

Minnesota Women in Psychology

April 2005

Committed to furthering the psychological, social and emotional well-being of all women.

Minnesota Women in Psychology Annual Meeting

Wednesday, May 11, 2005, 5:00—8:00 PM

Speaker: Chris Kvidera, MSW, LICSW, of DBT Associates

Please reserve Wednesday evening, the 11th of May. We will have an evening of networking, our annual business meeting and a dynamic speaker. Chris is a graduate of the University of Minnesota. She has trained extensively with Dr. Marsha Linehan and has developed effective Dialectical Behavioral Therapy in out patient settings. Join us at Methodist Hospital in St. Louis Park for a lively and educational evening. (*CEU's Available*)

The meeting will be held in the Meadowbrook building in the Cancer Center. Enter the Meadowbrook building and turn right. It will be the first conference room on the right.

Directions: Hwy. 100 to Excelsior Blvd.; west about one-half mile. Turn right onto Louisiana Ave., proceed to the Methodist Hospital and Meadowbrook Building entrance.

Parking: Please note that the free parking is off site on Louisiana Ave about 2 blocks North of Methodist in the Red Lot, open 9 a.m. to 8 p.m. There is a shuttle bus. Pay parking is available in the Orange Lot on the north side of the hospital, off Louisiana Avenue.

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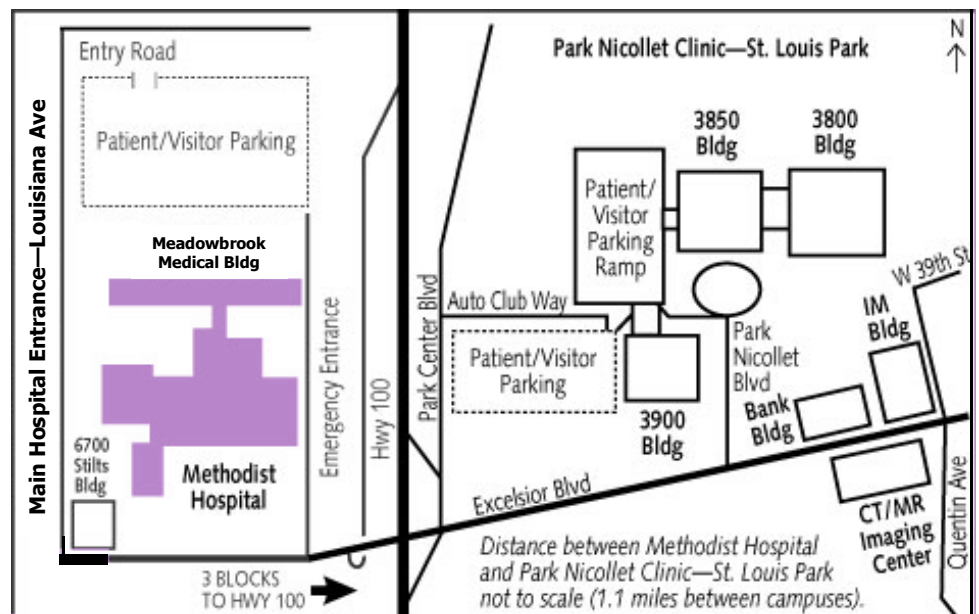
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. . . and much more



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Web Site: www.womenpsychologists.org

The MWP Newsletter is published five times a year by Minnesota Women in Psychology for its members. Deadlines are: September 1, November 1, January 1, March 1, and May 1. 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. Email articles and items of interest to WmPsychlgy@aol.com, fax to 763-413-6947 or mail to MWP, 2040-166th Lane NE, Ham Lake, MN 55304-5414.

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 3 1/2"); 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 newsletter deadline to: MWP, 2040-166th Lane NE, Ham Lake, MN 55304-5414, 763-413-6947.

2004-2005 Steering Committee

Heidi Sauder, Chair
Linda Flies Carole
Sarah J. Egbers
Sara Gurganus
Holli M. Kelly
Judith A. Lies
Andrea Northwood
Deborah P. Orzechowski
Nili Sachs
Amy Swanson
Dawn Ulrich

Membership in MWP is available to those who hold either a Master's or doctoral degree in psychology from a regionally accredited institution or have been licensed as psychologists in Minnesota, and others who support its mission. Membership applications are available by calling the MWP office, 763-413-6947.

Notes From The Chair

The Minnesota Women in Psychology's (MWP) calendar year is drawing to a close. Spring will bring new growth and change as the Steering Committee adds new members and bids farewell to other dedicated participants. The tax status of MWP is also changing with MWP filing for 501 (c) (3) status in March, 2005. Among other benefits, the new tax status will allow MWP donations to be tax deductible. More information will be available in upcoming newsletters on this change in tax status following word from the Internal Revenue Service.

Although the calendar year is ending, programming continues to take place. The Social Action Committee leads another Book Group Meeting on April 16th to discuss, *Moonlight on the Avenue of Faith*, by Gina B. Nahai. If you are a member who is interested in thoughtful discussion and small group interaction, this is for you! Feel free to check the MWP website at www.womenpsychologists.org for details on the Book Group Meeting and by all means, participate!

Speaking of quality small group interaction, Steering Committee members, Andrea Northwood, Ph.D., LP and Dawn Ulrich, M.A., LP have teamed up to bring outdoor adventure to MWP members. Andrea and Dawn will lead a Boundary Water's Canoe trip in August. Response from MWP members looking for outdoor adventure was enthusiastic and there is currently a wait list for the trip. For those of us who would like to live vicariously through our audacious cohorts, look for a full spread in the October, 2005 newsletter documenting the trip.

The Personal Development Committee wrapped up their Fireside Chat series on March 10th with Susan Zimmerman, M.A., LMFT ChFC, focusing on financial issues that affect the Therapist Side of the Relationship. A heartfelt thank you to all presenters and participants, the Personal Development Committee and Denise Wilder, M.A., LP, for making the Fireside Chat series a remarkable success. The next Fireside Chat series begins in September, 2005. Please watch your newsletter for details on the presenter, topic and date.

The Professional Issues Committee isn't missing a beat during the change in MWP's calendar year. The Private Practice Group will continue to meet at Como Park the second Saturday of each month. The Private Practice Group is a thriving group open to new interested participants at any time. If you are interested in being a part of this supportive and informative network, feel free to drop in on a Saturday or contact Dawn Ulrich for more information.

May spring find you renewed and eager to soak in new life.



Heidi A. Sauder, Ph.D., LP





Personal Development Committee Update

The Personal Development Committee, along with the Women's Division of MPA, co-hosted another successful Fireside Chat on March 10, 2005. Susan Zimmerman spoke about financial issues concerning therapists and their work. This will be the last chat until the next series of three chats kicks off in the Fall of 2005. Stay tuned for more information about the next series of topics that will continue to address the therapists' side of the relationship.

Amy Swanson

*"A happy woman
is one who has no cares at all;
a cheerful woman
Is one who has cares
But doesn't let them get her down."*
— Beverly Sills



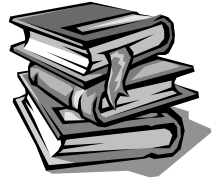
Private Practice Group Update

On Feb. 12th, the MWP monthly Private Practice Group hosted Colleen Kolars for a two hour workshop entitled "Growing Your Business Effortlessly". Colleen is a business and life coach who specializes in coaching women in career transitions and in becoming successful entrepreneurs. This was a highly interactive workshop. Apparent enthusiasm was evident by both the number of women who attended and the active, lively participation in the exercises. Colleen began the workshop with a humorous and surprisingly revealing question, "How does the car you drive describe who you are as a person". We learned some interesting and amazing things about ourselves based on this question. The group also learned some basic principles of coaching, which we then used in dyad exercises. While paired up, we discussed our top five values, strengths, passions, and weaknesses. We focused initially on values, which Colleen said are often invisible to us because they are so innate. Colleen used another interesting avenue for directing our attention to our intrinsic values, which she defines as "who we are and what's important to us" She had us talk about a peak experience we had, what experience it gave us, and how it reflected our values. This exercise proved to be very beneficial when we later honed in on who we want as ideal clients, and how we can be most effective in building our practices. We gave thought to how we can find our clients and who is our "Circle of Influence" - who we can establish strategic partnerships with to help us find our clients. Colleen emphasized that women in society are naturally great at marketing because we are continuously building relationships with other people through the variety of activities we do. She outlined the "Formula for Individual Success" which results when we add together our values, strengths, passions, and circle of influence, and subtract our weaknesses and fears. Paraphrasing some of Colleen's words of wisdom " when we align ourselves with what we value and don't focus so much on what we see as negative in ourselves, we can find a way to be successful at marketing. I am grateful we had the opportunity to hear Colleen's presentation, and personally enjoyed her gentle yet strongly empowering style. Some participants expressed a strong interest in continuing this topic at future Private Practice meetings. For those interested in working on "Personal Marketing Strategy", we will utilize ideas and worksheets from Colleen's workshop at our upcoming meetings.

— Julie Kogan-White

Social Action Committee Update

The next meeting of the MWP Social Action Book Group will be on Saturday, April 16th at 2:00 PM at Jeanette Truchsess's house in St. Paul. The book we will be reading and discussing is summarized below:



"MOONLIGHT ON THE AVENUE OF FAITH"

by Gina B. Nahai

The first voice we hear in Gina B. Nahai's second novel is that of Lili, the grown daughter of a miraculous mother. When Lili was 5 and living in the Jewish ghetto of Tehran, her mother, Roxanna, "had grown wings, one night when the darkness was the color of her dreams, and flown into the star-studded night of Iran that claimed her." Thirteen years would pass, Lili informs us, before she would find her mother again. This short introduction serves as a framing device for the story of Roxanna's life, a life begun as a "bad-luck" child. According to her sister, Miriam the Moon, she "had been a runaway before she ever became a wife or a mother, before she came into existence or was even conceived." There is an unwritten rule that any book featuring such character names as Roxanna the Angel, Miriam the Moon, and Alexandra the Cat must also contain a great deal of magical realism; Moonlight on the Avenue of Faith lives up to expectations. In addition to Roxanna's winged departure from her home and family, there are episodes involving illuminated sunflowers, dreams of flight that result in beds of white feathers, and Roxanna's final illness, a "mysterious fluid that ... started to fill her body like a poisonous presence, that oozed out of the corner of her eyes, swelled her arms and legs till she had no more use of them and turned her once-magical voice into a gurgling whisper." Besides the miraculous, this novel has undeniable sweep, beginning in Tehran, touching down in Turkey, and ending up in Los Angeles many years later with hair-raising adventures punctuating each change of address. Gina B. Nahai has crafted a lyrical novel reminiscent of the work of Isabelle Allende. Readers with a taste for the fantastic will enjoy this tale.

--Alix Wilber--*This text refers to the Hardcover edition.*

Send an e-mail to janewhiteside@earthlink.net for more information or directions to Jeanette's house.

— Jane Whiteside

*"I am only one; but still I am one.
I cannot do everything, but still I can do something;
I will not refuse to do the something I can do."*

— Helen Keller



Spotlight on an MWP Member

By Charlene Follett, Ph.D, LP

As a former journalism major and a long-time psychologist, I am, as are most of you, much more comfortable eliciting information from others than I am telling my own story. So, I have given an assignment to my alter-ego to conduct this interview. Here goes...

Q: Well, tell us a bit about what you do, and how you got to this point in your career.

A: I am in a group private practice in the Loring Park area of Minneapolis. In 1979, almost immediately after obtaining the Ph.D. I joined two fine male psychologists, Brian Willette and Ron Wunderlin, who are still my partners. We incorporated as Minnesota Human Development Consultants. Over the years we added a number of therapists to our group (and subtracted a few). We number nine right now, and though we are no longer incorporated, we share office space, some expenses, and support services. Brian and Ron have reduced their schedules considerably. I am honored to have had a major role in the development of this organization. We have chosen to have a very flat organizational chart by adding experienced and very competent colleagues. This decision enabled us to maintain a good reputation in the community, and it also enabled us to use a consensus model for our decisions. I could go on and on about what we learned over the years. I apparently have some affinity needs; even though I'm an introvert, I'm sure I would not like a solo practice.

I would call myself a generalist as a therapist. (Which, by the way, is my sole professional activity these days. I used to do some consulting, some speaking to groups, a lot of supervision, and of course, my main pro bono work was as editor of this newsletter, for 15 years! I'll tell you more about that later). Anyway, I continue to be very busy seeing clients—all adults, from 18 to 80—mostly individual; some couples—for anxiety, depression, grief, career issues, transition issues, abuse, relationship problems; a few are chronically mentally ill, most are the walking wounded. My expectation is that there be behavior change, and I utilize everything I have learned—cognitive-

behavioral strategies, insight, family-of-origin exploration, support, career development theories, feminist therapy, challenge, education, strength-oriented therapy, narrative, body awareness, relaxation, mindfulness, etc.

For many years I've been very interested in the role of work in women's lives—how we create our family-of-origin in our work places, how we act out our socialization as women in our work lives as well as at home, and then how we resolve the conflicts of empowerment and realize the joys of being strong and ambitious and achieving and no longer silent. If I have a specialty, it is in this arena of women's competencies and conflicts in regard to work, as well as in relationships.

The other area that I often focus on has to do with the role of friendships in our lives—the need for intimacy, authenticity, honesty, feedback, which we often want from men, but is much more likely to be met in our friendships with women. So I explore the pattern of friendships, teach friendship skills, encourage friendships.

I'm a pretty active participant in the process. I'm always looking for what promotes change in this particular individual, and what the client needs in order to be ready for change. I think one of my strengths is my capacity to form a trusting relationship with my clients, and as we all know, that is the primary ingredient for effective therapy. Another asset is my age (I'm 72, can it be true?); this is one of the few careers in which growing older brings with it the perception (and sometimes the reality) of maturity and wisdom.

Regarding the second part of the question—I'll give you the condensed version. A journalism major as an undergrad (I liked most of all the interview features, go figure), marriage, a few years in work which required writing skills, including my first exposure to student personnel work, as an admissions counselor in a small Indiana college, then two daughters, a stint as a stay-at-home mom, then to the University in another student personnel position at the University of Minnesota (as a writer for the office of Ad-

missions and Records), then a decision for graduate school! It was 11 years from my bachelor's degree until I began my graduate work in psychology and the beginning of a new career and of a professional life that I never had dreamed of.

I continued to work half-time (at the U, as a pre-med advisor, then in the University's Counseling Bureau, now Counseling Services) while in grad school, for the master's in counseling psychology in 1971 and then the Ph.D. in Ed Psych (Counseling and Student Personnel Services) in 1979. Our older daughter graduated from high school one year prior to that; the other daughter was still a high school freshman. So my two daughters knew a student-mom-professional nearly all their lives. I was blessed to have an incredibly supportive spouse all along the way. Even so, it was a very difficult period for me—lots of inner conflict. I was having to face myself in a way that I had never done. Change does that.

Q: What have been some of the influences in your professional life?

A: Well, the seeds are always in our family-of-origin, aren't they? Some of the positives: optimism, gratitude, and a spirit of giving were part of my family norms. I'm not going into the negatives here. Beyond that, I would say that one huge influence was the second wave of the Women's Movement, which was simultaneous with my career change and with graduate school. I had had the typical 50's dream for my adult life—marriage and kids. I grew up in a climate of low expectations for women. I knew I wanted to graduate from college, but I had no further aspirations until much later. I became restless and stifled and then guilty (after all, didn't I have what all women wanted?)

It took a number of years and painful experiences which changed me substantially. Due to my own therapy and the challenges of the women's movement, I was released from rigid notions of how I was supposed to be and what I was supposed to believe. I began thinking for myself—became more confident, more tolerant of my shortcomings, more willing to risk being myself, more reflective, more responsible and intentional, no

longer so anxious about being exposed, more congruent, more appreciative of other women. That's quite a list, isn't it? And the development goes on. My familiarity with the pain and joys of change informs my work today.

It was the Women's Movement, so powerful and exhilarating at the University in the late 70's and throughout the 80's, which pushed me into self awareness and then into discovering opportunities where I could use my strengths without apology. Many women's groups were forming, including one of the great influences on my adult life—Minnesota Women Psychologists. In 1977, one of my mentors, Dorothy Loeffler, who was first a supervisor and then a colleague and friend, planted the seeds of that organization. I became part of that group of psychologists now call the Founding Mothers.

Eventually I became the Newsletter editor, which I did happily for 15 years. Because of that editor role I was also a part of the Steering Committee, which brought me into contact with vital, talented women psychologists, many of which are still good friends today. And the role of friends in my own life has become a foundation from which I encourage my clients to nurture their own friendships.

Q: What have been your favorite professional activities?

A: I do love doing therapy; I love those moments when the client lets me know that I "get it", when they make changes they thought they could never make. I am moved by their strengths and courage, and by the chance to be a witness to their deepest experiences. I am moved that I have been a part of their growth; I appreciate that some of them come back for a few more sessions every few years and I can see the changes. One of my great motivations is an insatiable curiosity. I find people extraordinarily interesting.

I also loved the years I was so active in MWP—the excitement of those first 20 years, the friendships, the editing of the Newsletter, which was such a fine marriage of my skills and interests in writing and editing and encouraging others to write, added to my commitment to women's growth. I believe that this Newsletter is a creative instrument to weave women together.

I also loved supervising. I did individual supervision and then for a number of years I provided supervision in a group format. That was very rewarding, and I miss it. The other thing I am so grateful for is the opportunity to be in a profession which I am proud of, and also which has put me in contact with such fine colleagues. I have had a number of those admirable people in my own practice, and they have added to my life immeasurably. And, from the beginning of my work as a therapist I have been in peer consultation groups which have enriched me personally and professionally. It is one of my great joys to have been in groups of women who courageously expose our deepest selves to each other, in the search for competency and authenticity in our work as therapists.

Q: What about the things you haven't liked?

A: Well, the most glaring one is the intrusion of managed care and the amount of paper work. I have developed skills in writing treatment plans with some economy of effort, but it is still a drag. And I regret that most treatment plans emphasize pathology, which creates such a distorted and incomplete view of the client.

A professional activity I never did develop a taste for is making formal presentations. I am fine with group facilitation, and leading discussions, even being part of a panel at a professional meeting, but I do not like the public speaking role. Long ago I decided that I would go with my strengths and develop them, and eliminate the public speaking. I know that lots of psychologists like classroom teaching, but I don't.

One thing that infuriates me is the fact that some people in our profession violate our ethical standards and hurt their clients. I can get pretty exercised about the misuse of power in many situations, and particularly in my own profession.

Q: How has private practice changed since you started in 1979?

A: When I started, people had a mental health coverage through indemnity policies. It was easy, compared to the advance of managed care. Providing mental health care has become so complicated for our clients and for us. One very positive thing: I see much less stigma in the culture about mental illness and more awareness about the ease and importance

of getting help.

Another big change which I see is the much larger proportions of women now in our profession. After all, one of the major reasons that we were so hungry for a group like MWP back in the 70's and 80's is that we were in the minority and isolated from one another.

Q: And now what does your professional future look like?

A: One advantage of being in private practice is the flexibility of it. A few years ago I decided to work half time. This is what my half-time looks like: I see approximately 14 clients in two days; I have a consultation group later in the week twice a month, and I do a lot of my paperwork at home. I can expand or contract my work as I need to or want to. I do intend to keep working as long as I like it and as long as I am not impaired! I have a horror of waiting too long to retire—that someday people will say, "That Char Follett, she used to be so good, but..." or "I used to make a lot of referrals to Char Follett, but she seems a bit vague these days." I have extracted promises from a colleague and a couple of old clients that they will tell me when I need to retire completely!

Personally, I make lots of time for my friends; I knit a lot, go to basketball games and movies with my husband, read and read (I'm in two book groups). Like many of you I have stacks and lists of books which I fear will never reduce! I cherish the groups I am a part of; one started as a women's support group 28 years ago! I do some volunteer work through my church, and travel a bit.

I have two grandchildren who live in Seattle, and I fly out there every six or seven weeks. I'm pretty healthy (I've worked with a personal trainer for more than 10 years). I am content in my marriage and have the remarkable joy of two daughters who I am very proud of and who seem to like me a lot. It's a good life.

Q: Do you have any advice for younger therapists?

A.: Of course, now that you ask! One is to keep the boundaries straight between your professional and personal lives. For instance, do not give unsolicited advice, make psychological interpretations, or ask nosy questions of your family and friends! Those intrusions belong in the

Spotlight Cont.

therapy office, where there is a contract for such behaviors. I've learned this the hard way.

More advice: do your own therapy, and make sure you are in ongoing consultation with other therapists. We need one another, to support us, to challenge us, to see our blind spots!

And get a life, have a life! The work of a therapist can be very consuming and stressful. You cannot give and give without resentment and fatigue unless you are filling your own bucket. So be sure you have laughter and a variety of interests and spiritual sustenance and creativity and physical activity, in your life. It's a rewarding profession, and you have to take your own needs seriously in order to do it well.

Thanks for the opportunity to tell my story.

Welcome New and Returning Members

Rebecca Anderson
Margaret Churchhill
Anita Doyle
Bravada Garrett-Akinsanya
Maggie Glazer
Ashley Gulden
Jan Jirak
Nancy Kampa
Suzanne Krueger
Michelle Sullivan
Terri Ulschmid
Lori Wiggenhorn
Nancy Wilson

Contributors to this issue

Heidi Sauder
Char Follet
Andrea Northwood
Amy Swanson
Julie Kogan-White
Jane Whiteside
Deb Orzechowski

Announcements

I have decided to close my private practice after thirteen years due to a variety of reasons. I would like to thank those of you who have referred clients or have been supportive of me during this time. I continue to work part time as a health psychologist at the International Diabetes Center at Park Nicollet Clinics and can be reached at 952.993.3393.

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— Sue Scott, M.S., L.P

Dawn Brennan, LPC, would like to announce the opening of her practice, Epona Counseling Center, LLC. Located in Cambridge (45 minutes north of Minneapolis on HWY 65), her practice is collaborative and competency-based, recognizing the client as the single most important determinant in the therapeutic outcome. Being client driven and future focused, her goal is to assist clients in discovering and utilizing their strengths, abilities and resources to resolve life's challenges. Her practice is located in a cluster of offices that offer an array of wellness services including therapeutic massage, acupressure, reflexology and biofeedback. Most notable in her practice is the unique offering of equine facilitated therapy. When therapeutically indicated, clients may choose to participate in experiential sessions that include the intuitive and reflective nature of the horse. This potentially strong metaphorical process is gaining in its research-based support and is anecdotally a powerful therapeutic experience. Individual and family appointments are available with group sessions under consideration. Clients should inquire about insurance billing when they call as insurance credentialing is pending. If you have any questions regarding her services contact Dawn at 612.390.6232 or Epona Counseling Center, LLC at 220 Ashland St. So., Cambridge, MN 55008.

◆◆◆

— Dawn Brennan, LPC

Linda Rodgers is happy to be moving to a new office as of May 1. Her address will be Grand Hill Professional Building, 333 Grand Ave., St. Paul, MN 55102, phone # 651.229.6962.

MWP Wilderness Retreat Update

The MWP Wilderness Retreat had its first informational/planning meeting on February 8th. The group discussed plans for a canoe trip in the Boundary Waters during the week of August 22-27. Currently, the number of interested persons meets the maximum number (9) allowed into the BWCA as a single group, however please let us know if you would like to be contacted if space becomes available. We are thrilled to have so much interest and are looking forward to a great experience together. The next planning meeting will be April 18th. Contact persons for additional information are Dawn Ulrich (dmulrich@hickorytech.net) and Andrea Northwood (anorthwood@cvt.org).

— Andrea Northwood

MWP Founding Mothers Award

The Founding Mothers Award was established in 2000 to acknowledge a member of Minnesota Women in Psychology 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.

Please complete the form (*found in the February Newsletter*) for the person you wish to nominate for the Founding Mothers Award (attach additional information if necessary). This award will be presented at the Annual Meeting of the Minnesota Women in Psychology on Wednesday, May 11, 2005.

Please return the form (*also found on the MWP website*) by **April 15, 2005** (*the date has been extended from the original March date*) to: Dawn Ulrich, MWP, 100 Greenwood Drive, Mankato, MN 56001. If you have any questions, please contact Dawn at 507.345.4448 or at dmulrich@hickorytech.net.

For Your Information

Professional Training Available

Five-Day (30 Hour) Course Introducing Poetry/Bibliotherapy: Theory and Practice in Dublin, Ireland from June 21st - 25th, sponsored by the Personal Counseling Institute and taught by Geri Chavis, L.P., Certified Poetry Therapist and MWP Member. FFI: Geri Chavis, ggchavis@stkate.edu or 651.690.6524.



Intermediate Poetry/Bibliotherapy Course: "Practicing Poetry Therapy" in Maynooth, Ireland (right outside Dublin) from June 28th - July 2nd. FFI: Geri Chavis, ggchavis@stkate.edu or 651.690.6524.



National Association for Poetry Therapy National Conference: "Gateway to Wholeness: Poetry Therapy for the Individual, Family, and Community" in St. Louis, MO from May 5th - May 8th. FFI: www.poetrytherapy.org



A Workshop For Psychotherapists: "Breathing Life into Psychotherapy: Integrating an Eastern Mind/Body Approach to Western Psychotherapy" Presenter: Patrick Dougherty, M.A., L.P. At Spring Forest Healing Center in Minneapolis on Fri., Apr. 1, from 8:30-4:45 and Carondelet Center in St. Paul; Thurs. Eve., Apr 7, 14, 21 from 6:45-9:30 PM; and Sat. Apr. 16 from 8:30-4:45. FFI: Patrick, 651.646.9638 or www.breathingqigong.com



Spring Fling 2005: "Closing the Loop: Practical Tools for Helping Couples Inside and Outside the Counseling Room" Presenter: Betsy Sansby, M.S., LMFT. An informal light supper continuing education event sponsored by the MN Association for Marriage & Family Therapy. Thurs., Mar. 17 from 6:30-8:30 PM at Mt. Olive Lutheran Church in Minneapolis. FFI: 651.278.8463



Assessing & Treating Socially Impaired Children & Adults: "Asperger's Disorder, Social Anxiety, Avoidant & Schizoid" Presenter: David Goldstein Ph.D. Learn an array of treatment strategies and effective interventions for each disorder. In Roseville on Thurs., Apr. 28 from 8:00-4:00 and Bloomington on Fri. Apr. 29 from 8:00-4:00. FFI: 800.843.7763 or www.pesihealthcare.com



Youth Intervention Summer Institute: "Working with Our Most Challenging Youth" Featuring: Anne Garity, Ph.D., Dave Wilmes, M.A. and other leading experts in the field. June 20-23. FFI: www.mnyipa.org



MACMH's 2005 Child & Adolescent mental Health Conference: A statewide conference designed to give parents, caregivers, and professionals a forum to share new information, state-of-the-art techniques, and strategies that have been proven to be successful when working with children who have mental health needs and their families. Apr. 10-12 at the Duluth Entertainment Convention Center. FFI: www.macmh.org or 800.528.4511



Client Groups/Classes Available

Mind/Body Program for Infertility and Adoption: 10 week class, Wednesdays, 6:00 - 8:30 PM, Carondelet Center, College of St. Catherine, St. Paul. Taught each season by Jeanette Truchsess, Ph.D., L.P. FFI: 651.226.4704 for dates or check www.doctorjeanette.net.



Space Available

Minneapolis: Executive Suites available in historic Loring Park/Oak Grove neighborhood. Elegant reception area w/ fireplace. Receptionist greets guests, answers calls. Join other private practice psychologists! Utilities, phones, parking included. Easy access to 94, 394 and 35W. 612.870.4400



Loring Park, Minneapolis Office space is available for group or individual psychotherapy and/or consultation. Space includes a private office with southern exposure windows and an attached kitchenette. Loring Park location provides easy access from downtown, uptown, and the freeway. Contact 612.819.5171.



Chaska/Shakopee: share/sublet office space - fastest growing area of the Twin Cities - call Karen at 952-361-0269.



St. Paul: Beautiful, sun-filled office available in five-room office suite. Join experienced, committed clinicians in a convenient, comfortable St. Paul location. Beautiful office building with ample parking. Rent includes phone, voice mail, utilities, and extras such as coffee and tea for clients and flowers for the waiting room. Call Sue Eckfeldt at 651-644-2267 or Theresa Voss at 651-251-0369.



St. Louis Park: Share furnished office with other psychologist. Hours available for use Monday, Wednesday, Friday and Saturday. Waiting room, Copier, fax, hot/cold water dispenser and Conference room. Convenient, accessible location. Parking, elevator, shopping, restaurants. \$300.00 per month. Contact Rebecca at 763-591-1845.



Golden Valley/ SLP: Easy 394 access. Recently decorated office with large windows overlooking nature. Available 1, 2 or 3 days per week. Housed in a suite with several experienced, licensed therapists. Copier, fax, spacious waiting area. FFI: Ferris Fletcher 952-546-7056 or Fran Zimmerman 952-545-9310.











2040—166th Lane NE
Ham Lake, MN 55304-5414

ADDRESS SERVICE REQUESTED

Dated Materials: April 1, 2005

Mark Your Calendar

-  **Saturday, April 9, 2005**
Private Practice Group, Black Bear Crossings Coffee House, 9:30—11:30 am
-  **Friday, April 15, 2004**
Founding Mothers' Award Nominations Due
-  **Saturday, April 16, 2005**
Book Group, 2:00 pm
"Moonlight on the Avenue of Faith" by Gina B. Nahai
-  **Monday, April 18, 2005**
Wilderness Retreat Planning Meeting
-  **Wednesday, May 11, 2005**
MWP Annual Meeting, Methodist Hospital, 5:00—8:00 pm
-  **Saturday, May 14, 2005**
Private Practice Group, Black Bear Crossings Coffee House, 9:30—11:30 am
-  **Saturday, June 18, 2005**
MWP Steering Committee All-Day Meeting, 10:00—3:30 pm
-  **August 22—27, 2005**
Wilderness Retreat in the Boundary Waters Canoe Area