



Minnesota Women in Psychology

December 2004

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

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Minnesota Psychological Association Women's Division & Minnesota Women in Psychology

Present

The Fireside Chat Series: The Therapist's Side of the Relationship

Sara Gurganus, Psy.D. and Panelists

"Therapist Self-Care: Can We Practice What We Preach?"

Monday, December 13, 2004

6:15 PM - 6:45 PM -- Registration/Networking

6:45 PM - 8:45 PM -- Program

8:45 PM - 9:15 PM -- Networking

Colonial Church of Edina, Fireside Room, 6200 Colonial Way, Edina, MN

Therapists often encourage clients to make time and discover ways to take care of themselves emotionally, physically, and spiritually. Do we follow our own advice? Join us for a brief presentation on self-care by Dr. Sara Gurganus, followed by a panel discussion on the challenges and obstacles of taking care of ourselves. Panelists will include therapists with a variety of clinical experiences and life circumstances.

Sara Gurganus, Psy.D., is a psychotherapist with Southwest Family Services and has worked in the mental health field for over a decade. She received her Doctorate of Psychology in Clinical Psychology from the Minnesota School of Professional Psychology (MSPP). Dr. Gurganus sees individuals and couples presenting with a variety of issues. She is trained in EMDR and has a particular interest in working with clients who have issues related to sexual abuse. She has also co-facilitated groups on body image, chronic depression, and parenting children with attachment disorders. Dr. Gurganus has presented nationally on various mental health topics. Her office is located in the Uptown area of Minneapolis.

Pay at event (cash/check):

\$20 MWP or MPA members

\$30 non-members

\$10 students

RSVP by Dec. 9 to Sara Gurganus at 612-827-1422, ext. 4076

Maximum of 50 participants

Light refreshments will be served.

CEUs have not been applied for.

Program and attendance certificate will be provided.

Newsletter Editor: Deb Ozechowski

Production Coordinator: Susan Johnson

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

Greetings!

Fall continues to be my favorite time of year in Minnesota. Watching the colors change, making plans for the Holidays and finishing up all the loose ends from the previous year is revitalizing. The honor of working with Minnesota Women in Psychology is also part of what revitalizes me. I hope you have seized the opportunity to participate in MWP programming this Fall.

The Fireside Chats continue to be relationally focused programs with thought provoking presenters followed by remarkable discussion time with participants. Signe Nestingen presented September 23rd, on how the work of psychotherapy changes the therapist. Steering Committee member, Sara Gurganus, who has assisted in coordinating the Fireside Chats, will present on December 13. Sara has impeccable timing and will speak on therapist self-care, just in time for the holidays. I continue to receive positive feedback from MPW members who have attended the Fireside Chats as well as from therapists who have been introduced to MWP through the Chats.

The Social Action Committee is continuing their Book Club events. October 16th meeting discussed "The Scalpel and the Silver Bear" by Lori Arviso, MD. If you have not yet enjoyed one participating in one of the Book Club events, please don't delay. Check the Newsletter for upcoming featured books and times.

And finally, I have received countless sentiments of gratitude for the Private Practice Group meetings. The Professional Development Committee has consistently aided practitioners new to private practice through what can be a rigorous journey. Many members are also enjoying the benefits of the PIC Mentoring Program.

I wish to extend my deepest thanks to the Steering Committee Members who make the above vital programming possible.

In Health,



Heidi A. Sauder, Ph.D., LP

Personal Development Committee Update



The Personal Development Committee co-hosted the first Fireside Chat for this season. On September 23, Dr. Signe Nestingen spoke to a group of 29 participants about how therapists are changed by the work they do. She discussed the feminization of the field of psychology as more and more women

have gravitated to working as therapists. She drew from previous research, including her own, about the interplay between the therapist's professional and personal self. The presentation and discussion focused on how the work we do continues to infuse us with a sense of personal meaning, greater self-awareness, increased tolerance for ourselves and others, and a spiritual connection—despite the many stresses that we face in our careers and personal lives. Tying it all together at the end of her presentation, Dr. Nestingen talked about how the work we do presents us with the opportunity to open doors into ourselves that likely would not be opened if we were to do any other work. The evaluations of the event were highly favorable. Participants remarked that the presenter was “great,” “terrific,” “clear,” “funny,” “respectful,” and “well informed.”

Our next chat will be held on Monday, December 13, at 6:45 pm. Dr. Sara Gurganus, a member of MWP and the Personal Development Committee, will speak on therapists' self-care and, along with a panel of other therapists, will facilitate discussion on the topic. Take time during the hustle and bustle of the holidays to give to yourself and attend the next chat.

The final chat in this season's series will be on Thursday, March 10, 2005. Susan Zimmerman will be talking about financial issues that impact therapists. Watch for more information on what is sure to be an exciting topic.

Do you have a desire to share your own knowledge of issues related to “the therapist's side of the relationship?” Consider facilitating a Fireside Chat during our 2005-2006 series. Please contact MWP and provide us with details of what your program might entail.

By Amy Swanson

For Your Information

Therapy Group for Women: Sexual Abuse Survivors: Ongoing therapy group for survivors of childhood and/or adolescent sexual abuse. The group periodically incorporates a 10-week psycho-educational component into the ongoing therapy group format. Led by Mindy Benowitz, Ph.D., LP & Irene Greene, M.S., Ed. Tues., 4:15—6:15 PM. 310 Groveland Ave., Mpls. FFI: 612.870.0398 or 612.874.6442

Welcome New and Returning Members!

Thank you to the 208 women who have renewed their membership with Minnesota Women in Psychology!

Welcome
to six new members!

Cynthia A. Aigner

Marguerite Butler

Laura A. Jaap

Rachell L. Lisogurski

Sue K. Pepper

Nadya Trytan

Contributors To the Issue

Deb Orzechowski

Nili Sachs

Heidi Sauder

Amy Swanson

Dawn Ulrich

Jane Whiteside

*“There is in every woman's heart
A spark of heavenly fire,
Which lies dormant
In the broad daylight
of prosperity;
But which kindles up,
And beams and blazes
In the dark hour of adversity.”*

—Washington Irving

Booby-Trapped; The New Family Issue

The female breast is the one human organ that is constantly subjected to physical changes during an adult's lifetime. This perfectly normal phenomenon has a purpose; each physical change in the adult female's breast assists in a particular stage of life. The psychological significance attached to these changes is apparently greater than the physical changes themselves. Many women treat their breasts (if they do not like them) as foreign objects. Society is only too happy to play along with their frustrations. Breasts 'must' be larger, smaller, perkier, and symmetrical - are among the myriad of messages we get. This phenomenon is not new. **What's new is the amount of time, effort, money and thought so many women spend "dealing" with their breasts.** For example: women of all ages and backgrounds are blaming several intimacy issues not working in their lives on the shapes and sizes of their breasts.

Medium of Expression: In the big picture there is certain logic to our need to manipulate or modify the shape of our breasts. The human body has continually been put to use as a medium for the expression of cultural, tribal, or genealogical needs. There is a tendency for nations, tribes, and other groups to demand that their members reflect uniformity-

sameness, an ideal in their physical appearance. Extreme exceptions in individual appearances are looked down upon; the "different one" can be forced to alter his or her appearance or even be expelled from the group. Many civilizations had attempted, at one time or another, to force some form of body manipulation or shape alteration on some of its members, often at a heavy price. There are health and psychological consequences to using our bodies to express fashion trends or project cultural messages. Using the breasts of the human female to express a fashion and a cultural statement is a new twist-not even a hundred years old-to an ancient ritual. As our search to understand people's perceptions of sameness, tradition, and fashions through the experience of belonging to a particular identity group, we can clearly see how the need for sameness profoundly affects our modern life. We crave the next fashion craze in the

name of sameness.

The New Family Issue: Fathers, brothers, husbands, or other male friends play a major role in how women react to their own bodies and specifically their breasts-in spite of themselves. Some women in this culture literally fall into a "man-made" trap. Considering the pervasiveness of this new issue; what should parents say (or do) when their teenage daughters ask for breast implants? Reliable statistics show that the number of teenager consumers of breast implants double itself every year!

Breast Implants: Any topic about breasts cannot ignore breast cancer and therefore

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breast implants. In the profound course of rebuilding and in the aftermath of breast cancer, implants are the place where art meets science. For so many women breast implants are the miracle that helps speed up their psychological recovery. The 'device' that helps breast cancer survivors feel better about their body image is the very same 'tool' that millions have been using to manipulate and change their healthy breasts' size and shape.

“Recovery” after Breast-feeding: Ever since the era in which the breast became a “status symbol,” we are facing the second generation of mothers who show serious concerns regarding the effects of breast-feeding on the shape, form, and beauty of their breasts. This is a major issue for young women who might choose not to breast feed our future off spring, our grandchildren and our next generation. We “judge” a woman’s breasts after she has breast-fed: Can she “recover” their initial shape?

New Way to Appreciate Breasts: There is a need to discover and bring about a new appreciation for every woman’s relationship with her breasts. Most young women grapple with identification, approval, and disapproval of their own attitudes. Growing in our culture, they are booby-trapped...

Booby-trapped is a mindset. It is also the range of attitudes: from a preoccupation with females’ breasts to an obsession with them. Many women pay a great deal of attention to the size and shape of their own breasts. They compare themselves to others and feel inferior. Some women even hate their breasts; they wish for larger breasts, or smaller ones, or perkier ones. Those women are booby-trapped. *Men who wish that their mates had different breasts are also booby-trapped.* Women may be echoing what they hear or sense from men, but men may also be echoing what they hear or sense from women. The experience of being booby-trapped has become deep and wide in our North American culture. To attach importance to only one body part and make women feel diminished because of its natural development is wrong. Yet, this entrapment has spread down through the last two generations; mothers have passed it on to their daughters.

Tips for therapists: Nowadays, many body image issues present themselves in the process of the therapeutic sessions. For the benefit of the clients, it is recommended to consider carefully when clients express their

envious feeling at therapists’ body, face or appearance. It is best to address the process not the content. Moreover, when therapists themselves experience these feelings (envy, obsessive thoughts) at the appearance of clients, it is best to keep these feeling outside the sessions, in supervision or therapists’ own therapy.

Tips for parents: Along with several other parenting strategies, body image topics are of the non-verbal communication styles. Namely, family members and kids will ‘take in’ their parents attitudes towards their own bodies, regardless of what the parents express in words. Therefore, daughters will ‘buy into’ mothers’ love/hate relationships with their own bodies. Sons might identify with fathers’ attitudes towards women’s bodies/appearances by watching them reacting, commenting and criticizing women around them.

The next MWP Newsletter will be the February 2005 issue. Articles should be emailed to WmPsychlgy@aol.com or faxed to 763.413.6947 by January 1, 2005.

Announcement of MWP's 2005 Doctoral Dissertation Grant

Minnesota Women in Psychology (MWP) is pleased to announce the availability of a \$1,000 grant for Minnesota women completing their dissertations or doctoral projects in psychology. Applications are available by contacting: MWP, 2040-166th Lane NE Ham Lake, MN 55304-5414 (763) 413-6947. Applications will be accepted until March 31, 2005.

Information Sheet MWP Doctoral Dissertation Grant

General: MWP will offer one \$1,000 grant for expenses related to the doctoral dissertation or project.

Eligibility: The MWP grant is available to women who are doctoral students in a Minnesota graduate program in psychology or related field.

How to Apply: Applications can be obtained by writing or calling or emailing MWP at:

**2040-166th Lane NE
Ham Lake, MN 55304-5414
763-413-6947
WmPsychlgy@aol.com**

Selection Period: Applications will be accepted until March 31, 2005

Selection Criteria: All applications will be reviewed anonymously. Selection of the grant recipient will be based on the overall quality of the proposal and its relevance to the mission of MWP: furthering the psychological, social and emotional well-being of all women. Financial need will also be taken into account.

Application Procedure: Send the completed application to:

**MWP Scholarship Committee
2040-166th Lane NE
Ham Lake, MN 55304-5414**

Professional Issues Committee Update

We have a date, a book, and a place for the next MWP book group meeting:

DATE: Saturday, January 15, 2005, 2:00 PM

BOOK: "TERROR IN THE NAME OF GOD:
Why Religious Militants Kill," by Jessica Stern

LOCATION: Judith Lies's Heartwood Studio
at 3706 E. 34th Street, Minneapolis

For Directions and to RSVP, email:
janewhiteside@earthlink.net

Following is a summary of the book as printed at Amazon.com:

For four years, Jessica Stern interviewed extremist members of three religions around the world: Christians, Jews, and Muslims. Traveling extensively -- to refugee camps in Lebanon, to religious schools in Pakistan, to prisons in Amman, Asqelon, and Pensacola -- she discovered that the Islamic jihadi in the mountains of Pakistan and the Christian fundamentalist bomber in Oklahoma have much in common. Based on her vast research, Stern lucidly explains how terrorist organizations are formed by opportunistic leaders who -- using religion as both motivation and justification -- recruit the disenfranchised. She depicts how moral fervor is transformed into sophisticated organizations that strive for money, power, and attention. Jessica Stern's extensive interaction with the faces behind the terror provide unprecedented insight into acts of inexplicable horror, and enable her to suggest how terrorism can most effectively be countered. A crucial book on terrorism, *Terror in the Name of God* is a brilliant and thought-provoking work.

By Jane Whiteside

Outdoor Adventure Opportunity

Andrea Northwood and Dawn Ulrich, both of whom are Steering Committee members of MWP and adventurous women, are interested in coordinating a retreat to the outdoors. Their thoughts are to provide an opportunity to MWP members to either do a hiking trip on the Superior Hiking Trail or a canoe trip to the Boundary Water's Canoe Area during the summer of 2005. Andrea and Dawn are considering a three night and four day adventure and would like to welcome MWP women that are beginners all the way up to experts to the outdoor experience. Guidance will be given prior to the trip on what gear should be considered along with instruction on skills that may be needed. If you are interested or even somewhat curious about this retreat, please contact Andrea at 612.436.4812 or by email at anorthwood@cvt.org or Dawn at 507.345.7400 or by email at dmulrich@hickorytech.net

By Dawn Ulrich

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.

St. Paul, Grand Avenue: We still have space available in our beautiful, comfortable office. Second floor above a new, unique gift shop; hardwood floors, lots of windows, quiet, very private. Reasonable rent. Includes waiting room, copier/fax, phone and voicemail. Full or part-time. Call Linda Rodgers at 651.229.6962 or Mary Kay Voight Moller at 651.227.8105 x2.

Personal Observations

Linda Rodgers and her therapy dog assistant, Maya will be speaking at the Minnesota 3rd District Nurses Association Conference on November 11. They will address emotional issues and strategies for coping with chronic physical illness. Maya has been working with Linda for over two years, and has generously offered her own brand of comfort and compassion.

*"Life was meant to be lived,
And curiosity
Must be kept alive.
One must never,
For whatever reason,
Turn his back on life."*

—Eleanor Roosevelt



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

ADDRESS SERVICE REQUESTED

Dated Materials: December 1, 2004

Mark Your Calendar

-  **Saturday, December 11, 2004**
Private Practice Group Meeting
Black Bear Coffee Shop, Como park Pavilion, 9:30—11:30 AM
-  **Monday, December 13, 2004**
Fireside Chat, Colonial Church of Edina, 6:15—9:15 PM
-  **Saturday, January 8, 2005**
Private Practice Group Meeting
Black Bear Coffee Shop, Como park Pavilion, 9:30—11:30 AM
-  **Sunday, January 9, 2005**
MWP Steering Committee Meeting, 2:00—3:30 PM
-  **Saturday, January 15, 2005**
Book Group, Heartwood Studio, 2:00 PM
“Terror in the Name of God: Why Religious Militants Kill”
by Jessica Stern
-  **Thursday, March 10, 2005**
Fireside Chat, Colonial Church of Edina, 6:15—9:15 PM
-  **Wednesday, May 11, 2005**
MWP Annual Meeting, Methodist Hospital, 5:30—9:30 PM