



Minnesota Women in Psychology

Winter
2010

Networking and support for all women in the mental health professions.

INSIDE . . .

MWP Mentoring
Page 3

Guided Imagery
Page 4

Yoga-Psychotherapy
Page 5

Book Reviews
Page 6

. . . and much more

Wine & Chocolate on a Rainy October Eve

Our annual fall networking and membership event was well attended by new and old MWP folks, along with a good complement of guests and prospective members. The Wine & Chocolate event was a lovely opportunity to connect, learn about upcoming events, and be reminded about the benefits of membership. One of our founding mothers, Char Follet, shared some thoughts and we heard about organizational activities, the new website and the Mentoring Program. A big thanks to Maggie Keating, who offered up her very comfortable party room again this year, and to the Membership Committee for all of their hard work bringing this event together.

Our membership drive prize of a \$50 visa gift certificate for referring the most new members this year went to Jill Strunk. Thanks to all members who participated by "spreading the word" about MWP and inviting colleagues to join.

The Membership Committee would also like to welcome all of our new MWP members, welcome back all of our returning old members, and truly appreciate all renewing members. In this tough economy we are holding our own as an organization. For those new to MWP: A great way to get connected is to check out a committee, or simply help out with an event. Most committees have openings or would welcome your even limited involvement. If you have a question, feel free to ask! We like questions.

Laura Tripet Dodge
Membership Committee Chair

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The MWP Newsletter is published four times a year by Minnesota Women in Psychology for its members. Deadlines are: September 1, December 1, March 1, and June 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, or mail to Jacqueline Greenwood Julien, 16 E. 9th Street, Morris, MN 56267

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 or MWP, 5244 114th Ave, Clear Lake, MN 55319 or fax: 320-743-5694.

2009-2010 Executive Committee

Jennifer Nash Wright, Chair
Dawn Brennan
Susan Broadwell
Rebecca Chesin
Laura Tripet Dodge
Jacqueline Greenwood, Newsletter
Laura Nielsen
Fran Zimmerman

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 or on the website at www.mnwomeninpsychology.org.

Notes From The Chair

Greetings and Happy New Year to all! It is amazing to realizing another year has come and gone. We had another successful Wine and Chocolate Event and fall membership drive. We have had growth in the form of new members who have joined us this past fall. Our upgraded web site and searchable directory is up and running. If you have not already, I invite you to spend some time getting familiar with the features and the resources on our web site. Many of you have been putting together your profiles. We are working on the best ways to offer assistance to any members with using the online directory and creating their own profile.

The Executive Committee is considering ways of securing the financial status of our organization. With the success of the Women's Sexuality Workshop last fall, which enabled us to invest in the upgrade of our website, we are setting a goal to sponsor a professional one day workshop on either a yearly or every other year basis, in order to generate funds that will allow MWP to offer more programming and benefits to members. We are in need of members to volunteer to assist in specific ways in organizing the next workshop. More information on this event and how you can volunteer is in this newsletter edition.

The Executive Committee serves as the leadership and planning committee for MWP. For any members interested in an opportunity to take a leadership role and work with a great group of women, I invite you to consider joining the Executive Committee. By joining the EC you will meet new people and develop friendships. A mix of thinking styles, experiences, as well ideas are welcome. If you are interested or have questions, feel free to contact me or anyone from the Executive Committee.

Respectfully,

Jennifer Nash-Wright, PsyD, LP
Chair, MWP Executive Committee

Mark Your Calendar

Saturday, January 9

Private Practice Group

9:00-11:00 am

Black Bear Coffee House, 1360 Lexington Pkwy N, St. Paul

FFI: Dawn Brennan

dawnbrenn@gmail.com

Wednesday, January 13

Executive Committee Meeting

7:00 – 9:00 pm

FFI: Jennifer Nash-Wright

jnashwright@comcast.net

Saturday, January 23

Book Group Discussion

1:30 PM

Black Bear Coffee House, 1360 Lexington Pkwy N, St. Paul

FFI: Jane Whiteside

janewhiteside@earthlink.net

MWP Mentoring Program

This past year has brought a series of enlightening, inspiring, and informative mentoring conversations! Thank you to our mentors who have shared their wisdom and experiences through these events! MWP members have had the opportunity to receive mentoring and learn about a wide variety of topics. Barbara Nordstrom Loeb hosted the first mentoring conversation, where members learned about body/movement and nonverbal awareness, expression, and experiences in assessment and intervention. Those who attended Ruth Markowitz's conversation left filled with ideas related to starting and maintaining a private practice, and issues relevant for new practitioners. Thrace Soryn hosted an event on psychoanalytic and psychodynamic therapy in both the spring and the fall. Joan Unger provided mentoring and experiential exercises on integrating art therapy in to practice. Mona Gustafson Affinito talked about helping clients navigate forgiveness decisions. Those who have attended mentoring conversations have left feeling supported and inspired in their personal and professional development. Please contact us if you would like to host a mentoring conversation or if there is a topic you would like to see in an upcoming mentoring conversation!

The Professional Development Committee is also in the process of developing a program for individual mentoring, so if you would like to provide mentoring on a one-to-one basis, or if you are interested in receiving mentoring, we'd love to hear from you! Please check out the "mentorship program" through MWP's website (www.mnwomeninpsychology.org) to read profiles of our current individual mentors.

We invite anyone interested in providing mentoring (either single-session or one-to-one or even both!) to contact either Julie Eschenlauer (julieeschenlauer@gmail.com) or Laura Nielsen (laura.j.nielsen@gmail.com) through the MWP Professional Development Committee.

Laura Nielsen
Professional Development Committee

Volunteers Needed!

The MWP Professional Development Committee will be hosting an upcoming workshop to help practitioners be up to date and navigate relevant ethical and legal issues. We're looking for volunteers interested in helping plan and organize this event. Please contact Laura Nielsen at laura.j.nielsen@gmail.com if you would like more information or are interested in helping out!

Laura Nielsen
Professional Development Committee

MWP Book Group

Join us for the next book group meeting on Saturday, January 23rd beginning at 1:30 PM at the Black Bear Crossing Cafe, Como Park Pavilion, 1360 Lexington Pkwy N., St. Paul

The book to be discussed is "The Middle of Everywhere", by Mary Pipher. Lincoln, Nebraska is the setting for Mary Pipher's "The Middle of Everywhere", an ardent, anecdotal, and at times moving study of some new arrivals to the United States--from Laos, Bosnia, Northern Iraq, Sudan, Afghanistan, and the former Soviet Union. In America the refugees must learn a new language and pick their way among the temptations and wonders of a complex land. Pipher visits classrooms and homes and offers extended portraits of a female family of Kurds and a bewildered clan of Sudanese, as well as snapshots of many other refugees. (Amazon.com Review)

FFI: Jane Whiteside at
janewhiteside@earthlink.net

Contributors to this Issue

Rachel Allyn

Mona Gustafson Affinito

Kathie Bailey

Pennie E. Bucilla

Laura Tripet Dodge

Jennifer Nash-Wright

Laura Nielsen

Jane Whiteside

Imagine That!

My client “Sarah” was addicted to eating large amounts of chocolate. I helped her enter a relaxed state, and then go down an escalator to the deep part of her mind. After bringing in a wise, caring person for support, Sarah asked an image to appear that could tell her more about the addiction.

Right away she saw a Betty Crocker-type woman stirring a huge vat of warm, liquid chocolate. I suggested that Sarah dialogue with the woman. Sarah said “We’ve been close for a long time, but now I want to start separating from our relationship.”

The chocolate lady replied, “You’re the only one who loves me. I’ll be alone without you.”

As we discussed this, Sarah realized it was the other way around - chocolate was the only way she could experience being loved. We continued using imagery at times as Sarah began to change her pattern and learned to receive love from people.

I began working with guided imagery in the mid-1980s in my bodywork practice. In a dream-like state the clients would verbalize what they were experiencing in their bodies and inner selves, often through images and sensory impressions. I would explore this material with them, using the guided imagery techniques that had been part of my training. Since then, for many years I have been using guided imagery with my therapy clients. Now I am offering custom designed and recorded guided imagery for anyone who can benefit.

Guided imagery is a powerful, effective clinical tool. It has been well

researched for decades and proven to significantly reduce anxiety, depression, and stress. It can boost self-esteem, help with sleep and sexual problems, and improve the ability to relax. Changing habits and addictions, such as compulsive eating and smoking is made easier. Guided imagery can upgrade performance (sports, job, etc.) and fuel creativity. It can help over 90% of the problems people bring to their primary care physician. It is applicable to any issue.

What I love about guided imagery is the magical, creative nature of the process. The subconscious has an amazing ability to come up with something surprising: both subtle and obvious. I also enjoy the positive focus - sometimes a rarity in our problem-focused work. Guided imagery is empowering to clients since it puts them in control. They can work with it in session or on their own. Plus, there are no negative side effects.

What exactly is guided imagery? Images are composed of any imagined sensory experience: sounds, sights, smells, tastes, touch, or kinesthetic impressions. Visual is the primary modality for only about half the population. Images come from imagination, that mysterious realm between the unconscious and external reality. “Guided” means structured or focused to some purpose.

Clinically, guided imagery can be used directly in session, or out of session either with recordings custom designed to incorporate the client’s personal imagery for a specific purpose; or mass market CDs on common topics. Research indicates

personal imagery is more effective, since the client’s own values, preferences, history, and word usage are incorporated.

You probably already work with guided imagery in your practice. The simplest form of guided imagery is integrated in our therapy dialogue. For example, a client might say, “When my mom told me that, I just shattered.” The word shattered actually conveys an image - suddenly breaking into many pieces. This has more emotional impact than “I felt really upset”. Then you might explore the meaning of that image with your client.

Most likely you use images frequently as you speak to your clients. It might be interesting to notice your image-words and the nuances they suggest. I recently told a client “You’re cocooning.” By referring to a phase in the life of a butterfly, I was giving the message that she is in a temporary, natural process of development, and anchored in a protective covering while transformation takes place within. And I was implying that at some point she will emerge in a new, beautiful form.

A colleague gave me a wonderful, simple example of using guided imagery. She asks an anxious client to visualize “putting on your calming glove” and then placing the “gloved” hand over the heart area to help reduce the anxiety.

The reason guided imagery works so well is that, in some ways, our brain cannot tell the difference between an image and the real thing. When you

visualize a physical movement, like climbing the stairs, brain neurons fire as if you are actually doing it. If you imagine a delicious meal, you salivate as if you're about to eat it. Thus, a client can rehearse getting it right mentally, emotionally, physically, and spiritually before she actually tries it.

Clinically, guided imagery is used in a number of different ways. A client can imagine new behaviors, such as being more relaxed and outgoing in a social situation. During this kind of visualizing people build new nerve pathways, as if they were really in the situation, acting in the new way. Visualizing also can bring up and promote safe release of any emotions blocking the new behaviors.

Emotional states not usually in a client's repertoire, such as feeling

calm, or safe, or courageous can be accessed and strengthened with guided imagery. Imagery affects the emotional centers of the brain and can change automatic emotional responses.

A client can imagine doing something she can't do in reality. Once my therapist suggested that I visualize doing something physical when I felt anger so that it wouldn't get stuck in my body. At our next session she asked cheerfully, "Did you kill anyone yet?"

Exploratory imagery bypasses preconceived ideas to quickly access underlying reasons for fear or resistance, and helps identify the most effective steps to overcome them. Clients can explore potential outcomes before making a difficult decision. Or it can be used to

motivate, for example, by imagining how life might be different when making a particular change.

The clinical use of guided imagery is a rich topic, and there is much to say that is beyond the scope of this article. I encourage you to explore further.

Kathie Bailey, LICSW, offers custom designed and recorded guided imagery. The process involves 2 sessions: An informational meeting followed by a recording session. The result is a personalized download or CD that can be used over and over. A great resource for your clients to ease and enhance their work with you. A great resource for you too. Visit my website at www.guidedimageryforyou.com to find out more.

Yoga - Psychotherapy

I have developed Yoga-Psychotherapy to help individuals integrate mind and body as a means of healing. It combines my experience as a clinical psychologist, certified yoga instructor, and lifelong athlete. Traditional psychology, insight-oriented psychology, yoga philosophies, and both Eastern and Western medicine are combined to create a holistic healing process. Dialogue, breath-work (pranayama), yoga poses (asana), meditation (dhyana), and relaxation exercises (yoga nidra) may be fused in any combination of ways to help the client reconnect to the body, calm the mind, and work toward changes they seek in their life. Sessions are tailored to clients specific needs rather than following a formula.

In Yoga-Psychotherapy the idea is that

the yoga mat can be a safe and productive place for one to look inside for answers rather than outside of themselves. This is a mind-body modality that can assist clients by helping them become aware of their breath, energy, and spirit as well. Through the facilitation of yoga postures, guided breath, meditation, and dialogue, clients can work toward a deep awareness (of note, this is done without physically adjusting or touching clients, as a traditional yoga teacher might do). The goal is additionally for clients to realize how each part of the body and mind relates to and supports the healthy functioning of the whole body. Yoga-psychotherapy aims to help individuals manage headaches, backaches, back pain, and other bodily pain secondary

to emotional stress. I can also provide development of a yoga home practice sequence for particular ailments such as depression or anxiety, sleep disorders, and emotional eating. For some clients, psychological techniques are applied through dialogue rather than movement, breath-work, or meditation.

The blending of psychology and Eastern philosophy is increasing in popularity as more practitioners recognize the importance of collaborative and holistic medicine. Certainly more empirically-validated research will be useful to bring yoga and psychotherapy into a wider variety of settings and to lead to coverage from third party payers.

Continued on page 6

Continued from page 5

For additional information you can visit websites such as www.pryt.com (Phoenix Rising Yoga Therapy, a similar style) or yogapsychologymagazine.com. Recommended reading includes *The Wisdom of Yoga: A Seeker's Guide to Extraordinary Living* by Stephen Cope, *Bringing Yoga to Life* by Donna Farhi, and *Eastern Body, Western Mind* by Anodea Judith. If you know of someone who might benefit from this style of psychotherapy please let me know. I have an office in St. Louis

Park (Dharma Wellness & Spa, at Yoga Center of Minneapolis, 4200 Minnetonka Blvd., St. Louis Park, MN 55416, 952.345.1953 (spa), www.yogacentermpls.com) and Lakeville (Green Lotus Yoga and Healing Center of Lakeville, 18480 Kenyon Avenue, Lakeville, MN 55044, 952.373.0055, www.greenlotusyogactr.com) and use a sliding fee scale based on income. Website: www.DrRachelAllyn.com, Email: Rachel@DrRachelAllyn.com Phone: 801.661.3524 (mobile)

By Rachel Allyn

Welcome New MWP Members

Barbara L Freeman, RD, LD

Kay M. Guidarelli, RD, LD

Colleen M McGinnis,

Sandra S Sanger, M.A., LPC

Susan E. Shaffer, Psy.D., LP

Book Review - "Diary of an Undocumented Immigrant"

Diary of an Undocumented Immigrant by Ramon "Tianguis" Perez, as translated by Dick J. Reavis, Houston: Arte Publico Press, 1991.

MWP Book Group met on October 25 to discuss their most recent selection, *Diary of an Undocumented Immigrant*. The book is a simple and straightforward translation of an autobiography by Ramon Perez, witnessing the experience of an illegal alien in America, in the 1980s. While the account is somewhat dated, many of the experiences remind us of the difficulties individuals face, even today, after arriving in this country without proper documentation.

Perez takes us along as he illegally and secretly crosses the border with the help of coyotes. Coyotes assist individuals to illegally cross the border, and with the frequency with which people cross the border, we are forced to wonder if this situation remains the same, considering the increased media and political attention

to this issue, over the last 25 years. Frequently, Perez writes of numerous immigrants who were apprehended and deported, only to return within a couple of days; Central Americans lying about their citizenship, in the hopes that they would only be returned to Mexico rather than their native country, making their attempt to re-cross the border, shorter and easier. Whether Mexico or another country, recognition of the risk involved in this endeavor is obvious.

Workers come to America with hopes of making money, as did Perez. Some stay, and some return home. Some, at least back in the 80s, appeared to come and go, numerous times, visiting family left behind and then returning to be able to provide for those left behind. Often at the mercy of unscrupulous employers, the undocumented workers have no recourse, but to pay the price of their circumstances. While programs have long been available for legal temporary

employment, often the bureaucracy involved is daunting.

Relationships with other residents of America are challenging, language problems, cultural differences, and the transient nature of many undocumented workers, cause substantial problems, but for Perez, they do not deter or dissuade him from his goals. Perez takes a number of jobs, most often working alongside other undocumented aliens, harvesting fruit, working in a printing shop, and bussing tables in a restaurant. All to make money to improve his family's carpentry shop back in Mexico. Eventually he returns to his home and family, leaving us with the gift of further insight into not only his experience, or the experience of other immigrants, but insight into how we as a country, and sometimes we as individuals, develop misconceptions about the immigrant population.

By Pennie E. Bucilla

More on Patience & Optimism

I've posted a review of "Beyond Revenge: The Evolution of the Forgiveness Instinct" by Michael E. McCullough on amazon.com. I really loved it, but I'm commenting on it here because of its optimism – a hope for peace, to put it broadly.

If I got it right, his optimistic thesis is that both revenge and forgiveness serve evolutionary ends. Forgiveness, he suggests, is granted to those who are part of one's in-group, the ones on whom you depend for survival. Revenge goes to the out-group, one's competitors. Maybe I'm reading my own stuff into it, but it seems to me his point is that our in-groups are getting larger, therefore increasing the size of the group to which we are willing to grant forgiveness rather than vengeful, destructive conflict. Even as I write this, it occurs to me that the terrible wars in Iraq and Afghanistan may ultimately serve the purpose of enlarging our sense of closeness to people who once seemed outside our purview. And maybe the health care discussion will broaden our sense of unity with people whose lives are not like ours. And lots more – potentially positive – enlarging of the group we perceive as "like us." More patience required as we look for the good that's developing and anticipate a joyful looking-back in a decade or two.

By
Mona Gustafson Affinito, Ph.D., L.P.

1-Day Clinical Training - 7 CEUs

Moving the Weight Paradigm from Dread and Failure to Balance and Health

Learn a new, evidence-based model for preventing and reversing the full spectrum of body image, eating and weight concerns in children, teens and adults. *Early registration rate through Dec. 15!*

January 16, 2010, 9:00 – 5:00: Minneapolis; LUNCH INCLUDED



Sponsored by: Moving Mountains 4 Health

MWP Contact: Kathy Kater, 651.770.2693

Information and registration: www.movingmountains4health.com

Yoga-Psychotherapy for the Winter Blues & Seasonal Affective Disorder (SAD)

with Rachel Allyn, Ph.D., L.P.,
Clinical Psychologist & Certified Yoga Instructor

Date: TBD Time: TBD

Recover from the holidays with this workshop and find ways to optimize your energy through the remaining winter months.

For most of us the dark days of winter can be hard, both mentally and physically.

Our spirit drains, we become inactive, and we tend to be less compassionate with ourselves about how to manage. An escape to a tropical vacation may do the trick temporarily but for lasting changes consider attending this workshop. We will learn tools for managing winter by looking inward.

The 2-hour workshop will start with psycho-education defining Seasonal Affective Disorder as well as the common phenomenon of the "winter blues." You will learn to identify symptoms and cultivate prevention techniques. Discussion regarding specific ways to cope will be interwoven with yoga (asana), breathing (pranayama), and meditation. Worksheets will also be provided to take for your home practice.

Cost: \$40 dollars
(Sliding fee scale available based on income)



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ADDRESS SERVICE REQUESTED

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