



Minnesota Women in Psychology

June 2004

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

Annual Meeting

Your presence is requested at the MWP's Annual Meeting on

Wednesday, June 2nd

from

6-8:30 pm

at the

Colonial Church of Edina, 6200 Colonial Way, Edina

Michelle Neujahr's keynote is sure to motivate and challenge you to create excellence in your relationships and career. Michelle states that she challenges individuals to "embrace change, increase productivity and develop their true potential no matter what their circumstances."

Please RSVP at once to Heidi Sauder, Ph.D., LP at 612-747-1554 or hsauder@mn.rr.com. Twenty dollars for attendance will be collected at the door.

Certificates of attendance will be issued at the end of the Meeting for members who are interested in receiving CEU's for their attendance. Michelle will also have copies of her book, *Hey, Girlfriend! Live Passionately Real* for sale after her keynote address.

Annual Meeting Schedule of Events

6-6:30 pm	Socializing Get acquainted with members you have not met and reconnect with friends. Light food and drinks will be served.
6:30-7 pm	Annual Meeting
7-8:00 pm	Keynote Address with Michelle Neujahr
8-8:30 pm	Networking

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Newsletter Editor: Deb Orzechowski

Assistant Editor: Amy Swanson

Production Coordinator: Susan Johnson

Web Site: www.womenpsychologists.org

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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: MWP, 2040-166th Lane NE, Ham Lake, MN 55304-5414, 763-413-6947.

2003-2004 Steering Committee

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Amy Swanson

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Hina Zamir

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 as I travel through the first six months of motherhood. Lauren is a delight and the center of my world. My psyche and body are adjusting to the constant state of flux motherhood brings. I am still sleep deprived and wonder where my memory went but I am engulfed in the wonder that every day holds. Each morning as I put clothes away that Lauren has outgrown I beg her to "slow down." Becoming a mother has also given me added appreciation of the awesome power women bring to the world as mothers, friends, and leaders.

The Annual Meeting this year has been planned with the aim of supporting and inspiring women to use the power they hold to create excellence in their relationships and careers. Please plan on joining friends you have made in MWP at the Annual Meeting on June 2nd at the Colonial Church in Edina. Check the front page of the Newsletter for details of the evening's schedule that will include time to reconnect with friends and make new acquaintances.

Connection with other MWP members can also be fostered through participation in MWP events. Some members took advantage of this opportunity to connect with other members and increase their social and diversity awareness through their attendance at the quarterly book club organized through the Social Action Committee. Please check the newsletter for details on the next book chosen to read and discuss and participate in this meaningful event.

The Personal Development Committee experienced another provocative evening at their Fireside Chat with Steering Committee member, Nili Sachs, Ph.D., MFT, discussing therapist body image. Fireside Chats will continue in the Fall and bring members a chance to sit down and discuss important personal and professional issues with each other.

The Professional Issues Committee has received positive feedback from mentors and mentees regarding their matches under the mentor program. Thank you to those who notified MWP with their grateful comments. Future Newsletters will include interviews with mentors and mentees on how their relationships are developing and giving others ideas for their own mentoring pairings.

The Committees on the Steering Committee work hard to bring MWP members valuable events and services. No one exemplifies the work Steering Committee members do more than Jane Whiteside, Ph.D., LP. Jane has finished her term of serving on the Steering Committee and will be deeply missed for her gracious personal style and her consistent work ethic. I wish to express my personal appreciation to Jane for making me feel welcome when I joined the Steering Committee, for her graciously offering her assistance to me when I started my professional practice, and for being a guide I relied on Chairing the Steering Committee this last year. I treasure the time I have been able to spend with Jane and wish Jane only the best in her continued personal and professional growth.

Jane and the other valued volunteers in MWP will be honored at the Annual Meeting. I will look forward to seeing you there.

 In Health,

Heidi A. Sauder, Ph.D., LP



Fireside Chat a Success

Nili Sachs was the featured speaker for the second presentation in the Fireside Chat series on Thursday, March 25. The program, entitled “Therapists’ Reflections on Body Image... And Beyond,” focused on the interaction of therapists’ and clients’ body image issues. Nili provided contextual information on the high level of body image dissatisfaction that permeates people in our society—especially women—and how it cannot help but play itself out in therapy. She offered tips for therapists to use in practice when these issues emerge, such as focusing on process instead of content when clients comment on our appearances. There was much agreement among the presenter and participants about the nature of these issues.

What seemed to be most engaging to participants were the anecdotes and metaphors offered by the presenter. As one example of what was shared, Nili spoke eloquently about the writings of Anne Frank. She indicated that Anne Frank’s original diary contained Anne’s expressions of delight about her own body and her budding sexuality. When her memoirs were later to be published, another version was printed. This second version omitted all of the observations and feelings that Anne had expressed about her body image—the result being the riveting commentary on survival during the Holocaust with which we are most familiar. A third version emerged later on when a relative of Anne’s published his own interpretation of her writings which were also free of her personal changes and observations. Nili gave us a glimpse into the story behind the more well-known story of Anne Frank by emphasizing the coming-of-age aspects of it. She posed the question, crystallizing the theme of the night’s topic, “Which version will you be?”

Participants also seemed to enjoy having a chance to talk openly among other professionals about issues that are rarely validated. And that is one of the many potentials of this series—a forum for therapists to discuss their experiences about the work they do and to explore the complexity of what goes on in the minds and hearts of those doing that work. For this to happen, it will take all of our efforts—as participants at the events and as presenters of the topics that are relevant to the therapists’ side of the relationship.

Nili herself added, “Before and after our Fireside Chat, several therapists shared with me that it would have been hard for them to share in front of groups of therapists. From my experience, though public speaking is not easy, one of the finest audiences to present and to speak to are...therapists! The unusual amounts of expressions of empathy, resonance with the material, and articulation of feelings are some of what I took home with me. I want to encourage more therapists to present and share—your expertise, your unique observations, your jewels of knowledge (as in ‘pearls of wisdom’) will not only be received with respect and appreciation but they are also important for the progress of the therapeutic process.”

—Amy Swanson



Social Action Committee Update

As noted in previous newsletters, one of the ways MWP’s Social Action Committee is continuing its focus on immigrant populations is with a book group where interested mental health professionals can discuss books that provide insight into the experiences of the newest Minnesotans in our communities.

The first group met on April 3 for a discussion of “The Spirit Catches You and You Fall Down” by Anne Fadiman. The next meeting is scheduled for Saturday, July 10, at 1:00. The book we will be discussing is “The Sewing Circles of Herat: A Personal Voyage Through Afghanistan” by Christina Lamb (Amazon.com has a great summary of the book, if you want a taste of what it’s about before buying it).

The July 10 book group meeting will be at the home of Jennifer Holt, 2350 Kewanee Way, Golden Valley, MN 55422.

For more information or to indicate interest in the group (and receive directions if needed), call Judith Lies at 612-343-1623 or email Jane Whiteside at janewhiteside@earthlink.net.

—Jane Whiteside

Welcome New and Returning Members!

Marnette Doyle

Joann M. O’Leary

Maureen Ulbee

A Brief History of Women in Psychology

—by Amy Swanson

Historical accounts of the development and growth of the field of psychology typically have neglected to focus attention on the contributions of women. Though women clearly were contributing to the field early on in its development, much of the neglect towards their accomplishments seems to be due to the low status of women at the time, and over time. It is important, as contemporary women practicing in our field, to remember those who preceded us, especially given the enormous barriers they were up against as they established a sound place for all women in psychology.

In the nineteenth century, the expectation was for women to conform to a traditional feminine social role which progressed from a relatively carefree childhood to an adolescence which focused on training in domestic skills to an adulthood consisting of marriage and motherhood. There was a prevailing sense of male superiority and theories abounded regarding the uneducability of women in higher education settings. Over time, women began to insert themselves into the higher education equation more and more—around the same time that more social science programs were becoming available in colleges and universities.

From early on in the profession, let us remember Hermine von Hug-Hellmuth (1871-1924), a pioneer who extended Freud's work and was the first to explore the use of play therapy in child psychoanalysis. Then there was Augusta Fox Bronner (1881-1966) who led the charge in the development of the child guidance movement and recognized that psychoanalysis and clinical psychology could be paired in the study and treatment of children's disorders. As these, and other, early women psychologists emphasized the importance of childhood, they both cemented a role for women as psychoanalysts and drew attention to the important role of mothers in child development. For a time, their work also helped support theories that blamed mothers for the origins of mental illness (e.g., the "schizophrenogenic mother").

However, it was also women's work in psychology that broadened the focus of factors that impacted mental health by including the interpersonal and cultural processes affecting human functioning. Thus, child rearing was given a context, allowing for a deeper and more complex understanding of child development.

Over time, women were drawn to the social science programs that were becoming more readily available. There were distinct challenges for women to overcome to be granted admission into colleges and universities. For instance, many academic institutions excluded women altogether from doctoral programs and those who accepted women often required its female applicants to explain outright how they would combine career and family. Additionally, those who were able to go on to obtain doctoral degrees and to eventually teach at the college level faced many barriers, no matter which degree program in which they taught. For one, as women were not allowed to teach men, most women were relegated to teaching only in women's colleges. And once they secured jobs in academia they had limited privileges as faculty, had little to no support for research, and were not given the opportunity to achieve tenure (and the job security that comes with it). Moreover, women faculty automatically had to forfeit their jobs when they got married—even if they worked at women's institutions. Despite those barriers, women continued to contribute to the field. Helen Flanders Dunbar (1902-1959), for instance, was a major theoretician on the correlation between personality type and physical illness and was the editor of the journal, "Psychosomatic Medicine." Ruth Howard (1900-?) was the first black woman to earn a Ph.D. in psychology in 1934. She started in social work, later moved to psychology, and focused her work on developmental issues as well as on the need for multicultural training for clinicians. Clara Thompson (1893-1958), foreshadowed the feminist movement by articulating the personal, social, and cultural conflicts

of women and asserting that culture—not biology—explained the at-that-time popular notions of women's inferiority to men. Mamie Phipps Clark (1917-1983), a black woman psychologist, opened the first full time comprehensive child guidance center in 1946, offering psychiatric, psychological, and casework services to children and families in the Harlem area. These women worked to shape the field as well as the broader perceptions of women's capabilities.

Women, as a whole, became more ingrained in the workforce during World War II. As increasing number of men joined the armed forces to fight in the war, women made their contributions to the war efforts and by taking on the jobs that men left vacant—jobs that often involved hard physical labor. Again, the stereotypical notions of women's abilities were challenged. However, after the war, and into the 1950s, women were expected to leave the jobs that they had filled and were again urged to stay at home and to focus on the feminine gender role. There was a resurgence of male superiority theories at that time as gender roles were being questioned by both men and women.

During the 1960s, there was renewed social reform within the civil rights movement and feminism gained momentum. Feminists challenged the notions of biological determinism and turned the attention on previously ignored or trivialized issues such as incest, violence against women, and poverty and developed new approaches to treating those issues. Rounding off the decade, in 1969, the Association for Women in Psychology (AWP) was founded. AWP is a "not-for-profit scientific and educational feminist organization" which allows for "broader-than-psychology membership" and promotes feminist activism among female therapists. By the end of the '60s, women were gathering strength as professionals in psychology. Sandra Wood Scarr (1936-present) studied biological and environmental variables in intellectual development. Her work

with the interpersonal stimulation of premature babies changed the standard for neonatal practice in the care of premies.

The 1970s ushered in a boon to women's professional work in the field of psychology and others. In 1972, with the enactment of Title IX of the Educational Amendments of 1972, women's rights were solidified. The aim of the amendment was to increase efforts to promote educational and employment opportunities for women. Soon after Title IX was enacted, in 1973, the American Psychological Association established its Committee on Women in Psychology (CWP). The CWP's Mission was to advance psychology as a science, a profession, and a means of promoting health and human welfare by ensuring that women achieved equality as members of the psychological community. It served, and continues to serve, as an organizing base that helps to increasing women's roles and functions within the profession. The CWP continues to work for those same efforts with their stated goals for 2003 including: promotion of the health and well-being of all women, identification and elimination of discriminatory practices against all women, and promotion of the contributions of women to psychology. Their efforts have served to increased broader interest in women's mental health issues. Feminist researchers aligned with the CWP have explored neglected areas in women's lives—menopause, breast cancer, body image and eating disorders, sexual harassment, and dependency. Prior to feminist research such as from the CWP, theories about women's mental health often neglected to put those issues within a sociocultural context and, thus, often justified the disadvantaged status for women. The 1970s truly were a decade of growth for women in psychology. Laura Brown (1952-present) is an example of those who advanced the field through her work. A Jewish, lesbian, feminist psychologist, Brown continues to work with therapist misconduct issues and integrates social justice issues, such as discrimination, into her work in psychology. Another clinician, Camille

Wortman (1947-present), has dedicated her work to finding treatment approaches for those who are survivors of sudden traumatic loss,

More locally, Minnesota was not isolated from the excitement of the times. In 1977, Minnesota Women in Psychology (MWP) was founded with the purposes of promoting the professional development of women in psychological professions, informing members about ideas and issues that affect women, developing network and support group systems, and taking action in the best interest of Minnesota women. MWP encourages women in our field to use their own voices by giving presentations, taking on leadership positions, mentoring others, and exchanging ideas and expertise. In 1981, the Minnesota Women's Consortium (MWC) was founded. A one-of-a-kind statewide collaboration of 170 member organizations, MWC serves as a resource center to enhance the equality and justice for women and children by raising awareness of women's issues, sound public policy, and the full equality for women.

Though women have made significant contributions to psychology since early on in the profession, these contributions have often gone unrecognized. However, it is clear that the profession is shifting and that the recognition that women in the profession—past and present—is still needed and valued. As one marker of the growth of women's involvement in psychology, in 1950 only 14.8% of the doctorate degrees in psychology were granted to women and that rose to just 17.5% in 1960. There were increases in the 1970s and 1980s with 1984 being the year that men and women were granted doctoral degrees in equal proportions. In 2000, 66.6% of women were granted doctoral degrees in psychology. Clearly, there is a welcoming place for women in this social science niche. As we look back at the contributions of the women from the past and the women we work with and know today, it becomes even more apparent that every woman's contribution to our field is important and deserves recognition, support, and appreciation.

Resources:

Websites:

- Women's Intellectual Contributions to the Study of Mind and Society: www.webster.edu/~woolfilm/women.html
- Association for Women in Psychology: www.awpsych.org
- Women in Psychology: www.psychology.okstate.edu/museum/women/page3.html
- Minnesota Women in Psychology: www.womenpsychologists.org
- American Psychological Association's Committee on Women in Psychology: www.apa.org
- Minnesota Women's Consortium: www.mnwomen.org

Printed Materials:

- American Psychological Association (2003). *Women in the American Psychological Association*. American Psychological Association: Washington, DC.
- Howard, J.D., Pion, G.M., Gottfredson, G. D., Flateau, P.E., Oskamp, S., Pfafflin, S. M., Bray, D.W., & Bursteen, A.G. (1986). The changing face of American psychology: A report from the Committee on Employment and Human Resources. *American Psychologist*, 41, 1311-1327.
- Russo, N.F., & O'Connell, A.N. (1992). Women in psychotherapy: Selected contributions. In D.K. Freedheim *History of psychotherapy: A century of change*, p. 493-527. American Psychological Association: Washington, DC.
- Scarborough, E. & Furumoto, L. (1987). *Untold lives: The first generation of American women psychologists*. Columbia University Press: New York.
- United States Department of Education, National Center for Education Statistics (2001). *Digest of Education Statistics. Postsecondary Education*.

Contributors To The Issue

Nina Holiday-Lynch

Deb Orzechowski

Amy Swanson

Heidi Sauder

Jane Whiteside

Spotlight on a MWP Member

By Nina Holiday-Lynch

As I was writing this piece it became more apparent to me that I have come almost full circle in my therapy practice journey. Back in 1988 after 20 years of several careers and child raising, I attended a Split Rock workshop in Duluth titled, Imagery and Healing. Because of my own use of meditation, yoga and imagery at the time, I was familiar with the holistic body/mind skills. Yet, this workshop was powerful and became the impetus for a life shift for me. I decided I wanted to earn my living doing this kind of holistic work. I pondered how to get there.

Right at this time, serendipitously, a good friend who was receiving biofeedback for some medical concerns, really supported me to look into that modality. As a biofeedback therapist I could earn money and be involved in holistic work by using the instrumentation to read back to the client how their breathing, thoughts and feelings affected their muscle tension, sweat response and body warmth. I began under supervision to study biofeedback. I studied by day and worked a job by night. Finally, after two years I became a nationally certified biofeedback therapist. I began my first holistic work. With a colleague I started a private practice, but after one and half years was invited to join Fairview Medical Center as a biofeedback therapist in their chronic pain center.

During this time, feeling the need to expand my knowledge of psychological diagnoses and skills, I decided to enroll in the counseling psychology, graduate program at St. Mary's University. I also developed hypnosis skills by becoming a participating member of the Minnesota Society of Clinical hypnosis, attending workshops and being involved over several years in a consultation group with other clinicians. After four years of being a biofeedback therapist at the pain center, I became licensed as

a psychologist and joined Fairview's outpatient clinics in Elk river and Edina and did strictly counseling with no biofeedback. During my years at the clinic, I truly learned so much and enjoyed my time there. I worked with a wide range of client issues and became more adept at psycho social intakes, diagnosis, treatment planning and case management. However, I found myself getting farther and farther away from my original enthusiasm and connections with the alternative therapies which had given me such a sense of richness and possibility for my clients as well as my own life.

Feeling the need for change, I decided to go into private practice two years ago. I began to sublet space from two colleagues in an office in West Bloomington. I love the greater flexibility of private practice and feel a greater freedom in presenting more therapy options to clients. I continue to work with chronic pain, psycho physiologic diagnoses, eating disorders as well as many other client issues and diagnoses. I enjoy the blend of traditional psychotherapy and alternative therapies which support growth and change for my clients. My practice is half time practice. I feel blessed to be able to work part time while attending a number of other pursuits and family life.

Among these other pursuits is art making. For the last six years I have been developing my own fine art skills. In the early 60's I had four years of formal art training. As life went on I kept hoping to return to art making but the busy process of life, family and work kept getting in the way. I'm now at a point where I am painting regularly and have even begun exhibiting and selling some of my work. This aside about my art is really an integral part of me and why I am in a holistic psychotherapy practice. Art making in some ways is much akin to imagery, hypnotic space, energy work and meditation. I'm beginning to incorporate when appropriate, art therapy exercises with clients.

Over the last few years in tandem with the art making and private practice, a colleague and I have developed creativity groups for adults. We call these groups "Playshop." Playshop is not therapy—it is rather a way for participants to discover their creativity. A way using a variety of group exercises incorporating play and spontaneity. In Playshop we see each participant as unique and growing in that uniqueness with the support of the group. We celebrate each person's differences. We have been doing Playshop for three and a half years and offer a monthly group for men and women and a twice monthly group for women who are 60+. Playshop is quite accessible since it is affordable for almost anyone. It has been a joyful experience for us to witness the development of our Playshop members in an environment of support and validation.

Playshop is a great transition for clients who, whether still in therapy or not, need continued ego strengthening and group support. We as presenters and our participants offer each other creative thinking, exercises and ideas. Because of ethical considerations, we do not refer our own clients to Playshop until at least two years after therapy but we do accept referrals from other therapists.

I continue to develop skills such as therapeutic touch and energy therapies like Qigong. These modalities are used with full respect to the rules of ethics and professional boundaries of my licensure. I am, at this point in my career, so grateful for the gifts, skills and opportunities I have received through the years.

Finally, I really need to say that I do believe that a shift and transformation can occur for our clients when they have more options to access that will be effective, appropriate and healing for them. A holistic approach has proven rich treasure for myself and my clients.

Personal Development Committee Update

The Fireside Chats are officially a series! The Personal Development Committee is so pleased to have held a very successful second Fireside Chat on Thursday, March 25, 2004. The chat featured Nili Sachs, who is one of MWP's Steering Committee members. Nili spoke on therapists' body image issues in relation to their clients' body image issues and the therapeutic challenges and opportunities that can emerge. She illustrated her presentation with anecdotes and metaphors that engaged the audience and drew out thoughtful discussion. The success of the event is due to the contributions made by our speaker and participants alike. The Personal Development Committee will continue to collaborate with the Women's Division of MPA to hold additional chats in the future with the next chat to be held in fall of 2004. We have had a couple of therapists express interest in presenting and we will bring you information on topics, times, and dates as soon as possible. With the series' focus on the therapists' side of the relationship, there is unlimited potential for topics that will appeal to most every therapist at some point. Please share your expertise with us and get involved with the Fireside Chats as a presenter and/or participant.

—by Amy Swanson

LICENSED PSYCHOLOGIST / LICENSED SOCIAL WORKER: Seeking a clinician as an Independent Contractor to join our Rule 29 practice, located in a beautifully wooded, lake view location. We have an excellent reputation in the community, with a strong, committed, interdisciplinary team focused on a group practice. Candidate must be "EMDR" trained, and have a willingness to market and grow their practice. Please submit resume to: Nancy Kampa, MA, LP, Birchwood Centers, Inc., 9531 West 78th St, Suite 350, Eden Prairie, MN 55344, Or Fax to: 952-942-5287

For Your Information

In this section, *For Your Information*, we print items of particular interest to women psychologists, MWP members, and women clients. Most of the programs listed here for professionals offer CEU's for psychologists, or have applied for them. Be sure to confirm before registering, if CEU's are important to you.

Items for this section are limited to approximately 30 words; exceptions for that policy are made for non-profit organizations which serve primarily women (e.g., YWCA, Women's Consortium, Continuing Education for Women, etc).

A special service for members of MWP who are offering services, events: you may contribute items for *For Your Information* irrespective of whether the event is aimed for women. All other events (those which are not presented by MWP members) must be of particular interest to women in order to be included here. The Editor often uses her own judgment in determining if the event is of particular interest to women, e.g., events which address issues of families and children.

Client Groups/Classes Available

Group for women sexually abused as children: Cynthia Crandall, Psy.D., LP will lead a time-limited psycho-educational group for 8-10 weeks for 1 1/2 hours per week. Topics include sexual abuse as trauma; chronic effects of childhood sexual abuse; family dynamics, rules and dysfunction; coping with the aftermath of abuse; and adult survivor issues. FFI: Cynthia Crandall, 612-803-7368.

Mind/Body Program for Infertility: Jeanette Truchsess will lead a ten week program starting Tuesday, April 20 from 6:00—8:30 pm. The full day couples retreat will be Sunday, June 13, 10:00 am—4:00 pm. At the Carondelet Center at the College of St. Catherine. FFI: Jeanette Truchsess, 651-226-4704 or doctor-jeanette@comcast.net.

Women's Chronic Illness Group: Linda Rodgers will lead on ongoing group on Tuesdays from 3:00—4:30 pm at 1144 Grand Ave., St. Paul. FFI: Linda Rodgers, 651-698-1457

Consult Group Request

Counselor in private practice is looking for a consult group to join, or for people interested in starting one. She is willing to have members meet at her office in Golden Valley, or can travel elsewhere in the Twin Cities. Ideally, she would like to meet weekly or twice a month. Please contact Jennifer Holt at (763) 521-4684, drjenniferholt@yahoo.com

Space Available

Apple Valley/St. Louis Park: Part-time office space available. Contact Deborah Haddock at dch@visi.com or 612-940-0653.

St. Paul: Beautiful office to sublet one to two days a week and evenings. Quiet, comfortable, right on Grand Ave near Lexington; phone number and voicemail available too. You will love this office! FFI: Linda Rodgers, 651-229-6962

Highways 394 and 100: Office and waiting room available. Part-time (days, weekends, eves) Contact Penelope Ogden at 952-546-5440.

Ridgedale area: Large office with deck overlooking pond available one half block off 393 across from Ridgedale. Ideal for practitioner looking to share space with established experienced clinicians in five office suite. Contact Rita Benak at 952-593-3627 or Alan Braverman at 952-591-9338.

Office Sublease Available: Baker Court Office Building, 821 Raymond Avenue, Suite 100, St. Paul, MN 55114. Prime office space sublease available now. Perfect for therapist, lawyer, or massage therapist.: Large office, ideal for groups, family or one to one work. Part or full-time options available. Rates are \$100 per month for 1/2 day per week, \$200 per month for one full day per week. Rates negotiable for larger sublease time options. Lease takeover also an option. Office furnished, with phone, fax, waiting area, copier, included. Call Sharon Stein McNamara, Ed.D., Licensed Psychologist at 651-251-0369



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

ADDRESS SERVICE REQUESTED

Dated Materials: June 1, 2004

Mark Your Calendar

- **Wednesday, June 2, 2004**
Annual Meeting of the Minnesota Women in Psychology
- **Saturday, July 10, 2004**
Book Group
- **Saturday, July 24, 2004**
Steering Committee All Day Planning Meeting
- **Wednesday, September 1, 2004**
Deadline for the October Newsletter