



Minnesota Women in Psychology

February 2005

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

PRIVATE PRACTICE GROUP

Who would have guessed that a monthly *two-hour Saturday morning meeting* about private practice issues would become something to look forward to? Over the past two years, about 25 MWP members have come once, occasionally, or almost every month to talk about the real business of private practice. This group was started after the two-day workshop with Janet Pival, Ph.D., in November 2002. Her views on managed care, marketing, boundaries and good business practices sparked an interest in sharing ideas about some of our least favorite subjects.

The first meeting was at Black Bear Crossings Coffee House near Como Park. Several people went to the other coffee place on the lake, but eventually showed up for three hours of getting acquainted, and listing concerns and questions. In true MWP fashion, everyone was soon “confessing” mistakes, admitting feeling confused or overwhelmed with work and assuming others knew how to do it all. Good coffee, a warm atmosphere and the instant support of each other made it possible to ask questions about the smallest details:

INSIDE . . .

Spotlight on a Member
page 4

Book Review
Page 5

Fireside Chat Update
Page 3

Founding Mothers Award Nomination
Page 7

**MWP Steering Committee
Nomination**
Page 7

Note from Eunice Slager
Page 6

MWP Annual Meeting
Page 8

. . . and much more

“How do you get business cards made?”

“How much does it cost to rent an office?”

“How do you spell HIPAA (what is HIPAA and what does it have to do with me)?”

“How do you get to be an in-network insurance provider?”

“How do you get out of the networks?”

Since February, 2003, this group has met to talk about fees, whether or not to charge for failed appointments, keeping financial records, designing brochures and getting the word out about our specialties. Some are new to private practice, some have been doing it for years, others just considering the possibility. Support, encouragement and advice are free and so are examples of forms, phone numbers, people to contact--the natural networking that women do who are all in this together.

We have to thank Dawn Ulrich for getting the group together and helping to keep it going. She has set the tone, too: women helping women and having fun in the process. The original coffee house closed, so now we meet at the Black Bear Crossings at Como Pavilion. Look for a group on the second Saturday of the month, 9:30-11:30 a.m. There is no such thing as a stupid question--you may practice in private, but you don't have to do it alone!

—by **Linda Rodgers**

Newsletter Editor: Deb Orzechowski
orzecd@parknicollet.com

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.

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

January 1, 2005

The Holidays are over and Santa forgot the eight hours of undisturbed sleep that I had requested for Christmas. Spending the first holidays with Lauren, who was 10 1/2 months old, was Christmas blessing enough, though. My husband and I kept things simple and created a memorable family holiday. I hope you all enjoyed time with family and friends and some meaningful moments of reflection and planning for 2005.

Minnesota Women in Psychology closed out the year with Sara Gurganus, Psy.D., LP presenting at the most recent Fireside Chat on Therapist Self-Care. The Personal Development Committee, in collaboration with the Women's Division of the Minnesota Psychological Association, continues to highlight the importance of tending to the Therapist's Side of the Relationship. March 10th, Susan Zimmerman, M.A., LMFT, ChFC, will speak and lead discussion on how financial issues that therapists' face affect the work therapists' provide. My sincere thanks to Amy Swanson, Psy.D., LP, chair of the PDC for MWP and the whole PD Committee, and Denise Wilder, M.A., LP, representative from MPA Women's Division, for making the Fireside Chats a tremendous success.

The New Year with MWP also provides you with the opportunity to spend time in nature with fellow MWP members. Andrea Northwood, Ph.D., LP and Dawn Ulrich, M.A., LP are organizing the trip. This trip will provide a plethora of possibilities, including the chance to create closer relationships with other MWP members. Please check the Newsletter for more information and updates.

I look forward to seeing you at MWP programs and events in 2005. The Social Action Committee will host another Book Club event and the Professional Issues Committee continues to support the Mentors Program and Private Practice Meeting. It has been a pleasure to make the acquaintance of so many talented women during my time chairing MWP.

The best in the New Year to you,



Heidi A. Sauder, Ph.D., LP



More on the Private Practice Group

We are delighted to welcome Colleen Kolars at our next meeting which will be held on Saturday, February 12 from 9:30 - 11:30 am. Ms. Kolars is a business and life coach who specializes in coaching women in career transitions and women entrepreneurs. She has ten years of experience in marketing management and also provides marketing consulting for entrepreneurs and small business owners. Ms. Kolars has done similar presentations that have been entitled "The Seven Steps to Entrepreneurial Empowerment" and will focus primarily on becoming successful and confronting the fears that hold us back from this success. The presentation will be quite interactive and we will be spending time coaching each other. Ms. Kolars

will also address how we as private practitioners can set up strategic alliances in terms of marketing our practices.

If you are interested in attending this seminar, please contact Dawn Ulrich at 507-345-4448 or by email at dmulrich@hickorytech.net or Julie Kogan-White at 651-649-2625 or by email at koganwhite@comcast.net. Objectives will be given to participants for the registering of your own CEUs. MWP members will be charged \$10.00 and non-members will be charged \$15.00 for this program. Some scholarship moneys are available. Refreshments will be served. All members and non-members of MWP and/or the private practice consultation group are invited to attend. *Please note*

that this presentation will be held at Cornerstone Therapy and Recovery Center at 1885 University Ave. E., Suite 300, St. Paul, Minnesota.

—by Dawn Ulrich



Personal Development Committee Update

The Personal Development Committee continues to focus its efforts on the successful Fireside Chat series. On Monday, December 13, 2004, Sara Gurganus, Psy.D., LP presented to a group of 25 on self-care for therapists. Sara spoke of her personal experiences with and lessons learned about self-care and engaged the audience with her informative presentation, humor, and validation. Joining Sara, three panelists shared their own experiences with self-care. Ruth Markowitz, M.A., LP, CSC spoke about how self-care, or a lack thereof, affects physical wellbeing. Sarah Egbers, M.A. shared how she learned how to care for herself by trusting herself and her skills as a drama therapist. Linda Rodgers, M.S., LP talked about the effects of shame on self-care and, from her work doing animal-assisted therapy, drew examples of self-care from her golden

retriever. Sara's framework for the evening, as well as the perspectives of the three panelists, stimulated discussion among the audience members about this important topic.



Repeatedly, this series has received high praise and participants seem to feel that the conversations about various aspects of their work are one method to attend to their own self-care. Please join us for future chats. Our next chat will be held on Thursday, March 10 and will feature Susan Zimmerman, M.A., LMFT, ChFC who will focus on financial issues affecting therapists.

—by Amy Swanson

Canoe Retreat

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 do a canoe trip to the Boundary Water's Canoe Area during the fall 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.



Spotlight on an MWP Member

What a great opportunity to be able to write about my life as a psychologist and MWP member. That tends to be the way I look at things now – opportunities. This tendency has developed greatly as I have been building my private practice the past three years. My dream of being self-employed evolved rather quickly once I said it out loud to a group of women who strongly encouraged me as we lounged in our inner tubes on a lake in northern Wisconsin. I had only been toying with the idea of private practice, but once these women announced that **they knew** I could do it, I was able to take action.

Since it's inception three years ago, my practice has steadily grown and I find myself in the fortunate position of being right where I had hoped to be: working with clients in my specialty area of eating disorders and related food, weight and body image issues; utilizing an eclectic therapeutic approach grounded in feminist theory; providing supervision and consultation; teaching as adjunct faculty at both undergraduate and graduate institutions; and speaking at conferences and workshops on issues ranging from eating disorders to self-care. I wanted a practice that would provide variety and by being open to a wide assortment of opportunities I have developed exactly that.

My interest in eating related issues originally grew out of working on an adolescent inpatient psychiatric unit as a Registered Nurse. As I was in graduate school at the time, I tried to learn more about the origins of these

problems and why it so overwhelmingly impacts girls and women. During my pre-doctoral internship I received valuable supervision in narrative and feminist therapy and was able to begin utilizing that knowledge with clients in an outpatient setting. In my experience, helping clients to look not only within but also outwardly at socio-cultural influences on the problem they are struggling with is very empowering. For me, the relationship in therapy is integral to clients believing they have the capacity for change and living the life they want. In part, my strong desire to provide the best therapy experience possible drove my need to be in private practice.

When working for someone else there can be barriers to achieving that, whether it is different philosophical approaches to providing client care or simply the administrative tasks of big institutions.

While I have had wonderful experiences working within hospital and clinic settings, I repeatedly found myself needing more variety and autonomy than was available in those situations. In making the leap to private practice I was able to enact my vision of working with clients eager to be in therapy while also engaging in my other interests of teaching, consulting, and public speaking. It is my dream to maintain a thriving private practice that I enjoy. Essential to doing so, is to attend to my varied interests and find opportunities to engage in them. Belonging to organizations such as MWP offers a way of staying connected with others and having a window into the many possibilities avail-

By Sue Babcock, PsyD, LP

able for women in psychology.

While I do love my work, I'm a strong advocate of keeping balance in one's life. One way of taking care of my self is through books and movies that have the power to entertain, inform, relax, and inspire. I especially enjoy stories that reveal the complexities of human relationships and encourage empowerment. Some of my favorites are:

Movies:

Iron Jawed Angels
Tortilla Soup
Monsoon Wedding
Whale Rider
Smoke Signals
Real Women Have Curves
Strangers in Good Company
Shirley Valentine
Secrets and Lies
The Wedding Banquet
Lovely and Amazing

Books:

Reading Lolita in Tehran - Azar Nafisi
The Red Tent – Anita Diamant
The Mists of Avalon – Marion Zimmer Bradley
The Good Body – Eve Ensler
The Sweeter the Juice – Shirlee Taylor Haizlip
The Robber Bride – Margaret Atwood
Bastard Out of Carolina – Dorothy Allison
The Color of Water – James McBride
Stones from the River – Ursula Hegi
The Art of Doing Nothing - Veronique Vienne

Here's to enjoying one's work and one's leisure!

“Diary of a Country Therapist” by Marcia Hill Ed.D., LP

Reviewed by Asha Mukherjee, PhD, LP

The Diary of a Country Therapist includes an account of Marcia Hill’s honest reactions over a 10 year period (1989 to 2000), about her work and her role as a therapist. Each of the entries is a spontaneous expression of thoughts and feelings related to recent events. They range from half a page to three pages depending upon the therapy events faced rather than a habitual catalog. Each entry is a complete account and therefore it is possible to read parts of it without disruption of continuity.

This is a casual and easy-reading book. The brief accounts show verbal facility, a ‘poetic-prose’ style, love of nature, and a philosophic bent in thinking. There is also focus on spirituality in that the author manages to extract messages for life in the seasonal changes and relates them to human values. Many entries begin with a description of the impact of natural environment on the inner experience of the therapist. Self-monitoring and self-care are seen as essential for the therapist and the client benefits because, as a result, the therapist has more to give. The accounts are generally interesting and though provoking.

As a therapist’s diary, it faces universal issues, country and urban. The book could have as easily been titled without the word ‘Country’ in it, except possibly to express some mixed feelings about watching boundaries constantly, and on the other hand,

the sense of security and trust within the small community. Most practicing therapists would be able to relate to the expressed reactions and thought regardless of their orientation or style. Many struggles, frustrations, and pressures are described along with the joys and rewards of the keen therapist.

Some entries in this diary reveal that the author not only loves her work but also utilizes it as a ‘stress-releaser’ and an ‘escape’ when personal events and issues are difficult and overwhelming. However, as she immerses herself in work, she is conscious of the ethics involved so that such escape is not at the cost of patient needs. She sees therapy as the medium for alleviation of the patients’ pain, their release into freedom to take charge of own lives, and enhancement of quality of their lives. The therapeutic bond and the process of therapy are seen as jointly responsible for such “transformation”. Further, the book contains little gems of wisdom off and on, equally useful to the patient and the therapist. These are about courage, power, intuition, acceptance, independence, and first magical glimpses of new possibilities.

The diary includes reactions to the negative aspects common to all therapists: difficult cases and difficult days creating extra demands, therapist confusions and regrets about the health care system weaknesses. However, more

consistently notable are the depth of understanding, sensitivity and patience, along with flexibility and imagination in application of treatment to individual needs and situations. In place of superficial ‘quick-fixes’ of symptoms, a preference for fundamental changes to eradicate symptoms is expressed with the rationale that risks and relapses would be reduced. The book is suitable for and recommended to anyone interested in the therapist’s experience of therapy.

Important Notes

- * The MWP Steering Committee invites you to nominate a member for MWP’s annual **Founding Mothers Award**. Please see the form on page 9/10 for you to nominate 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.
- * Take advantage of the opportunity to submit a listing of therapy groups for MWP’s annual **Listing of Outpatient Groups**. See page 8 for details.
- * Please send all **Newsletter submissions** to the editor; *email is preferred*:
orzecd@parknicollet.com. Fax, address and email information can be found in the masthead on page 2 of each issue. This will greatly facilitate our getting the Newsletter to you on time!

A Letter of Gratitude

Dear Women of MWP -

This is a long overdue update and thank you to all of you, not only for the farewell dinner and gift you gave me way back in February but also for your many nice words and the good memories I have of working with MWP.

Early last fall, I spent a weekend camping up on the North Shore and had a great time not only because of the weather and the company (the all-women Ethel Mertz Wilderness Club), but also because of the terrific gear I had with me. It took me six months to spend the stunning gift certificate you gave me to REI (impulsive I'm not), so I was well supplied. My most significant purchase was a high quality breathable rain suit—good-bye vinyl! - that I hope to still be using when I retire. I also got a nifty neon blue Leatherman tool, complete with scissors and cork-screw. A state-of-the-art wicking wool cardigan and a wonderfully compact but powerful laser flashlight completed my shopping. It was great to finally make a nighttime visit to the biff with a light beam strong enough to repel a raccoon.

Not only was I the envy of the other campers, it was nice to in a small way, bring all of you with me on my annual women's camping trip. I am so appreciative of the good things you all have brought to my life since I have known you. You were terrific to work with and wonderful to know. And I am still humbled by your expressions of gratitude.

As far as the rest of my life, I am busy primarily with volunteer things. We secured our first grant for Parents United for Public Schools, so that continues to demand a lot of me. I also continue to look for outside work: part-time, flexible hours, with benefits—I don't ask for much! With Ann and Dallas both in high school, I'm becoming familiar with the sense that our time of being together every day is speeding past. We are already looking ahead to college visits.

I miss seeing and talking with you all and hope this finds you well. I look forward to running into you from time to time.

Many thanks,

Eunice

Space Available

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. 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.

Welcome New and Returning Members!

*Irene Greene
Lois Janet*

Contributors to this issue

*Heidi Sauder
Deb Orzechowski
Dawn Ulrich
Linda Rodgers
Amy Swanson
Asha Mukherjee
Sue Babcock
Eunice Slager
Rebecca Buller*

Founding Mothers Award

This is the time of year within Minnesota Women in Psychology that we began to plan the annual meeting. With the annual meeting in mind, I would like to remind all of MWP members that this is also the time to nominate a member of MWP who has exemplified the qualities that we treasure within our wonderful organization. The Founding Mothers Award was established in the year 2000 by members of the Steering Committee. It was established to acknowledge a member of the organization who has made a difference in the field of psychology, in the lives of women and children, in the area of feminist activities, and in the Minnesota Women in Psychology organization itself. The past honorees have included:

2000 Ferris Fletcher
2001 Jane Silon Brodie
2002 Janet Thomas
2003 Susan Eckfeldt

The 2005 Founding Mothers Award recipient will be honored at MWP's annual meeting on Wednesday, May 11. The deadline for nominations is March 15. A form is included in this issue of the newsletter for your convenience. If you have further questions, comments, or concerns, please feel free to contact Dawn Ulrich at 507-345-4448 or by email at dmulrich@hickorytech.net. We have so many members of MWP that could be nominated. Please take the time to have us honor one of our members in this very special and public way.

—by Dawn Ulrich

A Call for Proposals

A Conference for Psychotherapists: “Bringing Eastern Wisdom & Practice to Life in our Work: Applications for Us and Those We Serve” is the first conference in the Midwest region to bring together those of us who are creatively integrating East and West in our daily personal lives and in our work with clients. We’re excited at the opportunity for educating and inspiring each other creating synergy, and developing our expertise as clinicians. The event will be held on Nov. 11-12 at the Radisson Hotel & Conference Center in Plymouth, MN. Program Proposal Forms are available at www.mnpsych.org. This event is hosted by the Minnesota Psychological Association.

—By Rebecca Buller

Used Books Desired

Marilyn Henken is looking for someone who is willing to sell their WAIS III and/or Woodcock Johnson tests (newest editions). Contact her at 763-544-3084.

Steering Committee Elections

The MWP Steering Committee invites members who have a desire to develop and participate in MWP activities, to learn leadership and organization skills, and to meet and network with professionally-minded colleagues to join the Steering Committee. The Steering Committee has a total of 14-16 members serving staggered terms of three years each, so that at any one time there are seasoned members continuing. New Steering Committee terms begin in May.

Whether you’re new to MWP or a longtime member, whether you’ve been on the Steering Committee before or not, we welcome you! Please use the form on page 11 of the Newsletter to nominate yourself or someone else (please contact nominee first to confirm her willingness to serve), or contact Heidi Sauder, hsauder@mn.rr.com, 612-747-1554.

—by Heidi Sauder

Second notice

MWP is looking for a newsletter editor. Deb Orzechowski’s term is up after the Annual Meeting. Please contact Heidi Sauder if you are interested.

Announcement

Part-time and Full-time therapist opportunities are available in Out-patient Programs and school-based Day Treatment Programs, working with children, adolescents, and families. If interested, please contact Susan Broadwell at 612-839-1339.

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

Call for Listings for the MWP Group Directory

The annual listing of outpatient groups led by MWP members will again be published in the April 2005 Newsletter. Some guidelines to follow:

- Include only groups that have an MWP member as a leader or co-leader.
- If you are leading the same groups you submitted last spring, you still need to re-submit all information.
- Please use the format given below. Group designations used in the past: Women, Men, Couples, Mixed Gender, Adolescents, and Consultation/Supervisions groups.
- Submit all contributions by March 1 to Deb Orzechowski, Eating Disorders Institute, 6500 Excelsior Blvd., St. Louis Park, MN 55426, or by email to orzecd@parknicollet.com.

EXAMPLE

Focus or Specific Population	Ongoing or Time-limited	When and Where	Contact
Women's Groups			
Childhood Sexual Abuse Survivors	Ongoing	Tuesday, 4-6 pm 4601 Excelsior Blvd., Mpls.	Janice Alden (612)927-0170
Mixed Gender Groups			
Bulimia Group	Ongoing	Alternate Thurs., 4-6 pm 4601 Excelsior Blvd., Mpls	Laura T. Dodge (612)927-0170

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 on Wednesday, May 11, 2005.

Please return the form **by March 15, 2005** 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.

Name of Person: _____

Address: _____

Phone: _____

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

Submitted by: _____

Phone: _____

Address: _____



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

Attention: Social Workers, Girls Program Specialists, Probation/Juvenile Officers, Teachers, Health Care Providers, Foster Parents, Residential Staff, Youth Workers/Advocates, Court Personnel, and all other women and men who care about the future of adolescent girls:

The Girls Coalition of Minnesota* proudly presents:

THE 15TH MINNESOTA CONFERENCE ON ADOLESCENT FEMALES



*"Girls Becoming Women: Igniting the
Power Within"*

Featuring Keynote Addresses by

Verna Cordelia Price, Ph.D.

Author of "The Power of People: Four Kinds of People Who Can Change Your Life"

Neil Tift

Director of Training for the National Practitioners Network for Fathers and Families

Lateefah Simon

Executive Director of the Center for Young Women's Development in California

Jane Evershed

Feminist and humanist artist renowned for her socially conscious art

*Musical Appearance by **Ann Reed**
& much, much more!!!*

April 11-12, 2005

(Note new days and location)

Four Points Sheraton
Saint Paul, Minnesota

This conference offers a variety of educational and creative learning opportunities for adults who work with adolescent girls--including workshops, panels featuring girls speaking for themselves, creative arts performances, and a book and resource fair. The conference is designed to enlighten, support, and inspire all professionals who are concerned about the future of adolescent girls.

For complete information, visit us on-line (beginning February 4th) at

www.mngirls.org

Questions? Contact:

Molly Oberweiser, 2005 MCAF Chair oberweiser@csp.edu

*The Girls Coalition of Minnesota is a membership organization that improves girls' lives by advocating for social justice, creating statewide connections and serving as a leading resource for adults who care about girls.

Nominations to the MWP Steering Committee

(See article inside, page 7; use this form, if desired, to nominate yourself and/or others)

Name _____

Address _____

Phone _____
(work) (home)

Name _____

Address _____

Phone _____
(work) (home)

Please sign your name _____
(Nominator)

RETURN THIS FORM BY MARCH 1, 2004 TO: MWP, 2040-166TH LANE NE, HAM LAKE MN 55304-5414

For Your Information

Thurs., Mar. 10
8:30—3:30
Bloomington
Stress, Depression, & Pain. Presenter: Barbara Sternberg, Ph.D. At Minneapolis Airport Marriott. Sponsored by Institute for Natural Resources. FFI:877-246-6336

Fri., Mar. 18
7:45—4:00
St. Paul
Comprehensive Treatment of Children & Adolescents with Bipolar Disorder. Presenter: Kiki Chang, M.D. At Radisson City Center. Sponsored by Institute for the Advancement of Human Behavior. FFI:800-258-8411

Thurs., Mar. 3
Bloomington
Fri., Mar. 4
Roseville
7:30—4:00
Challenging Geriatric Behaviors-Effective Strategies & Interventions. Presenter: Amy Boulware. At Holiday Inn Select International, Bloomington and Radisson Hotel, Roseville. Sponsored by PESI HealthCare. FFI: 800-843-7763.

Mon., Mar. 28
Roseville
Tues., Mar. 29
Bloomington
7:30—4:00
Assessment & Treatment of Borderline Personality Disorder. Presenter: Dr. Colleen Warner. At Radisson Hotel, Roseville & Hilton Minneapolis/St. Paul Airport, Bloomington. Sponsored by PESI HealthCare. FFI: 800-843-7763.

Tues. Mar. 8
Roseville
Wed. Mar. 9
Bloomington
7:30—4:00
Depression: Traditional & Non-traditional Treatment Strategies. Presenter: Dr. Ed Lauritsen. At Radisson Hotel Roseville & Holiday Inn Select International, Bloomington. Sponsored by PESI HealthCare. FFI: 800-843-7763.

Thurs., Mar. 17
Roseville
Fri., Mar. 18
Bloomington
7:30—4:00
Attachment & Bonding: New Strategies and Interventions for Mal-Attached Children. Presenter: Katharine P. Leslie, Ph.D., CFLE. At Radisson Hotel Roseville & Holiday Inn Select International, Bloomington. Sponsored by PESI HealthCare. FFI: 800-843-7763.

Fri., Feb. 18
7:30—3:00
St. Louis Park
Eating Disorders: Awareness & Education. Presented by the Eating Disorders Institute's multidisciplinary team of professionals, including a doctor, licensed psychologist, registered dietitian, registered nurse and physical therapist. At Park Nicollet Clinic in St. Louis Park. Sponsored by the Eating Disorders Institute. FFI: 952-993-3924.

Fri., Feb 4
8:30—4:00
St. Paul
Treat the Children Well: Necessary knowledge for providing good mental health care for children. Presenter: Anne Gearity, Ph.D., LICSW. At Continuing Education and Conference Center St. Paul Campus, U of M, St. Paul. FFI: 651-293-1935

Sat., Mar. 5
8:30—4:00
St. Paul
The Present Moment in Psychotherapy and Everyday Life. Presenter: Daniel N. Stern, M.D. At The University Club, St. Paul. FFI: 952-920-7378.



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Ham Lake, MN 55304-5414

ADDRESS SERVICE REQUESTED

Dated Materials: February 1, 2005

Mark Your Calendar

- ✍ Saturday, February 12, 2005***
Private Practice Group, Cornerstone Therapy & Recovery Center, 9:30—11:30 AM
- ✍ Tuesday, March 1, 2005***
Deadline for April 2005 Newsletter
Deadline for submissions to the MWP Group Directory
- ✍ Sunday, March 6, 2005***
Steering Committee Meeting, 2:00—3:30 PM
- ✍ Thursday, March 10, 2005***
Fireside Chat, Colonial Church of Edina, 6:15—9:15 PM
- ✍ Saturday, March 12, 2005***
Private Practice Group, Black Bear Crossings Coffee House, 9:30—11:30 AM
- ✍ Tuesday, March 15, 2005***
Deadline for Nominations for the Founding Mothers Award
Deadline for Nominations for the MWP Steering Committee
- ✍ Thursday, March 31, 2005***
Deadline for Applications for the MWP Doctoral Dissertation Grant
- ✍ Wednesday, May 11, 2005***
MWP Annual Meeting, Methodist Hospital, 5:00—8:00 PM
- ✍ Saturday, June 18, 2005***
MWP Steering Committee All-Day Meeting, 10:00—3:30