



# Minnesota Women in Psychology

## Spring 2007

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

### 30th Anniversary Celebration Minnesota Women in Psychology Annual Meeting

**Luncheon with Recognition and Awards**

**Educational Panel Presentation on "Looking Toward the Future"**

**Friday, May 11, 2007**

**11:30 am - 3:00 pm**

**St Paul Hotel, 350 Market Street, St Paul, MN 55102**

*Join us for this special occasion honoring the past, present and future of MWP.*

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**. . . and much more**

#### **Agenda**

11:30 am - 1:00 pm

*Elegant Lunch     Annual Meeting*

*Honoring Volunteers through the Years*

1:00 pm - 3:00 pm

*Panel Presentation*

Future trends in technology, diversity, growing fields  
and resiliency as they affect MWP members.

#### **Panelists**

Dr. Kathy Harowski

Dr. Beth Harrington

Dr. Phyllis Solon

Marsha Porter, LICs

*Certificate with objectives and panelist credentials will be provided documenting  
two hours of educational activity.*

#### **Registration**

**MWP Members:** \$35 postmarked by April 27<sup>th</sup>

\$40 (May 7<sup>th</sup> Deadline)

**Students:** \$30 no later than May 7<sup>th</sup>

**Non-members:** \$45 by May 7<sup>th</sup>

Written invitation to follow, or acceptance can be directed to  
MWP; 5244 114th Ave; Clear Lake, MN 55319.

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The MWP Newsletter is published four times a year by Minnesota Women in Psychology for its members. Deadlines are: October 1, January 1, April 1, and July 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 [jacquelinebgrnwd@yahoo.com](mailto:jacquelinebgrnwd@yahoo.com), or mail to Jacqueline Greenwood, 7075 163<sup>rd</sup> St. W, Rosemount, MN 55068.

All articles and announcements may be edited to conform to space limitations or to improve clarity, without permission of writers.

**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: [WmPsychlgy@aol.com](mailto:WmPsychlgy@aol.com) or MWP, 5244 114th Ave, Clear Lake, MN 55319 or fax: 320-743-5694.

#### **2006-2007 Executive Committee**

Sharon McNamara, Co-chair  
Jill Strunk, Co-chair  
Sarah J. Paper, Treasurer  
Jane Bennett  
Susan Broadwell  
Jennifer Nash Wright

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, 320-743-5694 or email at [WmPsychlgy@aol.com](mailto:WmPsychlgy@aol.com) or on the website at [www.womenpsychologists.org](http://www.womenpsychologists.org).

## Notes From The Chair

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### **We're 30! Aren't we something!?**

**By Jill Strunk, Co-chair.**

MWP is 30 years old! That's a real triumph for a nonprofit organization, built and maintained by volunteer service and self-sustaining results.

What were you doing 30 years ago when MWP was born? Some of you were actually there as midwives; some aren't yet 30 yourselves. Whatever age you are, isn't it wonderful to be part of such a venerable organization?

So many things have changed in these 30 years. For just one example: 30 years ago I was still buying music on vinyl; now music appears to simply hang out in cyberspace until you are ready to download it to your MP3 player.

Our profession has seen tremendous growth as well. For example, Daniel Amen has developed SPECT scans that show us an amazingly detailed inside view of the brain and how its uniqueness affects behaviors and treatment options. A proliferation of new acronyms have entered the field: a few of them are DBT, EMDR, TFT, even CBT in its current form.

And things are changing with MWP. Our website has been improved, including a new Members' Only section for easy connections among us. Last year a survey and special meeting polled needs of the members, and the Executive Committee has focused on offering events and services to fit today's membership, and to expand it. The arena of women's concerns and interests, and their pertinence to the field of psychology, is perhaps even broader today than 30 years ago, so our mission is still very relevant.

One proposal for the near future is developing an adjunct educational foundation with 501-C-3 IRS status, which will allow us to obtain grants and accept tax deductible donations for worthy projects.

Read Sharon's article to learn more about this possible expansion as we enter our thirties.

Thirty is often considered the threshold of maturity. In humans, the brain has been fully developed for about five years. It's the age when many people "settle down" and begin their most productive years. I would like to think that MWP is on the brink of a similar chapter in its existence. I hope you will all be actively involved in helping make this happen.

Florence Nightingale began her training as a nurse at age 31, the beginning of great things to come.

On the other hand, Sylvia Plath, at 30, published her soon-to-be-famous novel *The Bell Jar* and committed suicide two months later. What a waste. Let's not do that.

## Articles of Written Works Wanted

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**By Jennifer Nash-Wright**

### **Attention Members and Students:**

MWP is interested in publishing creative writings, research, or selections from dissertations from our members for our Newsletter. The MWP Newsletter is sent to all members and is available online at our web site [www.womenpsychologists.org](http://www.womenpsychologists.org). Submitting information to be published in the MWP Newsletter is a great way to get exposure by sharing your work with colleagues. Publishing written works by our members is also a great use of our wonderful, talented educational resources that are the professional women in psychology. If you have questions, contact Jennifer Nash-Wright at 952-920-9177 or email questions to [jnash-wright@comcast.net](mailto:jnash-wright@comcast.net).

Articles for publication can be sent directly via email to our newsletter editor at [jacquelinebgrnwd@yahoo.com](mailto:jacquelinebgrnwd@yahoo.com).

## What's Happening with Membership??

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**By Susan Broadwell**

The Membership Committee has been giving panel discussions to undergraduate and graduate students on topics such as Self-Care and our Personal/Professional Journeys in the field. So far, we have presented at Hamline University, Bethel College, and the University of Minnesota, with several others in the works. We had six new members join at our last event! If you would be interested in volunteering to speak at one of the panels this Spring, please contact Susan Broadwell at 952.922.1848.

The Minnesota Psychological Association will have its annual conference at the Radisson Hotel in Plymouth April 27<sup>th</sup> and 28<sup>th</sup>. MWP has been invited to have a booth during the poster session / community learning and resource fair. We will be speaking to prospective members from 2:00-3:00 pm on Saturday the 28<sup>th</sup>.

Hopefully you all came and enjoyed some company with women at the Spring Membership Event: Fruit & Flowers on April 24<sup>th</sup>!!

## Social Action Book Group Meeting

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**By Jane Whiteside**

### **BOOK**

"Ladies Coupe" by Anita Nair.

A "ladies coupe" is an all-women sleeping car found on most overnight Indian trains until 1998. The book is the story of a group of women who find comfort and strength in sharing their life experiences during the time they spend together on the train.

### **DATE**

Saturday, June 16 at 2:00 pm

### **LOCATION**

Black Bear Crossings coffee shop in the Como Park Pavilion in St. Paul.

### **FOR MORE INFORMATION**

Contact Jane Whiteside at [janewhiteside@earthlink.net](mailto:janewhiteside@earthlink.net)

## Our Fireside Chat was a Truth-telling Experience

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**By Sharon Stein McNamara**

On March 20, 2007, Katie Shinnick, Psy.D., L.P., facilitated a wonderful exercise for therapists in MWP. Katie Shinnick is on the psychological services staff at the Minnesota Correctional Facility in Shakopee. She works with female inmates with mental health and substance abuse issues.

Katie facilitated our Fireside Chat, mainly using the concept of self-disclosure in a truth circle. It is a powerful act to step forward and admit a truth about yourself that defines who you are as a person, a woman, a therapist, or a member of an ethnic group, whether majority or minority. The therapists in the group discussed that some of their most powerful abilities to heal come from having walked a path of some form of recovery themselves. In the exercise of stepping forward, one discloses information to herself and to the group about things that are not always obvious from the outside. The most powerful truth that I took away from this exercise is how much similarity there is between most of us, both in supporting one another as therapists, and in supporting our clients. Thank you, Katie Shinnick, and thanks to Jennifer Nash-Wright for suggesting her and setting up this marvelous exercise.

## Space Available

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### **St. Louis Park/Golden Valley**

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

### **Chanhassen**

Office Space for Rent: Upper level in bank building in Chanhassen. Convenient location and parking, large waiting room area, low \$500's, all utilities included. Contact Dodi Thorman, 612.978.4790.

## Welcome New & Returning Members

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*Amanda Cornelius M.A.  
Anne P Harmon M.A., MFT  
Susan Holladay M.A.  
Colleen Moravek  
Laura J Nielsen Psy.D., LP  
Marjorie Sita M.A.  
Andrea Q. Thomas*

## Contributors To This Issue

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*Gail Anderson  
Susan Broadwell  
Jacqueline Greenwood  
Marjorie Huebner  
Sharon Stein McNamara  
Jennifer Nash-Wright  
Linda Rodgers  
Jill Strunk  
Jeanette Truchsess  
Jane Whiteside*

# Book Group Reads Persepolis 1 and Persepolis 2 by Marjane Satrapi

By Gail Anderson

Who would have thought that two slim volumes filled with black and white images and the (real) story of an Iranian girl would capture our hearts and imagination? These two volumes are graphic novels which tell the story of an only child of intellectual parents.

(Marxist) growing up in Iran while its culture experiences huge changes.

Marjane's personal story contains all the universal themes of developmental challenges amplified by a cultural shift from intellectual freedom to repressive regimes. Her sense of hu-

mor makes this history lesson pleasantly palatable. Book 1 follows Marjane's early years in Iran up to the age of 14. Book 2 reveals her life in Austria where she felt like an "outsider" and her defensive choices which resulted in a serious depression and a return to Iran. In many ways Persepolis 1 and 2 are psychological dramas.

Our book group had a lively discussion about the books at Black Bear Crossing at Como Park on a cozy Saturday afternoon in March. We recommend trying one or both of these books. Our next book choice will be *Ladies Coupe* by Anita Nair and new participants would be most welcome.

## Possible Organizational Change for MWP with Volunteer Opportunities

The executive committee has been researching the possibility of changing the organizational structure of MWP by forming a 501-C-3 non-profit organization. Currently MWP does function as a non-profit, but not with all of the benefits of the 501-C-3 format. The new structure would allow the organization to receive grant money from charitable organizations for educational activities, social action, and possibly research. For example, it could be that a psychology student who needs funding for a dissertation project could bring a proposal to the board at MWP and have it funded with MWP as a conduit for the funding. It also could mean that MWP has

more educational events, on a regular basis with nationally known speakers. If someone has a pet project and needs a mechanism to have the money flow through, it could be done through MWP. Of course, with added opportunity, there is often added responsibility. MWP would need to form a board that would oversee grant monies, and would need to actively pursue funding opportunities. If you have experience in grant writing, working with non-profits, or simply have an interest in volunteering on a committee to explore the possibility of MWP forming 501-C-3, please contact Sharon Stein McNamara at [ssmnamara@comcast.net](mailto:ssmnamara@comcast.net).

## Group Opportunities

### Do you work with women who are depressed during pregnancy or postpartum?

A group of eight women who work with the full spectrum of reproductive issues, including infertility, pregnancy, birth and postpartum issues, miscarriage, infant loss, and perinatal psychology and reproductive issues in psychology met at Caffe Bene in St. Paul to begin to brainstorm how to build a network to connect with each other and to serve families in the Twin Cities area. We were mostly psychologists, plus a psychiatrist, a perinatal educator and a parenting educator. It was wonderful to meet everyone and be a part of this energetic group. Come join us!

Suzanne Swanson, Ph.D., L.P. was the main facilitator of the group. She is the Minnesota Coordinator of PSI (Postpartum Support International), whose mission is to develop perinatal networks around the world.

You can contact her at the e-mail below or check out PSI on the web at [www.postpartum.net](http://www.postpartum.net) to get more information about this mission.

MEETINGS will continue about once a quarter. Next meeting is Friday morning, May 4, 10:00 am at Caffe Bene on Cleveland just south of Grand Avenue in St. Paul. Please contact Suzanne [suzswan@gmail.com](mailto:suzswan@gmail.com) or Sharon at [ssmnamara@comcast.net](mailto:ssmnamara@comcast.net) if you wish to attend.

### Potential New Academia Special Interest Group

We have a few people interested in being a part of an academic special interest group, however, we would like to have more! If you are interested in being a part of an academic special interest group, please contact [Jacquelinebgrnwd@yahoo.com](mailto:Jacquelinebgrnwd@yahoo.com) or 612.309.1692. Once we determine an interest base we will be scheduling a meeting. Potential discussion points of the group can be practical pedagogy, research, tenure, and other topics related to the life in academia.

## Volunteer Opportunities

The executive committee of MWP needs more members. If you are interested in volunteering during this exciting time in MWP, please contact one of the current co-chairs, Jill Strunk at [JillStrunk@msn.com](mailto:JillStrunk@msn.com) or Sharon Stein McNamara at [ssmnamara@comcast.net](mailto:ssmnamara@comcast.net). Volunteering on the executive committee means attending at least 6 meetings a year regarding the details of governing MWP. Most executive committee members also volunteer on at least one subcommittee, such as the newsletter or Fireside Chat committees. Your help is needed!

## Announcement

Jan Jirak, M.A.,L.P.,S.E.P. (*Somatic Experiencing Practitioner*), has completed the three-year certificate training program in Somatic Experiencing, a mind-body approach to trauma resolution. Contact her at (952) 985-1097.

# Outpatient Groups Led by MWP Members—April 2007

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

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

Women's Groups		When and Where	Contact
Women's Sexuality Group	Time Limited	13 weeks—Beginning June 6, 2007 5871 Cedar Lake Rd, Ste 100 St. Louis Park	Sandra L. Nohre 952-944-1585
Women Abuse Survivors	Ongoing	Wednesday 6-8 PM 1409 Willow Street Minneapolis	Denise Wilder, M.Eq., L.P 612-870-1242 Janice Nadeau, Ph.D., RN, L.P.
Women's Chronic Illness	Ongoing	Tuesday, 11:30 AM - 1:00 PM 333 Grand Ave, Suite 215 St. Paul	Linda Rodgers 651-229-6962
Sexual Abuse Therapy Group for Women	Ongoing	Tuesday 4:15 - 5:45 PM 100 West Franklin Avenue, Minneapolis	Irene Greene 612-874-6442 Mindy Benowitz 612-870-0398
DID Psycho-educational Support Group	Time Limited	4 Phases 12 - 14 weeks each 100 west Franklin Avenue Minneapolis	Irene Greene 612-874-6442
Women's Group - General Issues	Ongoing	Tuesday 3 - 5:30 PM 4500 Park Glen Road, #155 St. Louis Park	Cynthia Haakana 952-928-0618 ext. 1
Women's Integrative Therapy Group	Ongoing	Wednesday 4:30 - 6:30 PM 614 Portland Ave #120, St. Paul	Ruth Markowitz 651-222-5457
<b>Mixed Sex Groups</b>			
Support Group for Newlyweds	Ongoing	Saturdays 9 AM - 10:30 AM 17113 Minnetonka Blvd, Ste 205 Minnetonka	Adrienne C. Laursen, MA, LMFT 612-250-4577 <a href="http://www.balancedlivingcounseling.com">www.balancedlivingcounseling.com</a>
Mixed Gender Group - General Issues	Ongoing	Wednesday 4 - 6:30 PM 4500 Park Glen Road, #155 St. Louis Park	Cynthia Haakana 952-928-0618 ext. 1
Mixed Gender Group - General Issues	Ongoing	Thursday 3 - 5:30 PM 4500 Park Glen Road, #155 St. Louis Park	Cynthia Haakana 952-928-0618 ext. 1
My Sky Program (Overcoming Fear of Flying)	Four times a year	Mendota	Ruth Markowitz 651-222-5457 Julie Kenfield 612-879-1010 <a href="http://www.myskyprogram.com">www.myskyprogram.com</a>
Healing the Sexual Repercussions of Abuse - Couples' and Women's Workshop	Twice a year	614 Portland Ave St. Paul	Ruth Markowitz 651-222-5457

## Lessons Learned from a Golden Retriever

By Linda Rodgers, MS, LP

A little personal background will help explain the place of dogs in my life and in my work. The short story is that I had a deep fear of dogs most of my life. This was a true phobia, not responsive to logic ("dogs love people"), reassurance ("my dog wouldn't hurt a flea"), or advice ("dogs can tell when you're afraid, then they will bite you!"). Therapy helped me unravel the origins of this fear and loosen its grip. When my own little daughters begged for a puppy, our decision to bring a dog into our family opened up a whole new world. Fear went out the door when our when Abby was carried in. Of course she was adorable, golden and fluffy. But raising a

puppy (who practically doubled in size overnight) is a big job: rewarding, frustrating, exhausting, and all-consuming. In the process I began to feel more confident, patient, and flexible. That fear I had carried was replaced by a growing sense of safety and she helped me throughout prolonged illness and painful losses.

A few years later we brought home another golden puppy, Maya. Their relationship with each other offered lessons on love, loyalty, strength and confidence. Better than anyone I'd

*continued on page 6*

## Lessons Learned from a Golden Retriever (continued)

known, they expressed their needs without apology and loved with no strings attached.

As a psychologist, I have worked with issues including shame, depression, grief, loss, fear and chronic illness. The paths that lead people to therapy are varied, but one need is always the same: to tell their stories. These stories may be filled with pain, long-held secrets, trauma and self-doubt. Over time we strengthen the other parts of the stories, recovering confidence, self-worth and new abilities to live fully with even the greatest of challenges. The need to tell and to be heard is deep; so is the need for relationships where trust and safety are assured.

Several years ago, I had begun to learn about animal-assisted therapy, and began training Maya with this in mind. Tragically, Abby, my golden puppy who had helped so much to heal me, died from cancer at only eight years old. Two-year-old Maya was there and her grief was as visible as ours. We all helped each other with the indescribable emptiness and loss. Maya quietly occupied Abby's usual places in the house and she gradually got her energy back. We began therapy dog training in earnest and within a few months Maya became my therapy partner.

Most have heard about the benefits of animals in settings such as nursing homes, hospitals and schools. Much has been written about the affection they provide people who are sick, lonely and deprived of the comforts of home. Less common is the presence of animals in a psychotherapy setting, but the same benefits apply. They also can serve as models of self-acceptance, they absorb and reflect emotions and their body language can help teach subtle signs and signals for our own communication.

Maya's influence begins before we even meet someone new, as I tell a client that she will be with us in therapy. She greets people in the waiting room, offers her paw and brings her toys to show off. This helps ease the awkwardness of coming to a stranger for help. As we get acquainted, Maya is available to be petted, to sit close by, or to move out of the center of attention. Talking about pets is usually how we begin, as everyone has something to tell about animals they have loved or lost, animals they didn't like or perhaps those they have feared. People often talk to her as well as to me and have her there to accept them just as they are.

The relationship in therapy is where pain can be expressed, risks can be taken and healing can be nurtured. For many people, the a relationship with an animal can help sustain the courage to make changes. For nearly five years, Maya has helped with the telling and hearing of stories. She can be trusted to



You don't have to be a dog-lover to borrow a little wisdom from animals. They have so much to tell us about relationships and we have so much to gain from listening.

*{This article was originally published in the local newspaper, The Phoenix, in March 2007}*

*Photo: Maya hard at work*

keep secrets and wouldn't know the first thing about making anyone feel ashamed. She has gently and quietly made a difference in many lives, no strings attached.

Here are some things she has helped me learn:

- **If it itches, scratch it**
  - When something is nagging at you, pay attention and give yourself what you need.
- **Honesty is the best policy**
  - Dogs don't know how to lie, but they do have a nose for sincerity. We'd all have a lot more energy if we didn't waste it on people we shouldn't trust.
- **Sniff out the situation**
  - Dogs get clues about people, places and other dogs by using all their senses. We can sharpen up our investigative skills and pay attention to signs and signals from others.
- **Dogs always tell us how they feel**
  - We may not always know what they mean, but watching and listening can bring greater understanding. The same can be true for us—we can learn to say how we feel and to listen when others do, too.
- **Love is not about how you look**
  - Maya never asks, "does this collar make me look fat?"
- **It's great to have four legs to stand on**
  - Good balance depends upon support from many different sources.
- **Animals live in the present**
  - Dogs have great memories and learn well from practice, repetition and rewards. What they aren't weighed down by is worry about the future. We can easily lose the present when resentment keeps us in the past or anxiety pulls us into the future.
- **There's always another way to chase a squirrel**
  - Rarely is there only one solution to a problem. Sometimes the best way from here to there is not the shortest or the most obvious.
- **Dogs are companion animals**
  - And so are we. We depend on each other and need to nurture relationships.

## Spotlight on Jeanette Truchsess

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**Name and credentials:** Jeanette Truchsess. Licensed Psychologist. Ph.D. in Family Social Science. Former nurse.

**Place of Employment:** Private practice, 348 Prior Avenue N., St. Paul, MN

**Specializations/General description of your practice:** I see adults with issues of depression, anxiety, relationship conflicts, family of origin issues, midlife crises, divorce. My specialties (about 60% of my practice) are helping people with the stresses of infertility and adoption. Besides helping these people individually or as couples, I teach a ten week Mind/Body program for Fertility and Family Building. In the program, people learn how to get out of the chronic fight or flight response that infertility can trigger, and experience the relaxation response. I teach relaxation techniques such as breath work, body scan, guided imagery, mantra meditation, mindfulness meditation, and cognitive behavioral therapy skills. 134 couples have completed the program over the past 3 years and many have built community and stay connected with each other after the ten week classes end.

**Why you joined MWP:** To network with other women psychologists, to both make and receive appropriate referrals. To give and get support with other women in private practice, as it can be isolating.

**Who is a woman you look up to and why?** I look up to Hilary Clinton for her steadfastness, not letting others' negativity slow her down, and her working hard for her goals.

**What do you like to do in your spare time?** I enjoy traveling, movies, opera, theater, reading every night, book club, meditation, cooking, gardening, and hanging out with friends.

**Favorite movie//book:** Recent favorite movie is Sweetland. Loved the Time Travelers Wife book.

**Tell us about your home life:** Home includes my 11 year old son Liam, our Cavalier King Charles Spaniel/therapy dog Cocoa, and our Ragdoll cat Sheegwa.

**What else should MWP members know about you:** I'm passionate about helping people through infertility and adoption. I personally experienced both and know people's journeys can have happy endings! I volunteer for Resolve (national infertility and adoption support organization) and have led a monthly support group for Resolve over the past six years. Anyone interested in forming a group for those of us who became parents in midlife, please give me a call!

## Spotlight on Marjorie Hueber

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**Name and credentials:** Marjorie Huebner. *Practitioner:* Rosen Method Bodywork, Certified by the Rosen Institute. *Teacher:* Rosen Method Movement Teacher, Certified by the Rosen Institute. *Facilitator:* Authentic Movement, Certificate from the Contemplative Dance Program and Breathing Space: Unclutter and Organize

**Specializations/General description of your practice:** I have over 20 years of experience with hands-on bodywork ranging from massage, Trager Psychophysical Integration, CranioSacral Therapy, to Rosen Method Bodywork. I have a background in movement including modern dance and improvisation, yoga, Authentic Movement and Rosen Movement. I am self employed in pri-

vate practice. I am interested in how awareness can bring about transformation. This is the common thread in all aspects of my work. **Rosen Method Bodywork:** Touch is a very powerful sense so when I touch someone with presence ("listening hands") this brings awareness to sensation/feeling/emotion. We then enter into a process of exploration and discovery of what the might mean for us. **Authentic Movement:** Starting with our awareness of our impetus to move or be still while being witnessed is the basic form of Authentic Movement. Jung used the term "active imagination" to describe the use of artistic expression as a way to tap into our unconscious. Movement is a form of "art" used to explore our inner knowing. **Rosen Movement:** This one hour class was developed by Marion Rosen, P.T. She created a companionable, fun, easy going class that uses music to enliven our movement. It doesn't feel like exercise, yet it is very intentional, methodical and effective. **Uncluttering:** Have your space feel good to you by bringing awareness to what is or isn't working. If your work and living spaces have unused, unwanted or unlooked at stuff it can influence your energy level, motivation and movement in your life.

**Why you joined MWP:** I joined MWP to make connections. I am looking for like-minded practitioners/therapists who are interested in mind/body/spirit practices.

**Who is a woman you look up to and why?** My friend Donna is a person I look up to. She lives life fully, puts herself fully into what matters to her. She laughs heartily with her whole being. If you ask her what she thinks she will tell you - you can count on her honesty, integrity and kindness. Her aliveness and generosity is inspiring.

**What do you like to do in your spare time?** These days I am working on a project to create an artist cooperative in south Minneapolis. This has taken most of my spare time. I am also a part of a group working on a co-housing project. Conversation with my partner and friends are one of my favorite activities. I bicycle and am a bird watcher. I am a member of an Authentic Movement peer group that meets weekly.

**Favorite movie/book/game:** I like movies, though I prefer live performances over any canned experience. I love reading. Fiction: Native American authors are among my favorites: Linda Hogan's book *Power* is excellent. A favorite non-fiction title: *Parting the Waters, America in the King Years 1954-63*, by Taylor Branch. I always have a body/mind/spirit book going - *The Secret Teachings of Plants; The Intelligence of the Heart in the Direct Perception of Nature*, by Stephen Harrod Buchner is very rich. A favorite game? Lately we have been playing Mexican Train Dominos with my 83 year old mother. Winter is coming so the jigsaw puzzles come out.

**Tell us about your home life:** I live in South Minneapolis with my partner Jeff, of 22 years. We like city living. We are not married and have no children as a conscious choice. We are both from Minnesota and connected to place — we like the comfort of knowing what grows here, what animals live here and how to move through the seasons. Jeff is an independent journalist and artist model. You can check out his work at : [www.nygaardnotes.org](http://www.nygaardnotes.org).

**What else should MWP members know about you:** I am a 51. My ethnic origins are European, mainly German and Dutch heritage. I grew up middle class and am college educated. My spiritual journey (I'm not religious) is the most important part of my life as it informs my choices and work.



5244 114th Ave  
Clear Lake, MN 55319

ADDRESS SERVICE REQUESTED

## Dated Materials: May 1, 2007

### *Mark Your Calendar*

-  **Friday, May 11, 2007**  
MWP Annual Meeting  
11:30 am - 3:00 pm  
St. Paul Hotel, 350 Market Street, St. Paul, MN 55102  
contact Ferris Fletcher at [getferris@hotmail.com](mailto:getferris@hotmail.com)
-  **Saturday, May 12, 2007**  
Private Practice Interest Group  
Como Park Pavilion's Black Bear Coffee Shop, 9:00 –11:00 am  
Contact Dawn at [dmulrich@hickorytech.net](mailto:dmulrich@hickorytech.net)
-  **Saturday, June 9, 2007**  
Private Practice Interest Group  
Como Park Pavilion's Black Bear Coffee Shop, 9:00 –11:00 am  
Contact Dawn at [dmulrich@hickorytech.net](mailto:dmulrich@hickorytech.net)
-  **Saturday, June 16, 2007**  
Social Action Book Group Meeting, 2:00 pm  
Como Park Pavilion's Black Bear Crossing Coffee Shop  
Contact Jane Whiteside at [janewhiteside@earthlink.net](mailto:janewhiteside@earthlink.net)
-  **Sunday, July 1, 2007**  
Summer MWP Newsletter Deadline
-  **Saturday, July 14, 2007**  
Private Practice Interest Group  
Como Park Pavilion's Black Bear Coffee Shop, 9:00 –11:00 am  
Contact Dawn at [dmulrich@hickorytech.net](mailto:dmulrich@hickorytech.net)
-  **Saturday, August 11, 2007**  
Private Practice Interest Group  
Como Park Pavilion's Black Bear Coffee Shop, 9:00 –11:00 am  
Contact Dawn at [dmulrich@hickorytech.net](mailto:dmulrich@hickorytech.net)