

Minnesota Women in Psychology

June 2003 Newsletter

The Gift of Emotions

Enjoy the company of other MWP members at the **Annual Meeting, 8 am to Noon, on Friday, June 13**. The morning will begin with breakfast, a look at the last year, and honoring volunteers. This will be followed by Nickey Larson's presentation, "The Gift of Emotions," a workshop that has been approved for two-and-a-half continuing education credits by the Board of Psychology.

Nickey's workshop will provide valuable information about the basic needs, purposes and use of emotions throughout a person's life, beginning before birth. Issues such as attachment, socialization emotional conditioning and boundaries will be addressed. Enmeshment, empathy, intimacy and spiritual growth will be discussed. That emotions are gifts, and how we can learn to listen and appreciate what our emotions tell us, will be the major focus of the workshop.

Brochures have been mailed to the membership. For more information and a registration form, contact the MWP office, 952-920-9606, or the MWP web site, www.womenpsychologists.org.

— Ferris Fletcher

Ø The deadline for submissions to the *MWP Newsletter* will be changing to the **first of the month** prior to the publication month. The deadline for submissions to the next newsletter is **September 1, 2003**.

Notes From The Chair

I cannot believe that my term as the chair of Minnesota Women in Psychology is almost over. I have enjoyed immensely the connecting with new and old friends, the networking with colleagues, the learning at the conferences and colloquia, the mentoring of women new to the field, the strengthening of leadership skills, and the developing of the self. These delightful and incredible women in MWP have contributed in many ways to my growth as a person, as a woman, as a colleague, and as a professional. I am truly grateful and thankful to the universe for allowing me the opportunity to be involved in such a powerful and incredible organization. I am looking forward to continuing my involvement in other capacities and would encourage all of you to consider being active in any way that feels comfortable to you. MWP values all of her members and she will embrace you in many ways if you invite her to do so.

It has been a glorious year for MWP as there have been so many programs and activities offered to the membership. The participants on the committees have been very active, involved, and committed to our feminist organization. Truly, I have been impressed with the energy that has radiated from each of the committees. The Steering Committee will miss several members next year. I would like to personally thank the following outgoing members of the Steering Committee as their dedication and their commitment have been phenomenal – Ferris Fletcher, Deb Fisher, and Skye Payne. It has been a pleasure knowing you and working with you on MWP projects. I would also like to welcome the new members of the Steering Committee. Those new members are Nili Sachs, Shannon Staiger, and Amy Lynn Swanson; Heidi Sauder was re-elected to her second term. The seasoned Steering Committee members are very excited about our new members and will enjoy mentoring and assisting them in finding their own voice and special place in this feminist organization.

As I have said many times, Minnesota Women in Psychology is thriving and not just surviving. As a dedicated and committed member, you are making this happen. May you find your place and voice in this organization and may you grow as I have. Thank you for your love,

support, and care during this time as your chair. It has been a pleasure serving you.

In sisterhood,

— Dawn Ulrich

Professional Issues Committee Update

The Professional Issues Committee continues to build the mentoring program with Minnesota Women in Psychology. The Committee is dedicated to effectively matching mentors and mentees and is conscientiously aligning the experience and expectations of interested participants. If you have submitted a mentor/mentee form and have not received notification from the Committee that you have been matched with a mentor/mentee, the Committee is continuing to pursue a more satisfactory counterpart for you. If you are interested in participating in the mentoring program and have not yet filled out and returned your mentor/mentee form, please do so. Contact the MWP office, 952-920-9606, if you need a form.

Minnesota Women in Psychology and the Women's Division of the Minnesota Psychological Association, headed by Denise Wilder, have come together to discuss what women in psychology and women psychologists have to offer each other and their respective fields of practice. These dynamic discussions have resulted in the Professional Issues Committee and Denise Wilder, of the Women's Division of MPA, to jointly develop a forum to discuss the relationship in therapy, specifically, "The Therapist Side of the Relationship." The first fireside chat of a possible series will focus on therapist grief following the loss of a client and will be held this fall. Please look for additional information as it becomes available on this exciting venture.

— Heidi Sauder

Private Practice Special Interest Group

The private practice special interest group began to meet earlier this year because of the amount of enthusiasm generated from Janet Pipal's "Private Practice Sanity" workshop that was held in November 2002. The St. Paul group has met three different times at Black Bear Crossing (not the one at the Pavilion) in St. Paul and we plan to continue to meet on a monthly basis. We have ranged in attendance from 5 to 13 motivated and enthusiastic members. Some individuals have been in the private practice field for many years and are wanting additional information to make their practices much more successful and others are present because this is a new venture in every form and are needing information on how to begin a private practice.

Typically, our meetings are from 9 am to noon. The first hour is dedicated to what we have called "the nuts and bolts" of private practice and may include topics such as liability insurance, the pros and cons of incorporating, office space availability and options, the pros and cons of private pay versus insurance reimbursement, and accounting issues. The second two hours has been devoted to public relations, marketing, advertising, networking, connecting, finding your niche, and the development of business cards and brochures. Those attending have been helpful to each other in giving honest and open feedback in a nurturing, supportive, caring, and comfortable environment. Questions are handled within the group respectfully and with dignity. The purpose of the Private Practice Special Interest Group is to provide a safe environment for members who are thinking about a private practice and to provide an encouraging atmosphere for individuals so that they can become successful in their new career.

If you are interested in being a part of this networking group, please contact Dawn Ulrich by e-mail at dmulrich@chartermi.net or by phone at 507-345-7400. Our next meeting is on Saturday, May 31, 2003 from 9-noon at Back Bear Crossing in St. Paul (again, not at the Pavillion).

— Dawn Ulrich

Monthly Forum on Social Anxiety

Social Anxiety: The aftermath of war, the fear of terrorism, the economy, and the changing political landscape.

Members of MPA, MWP and MAMFT have organized a monthly forum to discuss how these issues are affecting us as citizens and as therapists. How are they affecting our clients? Should these issues alter how we provide therapy and, if so, how? What can we do to help address the vulnerability, the ambiguous losses, the fear and confusion some clients are feeling? How do we remain politically neutral during these times and should we remain neutral? These issues and your concerns will be addressed. There is no fee for the forum, but nominal donations are requested to pay for the meeting space.

The second monthly meeting was held the evening of Tuesday, May 20. People attending the first meeting, in April, left with a decreased feeling of isolation, new perspectives, ideas for reflection, and renewed energy and hope.

For information about future meetings, contact: Judith Lies, 612-343-1623; Patrick Dougherty, 651-646-9638 or pdougherty@usinternet.com; or check the MWP web site, www.womenpsychologists.org.

— Judith Lies

Networking Opportunities at the Joint Dinner

Once again this year, MWP partnered in sponsoring the Joint Dinner of Women's Professional Associations. Minnesota Women Lawyers takes the lead each year with help from organizations for women in communications, finance, commercial real estate, physicians, business owners, and trades. The Women's Foundation of Minnesota was the beneficiary of money raised at the dinner.

Kim Jeffries of WCCO Radio was the moderator of a panel discussing women and leadership. Sandra Gardebring, Vice President for University Relations at the University of Minnesota, moved into academia after a law career and appointments and elections as judge. She cited a strong mentor, Governor Perpich, as the person who believed in her enough to push her into unfamiliar territory and trust

that she could handle the risks. She encouraged women to move past comfort zones into challenges as leaders. Dorothy J. Bridges is President and CEO of Franklin National Bank, the only African- American woman to head a Minnesota bank. She credited her family as being the basis of her leadership training, following in the footsteps of strong women raising large families. Gae Veit said that she believes that she has developed a leadership style similar to her parenting style. She runs a contracting firm, Shingobee Builders, Inc., and finds that her employees (mostly men) respond well to encouragement and correction in the same way that her children responded well to encouragement and correction.

Hundreds of women networked, ate and enjoyed the speakers on March 13, 2003. Mark your calendar for next year's Joint Dinner on March 11, 2004.

— Ferris Fletcher

Spring Workshop for “Working with Refugees in a Disaster” is a Success!

On April 25, 2003, the Social Action Committee for MWP hosted a workshop entitled “Emergency and Disaster Mental Health Services for Refugees.” The presenter was Andrea Northwood, Ph.D., LP, from the Center for Victims of Torture. In addition to Andrea, interpreters from the Center came for a panel discussion on how to effectively collaborate and work with interpreters in a mental health/disaster setting. Thirty-eight persons attended the workshop from various disciplines including the Red Cross Mental Health Stress Team, marriage and family therapists, psychologists, social workers and students.

Andrea discussed elements of the refugee experience, particularly the trauma aspect, and how that impacts a refugee's reaction to persons in the mental health field. There was a thorough discussion on cross-cultural issues in terms of dialogue and non-verbal communication. Andrea emphasized the notion that most refugees have experienced some level of trauma and possibly torture. She discussed, when working with refugees, it is important to be cognizant that there are multiple layers of struggle and pain for these persons on

individual, community and cultural levels. The workshop included a role play in which there were break-out groups discussing a scenario of a refugee woman in a disaster situation being assisted by a Red Cross Mental Health volunteer. This activity produced a lot of conversation and connection within this interdisciplinary group of persons.

Another powerful piece to the workshop was a video of immigrant/refugee women discussing their experience here in America regarding their perspectives on the challenges of adapting to a new culture. In particular, there was conversation from the women about their frustrations with the medical world. Besides providing a heightened awareness of different cultures, the video helped put a face to the words 'refugee' and 'immigrant'.

The panel of interpreters provided important information in terms of how to effectively coordinate with and prepare for interpreters being in session with a client. They also discussed certain elements to be aware of for particular cultures during a disaster incident such as possible flashbacks, limited use of English and fear/suspicion of service providers. The interpreters also talked about what is working in the mental health community in terms of their services and what could be improved.

Overall, the workshop proved to be a success. In the evaluations collected at the end of the workshop, 25 persons rated the workshop as excellent, 2 rated it as very good and one as good. Comments made on the evaluation forms regarding what persons found helpful about the workshop included "having a better foundation for working with other cultures/ interpreters", "understanding how people are affected by cultural problems, barriers", "a better awareness of the refugee experience and how it relates to Mental Health work", and "Red Cross focus rarely brought to the fore in psychology pointing out need for interpreters in Red Cross services".

This workshop also seemed to produce additional interest regarding further trainings and involvement in this area. The evaluations indicated that eight persons were interested in additional trainings on emergency/disaster work with immigrants. Also, fifteen persons marked they would like opportunities to work with the Center for Victims of

Torture and nine marked they would like more opportunities to be involved with other mental health emergency/disaster preparedness activities such as the critical stress team with Red Cross. There has been discussion by the Social Action Committee and MWP about providing a series of workshops in the future centered around this subject area.

The workshop appeared to give a solid foundation of information and awareness to a topic that has not had much attention. Working with immigrant and refugee populations is becoming more of a reality in the work mental health professionals do on a daily basis. In addition to this, because of the terrorist attack on 9/11, there is more awareness of the possibility that mental health workers in Minnesota may be working with refugees in a disaster setting. This workshop provided a rich experience to discuss these issues and to exchange information with others who are doing this work. The more the mental health community can organize itself around being responsive and prepared to assist refugees in a disaster, the easier the transition will be for healing to occur.

If you would like to know about further opportunities to be involved with Center for Victims of Torture, you can contact them at 612-626-1400 or visit their website at www.cvt.org. If you would like more information on opportunities to volunteer with the Red Cross, you can contact the Hennepin County Chapter at 612-871-7676, the Ramsey County Chapter at 651-291-6789 or call your local Red Cross Chapter. MWP will post announcements in future newsletters regarding any further trainings on this topic.

— Holli M. Kelly, for the Social Action Committee

Thank you, departing Steering Committee members! — Deb Fisher, Ferris Fletcher, and Skye Payne

Congratulations!

Congratulations to the new Steering Committee members elected recently, **Nili Sachs**, **Shannon Staiger**, and **Amy Lynn Swanson**. They will be introduced to the membership at the Annual Meeting. **Heidi Sauder** was re-elected to a second three-year term. **Janet Richards** was newly elected, but has had to resign due to her family's move to California this summer – best wishes, Janet!

Contributors to this issue

Judith Lies

Holli Kelly

Heidi Sauder

Amy Lynn Swanson

Dawn Ulrich

Ferris Fletcher

Deb Orzechowski

Welcome New and Re-joining Members!

Debra A. Anderson

Michele Sullivan

Jeanette E. Truchsess

Remember that MWP has developed a booklet, "Navigating the Board Complaint Process: A Guide for Minnesota Psychologists" to help practitioners respond if a complaint against them is filed with the Board of Psychology.

Information about the booklet is available at the MWP website, www.womenpsychologists.org, or by calling the MWP office, 952-920-9606.

Personal Observations

Christy Anderson Jacob has recently received her doctoral degree from the University of Minnesota. She is currently working for **Julie Kenfield**, Ph.D., LP, at 2124 Dupont Ave. S. in Minneapolis (22nd and Hennepin). Christy's research has focused primarily on issues surrounding sexual abuse; however, she is trained and accepting referrals for a variety of adult mental health issues. Christy and Julie can be reached at 612-879-1010.

Positions Available/Wanted

Outpatient Clinic Therapist: Fairview Counseling Centers in Forest Lake and Edina has part-time and full-time openings for clinic therapists. The positions require a master's degree in psychology or social work, current Minnesota licensure as LP, LICSW, or LMFT. A minimum of two years experience in outpatient setting utilizing a structured brief therapy approach is required. Experience working with child/adolescent and adult populations preferred. To apply for positions, please complete an application online at www.fairview.org.

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Care Managers: CIGNA Behavioral Health, a national manager of mental health, substance abuse, and EAP benefits has full-time clinical opportunities available. Positions require five years inpatient or outpatient experience as a mental health therapist, and a master's degree in a mental health discipline with licensure to practice independently in state of residence, or RN with psychiatric and/or

mental health experience. To apply, and for specific position descriptions, please go to www.cigna.com.

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Need Help? MWP member with an M.A. and experience working with children and families is looking for a position from 10 to 30 hours per week; south or east metro area preferred. Please contact Lisa Schmidtke, 651-322-4663 or lschmidtke@msn.com.

Space Available

Minneapolis: Elegant, unique office available overlooking downtown (233 Groveland Ave.). Great location for neighboring suburbs, St. Paul as well as Minneapolis residents. Housed with four other experienced licensed therapists. Copier, fax, wonderful waiting area. You will **love** working here! Mondays, Fridays, most Thursday afternoons available. Contact Lynn Kiely, LICSW, Ph.D., LP, 612-870-8728.

Participants Needed for Doctoral Research Project

Female licensed psychologists ages 25-50 with young children (ages 0-5 years) are needed for an upcoming research project. Participants will take part in a one-hour interview at a mutually agreed upon location to discuss their **experience combining their professional career with motherhood**. Interested participants should contact Tonie VanStelten, 763-370-2031. This research project is being supervised by Dr. Melissa Mussell, professor at the University of St. Thomas. Potential participants may contact her at 651-962-4658 for additional information regarding the project. Confidentiality will be maintained. If you know of someone interested in participating in this study, please distribute this information accordingly.

Musings About Books:

History May Forget But We Do Not Have To

— by Amy Lynn Swanson

I recently had the opportunity to write a review on a book by Ann Klein, entitled *A Forgotten Voice: A Biography of Leta Stetter Hollingworth* (2002). The biography was about a woman psychologist who had achieved eminence through her work during the early 1900s but whom, since then, had become a virtual unknown in history. When I took on this writing project, I was honestly looking at the book review merely as a way to add a little padding to my resume in my pursuit of tenure for my job. As I entered into the process, however, I was surprised to find myself actually slowing down to digest what I was reading. It was an intriguing read on many levels—because of the career and personal life of Hollingworth herself, the thoughts and feelings it brought up about the challenges facing all career-oriented women even now, and the chance it afforded for reflection about my own professional development and motivations.

Looking at the professional life of Hollingworth, it was fascinating to discover a most astounding career of a woman who dedicated herself and contributed immeasurably to the fields of gifted education and psychology as well as to the feminist movement. I will share just a small sampling of the work to which she dedicated herself. As the founder of gifted education, Hollingworth devoted her life to the study of gifted students. Profoundly gifted herself, she probed the intellectual as well as the emotional and social development of her students. She founded The Speyer School specifically to teach and study the gifted. Her research continues to flavor current practices in gifted education despite the fact that her name gets little mention and she receives little recognition for that work. As a psychologist, Hollingworth practiced as a clinician at Bellevue Hospital and provided testing, counseling, and consultation throughout her career. She was passionately active in the field—a prolific writer (who published 9 books and over 80 articles) and a sought-after speaker as well as an advocate for the

professionalization of psychology. She was a full professor at Teacher's College at Columbia University and was a founding member of the American Association of Clinical Psychologists. An ardent feminist, she fought for women's voting rights as well as rights related to fair compensation and other employment-related laws. Her research on sex differences discredited the staunchly-held theories of the time, which actively promoted the fiction of the intellectual and physical inferiority of women. [Interesting to note, these theories were advanced by the male psychologists of Hollingworth's time—men with whom she worked—who are clearly remembered and celebrated in the history of our field, such as James Cattell and Edward Thorndike.] Additionally, Hollingworth was a founding member of the Heterodoxy Club—a group of highly educated women who promoted the independence and intellectualism of women by sharing with each other their work, ideas, feminist advocacy, support, and friendship. To try to ponder the volume and depth of these and many other of her accomplishments was dizzying in its inspiration. At the same time, it was entirely puzzling because of how these accomplishments have seemingly vanished from history, leaving no clear trace of her legacy.

Hollingworth's professional life paints a picture of her as a passionate, competitive, achievement-oriented woman. Some of these aspects of her professional self were more easy to understand given the challenges she faced in her personal life. Her childhood appears to have been fraught with early loss and trauma, the effects of which may have been mediated, in part, by her own cognitive abilities and by a few supportive and mentoring relationships she was able to establish growing up. The issues of gender and low income level presented barriers that she repeatedly overcame throughout her career, during a time when the expectations for women's behaviors were quite clear and which she repeatedly defied on many levels. Disturbingly, Hollingworth also showed a tendency towards racist and elitist beliefs. How these aspects of her character fit with a woman of such resiliency, ability for rational thought, and advocacy for the demarginalization of women leaves a question mark in my mind.

Looking back at the life of Leta Stetter Hollingworth, it also calls into question the challenges facing all career-oriented women. For instance, though it is clearly more societally acceptable for women to

be in high-achieving careers, by and large, women are still paid less, dollar for dollar, than men in the same careers. Women may struggle with issues of competition and, at times, feel pitted against each other. Taking on more than ever before, women may find it difficult to juggle the multiple roles they assume in addition to also making time to develop themselves as people. How do we continue to fight against gender inequity issues? How do we support and mutually empower each other and celebrate each other's accomplishments? How do we find balance in our lives? It seems as though time has merely revealed deeper layers of the issues of career women instead of providing simplification of these issues.

As I reflected on what I learned from the biography and my review of it, I found myself pulled in a bit of an emotional tug-of-war. I found myself pondering the meaning of achievement for the sake of recognition and of achievement for its own sake. My emotions vacillated between inspiration regarding Hollingworth's amazing career and frustration over the lost legacy of her efforts. I considered how easy it is to develop tunnel vision, becoming focused on the rigid and narrow certainties of outcomes and goals and neglecting the value of the process itself. In a simple sense, I received an important reminder to emphasize what intrinsically motivates me about my work and to maintain an "enjoy the ride" instead of an "are we there yet" philosophy.

Amy Lynn Swanson, MWP member, is Assistant Professor and Staff Psychologist at the Counseling Center of Minnesota State University, Mankato.

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.*

Tuesday, June 3 **Understanding and Treating
Reactive Attachment Disorder
Bloomington (RAD), Healing without
Holding.**

Presented by Kenneth E. Miller, ACSW, CISW. FFI: 715-836-9900.



Friday - Sunday **Fear of Flying** weekend
seminars, presented by MWP
June 6 – 8 members Julie Kenfield, Ph.D.,
LP, and Ruth Markowitz, M.A.,
July 25 – 27 LP, and Captain

Tom Roberts. Seminars include a graduation flight. FFI: 612-879-1010
or rumark@aol.com.



Friday-
Saturday **Thought Field Therapy**, Levels
I and II combined. TFT works
through tapping acupressure
June 6 – 7 points to eliminate emotional
distress in minutes. Self-
August 1 – 2 administered, it empowers clients

Minnetonka

between sessions. Presented by MWP member Jill Strunk, Ed.D., LP. FFI: 952-936-7547.



Monday, June **Media Violence: Its Power
Over Adolescent Behavior.**

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president of the
Minneapolis

National Institute on Media and the Family. FFI: 612-341-1612.



Weds., June 25 **Mind and Meaning in
Medicine**, with Dr. Larry
Minneapolis Dossey, as part of the
Unconventional Wisdom
Continuum

Center, Spring/Summer 2003 Series. FFI: www.continuumcenter.net.



Wednesday **Appetite
Suppression/Hormonal
Hunger**. Presented by Laura
July 16 Pawlak, Ph.D., RD. This
workshop looks at

the mystery of appetite, food and emotions: how they affect one another, and
psychological disorders and appetite. FFI: 1-877-246-6336.



Thurs., July 17 **Understanding and Managing
Mental Health Problems in the
Bloomington Elderly**. Presented by Mary
Doucette, RNC, M.S., GNP from
Friday, July 18 Mayo Clinic. FFI: 1-800-843-
7763.
Roseville

Client Groups Available

Drama Therapy Group, for girls 14-17 years of age: Group uses drama
and theater exercises to explore and express emotions. FFI: Sarah
Egbers, M.A., MWP member, 651-229-3466.

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 a broad range of issues in a supportive and confidential group setting. FFI: Ilise Katz or Candace Margulies, 952-546-0616.

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Women's and Mixed Gender Groups: Ongoing groups focusing on mixed issues, offered several weekday late afternoons in St. Louis Park. FFI: Cynthia Haakana, Ph.D., LP, MWP member, 952-928-0618 x-1.

Hope Network introduces new resource for families with a loved one fighting an eating disorder

HOPE Network will offer a 10-week education and support series of workshops in Hopkins beginning Tuesday, June 24. The series is designed specifically for family members to learn more about eating disorders, manage stress associated with a loved one's eating disorder, navigate the insurance and care provider systems, obtain information about resources, and build connections with other families.

These workshops are designed to enhance the treatment effectiveness that is provided by medical and mental health professionals by educating and supporting families. Workshops are *not* intended to substitute for treatment.

For more information, or to be listed in the HOPE Network directory of providers, contact Becky Henry, Partner, HOPE Network, 952-934-4859 or becky@hopenetwork.info; www.hopenetwork.info.