



# Minnesota Women in Psychology

## Winter 2007

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



### Fireside Chat Series

#### **“Enhancing Personal Qualities in Becoming More Effective Therapists”**

Presenter:

***Katie Shinnick, Psy.D, L.P.***

Saturday March 10, 2007

9:00 am-12:00 noon

9:00 – 9:30 Networking      9:30 to 12:00 Program

Location:

Colonial Church of Edina, 6200 Colonial Way, Edina MN

\$30 Non-Members

\$20 Members

\$10 Students

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**... and much more**

**T**his presentation will include a research based experiential exercise that guides participants' attentiveness to their own life experiences and how those experiences affect relationships both professional and personal. Katie's hope in her presentation is to remind us that it is not the differences between us that continue to separate us, but not recognizing our similarities and respecting our differences.

Katie Shinnick is on the Psychological Services staff at the Minnesota Correctional Facility in Shakopee. She works with female inmates with mental health and substance abuse issues. Katie has presented as part of training and education to professional staff, colleagues, students, and clients.

#### **For more information, or to register:**

Please call Jennifer Nash-Wright, Psy.D. at 651-303-74747.

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The MWP Newsletter is published five times a year by Minnesota Women in Psychology for its members. Deadlines are: October 1, January 1, April 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 [jacquelinebgmwd@yahoo.com](mailto:jacquelinebgmwd@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: [wmpsyhgy@aol.com](mailto:wmpsyhgy@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, Chair  
Sarah J. Paper, Treasurer  
Jane Bennett  
Susan Broadwell  
Jennifer Nash Wright  
Jill Strunk

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

It is exciting to look into 2007 for MWP. As you will see in this issue, we have the 30<sup>th</sup> Anniversary coming up. Mark your calendars for the big celebration in May, 2007. We have another Fireside Chat coming up on March 10, 2007, and the book group and private practice group are continuing to flourish. The membership committee also has several events planned. For those of you who enjoyed the wine and chocolate party, we will have more events in the future.

I attended the private practice group in January at Black Bear Crossing. For people who are interested, it meets on the second Saturday morning of each month, upstairs at the coffee shop on Como Lake, from 9:00 to 11:00 am. I was very impressed with the group of dedicated women who practice psychology, mainly in small group or individual private practices. Each woman had something to contribute in terms of a new way to do billing, or to do marketing, or just how to manage stress in a business climate that does not seem overly friendly to the small health care provider. I was struck by the warm atmosphere of the group, and the very practical way that each woman had solved a problem, learned a skill, or was able to ask for support or gather information from the group. Each woman demonstrated a unique talent or gift in that meeting, and it was very rich and creative. What I most value about MWP is the way that it reaches to individuals who in some cases drive for hours to get to the support of other women doing this work.

The executive committee is continuing to meet twice a quarter, and is accomplishing a great deal to streamline and energize the organization. If you have not seen the new changes to the website, go check it out at [www.womenpsychologists.org](http://www.womenpsychologists.org). Thank you to the Technology Committee for all the hard work. Our newsletter is blossoming under the dedication and guidance of Jacqueline Greenwood. Thank you, Jacqueline. Thank you to the women on the Membership Committee, and the Annual Convention Committee, and all of the women who attend the various events MWP sponsors. I am extremely grateful to be part of such a warm and supportive group of women psychologists at this time in my career. Thank you to all of the women who make up this organization, and who continue to support it.

—Sharon Stein McNamara, Ed.D., L.P., chair

## Space Available

### **Sublet Available:**

Tuesdays and Fridays in private office in a small quiet building by I-94 in St. Paul (center of the metro area and easy to get to.) Waiting room, copier, microwave, etc. Call 651-646-2209 or email Helen Gilbert at [helengilbert@comcast.net](mailto:helengilbert@comcast.net)

### **Office Space for Rent:**

Looking for the right full or part-time therapist to share space with 2 therapists and dietician. Bayberry Center has 3 offices, a waiting room, kitchen and is conveniently located near Highways 7 and 101 in Minnetonka. Our windows open and look out on grass, trees, and birds. A wonderful, fun and healing environment. Call Laura or Lyndra at 52-470-1186.

### **Office Sublet—St. Paul:**

Office located in charming turn of the century Cass Gilbert building at the bottom of Ramsey Hill (311 Ramsey St., St. Paul). Medium sized office with skylight. Easy highway accessibility. Friendly professional environment. Available Wednesdays and weekends. For more information contact Diane Barrett, Ph.D., L.P., 651-291-8070

### **Office Sublet—Minneapolis:**

Office for sublet in South Minneapolis near 41st and Lyndale. Available hourly or for half days or evenings. Call Velma 612-877-1436 or email [velma4100@yahoo.com](mailto:velma4100@yahoo.com).

# Secure “Members Only” Area Expands Website Potential

By Jill Strunk

The “Members Only” section of the website has become a reality. Secure areas are available only to members. When you go to the website [www.womenpsychologists.org](http://www.womenpsychologists.org) and click on the “Members only” button you are directed to enter a log-in word and a password. **This log-in and password has been mailed to you.** If you ever forget either the log-in or the password, you can request a reminder by e-mailing Susan Johnson at [WmPsychlgy@aol.com](mailto:WmPsychlgy@aol.com), or calling her at 763-413-6947. **Note:** Because the log-in and password are the same for all members, the area is only relatively secure. It is possible that a non-member might gain access to the log-in and password, so please don't post anything to the website that you couldn't live with a non-member seeing. The technology committee is still checking into more secure options which might be possible for the future; in the meantime this arrangement opens the door for members to talk to each other separate from the public web content.

Once you have gained entry to the “Members Only” section, you can open pages for each of the following categories: Burnout prevention, Classified ads, Directory, Ethical Resources, Member Forum/Sharing, Newsletters (archives of all newsletters), Resource List, Reviews/Recommendations, Space Available/Wanted, Legal Resources, Out-patient groups, and Workshops by members. In the future, additional secure web pages may be added. For example, each committee could have a page with a separate password where members of the committee can communicate with each other and make relevant information, such as minutes of meetings, easily available. If you have ideas for additional “Members Only” pages, please contact Jill Strunk at [jillstrunk@msn.com](mailto:jillstrunk@msn.com) or 952-936-7547.

The goal of the website is to provide an easy, enjoyable way for members to access current information and to post questions, ideas and opportunities that facilitate connections among members. Please think of MWP when

you have an idea or question that would interest other members. Send it to Susan Johnson ([WmPsychlgy@aol.com](mailto:WmPsychlgy@aol.com)) and ask her to add it to the appropriate “Members Only” page.

Check often also to see what others have posted. You can also use the website for permanent postings of information, that have been emailed to members, such as “office space for rent,” or announcements of events. You may have lost the e-mail, but you can find the information anytime at [www.womenpsychologists.org](http://www.womenpsychologists.org).

Following are examples of the kinds of postings we have in mind. These are just samples; actual postings will come from you.

**Accolades:** “Congratulations to (name) for earning “Provider of the Year” at (name) clinic. She will receive an award at the January staff meeting. Well deserved!

**Burnout Prevention:** “I'll reserve the picnic area at (name) park from 10-4 Saturday (date) for a pot luck picnic and activity day for MWP members and their families. Please bring a dish to share and games to play on the lawn or the picnic tables. There is a playground also. (Address and directions.)”

“I love to read good fiction for relaxation and have always found that therapist make great recommendations for worthy titles and authors. You are invited to a light lunch and book swap at my house next Sunday afternoon from 1-5. Please bring books you have liked and are ready to trade. Come even if you don't have books to trade at this time and tell us about your favorites. (Address and directions.)”

**Classified Ads:** “I'm retiring and need to find good homes for almost 200 books in my professional library. I'm having a book sale on (date) at (location): 50% of cover price if copyright in last two years; 25% of cover price if older. (Directions, etc.)”

“I am looking for a used Neurotec light bar to use for EMDR. Contact (e-mail address).”

**Member Forum/Sharing:** “Where do you go to laugh? I have several clients who know they need to add more fun and laughter to their lives. Any ideas? Contact me at (e-mail address) and I'll gladly compile the list and post it on this forum.”

“I'm looking for names of psychiatrists to whom I can refer clients who are likely to explore alternatives as well as prescription medications. Please give me your recommendations at (e-mail address) and I'll share the compiled list on this forum.”

“I have concerns about the implications for our field of (name of legislative bill). Here's what I'm planning to do (details); anyone one else interested? Any other ideas? (Contact for more info.)”

“I am a senior at (name of college) and will finish my degree in psychology (date). I am looking for a mentor in the (geographical area) with specialties in (practice area).”

“I want to attend the Eriksonian Hypnotherapy Conference in Chicago (date) and would like to share expenses of driving and lodging. Anyone interested?”

“I am considering writing a grant for (topic). Would anyone be interested in collaborating?”

“I would like to get time on a local radio talk show during National Mental Health Week. Is anyone interested in working with me on topics to cover and possible venues?”

“I am looking for a billing program to do my own billing. I have heard about a couple and would like to hear from some of you about your experiences before I choose one.”

“Can someone tell me where to get good advice on how to comply with the requirements for written plans and procedures to handle my records in the case of my death? (Contact info.)”

“I am writing an article on single parenting and plan to send it to parenting magazines. Would anyone be willing to read it and give me feedback

*continued on page 4*

## Secure “Members Only” *continued*

before I send it?”

“(Name of organization) is looking for psychotherapists willing to donate time once a month on the Red Lake Reservation to help people affected by the shooting last year. If interested, contact (e-mail address).”

“If anyone is interested in a copy of the new reference work (*Name*), I can get a 40% discount in bulk with 10 copies or more. E-mail me at (e-mail address) for more details.”

“I am interested in starting a special interest group on (topic), an ego-state therapy. We could meet at my office (location). Let me know if you are interested and we will try to find a convenient time.”

“I am interested in a one-time peer gathering of EMDR therapists to share ideas for wording of preauthorization's, chart notes, treatment plans, etc. when using EMDR as the primary modality. Call or e-mail if interested and I'll follow up to find a convenient time and place.”

“I'm a retired psychologist and would like to get together with other retired therapists. I'm open to whatever kind

of group develops. If interested (Contact info.)”

“I am looking for a children's therapist in South St. Paul who takes (name of insurance). (Contact information.)”

“I have opened a new office at (location) and am taking new referrals. (Add details about areas of competence, insurance affiliations, etc.)”

**Reviews/Recommendations:** “(name of author). will be at (location) next Thursday (date and time) signing his new book (*name*). I highly recommend the book for its presentation of alternatives to and precision with use of psycho pharmaceuticals.”

“Did you notice the article on \_\_\_\_\_ in \_\_\_\_\_ magazine last month? I found it very interesting, worth requesting a copy through the library lending system if you don't subscribe. Call or e-mail me if you want more details.”

“*What the Bleep Do We Know Anyway* is out on video. I got it at Amazon. I have loaned it to several clients and it has promoted hope and positive change. (Contact info.)”

## Can You Help?

I am interested in finding an on-line course that includes the following information:

Social and Cultural Foundations studies that provide an understanding of issues and trends in a multicultural and diverse society. This includes, but isn't limited to, multicultural and pluralistic trends of diverse groups; attitudes and behavior based on such factors as age, race, religious preference, gender, socioeconomic status, and intellectual ability; and individual, family, and group strategies with diverse populations. Please contact Andrea Olson andypieper@hotmail.com

## Contributors To This Issue

Jane Bennett

Linda Gordon

Carolyn Halliday

Sharon Stein McNamara

Asha Mukherjee

Jill Strunk

Jane Whiteside

Susan Zimmerman

## Call for Listings for the MWP Group Directory

The annual listing of outpatient groups led by MWP members will again be published in the Spring 2007 Newsletter. Some guidelines to follow:

Include only groups that have an MWP member as a leader or co-leader.

If you are leading the same groups you submitted last spring, you still need to re-submit all information.

Please use the format given below. Typewritten preferred. Group designations used in the past: Women, Men, Couples, Mixed Gender, Adolescents, and Consultation/Supervisions groups.

Submit all contributions by April 1<sup>st</sup> to Jacqueline Greenwood, jacquelinebgrnwd@yahoo.com, 7075 163<sup>rd</sup> Street West, Rosemount, MN 55068, 612.309.1692.

### EXAMPLE

Focus or Specific Population	Ongoing or Time-limited	When and Where	Contact
<b>Women's Groups</b>			
Childhood Sexual Abuse Survivors	Ongoing	Tuesday, 4-6 PM 4601 Excelsior Blvd., Mpls.	Janice Alden 612.927.0170
<b>Mixed Gender Groups</b>			
Bulimia Group	Ongoing	Alternate Thurs., 4-6 PM 4601 Excelsior Blvd., Mpls	Laura T. Dodge 612.927.0170

# Introduction to the New EC Member

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## **Name and credentials:**

Jennifer Nash-Wright, Psy.D, LP

Doctorate in Clinical Psychology MSPP/Argosy University that included a doctoral internship at the Women's Correctional Facility in Shakopee  
Masters Degree Counseling Psychology, St. Mary's Graduate Center, Mpls

## **Place of Employment:**

I am developing a private practice in St. Louis Park that I began in the fall of 2005.

## **Specializations/General description of your practice:**

My practice includes working with adults and adolescents in a general practice. I provide individual, family, and couples therapy. I am forming an Anxiety Group for women. I also conduct mental health and chemical health assessments. Specialty areas include co-occurring substance abuse and mental health issues, anxiety, trauma, and depression. My main therapeutic approach includes interpersonal therapy that includes a collaborative approach with clients in determining intervention strategies for specific issues.

## **Why you joined MWP:**

I joined MWP in 2001. My purpose for joining was for fellowship and mutual support with other women in my profession that I did not find in my worksite or in other organizations.

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

Both of my Grandmothers because they both lost their husbands to death at a young age and raised their children as single mothers while keeping their farms in rural Minnesota during difficult economic times. They were both very

strong and courageous to endure difficult life circumstances and always remained loving and caring to others. They are no longer alive but they provide inspiration and strengthen my spirit, especially during challenging times.

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

I spend most weekends and vacation time at our cabin, north of Brainerd to connect with the natural world and to rejuvenate myself. I love being active outside during all seasons swimming, water-skiing, fishing (including ice fishing), snowshoeing, hiking, and building campfires. I also enjoy running and have run several 5K races over the past few years with a goal to complete a 10K.

## **Favorite (any or all) movie/TV show/food/book/game:**

I enjoy reading novels and memoirs that involve complex characters and life stories. I just finished reading "Gods in Alabama" by Joshilyn Jackson and "Drinking A Love Story" by Caroline Knapp. My all time favorite book is "This Much I Know is True" by Wally Lamb. I also enjoy movies with "The Sound of Music" being my favorite that I watch annually.

## **Tell us about your home life (pets, family, significant other...):**

My husband and I will celebrate our 12- year wedding anniversary this winter. My husband teaches second grade in the Eden Prairie school district. We were foster parents from 1997-2000 and maintain contact with some of the children we had in our care.

## **What else should MWP members know about you:**

I have been a psychologist for nearly 15 years. I recently joined the Executive Committee and look forward to taking a more active role in MWP.

## Announcements

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### **Mind-Body-Soul Consultation Group**

**W**e would like to invite potential new members to join our monthly mind-body-soul psychotherapy consultation group. We have been meeting monthly for nine months, usually Wednesday mornings in St Louis Park. Our focus is on the connection and integration of mind, body and soul, and we begin each group with a self-guided meditation. We sometimes meditate after asking a question, in order to invite our higher guidance in on the process.

Members have experience in a variety of modalities, including: Hakomi, Sensorimotor, mindfulness, neuro-biofeedback, animal-assisted therapy, and other conventional approaches. Group members work with children, adolescents and adults.

We have room for about two more therapists, so please be in touch if you're interested. FYI: there is a therapy dog present during our group. If interested please contact Susan Broadwell at 952-922-1848 or email [susanebroadwell@yahoo.com](mailto:susanebroadwell@yahoo.com). Group members include: Molly DePrekel, Lori Brule Wiggenghorn, Kathy Borer, and Susan Broadwell.

### **Consultation Group Openings**

**L**ooking for a few therapists to join a general issues peer consultation group. We are experienced therapists who meet once per month on Fridays from 12:30 to 2:30 pm. Open to both men and women. Contact Velma Wagner, MA, LP 612-877-1436 [velma4100@yahoo.com](mailto:velma4100@yahoo.com) or Penelope Ogden, PhD, LICSW, 612-920-4786.

### **Six Session Imagery Consultation Group**

**T**o meet alternate Fridays, beginning March 16. Meetings will be held from 9:00 am - 12:30 pm March 16<sup>th</sup> and May 25<sup>th</sup> or June 1<sup>st</sup> (Date to be decided by group members). And from 9:30 am - 11:30 am March 30, April 13, April 27<sup>th</sup> and May 11<sup>th</sup>. The focus will be on the incorporation of various imagery approaches into clinical practice. CEU's applied for. For more information call Diane Barrett, Ph.D., L.P. at 651-291-8070.

# Award Yourself “Crisp Courage”

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By Susan Zimmerman

**M**ore than 20 years ago, I nicknamed myself Crispy Critter. It originated because of the simultaneous entry of my hands and blowing hairdryer into a sink full of water. A sudden flash, zap, and sparks dancing up the cord to the outlet happened instantly. But miraculously, I didn't get any shock at all – other than the shock of *not* being shocked! I was still just fine, but I can't say the same of the hair dryer. It was fried to death. *It* was actually the crispy critter, not me. I felt fortunate, confused, and inspired to create some meaning to this brief, yet vivid experience. But please, do not try recreating this accident at home! Everything I read still leads me to believe it is hazardous and perhaps even deadly.

I ended up scrapping the nickname Crispy Critter. Although it sounded cute, it also sounded burned out and it was a time in life when I needed to charge positively forward through some career transitions and personal challenges. What was most needed, I had identified, was a fresh supply of new courage. I looked up the word **crisp** and fell in love with some of its definitions. They included fresh, sharp, clear, lively, sparkling, and invigorating.

I created a small ceremony to award myself crisp courage. An infusion of crisp courage would help me find a *fresh* approach to the phone calls I needed to make, discover a *sharp* focus, create *lively* written materials, learn to communicate more *clearly*, and be a healthy, even *invigorated*

suddenly single mother to my two toddlers.

Have you become a crispy critter in any way of late? Perhaps your practice or energy have fallen flat and instead of being sharp and clear, you feel burned out and fuzzy. I remembered my “Crisp Courage” ceremony recently and thought it might be worth sharing. I'm overdue for another one. Why not join me? When we mark our commitment to infusing our practice with the emotional energy it needs, brilliant things happen. My suggestion is to allow yourself to get creative and dedicate your renewed drive or direction with an awards ceremony. And if you like the phrase, Crisp Courage, borrow that! Let any or all of the words fresh, sharp, clear, lively, sparkling, and invigorating create motivation for you to infuse your work with some revitalizing change. Enjoy! And let me know how your crispy critter is doing after it receives its prestigious award. These things help us all sparkle just a little more.

*Susan Zimmerman is a Licensed Marriage & Family Therapist and Chartered Financial Consultant in private practice in Apple Valley. She helps people find the crisp courage needed to tackle stubborn problems and invigorate their financial and personal lives. Email [susan@zimmermanfinancial.com](mailto:susan@zimmermanfinancial.com). Susan will be speaking about Crisp Courage at the Awesome Women April 11th meeting. For information, go to [www.Awesome-Women.org](http://www.Awesome-Women.org)*

## Psychology Humor

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### Top 10 Signs a Therapist is Approaching Burn-out

- 10) You think of the peaceful park you like as "your private therapeutic milieu."
- 9) You realize that your floridly psychotic patient, who is picking invisible flowers out of mid air, is probably having more fun in life than you are.
- 8) A grateful client, who thinks you walk on water, brings you a small gift and you end up having to debrief your feelings of unworthiness with a colleague.
- 7) You are watching a re-run of the Wizard of Oz and you start to categorize the types of delusions that Dorothy had.
- 6) Your best friend comes to you with severe relationship troubles, and you start trying to remember which cognitive behavioral technique has the most empirical validity for treating this problem.
- 5) You realize you actually have no friends, they have all become just one big case load.
- 4) A co-worker asks how you are doing and you reply that you are a bit "internally preoccupied" and "not able to interact with peers" today.
- 3) Your spouse asks you to set the table and you tell them that it would be "counter therapeutic to your current goals" to do that.
- 2) You tell your teenage daughter she is not going to start dating boys because she is "in denial," "lacks insight," and her "emotions are not congruent with her chronological age."

And, the number one reason a therapist may be burning out....

- 1) You are packing for a trip to a large family holiday reunion and you take the DSM-IV with you just in case.

<http://www.psych.upenn.edu/humor.html>

# MWP Social Action Book Club Update

The book club has been active for several years, reading books written by authors from diverse populations (Afghanistan, Cambodia, Chili, Dominican Republican, Iran, Native American, Somalia, as well as the Hmong groups). Many of these cultural groups have increased in the twin cities area in recent years. We have learned about similarities and differences among these cultures. Our current focus is on fiction/ personal accounts, with greater humor and an enjoyable slant as compared to earlier emphasis on political revolutions and terrorism because many immigrant groups here had been through such struggles.

When we meet as a discussion group every 3-4 months, we experience and marvel at the diversity of reactions among us. It is amazing to see what each of us gets out of the same book. We admire and value the variety of individual reactions and the relationships of these to our own cultures and work. Above and beyond learning more about the particular culture groups, there is a definite broadening benefit in sharing our perspectives. A number of creative thoughts develop through the discussion and we seem to become more sensitive to each other's 'take' on the material presented by the author. Needless to say, we discuss it all as psychologists/therapists and human beings with focus on personality differences, mental health/mental illness and human resilience.

The latest book we read, "How the Garcia Girls Lost Their Accents" by Julia Alvarez, was discussed when we met in November. It is a humorous, as well as, a sentimental account written by Yolanda, the third born of the four sisters in a high SES Dominican Republican family, at the juncture of her own secret plan to return to her country of origin, after many years in the US culture. It is written starting at the present time in chapter One and subsequent chapters focus on the recent and more remote past all the way to the most remote moments revealing life transforming childhood

By Asha Mukherjee, PhD, LP

events. The last chapter reveals the family's exile from the Dominican Republic when Yolanda and her 3 sisters were very young. We noted cultural reviews and ambivalence in people's minds about memories of the traditional home left behind and their adaptation to the new culture. The reverse style of presentation from past to present was interesting and seen by some of us as a parallel to the process of getting to know a new therapy-client, wherein the initial focus is on the presenting problem/s and despite history collecting, the really significant history items come out little by little, as the client explores and shares deeper layers of the past subjective experiences and their significant connections.

We hope to stay with the light focus of the content for the present and explore books of the cultures we have not yet been able to read (African countries, Bangladesh, China, India, Japan, Malaysia, Pakistan, Philippines Thailand, etc.). This book group is an open group and we welcome more members to enrich the experience of more diverse reactions.

## SOCIAL ACTION BOOK GROUP MEETING

### Book:

The two Persepolis books by Marjane Satrapi (about her experience as a child growing up in, and later returning to, Iran):

"Persepolis: Story of a Childhood"  
"Persepolis 2: The Story of a Return"

### Date:

Saturday, March 17, 2007, 2:00 PM

### Location:

Black Bear Crossings Coffee Shop, St. Paul

### For more information:

Contact Jane Whiteside at  
janewhiteside@earthlink.net

# Book Review

by Sharon Stein McNamara

*Paths are made by walking: Using spiritual and emotional intelligence at home, at work, and in life.* By Therese Jacobs-Stewart, M.A., L.P. (2003) Warner Books: New York, NYA

This is a great practical book that teaches you or your clients skills for increasing mindfulness in every day life. Jacobs-Stewart begins by teaching about the science of emotions, building on the work of Daniel Goleman who wrote the best-selling book *Emotional Intelligence*. Jacobs-Stewart artfully explains the problem of the amygdala hijack, which is the state of emotional arousal, anyone can easily fall into when under stress; and when the emotional conditioning of past experiences is triggered in present time reality. She teaches information that will help anyone have the ability to recognize the hijack, and then how to mindfully observe and change the response to the originally conditioned experience.

In the second half of the book, Jacobs-Stewart gives practical mindfulness techniques for tuning in to our deeper self and dealing with interpersonal issues by relying on Buddhist-derived mindfulness meditations, such as following the breath, doing a body scan, and using a walking meditation. She relies upon the work of Thich Nhat Hahn, the Dalai Lama, and Jon Kabat-Zinn as resources.

My favorite parts of the book give practical examples of dealing with emotional states that are difficult, such as anger, jealousy, or grief. The last section revolves around working with others in interpersonal harmony and conflict. There are practical methods for increasing compassion and empathy, and decreasing conflict with any type of person, even those people that we all have in our lives that we would most like to avoid.

Therese Jacobs-Stewart has a practice in St. Paul. She will be a keynote speaker at the MN Psychological Association Conference on April 27-28 called Integrating Mind, Body, and Spirit: Psychology's Challenge. You can find out more about her practice, writing, and meditation retreats at [www.Mindroads.com](http://www.Mindroads.com). Her book is available at [www.Amazon.com](http://www.Amazon.com).

# Generation Next !!

By Jane Bennett

**H**aven't walked the halls of an urban high school in a while? Want to talk with your child's friends about the work you do? Here's your chance. Introduce young women and men to careers in psychology. Answer questions. Provide information. Encourage. Talk about your training and the experiences that have prepared you for this work.

In cooperation with the Achieve! Minneapolis Career and College Initiative, MWP has agreed to talk about the professional practice of psychology at career fairs in each of seven (7) urban high schools this spring. We'll need two or three MWP member volunteers to be available in each setting to greet a stream of between 200-400 students as they arrive in the cafeteria to talk with people representing different careers. To help foster participation, some teachers will likely give students related classroom assignments.

While high school career fairs are not new, the Achieve! initiative partners with existing programs building a system supporting new life planning requirements for students (beginning with the class of 2010). This is the first year that Career and College Center coordinators have been allocated to each high school to better assist students with college and career/work exploration. The initiative is autonomous from the schools and district but integrated into the schools and curriculum.

If you would be interested or willing to introduce students to career possibilities in psychology, please contact Jane Bennett at (612) 750-7219 or by email. Feel free to recruit an MWP colleague to join you for the experience. Women with a creative urge to prepare a display or those willing to gather materials will be warmly received! Include your preferences (time/dates/locations/activity) along with an email address and phone number. Email responses are preferred AS SOON AS POSSIBLE to [janebennett@usfamily.net](mailto:janebennett@usfamily.net).

<b>Date</b>	<b>Time</b>	<b>High School</b>
Thurs. Feb 15	8:30-11:30 am	North High School
Thurs. March 8	8:30-11:30 am	Washburn High School
Tues. March 13	8:30-11:30 am	Edison High School
Wed. March 14	10:30 am-3:00 pm	Henry High School
Wed. April 18	10:30 am-12:00 Noon	Roosevelt High School
Wed. April 18	1:00-3:00 pm	Southwest High School
Thurs. April 19	8:30-11:30 am	South High School

P.S. If the high school/young adult scene is a stretch or you want to learn more about the views of Generation Next! you may want to tune in 7:00 pm, January 29 to the public television broadcast, "Generation Next: Speak Up, Be Heard". See [www.tpt.org](http://www.tpt.org) for information.

Don't forget to watch your email  
for the announcement regarding  
the Annual Meeting in May!!

## Welcome New & Returning Members

*Molly DePrekel, M.A., LP*  
*Laurie A Dunn, Ph.D.*  
*Karen Heegaard, M.A., LP*  
*Joanna K. Hirvela, M.A.*  
*Martha Merchant, LAMFT*  
*Andrea M. Olson, M.S.*  
*Mary I Zwack, M.S., LMFT, L.A.D.C., LPC*

## Mark Your Calendar

- ✓ **Saturday, February 10**  
Private Practice Group  
9:00—11:00 am  
Como Park Pavilion's Black Bear  
Coffee Shop
- ✓ **Saturday, March 10**  
Private Practice Group  
9:00—11:00 am  
Como Park Pavilion's Black Bear  
Coffee Shop
- ✓ **Saturday, March 10**  
Fireside Chat Series  
9:00 am—12:00 noon  
Colonial Church of Edina
- ✓ **Wednesday, March 13**  
MWP Executive Committee  
6:00—9:00 pm  
Home of Jill Strunk
- ✓ **Saturday, March 17**  
Book Group Meeting, 2:00 pm  
Como Park Pavilion's Black Bear  
Coffee Shop
- ✓ **Saturday, April 14**  
Private Practice Group  
9:00—11:00 am  
Como Park Pavilion's Black Bear  
Coffee Shop
- ✓ **Wednesday, April 18**  
MWP Executive Committee  
6:00—9:00 pm  
Home of Jill Strunk
- ✓ **Saturday, May 12**  
Private Practice Group  
9:00—11:00 am  
Como Park Pavilion's Black Bear  
Coffee Shop

# Member Spotlights

**Name and credentials:**

Carolyn G Halliday, M.A.; L.P.

**Place of Employment:**

Private Practice in Uptown

**Specializations/General description of your practice:**

I've worked for years with trauma recovery, especially sexual abuse, and I'm a Certified EMDR practitioner, a modality that I adore. I work with adults and older adolescents (female and male), individuals, couples (same sex and mixed), and one group. I have a special interest in working with artists of all type.

**Why you joined MWP:**

I joined MWP circa 1982 but was too afraid to go to the meetings for a couple of years because I didn't have a Ph. D. When I finally managed to attend a meeting, it was mostly to meet other therapists, but also to learn from the educational programs. Like so many members, before long I was joining then chairing a committee (Social Action), and was lured into doing my stint on the board. One of my favorite experiences was writing, with Mindy Benowitz and Irene Greene, Guidelines for MWP Speakers on "Non-ist" Language.

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

I admire women who are artists and whose work moves me visually and/or tactually: Norma Minkowitz, Erica Spitzer Rasmussen, Helen Frankenthaler, to name a few.

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

Anything related to art. I am a practicing artist and that is what I always want more time to do. I sculpt by hand knitting wire and other non traditional materials, and incorporate other textile techniques. If I'm not creating something, I love to study Italian or read. I love to cook, but not on demand.

**Favorite (any or all) movie/TV show/food/book/game:**

The Shipping News is a favorite book. I love the movie "Best of Youth." Gilmore Girls is my favorite current TV series although, Six Feet Under was the contender until it went out of production. Spaghetti a la carbonara is my favorite comfort food, preferably made with pancetta from Clancy's rather than the traditional guanciale. Hershey's "Kissables" have outpaced the seasonally available "Hersheyettes" for my favorite comfort candy although Callebaut is my favorite chocolate for cooking. Plugra is my favorite butter but Hope Creamery is my favorite local butter and deserves kudos for their good organic farming. (I'm highly opinionated when it comes to food).

**Tell us about your home life (pets, family, significant other):**

I've been happily partnered forever to my husband; we have one great son who is in college and one cat whom we love in spite of the tragic truth that she's the worst cat we've ever had. Fortunately she has incredibly therapeutic fur that calms those lucky enough to be allowed to pet her.

**What else should MWP members know about you:**

I work with a lot of artists and welcome those referrals and I also really enjoy working with couples.

**Name and credentials:**

Linda K. Gordon, M.A., L.P., L.A.D.C.

**Place of Employment:**

I am in private practice and the name of my clinic is: Q.O.L. Guidance, P.C. (Q.O.L. stands for "Quality Of Life"). I see individuals age 16 and older and couples.

**My specialty areas include:**

- Assessing and treating adult ADD/ADHD
- Parenting ADD children
- Addictions (I am licensed by the state to do chemical health assessments)
- I am especially interested in compulsive computer/internet use.
- Working with family members of alcoholics/addicts
- Chronic pain/pain management
- Geriatric

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

It would be difficult for me to choose just one woman I look up to. I have had many women mentors and family and friends that I admire for a variety of reasons.

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

What spare time? Until I hire a secretary I don't have much free time. I like to spend time with my family (talking, cooking, watching movies, other). We recently acquired a German Shepherd from the German Shepherd Rescue Club. She has a number of health problems and PTSD, so I spend a lot of time caring for her, playing, training etc. I do love to read, including professional literature, as I am never bored learning more about our field. During our 6 months of moderate weather I try to teach myself gardening and landscaping.

**What else should MWP members know about you:**

I am 58 years old and live in the south metro area.

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## The MWP Newsletter is looking for writers!

Want to share information  
from the latest conference you attended?

Recently read a good book  
you think is beneficial for therapists or their clients?

Have you seen a movie that has cinema therapy value?

Did you have an ethical dilemma  
that you successfully resolved?

Write it up  
and email to [jacquelinebgrnwd@yahoo.com](mailto:jacquelinebgrnwd@yahoo.com)  
to share with other women in psychology!



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ADDRESS SERVICE REQUESTED

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