

Minnesota Women in Psychology

October 2003 Newsletter

New Program Series Begins

The MWP Personal Development Committee, in collaboration with Denise Wilder from the Women's Division of MPA, is excited to be embarking on a joint venture. Members from both organizations are in the midst of preparing for a new series of fireside chats that will address various topics related to **the therapist's side of the therapeutic relationship**.

The first fireside chat will be launched on **November 20, 2003** when Janice Nadeau, Ph.D., LP, LMFT, RN, will speak about therapist grief at the death of a client. Following her presentation will be an in-depth discussion of the topic, which is sure to be thought-provoking. The event will take place from **7 to 9:30 pm** in the Fireside Room at the Colonial Church of Edina. Watch for more details about the event, to be announced soon.

It is intended that subsequent fireside chats will follow a similar presentation-discussion format about different aspects of the therapist's work with clients. If you have ideas for speakers or topics for future chats, please contact MWP.

— Amy Swanson

Notes From The Chair

I'm excited to have the opportunity to chair the Steering Committee for the Minnesota Women in Psychology! I became acquainted with MWP after receiving my doctorate and moving to Minnesota, joining the Steering Committee the following year. I found MWP events to be welcoming and engaging opportunities to meet and fellowship with

other women in the field of psychology, and enjoyed immensely my time on the Steering Committee.

The social aspects of this group are key – the other members I have met are intelligent and talented, as well as warm, friendly, and easy to connect with. This year I plan to focus on membership outreach – both to more experienced professionals and the younger members we seem to be missing. Not only is it valuable for women of all ages and experience levels to share stories and wisdom, but when we have a balanced membership we can draw upon members for increased benefits to all.

I welcome ideas on how we can approach and meet the needs of other professionals in psychology, and invite any feedback on the process.

In health,

Heidi A. Sauder

Welcome New and Returning Members!

Kerry A. Anderson

Kari S. Duong-Topp

Patty Enright

Nicole M. Fleming

Andrea K. Northwood

Sara Quam

Lisa M. Quinn

Irene G. Rossman

Rebecca Schema

Ashley Sovereign

Community Forum on “Being a Citizen Therapist in These Times”

The ongoing conflict in Iraq, 9/11, the fear of terrorism, SARS, the economy, the changing political landscape and demographic shifts are changing the world we live in – locally, nationally, and internationally. As citizens, many of us can feel the subtle and/or significant impact these issues are having in our lives and the lives of our clients. Many of us are trying to understand what, if any, response to these social concerns should be coming out of our therapeutic practices. Come and join with others in our professional community for an evening of reflection on our needs, roles and responsibilities as professionals and as citizens.

The proverb says, “To know where one is, you must know where you come from.” Local therapist and author Bill Doherty, who has been speaking and writing about moral and social issues for psychotherapists for many years, will help us begin this discussion by looking at the context we have been living in and practicing our profession. He will address and challenge the professional paradigm that separates public and personal issues for therapists, and also look at the competitive and consumerist culture that underlies many of the problems we see in our offices, yet rarely talk about. Bill will also talk about his Families and Democracy project, which is developing a way for therapists to engage with communities around social and cultural issues. He will then facilitate an open forum for all in attendance.

Bring your concerns and share them with your colleagues, or come and listen to spur your thinking. Come for an evening of support and to challenge ourselves in addressing the fundamental question of what it means to be a citizen therapist. The idea for this forum came from two evenings last spring when several therapists from different disciplines gathered to talk about social concerns common to us all. This forum is

intended to keep the discussion going and bring it to a larger audience, hoping there will be more forums to follow. There are no organizations or associations sponsoring this event; it is coordinated by members of MWP, MPA and MAMFT. Please e-mail or call with any questions. An RSVP is requested.

Contacts: Patrick Dougherty, 651-646-9638, pdougherty@usinternet.com; Judith Lies, 612-343-1623; Andrea Northwood, anorthwood@cvt.org

Meeting details: **Thursday, November 6, 2003, 7:00 to 9:00p.m.**, at the Jewish Community Center in St. Louis Park, 4330 S. Cedar Lake Rd. (just SE of Hwy 100 and I-394). Cost: \$5-10, enough to cover cost of room.

— Judith Lies

It's That Time of Year . . .

The deadline for renewal of your MWP membership is **October 1, 2003**. Renewal materials were mailed in late August. Don't miss this opportunity to provide important financial support to the work of MWP, as well as update your membership directory listing and the specialty referral portion of the directory. Please call MWP, 952-920-9606, if you have questions or did not receive materials.

MWP Seeks Administrative Consultant

MWP's long-time administrative consultant, Eunice Slager, is leaving this position, and the Steering Committee is in the process of finding a replacement.

The MWP administrative consultant works independently from a home office and provides support services to the organization; hours for the work average 25-30 a month. Responsibilities include managing the member database, and coordinating the renewal process and production of the annual directory; coordinating the production and

mailing of the bi-monthly newsletter; attending, providing input and recording minutes for Steering Committee meetings; designing program brochures; and updating the organization's web site.

If you know of someone who may be interested in this position, please have them contact MWP for a complete job description and application details (952-920-9606; mwp@mn.rr.com).

Announcement

A new column is in the planning stages. In it, the editors will spotlight one of MWP's members, focusing on what they bring to the community. People interested in submitting articles to be considered for future publication may contact Deb Orzechowski, *Newsletter* editor, at orzecd@parknicollet.com.

Contributors to this issue

Amy Swanson
Heidi Sauder
Judith Lies
Dawn Ulrich
Deb Orzechowski

Annual Meeting a Success!

After a week of cool dreary weather, the sun broke through on Friday, June 13th, at the Como Pavilion, the setting for the Annual Meeting of MWP. The view of the lake was lovely and the continental breakfast plentiful and tasty. It was a great opportunity for greeting friends, networking and learning.

First the business meeting was conducted and after that Nickey Larson presented her workshop, "The Gift of Emotions." She explained

everything we do has an emotion attached to it. Emotions are neither good nor bad, they just are, but it is vital that we learn about our emotions. Nickey's conviction is our health requires that we be congruent with our emotions. She maintains that if we want to care for ourselves, we must know who we are and our spiritual connections grow out of our ability to connect with ourselves.

The response from the group was enthusiastic. Nickey opened the floor for questions and many were asked. Even as the program was concluding, members continued to talk with Nickey and one another about the ideas that had been generated. Thanks to Ferris Fletcher for organizing a great Annual Meeting!

— Deb Orzechowski

MWP Annual Meeting Minutes – June 13, 2003

Mistress of Ceremonies Susan Rydell opened the meeting, turning it over to outgoing Steering Committee Chair Dawn Ulrich. The minutes from last year's annual meeting were approved without changes.

I. Year in Review

Dawn asked the MWP Vice-chairs to review the year. Heidi Sauder reported that the Professional Issues Committee continues to work on the mentoring process and referred people to the website for forms or further information. The PIC also chose the Founding Mother's Award recipient for this year. Also, a workshop is being planned with the MPA Women's Committee to discuss what women uniquely offer to the therapeutic community.

Jane Whiteside reported that the Social Action Committee has been working on collaborating with other organizations about emergency responses after 9/11. She noted that the Winter Colloquium covered this topic and working with refugees and interpreters. Further collaboration continues.

Dawn reviewed the Fall Colloquium by Janet Pipal covering "Private Practice Survival Strategies," plus the special interest groups that are pursuing this topic in a self-help manner.

Dawn then introduced current Steering Committee members (Deb Fisher, Ferris Fletcher, Holli Kelly, Judith Lies, Kari Much, Deb Orzechowski, Skye Payne, Heidi Sauder, Jane Whiteside and Hina Zamir) and next year's Steering Committee members (Holli Kelly, Judith Lies, Kari Much, Deb Orzechowski, Nili Sachs, Heidi Sauder, Shannon Staiger, Amy Swanson, Jane Whiteside and Hina Zamir). Dawn thanked Heidi Sauder for agreeing to be next year's chair.

II. Financial Report

Skye Payne reported that MWP is in sound financial position. The checking account balance is \$4,449.58. The total membership revenue for the year was approximately \$13,800.

III. Recognitions

Current MWP volunteers were thanked and given plants. Dawn Ulrich was thanked and given a gift; Eunice Slager was thanked and will be given a gift later.

Jane Whiteside and Ferris Fletcher presented the Founding Mother's Award to Sue Eckfeldt to thank her for her years of service to MWP and for her generous interactions with other women in psychology. They cited her groundbreaking work as Treasurer, making a financial plan, finding out about tax issues, and responding quickly to the organizations' needs. In addition, Sue served as elections chair and on the 20th and 25th anniversary organizing committees. Her heartfelt contributions are greatly appreciated by MWP.

IV. A motion to end the annual meeting was made, seconded, and approved.

Personal Observations

Anne Hershbell sends warm wishes and a belated goodbye to her friends from MWP: "I moved to Lexington, Virginia four years ago, after completing my Psy.D. degree at the University of St. Thomas. I am licensed in Virginia and serve as the Director of the Counseling Center at Randolph-Macon Woman's College. I also work part-time at Lynchburg College's Counseling Center. There is no counterpart to MWP here in Virginia, and I miss the warm support of a female professional network. MWP was very important to me through my graduate training and early professional development – I so wish I could still be with you. I'd love to hear from any members ever out this way: 274 Still House Drive, Lexington, VA 24450, 540-464-4641, ahershbell@alum.wellesley.edu."

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Fran Zimmerman, Heidi Sauder and **Ferris Fletcher** are pleased to announce the opening of a new office space at 8085 Wayzata Boulevard, Suite 216, Golden Valley. The move took place July 1 and the newly rebuilt space is very comfortable.

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Linda Flies Carole announces the opening of Mindset, Inc., a private practice offering individualized integrative health consultation, lifestyle coaching and psychotherapy. Integrative services utilize personal health history as well as conventional medical and complementary therapy resources to define, direct and empower the client in a plan for illness prevention, wellness and/or healing. Cardiovascular health and recovery is an area of special interest and experience. Linda has been a licensed psychologist since 1985, and in clinical practice since 1981. She can be reached at 612-251-4179.

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Kerry Anderson writes: "I would like to introduce myself. I see children as well as adults, and specialize in play therapy. I have background in chemical dependency counseling (adults) as well. I am accepting referrals and would appreciate any you can send my way. I also teach parenting classes using the STEP (Systematic Training for Effective Parenting) program." Kerry's office is in St. Louis Park; she can be reached at 612-508-5623.

MWP Resources

- i The MWP website, www.womenpsychologists.org, gives members access to past issues of the newsletter as well as details on events and projects that MWP sponsors. Lists of ethics consultants and attorneys who have experience with Board of Psychology proceedings are also available at the website. Can't find something? Just let us know by submitting an e-mail from the web site.
- i MWP's Professional Issues Committee developed a booklet, "Navigating the Board Complaint Process: A Guide for Minnesota Psychologists" to help practitioners respond if a complaint against them is filed with the Board of Psychology. Information about the booklet is available at the MWP website (above) or by calling MWP, 952-920-9606.

Space Available

South Minneapolis: Private practice space available November 1; day, evening and weekend times. Space also for groups and classes. FFI: Judith Lies, LMFT, 612-343-1623.

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Golden Valley/St. Louis Park: Newly rebuilt and decorated office with large windows overlooking nature available two to three days per week; easy I-394 access. In a suite with several experienced, licensed therapists; copier, fax, teaching space available. FFI: Fran Zimmerman, 952-545-9310, or Ferris Fletcher, 952-546-7056.

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Prime location in Edina: Easily accessible building close to Fairview Southdale Hospital. The newly decorated and furnished space includes a waiting area. Rent is reasonable; available Monday, Tuesday and every other Wednesday. Please contact Linda Flies Carole, 952-226-6934 or 612-251-4179.

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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.

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Minneapolis: Executive suites available in historic Loring Park/Oak Grove neighborhood. Elegant reception area with fireplace. Receptionist greets guests, answers calls. Utilities, phones, parking included. Easy access to 94, 394 and 35W. FFI: 612-870-4400.

Editor's Note: We are very pleased to announce the first of an ongoing column by our new member and assistant editor, Amy Swanson.

Replenishment: A Professional Obligation

— by Amy Swanson

The pressures of practicing as therapists can be immense and almost constant. We are drawn to this profession because of, among other things, a true desire to be of help to people who are struggling with any number of troubles in their lives. If helping people were the only thing we had to focus on, the pressures of this calling would be lessened to a large extent. The reality is that there are many stressors and competing demands, both personal and professional, that potentially can get in the way of providing our best service to our clients—managing the complex business and financial end of our services, experiencing a spike of clients in crisis on our caseloads, attempting to be involved in our professional and local communities, staying connected with our families and friends, facing the challenges in our personal lives, just to name a few.

How we manage the inevitable pressures has a clear impact on the work we do with our clients and, most of the time, some sort of balance can be found. For most of us, however, at some time in our careers the pressures of our work or of our personal lives will start to intrude on our work with our clients. The intrusion may be minimal—including minor lapses in concentration or mild impatience. It may lie somewhere in the middle and we temporarily may find we can listen and support our clients but that we do not have the energy to challenge them. When left unchecked, it may ignite into more serious and persistent impairment such as when our emotional or psychological selves are noticeably compromised and the way we interact with our clients becomes harmful to them. Though only a small percentage of therapists reach the point of serious impairment, a much larger percentage of therapists will find themselves dealing with burnout from the job and with emotional exhaustion from juggling too much. No therapist wants to reach this point as it can jeopardize their professional lives and livelihood as well as their personal health and well-being.

Preventing impairment and, if possible, minimizing even these lower levels of distress is a key issue. Among the many things that we know we can do to prevent this distress is to make a routine practice of deliberate self-care. Unfortunately, the term 'self-care' seems to have become an overused word of jargon that gives the feeling of something we "have" to do—a task or set of tasks to fit into myriad other things on our ever-lengthening "to do" list. 'Self-care' sounds a bit sterile and it is not descriptive of what we want the outcome to be. Thus, the term seems to have lost some of its meaning. Instead, there may be more comfort found in the idea of 'replenishment,' which may be something we find that we actually "want" to do. [It may be just a matter of semantics, but I personally find it much easier to "sell" my clients on the concept of replenishment than on the concept of self-care and I can sell myself on the idea a lot more as well.]

Replenishment, as defined in Webster's dictionary, means "filling or making complete again...adding a new supply to...inspiring or nourishing...to become full again." 'Replenishment' sounds more inviting than 'self-care' and it is more descriptive of the ongoing need we have for giving to ourselves when we are engaging in work in which we give of ourselves so much.

Despite what we call it, we often resist it. Most of us will readily agree that it is important for us to replenish ourselves and most of us make some attempts to tend to our own needs. For many of us, however, it is still a challenge to truly prioritize time for replenishment. We may find that we do not have time for replenishment or believe we have no noticeable problems and, thus, do not need it. We may say that we are doing "enough" of it. We might treat it as though our need for replenishment is a static formula for us to plug into and that will fill our every need in every situation, every time (yoga three times a week + bubble bath + a good book = replenishment). We may believe that we can compartmentalize all of the things in our life and that it will not bleed over into our therapeutic work with clients. Our time spent in replenishment is also likely the first thing to be abandoned when we need it the most—when our schedules are jam-packed, when we are at our most stressed and frenzied. Yet, at the same time we are resisting it for ourselves, we are providing encouragement for our clients to do more of it. We talk with our friends and family about slowing down and taking truly good care of themselves. We hope that our children are

not overdoing it or overextending themselves. About what, then, is our own resistance?

Our resistance to replenishment can come from a variety of sources. It may be that we feel that taking time for ourselves, with so much else to do, is self-indulgent or selfish—especially if we have tendencies towards caretaking others. There may be a belief that we are able to regulate our emotions and control our well-being enough, without any extra efforts. It may be that we are over-identified with our jobs and unsure of what to do with ourselves if we are not giving our entirety to our work. It might be that we have difficulty admitting our vulnerabilities and humanness, feeling as though we need to be stronger than our clients—at all times—in order to be of help to them. There are likely as many motivations for resisting replenishment as there are therapists resisting it.

If we do have a tendency to resist replenishment, it is crucial to look closely at these resistances and to increase our awareness of our motivations for doing so. Our assumptions about what it means to give to ourselves may need to be challenged and reframed so that we look at it as self-respecting instead of self-indulgent. This mind shift will help us to realize that we actually are at heightened risk for being preoccupied with our own concerns if we do not adequately give to ourselves. We may need to realize that, even with the best professional boundaries, we cannot completely divorce ourselves from our emotional selves, even if we have a tremendous ability to compartmentalize the different parts of our lives. If we tend towards overworking, support may need to be sought in order to branch out and open up other things with which we identify ourselves so that we can lead full and enriching lives beyond our jobs.

Additionally, we may need to give ourselves the permission to be human, to have vulnerabilities, to ask for help. Crises and challenges enter our lives no differently than they enter our clients' lives and, at times, we cannot be any more than a "good enough" therapist to our clients. Sometimes, as the vehicles that help to transport our clients from one point in their lives to another, we may run a bit more roughly than usual. We have to accept that our depletion (emotional, physical, spiritual) will very likely have an effect on our clinical work, even if just a

minimal effect. If we make a commitment to take the best care (preventive and responsive) of ourselves that we can and if we make sure we are doing no harm to our clients, we will much more likely ride out these temporary rough patches successfully than if we neglect ourselves and then beat ourselves up for not being at the top of our game when these crises arise.

Replenishment starts with self-awareness of these motivations and making a commitment to take care of ourselves, conquering any resistances we may have to doing so along the way. Being honest with ourselves about our own needs, our own limits, and about our obligation to treat ourselves well is essential. Treating ourselves well will mean different things to different people. It will require a variety of efforts that fit with where we are at that point in our personal and professional development and with the particular situations that we encounter. Whether this takes a regularly scheduled spa day, meditation, social interaction, a trip to the doctor's office, or supervision of our work, we are obligated to do that for ourselves. It is important to be intentional in our efforts to keep ourselves replenished. We have chosen to work in a career that is continually taxing our own resources. It is a fundamental part of this career to keep those resources fueled so that we can continue to be successful doing what we do. It is also part of our obligation to our personal lives to keep those resources fueled. We need to remind ourselves that we are more than our jobs and to allow ourselves time to fully express ourselves and what is important to us through how we play, relax, rest, create, and so forth. We need to practice what we preach that we are preaching to our clients and to be aware that clients may pick up on our lack of balance, which may affect our work with them if they do not see us taking our own advice.

Our job as therapists is so much of giving of ourselves—our time, our attention, our compassion, our energy, our care, our support, our talent. It is equally as important to give all of those things to ourselves. How we replenish ourselves depends on what we need and what areas of our lives are being depleted. By taking inventory of our emotional, physical, spiritual, interpersonal, professional, and any other needs, and acting in kind, we can have more of a sense of balance in our lives and more of a sense of control and mastery. Replenishment

will always be an ongoing and changing process of taking this inventory periodically, working on the areas that are depleted, trying out different things to fill those areas (often through trial and error), assessing to see the effects of the things we try, and adjusting those resources as needed. We have so much on the line--our clients' well-being, our own well-being, and the many other parts of our lives we are juggling. As such, it is a professional, and ethical, imperative to attend to and give to ourselves in whatever ways needed to help us maintain balance in the different aspects of our lives.

References:

Baker, E.K. (2003). *Caring for ourselves: A therapist's guide to personal and Professional well-being*, American Psychological Association: Washington, DC.

Rabasca, L. (1999). Help for coping with stressors of today's practice, *APA Monitor Online*, 30(3).

Licensed Professional Counselor Update

The following information is provided by the Minnesota Association of Counseling and Development (MACD) and is intended to address broad questions about the process, requirements, and timeline for becoming a Licensed Professional Counselor.

The Board for Behavioral Health and Therapy

The new board for licensing and regulating professional counseling is currently in the process of being appointed by the Governor's Office and the appointment secretary, John Berns. (The alcohol and drug counselor licensing process will not take effect until 2005.) The goal is to have the new board appointment process concluded by September with a possible first board meeting in October. This timeline would allow for applications to be accepted and awarded early in 2004. Although an ambitious schedule, there has been support from the Governor's Office and other health licensing boards in seeing the new Board of Behavioral Health and Therapy become operational as soon as

possible. Grounded in Minnesota statutes, once the new board is established it will create informational outreach services to the public and potential licensees. Until that time, MACD will be working to provide the public and members with updated developments on both its website (<http://course1.winona.msus.edu/cward/macd/>) and member list serve.

Licensed Professional Counselor Requirements

Minnesota becomes the 48th state to license professional counselors. The requirements are consistent with national mental health licensing standards as well as unique to the needs of Minnesota where access to quality counseling services has been long overdue. It is an independent practice license that serves counselors by awarding a licensed recognized as the professional standard by insurance companies, the Red Cross, and government and employer contracted programs. This practice law is also intended to protect the public by providing educational and experience requirements consistent with the profession and regulate in a fashion consistent with other ethical board review processes.

The candidate for licensure will demonstrate successful completion, at a regionally accredited institution of higher education, a master's degree program in mental health counseling or appropriately related field, including a supervised field experience during training of not less than 700 hours that is a) mental health counseling in nature, b) meets the specific academic course content and training standards established by the board, and c) includes a minimum of 48 semester hours. Furthermore, the candidate will submit to the board a supervision plan, to be not more than two years in length, for the initial 2000 hours of licensed practiced by an approved counseling supervisor.

At the completion of the first two years of licensure, a licensee must provide evidence satisfactory to the board of completion of 12 additional postgraduate semester credit hours in counseling as determined by the board. Thereafter, at the time of renewal, each licensee shall provide evidence satisfactory to the board that the licensee has completed during each two-year period at least the equivalent of 40 clock hours of professional post degree continuing education.

Transitional Licensing Requirements (grand-parenting clause)

Those currently licensed (or in the process) as a Licensed Psychological Practitioner (LPP) or a Licensed Marriage and Family Therapist (LMFT) in Minnesota will be granted a license in Professional Counseling without the need for an examination. This also applies to practicing counselors who meet licensing requirement through educational, counseling practice experience, and continuing education hours. The transitional period ends July 1, 2005.

Reciprocity with other Licensing States

The board may issue a license to an individual who holds a current license or other credential from another state if the board finds that the requirements for that credential are substantially similar. Since the licensure law in Minnesota is based on current national standards all licensing states would be eligible for reciprocity.

If you have further questions you may contact Colin Ward, MACD Legislative Chair, by email at cward@winona.edu, or Maggie Molitor, MACD Administrative Director at MACD, Education Building A232C, St. Cloud State University, 720 4th Avenue South, St. Cloud, MN 56301, moma0202@stcloudstate.edu

Private Practice Group

MWP's Private Practice Special Interest Group continues to meet regularly, on the third Saturday each month, at Black Bear Crossing in St. Paul.

The group includes both experienced and new practitioners discussing a wide range of topics, including insurance, marketing, accounting, and regulations. The group provides a supportive atmosphere for those working to build and maintain a successful private practice.

For more information about the group, contact Linda Flies Carole, icarole@atnmail.com, or 612-251-4179. The next meeting will be Saturday, October 18, 9:30-11:30 am.

— Dawn Ulrich

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.

**Weds.-
Thursday** **Asperger's Syndrome.**
Participants will learn how to
assist a person with Asperger's
October 1-2 Syndrome to identify feelings
and handle emotions, foster
St. Paul

and teach relationship skills. Presented by: Tony Atwood and Carol Grey. FFI: 802-446-3577; www.DrDeanMooney.com.



**Friday-
Saturday** **Thought Field Therapy, Levels**
I and II combined. TFT works
through tapping acupressure
October 3-4 points to eliminate emotional
stress in minutes. Self-
December 5-6 administered, it empowers clients

Minnetonka

during sessions. Presented by Jill Strunk, Ed.D., LP, MWP member. FFI: 952-936-7547.



Oct. 23-Nov. 25 **Lesbian Maybe-Baby**
Workshop series. Presented by
6 sessions Pat Lindberg, Ph.D., LP, MWP
member. Addresses issues in
6:00-8:00 pm Lesbians considering the

decision to parent: decision-making, medical issues, legal issues, adoption, foster parenting, relationship issues and support systems. FFI: 651-291-2720.



Saturday, Oct. 25 **2nd Annual Breast Cancer Awareness Conference.** FFI:
Mary O’Kane, 612-925-3117, or
Minneapolis www.bcawarenessconference.org.



Saturday, Nov. 1 Dr. Nancy McWilliams, Ph.D.,
presents “**Style and Tone in**
Psychoanalytic Therapies:
9 am – 4 pm **Honoring the**

Individuality of Both Therapist and Patient.” Offered by the Society for Psychoanalytic Studies. Fee: \$120-135, if registered by Oct. 17; \$75, students. Five CEUs. FFI: Robin King Cooper, 651-690-1810 x-3, or Elizabeth Cashin, 952-920-7378.



Mon., Nov. 10 **Oppositional Defiant and Conduct Disordered Youth.**
Roseville Program will cover defining
OCD and AD, accurate
Tues., Nov. 11 diagnosing, etiology and
treatment program: FFI: 800-
Bloomington 843-7763,

or www.pesihealthcare.com.

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Womanwell is offering several workshops this fall:

October 21 – 24, 9 am – 4 pm – Pat Wyman presents **3 Keys to Self Understanding**, a four-day workshop on the Myers-Briggs, the Enneagram, and Inner Child Work. Cost of \$400 includes lunch; approved for 24 CEUs.

November 7, 9 am – 4 pm – **Complementary and Alternative Approaches to Healing in Mental Health**, with Karen Hilgers. Fee: \$75; Board of Psychology approved for six CEUs.

December 5, 9 am – 4 pm – **To Those Who Grieve**, with Joanne Dehmer. Fee: \$75; Board of Psychology approved for six CEUs.

All programs are at WomanWell, 1784 LaCrosse Ave., St. Paul; for more information, visit their website, www.WomanWell.org, or call 651-739-7953.

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Professional Groups/Classes Available

Spiritual Guidance Group Beginning In October: Explore day-to-day life as a sacred journey in this bimonthly group. Develop and deepen one's relationship with the divine in the company of others who have a similar goal. Learn about divine listening, speaking from the heart, and the role and value of silence. Readings, journaling, guided imagery, art, silence, and meditation techniques will be used. Group meets on Saturday mornings 2 times per month. FFI: Fran Zimmerman, M.A., L.P., and Spiritual Director, 952-545-9310. (This group is also appropriate for clients.)

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Monthly Integrative Psychotherapy Consultation Group: For therapists interested in working with spiritual issues in therapy and/or developing skills and experience in body psychotherapy. Case consultations, reading assignments and experiential learning all are possible. Fran has been working with and teaching these approaches for quite some time

and is excited to bring others together who have a similar interest. Group size will be limited. FFI: Fran Zimmerman, M.A., LP, 952-545-9310.

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Introductory Mindfulness Based Stress Reduction: 8-week Jon Kabat-Zinn model class. Fridays, starting October 3, 9:30-Noon. Possible 27 CEUs. \$250 plus book and two \$10 tapes. FFI: Judith Lies, LMFT, 612-343-1623.

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Integrating Eastern Psychology and Philosophy into Western psychotherapy practice. This is an experiential class and consultation group. Possible CEUs. Begins October 6. Call for brochure: Judith Lies, LMFT, 612-343-1623.

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Client Groups Available

Compulsive Gambling: Deborah Haddock, M.A., LP, is offering a new therapy group for compulsive gambling. This is a mixed group and will be ongoing. St. Louis Park office location. FFI: 612-940-0653, or dch@visi.com.

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Introductory Mindfulness Based Stress Reduction. 8-week Jon Kabat-Zinn model class, begin Tuesday AM, September 30, or Wednesday PM, October 1. Can be especially helpful for anxiety, depression, chronic pain and illness, caregivers, grief, world and cultural stress. Inquire about insurance. Call for brochure: Judith Lies, LMFT, 612-343-1623.

iiii

Psychomotor Therapy Group for men and women: Psychomotor integrates tracking the energy of the body, identifying inhibiting core beliefs, and closely tracking affect. Protective, comfort, and Ideal parent figures are role-played to offer a symbolic, healing experience of "how life could have been back then" had those kinds of figures been present in history. FFI: Julie Kogan-White, M.A., 651-649-2625.

iii

Adolescent Girls: Heidi Sauder, Ph.D., LP, and Susan Broadwell, Psy.D., are accepting referrals for an adolescent girls group that meets in St. Louis Park on Thursday evenings, beginning October 23. FFI: Heidi, 612-747-1554, or Susan, 952-922-1855.

iii

Women of Intent (Janice Kalin, Ph.D., LP, and Cindy Schultz, M.A., LP) are pleased to announce a new program for the fall called “**What’s Next?**”, a 6-week, 2-hour interactive workshop for midlife women who are wanting to make conscious changes in their lives.

Two meeting times have been set: Tuesday afternoons and Thursday mornings beginning in mid-September. An evening program will be added if there is enough interest. This is a small group format, but it is NOT a therapy group.

In order to get this program off the ground, a special discount to women referred by MWP members is being offered. The cost will be \$400 instead of \$700. For a brochure or more information, contact Janice, 612-227-3141 or jkalin@mn.rr.com, or Cindy, 952-851-5520 or schultz.c@comcast.net.