

Minnesota Women in Psychology

April 2006

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

MWP Celebrates 30 Years

Save the date of May 19, 2006 for MWP's Annual Meeting and 30th Anniversary Party. We will have lunch from 1:00 pm to 4:00 pm. Negotiations are underway to have the party in the ballroom of a Victorian mansion just south of downtown Minneapolis. Further details will be provided soon.

This Annual Meeting will be special because the committee that is working on restructuring MWP will make a report and ask for your vote on whether to continue the streamlined MWP or end the organization. Sharon Stein McNamara reports on initial trends in the committee's work on page 4.

The Annual Meeting will honor outgoing Steering Committee members who have worked so hard to bring the need for change to our attention. In addition, there will be a business meeting.

The Annual Meeting Committee is working hard to provide some surprises for an elegant, fun event, with opportunities to socialize and to work together. Mark your calendars!

—Ferris Fletcher
Annual Meeting Committee

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. . . and much more

Mark Your Calendar

- ◆ **Saturday, April 8, 2006**
Private Practice Interest Group
9:00 am - 11:00 am at the Black Bear Crossing Coffee House
- ◆ **Monday, May 1, 2006**
Submission Deadline for the June MWP Newsletter
- ◆ **Sunday, May 7, 2006**
Nominations Deadline for the Founding Mother's Award
- ◆ **Saturday, May 13, 2006**
Private Practice Interest Group
9:00 am - 11:00 am at the Black Bear Crossing Coffee House
- ◆ **Friday, May 19, 2006**
MWP Annual Meeting
1:00 - 4:00 pm. Location to be announced

Newsletter Editor: Position Open

Production Coordinator: Susan Johnson
WmPsychlgy@aol.com
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.

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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: wmpsyhgy@aol.com or MWP, 2040-166th Lane NE, Ham Lake, MN 55304-5141, 763-413-6947.

2005-2006 Steering Committee

Heidi Sauder, Chair
Sarah J. Egbers
Sara Gurganus
Sharon Stein McNamara
Andrea Northwood
Amy Swanson

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

Dear Minnesota Women in Psychology,

On March 18th a meeting was held to discuss the decision to either bid MWP farewell or reorganize the association. My personal thanks to the following ladies who gave up the better part of a Saturday to negotiate MWP's future: Jane Whiteside, Gail Anderson, Char Follett, Amy Swanson, Ferris Fletcher, Susan Broadwell, Linda Flies Carole, Janet Thomas, Susan Phipps-Yonas, Nickey Larson, Fran Zimmerman, Rebecca Biderman, Charme Davidson, Ruth Markowitz, Jill Strunk, Andrea Northwood, Denise Wilder, Sharon Stein McNamara, Judith Lies, Cathy Skrip, Claudia Bertramsen, Linda Rodgers, Sarah Jean Paper, Sara Gurganus, and Dawn Ulrich. Thank you to our Administrative Assistant, Susan Johnson, for joining us and taking the minutes of the meeting.

Many issues were raised, feelings shared, thoughts exchanged and ideas generated. Sharon Stein McNamara has written an article for this Newsletter that gives a brief summary of the meeting, and Charme Davidson will author a more extensive article on the meeting that will appear in the June Newsletter. Please read these articles carefully as they contain much information on the state of the organization.

As I prepare to give birth to my second child I feel optimistic about the future and hope MWP will experience a joyful rebirth.

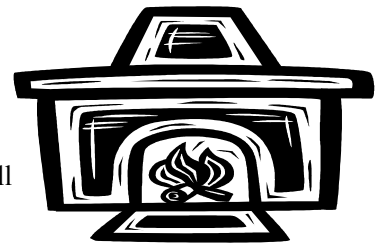
In Health,



Heidi A. Sauder, Ph.D.
Licensed Psychologist

Personal Development Committee Update

Another successful Fireside Chat series has wrapped up, ending with a calm sigh instead of a bang, as Judith Lies tended to our hearts with her program on mindfulness meditation. Judith led us through numerous meditative exercises including progressive muscle relaxation, facial massage, gentle yoga, and a writing meditation. She sent us away with an encouraging message to continue to feed our hearts, in our professional practices and in the rest of our lives, and gave us gifts of flowers and chocolate to support us in making time for further mindfulness practice. From her evaluations, the program was well received and participants went away feeling more calm, quiet, and aware.



The Personal Development Committee continues to seek topics for future chats, with the next series of three chats starting up again in the fall of 2006. We hope to continue to offer an annual program on the therapist's grief at the death of a client, which has been a source of comfort for many in the two previous programs that have been offered, as well as other programs that tend to the "therapist's side of the relationship." As you participate in future chats, please welcome Sharon Stein McNamara, who will be assuming the lead role in the coordination of this series. Sharon brings fresh energy, excitement, and ideas to the Personal Development Committee, as well as to the Steering Committee.

— Amy Swanson

Space Available

Roseville: Office for Rent. Great space and location. 1 blk S. of Hwy 36, Roseville. Share waiting room with 1 therapist. Contact Brenda 651.697.9981 x1

St. Paul: Full-time, sunny office, midway area, good parking, on bus line, accessible, shared waiting area, available now. Call Sue 651.644.2267

St. Louis Park/Golden Valley: Office Space Available: Furnished office available 2-3 days a week. Large windows overlooking trees. Convenient St. Louis Park/Golden Valley location with access to Highways 394, 100, and 169. Office is in a 4 office suite with a number of seasoned licensed clinicians. Reasonable rent includes copier/fax, cleaning service, kitchen area, convenient parking, handicap access, and access to a large conference/teaching space. Contact Ferris Fletcher, PhD,LP at 952.545.7056 or Fran Zimmerman MA,LP at 952.545.9310.

Minneapolis: Elegant excellently located office to sublet! Superb setting, all the amenities (zeros, fax, kitchen, testing room) five other experienced clinicians. You will LOVE seeing clients here!! Easy access to Hwys 14, 394, 35W, 55. 233 Groveland Ave. Mpls. Mondays, Fridays, weekends: all day available. Also later afternoons and evenings Tues., Wed., & Thurs. Contact: Lynn Kiely, Ph.D., L. P. 612.870.8728.



Private Practice Interest Group

The MWP Private Practice Interest Group continues to meet the second Saturday of each month at the Black Bear Coffee Shop at the Como Park Pavilion from 9-11 am. The attendance continues to be very consistent ranging from 10 - 15 participants. The group continues to one of support and encouragement with a range of expertise in the field of private practice. Since the group's conception, many members have taken the leap from agency work to private practice and have felt very supported by the group in doing so. If you have questions, comments, or concerns, please feel free in contacting me at 507-345-7400 or by email dmulrich@hickorytech.net We welcome new and seasoned members who are interested in learning more about private practice. There is a wealth of energy, information, and wisdom at each meeting.



—Dawn Ulrich

For Your Information

Continuing Education Opportunity: Geri Chavis, L.P., member of MWP, and certified poetry therapist, will offer a course entitled, "POETRY/ BIBLIOTHERAPY: INTRODUCTION TO THEORY AND PRACTICE" at the College of St. Catherine from Monday, June 5th through Friday, June 9th, 2006. Each of the five days, the course will meet from 9:00 am to noon and 1:00 - 4:00 pm. Offering a blend of didactic and experiential features, this course can be taken for two undergraduate or graduate credits, or can be and Summer Sessions, 651.690.8607 or contact Professor Geri Chavis at 651.690.6524 or e-mail: ggchavis@stkate.edu

Wilderness Canoe Trip Opportunity: Dawn Ulrich is interested in leading another wilderness trip to the Boundary Waters Canoe Area this summer. Those interested should contact her at 507-345-7400 or by email at dmulrich@hickorytech.net All levels of experience is welcomed from expert to beginner in canoeing and camping. This group will be one in which new skills can be learned or expanded upon. The only requirement is that there is a desire to challenge one's self. Please contact Dawn if you have questions, comments, or concerns.

Licensed Psychologist Opportunity

Psychologist: Maple Grove Counseling Center P.A. (MGCC) is seeking an experienced Licensed Psychologist to join our established practice as an independent contractor. MGCC has a large referral base of insurers, physicians, hospitals and schools and NW area residents. Maple Grove and its surrounding communities have grown rapidly in the 13 years that MGCC has successfully served this area. This position offers excellent income potential in a comfortable and convenient office environment. Experience in evaluation and counseling of adults, couples and families is needed. For further information, please contact Ardith Messicci, M.A., LP (owner) at 763.494.8699 or resumes can be faxed to MGCC at 763.494.8797.

Minnesota Women in Psychology is Alive (and Changing)

Introducing the Gang of Eight

As you may have noticed in the last few newsletters, MWP is dealing with a lack of volunteerism in the current organization and with declining membership on the steering committee. On March 18, twenty-seven members of MWP met and discussed options for closing, staying the same, or restructuring. The four-hour meeting was held in the office conference room of Sara Gurganus. Heidi Sauder called the meeting to order and reviewed the current problem of the small and overburdened steering committee, which was out of compliance with current MWP by-laws. The steering committee had hired a consultant named Cindy Reuther, to help organize this process meeting, and help the membership come to a decision about next steps. Please look for a more detailed article in the next newsletter, to come from Charme Davidson, regarding the details of the March 18 process meeting.

In broad strokes, here are some of the findings of the March 18 meeting, and the data collected by the steering committee. MWP's current membership is composed of women ages 30-80, and the bulk of the membership consists of women in their 50's. Most women stated they could not volunteer any time, but would be interested in paying moderately higher dues to keep the organization alive. The group discussed possible reasons why younger women psychologists are not as attracted to the current organization, as they had been in years previous. The possibility of hiring an additional paid person to edit the newsletter and help with organizational duties was discussed. Several scenarios of ways to continue the organization or to end it were reviewed in small groups of four, and presented to the larger group.

At the end of the meeting the following had emerged: Most women present did want the organization to continue in a changed form. Most agreed that the current structure was not viable, and that eventually some of the by-laws would need to be changed to accommodate the changing needs and abilities of the current membership. Eight women volunteered to meet and to help create a vision for the future of MWP. Ten other women also offered to support the organization by offering at least 100 hours of volunteer time in a year, composed of brief (less than a year) commitments.

The following eight women (affectionately known as the Gang of Eight) are currently meeting intensely to come up with a vision for MWP's future. The Gang of Eight are: Ferris Fletcher, Jill Strunk, Sarah Jean Paper, Denise Wilder, Dawn Ulrich, Susan Broadwell, Nickey Larson, and Sharon Stein McNamara. The first meeting occurred on March 23, at Ferris Fletcher's office in St. Louis Park, and several more meetings are scheduled. The gang is now brainstorming to create a vision to be presented to the greater membership in May. The current ideas being generated for a streamlining of MWP include a forum for networking via technology, such as a larger website, and a list-serve; encouraging members to create working groups such as the private practice group and the book group; and ways to attract more younger women psychologists into membership.

If you have any ideas regarding a new vision for MWP, please feel free to communicate them to me, Sharon Stein McNamara, (ssmcnamara@comcast.net) and I will bring them to our next meeting on April 8. The Gang of Eight will present ideas to the annual meeting in May. (See Ferris Fletcher's announcement on the cover for details .)

—Sharon Stein McNamara

Welcome New & Returning Members

M. Abigail Barrett

Nickey Larson

Samantha M. Murray

Mary S. Zaudtke

Continuity
gives us roots;
Change
gives us branches,
letting us stretch
and grow
and reach new heights.

~Pauline R. Kezer



Contributors to This Issue

Ferris Fletcher

Sharon Stein McNamara

Heidi Sauder

Amy Swanson

Dawn Ulrich

OUTPATIENT GROUPS LED BY MWP MEMBERS

April 2006

Editor's Note 1: "Mixed issues" under the focus column is synonymous with what is often called a "general therapy group" — probably includes issues of self-esteem, family, grief, identity, sexuality, trust, abuse, recovery, boundaries, relationships, dependencies, work issues, parenting, expression of feelings, intimacy, assertiveness, etc.

Editor's note 2: The group facilitator(s) is usually listed under "Contact." One or both are MWP members. Those contact persons should be called to acquire information regarding intake procedure, fees, special expectations, etc. If you are interested in the academic or licensure credentials of the MWP members who are listed, consult your directory.

Focus or Specific Population	Ongoing or Time-limited	When and Where	Contact
Women's Groups			
Alternative Weight Loss Group	Ongoing	Wednesday - 6:30 - 8:30 PM 3337—26th Ave N, Golden Valley	Connie Moeller 612.616.6113
Childhood Sexual Abuse Survivor Group	Ongoing	Tuesday - 4:15 - 6:00 PM 100 W Franklin Ave., Minneapolis	Irene Green: 612.874.6442 Mindy Benowitz: 612.870.0398
Dissociative Identity Psycho Educational Support Groups Level I - Level III	Time Limited	8 & 12 Weeks 100 W Franklin Ave., Minneapolis	Irene Green 612.874.6442
Female-to-Male Transgender	Time Limited 8 weeks	Wednesday - late afternoon 4100 Harriet Ave S, Minneapolis	Velma Wagner 612.877.1436
General Issues	Ongoing	Tuesdays - 3:00 - 5:30 PM 4500 Park Glen Rd #155, St. Louis Park	Cynthia Haakana 952.928.0618 x1
General Issues	Ongoing	Tuesday - 11:30 AM - 1:00 PM 241 S Cleveland, St. Paul	Jane Brodie or Ann Lumry 651.690.1810
General Issues (High Functioning)	Ongoing	Wednesdays - 4:15 - 6:15 PM 100 Franklin Ave. W, Minneapolis	Carolyn Halliday: 612.827.0332 Mindy Benowitz: 612.870.0398
General Issues	Time Limited	Wednesday - 4:00 - 6:00 PM 320 Manitoba Ave S, Ste 100, Wayzata	Susan Sundell 612.272.0800
General Issues	Ongoing	Wednesday - 4:30 - 6:30 PM 821 Raymond Ave, Ste 200, St. Paul	Marianne Kelley 651.645.8300 x204
Lesbians Longing for Parenthood Workshop	Time Limited	Offered quarterly in the evenings. 570 N Asbury #309, St. Paul	Deb Rich 651.659.9715
Mixed Issues	Ongoing	Thursday - 4:00 - 6:00 PM Chrysalis, 44 th & Chicago Ave S, Mpls.	Bev Caruso: 612.871.0118 Ann Manning: 612.802.8513
Mixed Issues	Ongoing	Wednesday - 7:00 - 10:00 PM or Thursday - 7:00 - 10:00 PM 2804 Fremont Ave. S., Minneapolis	Cathy Montgomery 612.872.0099
Meta Model Group Women Abuse Survivors	Ongoing	Wednesdays - 6:15 - 8:15 PM 1409 Willow St. #300, Minneapolis	Denise Wilder 612.870.1242
Postpartum Depression Therapy Group	Ongoing	Mondays - 9 - 10:30 AM or 4 - 5:30 PM April date to be determined. 570 N Asbury #309, St. Paul	Deb Rich 651.659.9715
Women with Chronic Illness	Ongoing	Tuesday - 3:00 - 4:30 PM Grand Hill, 333 Grand Ave, St. Paul	Linda Rodgers 651.229.6962
Women's Integrative Therapy Group	Ongoing	Wednesday - 4:15 - 5:15 PM 614 Portland Ave. #120, St. Paul	Ruth Markowitz 651.222.5457
Women's Sexuality Group	Time Limited 14 Weeks	Tuesday - 6:30 - 8:30 PM May-July & Aug-Oct 5871 Cedar Lake Rd, St. Louis Park	Sandra Nohre 952.944.1585

Focus or Specific Population	Ongoing or Time-limited	When and Where	Contact
Mixed Gender Groups			
Body Mind Skills Group	Time Limited 10 weeks	Thursday - 4:15 - 5:15 PM 614 Portland Ave. #120, St. Paul	Ruth Markowitz 651.222.5457
Chronic Pain & Illness Support Group	Ongoing	Alternate Mondays - 1:30 - 3:00 PM 3608 - 44 th Ave. S., Minneapolis	Katheleen Avila 612.872.9231
Compulsive Gamblers	Ongoing	Tuesday - 1:00—3:00 PM 4009 Excelsior Blvd, St. Louis Park	Deborah Haddock 612.940.0653
Dialectical Behavior Therapy (DBT) Adult Women & Men	Time Limited 10 weeks	Tuesday - 5:00 - 7:00 PM Intake required Highway 100 & Excelsior Blvd	Anita Doyle: 952.926.7063 Chris Servaty: 763.591.1187
General Issues	Ongoing	Wednesday - 4:00 - 6:30 PM or Thursday - 3:00 - 5:30 PM 4500 Park Glen Rd #155, St. Louis Park	Cynthia Haakana 952.928.0618 x1
General Issues	Ongoing	Tuesday - 1:00 - 3:00 PM 320 Manitoba Ave. S, Ste 100, Wayzata	Susan Sundell 612.272.0800
Loss by Suicide Therapy Group	Ongoing	Center for Grief, Loss and Transition 1133 Grand Ave., St. Paul	Karen Heegaard 651.641.0177
Mind-Body Integration Empowerment & Stress Reduction Based	Ongoing & Time Limited	Sunday - 5:30 PM St. Louis Park	Susan Broadwell 952.922.1848
Mind/Body Program for Fertility & Family Building	Ongoing	Wednesday - 6:00 - 8:30 PM 348 Prior Ave N, St. Paul	Jeanette Truchsess: 651.226.4704 doctorjeanette@comcast.net
Mindfulness-Based Stress Reduction	Ongoing 8 weeks 4 times/year	Tuesday - 9:30 AM - noon or Wednesday - 6:30 - 9:30 PM 3706 East 34 th Street, Minneapolis	Judith Lies: 612.343.1623 Seeds of Mindfulness
Mixed Issues	Ongoing	Thursday - 3:00 - 5:30 PM 8085 Wayzata Blvd, Golden Valley	Ferris Fletcher or Peter Olson 952.546.7056
Couples Groups			
Enriching Your Relationship During Infertility Treatment	Time Limited	Offered quarterly in the evening. 570 N Asbury #309, St. Paul	Deb Rich 651.659.9715
PAIRS Relationship Enhancement	Time Limited	Friday - 6:00 - 9:00 pm and Saturday - 9:00 am - 5:00 PM 3/17 & 18 or 4/28 & 29 3337—26th Ave N, Golden Valley	Connie Moeller 612.616.6113
Recovering the Sexual Self - For Couples with Traumatic Histories	Time Limited 1 - 2 per year	Weekend Seminar 614 Portland Ave. #120, St. Paul	Ruth Markowitz 651.222.5457
Adolescent Groups			
Drama Therapy	Ongoing	Tuesdays - 5:00 - 6:30 PM 1619 Dayton Ave., St. Paul	Sarah Jean Paper: 651.229.3466 Lifestagetherapy@aol.com
Equine Facilitated Therapy Group for Survivors of Trauma	Time Limited 8 weeks (summer session also)	Mondays - 5:30 - 7:00 PM April 17 - June 12 MN Linking Individuals Nature & Critters Western Suburbs-Minnetrista	Molly DePrekel 952.472.2422
Consult			
Integrating Mindfulness	Time limited.	Fridays - twice a month - 10:00 AM - noon 3706 East 34 th Street, Minneapolis	Judith Lies: 612.343.1623 Seeds of Mindfulness
For Mental Health Professionals			
Professional Consultation Group on Reproductive Health Psychology	Ongoing	Time to be determined by members. 570 N Asbury #309, St. Paul	Deb Rich 651.659.9715

Minnesota Women in Psychology

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 this form 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.

Please return the form **by May 7, 2006** to: MWP, 2040-166th Lane NE, Ham Lake, MN 55304. If you have any questions, please contact Dawn Ulrich at 507-345-7400 or by email dmulrich@hickorytech.net.

Name of Person: _____

Address: _____

Phone: _____

Please explain why you believe this nominee should receive the Founding Mothers Award:

Submitted by: _____ Phone: _____

Address: _____



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

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Dated Materials: April 15, 2006

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A Women's Approach to
Co-Occurring Disorders*



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from the Stone Center
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For more information call
612.870.2421
or visit

www.chrysaliswomen.org

Application to the
MN Board of Psychology and
the Board of Social Work has
been submitted for 11 hours.