

Minnesota Women in Psychology

February 2003 Newsletter

Board of Psychology Legislation Proposals

It has been brought to the attention of the MWP Steering Committee that a number of bills will be proposed to the Legislature by the Board of Psychology this legislative session. The bills have not yet been formally presented, but the Board is providing summaries to interested people. In addition, MPA has summarized the initiatives on their website, www.mnpsych.org, in the legislative section. The MWP website will have a link to this site.

Some of the proposals include a bill about suspected crimes against psychologists by clients, a bill about emeritus registration, one about requirements for evaluations of impaired psychologists, and a bill about licensure for independent practice for LPPs after significant employment and supervision. Further information will be available as the legislative process progresses.

— Ferris Fletcher

Mark Your Calendar

! **Sunday, March 9, 3 – 5 pm**

Steering Committee meets at Heidi Sauder's home

! **Thursday, March 13, 6 pm**

2003 Professional Women's Joint Dinner; proceeds benefit Minnesota Women's Foundation; information will be mailed

! Friday, April 25, 9 am – 4 pm [NOTE DATE CHANGE]

Emergency and Disaster Mental Health Services for Refugees, a program sponsored by MWP's Social Action Committee; see insert

Notes From The Chair

It seems as if it is just a few weeks ago that I was writing the MWP Chair's column and yet it has been over two months. I am aware that all of us as providers of mental health and psychological services along with those of us who are in academics as either students, mentors, or professors, have incredibly busy lives. This past fall and now the early winter has been no exception for me and I know that this resonates with other members of MWP.

During the past several years, I have made a point to take the last two weeks off in December to heal myself from prior busy times. It is used as a time to reflect on the past year's events and feelings, spend special time with friends and family, experience some rejuvenation before the new year begins and to make some plans and commitments for the next year. This has become a yearly tradition for me and one that I learned from a past psychologist that I saw over a decade ago.

This past December, as luck would have it, I ended up with a severe case of laryngitis and was not able to speak a word for over three days. As some of you may know and have experienced first hand, I love to talk and I love to laugh. I was miserable that I had lost my voice and had lost my laughter. Although, I was very much aware that this particular loss would be a temporary one, I was reminded of the amount of time that as a young adolescent woman I had no voice and no joy in my life. At this young age, I felt as if my loss would be one of permanence. As the Stone Center reports and as many of us have experienced in either our personal lives or our professional lives, girls begin to lose their "voices" in their early adolescent years and I was no exception. I am thankful that I had many strong and beautiful women in my life that guided me into a world of empowerment, connection,

mutuality, compassion, love, strength, genuineness, relationship, and joy. I am forever grateful to these women.

As MWP members, we are dedicated and committed to working with clients and assisting them in their process of finding their voices permanently. I do hope that you as members of this wonderful feminist organization utilize your voices, as well, and in whatever way feels valuable to you. MWP welcomes and encourages your voice on Steering Committee, Professional Issues Committee, Social Action Committee, Personal Development Committee, Membership Committee, and in Special Interest Groups. Let your voice be heard as we are listening.

— Dawn Ulrich

Exciting Collaboration Begun

MWP and the Women's Division of MPA are starting collaboration around the topic of relationship issues in therapy. Women offer unique talents and perspectives on relationship between clients and therapists and between therapists and colleagues. Please contact Heidi Sauder if you are interested in participating in this venture.

Social Action Update

The date for the Winter Colloquium has changed, turning it into a Spring Colloquium! The new date for the colloquium is **Friday, April 25, 2003**.

The full-day workshop, "Emergency and Disaster Mental Health Services for Refugees," featuring presenter Andrea Northwood of the Center for Victims of Torture, will provide the basic knowledge and skills mental health providers need to serve Minnesota's growing refugee population in the event of a disaster affecting large number of refugees.

No brochure will be mailed, so please see the enclosed flyer for further information and to register for this program. Space will be limited to the

number of seats available, so register early. If you have questions, contact the MWP office, 952-920-9606.

Professional Issues Update

Great mentors have signed up for the mentoring project – mentees wanted! Please use the sign-up form from the last *Newsletter* to indicate your interests, call the MWP office (952-920-9606) to have a form sent to you, or find the form in the *Newsletter* section of the MWP website at www.womenpsychologists.org. The Professional Issues Committee is eager to start the next phase of the project.

Special Interest Groups: Follow-up to Janet Pipal Presentation

MWP will convene three meetings on different days and in different neighborhoods for people interested in meeting for support in building a private practice using principles presented by Dr. Janet Pipal. Those who signed up will receive an e-mail or phone call about the three dates, probably in late February. If you have questions, please call the MWP office at 952-920-9606.

Steering Committee Elections Alert

The MWP Steering Committee invites members who have a desire to develop and participate in MWP activities, to learn leadership and organizational skills, and to meet and network with professionally-minded colleagues to join the Steering Committee. The Steering Committee has a total of 14-16 members serving staggered terms of three years each, so that at any one time there are seasoned members continuing. New Steering Committee terms will begin in May.

Whether you're new to MWP or a long-time member, whether you've been on the Steering Committee before or not, we welcome you! Please use the form on the last page to nominate yourself or someone else (please contact nominee first to confirm her willingness to serve), or contact Dawn Ulrich, 507-345-7400, dmulrich@chartermi.net.

Call for Listings for the MWP Group Directory

The annual listing of outpatient groups led by MWP members will again be published in the April 2003 *Newsletter*. Some guidelines to follow:

- Include only groups that have an MWP member as leader or co-leader.
- If you are leading the same groups you submitted last spring, you still need to re-submit all information.
- Please use the format given below. Group designations used in the past: Women, Men, Couples, Mixed Gender, Adolescents, and Consultation/Supervision groups.
- Submit all contributions by **March 1** to: Ferris Fletcher, MWP *Newsletter* Editor, 5841 Cedar Lake Road, Suite 201, St. Louis Park, MN 55416.

E X A M P L E

Focus or Specific Population	Ongoing or Time-limited	When and Where	Contact
<i>Women's Groups</i>			
Childhood Sexual Abuse Survivors	Ongoing	Tuesdays, 4-6 pm 4601 Excelsior Blvd., Mpls.	Janice Alden (612) 927-0170
<i>Mixed Gender Groups</i>			
Bulimia Group	Ongoing	Alternate Thurs., 4-6 pm 4601 Excelsior Blvd., Mpls.	Laura T. Dodge (612) 927-0170

Welcome New and Re-joining Members!

Thirteen women have joined MWP since the December 2002 *Newsletter* was published:

Nancy Barron
Nancy S. Beckes
Linda D. Deutsch
Andrea Erickson
Heather Forde
Connie C. Isle
Janice L. Kalin
Karen Ann Kattar
Pamela M. MacDonald
Margaret (Meg) L. McChesney
Antoinette M. Mottl
Evelyn Nerenberg
Shannon L. Staiger

Contributors to this Issue

Julie Kogan-White
Dawn Ulrich
Deb Orzechowski
Ferris Fletcher

Personal Observations

Susan Broadwell, Psy.D., has recently relocated her practice here from Colorado. She does mind-body psychotherapy and has been trained in the Hakomi Method. She teaches clients to get a felt sense of their inner strengths and to process emotions from this place with present moment awareness. She can be reached at 952-922-1848.

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Nickey Larson has returned from her year spent in Hawaii completing her predoctorate internship. She has only her (big) paper to write and

she will be done with her Psy.D. from the University of St. Thomas. She says, "I loved Hawaii and I love Minnesota." Nickey is re-establishing her private practice in her previous location at 4005 W. 65th Street in Edina, 952-929-8432. She is grateful for and welcomes referrals. Nickey is expanding her practice to include more work with children and adolescents while continuing to work with adults, couples and families.

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Judith Lies is happy and grateful to announce the opening of Heartwood, a mindfulness practice and integrative psychotherapy center at 3706 E. 34th Street (north edge of Longfellow Park) in south Minneapolis. Call 612-343-1623 for general public and professional class schedules and for therapy appointments.

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Joan Ungar, M.A., LP, A.T.R./BC, is pleased to announce that she has opened her full-time private practice in northeast Minneapolis and in Burnsville. She takes most insurance and offers evening hours. She presently co-facilitates LifeSkills II, using creativity, in Burnsville. She will offer additional groups and workshops this year in northeast Minneapolis, including Artmaking, a general issues art therapy group, and art therapy consultation. To be added to her mailing list, please e-mail her at jungar@bluebuzz.net. For further information, call Joan at 612-782-9895.

Space Available

Three-room office available in the Loring Park area of Minneapolis. Can be sublet for two-four days from Monday through Thursday. Nice space at a bargain price. Contact Mary Froiland, 612-872-6878.

Pesso Boyden System Psychomotor Therapy

— by Julie Kogan-White

Pesso Boyden System Psychomotor Therapy (PBSP) is an experiential body oriented therapy done in the form of individual work in a group therapy setting. PBSP integrates closely tracking an individual's cognitions and emotions, with the energy that is expressed in one's body which is revealed through the individual's bodily sensations, gestures, and movements. The overarching goal of psychomotor therapy is to heal the wounds of the past which are causing significant distress in the present, and to expand the range of expression in individuals whose expression of feelings was not permitted to take the usual concrete course of action. This goal is certainly familiar to those of us accustomed to practicing talk therapy. But the manner by which a PBSP therapist helps a client to achieve this goal is unique as well as complex.

Psychomotor therapy was invented over thirty years ago by Al Pesso and his wife Diane Boyden, both of whom were dancers for many years prior to their development of PBSP therapy. Life circumstances eventually led them to shift their attention away from dance as a career toward the field of psychology. During their careers as dancers and choreographers Al and Diane began to notice and then keenly observe the connection between expressive body movement and an individual's internal, psychological state of mind. Feeling frustration with what they experienced as significant limitations of traditional talk therapy they developed a more integrated form of therapy which involves the expression of one's body as well as one's mind to heal past wounds and trauma via a wide range of expression and movement.

Similar to other forms of therapy and theories PBSP recognizes that human beings have certain basic needs which must be fulfilled in order for them to become well integrated and to achieve satisfaction and happiness in one's life. In PBSP these needs include: protection, nurturance, support, loving limits, a sense of place, and respect. Needs are believed to reveal themselves in the form of energy, expressed through action, and sought to be satisfied through interactions with appropriate figures. When these needs are not sufficiently met during childhood one's natural routes for expression get cut off, shut down, or shunted to the symbolic realm.

The vehicle of psychological work in PBSP is referred to as a "Structure". Within the context of a Structure emotions connected to historical wounds are observed to "dance" as energy on the surface of the body and desire specific accommodation on the symbolic level in order to satisfy the original and still present need. Individuals are able to experience healing by initially becoming aware of significant bodily sensations and emotional states while connected with conscious values, injunctions, and resistances; and ultimately by experiencing a symbolic "restructuring" in which role-played figures support the client's body experience and expression (the "true self"). This results in the creation of a more life-enhancing image of the self and one's relationship to the outside world (a "new map").

During a Structure, which proceeds for fifty minutes, the "true scene" of an individual's experience in history unfolds, i.e., how things were remembered and happened "back then." A client often begins a Structure either by dialoguing about something in her current life with which she is struggling, or by sharing sensations or tensions she notices in her body. Regardless of where she starts the therapist follows the client's "highest energy" in order to accurately determine what action and interaction will be most beneficial every step along the way during her structure time. When bodily sensations are reported the therapist will follow this energy, inquire further about the sensations, and seek information about what the mental context for those sensations might be. Often times the client is recommended to amplify the sensation or to let out a sound connected to the sensation, which inevitably leads to some mental awareness about what the sensation symbolically represents.

The symbolic structuring helps the client to clearly see and understand her state of mind and emotions as well as vividly experience them. The historical event is reconstructed not only as it had been originally responded to, but the underlying emotions and expressions which were suppressed at those times can now be fully and consciously dealt with. This is done both on the motoric and cognitive level, through the use of role-players (accommodators) and other PBSP techniques. Finally, "ideal figures" are enrolled so that the client can experience, on the symbolic realm, what it would have been like during one's childhood, to experience appropriate and satisfying interactions and responses.

When the client starts to speak aloud statements which the therapist recognizes as internalized negative messages from childhood, or if she starts to represent a dialogue she is having with the negative aspect of a childhood caregiver, the therapist invites her to symbolize the negative message or "negative aspect" of the caregiver by having a group member of her choice play the role of that voice or figure. For instance if a client says at some point "It's not okay for me to get angry at my mother," the therapist would identify the voice by stating "That's a voice of prohibition, don't be angry at your mother." If the negative aspect of the mother has been enrolled, that person may be instructed to say, using the precise words of the client, "It's not okay for you to get angry at me." The therapist then closely watches for the client's reaction to hearing and seeing the symbolically enrolled historical figure criticize, shame, threaten, etc. the client. The therapist tracks and then names the affect the client is observed and heard to be feeling via the "witness" figure. A group member often enrolls as the "Witness" figure and is given the exact words to say by the therapist, to comment on how the client feels about her experience of that interaction. For example, the witness might say, "I see how sadly resigned you are to the message that it's not okay to get angry at your mother." The witnessing is done to strengthen the client's consciousness so that she can experience feelings that had been historically forbidden without being in a regressed state.

The enrolling of "negative figures," which is designed to help the client eventually experience her genuine emotional response to the historical figures and situation, is felt to be very valuable by clients. However, the final and ultimate point of healing occurs when the client allows ideal figures to be represented with whom she can experience in the "here and now" how it would have been back then had those ideal figures been present in her history. Antidotal figures can be anything from figures of support, protection, comfort, to the full blown Ideal Mother, and Ideal Father. From these interactions clients are able to form "new memories" of the safety, comfort, and satisfactions the client would have experienced had those kinds of parents or caregivers been in the client's life in their real history. This role-played experience on the symbolic realm profoundly affects a person's beliefs both within the mind's body and the body's mind about how she can experience more satisfaction in her present life, and in the future.

(For further interest in PBSP therapy groups contact Cornerstone Therapy and Recovery Center at 651-649-2625).

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.*

Thurs., Feb. 20 **Art and Play Therapy, School
Age Children: Understanding
and Communicating with 6-12
Year-olds.** Presenter Linda
Chapman,

Minneapolis

M.A., Board-certified art therapist and play therapist supervisor, will focus on the use of art media and toys in the assessment and treatment of school-age children. FFI: 1-888-992-9199.



Fri., Feb. 21 **Psychology Out of the Office:
Diversity Consulting in
Schools, Corporations, and the
Community.** Presenters: Kathy
J. Harowski,

Ph.D., LP, BraVada Garrett-Akinsanya, Ph.D., LP, and Mechelle Rugg Severson.
How to develop a diversity consultant career path. At Metro State University-Midway
Center. FFI: MPA Friday Forum, 651-697-0440



Tues., Feb. 25 **Nutrition, Health and Weight:
A Biopsychosocial
Perspective.** Susan Raatz, Ph.D.,
MPH, RD, presents current
St. Louis Park research on metabolic

regulation, pharmacologic, behavioral and surgical interventions. FFI: Context, 1-888-267-8398.



Mon., March 3 **Community Event – Crossing
the Superhighway: Keeping
Kids Safe on the Internet.**
Presenters: Elizabeth J. Griffin,
M.A., LMFT,
St. Cloud

David Delmonico, Ph.D., NCC. FFI: 320-255-5642.



Tues., March 4 **Professional Conference – In
the Shadows of the Net:
Understanding, Assessing and
Treating Problematic Online
Behavior.** Present-
St. Cloud

ers: Elizabeth J. Griffin, M.A., LMFT, David Delmonico, Ph.D., NCC. FFI: 320-255-5642.



Tues., March 11 **Working with Survivors of
Sexual Abuse: A Solution
Focused Recovery Process.**
Roseville Presenter: Mark Hirschfeld,
LICSW-C, BCD. FFI: 1-800-
Weds., March 843-7763.
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Bloomington

8 am – 4 pm



Thurs. – Friday
March 13 – 14
8:30 am–4:30 pm

Disordered Eating: Treatment Strategies that Work. Lucene Wisniewski, Ph.D., presents specific cognitive-behavioral strategies to use with eating disorders. FFI: 206-548-9255.

Minneapolis



Friday – Sat.
April 14 – 15
Duluth

MN Association for Children's Mental Health: **2003 Child and Adolescent Mental Health Conference.**

FFI: 651-644-7333.



Mon. – Tuesday
May 5 – 6
St. Paul

Women's Chemical Health Conference., sponsored by Chrysalis. FFI: 612-870-2423, or www.chrysaliswomen.org.



Monday –
Friday
June 23 – 27

A summer 2003 study abroad in Cornwall, England – **Poetry Therapy: An Introduction to Theory and Practice.** Led by

Geri Chavis,

England

M.A., LP, MWP member, Certified Poetry Therapist. NAPT Approved Mentor-Supervisor, and English Professor at the College of St. Catherine. Cost \$469 for materials, snacks, and tuition. FFI: Geri, 651-690-6524, ggchavis@stkate.edu.

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Client Groups: Chrysalis offers short-term and ongoing groups, including parenting workshops for divorcing parents and a parallel group for their children, a group for people dealing with depression, one for uncoupling women, coming out groups and lesbian support groups. FFI: 612-871-0118.

Art Therapists Art, featuring the work of 22 artists nationwide, can be viewed at the Catherine G. Murphy Gallery, College of St. Catherine, January 31 – March 2, 2003. **“The Healing Powers of Art”** will be presented free of charge on Saturday, February 1 from 9 am – Noon with Dr. Bruce Moon and local expressive therapists. Please call 651-690-6636 to RSVP.

In conjunction with the art show, Joan Ungar, M.A., LP, MWP member, will present a three-hour workshop, **“The Art of Art Therapy”** following the morning activities (cost: \$60). She will also present a six-hour workshop on Saturday, February 8, titled **“Drawing Out Our Wisdom”** (\$140, includes materials). FFI: SPARK office, College of St. Catherine, 651-690-6926.