Mary Louise Wise, 612-728-5104.

Client Groups Available

Jewish Grief Support, Wednesdays, February 13 & 27, 6:30 – 8:30 pm, Temple Israel, Minneapolis. Grief support for loss of a spouse or life partner. In this group, members can talk openly and support one another through the grief process. FFI: 952-542-4826.

Women's Psychotherapy Group, offered by Jewish Family and Children's Service of Minneapolis. This group addresses the needs of women who have had a significant amount of individual therapy and desire to work on issues including relationships, self-esteem, work issues, family of origin, intimacy and body image. FFI: Candace Margulies, 952-546-0616.

DBT and Depression Aftercare, a new group offered by Chrysalis. This is a group for women who have successfully completed DBT basic skills training and continue to struggle with their depressive symptoms. FFI: Rosalie Harmer or Linda Kutz, 612-870-2408.