



Minnesota Women in Psychology

Winter
2011

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

Wine & Chocolate Event at Old Arizona

The annual Wine and Chocolate Event was held on October 8th at Old Arizona in Minneapolis. (see the Fall Newsletter for a description of the venue). The day was beautiful, the location was welcoming, and the food was wonderful. The event is sponsored by the membership committee which is chaired by Laura Tripet-Dodge. Members were encouraged to attend to reconnect with friends and for the opportunity to network with other women in the mental health field; guests were invited so that they could learn more about Minnesota Women in Psychology and the advantages of membership.

It was great fun seeing old friends and meeting new ones. Almost 80 women sent in RSVP's for the event, slightly less attended. Perhaps this was due to the "last hurrah of summer"? Ruth Markowitz and Barb O'Brien, of the membership committee, put together a beautiful buffet! There were many exclamations of delight as attendees indulged in the fare. The wine served by Old Arizona staff was very nice.

Dawn Brennan, chair of the Executive Committee, greeted the group and spoke about the mission of MWP. She shared the many opportunities to get involved such as brown bag lunches, the book club, and the private practice group among others. Members who had been a part of the organization for many years were recognized for their contribution.

Laura Tripet-Dodge, EC and Membership committee chair, thanked her committee and spoke about the advantages of membership. Connie Studer, EC and Marketing and Communications committee chair, shared the vision of MWP to reach out to women in mental health through increased visibility at events, in social networks, and through online communications and networking.

As the event came to a close, members new and old left with cohorts' business cards in hand, promises to "connect soon", and a renewed sense of belonging.

By Connie Studer, M.A. LMFT



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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 Dr.Asha.Mukherjee@gmail.com, or mail to
Asha Mukherjee, 4205 N Lancaster LN Ste 107, Plymouth MN 55441-1702

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.

2010-2011 Executive Committee

Dawn Brennan, Chair

Laura Tripet Dodge

Faye Foote

Asha Mukherjee, Newsletter

Connie Studer

Jennifer Nash Wright

Karen Wright

Barb O'Brien, Treasurer

Membership in MWP is available to women 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, 612.296.4060 or email at WmPsychlgy@aol.com or on the website at www.mnwomeninpsychology.org.

Letter From The Chair

November 29, 2010

Hello everyone!

I am writing this as I sit in my home office, looking out on the dreary, rainy afternoon that has effectively kept me housebound. The errands I intended to take care of today will have to be crossed off my list over the course of the next few days.

As the holidays approach, it is understandable that our MWP activities will slow, making room for good friends, family and food to grace our lives.

Following the well attended Wine and Chocolate event held at the Old Arizona in October, the Executive Committee was anxious to hear the bottom line – did we do our job in attracting and welcoming new members to the organization?

There is a two-part answer to that question. As reported in our last newsletter, we welcomed over twenty new members to MWP. We are excited to have them on board and look forward to getting to know them and tapping into their knowledge and expertise.

The second half of the answer is that we are lagging behind a bit when it comes to old members sending in their renewals.

There are likely numerous reasons why many of you, at this writing, have not found time to send in your renewals. The busyness of our lives often forces us to prioritize and delay simple tasks that are, nonetheless, important.

The Executive Committee remains committed to increasing the value of membership in the Minnesota Women in Psychology organization. Our recent Wine and Chocolate event, Susan Broadwell's November Brown Bag lunch welcoming new members and Ruth Markowitz's round table discussion on December 9th, are just a sample of the great things waiting for all our members.

If you haven't sent in your renewal yet, please consider moving it to the top of your 'to do' list. If you're a new member, welcome, and I look forward to meeting many of you over the coming months! Happy Holidays!

Dawn Lundstrom Brennan
Executive Chair

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A Social Action Book Club

Book Review

(From the book-club group discussion on September 18, 2010)

The Thing Around Your Neck by Chimamanda Ngozi Adichie

This book is a short story collection entitled *The Thing Around Your Neck*, by author. Adichie earlier wrote the acclaimed, and award winning, *Purple Hibiscus*, followed by *Half a Yellow Sun*. This collection of short stories is her most recent work. The recipient of numerous awards for her writing, Adichie is often compared to Chinua Achebe, another Nigerian author of note .

The book, *The Thing Around Your Neck*, was chosen for further insight into the Nigerian cultural and immigration experience, and includes stories taking place in both America and Nigeria. While some depict situations in any cultures, (e.g., children's confusion, abuse of females), the reader is also presented with perspectives on the blending of cultures, and the sense of loss that accompanies that experience. The focus is minimal on the gains and is mixed with helplessness due to lack of feasibility for desired changes. Although fictional, the honesty and genuineness of the situations and experiences, comes through. Most of the stories are representative of ordinary daily occurrences, revealing the mixture and/or conflict of Nigerian and western cultures. Not all endings are predictable and leave the reader reflecting on the story long after the reading.

The themes are familiar to other renderings of the immigration story; loss, loneliness, longing. The female characters are resilient. They are strong. They are forthright. Adichie writes of women, or at least Nigerian women with an understanding and sensitivity that only comes from having lived the experience. The book meets the goal to gain familiarity with the Nigerian experience.

Technically, Adichie writes well, although her use of second person narration in a few stories can be found to be tiresome and irritating by some, for others, it is a technique which works to draw the reader closer to the experience.

While some members of The MWP Book Club were drawn to, and touched by the stories, some found them weak, especially as compared to Adichie's earlier writing. Others found the stories cold and unmoving.

by Pennie E. Bucilla

Pediatric Perspective

One evening, my sister had her husband's boss and his wife over for dinner. The hosting family's 4 year old son was included at the table. In a conversation, one man said to another, "No! You are pulling my leg!" The child bent sideways, lifted the tablecloth and looked under the table to observe the actual "action".

The Brown Bag

Networking Report

On November 10th, the Membership Committee hosted a Brown Bag lunch with the special focus of welcoming and networking with new MWP members. Laura Tripet Dodge, Barb O'Brien, and Susan Broadwell from Membership, along with longtime members Fran Zimmerman and Janet Schank shared information about MWP and opportunities for involvement, and got to know some of our new and newer members who were able to attend: Kerry Aikman, Kim Carter, Jeannette George, Beth Jordan, Jennifer Musty Rives, Susan Snyder, Sandra Streitman

It is always interesting to learn about the varied areas of interest, involvement and expertise that are represented in MWP! Our newer members have a wealth of gifts they bring, from varied specialty work to general life journeys and experience.

Please take a moment to check out and reach out to our new members. Information can be found on their online profiles on the MWP website. For those new to MWP who were unable to attend—WELCOME! We invite you to contact any of us with questions or interests.

The Brown Bag Networking format is a fun, easy, and informal way to get to know others in the organization, to share or exchange information on a particular topic and to further our connections with each other.

To host a Brown Bag event, contact Laura at Laura@LauraTripetDodge.com or 952.933.3121.

By Laura Tripet Dodge
Chair, membership Committee.



National News & Ventures

A new program called *Mindstylz*, developed by the Connecticut Psychological Association's Ethnic Diversity task Force is unique in its nature. It is a collaborative project between psychologists and hair-care professionals in which specially trained psychologists "educate hairstylists and barbers about mental health issues that they might see in their clients and how to make supportive referrals for mental health professionals. This program was developed to try to reduce barriers to accessing mental health services" in some minority communities.

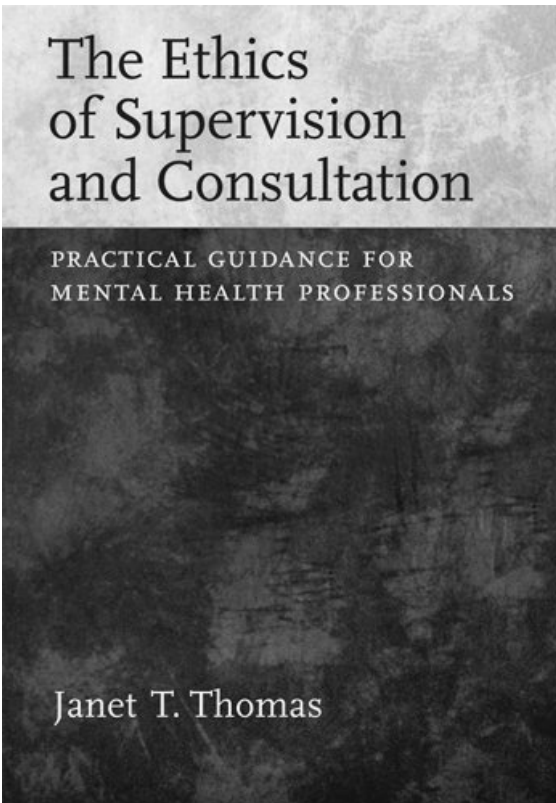
This is a diversity effort in Connecticut and is currently being voted on for a grant from Pepsi throughout the month of December.

Source: email communication from Miki Lasher via APA's Diversity Listserv. For more information about the *MindStylz* program in general, please visit: www.mindstylz.org or find us on Facebook.

An Author Among Us: Janet Thomas (2010 book)

(MWP proudly focuses on 'an author of note' from among the membership whose recent book is a valuable resource for students and professionals. The book is Thomas, Janet. *The Ethics of Supervision and Consultation: Practical Guidance for Mental Health Professionals*, published by APA, 2010).

We have, amidst our membership, I am sure, a number of people with talents and accomplishments, that remain unrecognized. What do MWP members do in our work as therapists, teachers, trainers, researcher, developers of our profession, that we might be glad to be informed of, that we should know about? Let me tell you about one person in particular, with a recently published book. She is a long time member of almost 30 years., Janet Thomas. Janet has also served on the Executive Committee and she was past chair as well. Her newly published book is, *The Ethics of Supervision and Consultation: Practical Guidance for Mental Health Professionals*, published by APA, 2010. However, This is not meant to be a book review. My intent here is to name a few unique features of the book:



Although there are some texts on the subject of mental-health-ethics, and fewer on clinical supervision, Janet is the first author that integrates the two issues.

The book examines/explains the relevant ethics codes of 10 mental health professions and 6 different sets of specialty guidelines on supervision.

She illustrates the application of these codes and guidelines with numerous, interesting case examples, bringing them to life.

The book is written for both graduate students studying supervision and consultation, as well as for any mental health professional providing supervision or consultation services.

Sample forms are included in the appendices.

Just a few specific issues are, problems related to boundaries, confidentiality, report writing, record keeping, a bit on assessment; legal and non-legal issues in the work of supervision/consultation.

The writing is not academic in tone, it is easy and enjoyable to read. This is a sourcebook written for real life practitioners, 'with an eye to keeping you out of trouble' and to good clinical practice.

I believe Janet offers immensely valuable information in staying current and informed in our work, when standards of practice are rapidly evolving. 'This takes ongoing effort and commitment' made easier by information offered herein.

I believe the endeavor that is represented in this book is an achievement we are fortunate to have in our midst, and demonstrates one of the many ways in which we have excellence in our membership”.

By Karrol Butler MA,LP
karrolbutler@comcast.net



Happy New Year!

This New Year,
may your right hand always be stretched out in friendship,
never in want.

- Irish Toast

Members' Announcements Arena

Mark your Calendars! (1)April 2nd, 9:30 am-4:00 pm: Finding Freedom from Difficult Emotions - an experiential workshop for psychotherapists with Phillip Moffitt, senior meditation teacher, Spirit Rock Meditation Center, and author of Dancing with Life.

Workshop is sponsored by The Midwest Meditation and Psychotherapy Institute, a newly formed organization promoting the integration of Eastern Wisdom and Buddhist Psychology into the practice of psychotherapy.

FFI: workshop or the Institute, contact: Merrra Young, 612.253.5133 or rivwaymed@aol.com and Website: Mindfulnesstherapy.weebly.com

(2)Womens' Meditation and Psychotherapy Group: bi-weekly group forming/intakes for Jan/ Feb start dates. Merrra Young LICSW, LMFT and Jean Haley LICSW. FFI: Rivers' Way Meditation Center: 612.253.5133 www.riverswaymeditation.net

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Office space available in a suite of offices with four other therapists. Located at 394 and Ridgedale Drive. Large office space can accommodate working with individuals, couples and groups. Office has a large deck overlooking a pond. Space includes shared waiting room and access to copier and fax services, as well as Wifi. Easy access from 394 and numerous bus lines.

FFI: Rita Benak 952.593.3627 or rbenak@comcast.net

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Evolution of Consciousness Workshop - Registration Now Open, Seats Limited! Please join us for our Evolution of Consciousness workshop at Aslan Institute on Fri., Feb. 11, from 8 am-4 pm (6.0 CEUs for Licensed Psychologists). This workshop will give you an overview of the evolution of consciousness as manifested in creation and humanity from the Big Bang to the present, and as replicated in any individual life. We will explore stages and states of consciousness and learn how to conceptualize and treat psychopathology based on an evolution of consciousness perspective. This workshop is designed to help you as a professional evolve personally and to be of service to a suffering world with greater breadth of knowledge and insight. For more information and to register, go to: http://www.aslaninst.com/Aslan_Institute/Evolution_of_Consciousness.html Contact Lyndall Johnson, L.P.: lyndallj@aslaninst.com or Eloise Erasmus, Ph.D.: eloisee@aslaninst.com

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A NEW Group: It is for women, called Women's Early Life Decisions Support Group - for women in their early 20s to late 30s, focusing on women's issues for that age group. For women who are struggling with common questions during that time of life. Perhaps they are questioning if they want children, do they want to stay at home with those children, do they want to be single or married? Are they happy in their current career or are they feeling a loss of happiness or meaning in life?

The group will take place Tuesday nights from 6:30-8, at my office 4244 28th Ave South, Minneapolis, MN 55406. It is an open group and will cost \$20 to attend. Have clients contact me at 612.750.2918 for more information. Kim Carter (www.kimcartercounseling.com)



New & Returning MWP Members

The following women are either brand new to MWP or have returned to the membership this fall.

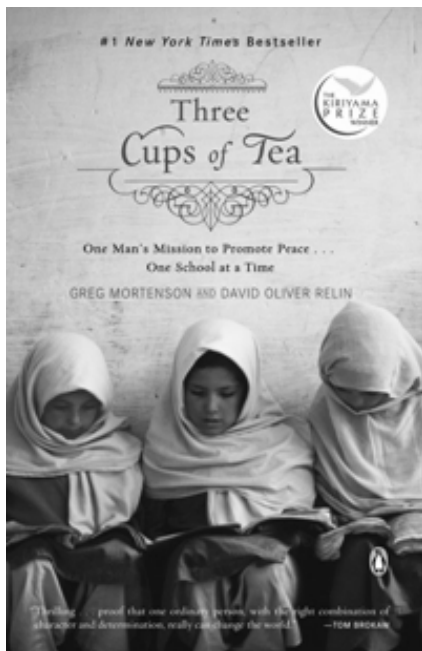
Kerry Aikman
Rebecca Biderman
Sara Biewen
Nancy Blume
Kristen Burnett
Janelle Carle
Kim Carter
Julia Conkel-Ziebell
Dana Fox
Jeannette George
Deb Hennen-Bergman
Diane Hovey
Jan Jirak
Beth Jordan
Jennifer Leopold
Kristen Lund
Jennifer Musty Rives
Kathleen O'Brien
Marilyn Olson
Janet Rasmussen
Deb Rich
Lynn Richardson
Janet Schmitt
Andrea Shellen
Susan Snyder
Thrace Soryn
Ashley Sovereign
Beth Stockinger
Jeanette Truchsess
Cathy Turner
Carol Woodbury

Contributors to this Issue

Gail Anderson
Dawn Brennan
Pennie E. Bucilla
Karrol Butler
Laura Triplet Dodge
Asha Mukherjee
Connie Studer

Middle-East Medley: A Book & A Guthrie Production

(a creative effort at a joint review of a book and an extended play)



Book: *Three Cups of Tea: One Man's Mission to promote Peace... One School at a Time*
by Greg Mortenson and David Oliver Relin
Guthrie's production of *The Great Game: Afghanistan*

The history, politics and culture of Afghanistan and Pakistan are complex and multi-layered. I got a good taste of all three in the past month when I read Mortenson & Relin's book *Three Cups of Tea* (about Pakistan and Afghanistan) and attended a 7 ½ hour performance, in three sections during one day, entitled *The Great Game: Afghanistan*, written by twelve playwrights and directed by Nicolas Kent and Indhu Rubasingham.

Lest you be incredulous about a performance of that length, let me advise you that trips to two area restaurants between segments 1 & 2 and 2 & 3 made the experience quite lovely. Further, the playwrights managed to increase the drama as we proceeded, holding our interest engagingly. The trilogy was written in Great Britain and first performed in London. It then went on to only four locations in the US: Washington DC, Minneapolis, Berkeley and New York.

One could also choose to see all sections in one day as we did, to see a section per night or to see only one section. Each spanned a distinctive time period and place in Afghanistan. Part 1 (1842-1930) was about "Invasions and Independence;" Part 2 (1979-1996) focused on "Communism, The Mujahedeens and the Taliban" and Part 3 (1996-2010) counted the costs of "Enduring Freedom." There were several vignettes in each part written by different playwrights. My perception was that there was not an "agenda" within the trilogy, but an effort to portray complexity.

However, the Afghani were usually clever, flexible and strong emotionally, some of the British were boorish, others noble, and the Taliban were presented consistently as evil. The slight United States presence tended to be idealistic and naive. We walked away from the play sobered by the adversity this area of the world has experienced repeatedly and the resilience of its people. A clever device was to have an actual figure such as Hillary Clinton portrayed delivering a message she had actually given within the context of the situation addressed.

While the play was immediately impactful, it took me months to appreciate Mortenson's book, *Three Cups of Tea*. I had tried to read the book twice before and stopped both times feeling Mortenson was a bit self-centered even though he kept telling the readers he was humble. When my son gave me the book (I had donated my earlier copy to the library by then), I felt I needed to complete it this time. In the third try I was rewarded by hearing and appreciating the story of Mortenson's efforts to bring education to the girls of Pakistan/Afghanistan. I particularly lauded his insistence that girls as well as boys be educated. He's still not my idea of a well-balanced individual, but I have decided he is more singularly focused than ego driven. Perhaps that focus is needed to cross cultural boundaries among distrustful cultures and to make a balanced education available for female children while madrassas (religious school teaching of Jihad) are giving some boys a radical spiritual/political education.

Mortenson's story is one of his persistence starting within a small Pakistani village on the side of a mountain which was largely inaccessible until he built, with the villager's help, a bridge to it. He knew of the village because that is where he had recovered after a life challenging failure at climbing the mountain K2. The villagers of Korphe were so kind that he vowed to return and build a school for them.

The village chief, Haj Ali said, "Here (in Pakistan and Afghanistan) we drink three cups of tea to do business: the first you are a stranger, the second you become a friend, and the third, you join our family and for our family we are prepared to do anything...even die." Most readers have heard of Mortenson's first book and he currently has a second book out, *Stones into Schools: Promoting Peace with Education in Afghanistan and Pakistan*. Now enthusiastic, I will read it.

Enough history, culture and politics seep through this account of a decade when Mortenson built fifty-one schools. He is amazingly dedicated and loyal to the cause. He learns to flow with the various cultures' styles to get his purposes accomplished. This is in sharp contrast to our western methods of efficiency and linear processes.

"The more I know about Pakistan and Afghanistan, the more I realize I don't know." The complex cultures of the Middle East remind me that generalizations are inaccurate and dangerous. Universal themes of resilience and creativity in the face of suffering are educative and inspiring. I would recommend the Mortenson books and any other opportunities to expose oneself to the stories of Afghanistan and Pakistan. As a nation we are deeply involved in both countries. As individuals we owe it to ourselves to become knowledgeable and empathic about our Middle Eastern neighbors.

By Gail Anderson

New Editor's "Two Bits Worth"

Mark Your Calendar

A very warm and kind welcome was extended to me by the MWP Executive Committee, at the end of October 2010, for which I am very grateful. MWP members not on the Executive Council have also been very supportive and encouraging. I wish to acknowledge this with delight. However, this does not compensate for the fear that, never having done this before, I might not give satisfaction to the organization. At any rate, I intend to try my best. I have also received encouragement and willingness to help from Jacqueline, whose shoes may be difficult to fill. I am very happy for Susan Johnson's willingness to help me out in these early stages of my confusion.

To get to work, here are some of my thoughts on the MWP Newsletter. Most newsletters announce opportunities, activities and resources as well as report on activities of the organization. In addition to these, MWP newsletter can be more of an informal vehicle for members to share a wider variety of professionally relevant experiences, information, new research and awareness of current resources. It can also mirror the current issues and struggles of the society (e.g., the impact of intercultural communications including inter-generational interactions, occupational hazards, youth violence, new immigrants struggles in adjustment, economy impact on job market etc.) on mental health and adjustments, of large numbers of people. Further, it can allow room for sharing of individual and group successes, discoveries and inventions in dealing with such challenges at work, and practice- taboos as a result of work experience. Last but not the least, unusual/memorable experiences, work humor/jokes, poems and even cartoons can provide for us some R & R (rest and relaxation).

Below are some possible columns to broaden the horizons for sharing- opportunities for members. However, these are not meant to limit the newsletter. They are just examples of possibilities. Depending on the type of material, new columns can be generated in the newsletter for built-in flexibility and expansion.

Adoption Approach—Children's Chuckles—Private Practice Process—Teen Struggles—Cyber-bullying—Multidisciplinary Views—Senior Issues—Foster Families—Insurance Issues—Career Capers—Youth Violence—Research Review—GLBT Issues & Rights—Preschool Patterns—Providers' Panic—Gender Differences—National News—Ethical Issues—Diversity Discussions—Marital Matters—Legal Scenario—Hypnosis Horizons—Immigration Issues—Occupational Hazards—Pregnancy & Postpartum—Prescription Privileges—Extended-Family Experiences—Cross Cultural Communication—Electronic Matchmaker: Internet Dating—Other States' Women in Psychology

These are things I thought of, on one occasion. This is not the final list 'carved in stone', but is extremely modifiable. In other words, anything of interest to us as an organization can be shared by adding on further columns or modifying existing columns.

Last but not the least, we do not have to be established literary authors to be able to share something through our newsletter. Our goal is not to get a Nobel Prize in literature. We all write notes, reports, formal letters etc. Sharing in the newsletter need not be much different from that. I believe that we are all capable of saying, in our own way, whatever we wish to share. Diversity in our styles of expression is good also. This is our newsletter and we can use it for all appropriate purposes. I hope some of you will hesitate less to contribute in future. Since there are only a few issues per year, it might help to drop notions and ideas in a "newsletter folder" off and on, whenever something comes to mind as worth sharing. That way the ideas can be developed later, as the newsletter deadline reminders come to you on the Tuesday EBlasts. If you wish, you can send me an email about the intent to contribute to the next newsletter (make me your "newsletter folder", if you like) and I can remind you specifically.

Please feel free to give me any feedback, suggestions, ideas, (also constructive criticisms and reminders if I am out of line). Thank you.

Hoping to hear from you,
Asha Mukherjee, PhD, LP

Dr.asha.mukherjee@gmail.com

www.asha-phd.com

Saturday, January 8

Private Practice Group

9:00-11:00 AM

Black Bear Coffee House, (upstairs)

1360 Lexington Pkwy N,

St. Paul

FFI: Karen Wright

karen@benevolentjourney.com

Wednesday, January 19

Executive Committee Mtg

7:00-9:00 PM

FFI: Dawn Brennan

dawnbrenn@gmail.com

Saturday, February 12

Private Practice Group

9:00-11:00 AM

Black Bear Coffee House, (upstairs)

1360 Lexington Pkwy N,

St. Paul

FFI: Karen Wright

karen@benevolentjourney.com

Wednesday, March 1

Spring 2011 MWP Newsletter Deadline

Submit your articles/ads to:

Asha Mukherjee

Dr.Asha.Mukherjee@gmail.com

Saturday, March 12

Private Practice Group

9:00-11:00 AM

Black Bear Coffee House, (upstairs)

1360 Lexington Pkwy N,

St. Paul

FFI: Karen Wright

karen@benevolentjourney.com



5244 114th Ave
Clear Lake, MN 55319

ADDRESS SERVICE REQUESTED

Dated Materials: January 1, 2011