

# MWP June 2001 Newsletter

## Girly World Highlights Annual Meeting

The Annual Meeting of the Minnesota Women Psychologists will be **Thursday, June 7, 2001**, from **11 am to 4:15 pm** at Colonial Church of Edina. The program will be *Girly World*, a monologue written and performed by Carolyn Kolovitz. She will present a rare look at girlhood, focusing on the powerful forces that influence feminine behavior in young girls and the ironic outcomes of that behavior later in life. She illuminates subjects such as gender roles, socialization, self-esteem, sex and drugs, and critiques the socio-gender expectations foisted upon girls, which should generate a thought-provoking discussion with Ms. Kolovitz after the program.

At the annual meeting portion of this event, we will introduce our current scholarship winners, as well as honor members who have offered their time and talents this year to benefit MWP. Members are encouraged to bring friends who might be interested in the program and in joining the organization.

A program sponsored by MPA's Cultural Diversity Committee will be held the same evening, also at Colonial Church. See later article for details.

Program brochures have been mailed to MWP members. Please contact the MWP office, 952-920-9606, if you have questions.

— Deb Fisher  
Annual Meeting Co-chair

## Mark Your Calendar

**! Thursday, June 7, 11 am – 4:15 pm**

Annual Meeting at the Colonial Church of Edina

**! Friday, June 15, 9:30 am – 2:30 pm**

All-day Steering Committee Meeting at Marilyn Olson's Home

**Contributors to this Issue**

*Claire Grubich*

*Janet Richards*

*Katie Dodge*

*Maggie Keating*

*Jane Whiteside*

*Susan Scott*

*Dawn Ulrich*

*Lynda Cramer*

*Ferris Fletcher*





**Newsletter Editor: Ferris Fletcher**

**5841 Cedar Lake Road, Suite 201**

**St. Louis Park, MN 55416**

**(952) 546-7056**

**FAX: (952) 847-5247**

**Assistant Editor: Lynda Cramer**

**Production Coordinator: Eunice Slager**

**Web Site: [www.womenpsychologists.org](http://www.womenpsychologists.org)**

The MWP Newsletter is published five times a year by Minnesota Women Psychologists for its members. Deadlines are: September 10, November 10, January 10, March 10, and May 10. All articles and announcements may be edited to conform to space limitations or to improve clarity, without permission of writers. Contributors are given credit via byline. Send articles and items of interest to the editor.

**Advertising Guidelines:** Ads must be of interest to women psychologists, and MWP reserves the right to reject or edit advertising. Publication of any advertising does not constitute endorsement; advertising by psychologists must follow APA guidelines. Cost: Ads will be accepted in increments of business card size (2" x 3½"); cost of one business-card-size ad is \$20, two - \$35, three - \$50, four - \$60, etc., up to \$100 for 8-card-size, equivalent of a full-page ad. All advertising must be prepaid. Procedures: Ads must be camera ready and fit the requirement of increments of business card size. Submit by the 5th of the deadline month to: MWP, PO Box 16445, Minneapolis, MN 55416, (952) 920-9606.

## **Notes from the Steering Committee**

In this last report from the 2000-2001 Steering Committee, it seems appropriate to look both backward over the past year, and forward to some of the things that will be coming next year.

We have continued refining the changes in our organizational structure, in line with our three-part mission of commitment to ourselves, our profession, and the women in our communities. Focusing our "personal development" efforts on a fall retreat, a winter colloquium, and a spring annual meeting continues to feel right (although we're always interested in collaborating with other organizations on other events that they might sponsor), so we'll be continuing that "three event" focus in the coming year. One change we're working on, though, is to make the 2001 retreat an all-day event, not an overnight, in the hope that this will make it feasible for more of our members to attend; more information on the retreat will be included in future newsletters as this event takes shape.

As noted in previous newsletters, MWP's Professional Issues Committee has pulled together useful information on professional liability insurance programs and has worked for most of the past

year on a brochure regarding the Board of Psychology's complaint process. The brochure is intended to provide information on the process itself (as well as names of knowledgeable attorneys and ethics consultants) for members who find themselves involved in that process. The committee also solicited nominations and selected the recipient of the 2001 Founding Mothers Award (reported elsewhere in this Newsletter), and co-sponsored the annual joint dinner with eight other professional women's organizations.

The Social Action Committee has continued its focus on adolescent females, supporting efforts of the Minnesota Conference on Adolescent Females, the Minneapolis YWCA, and the APA/MTV "Warning Signs" anti-violence program. The committee also organized a fundraiser for Chrysalis and selected the recipient of the 2001 Social Action Award (also reported elsewhere in this Newsletter).

Three other changes for the future: 1) Members will know from previous newsletters about the proposed, and now approved, name change for MWP, which changes the full name but not the initials (so we can keep saying the familiar "MWP," even though the new name is a little different); as noted previously, the membership criteria did not change; 2) Less visible during the past year, but more visible in the future, is work done by a graphic designer hired by the Steering Committee to create a new logo and "look" for the organization; 3) A third change, which will also become more visible soon, is a change in the membership year, from late spring to early fall – so everyone will actually get a few extra months of membership "free."

Finally, just to start everyone thinking about it, next year will be MWP's 25th year, and the 2002 annual meeting, tentatively planned as a dinner with a special speaker, will be our celebration. More information will be provided in future newsletters as the event planning proceeds.

— Jane Whiteside and Susan Scott, MWP Co-Chairs

## **Professional Issues Committee**

The Professional Issues Committee is meeting on a regular basis and is currently fine-tuning the booklet that will be available to all MWP members in the near future. This booklet will help those members who have been called before the Board of Psychology and will explain the process that the Board of Psychology utilizes after a complaint. The information in the booklet will also make suggestions to the complaintee about when it is appropriate to contact an ethics consultant and when to contact an attorney who specializes in Board of Psychology complaints. The booklet also tells how to avoid complaints and how to obtain a healthy psychological practice. In the meantime, names and numbers of the ethics consultants and attorneys who have experience in working with the Board of Psychology complaint process will soon be on the MWP web site. Many thanks to Diana Gabriel, Beth Carlson, Janet Thomas and Dawn Ulrich for their care in this long, involved writing process.

The Professional Issues committee also sent out postcards to all MWP members about the Board of Psychology meeting held on March 29, 2001 about the proposed fee increase. As of May 11, the Board had not announced an outcome of the hearing. However, the State Office has sent a recommendation to the Board of Psychology from the information reported at that public meeting on March 29; a copy of the recommendation is available from the State of Minnesota Office of Administrative Hearings. Log on to [www.oah.state.mn.us](http://www.oah.state.mn.us) or, to receive a hard copy of the recommendation, contact the Office of Administrative Hearings, 100 Washington Square, Suite 1700, Minneapolis, MN 55401-2138; please request docket no. 1-0907-14110-1; a check for \$3.75 (per copy) should be made out to "State Treasurer, Administrative Hearings Account."

The Professional Issues Committee is also in the process of choosing the recipient of the Founding Mother's Award. There were six outstanding nominations, so it will be difficult to choose this year's recipient. The MWP's Founding Mother's Award will be presented at the Annual Meeting on June 7.

— Dawn Ulrich

## **Social Action Committee Update**

The Minnesota Conference on Adolescent Females was held on April 19 and 20, with about 300 participants. The packet for the two-day event included a thank-you to the MWP Social Action Committee for the honorarium given so a young women's group could come to entertain at the conference.

Three members of the Social Action Committee attended the YWCA Circle of Women fundraising luncheon on May 15.

The Social Action Award to an agency that provides services to girls and adolescent females, including diversity in their organization, will be awarded at the Annual Meeting on Thursday, June 7.

— Maggie Keating

## **Election News**

Congratulations to Judith Lies, Marilyn Olson, and Jane Whiteside, who were elected to three-year Steering Committee terms. Marilyn and Jane will continue their years of service; Judith starts a new term of service in May. Thank you to these generous volunteers.

As you read in the "Notes from the Steering Committee," voting was in favor of changing the name of the organization to Minnesota Women in Psychology.

## **Lecture after the Annual Meeting**

On **Thursday, June 7**, from **6:30 to 9 pm**, at the Colonial Church of Edina, Andrea Pugh, Ph.D., presents MPA's 4<sup>th</sup> Cultural Diversity Presentation, "The Arab Society and the Role of Women."

Dr. Pugh has lived and worked in Arabian countries for extended periods of time over the past 30 years. She has researched Middle East family organization, child rearing, dress symbols, coping strategies, values, Muslim identity, social change and politics, and has worked on projects in educational planning, instructional systems, community



mobilization, social soundness and women in development. She has written five books on the Middle East.

Dr. Pugh's presentation aims to help participants understand how core Arab values provide a framework for family, marriage, divorce, child-rearing, gender roles and other distinctive aspects of Arab cultures. For more information, contact MPA at (651) 697-0440.

— Lynda Cramer

### **Congratulations, Scholarship Winners!**

On June 7, at MWP's Annual Meeting, **Roslyn Binford** will receive the master's level scholarship and **Jill A. Langer** will receive the doctoral award. Details about their projects will be presented in the *October Newsletter*. Thank you to all of the excellent applicants who were part of this process.

— Katie Dodge, Scholarship, Committee Chair

### **Meet, Greet and Renew**

On Saturday afternoon, March 31, 15 MWP members gathered at the Minnesota School of Professional Psychology to *Meet, Greet and Renew*. It was a wonderful afternoon with good food and great conversation. Everyone had been asked to bring with them some item that represented who they are. It was fun listening to each other's stories about the items that were chosen for sharing. *Meet, Greet and Renew* is a wonderful way to keep in touch. Hope to see even more of you at the next one!

— Janet Richards

### **Notice: MWP Renewal Delayed**

At its April meeting, the Steering Committee voted to change the MWP membership year to October 1 through September 30 (a change from June 1 through May 30). This means membership renewal materials, instead of being mailed in April, will be mailed in late August. Enjoy a summer of MWP membership – “on us”!

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

Four women have joined MWP since the April Newsletter was published:

*Marguerite V. Butler*

*Margaret A. Churchill*

*Julie B. Eschenlauer*

*Christine E. Mason*

## **Notes from Greater Minnesota**

Art has a magnificent place in therapy. The use of clay and paper drawings with children reflects more of the inner life than what can be retrieved by word exchanges. Some of the other media are poetry and creative writings that clients submit either voluntarily or by assignment.

One such individual has shared freely of his essays on the north woods, as well as on his reflections on his status in life. He consented to my sharing his composition with the *Newsletter* readers.

### The Rescue

Controlling my urge to scream I left a message describing the time of the call, what I had found, and where it was located. Then I grabbed a blanket and bolted out the door.

. . . The eagle had other ideas. As we approached with our well thought out plan he suddenly bolted away from us. When he did this he extended his body and his leg stretched out behind him. Now we could look down into the water and see that sure enough, he was caught in a trap.

Jim forced the trap open and the bird was free to go. But it wouldn't. Its talons were closed in a death grip, and the claw that had been caught was now tightly wound around the trap jaw. In

order to be free the bird was going to have to let go of its grip. We were at an impasse.

We both started yelling at the bird to let go of the trap. I waved the blanket at its head. And then suddenly, it relaxed its grip and was free. With two or three strokes of its huge wings it pulled its body over the water to the recently-christened "Dead Moose Rock."

There it stood for about fifteen seconds while it glared at us. I'm big on anthropomorphism, and I like to think that it was thanking us for freeing it. In reality, it was probably mad as hell.

Sometimes the process of terminating therapy with a client is not unlike this story of the eagle being freed.

— Claire Grubich

## Musings about Books

*Read Two Books and Let's Talk Next Week: Using Bibliotherapy in Clinical Practice*, by Janice Maidman Joshua and Donna DiMenna (2000). John Wiley & Sons, New York.

MWP member Donna DiMenna and co-author Janice Maidman Joshua have provided a wonderful resource for clinicians and clients by reviewing 317 books that are useful in clinical practice. They summarize each book and then list suggested readers and highlight therapeutic insights. The books are listed by topic, including abuse, addictions and recovery, adoption, aging, anger, chronic illness, divorce, eating disorders, GLBT, grief and loss, infertility, medications and alternative treatment, mental illness, money, parenting/families, relationships, spirituality, and workplace issues. Each category is broken down into subgroups. For example, mental illness includes anxiety, bipolar disorder, children and depression, depression, male depression, OCD, schizophrenia, and seasonal affective disorder.

Each category brought to mind the client who needed those books. For example, looking at the eight anger books for adults allowed me to

choose the two to recommend to a client who has been experiencing peaks of anger and depression periodically. He is very practical and would be more likely to read how-to books than prose. The wife and mother who is struggling with a husband who left her for a man will read and appreciate prose, so the books in the GLBT section will be devoured by her.

I have kept a bibliography over the years for myself with marginal success, because the task of keeping up with what is in print is enormous. This book is a gift because I can add my own few favorites that are not covered and have a complete listing with annotations. Thank you, Donna and Janice, for this wonderful resource.

— Reviewed by Ferris Fletcher

—

### **Position Available**

**Licensed Mental Health Provider** needed for a full-time position at the International Diabetes Center in St. Louis Park to begin immediately. Responsibilities include: providing assessments/psychotherapy/education to adults/children/families with diabetes. This position requires 2+ years post graduate degree experience working with various populations and in various settings. Previous experience working with people with diabetes or chronic illness is desirable.

Please contact Sue Scott, M.S., LP, (952) 993-3393, for additional information, or send a cover letter and resume to Joseph Nelson, M.S., LP, (952) 993-1302 as soon as possible.

### **Space Available**

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

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

## 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.*

**May–November**      **Thought Field Therapy**, with Jill Strunk, Ed.D., LP, MWP member.  
**Fri. & Sat. Classes**      These weekend workshops provide Level I and Level II certification in  
**Minnetonka**              TFT, a bioenergy

Treatment, including theory, demonstration, and practice; includes a book, video and training manual. FFI: 952-936-7547.



**Monday, July 6**              **Understanding and Managing Mental Health Problems in the Elderly**, with  
**Bloomington**              Gayle P. Andresen, RN-C, MS, GNP.

Symptoms and differential diagnosis, medical training, and ethical issues of delirium, depression, anxiety, schizophrenia, dementia and Alzheimer's. FFI: 800-893-7763.



**7/27 Rochester**      **Self-Esteem and Health**, with Jennifer Campbell, Ph.D. Explores self perception and relationships, achievement, physical and mental health, depression, and anxiety, and presents the latest strategies to assess and improve self esteem. FFI: 800-639-8914.

**7/30 Minnetonka**

**7/31 Minneapolis**

**8/1 St. Paul**

**8/2 St. Cloud**

**8/6 Duluth**



### **Professional Groups Available**

EMDRIA approved therapists/consultants and EMDR facilitators Susan Schaefer, Ph.D., LP, and Sue Evans, M.A., LP, are offering consultation groups for EMDR trained therapists: 1) The monthly Bridge Consultation Group is designed for persons who have completed Level I training and would like help effectively using protocol, structuring content and pacing properly; 2) The other monthly EMDR consultation groups are for Level II trained therapists. These groups are designed to expand the use of EMDR in clinical practice, for more in-depth work and challenging client presentations. Individual consultation also available. FFI: 612-870-7673 (Sue Evans) or 612-870-0965 (Susan Schaefer).



### **Client Groups Available**

Cornelia Place offers the following groups for clients. FFI: 612-728-0480.

**PTSD and Depression Group**, for women survivors of past trauma who have made progress in recovery and feel hindered by depressive symptoms. Psychoeducational models and experiential exercises. Tuesdays, 6-8 pm, for 10 weeks. Sharon Berndt, LICSW, is the primary facilitator.

**Creative Coping Group**, for women survivors of past trauma. Addresses containment and grounding strategies, self-care, affect management, and self-esteem. Mondays, 1:30-3:30 pm. Ann Henry, M.A., LP, is the primary facilitator.