

Minnesota Women in Psychology

April 2003 Newsletter

Emergency Services for Refugees

MWP's Social Action Committee is sponsoring a workshop for all mental health providers interested in learning to work with refugees in the event of an emergency or disaster. The workshop, "**Emergency and Disaster Mental Health Services for Refugees**," will be held from 9 am to 4 pm on **Friday, April 25** at the Plymouth Congregational Church in Minneapolis.

Presenter Andrea Northwood, Ph.D., LP, of the Center for Victims of Torture, will provide the basic knowledge and skills needed to serve Minnesota's growing refugee population in the event of a disaster affecting large numbers of refugees. The workshop will focus on the unique challenges and aspects of providing crisis intervention and disaster mental health services to this population.

Rather than attempting to impart culture-specific information, the workshop will emphasize the integration of generalizable principles of cross-cultural learning and relationship-building as utilized at the Center for Victims of Torture, where staff work with survivors of politically motivated torture who come from more than 60 countries around the world. The first half of the workshop will seek to sensitize participants to the life experiences and current circumstances of resettled refugees and asylees. The second half of the workshop will focus on skills needed to work with interpreters. Didactic, interactive and experiential modes of learning will be utilized.

For more information about the program or for a registration form, contact the MWP office, 952-920-9606, or check the MWP website at www.womenpsychologists.org.

— Jane Whiteside and Judith Lies, Co-chairs
MWP Social Action Committee

Notes From The Chair

I just got back to Mankato from the Minnesota Women in Psychology bimonthly Steering Committee meeting. The energy in the dining room of our host was incredible with all the committee chairs reporting on their activities from the past month and the plans that they have for the near future. I love these women and so appreciate all the wonderful work that they do. MWP committees have organized many activities for this year for their members.

The Professional Issues Committee is working diligently on the MWP mentoring program and there is an informative article in this month's newsletter that describes the roles and the expectations of the mentors and mentees in this valuable program. This committee is also collaborating with the women's division of Minnesota Psychological Association and both groups would like to co-sponsor programs that will meet the needs of both women's organizations. This is very exciting to be working on a joint venture with MPA's women's division.

The Social Action Committee has been working in collaborating with the Minnesota Red Cross and the Center for Victims of Torture and this has resulted in a very fine program. The event is planned for Friday, April 25, 2003 and is entitled "Emergency and Disaster Mental Health Services for Refugees." If you have not registered as of yet, please consider joining the discussion of this timely topic.

The Janet Pipal Private Practice Sanity Conference in November produced two active special interest groups. These two groups will meet on a regular basis to discuss those issues related to practitioners who are in or are thinking about pursuing an endeavor in private practice. If you are interested in joining one of these groups, please contact me for further information.

I would also like to invite any members, new or seasoned, to consider running for a position on the MWP's Steering Committee. It has been certainly a pleasure being involved on the Steering Committee for the past six years. I have been able to find long lasting professional relationships and personal friendships while being involved on MWP's committees and many of these relationships, I feel, will last a lifetime. Please consider increasing your involvement in Minnesota Women in Psychology by joining us as a member of the Steering Committee. We will value your commitment with us and you will go away with much more than you ever imagined.

And so.....MWP continues to thrive and not just survive.

In Sisterhood,

— Dawn Ulrich

From the Professional Issues Committee: MWP Mentoring Project

The Professional Issues Committee has received a small number of completed "Mentor Match" forms, some each from prospective mentors and mentees. We are now in the process of matching these individuals based on a number of variables, including interests, experience, and more practical concerns. You should be hearing from the committee soon if you completed a form. For those of you who are interested in being mentored or being a mentor and have not filled out a form, **please fill out and return the form included in this newsletter.**

The Committee thought that a bit more information about the mentoring process might be of use to you. So...

What is mentoring?

Mentoring was described briefly in an earlier newsletter (December 2002) as a process designed "to facilitate professional development in psychology through guidance and support by an insightful and knowledgeable advisor." It further may be described within the field of psychology as a process to help a new psychologist or a psychologist

moving into new areas of practice to gain knowledge and enter into and grow within the professional community.

The process of mentoring has many dimensions, all of which may be useful to the person being mentored. Mentoring is a partnership in which a more experienced member of the organization provides information, guidance, and support to another, less experienced person, with the purpose of facilitating the latter's professional and personal growth.

An effective mentoring relationship is characterized by mutual respect, trust, understanding, and empathy. Good mentors are able to share life experiences and wisdom, as well as technical expertise. Optimally, mentors establish an environment in which the mentee's accomplishment is limited only by the extent of his or her motivation and talent.

Every mentor/mentee relationship is unique, formed by the personalities, needs and wishes of both. However, certain guidelines seem to apply across these relationships and are common to them. In the particular case of the MWP program, the following are general guidelines about roles.

Role of MWP:

To serve as a bridge, maintaining lists of available mentors and interested mentees, matching them to one another. One caveat made by MWP is that the mentoring relationship is not a supervisory relationship, that is, that the focus is not on client issues, but on the mentee's professional development. The Professional Issues Committee may be able to provide some additional support to mentor partners, either informally or through educational forums or networking meetings.

Initial commitment of mentor/mentee:

To meet at least one time and determine whether enough interest and commonality exists to warrant the establishment of a continued relationship. Both parties are expected to honestly engage in this process of establishing goodness of fit. Beyond that, frequency of

meeting and length of association would be mutually decided upon. Commitments vary widely, in frequency and overall length.

Role of mentor:

To set the boundaries that are appropriate for them and communicate them clearly and in an ongoing manner; to meet with the prospective mentee a minimum of one time, and decide with the mentee if a good enough fit exists to consider further meetings; to be realistic about time/availability and follow through with commitments made; to maintain complete confidentiality.

Possible benefits to mentor:

Although the purpose of the relationship is primarily to aid the mentee in his or her development, major benefits may also accrue to the mentor. These may include personal fulfillment, a sense of giving back what has been given to one in past (or providing what was much wanted but not gotten), increased self-confidence, exposure to new ideas, and a revitalized interest in one's work..

Role of mentee:

To manage the logistical details of the relationship as they fit with mentee needs; to communicate clearly goals and objectives for the relationship, as well as what they perceive they need from a mentor; to follow through with time and energy commitments made to mentor; to communicate in an open and respectful way any unmet desires from the relationship, without an expectation that the mentor will necessarily be able/willing to meet these.

Possible benefits to mentee:

Professional development, learning , increased confidence, assistance and feedback, a sense of support and nurturance.

Four stages within the mentor/mentee relationship may be the following:

Act I – Getting Acquainted

Act II – Goal Setting by and for the mentee

Act III – Seeing goals through, meeting expectations. This may obviously include some redefining of goals and of relationship expectations.

Act IV – Closure. This may have elements of both sadness and celebration.

If you are interested in doing some reading on the subject, below are some current popular books on the subject:

The Mentor's Guide, by Lois Zachary

A Mentor's Companion, by Larry Ambrose

Mentoring, by Gordon Shea

The New Mentors and Proteges, by Linda Philips-Jones

Finding a Mentor, Being a Mentor, by Donna Otto.

As a person who has experienced the considerable joys and benefits of both mentoring and being mentored, I encourage you strongly to consider this endeavor as a worthwhile and satisfying experience.

— Marianne Kelley, Professional Issues Committee

Got e-mail?

MWP sometimes has interesting and timely information to get out to the membership, and it's quick, easy, cheap, and "green" to use e-mail. If you have **not** gotten an e-mail from MWP in the last month, it means we don't have an updated e-mail address for you. Contact us, at mwp@mn.rr.com, to let us know your e-mail address. Thanks!

Something New – Annual Meeting and Breakfast!

Save **Friday, June 13, 2003, 8:30 am – Noon**, for the MWP Annual Meeting at Como Pavilion in St. Paul. Nickey Larson will present about working with feelings in psychotherapy.

Special Interest Groups Forming

Two special interest groups met in February to follow up on information presented by Janet Pipal at the Fall Colloquium. The groups will consider topics like marketing, private practice resources, and supporting each other. Please contact the MWP office (952-920-9606; mwp@mn.rr.com) for more information.

A Perfect Gift!

Remember that MWP has developed a booklet, "Navigating the Board Complaint Process: A Guide for Minnesota Psychologists" to help people navigate the Board complaint process. Information about the booklet is available at the MWP website, www.womenpsychologists.org, or by calling the MWP office, 952-920-9606.

Contributors to this issue

Dawn Ulrich

Heidi Sauder

Marianne Kelley

Sue Babcock

Ferris Fletcher

Deb Orzechowski

Welcome New and Returning MWP Members!

Christine Anderson Jacob

Katie A. Kauphusman

Carolyn Laine

Jennifer S. Bluem Moran

Kathryn McGraw Schuchman

Jennifer Weiss

Positions Available

Park Nicollet Health Services has the following positions available (check www.parknicollet.com for more info.):

Therapist – Eating Disorders Institute: Master's degree in mental health field required. Experience in individual, family and group counseling, including working in a multidisciplinary team setting. Previous experience in eating disorders desirable. Licensed by the State of Minnesota as an LP, LMFT or LICSW. Positions available both in St. Louis Park and at the Anna Westin House in Chaska. FFI: Leann, 952-993-1688, or, leithl@parknicollet.com.

Chemical Dependency Specialist, Burnsville clinic: Candidates must have a CD license and LP or LICSW licensure; 5+ years psychotherapy experience, preferably with family, group and cognitive behavioral therapy; and excellent interpersonal and communication skills. Proven urgent care and substance abuse case management abilities are essential. FFI: Lisa, 952-993-1638, or, diebel@parknicollet.com.

Space Available

St. Paul: Beautiful office on Grand Avenue near Lexington. Comfortable, quiet; one full day, two evenings available to sublet. Please call Linda Rodgers, 651-229-6962.

Minneapolis: Elegant, unique office available overlooking downtown (233 Groveland Ave.). Great location for neighboring suburbs, St. Paul as well as Minneapolis residents. Housed with four other experienced licensed therapists. Copier, fax, wonderful waiting area. You will **love** working here! Mondays, Fridays, most Thursday afternoons available. Contact Lynn Kiely, LICSW, Ph.D., LP, 612-870-8728.

iiii

Minneapolis: Office space to sublet, part-time. Terrific Uptown location, beautiful building. Contact Elisabeth, 612-414-1508.

Musings about Books

The Birth of Pleasure
by Carol Gilligan (2002)

Twenty years after her groundbreaking book examining girls' moral development, *In A Different Voice*, Carol Gilligan continues to challenge traditional psychological thinking regarding human experience. She opens her new book with the following paragraph: "Maybe love is like rain. Sometimes gentle, sometimes torrential, flooding, eroding, quiet, steady, filling the earth, collecting in hidden springs. When it rains, when we love, new life grows. So that to say, as Moses coming down from Sinai said, that there are two roads, one leading to life and one to death, and therefore choose life, is to say in effect: choose love. But what is the way?"

In *The Birth of Pleasure* Gilligan takes readers on a journey of discovery to answer this question. Through the use of themes from novels, memoirs, plays, dreams, mythology, and case histories we are guided towards an understanding of the role of patriarchy in setting forth a familiar story of betrayal and loss that must be endured to obtain love and pleasure. Gilligan utilizes her research on relationships between fathers and sons, mothers and daughters, and couples to illuminate a new mapping of the road to pleasure.

This is a challenging read as Gilligan moves back and forth between characters and settings, both real and fictional, as she elaborates on her theory. However, Gilligan is an eloquent author whose writing offers many rewards and her message is one of hope for loving relationships.

— Reviewed by Sue Babcock

For Your Information

*In this section, **For Your Information**, we print items of particular interest to women psychologists, MWP members, and women clients. Most of the programs listed here for professionals offer CEU's for psychologists, or have applied for them. Be sure to confirm before registering, if CEU's are important to you.*

Items for this section are limited to approximately 30 words; exceptions for that policy are made for non-profit organizations which serve primarily women (e.g., YWCA, Women's Consortium, Continuing Education for Women, etc.).

*A special service **for members of MWP** who are offering services, events: you may contribute items for **For Your Information** irrespective of whether the event is aimed for women. All other events (those which are not presented by MWP members) must be of particular interest to women in order to be included here. The Editor often uses her own judgment in determining if the event is of particular interest to women, e.g., events which address issues of families and children.*

Thurs., April 3
Minneapolis
Asperger Syndrome: Clinical Features, Assessment, and Intervention Guidelines. FFI: 413-499-1489.

Friday, April 4
St. Paul
The Nature of Prejudice. A First Friday Forum by Judy Punchechon, Ph.D., presenting on the nature of

prejudice and what can be done to change it. FFI: MPA, 651-697-0440.

April 4 – 5
June 6 – 7
Minnetonka
Thought Field Therapy (TFT): Rapid Treatment for Emotional Problems. Jill Strunk, Ed.D., MWP member, presents Level I and Level

II training in TFT. FFI: 952-936-7547.

April 4 – 5
Bloomington **Women Healing:** For
professionals on April 4, for
women in recovery on April 5.
Presented by Hazelden

Foundation. FFI: 888-257-7800, x-4429 or x-4462.

April 4 – 5
Northfield **Ericksonian Play Therapy:**
The Spirit of Healing with
Children and Adolescents.
Presented by

Joyce C. Mills, Ph.D. FFI: St. Olaf Psychology Conference, 507-646-3629.

April 7, 8, 10,
15 or 17 **Woman Well** presents **Three**
Keys to Self-Understanding,
presented by Pat Wyman, M.Ed.
Call-in presen. FFI: 651-739-7953 [also April
25-26, see below].

Thursday-Friday
April 10 – 11 **Advanced Topics in Dialectical**
Behavior Therapy, with
Special Emphasis on
Adolescents. Presented by
Minneapolis Charles Swenson, M.D.,

and Alec Miller, Psy.D. FFI: 206-675-8588.

April 10 – 11
Minnetonka **13th MN Conference on**
Adolescent Females -- Finding
Common Ground: Listening to
Generations

of Girls. Keynotes by Terry Tafoya, Ph.D., Joline Godfrey, MSW, and Hope Edelman, M.A. Presenters include Heidi Sauder, Ph.D., MWP member, and Carolyn Kolovitz, M.S. (*Girlyworld*). FFI: 651-646-5060.

April 10 – 11 **18th Upper Midwest**
Conference on Adolescents and
St. Paul **Children in Need.** Cost is
\$99/person or, for

groups of four or more, \$84/person. At the Holiday Inn-St. Paul North. FFI: 320-629-1307, www.cedconferences.com.

Friday, April 11 **Turning Brains into Minds:
Overcoming the Effects of
Poverty.** William Sommers,
Ph.D., will present basic
information about poverty,
9 am – 4:30 pm
St. Paul

ways to communicate with children experiencing poverty and strategies to enhance student achievement. FFI: NASW, MN Chapter, 651-293-1935.

Monday-Tues. **Discover the Possibilities: MN
Association for Children's
Mental Health 2003 Child and
Adolescent Mental Health
Conference.** Key-
April 14 – 15
Duluth

note speaker Martha Straus, Ph.D., will address the issue of therapy for kids whose only communication is not talking. Char Ryan, Ph.D., MWP member, will talk about Functional Behavioral Assessments (FBA). FFI: 651-644-7333.

Friday-Saturday **Woman Well presents Three
Keys to Self-Understanding,**
presented by Pat Wyman, M.Ed.
FFI: 651-739-7953.
April 25 – 26
St. Paul

April 25 – 26 MN Association for
Marriage and Family
Therapy (MAMFT)
17th Spring Conference --
Bloomington **Speaking the**

Unspeakable: Ethical Perspectives on Sex, Money, Power, Rage . . .
**. (Friday); Vulnerability in Supervision: Pleasures, Pitfalls and Possibilities in the
Supervisory Relationship (Saturday).** Both presented by Helen Coale, MSW. FFI:
651-228-1138.

Saturday, May 3 **Dreams: Reaching the Core of
Human Experience – The
Work of Bernard Bail,**
8:30 am – 4 pm

Minneapolis M.D. Presented by Lynda Share,
Ph.D., and Susan Wil-

liams, Ph.D. At the Minikahda Club; five CEUs available. FFI: Robin King Cooper (MWP member), 651-690-1810 x-3, or Elizabeth Cashin, 952-920-7378.

Monday-Tues. Women's Chemical Health
Conference – **Seeds of
May 5 – 6 Empowerment, Roots of
St. Paul Strength: Helping Women
Recover.** Stephanie Coving

ton, Ph.D., will present the Covington model of chemical dependency treatment. FFI: Chrysalis, 612-870-2423.

Friday, June 6 **Being a Clinician.** A First
Friday Forum presented by Signe
St. Paul Nestingen, Psy.D., MWP
member, reviews the

literature about how the work of therapy affects the therapist. FFI: MPA, 651-697-0440.

Thursday-Friday **Individual Psychotherapy in
June 12 – 13 Dialectical Behavior Therapy.**
Presented by Suzanne W.
Herbert, M.D. FFI: 206-675-
Minneapolis 8588.

Client group: Eight-week therapy group designed for women motivated for change regarding their relationship with **food, weight and body image**. The focus is on a non-dieting approach to developing life-long strategies for weight management and loving one's body. Contact Sue Babcock, Psy.D., LP, 651-224-6178.

Jewish Family and Children's Service offers groups for families with loved ones struggling with mental illness, managing your career, loss of dreams, grief support and addiction recovery. FFI: 952-546-0616.

Tax Time! Did you know that **Chrysalis** offers a tax clinic to prepare returns for low-income individuals? Chrysalis also offers programs that meet county requirements for divorcing parents, chemical dependency services, law clinics, and support groups.