

Minnesota Women in Psychology

October 2001 Newsletter

MWP's Name Change

The MWP Steering Committee is pleased to officially announce MWP's change of name. After a thoughtful, inclusive process involving the membership as well as the Steering Committee, the organization's name is now **Minnesota Women in Psychology**, Inc. This change means that the name of our organization reflects the eligibility requirements for full membership. The change was initiated with a vote taken by the membership, with 74 in favor and 24 opposed. This was followed by a vote in the Steering Committee to change Article One of our Articles of Incorporation as required by the State of Minnesota.

Many thanks to **Char Follett** who responded so readily to our request to do an ad hoc project considering a name change. Having members who are not currently on the Steering Committee take active roles in organizational process like this is a sign of the vitality and viability of our mission. Char, being one of our founding mothers steeped in the professional, feminist dynamics that initiated and have sustained MWP for the past 25 years, was the perfect candidate. With her collaborative, integrative approach to the gathering of information and her proven journalistic/writing skills, she accomplished a solid foundation for the change process. We on the Steering Committee want to thank her and all of the MWP members who participated in the project.

— Sue Eckfeldt

Mark Your Calendar

! **Saturday, September 29, 8 am-5pm**

MWP Retreat, "Women's Ways of Becoming," at The Marsh

! **Tuesday, October 9, 6:30-8:30 pm**

Steering Committee Meeting at Ferris Fletcher's home

! **Friday, February 22, 2002, 9 am-3:30 pm**

Winter Colloquium, "The Stepmother's Dilemma: Helping Untie the Knot of Conflicting Relationships," with Laurie Powers-Jung, LP, LMFT, LCSW

! **Thursday, May 16, 2002, Evening**

MWP's 25th Anniversary Celebration, featuring speaker Judith Jordan

Contributors to this Issue

Claire Grubich

Shawna Benson

Beth Carlson

Ariel Racine

Skye Payne

Sue Eckfeldt

Lynda Cramer

Sharon Stevenson

Judith Lies

Julie Tilsen

Sue Scott

Jane Whiteside

Ferris Fletcher

Notes From The Chair

As I begin the 2001-2002 chairship of Minnesota Women in Psychology from Greater Minnesota, I am reflecting on my past week's adventure. As many of you know, I am an adventurous person who loves to share experiences with anyone who will listen. My last adventure was spent on an 8-day backpacking trip on the Appalachian Trail in the Shenandoah National Park with four other individuals. I have known two of the members of the group for many years and met two of the members just moments before the adventure began. My friend and

colleague Jane had a dream of hiking fifty miles on the AT in celebration of her 50th birthday. She invited family and friends and, since I am always interested in a new experience, I signed on as one of the expedition members. The five of us had a lovely time even though it was difficult at times due to the mountains and the challenges which occur naturally on the AT. Although we ranged in ages from 11 years old to 51 years old, we worked as a team, encountering those difficult yet triumphant moments with humor, encouragement, and care which certainly kept us moving toward our goal.

I encourage all of us as members of MWP to have a renewed vision of this wonderful feminist organization and that we use humor, encouragement, and care as we also continue to move forward toward our goal as an organization. This year we have a new logo and a more inclusive name which is quite timely as we begin to celebrate Minnesota Women in Psychology's 25th anniversary and continue celebrating those moments in which our organization has made a difference for women and children in the world. I would like us all to be challenged as MWP members and to work as a team, getting involved as a committee member or committing to participating in any number of the wonderful programs and activities that MWP has to offer. The Steering Committee has members that are full of vitality, compassion, creativity, and energy and these members are committed to our organization's mission statement. Minnesota Women in Psychology promotes the professional development of women in psychology, informs members about ideas and issues which affect women, develops network and support group systems, and takes action in the best interest of Minnesota women.

I look forward to serving you as chair of the MWP membership. I would invite you to contact me or any one of the Steering Committee members at any time if you have questions, concerns, comments, or suggestions. MWP is truly your organization!

— Dawn Ulrich

New Logo Introduced

Many thanks to Sharon Stevenson for her creation of the beautiful new MWP logo. She described her process as follows: "MWP's logo needed to represent several components of the organization. First, that it is an organization with a primary interest in women's issues. Second, the organization's focus on psychology. And third, the logo should represent the organization's accessible, welcoming personality. By combining the psychology symbol (psi) and the traditional woman's symbol, the first two aspects are represented. The casual rendering and soft color afford the friendly tone that I felt is close to the heart of MWP."

MWP Annual Financial Report, July 2000-June 2001

At the end of our fiscal year, MWP's assets totaled \$17,667 compared to last year's total of \$38,777. There was \$3,331 in our checking account, \$300 in petty cash, \$5,400 in a CD for the 25th Anniversary celebration, and \$7,647 in investments (\$4,883 in a money market account and \$2,764 in a growth and income account). The biggest reason for the difference in our total assets right now is a change in the timing of the membership drive from spring to early fall. We expected income of \$21,050 for the year, but actually brought in \$11,363. The membership drive this month will bring it up. We expected our expenses to be \$29,700 and actually spent \$32,580. Investments brought in \$2,043 with the money market account adding \$719 at an average rate of return of 5.5% and the growth and income account adding \$334 at an average rate of return of -11.83%.

During the year 2000-2001, we budgeted to mobilize more assets to address changes in programs and activities developed through the strategic planning process. Again this year we included funds for an award to a community organization selected through the Social Action Committee and for an award for an outstanding member in MWP, the Founding Mother's Award. We now have a web site. The Steering Committee has funds to design a new logo. The Professional Issues Committee is producing an informational booklet to help members negotiate a board action process with the Minnesota Board of Psychology. Each of the three major committees (Personal Development, Professional Issues, and Social Action) has funds

allocated to collaborate with other organizations on activities relevant to their focus.

Our most difficult budget concerns are reflected in the losses with programs such as the fall retreat and the winter colloquium. For several years now we have tried to encourage program planners to be adventurous in picking topics and selecting presenters even if that meant charging more to meet costs. Attendance has been so low, however, that getting expenses and costs to balance hasn't worked out well. Changes are being made in these two programs to bring those finances more in line.

The budget for 2001-2002 was developed by the Financial Planning Committee and passed by the Steering Committee this spring as usual. It will be adjusted as needed once the membership drive is complete and the committees have formulated more specific plans for this year.

Many thanks to the Financial Planning Committee (Dawn Ulrich, Diana Gabriel, Susan Zimmerman) for working with me. The committee is grateful for consultation with Steve Zimmerman on our investments. This coming year, Skye Payne will join us and will start orientation to take over being Treasurer the following year.

Please feel free to call me if you have questions or comments about MWP finances.

— Sue Eckfeldt

Personal Development Committee

The first event that the Personal Development Committee put on this year was a Retreat, which was a day-long gathering at the Marsh in Minnetonka. Lynda Borchers and Marilyn Olson and their committee put together a wonderful day in a beautiful setting. I hope many of you were able to attend. Judith Zimmerman is currently planning a winter colloquium, and I expect it will be as informative and interesting as the colloquium she organized for us last year. Look for more information in the next newsletter.

As you may know, next year is the 25th anniversary of MWP and Ferris Fletcher, Sue Eckfeldt and others are planning something very special and memorable for the celebration, including bringing Judith Jordan in to speak. Again, look for updated information in the next newsletter. Finally, I am planning to organize a New Member Reception and Orientation for next spring. Both new and renewing members will be invited to get acquainted and learn more about MWP and ways that you might be able to get more involved in committee work, which is a wonderful way to network, socialize and be more active in the organization. Your participation on any of the above committee will be greatly appreciated. If you are interested, you can contact any member of the Steering Committee for more information.

— Sue Scott

Professional Issues Committee

As announced in the membership renewal mailing, all MWP members who sign up this year will receive a copy of a new resource manual on preventing and managing Board of Psychology complaints, authored by Janet Thomas and developed in collaboration with the Professional Issues Committee. The manual is nearing the printing stage and will be mailed out to all members sometime later this fall. The booklet describes the Board of Psychology's complaint adjudication process and discusses professional resources for respondents (including attorneys and ethics consultants), common emotional and psychological responses, and prevention strategies.

The current Professional Issues Committee (Diana Gabriel, Dawn Ulrich, and Beth Carlson) has determined that the focus of the committee during the coming year will be to look at ways of providing professional mentoring opportunities for newer professionals and graduate students. This goal arose out of feedback from students at the Minnesota School of Professional Psychology, as well as from the strong response MWP has received in the past when seminars on "pragmatic" topics (marketing your practice, dealing with the managed care system, etc.) have been offered. If you are interested in volunteering to help develop this project, we would love to have you on the Professional Issues Committee! Please contact committee chair Beth Carlson if you

are interested (work phone 612-330-1136; e-mail carlson2@augsborg.edu).

— Beth Carlson

Social Action Committee Report

The SAC has a new look this year. We welcome Judith Lies, who is not only new to the SAC but also to the Steering Committee. We have already benefited from Judith's enthusiasm and creativity and look forward to more of the same over the course of the year.

Heidi Souder is another new Steering Committee member who has signed on to lend her expertise and energy to the SAC. Heidi brings experience in research and work with teenage girls to the committee, which serves as a great fit with our ongoing focus on adolescent females.

Returning to the SAC are Jane Whiteside and Julie Tilsen. Jane continues to bring her level-headed approach and knowledge of MWP (born out of her years of experience) to the table as the SAC moves forward, while Julie continues to ask lots of questions and learn as she goes.

Under the leadership of Maggie Keating (who is no longer on the Steering Committee), the SAC covered a lot of ground last year. Below is a list of the projects with which the SAC was involved:

- ÿ Co-sponsorship with MPA of a Youth Anti-violence Campaign.
- ÿ Minneapolis Pow-Wow 2000: SAC provided a financial sponsorship of \$50.
- ÿ Sponsorship of a fundraiser for Chrysalis.
- ÿ Financial assistance of \$300 to the MN Conference on Adolescent Females. This funding made it possible for some youth to attend and participate in the conference.
- ÿ Donation of \$300 to the YWCA Circle of Women. 3 members attended this luncheon/fundraiser.

- ÿ Honored the Arizona Bridge Project for its great work with inner city girls by awarding them the Social Action Award of \$1000.

The SAC plans to continue its focus on adolescent females this year. Please feel free to contact any of the committee members with your ideas, questions, or concerns.

— Julie Tilsen

MWP Founding Mothers Award

The 2001 recipient of the Minnesota Women in Psychology Founding Mothers Award is Jane S. Brodie, Ph.D., LP, LMFT. Jane was nominated by Bonnie L. Gray who is one of Jane's colleagues at Psychological Associates in St. Paul. Bonnie writes:

"Jane has been a member of MWP from the first year. She has served MWP as chair of the colloquia series, as a member of the board and the executive committee and as treasurer. She has served as adjunct faculty for psychology interns in the graduate programs for both the University of Minnesota (CSPP) and the University of St. Thomas. She has served MPA on the membership committee and the task force on impaired psychologists. Jane co-founded Psychological Associates, which is celebrating its 20th year of service to the community. She continues her practice at the same location with four other colleagues valuing the collegial model of organization they have developed together. Jane was also one of the founding mothers of Cornelia Place, which provides a respectful, woman-centered approach to healing of past abuse and trauma. She continues to serve on the board of directors."

Jane was presented the MWP Founding Mothers Award by the Professional Issues Committee of MWP at the annual meeting in June. Congratulations, Jane Brodie, for your contributions to MWP and to women and children in Minnesota.

— Dawn Ulrich

Women Student's Forum Report

Shawna Benson, MWP's student intern for 2000-2001, reports the results of a student forum held Friday, April 27, 2001.

Overall, students would like solution-focused support and advice related to professional guidance, career strategies, and issues pertaining to having a family and career. Another important expectation students have of MWP is networking opportunities with like-minded professionals, as well as apprenticeship opportunities such as clinical practicums, practical research, and even employment connections. Some research-focused events were requested (as research often is not represented in groups such as MWP), and a focus on wellness (holistic thinking, etc.) for students trying to make it through graduate school and making it through the early years of their psychology careers.

Thank you, Shawna, for initiating this project to involve students in MWP.

In Memory of Jacquelin Germain

MWP member Jacquelin Germain died unexpectedly of complications of leukemia on May 21, 2001. Her daughter kindly agreed to share memories of her mother with us as a tribute to her legacy. If you would like to make a financial tribute, please sent it to the Jacquelin Lois Germain Scholarship, St. Thomas University, Professional Psychology Program, 2115 Summit Ave., St. Paul, MN 55105.

Jacquelin Germain was born on June 26, 1936 in Neenah, Wisconsin. Her father worked at a paper factory and her mother worked out of her home sewing clothes for others. She was the second child of Mamae and Herbert Fandrey and had two sisters, Jeanne and Joan. Jacquelin was the only one in her family to earn a bachelor's degree. After attending nursing school for two years, she left school to marry. She moved to St. Paul, Minnesota in 1967 with her family. Taking one class at a time, while she was raising her three children, she earned a bachelor's degree in philosophy from the University of Minnesota.

Jacquelin was involved in volunteering with Children are People and YES phone counseling service and also earned her chemical dependency certificate. Her interest in helping and understanding others led her to earn her master's degree in counseling psychology from St. Mary's University. After her divorce, she went on to earn her

doctorate in psychology from St. Thomas University. She then went into private practice for the next seven years until her death on May 21, 2001. Jacquelin worked with men and women in the area of domestic violence, stress and anger management, play therapy, couples, individual and family therapy.

As her daughter I know that she was a very integrated woman. Teaching people non-violent and respectful ways of being with each other was very important to her. She believed that people could continue to learn, grow and make the changes they needed to succeed in their relationships and their lives. She never gave up hope. Although violence is a difficult topic to address, often painful and disheartening, Jacquelin never gave up searching for meaningful ways to address this issue – in respectful ways that facilitated change.

During the last four years of her life, she courageously fought her own battle with leukemia, a type for which there is yet no cure. During this time, Jacquelin found solace in meditation, positive people and thinking, humor, and living a healthy lifestyle. Three weeks before she passed away, she and I went to Washington D.C. to see the National Holocaust Museum (first on her list) and other sights. Walking along the National Mall, I told her what an inspiration she was to me, that she finished her doctorate in her late fifties and was so vibrant and had so many interests, and that she was an inspiration to others as well. She just listened and looked at the water as we walked along. Although she is not with us in the physical sense, I believe that her spirit and her work still live on in those whom she touched. I thank her for the legacy of thoughtfulness and respect for others and for oneself that she gave to so many people.

— Ariel Racine

Anti-Violence Training

In November, MPA (with MWP co-sponsorship) will provide a training session for Minnesota psychologists interested in using the APA/MTV youth anti-violence program, "Warning Signs," in their communities (two CEU hours applied for). The date and location are still being confirmed, so watch for a flyer in the mail.

— Jane Whiteside

Welcome, New and Returning Members!

Ten women have joined MWP since the June newsletter was published.

Roslyn B. Binford

Debra J. Broderick

Mary E. Dolejsi

Audrey Grossman

Victoria J. Johanneck

Jill A. Langer

Mia N. Nosanow

Kathleen A. O'Brien

Deborah P. Orzechowski

Veronica L. Senkyr

MWP Annual Meeting Minutes: Thursday, June 7, 2001

I. Year in Review

Co-chair Sue Scott summarized the past year, highlighting the name change of MWP, from Minnesota Women Psychologists to Minnesota Women in Psychology. Other highlights of the 2000-2001 MWP year were major Steering Committee handbook revisions, spearheaded by Jane Whiteside, a new logo just now ready to be implemented, the fall retreat at Dunrovin Retreat Center, the winter colloquium with Kathy Kater on eating disorders, the spring Meet-Greet-Renew event, and the current annual meeting.

Sue also recognized each of the current Steering Committee members, as well as each of the volunteers on committees during the past year.

II. Year to Come

Co-chair Jane Whiteside highlighted the expected events of the upcoming 2001-2002 year. The fall retreat this year is being planned as a single day (rather than overnight) of professional development, as well as self-enrichment. MWP will celebrate its 25th Anniversary next spring, with plans for a noted speaker and dinner event. MWP member Jane Brodie gave a tribute to Jackie Germain, a long-time MWP member who died in May. Jane Whiteside then introduced the new officers for 2001-2002: Dawn Ulrich will be chair; Sue Scott, Vice-chair of Personal Development; Beth Carlson, Vice-chair of Professional Issues; and Julie Tilsen, Vice-chair of Social Action.

III. Treasurer's Report

Treasurer Sue Eckfeldt asked for a motion for approval of the minutes of the 2000 Annual Meeting.

MOTION: Ferris Fletcher moved that the minutes of the June 6, 2000 Annual Meeting be approved. Seconded. Passed.

MWP is a Minnesota non-profit corporation exempt from federal taxation under Internal Revenue Code Section 501(c)(6). Its scope is, as an organization of professional women in psychology, to promote a high standard of "service" (practice) for the education and welfare of women in Minnesota and to contribute to the support of corporations, associations, and foundations with similar missions and similar tax exempt status. MWP is not permitted to "lobby."

MWP has 11 articles of incorporation which describe the organizational structure and which delineate the scope of its activities. MWP also has bylaws which provide this same information in greater detail. MWP has a handbook which provides a rich overview of our history and the women who shaped it, as well as step-by-step directions about operations.

MWP's fiscal year runs from July 1 to June 30. Because the beginning of the membership year is being changed from June 1 to October 1 this year, funds are low right now. MWP assets are \$16,674, compared to \$33,466 at this time last year. MWP has also made a deliberate effort to make use of its assets, while balancing that with some long-term holdings. The budget for 2000-2001 had income expectations of \$21,000 and expense expectations of \$28,000; actual income was \$8,582 (without the usual renewal income in May) and actual expenditures were \$31,000.

IV. Awards

Dawn Ulrich introduced MWP member Bonnie Gray to present the 2001 Founding Mothers Award, established in 2000 to acknowledge an MWP member who has made a difference in MWP as an organization, in the field of psychology, in the lives of women or children and/or in feminist activities. Bonnie presented the award to Jane Brodie, a founding member of MWP who is active in other professional organizations and who is also a founding member of Cornelia Place.

Maggie Keating presented the Social Action Award, established in 2000 to acknowledge an organization in Minnesota that provides program opportunities in the lives of women and children and/or feminist activities, to Darcy Knight of the Arizona Bridge Project. MWP awarded \$1,000 to this organization for inner city adolescent girls, with a focus on performing and media arts. About 85% of the girls being served by the Arizona Bridge Project are girls of color and about 80% are from families living in poverty.

V. Scholarship Winners

Katie Dodge, chair of the MWP Scholarship Committee, presented the \$500 master's level scholarship to Roslyn Binford, a student in the department of Clinical Science and Psychopathology Research at the University of Minnesota; Roslyn's master's thesis is on eating disorders. Katie presented the \$1,000 doctoral level scholarship to Jill Langer, a student in the department of Counseling and Student Personnel Psychology at the University of Minnesota; the title of her dissertation is "Developing and Testing a Model of Depression: Gender, Dependency, Self-criticism and Mutuality."

VI. **Recognitions**

Deb Fisher and Skye Payne, co-chairs of the 2001 annual meeting, presented gifts to MWP co-chairs Jane Whiteside and Sue Scott, in recognition of their year of service. They also presented a gift to Eunice Slager, in recognition of another year as administrative consultant to MWP.

Personal Observations

Rachel Awes is pleased to announce the opening of a new office in St. Paul in addition to her ongoing St. Louis Park location. As of November 1, Rachel's second office will be at 1678 Selby Ave., St. Paul 55104.

Notes from Greater Minnesota

Finding one's special place may not seem significant in day-to-day functioning, but knowing that it matters to do so can take us back to thinking about basics in life.

For instance, the retreat to a special chair or favorite setting reveals our values in unstated ways. We can choose our environment of comfort.

A recent study indicates that workers in job settings are finding their special place – get this! – to be in the bathroom of the work area. It serves as a retreat and an informal gathering place as well. We all know of the images implicit to women accessing “restrooms” versus men “taking a ----.” And the social dynamics involved. We know that women’s lines move more slowly or are more lengthy or whatever!

But do we as providers and professionals identify that we need and should have a special place in our lives? A place of solitude, limited distractions and what we might recommend for our clients?

Be aware of the surroundings in which you revive yourself.

One of my favorite places is a veranda off a nearby medical building where a select group of staff gather for lunch on sunny and less windy days. It provides a panoramic view of the Big Lake (Superior), a mix of

personalities as well as professions. It is out of doors and intimate if I choose it to be. Litter is not tolerated and tabletops are weathered concrete. Umbrellas are in place during the peak of summer sun. There are only three round tables with seating and several additional benches. It is cozy and encourages space as each and everyone seems to respect and appreciate our individual reasons for being present at the time.

In the overly stimulated and noisy or crowded congestion of the day's schedule it is important that we take time to access our special place.

— Claire Grubich

Musings about Books

— Edited by Sara Hoppe

The Truth About Love: The Highs, The Lows, How to Make It Last Forever, by Pat Love (2001).

Who knows why some obvious truth suddenly bursts into consciousness as the essence of enlightenment. In reading Pat Love's (henceforth referred to as Pat for reasons that will become obvious) *The Truth About Love*, I happily experienced several such epiphanies. Her guidebook, subtitled "The Highs, The Lows, How to Make It Last Forever," reads like an engaging conversation. As a psychologist with a private practice, I want to hand the book out like recipes to clients struggling with relationships. As a middle-age woman in multiple relationships, I found the book rejuvenated and shifted my better relational self.

Perhaps most helpful was Pat's overview of the course of love. She describes love as having a predictable series of stages: infatuation, post-rapture, discover, and connection. She suggests that we "cycle through these stages time and time again, each time coming closer to the heart of true love."

Although labeled a guidebook, *The Truth About Love* is far from dull and certainly not preachy. As an example, in describing the infatuation stage, Pat quips that "the brain is an incredible organ. It starts working

before we are born and doesn't quit until we fall in love." She goes on to describe the amazing neurobiological changes that occur during the falling-in-love experience. For most people, being infatuated is accompanied by a dramatic surge in the limbic system which releases phenylethylamine (PEA), a naturally occurring amphetamine-like neurotransmitter. I love verification of biological change during the euphoria of early love. Along this same line, Pat also states that PEA increases with risk, danger and fear. More evidence that the surest way to rev up a teenager's relationship is to forbid it!

When the chemistry settles, Pat describes a normal, neutral period which she calls post-rapture. Pat is energetic in informing readers that this "I can see clearly" stage does not signal the end of romance but rather a crucial opportunity in the creation of deeply connected love. As a therapist, I've heard many clients agonize over decreasing interest in sex or worry about noticing other attractive people. Does this mean I don't love her/him? These changes, according to Pat, mean nothing about love. They represent biology and need to be interpreted in terms of love's many stages. Monogamy, she notes, "is a choice, not an inclination." Post-rapture is simply a time for course correction.

Pat offers many strategies for course correction, including tips for lagging libido, building trust, and navigating different levels of sexual desire. Some advice is pithy and to the point. For example, to build trust requires three steps, according to Pat. Step 1: Say what you are going to do. Step 2: Do it. Step 3: Repeat steps 1 and 2.

Other suggestions reflect compassion and awareness of the complexity of navigation. So to couples in which one partner has high sexual desire and the other low (mixed chemistry), Pat acknowledges that it is generally the person with the least interest who makes the decision about whether to be sexual. She encourages the declining person to also say what she/he is willing to do (massage, go to a movie, etc.) and when they will be available for sex. Suggestions like this not only support good communication but solidly promote self-awareness along with empathy.

Because people and relationships are continually in flux, Pat contends that discovering and rediscovering who your partner is becomes the

mainstay activity that holds couples together. People keep love alive by acting in loving ways. What is experienced as loving changes. Paying attention, asking and telling become the ways we keep pace. They are both the verb and noun of connection.

I finished this book with a sense of having participated in a stimulating conversation with a determinedly hopeful, witty, knowledgeable woman. I have some disagreements and would like to explore further her concept of reunion grief and her idea that common fear about connection is caused by the fear of getting what you want. I'd also like her to expand on her idea that opposites attract. Certainly there is a countervailing pull to similarity.

So as with most good books, *The Truth About Love* leaves me with new questions. Overall, however, the book provides a steady map, inventories to determine one's own whereabouts, and advice both sage and witty. Light bulbs, ancient and dusty as well as shiny and new, pop on. Going against all current statistics, Pat Love surely believes we can create lasting loving relationships.

— Reviewed by Corrine O. Geiger

Pat Love, Ed.D., is a Licensed Professional Counselor and Licensed Marriage and Family Therapist. She began her professional career as a faculty member in the Department of Counseling at Texas A & M University, Commerce. She has also authored *Emotional Incest Syndrome*. See this newsletter's FYI section for information on upcoming local workshops by Pat Love.

**Dissociative Identity Disorder Sourcebook, by Deborah Haddock (2001).
McGraw-Hill/Contemporary Books.**

Trauma is treatable – we as therapists are privileged to help people recover from the pain that life and other people inflict. The earlier and the more severe the trauma, the more difficult the road to recovery. And when trauma is inflicted by those upon whom children should depend, the damage can result in Dissociative Identity Disorder (DID), formerly known as Multiple Personality Disorder. DID is a rare

phenomenon in psychology because people still argue about whether or not it exists, even though the *DSM IV* includes it. It makes so much sense that the amazing human mind would find ways to handle unendurable pain, with dissociation and various levels of fractured self as hallmarks of DID.

However, if even psychologists argue about its existence, how much more difficult must it be for DID sufferers to acknowledge their own experience? MWP member Deborah Haddock has written a wonderful guide for those experiencing DID and the people who interact with them. The *Dissociative Identity Disorder Sourcebook* covers diagnosis of DID, definition of DID as creative coping, treatment, special treatment challenges, self-help suggestions, medication possibilities and advice for those involved with DID individuals.

My favorite part of the book is chapter five, "Stages of Therapy and What to Expect." Ms. Haddock outlines what to expect after diagnosis, including stabilization, trauma work, integration work and postintegration therapy. Knowing that there are recognized stages to therapeutic work, with an outcome of increased internal integration, has to be a powerful reassurance and motivator for people seeking help. This trauma framework makes the most sense in explaining how to work with DID, so her inclusion of cognitive, psychoanalytic and Adlerian therapeutic approaches, while reflecting the reality of the clinicians in the field, was less pertinent to me. The theory that informs my therapy with trauma takes more of the developmental perspective that her early chapters explain.

These are minor disagreements to be worked out amongst therapists. This book contributes enormous knowledge and peace to clients. I especially look forward to using some of the self-help suggestions and referring clients to the medication explanations in the book. The appendices offer lists of treatment programs, newsletter and internet resources, and bibliographies that are very helpful. I believe that this book will be very important to clients, to therapists new to working with DID, and to the friends and families of clients. Congratulations to Debbie Haddock for her excellent contribution.

— Reviewed by Ferris Fletcher

Positions Available

Carlson Psychological Services, Inc., is seeking full-time master's or doctorate level licensed psychologists to provide in-home, community-based assessment, consultation, and intervention services in challenging populations. Experience with developmental disabilities, traumatic brain injury, SED and/or family and children desired. Testing experience a great plus. CPS offers competitive compensation and training. Send resume to: 2950 Metro Drive, Suite 305, Bloomington, M 55425; or fax to (952) 854-3454.

Outpatient private practice mental health clinic in Mankato seeks a licensed mental health provider. Please send a current vitae, three letters of recommendation, a list of specialty and interest areas, and current copy of license to: Search Committee, PO Box 3623, Mankato, MN 56002-3623.

Space Available

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.

St. Anthony Park: Newly decorated professional office to sublet part-time, times negotiable. Shared suite of offices in an inviting collegial setting with other psychologists – Cheri Desmond-May, Jil Leverone, and Linda Burkett. Centrally located in the St. Anthony Park area of St. Paul on Como Ave. (across from Mufaletta in the Park and Bibelot). FFI: Cheri Desmond-May, (651) 698-0508, or cdmay@qwest.net.

Ridgedale: Private practice space available several days/evenings in suite shared by other therapists. Handicap accessible; copy machine; near Ridgedale Shopping Center in Minnetonka. FFI: Sue Scott, (651) 643-9685.

5 Girls: APA's Pioneering Broadcast

On **Tuesday, October 2**, PBS will broadcast a new documentary, "5 Girls," which follows the lives of five adolescents for two years. The APA Task Force on Adolescent Girls encouraged the producers to focus on valuing the strengths of teen girls. As part of this project, APA has created a web site for adolescents and their parents, www.pbs.org/pov, and a brochure for parents, "Staying Connected: Raising Adolescent Girls."

Chrysalis, A Center for Women, is delighted to announce the appointment of Cindy Kelley as Chrysalis's new Executive Director. Since 1996, Cindy has been the Executive Director of the Learning Center for Homeless Families. Throughout her career, Cindy has worked in the non-profit sector to develop innovative programs that address many of the issues faced by the clients of Chrysalis. Cindy brings more than 20 years of experience and excellent management and leadership skills to Chrysalis.

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.*

Mondays **Lesbian Maybe-Baby Series.** MWP members Pat Lindberg, Ph.D., LP, and Sue Eckfeldt, Ph.D., LP, will present an

Oct. 1 – Nov. 5

educational workshop series with topics including medical and legal issues, relationship concerns, support systems, adoption, and sharing ideas and resources. At Chrysalis East, St. Paul. FFI: Chrysalis, 612-871-0118.

Thursday, Oct. 4 **Truths About Love**, a public presentation by Pat Love, Ed.D., author of *Hot Monogamy* and *The Truth About Love: The*

7:00 – 8:30 pm

Highs, The Lows, How to Make It Last Forever. At the Sheraton Midway, St. Paul. \$10 advance registration; \$15 at the door. FFI: Psychological Associates, 651-229-3140.

Friday, October 5 **Sex and Love: The Newest Information – What You Need to Know to Help Individuals and Couples**, with

8 am – 3 pm

Pat Love, Ed.D. (see above). Shows how consciousness, chemistry, compatibility and commitment create loving sexuality. At the University Club, St. Paul. FFI: Psychological Associates, 651-229-3140.

Friday-Saturday **Thought Field Therapy (TFT), Levels I and II Certification Workshops**, with Jill Strunk, Ph.D., LP, MWP members. TFT can eliminate stress in minutes using bioenergy meridian. You will learn to apply TFT in the treatment of fear, anxiety,

October 5-6

November 2-3

December 7-8

9 am – 5:30 pm

phobias and other issues. FFI: 952-936-7547.

Friday, October 19 **Cerebral Mysteries: Impulsive Behavior, Cognition and Learning Disabilities.** Presenter: Dr. Nikita Kata, CMP,

8:30 am – 3:30 pm

Ph.D. Comprehensive assessment and treatment alternatives. FFI: 925-609-2820.

Thursday-Friday **Effective Treatment for OCD and PTSD.** Presenter: Edna Fox, Ph.D. In Bloomington. FFI: Behavioral Technology Transfer Group, 206-548-9255.

October 25 – 26

8:00 am – 5:00 pm

Oct. 27-Nov. 23 **Sanibel Island Women's Retreat**, run by Dr. Lorraine Herren Kohl, will provide enlightenment workshops and self-expression activities to help you draw strength to handle life's issues.
Jan. 5-12, 2002
April 20-27, 2002
FFI: 610-

Sanibel Island, FL

647-4313, or www.sanibelwomensretreat.com.

Friday, Nov. 2 **"You Mean I Can Say That?" Candor and Connection in Adolescent Therapy.** Presenter: Janet S. Edgette, Psy.D.
8 am – 4:30 pm

Topics: How to avoid the therapy styles and questions that turn kids off, no-win battles with the feisty teen, and how to engage and confront fears and mobilize parents. In Shoreview. FFI: Northwest Youth and Family Services, 651-486-2881 x-205.

Friday, Nov. 2 **Explosive/Noncompliant Children and Adolescents: Implementing the Collaborative Problem-Solving Ap-**
8:30 am – 4:30 pm

proach. Presenter: Ross W. Greene, Ph.D. FFI: 413-443-9273.

Friday, Nov. 2 **Using Spirituality in Counseling and Therapy.** Outlines the importance of using spirituality in mental health treat-
9 am – Noon

ment, specific assessment and therapeutic techniques, diverse perspectives, and ethical guidelines. Presenters: Sarah Armstrong, Psy.D., LP, MWP member, and Sally Hage, MSW, Ph.D. FFI: MPA, 651-697-0440.

November 8 – **Feminist Perspectives on Adolescents and Families: Treating Eating Disorders and Trauma.** The Renfrew Center
11
Philadelphia

Foundation. FFI: 877-367-3383.

Friday, Nov. 16 **DBT in Community and Hospital Settings for BPD.** An overview of DBT principles that must be addressed
9 am – Noon

for

treatment to be effective. Presenters: Suzanne Witterhold, M.D., and Beverly Long, M.A., LP. FFI: MPA, 651-697-0440.

Friday, Dec. 7 **Attachment Disruption and Aggressive Children.** Examines results of developmental disruptions to understand

9 am – Noon

and treat dysregulation and despair that lead to aggression. Presenter: Anne Gearity, LICSW. FFI: MPA, 651-697-0440.

Client Groups Available

Chrysalis offers groups on topics including: Building a Healthy Relationship, Coming Out, Lesbian Support, Coming Out in Adulthood, Uncoupling, Self Worth and Empowerment, Dealing with Depression, DBT, Law Clinic, Lesbian Law Clinic, Divorce Information, and Divorce Dollars and Sense. FFI: Chrysalis, 612-871-0118.

Women Survivors of Childhood of Sexual Abuse: Ongoing therapy group for women. Group format combines process-oriented, educational and structured approaches. Tuesdays, 4:15-6:15, 310 Groveland Ave., Minneapolis. Co-led by Mindy Benowitz, Ph.D., LP, MWP member, and Irene Greene. FFI: 612-870-0398 (Mindy) and 612-874-6442 (Irene).

Hyde Graduate Student Research Grants

Proposals are being sought for the Hyde Graduate Student Research Grants. These grants, each up to \$500, are awarded to doctoral psychology students to support feminist research. A panel of psychologists will evaluate the proposals for theoretical and methodological soundness, relevance to feminist goals, applicant's training and qualifications to conduct the research, and feasibility of completing the project. FFI: Silvia Sara Canetto, Ph.D., Chair, Hyde Research Award, 970-491-5415, or scanetto@lamar.colostate.edu.

