



# Minnesota Women *in* Psychology

## October 2005

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

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### **Note From The Grant Recipient**

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**D**ear MWP Scholarship Committee:

Thank you for your support of the “MWP Doctoral Dissertation Grant”. As this year’s recipient, I am grateful for the opportunities this award will provide me. I rely on financial aid and student loans to help finance my education and receiving this scholarship will reduce my financial need and allow me to continue pursuing my doctorate in Counseling Psychology.

Attending the University of Minnesota to obtain my doctorate in Counseling Psychology has always been a professional goal. More recently, my professional goal is to increase the body of knowledge about strategies that women and families can use to effectively balance their work and family lives. With the support of this grant, I hope to help women in Minnesota and all of the country by informing individuals, families, counselors, policymakers, and employers about effective strategies to manage their work and family lives.

Once again, thank you for supporting my work at the University of Minnesota. Your generosity truly makes a difference.

Sincerely,

Heather A. Mortensen

### **Mark Your Calendar**

**Saturday, October 8, 2005** - Private Practice Group

**Thursday, November 3, 2005** - Fireside Chat

**Tuesday, November 1, 2005** - Deadline for the December Newsletter

**Saturday, November 12, 2005** - Private Practice Group

**Thursday, February 2, 2006** - Fireside Chat

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## Newsletter Editor: Position Vacant

Production Coordinator: Susan Johnson  
WmPsychlgy@aol.com

Web Site: [www.womenpsychologists.org](http://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.

Newsletter printed by Print Plus

**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.

## 2005-2006 Steering Committee

Heidi Sauder, Chair  
Linda Flies Carole  
Sarah J. Egbers  
Sara Gurganus  
Andrea Northwood  
Nili Sachs  
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

**D**ear Women in Psychology,

I am excited to see what this year will bring for Minnesota Women in Psychology. As many of you know, over the last handful of year's membership numbers and membership participation in leadership roles has lagged. Unfortunately, this situation is not unique to MWP but today plagues many women's organizations. The issues underlying numerous women's organizations disappearing and many others faltering are complex and numerous.

The current Steering Committee is committed to the revitalization of MWP. With this goal in mind, the Committee will work towards exposing issues that hinder the organization and explore opportunities and options for growth and change. The Steering Committee is currently evaluating the utilization of a consultant with expertise in growing organizations and experience with women's issues. If you would like to be part of this dynamic process, please contact me at [hsauder@mn.rr.com](mailto:hsauder@mn.rr.com) or 612-747-1554.

As always, the Steering Committee is interested in hearing your ideas, feelings, concerns, recommendations and insights.

In Health,



Heidi A. Sauder, Ph.D., LP

## Announcement

Our thoughts and best wishes for a full recovery to Char Follett.

Vicki Saulitis, M.A. Counseling Psychology and Certified Job and Career Transition Coach is pleased to announce the opening of, Career Crossroads, LLC, a career counseling practice for women located in the Uptown area of Minneapolis. She brings to her counseling practice over eight years of experience at the College of St. Catherine as a career development specialist where she developed a strong understanding of the complexities of issues women bring to their careers including finding balance, purpose and meaning during their changing life roles and responsibilities. Career Crossroads, LLC offers a broad spectrum of career counseling services, from self-assessment, including testing (MBTI, SII, values and skills), to occupational exploration to teaching job search skills. Another area of focus offered in her practice is exploring the impact of a cancer diagnosis on career issues and decision-making. As a cancer survivor, Vicki offers a unique combination of expertise, understanding and perspective to help clients redefine the place of a career in their lives. *For more information visit her website at [www.careercrossroads.us](http://www.careercrossroads.us) or contact Vicki at 612/872-4244, [vicki@careercrossroads.us](mailto:vicki@careercrossroads.us), Career Crossroads, LLC 2736 Lyndale Ave. So. #212 Mpls., MN 55408*

MWP has a volunteer **position open for a Newsletter Editor**. Please contact Heidi Sauder at [hsauder@mn.rr.com](mailto:hsauder@mn.rr.com) or email MWP at [WmPsychlgy@aol.com](mailto:WmPsychlgy@aol.com).

MWP has an interim **position open for a part-time Consultant** who specializes in the growth of women's organization to assist MWP in the expansion of our current organization. Please contact Heidi Sauder at [hsauder@mn.rr.com](mailto:hsauder@mn.rr.com).

# The Good, The Bad, and The Ugly

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**A**s a Steering Committee member for MWP for the past two years, I have been so impressed with the experiences that I have had through my involvement with this organization. Equally so, I have been disappointed and concerned at the wane in our numbers on the Steering Committee. At each event I attend, I repeatedly hear about how much MWP is valued by its members. And yet, over the past year or so, as those Steering Committee members who have provided service to the organization have moved on, there have been few people stepping up to fill those vacant leadership positions. I cannot say that I understand all of the reasons underlying what is currently happening to our organization. But, as a member of MWP and a member of the Steering Committee, I can say that I understand why I take my outside-of-work-and-all-other-obligations time to be involved in supporting and furthering MWP.

## The Good

- MWP is the only women's professional psychological organization in the country. We are fortunate to have this unique forum for women in our field.
- Being involved in MWP does not have to take a long time. Steering Committee meetings are held only once every two months and the work you put into the subcommittee you may serve on is rarely time-intensive.
- MWP continuously brings its members thought-provoking, stimulating, and engaging programming to address its members personal and professional needs. These may occur in the form of workshops, book groups, fireside chats, etc.
- Networking, networking, networking!
- MWP provides support to you and for your work as psychologists in a variety of ways, such as by providing mentoring for new professionals in the field, offering continuing

education programming, advertising your businesses in our newsletter, and much, MUCH more!

- MWP offers low-key, non-threatening opportunities to grow in your leadership skills and give back to the organization to which you belong.
- We recognize our members via our Founding Mother's award and the Spotlight on a member articles in our newsletter, among others.
- Our newsletter keeps you informed and in touch with other members. It allows you to advertise your businesses/services. It affords you the opportunity to write in and express your valued points of view!
- MWP promotes the development of future professionals in our field, such as through the scholarship program.
- Those in private practice can benefit from our private practice groups that offer support as well as information to help you in your business.
- MWP is a warm, affirming, welcoming organization that promotes collegiality and friendship among its members.
- The opportunities and offerings that occur are varied and will continue to change as the interests and energies of its members change, making MWP a dynamic, responsive, and member-focused organization!

## The Bad

- The Steering Committee has only about half of its positions filled.
- There is only so much that the current Steering Committee members can continue to sustain over time.
- The fewer people in leadership positions on the Steering Committee, the fewer of these wonderful offerings (see above, "The Good") you will be able to experience.
- As leadership in MWP wanes, there will be a question of the direction that the organization may

take.

- With fewer offerings, the morale and scope of what MWP brings to its members can potentially suffer.
- Without YOU on the Steering Committee, now or in the (near) future, everyone in MWP loses because we never find out all the expertise you have to share.
- You get to keep hearing about this issue until it is resolved!

## The Ugly

- Let's take this to its worst possible conclusion. Decreased leadership leads to decreased things we can offer (we can only do so much!). Decreased offerings lead to decreased membership (what's the use of belonging if there's not much benefit?). Decreased membership leads to decreased MWP (i.e., bye-bye).
- Think about the impact that there would be in your own lives if MWP did not exist or did not continue to function as it currently functions. Who loses out if there is no mentoring or scholarship program? What if there were no private practice group? Where would we go to discuss our work without the Fireside Chats? Which connections would I lose if I didn't attend MWP events?
- Plain and simple, this is OUR organization, as members of MWP. Without YOU, and your participation in leadership (as well as by coming to the events held), what is this organization? We are fortunate enough to be able to share in the joys of what MWP brings. We also need to share the responsibilities for it (and, REALLY, there is some joy in THAT as well!). Let's not allow our organization to stagnate or die out at this time. What can you bring to the table?
- All of this is obvious and requires no preaching and yet, here I am, preaching away with the obvious answers to the problem. HELP (MWP, not me)!

—Amy Swanson



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ADDRESS SERVICE REQUESTED

***Dated Materials: October 1, 2005***

## ***Space Available***

**Office Space Available:** Private Practice has one office available with large windows to sublet either full time or part time. Office is in a two office suite with furnished waiting room. Includes use of copier/fax, water service, coffee/tea, magazines, etc. Located at 900 American Blvd. E. in Bloomington -- south of I-494 and west of the Mall of America. Contact Suzanne Krueger, Psy.D., LP at (952) 854-7771 for further details.

**Licensed Psychologist** seeking other professional to lease office space in Woodbury, MN. Two office locations have been viewed – both in professional buildings with many amenities. One is next to Woodwinds Hospital and the other just off Valley Creek Road and Currell Blvd. Looking to move my private practice from St. Louis Park, MN to Woodbury by Oct. 31<sup>st</sup>. For further details about the office space or any other questions, please contact Laura Nelsen, LP at 952-924-0176 or email at [dlnelsen@comcast.net](mailto:dlnelsen@comcast.net).

**Elegant excellently located office to sublet!** Superb setting, all the amenities (zeros, fax, kitchen, testing room) five other experienced estinicians. 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.

**Golden Valley: Office space** for rent at a convenient location with access to Highways 394, 100, and 55. Deluxe 4 suite is architecturally-designed and recently remodeled. Rent includes phone, voicemail, copier, fax, networked printer, internet access, file cabinet, utilities, cleaning service, security, convenient free parking, furnished waiting room, and break room. Please call 763-595-7294, ext. 410.

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