

# Minnesota Women in Psychology

Fall  
2006

*Committed to furthering the psychological, social and emotional well-being of all women.*

## Fireside Chat

### **Self-care for Therapists**

**Utilizing Principles & Practices of the Hakomi Method, and other Mind-Body processes**

Saturday, November 18<sup>th</sup>\*

9:00—9:30 am: networking      9:30—11:30 am: program

Colonial Church, Fireside Room—6200 Colonial Way, Edina, MN

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*. . . and much more*

We work in a potentially stressful field and it's easy to take on our client's emotional energy—which can lead to early burn-out.

Join other therapists and learn principles which when practiced help you take care of yourself, possibly providing better treatment for clients as well. Consider a difficult client scenario (or other work scenario) which has caused you distress, frustration/anger, pain, etc. to work on during the fire-side exercise. You will be guided through a mind-body process to discover relevant information and/or resolve emotions about your situation. Discussion will follow the exercise to share experiences, and focus on what's helpful to keep ourselves filled-up and grounded throughout our work..

Feel free to bring a pillow, blanket, etc. to make yourself more comfortable during the Fireside Chat. The mind-body process can easily be done sitting in your chair; however, you may bring whatever may add to your comfort during the exercise and/or discussion.

For questions or to register, please call Susan Broadwell, Psy.D. at 952-922-1848.

*\*In response to a number of people who have not been able to make the Fireside Chat during the week, please note that this is a Saturday morning program.*

**—Susan Broadwell**

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**Web Site**  
**www.womenpsychologists.org**

The MWP Newsletter is published five times a year by Minnesota Women in Psychology for its members. Deadlines are: October 1, January 1, March 1, and July 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, 7075 163<sup>rd</sup> St. W, Rosemount, MN 55068.

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, 2040—166<sup>th</sup> Lane NE, Ham Lake, MN 55304-5141, 763-413-6947.

#### **2006-2007 Executive Committee**

Sharon McNamara, Co-Chair  
Jill Strunk, Co-Chair  
Sarah J. Paper, Treasurer  
Jane Bennett  
Susan Broadwell

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, 763-413-6947.

## Notes From The Chair

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### **"Oxytocin at no extra charge"**

Thank you all for renewing, or originating, your membership. It is thrilling to me to feel connected to a pool of hundreds of amazing women just by being a member of MWP! I know there are practically unlimited talents, interests, strengths, stories, experiences, personality characteristics, achievements, and spiritual resources among you.

Every time I get to know another member, or share an experience with those I already know, my life is richer. The after-effects linger like remnants of a good movie that I keep revising for days afterwards. I find myself remembering a bit of wisdom, a facial expression, a sincere moment of vulnerability, a spontaneous laugh, a glimpse into the uniqueness you bring to our field, a way in which you stimulated a growth opportunity in me. I smile, I grow thoughtful, I experience a flood of warmth, a spark of added interest . . . and I experience a burst of priceless Oxytocin to help counteract the stresses of dealing with people's problems day after day.

As a reminder, oxytocin is a hormone with contributes to a variety of relationship phenomena, including the bonding effect of nursing a baby and the tendency for a woman to fall in love with the person she has sex with. However the aspect of oxytocin I want to highlight here is its role in counteracting stress within the context of women supporting each other.

A landmark UCLA study published in 2000 in the *Psychological Review* suggested that the hormone Oxytocin, interacting with estrogen, causes women to react to stress in ways different from the typically male "fight or flight" response. When a woman is under stress, she may be flooded with stress hormones, including cortisol—bad news for mental and physical health. However these stress hormones are typically followed by a release of Oxytocin which dampens the effect of stress and, in combination with estrogen, creates the urge to "tend and befriend," to take care of the young and affiliate with others, especially other women. As a woman engages in the tending and befriending behavior, more oxytocin is released, which further calms and counteracts stress.

The result is measurable in lowered blood pressure and other health benefits. At least 22 studies have shown the health benefits of friendship and social support. I found articles about Oxytocin with such descriptive titles as "Friendships between women good for health," "Women need women," and "Gals have innate need for pals." The UCLA researchers believe that the combined effects of oxytocin and estrogen may explain why women live an average of seven years longer than men.

So thank you all for potentially adding years to my life—and each others!

Lets take full advantage of the opportunities to affiliate within MWP: the "wine and chocolate" gathering, fireside chats, private practice group, book club meetings, wilderness trips, the annual meeting, and many more possibilities to come. Soon, when the "members only" area is completed, the new website will allow you to suggest spontaneous activities to support your needs and interests.

I look forward to seeing you at an event soon!

**—Jill Strunk, Ed.D., L.P., Co-chair**

## Membership Committee

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The Membership Committee met in September to develop our plan for the coming year. Members include Claudia Bertramsen, Susan Broadwell, Sara Gurganus, Maggie Keating, Linda Rodgers, Ann Schattenberg, and Fran Zimmerman. We are in the process of contacting graduate programs in the Twin Cities and will be scheduling informal discussions at the schools throughout the year, giving students an opportunity to learn what it's like to practice in "the real world". Any MWP members interested in helping with these discussions, please contact Susan Broadwell at 952-922-1848.

The group has initiated "A Warm Welcome", helping new members orient to all that MWP has to offer, and connecting them up with other women with similar interests.

The group is also in discussion about re-creating our Mentoring program.

—Susan Broadwell

## National Provider Identification Number

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Have you applied yet for your National Provider Identification Number (NPI)? All providers who have contracts with health plans and do electronic billing must apply for an NPI, and the Minnesota Department of Human Services is requesting that providers have this number by January 1, 2007.

Apply online at <https://nppes.cms.hhs.gov> or you can call or write to the following: NPI Enumerator, PO Box 6059, Fargo, ND 58108-6059, 1-800-465-3203 (NPI-toll-Free)

Things to be aware of when you apply for the number:

- 1.If you have a tax ID number, you will need to use your tax ID number as part of your business, and you will apply for the NPI as an organization, even if you are a sole proprietor and have no employees. Otherwise, apply using your social security number.
- 2.Be sure to have all your provider codes with you for the insurance companies you already belong to as you apply for the number. For example, have your MA provider number, Blue Cross provider number, etc., as you will need to enter them.
- 3.You may also apply with your social security number, but you will not need to use it unless you work for another organization and are paid as salaried employee using your social security number, and that program bills under your name.
- 4.If you have more than one office address, you only need to include your primary office location.
- 5.If you have more than one specialty, you must first enter your primary taxonomy code and then select SAVE, then you may enter another taxonomy code if you would like.

Good Luck. When I applied, I had lots of questions and I found the customer service people to be very helpful.

—Sharon Stein McNamara, Ed.D

## Free Online Continuing Education

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### Learn about Postpartum Disorders

The curriculum for [www.perinataldepression.org](http://www.perinataldepression.org) was created by Virginia Department of Health in consultation with a 50-member expert panel of public and private providers, state agencies, and consumers in an attempt to inform providers on the current understanding of perinatal depression, enhance the quality of perinatal mental health services and increase the capacity of the healthcare system to identify and treat perinatal patients.

The University of Virginia School of Medicine is accredited by the Accreditation Council of Continuing Medical Education (ACCME) and designates this educational activity for a maximum of 6.0 *AMA PRA Category 1 Credit™* toward the AMA Physician's Recognition Award (PRA).

Please pass this information on to other practitioners, so we can help women and their families.

—Suzanne Swanson, Ph.D., LP

## Contributors To This Issue

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*Susan Broadwell*

*Jacqueline Greenwood*

*Marjorie Huebner*

*Susan Johnson*

*Sharon Stein McNamara*

*Jill Strunk*

*Jane Whiteside*

*Suzanne Swanson*

*Denise Wilder*

## Welcome New Members

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*Stephanie Carlson*

*Heather Cargill*

*Korinne Cikanek*

*Susan Cromwell*

*Julie Eschenlauer*

*Jessica Helle-Morrissey*

*Susan Hendrickson*

*Talia Jackson*

*Serena King*

*Adrienne Laursen*

*Barbara O'Brien*

*Catherine Pfeifer*

*Sara Prescher*

*Jen Ullom-Rizig*

## Attn: Writers!

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From time to time the newsletter would like to share original contributions of its members. If you have are engaged in a special type of therapy and would like to share your thoughts on it, we would love to have an article from you. If you are creative and write poetry or draw, we would like to share your works with others. Please send any articles, poems, or stories you would be willing to share to:  
jacquelinebgrnwd@yahoo.com

## Space Available

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Office Space for Rent. Large room in Plymouth area includes internet access, phone hookup available. Perfect for the individual practitioner. Close to Hwy 55 and 494, work in a warm and friendly, wellness-centered environment sharing an office with a chiropractor and massage therapist. Call Lori at 763-227-5246 for details.

## The Color Purple at a Website Near You

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Check out the new website at [www.womenpsychologists.org](http://www.womenpsychologists.org)! By November 1 our website will have a new look, including color and pictures, and a more "user friendly" format.

The Technology Committee includes Jane Bennett, Ferris Fletcher, Jacqueline Greenwood, Jill Strunk, and Mary Zaudtke. We have been working with Lance Fletcher, who has volunteered his time and talent, to create the improvements. We selected a template, investigated websites of other organizations, and chose our general look and content areas, keeping in mind what can be done at little or no cost. We think you will like the result!

Tabs along the top include "About us," "Join us," "News & events," "Contact us," and a "Members only" section which is still under construction.

Links along the side of the home page will take you to current and past newsletters, information about committees, various resources, and connections to other compatible sites.

We are still working out the best way to create a secure "members only" area, so that feature will be delayed for a few more months. Lance is researching the most effective and affordable way to set up a password login system which will operate without extensive involvement of the volunteer webmaster.

When the "members only" feature is completed it will include links to pages for: Accolades, Burnout prevention; Committee news; Opportunities; Peer consultation/support; Referrals offered/needed; Reviews/recommendations; and Classified ads. This area, when it's up and running, will allow members easy access to each other's ideas and suggestions. Much of the content will be generated by those of you wanting to contact, network, and get together with other members quickly and easily. While you have patience for final steps in making this feature available, you can be thinking of ways you will utilize it when it is complete.

You may be wondering why the web address isn't MWP.org or MWP.com. Both were already taken when the original website was created about six years ago.

Space available/wanted and positions available can still be e-mailed to members by sending them to Susan Johnson at [WmPsychlgy@aol.com](mailto:WmPsychlgy@aol.com) and asking her to send the information to members who have provided e-mails. Susan also periodically sends other information of interest, so if you haven't provided your e-mail address and want to be included let Susan know ([WmPsychlgy@aol.com](mailto:WmPsychlgy@aol.com) or 763-413-6947).

Refurbishing the website is a dynamic process and nothing is set in stone, so we are still open to ideas and change opportunities. Our umbrella goal remains to provide an easy, enjoyable way for members to access current information and post questions, ideas and opportunities that facilitate connections among members.

**—Jill Strunk**

# Touch Increases Emotional Awareness

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Being on a windy sea without a sail is to be taken whichever way the wind blows. However, to have a sail—and to know how to use it—allows us to work with the wind and have it be a support to us. In the same way, an awareness of our emotional selves allows us to stop living unintentional and unconscious lives. This awareness can help us heal from the many emotional traumas that life can bring, and to be even more resilient for it.

We are emotional beings. We have evolved in such a way that we use emotions to shape our actions, our beliefs, and our allegiances. To be conscious and aware of our emotional lives is part of what makes us human. However, many of us have learned to separate our emotions from our awareness of them, and that is what the touch-based form of communication called Rosen Method Bodywork addresses.

Our ability to sense, utilizing the largest sense organ we have—our skin—is the first way we understand relationship. Skin provides a boundary, and helps to define our edges. Every emotion has a physical component, inwardly and outwardly. For instance, fear might be that funny feeling in the stomach, or it might manifest as shaking. Rosen touch draws our attention from deep inside to the skin, and from the skin to deep inside. The intention of our touch, is to leave space for the person being touched to experience what he or she needs to, without judgment and without being too busy or in a hurry. When we begin to feel and trust who we are, we record these experiences with systems of perception—the heart and nervous system. This is how we learn and change.

By defining more clearly the com-

plex systems of the brain, the heart, and the chemical responses and interactions that regulate what goes on inside of us, recent scientific research has begun to validate what touch practitioners have been utilizing in their work for years. Gentle connected touch, used in Rosen Method Bodywork, produces at least one hormone (Oxytocin) that brings a sense of calm and connection and counteracts the stress hormone (Adrenalin). The heart is intimately connected to the parts of the brain: the amygdala (emotional memories and processing), the thalamus (sensory experience), the hippocampus (memory, spatial relationships, and the extraction of meaning from sensory input from the environment) and, the cortex (problem solving, reasoning, and learning).

Every living thing generates a field of electromagnetic energy. When this energy is exchanged between beings, it is perceived by the heart, and that perception resonates in the brain. Together they confer to make decisions. When those decisions are in harmony, we are living our truth, and we can relax. Stephen Buhner speaks of an “intelligence of the heart in the direct perception of nature,” saying “When we are cared for or care for others the heart releases an entirely different cascade of hormonal and neurotransmitter substances than it does in other, less hopeful circumstances.”

All of this research supports the ideas, expressed by Thomas Lewis, et al, in *A General Theory of Love*, that “we are hard wired emotional beings.” and “when we heed our hearts and draw strength from relatedness we thrive.” The Rosen Method acknowledges the importance and

power of these naturally available mechanisms and utilizes them in our search for integrating and healing the hurts that happen in life.

We can't just tell ourselves to lose weight. We can't be unafraid when we are afraid. The cortex, in evolutionary terms, is a much younger part of the brain, and won't win out over the older, more emotional and relational, parts of the brain. We know it would be healthier to lose weight, and we overeat. We need to reveal or feel the emotional aspects of overeating. We need to be with our fears, not deny them. This is why body-based therapies are useful for experiences that we understand but that haven't changed with the understanding. The body stores the information until we can process it. Our language expresses this idea well: We “shoulder” responsibility; I can't “stomach” that, etc. While this holding of experience often helps us through hard times, if we hang on too long to this stored information it can come to work against us, with consequences ranging from physical pain to emotional distance from ourselves and others.

By working to more fully integrate the heart and mind, the Rosen Method uses the resulting emotional awareness to help transform lives that feel perilous in the winds of change into purposeful and conscious voyages of affirmation.

— Marjorie Huebner

*Marjorie Huebner is a Rosen Method Bodywork Practitioner, Rosen Movement Teacher and facilitator of Authentic Movement. For more information call 612-242-6646 or email: wren@mm.com. Website: www.rosenmethodmn.org*

# Spotlight on Members

## **Denise Wilder, M.Ed., L.P.**

Private Practice with Minnesota Human Development Consultants (*Practicing Independently*)

Denise's practice includes: a general adult practice with individuals, couples, and groups; domestic violence (including legal consultation and expert testimony); survivors of childhood abuse and court-related psychological evaluation

### **Why did you join MWP?**

I joined MWP, lo these many years ago, because I was impressed with its programs and the conversations they generated, because I was drawn to the affiliative nature of this organization of women. MWP had a social action committee that wasn't afraid to name social problems even when we (psychologists) were part of the problem, and because it looked like a promising place to develop warm and stimulating professional relationships – a promise kept many times over in my 20-something years of membership.

### **Who is a woman you look up to and why?**

I've always admired the late, great Katherine Hepburn, not just for her talent, but for her presence, her ability to hold her ground, and her strength of purpose in pursuing her career, including her recognition that she couldn't be married and achieve her professional goals. And she did it all with such elegance.

### **What do you like to do in your spare time?**

(Interesting notion, "spare" time, though I would agree that discretionary time does seem spare in quantity) I like to read, knit, travel, bird, canoe, hike, ogle veggies at the Farmers Market, play Scrabble on my PDA.

### **Favorite (any or all) movie/tv show/food/book/game?**

Favorites change, but I really really liked: Movie: *"Tender Mercies"* Books: *"The Dogs of Babel"*, by Carolyn Parkhurst; *"Extremely Loud and Incredibly Close"* by Jonathan Safran Foer TV show – the old *"Northern Exposure"* series

### **Tell us about your Family.**

I married into a ready-made family nearly 18 years ago -- my husband, Brian, has 3 sons, all grown now. It's a family full of males, and we're expecting our first grandboy in mid-October (which has fully activated my knitting gene).

### **What else should members know about you?**

I'm the person to call if they are interested in doing a Fireside Chat program, or if they have a suggestion for a Chat speaker. Leave me a voicemail at 651-229-3657.

## **Jane Whiteside**

Past steering committee member (6 years); facilitating social action book group for last several years

### **Where were you headed the last time you crossed the MN state line in an automobile?**

I drive across the border at least two times a day, since I live in Stockholm, WI and work in Red Wing, MN—most recent "border-crossing" was this morning, coming to work, via the bridge from Hager City, WI to Red Wing.

### **What's your idea of a summer weekend well spent?**

Getting things done at the house, kayaking on the Mississippi, having dinner with friends, going to a music event (e.g., our local monthly blues jam), reading.

### **Where recently have you enjoyed a memorable meal?**

Most memorable meal ever was at Alinea in Chicago, a year or so ago.

### **I knew I wanted to get more involved in MWP when...**

I was working toward starting my own practice.

### **What do you hope to contribute to MWP in the coming year?**

Continue the book group, probably on a "lighter note" (we've been reading some heavier books on the experiences of immigrants in their countries of origin), and with more members.

### **What qualities/characteristics do you most value in your colleagues?**

Their integrity, humanity, concern for others, supportiveness, and willingness to share and collaborate.

### **What are some of the titles/authors among the stack of books you are currently reading or what books are among those you are hoping to get to in the not too distant future? "**

At Home in Tuscany" and "Bella Tuscany" (prep for going there in the fall); also "My Sister's Keeper" (loaned by a friend who thought I would like it)

### **What one or two people, ideas, or experiences have most influenced you professionally?**

I like the Gestalt focus on living in the present, while understanding that "unfinished business" from the past needs to "be put to rest" in order to do that; also the Existential focus on meaning, on acceptance of our responsibility for making choices, and on having the courage to live from the inside (authenticity); also the cognitive therapy ideas of "mistaken beliefs" and the "pathological critic".

### **When I can find a bit of "free time" I like to ....**

read, lying in a hammock in the breeze.

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**Susan Johnson—Administrative Consultant**

I'm rather fond of coffee and when I have a little extra time, I might be seen at Caribou.

**Where were you headed the last time you crossed the MN state line in an automobile?**

I went to Milwaukee on June 2<sup>nd</sup>.

**This summer, I am looking forward to**

Kayaking and I like doing things outside. Farmer's Markets, Art Shows, Outdoor Concerts, Camping, Walking.

**Where recently have you enjoyed a memorable meal?**

Dinner at a friend's house.

**I knew I wanted to get more involved in MWP when**

a co-worker told me about the job opening for the administrative consultant position at MWP. At the interview, everyone was warm and welcoming.

**What do you hope to contribute to MWP in the coming year ?**

I hope to be able to keep up with the new technologies that MWP would like to try this fall.

**What qualities/characteristics do you most value in your colleagues?**

Honesty.

**What are some of the titles/authors among the stack of books you are currently reading or what books are among those you are hoping to get to in the not too distant future?**

I just finished reading "The Time Traveler's Wife" by Audrey Niffenegger.

**What one or two people, ideas, or experiences have most influenced you professionally?**

I don't really have a profession. But I admire people who set a challenge for them self and hang in there until they accomplish what they set out to do.

**When I can find a bit of "free time"**

I like to play music, knit, or read.

**Is there a motto, quote, or slogan you are drawn to these days?**

I often read a quote that I really like, but then I forget it. And later, when I try to think of it again, I think "I should have written that down." Not that I would have been able to remember where I wrote it down.

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**Jacqueline Greenwood—Newsletter Editor****What's your idea of a summer weekend well spent?**

It certainly involves relaxing and good weather! There would be a round or two of golf involved. There would be some boat time fishing and reading a good book (that should tell you that I am not the best at actually catching any fish.) It would all be rounded out by a gathering of people at a bonfire.

**Where recently have you enjoyed a memorable meal?**

I have decided to take it upon myself to find the restaurant with the best artichoke dip. Comparing the dips at numerous restaurants has been fun. So far Axel's is the winner.

**I knew I wanted to get more involved in MWP because**

I wanted to be actively involved in an organization that really promoted women and helped them network.. When I saw that MWP needed a newsletter editor I jumped at the chance.

**What do you hope to contribute to MWP in the coming year ?**

To be able to spread the word of MWP and engage people to become more active.

**What qualities/characteristics do you most value in your colleagues?**

A sense of humor. We work with people's difficulties day in and day out and it is nice to have a bit of comic relief.

**What one or two people, ideas, or experiences have most influenced you professionally?**

I think the most influential have been the women who have mentored me. They have shown me how to have balance in my personal and professional lives. They have also encouraged me to follow my own path and make my career my own.

**What are some of the titles/authors among the books you are currently reading or what books are among those you are hoping to get to in the not too distant future?**

I usually have a couple books going at a time. I just started reading The Kindness of Strangers by Katrina Kittle about sexual abuse in a family. I am also a few chapters into my "light" reading book, Guilty as Sin by Tami Hoag.

**Is there a motto, quote, or slogan you are drawn to these days?**

I am kind of a quote "collector". My favorite one for years has been from George Clooney's character in the movie Three Kings—they were talking about fear and his line was, "First you have to do it, then you get the courage."






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Ham Lake, MN 55304-5414

ADDRESS SERVICE REQUESTED

*Dated Materials: November 1, 2006*

## Mark Your Calendar

-  **Saturday, November 11, 2006**  
**Fall Book Group Discussion**  
Black Bear Crossing Coffee Shop, Como Park Pavilion, St. Paul, 2:00 pm  
Contact Jane Whiteside at [janewhiteside@earthlink.net](mailto:janewhiteside@earthlink.net)
-  **Saturday, November 11, 2006**  
**Private Practice Interest Group**  
Como Park Pavilion's Black Bear Coffee Shop, 9:00–11:00 am  
Contact Dawn at [dmulrich@hickorytech.net](mailto:dmulrich@hickorytech.net)
-  **Saturday, November 18, 2006**  
Fireside Chat with guest speaker Susan Broadwell, 9:00–11:30 am  
Colonial Church, Fireside Room—6200 Colonial Way, Edina, MN