



Minnesota Women in Psychology

Fall
2009

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

Plan to attend the Fourth Annual MWP's Fall Gathering!

Wine & Chocolate

Member Drive & Networking Event

Join us on

Friday October 2nd

3:00 to 6:00pm

100 2nd Street SE, Minneapolis 55414

This event is free of charge.

(see www.mnwomeninpsychology.org for directions and parking information)

Nibble on chocolate and sip wine while socializing with members old, new and "becoming". Appetizers and other beverages will also be served. We will be previewing upcoming MWP events, and learning about the Mentoring Program and our amazing new website! Hear more about the Find-A-Therapist feature -- a fabulous new membership benefit!



Remember the Membership Drive...

This event is an opportunity to bring colleagues and invite potential new MWP members**. For each new member referred by you between September 15th and October 15th, receive \$5 off of either your 2010-2011 membership or an upcoming MWP event registration AND a special prize will go to the member who refers the most new members! Registration forms are available on the website or can be completed at the Wine & Chocolate event.

***MWP membership is available to women mental health professionals and graduate students, see the website for further information.*

RSVP by Tuesday September 29th to WmPsychlgy@aol.com or to the MWP office at 320-743-5694. *Please make sure to include yourself and number of guests.*

INSIDE . . .

Letter from the Chair
Page 2

Mentoring Conversations
Page 3

Web Site Update
Page 4

*Working at
Patience & Optimism*
Page 5

Book Review
Page 6

. . . and much more

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www.mnwomeninpsychology.org

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 Julien
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.

It is hard to believe it is time for our Fall Newsletter as the summer months have seemingly passed by so quickly. There are many exciting things happening within our MWP organization. We are fortunate to have Laura Tripet Dodge and Dawn Brennan join the Executive Committee this year. Participation in programs continues with development of our mentoring program in addition to other longstanding programs like the Social Action Book Club and the Private Practice Group. The Professional Development Committee has put together a Mentoring Program and the Technology Committee has done a great deal of work to upgrade the MWP website and develop the searchable directory.

At the Executive annual summer day retreat the Executive Committee took a look at our difficulty covering our yearly operating costs with current revenue coming primarily from membership dues. Part of being in leadership is trying to make what you believe is the best decision, knowing it may be difficult. We made a decision to make a modest increase in membership dues of \$5.00. We are also looking at other opportunities to raise revenue such as sponsoring another professional workshop. This decision was made thoughtfully so we can continue to offer programs and resources that members have requested and continue to be an attractive but unique professional organization. The use of the email blast to network and now the Find a Therapist professional directory are resources that are costly to purchase individually are available to MWP members at no extra cost. In addition, in an effort to model the efforts of other professional organizations to "go green" and reduce paper usage, the Membership directory and newsletters will be delivered in electronic format. From the electronic format, Members will have the option to print a copy. If members desire they may receive a printed copy for a small cost. With our new searchable directory that includes both members only and public access current members and new members will be able to upgrade their professional profile information any time they need rather than wait for the printed directory.

Keeping our organization growing is a priority for the Executive Committee. Look for announcements on how to receive a discount to MWP events or decrease in your dues for 2010 by recruiting new members by our renewal deadline October 15, 2009. Our annual Wine and Chocolate Event will be held October 2. We have had great turn outs the past two years and I hope to see many familiar faces and hopefully some new ones this year.

My thanks to those of you giving of your energy, time and ideas for the enhancement of MWP. As always, I encourage those who have not to get involved by attending an event, joining a committee, contributing to the newsletter, listserv or visiting our website.

Respectfully,

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

Mentoring Conversations

Mentoring Session with Joan Ungar, MA, LP

The Professional Development Committee is excited to announce that Joan Ungar will be offering a “Mentoring Conversation” focused on how she integrates Art Therapy into her practice. She will not only share how she uses these approaches in her work, but will also give those who attend an opportunity to experience it themselves. This mentoring conversation will take place on **Friday, October 16th at 10:00 am** and will last about an hour and a half. Space is limited, so please contact Julie Eschenlauer at jeschen@uwalumni.com as soon as possible if you are interested in attending.



Mentoring Session with Thrace Soryn, MA, LP

MWP members who missed Thrace Soryn’s single session mentoring conversation, sponsored by the Professional Development Committee last May, will have another opportunity to meet with her on **Saturday, November 21st from 10:00 – 11:30 am** at her office in Minneapolis. Thrace has primarily been trained in psychoanalytic/psychodynamic therapy and welcomes anyone who would like to integrate more of that perspective into their own work. She especially encourages therapists who are newer in the field to attend.

“I really enjoyed the chance to share my professional experience,” Thrace explained, “so I decided that I wanted to offer this conversation again.” In her last discussion, Thrace recalled questions about how to begin with new clients and how to shift from a supportive to a more analytic perspective. She spoke about the responsiveness of clients to this approach and about aspects of the therapeutic relationship within a psychoanalytic/psychodynamic paradigm.

For an even richer discussion, Thrace strongly encourages participants to call her a week ahead so that she can prepare for specific questions or areas of interest. If you would like to attend, the first step is to email the Professional Development Committee at laura.j.nielsen@gmail.com to reserve your space. Mentoring conversations are free and intended to be small group discussions so don’t delay with your RSVP! After registering, it is imperative that you call Thrace at 612.374.2194 because you will need an entry code to get into her secure office building at 2124 Dupont Avenue South, Minneapolis 55405. *Please note that her office address has changed since the last printing of the MWP Directory.*

Next Book Group Meeting

Saturday, October 24

1:30 PM

Black Bear Crossings Café

Como Park Pavilion

1360 Lexington Pkwy N., St. Paul

“Diary of an Undocumented Immigrant” by Ramon Tianguis Perez, is the story of an undocumented worker from a small town in Oaxaca, and depicts his life over a period of several years in the States in the mid-1980s, ending with his return to Mexico after the passage of the Simpson-Rodino immigration law. When he tells of crossing the border under the watchful eye of the guides who take illegals into the U.S., the book resembles a Jim Thompson thriller--a nicely observed narrative recounted in a flat, amoral tone, casually littered with atmospheric detail from the seamy underside. (Amazon.com Publishers Weekly review)

FFI: Jane Whiteside at
janewhiteside@earthlink.net



Technology Report: Our New Website

As I write this, we are just about to send out the email introducing you to our new website (www.mnwomeninpsychology.org) and providing directions on creating your professional profile in our new Find A Therapist directory. By the time you read this, the website has gone live, and I hope you have taken a few minutes to look it over and add your information.

A project of this size takes a lot of time and planning. And we already have a list of a couple things that we want to update once we can raise funds to do so. Your early input is important. We

can't promise to implement every request, but we want to hear from you. What do you like about the website, what would you like to be different?

If you have a personal website, there is now an MWP logo you can place on it, linking to the MWP website. This will raise the visibility of our organization on the Internet. Find it under Member Resources - MWP Website Icon, or www.mnwomeninpsychology.org/member-resources/mwp-website-icon.

As part of our technology initiative,

we will also be reviewing and updating MWP's policy regarding posting of announcements to the website, EBlast, listserv, and newsletter. Details will be posted to the website and in the EBlast.

If you have any praise (hint, hint), comments, questions, etc., contact me or another member of the Executive Committee. Hey, you can find out who we are and our contact information on our new website: www.mnwomeninpsychology.org!

by Rebecca Chesin,
Technology Chairperson

Your MWP Profile: Tips for Optimizing

Here are some suggestions for you to consider. They are based on information gleaned from marketing advice for therapists and/or websites, other therapists' experiences, and my opinions.

- **Put Yourself in Client's Position:** This is the #1 piece of advice! If you were searching for a therapist, what would you want to read in a profile? How much would you want to read?
- **Double-check and Triple-check Your Listing:** This is also very important! Every time you make changes to your profile, click on 'view profile' to make sure what appears is what you want members to see. But, wait, you're not finished! Now, log out and view your profile again; this is what visitors to the site will see. A few quick clicks and you're good to go. (I am thinking mostly of the Home Address and Phone fields here. And, remember you can leave a field blank if you have any concerns about it.)
- **Select 4 Cities:** You can select up to 4 cities where your office(s) are located or next to. Some visitors will look for a therapist by searching cities, and this will maximize your profile showing up in search results.
- **Employment field is not your resume:** This field was intended to list your office location(s). You can list your job history if you like, but I wonder if prospective clients are interested in that information. (A future upgrade to the site will more appropriately label the field "Office(s)" and change it so you can only add your work addresses.)
- **1 Picture = 1,000 Words:** People connect to other people, more than words on a page. Most website visitors want and expect to see your picture. Studies show that this item alone can make a difference between whether a potential client calls you or the next person on the list.
- **Look at Other Member's Profiles:** You might get a good idea for improving your own. And read them as if you were a person with a problem looking for help, not as a fellow therapist.

By Rebecca Chesin
Technology Chairperson

Working at Patience and Optimism

On my mother's side of the family, depression is the biologically given response to stress. That being the case, I've spent years learning techniques for fending off nature's pressures. In other words, I look for optimism. This series of two articles is about places where I'm finding it these days.

Walter Cronkite

That's right. Walter Cronkite. Well, more specifically all the news reviews surrounding his death. For me, they are a journey into the past – my past. Now remember, depression is the natural reaction, and let's add to it that I am what my son calls an "empath". It's been easy for me to see the black/fearful side of the atomic bomb threat, the Korean war, the Vietnam war, the civil rights crisis, the emotions of the recent women's movement, the genocide and poverty in countries other than our own, the poverty and economic injustices in our own U.S. I'm sure there's more – oh yes, the Cuban missile crisis, with its fallout shelters. This is not to say there haven't been personal crises as well.

So, what about all these Walter Cronkite reviews? I watch them with interest and a certain degree of nostalgia – but no heart crunching stress. And therein lies the optimism. I've learned that these crises have a lot in common with the old movie scenes where the family gathered around hoping the fever would break and the hero would recover. He usually did. Now I'm looking forward to the sense-making view of these times from 20 to 30 years hence. (That's optimism right there.)

By Mona Gustafson Affinito, Ph.D., LP

MWP Welcomes New Members

Kathleen M. Adams, Ph.D., LMFT

Pat M. Ahrens, M.S.W., LICSW

Dana L.N. Brandenburg, Psy.D., LP

Judith S. Brooks

Mary A. Dahnert, M.A.

Isabelle Duguay, M.A., Psy.D.

Denise L. Dworakoski, M.A., LPC

Barbara S Goodman-Fischtröm,
LICSW, LMFT, LADC

Laurel H. Jung, M.A., LP

Sherry L. M. Merriam

Kelly S. Petska, LP

Jenny L. Reimann, MSW, LICSW

Suzanne E. Reynolds, M.A., LPC

Linda C. Richardson-Beaird,
M.A., RN, CNS

Sandra Streitman, Ph.D.

Mark Your Calendar

Friday, October 2

Wine & Chocolate

3:00—6:00 pm

100 2nd Street SE, Minneapolis 55414

This event is free of charge.

RSVP to WmPsychlgy@aol.com

Saturday, October 10

Private Practice Group

9:00-11:00 am

Black Bear Coffee House

1360 Lexington Pkwy N, St. Paul

FFI: Dawn Brennan

dawnbrenn@gmail.com

Thursday, October 15

MWP Renewal Deadline

Friday, October 16

Mentoring Conversations

10:00 –11:30 am

Art Therapy by Joan Ungar

RSVP to Julie

jeschen@uwalumni.com

Saturday, October 24

Book Group Discussion

Diary of an Undocumented Immigrant

by Ramon Tianguis Perez

1:30 pm

Black Bear Coffee House

1360 Lexington Pkwy N, St. Paul

FFI: Jane Whiteside

jane Whiteside@earthlink.net

Saturday, November 14

Private Practice Group

9:00-11:00 am

Black Bear Coffee House

1360 Lexington Pkwy N, St. Paul

FFI: Dawn Brennan

dawnbrenn@gmail.com

Saturday, November 21

Mentoring Conversations

10:00-11:30 am

Psychoanalytic/

Psychodynamic Therapy

with Thrace Soryn

RSVP to Laura Nielsen

laura.j.nielsen@gmail.com

Book Review



The Woman Warrior: Memoirs of a Girlhood Among Ghosts by Maxine Hong Kingston

Our book group chose this older book (1975), *The Woman Warrior*, because we had word-of-mouth testimony about its import to a young woman during her time of identity crisis. It has also become a classic in the genre of cross-cultural studies in academic settings for good reason.

As a first-generation Chinese-American, Kingston weaves Chinese fables or “talk-stories” into her own memories indicating her process to reconcile who she is as a Chinese female with who she is as an American female. The result may at times be confusing (which parts are fact and which are fiction?) until the reader succumbs to accepting that the question is irrelevant. Whether the message is allegorical or literal does not affect its importance. However, it takes a process to move from confusion to acceptance for the reader. Each of the five sections of this book is a story within the story. Chronology is not linear, another confusing feature.

Kingston’s subtitle is “Memoirs of a Girlhood Among Ghosts.” The “ghosts” in Kingston’s world come, not only from China, but are the name given to U.S. citizens as well. Kingston’s mother, a primary figure in her story, is suspicious and guarded in her new culture. She calls the native-born US people “ghosts” as do her fellow émigrés. In a sense, the term applies to anyone “not Chinese” in

origin. Ghosts are full of tricks and are not to be trusted; they have to be outsmarted. Secrets have to be guarded from ghosts of either kind.

Kingston’s mother even keeps secrets from her own children about their Chinese culture. Much of Kingston’s childhood she struggles to understand some of her mother’s behaviors and customs without the cultural information to decode them. Kingston uses the Chinese talk-stories to decode her context in lieu of direct cultural information. In so doing, she creates a unique set of beliefs which work for Kingston.

For example, traditional Chinese custom puts women at a very low status behind men; in the past women’s feet were bound to keep them humble and ornamental. There is a Chinese saying, “When fishing for treasures in the flood, be careful not to pull in girls.” Yet the Chinese heroine Fa Mu Lan prepares martial arts skills and a keen mind and spirit for years as a girl to lead her humble people to justice in battle against the oppressors. Kingston picks the fabled Fa Mu Lan as her model.

In the conflict of American individuality vs. Chinese veneration of the family, Kingston has found a way to integrate both qualities. She chooses a Chinese model who individually possesses great gifts and a sense of justice which she bravely uses on

behalf of her family and community. Kingston vows she will never be “a slave nor a wife.”

We were impressed with Kingston’s self-revelation, particularly when she talks about bullying another first generation Chinese girl who was even more mute than she was in public school. As the episode unfolds it becomes evident that Kingston hates the silence of the other girl because she hates that in herself. The situation resolves with Kingston in tears and is followed by Kingston becoming bed-ridden for an undiagnosed reason for eighteen months. The implication is that her malady is psychological.

For Kingston the relationship between language and personal identity is strong. She said to the other little girl she bullied, “If you don’t talk, you can’t have a personality...you’ve got to let people know that you have a personality and a brain.”

Kingston obviously has both. Currently she is a senior lecturer for Creative Writing at the University of California, Berkeley. She is a peace activist. She has earned numerous awards for her memoirs and fiction including *The Fifth Book of Peace*, *The Woman Warrior*, *China Men*, *Tripmaster Monkey* and *Hawaii One Summer*. She is not a slave, and she is married.

By Gail Anderson



Twin Cities **CLINICAL TRAINING** in
IMAGO RELATIONSHIP THERAPY FOR COUPLES



Led by: Kathleen S. Powell, LCSW, BCD
Imago Relationship Int'l Clinical Instructor

Event: **FACT A—IMAGO THERAPY TRAINING***
(FACT stands for Flexible Access Clinical Training)

Who for: Licensed Psychotherapists (will receive 16 CEU's), practicum students, graduates working toward licensure, spouses/partners also welcome.

When: Nov. 6-7, 2009; 9 am–6 pm (8:30 arrival)

Sponsor: Argosy University-Dept of Marriage and Family Therapy

Location: Eagan, MN

Cost: \$295 (Visa, MC, Amex, and checks accepted)

Register: Cheri Desmond May, MSW, LP
Certified Imago Therapist

Questions: 651-698-0508 or cheri@desmondmay.com.

Dr. Harville Hendrix, PhD, is the creator of IMAGO and author of the best selling **GETTING THE LOVE YOU WANT: A GUIDE FOR COUPLES (and 10 books)**. In IMAGO, he has created a comprehensive and highly effective model for relational therapy with couples. Oprah calls him "my favorite therapist" and credits him for "saving my relationship"—as do thousands of couples.

Join your colleagues in an initial two day training to learn more about the theory and practice of IMAGO Relationship Therapy. Learn to connect with the couple in the initial session and to hold the hope for what is possible in their relationship. Help partners move from the content of their conflict to what's underneath it. Learn the core relationship skill and art of the Imago Dialogue and how to teach this to your couples. Demonstrations and practice will allow you to immediately use what you are learning these two days with your clients.

* This two-day FACT A training can be applied to the full certification training program. This is an easy and exciting way to become an effective couples therapist. The Basic Clinical Training Program to become a Certified Imago Therapist is a 12 day program: FACT A (2 days); FACT B (2 days); and FACT C (8 days). Dates will be available in the Twin Cities in 2010.

The Clinical Training Program will provide you with extensive knowledge and increased skill to work with your most difficult couples. It will enable you to guide couples through the journey towards a deeper and more joyful relationship. You will be able to help couples translate the information imbedded in their core conflicts and use that information to soothe old and current hurts, support character structure change, and transform their relationship.

Explore more about IMAGO at www.gettingtheloveyouwant.com

Don't Let Your MWP Membership Lapse

Thank you to many members who responded so quickly to the membership renewal packet. To those members I haven't heard from yet, your membership renewal packet should be somewhere on your desk!

The October 15th deadline assures that you will be included in the printed directory. It also means that your name and profile will remain on the new web site at www.mnwomeninpsychology.org. You also will not miss any of the Tuesday EBlasts.

New this year is the ability to pay for your membership by credit card or by PayPal. If you would like to take advantage of this, send an email to WmPsychlgy@aol.com. Let me know of any changes on your form and how much your dues plus the extra fee for a printed newsletter and/or directory will be. You will then be sent an invoice by email. Follow the link in the email to a secure PayPal web site to submit your payment.

By Susan Johnson
MWP Administrative Assistant

Contributors to this Issue

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ADDRESS SERVICE REQUESTED

Dated Materials: October 1, 2009