



Minnesota Women in Psychology

Summer
2009

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

MWP Celebration of Woman: A Successful & Fun Event!

Approximately 40 MWP members attended a delicious luncheon to honor our volunteers and network with friends and colleagues on May 15, 2009. The highlight of the afternoon was a fun and inspiring musical presentation by Barbara McAfee. With her original music and reciting of poetry, that was both hilarious and moving, she engaged us to reflect on our purpose in life and work. For me it was much needed opportunity for self reflection, which can be a challenge given the hectic pace our work and life can often demand. She even managed to get us to clap and sing along and for someone like me with very limited musical talent, that is an accomplishment. We even managed to hold our annual business meeting and debut the look and features of our new web site. The venue was Old Arizona Studio in Minneapolis, which is a wonderful little theater with adjoining an wine bar and tea and chocolate lounge for more intimate gathering.

By Jennifer Nash-Wright, PsyD, LP

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*Laughter,
Food
and Balloons*

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The MWP Newsletter is published four times a year by Minnesota Women in Psychology for its members. Deadlines are: September 1, December 1, March 1, and June 1. All articles and announcements may be edited to conform to space limitations or to improve clarity, without permission of writers. Contributors are given credit via byline. Email articles and items of interest to jacquelinebgrnwd@yahoo.com, or mail to Jacqueline Greenwood, 16 E. 9th Street, Morris, MN 56267

All articles and announcements may be edited to conform to space limitations or to improve clarity, without permission of writers.

Advertising Guidelines: Ads must be of interest to women psychologists, and MWP reserves the right to reject or edit advertising. Publication of any advertising does not constitute endorsement; advertising by psychologists must follow APA guidelines. Cost: Ads will be accepted in increments of business card size (2" x 3 1/2"); cost of one business-card-size ad is \$20, two—\$35, three—\$50, four—\$60, etc., up to \$100 for 8-card-size, equivalent of a full-page ad. All advertising must be prepaid. Procedures: Ads must be camera ready and fit the requirement of increments of business card size. Submit by the newsletter deadline to: WmPsychlgy@aol.com or MWP, 5244 114th Ave, Clear Lake, MN 55319 or fax: 320-743-5694.

2009-2010 Executive Committee

Jennifer Nash Wright, Chair
Dawn Brennan
Susan Broadwell
Rebecca Chesin
Laura Tripet Dodge
Jacqueline Greenwood, Newsletter
Laura Nielsen
Fran Zimmerman

Membership in MWP is available to those who hold either a Master's or doctoral degree in psychology from a regionally accredited institution or have been licensed as psychologists in Minnesota, and others who support its mission. Membership applications are available by calling the MWP office, 320-743-5694 or email at WmPsychlgy@aol.com or on the website at www.womenpsychologists.org.

Notes From The Chair

Greetings and happy summer to all. Spring time is filled with the beauty and activity of nature coming into bloom and instills the hope and promise of summer with the relief of warm sunshine, sounds of song birds, and blooming gardens. MWP has had a productive year and we have bloomed in several areas. It is with great enthusiasm that I announce two women have stepped forward to join the Executive Committee to help us carry on the work of leading MWP in a manner that grows our organization while maintaining the traditions and values on which we are founded. Dawn Brennan and Laura Tripet Dodge have had active roles with the private practice group, membership committee, and professional development committee. Now they have made a commitment to give their time and energy to the leadership of MWP. We have had others come forward to volunteer for various committees. The time and effort that members can and do offer helps keep our organization invigorated and fresh. For me it has been a great way to meet many talented, smart and fun women with a shared professional background. Jill Strunk and Sharon Stein-McNamara are stepping down from the EC after serving three years including two years as co-chairs. Their commitment to maintaining MWP as a professional organization is greatly appreciated.

One of the highlights of MWP winter and spring events included the development of the mentoring program by our Professional Development Committee. Look for more information on the mentoring program in this newsletter and on the web site. The Annual Celebration of Women was held May 15, 2009 at the wonderful Old Arizona Theater. The event was a great success with the recognition of our many volunteers, a tasty lunch, and the highlight of the fun and inspiring musical presentation from Barbara McAfee. Great strides have been made in the process of our web site's new design. The design and new features were debuted on 5/15/09. It will up and running soon with new features in place including a searchable directory with the option of members adding a photo and description of their practice and specialties.

The Executive Committee will be meeting in July for our annual planning retreat. This is a day we spend reviewing goals of our organization to ensure MWP stays true to our mission and vision, while planning how we can continue to grow and serve our memberships and the greater community. There are many exciting and great things happening with our organization. I invite you to take time to view our web site and read the email blasts. I wish everyone a great summer and look forward to seeing you all at the Wine and Chocolate event next fall!

Respectfully,

Jennifer Nash-Wright, Psy.D, LP
Chair, MWP Executive Committee

Annual Meeting Minutes

Minnesota Women in Psychology Annual Meeting May 15, 2009

Present: Kathleen Adams, Pat Ahrens, Monica Austerlitz, Katheleen Avila, Jane Bennett, Mindy Benowitz, Susan Broadwell, Karrol Butler, Rebecca Chesin, Anne Cowley, Sara Gurganus, Marilyn Henken, Susan Johnson, Laurel Jung, Margaret Keating, Julie Kenfield, Julie Kogan-White, Nickey Larson, Pamela Lipe, Sara Marck, Ruth Markowitz, Sharon McNamara, Jennifer Nash-Wright, Laura Nielsen, Barbara O'Brien, Carol Oldowski, Susan Phipps-Yonas, Bonnie Resnick, Deb Rich, Linda Rodgers, Susan Rydell, Margot Storti-Marron, Janet Thomas, Jane Whiteside, Karen Wright, Mary Zaudtke, Fran Zimmerman
Guests: Barbara Goodman-Fischtrom, Barbara McAfee

Susan Rydell opened the meeting and introduced the current chairwoman, Jennifer Nash-Wright.

1) Summary of the year (Jennifer Nash-Wright)

a) The Professional Development Committee put on a Women Sexuality Workshop last fall. The proceeds from the workshop funded the newly designed web site which will be released soon.

b) A Mentoring Program is being developed by the Professional Development Committee. It includes both group mentorship discussions and one-on-one mentorship. MWP's new web site is still under construction. Rebecca Chesin has been an essential part of the reconstruction of the web site.

c) The Executive Committee will welcome two new members, Dawn Brennan and Laura Tripet Dodge. This will be voted on by the membership later in the meeting. Welcome to the new and renewing members attending the meeting today: Kathleen Adams, Pat Ahrens, Laurel Jung, Julie Kogan-White, Carol Oldowski, Susan Rydel and Margot Storti-Marron.

d) Volunteers are what keep MWP going. Sign-up sheets are circulating for members to become more involved in the activities throughout the year.

e) The Membership Committee has done a great job this year. In addition to the Wine and Chocolate event in the fall, they have visited many of the area grad programs to inform students of our organization. The group was as essential in putting on the meeting today.

2) Preview of the New MWP Web Site (Rebecca Chesin)

a) The Members' Directory will have searchable fields

b) Pages with information for potential members

c) Some pages will be for members only

d) Members will be able to create their own password

e) Members will be able to upload a photo to go with their profile information.

f) The Technology Committee is currently looking for new members. Knowledge of how a web site works is not necessary.

3) Treasurer's Report (Fran Zimmerman)

a) Last year the goal of MWP was to invest effort and money to make MWP an even better organization. This year, MWP brought in more money thanks to this effort. The fall workshop brought in funds that are being used to reconstruct the MWP web site. The goal is to have a web site that is more useable and in turn bring in more members.

4) The Executive Committee Slate

a) Members were asked to vote for the Executive Committees Members Slate to represent MWP for the 2009-2010 year: Jennifer Nash-Wright, Susan Broadwell, Fran Zimmerman, Rebecca Chesin, Laura Nielsen, Jacqueline Greenwood Julien, Dawn Brennan and Laura Tripet Dodge.

b) The membership approved the Executive Committee slate for 2009-2010.

Treasurer's Report

Many organizations, profit and nonprofit, have been challenged by the economic downturn being experienced all around the world. Fortunately MWP is holding steady, thanks in part to the successful sexuality workshop in the fall of 2008. In comparing the time period of 6/07-5/08 to 6/08-5/09 our annual membership income has gone down about \$600.00 from \$12,000.

Fortunately the success of the sexuality workshop brought in about \$4,900 which we are using to upgrade and update our website. This website will include online listings for each of our members and something that we believe will also be a draw to new members.

While in the above period 07-08 we spent almost \$3,000 more than we brought in with total expenses amounting to \$15,548, this was an effort to invest more in programming with a goal of increasing our membership and making our organization more vital. In the period 08-09 we have reduced our spending by \$2000 (\$13,130 total) than the same period the year before, and likely will cut back the production of our paper directory to every other year also to reduce costs.

Another effort I made since becoming treasurer last fall to strengthen our financial viability was to research other financial institutions so that we can make a little more interest on the savings we do have. Currently we have been making .05% and we have found a place to transfer some of our savings to increase our interest at least 1 or 2% more.

If you have any specific questions about our financial status or suggestions to strengthen our financial viability, feel free to contact me.

Fran Zimmerman
Treasurer

Continued on page 7

Mentoring Conversations

Members who attended Ruth Markowitz's mentoring conversation were treated to an exceptional evening of conversation about topics relevant to those who are early in their careers. The evening was characterized by a relaxed, informal atmosphere in which both Ruth and the women shared their employment backgrounds thus far in their careers. Ruth offered ideas and suggestions relevant to the attendees' current situations and career interests. She also shared her thoughts in general about a variety of topics relevant to mental health professionals early in their careers. Among the topics discussed were private practice issues, employment versus private practice, consultation groups, and self-care. It was a very informative evening.

Attendees at Barbara Nordstrom-Loeb's mentoring conversation were given a wonderful opportunity to both hear Barbara talk about the use of movement in therapy in general and how it could be used in specific cases. Barbara, who is an advanced level dance/movement psychotherapist, shared with participants how she uses movement and body awareness during therapy sessions. She also talked about the ways that dance/movement therapists use movement patterns to assess client processes and interactions. The group discussed the challenges and isolation for psychotherapists who integrate body and movement processes in their work. The evening was very informative and helpful to the attendees, who had varying degrees of experience in bringing the body and movement into their work as therapists. The group, which is open to others who are interested in learning more about this area, plans to meet every six weeks to talk about their experiences and share ideas with one another. Individuals who are interested in joining this group should contact Barbara Nordstrom-Loeb at loebx001@umn.edu for the date, time, and location of the next meeting.

Thank you to Ruth Markowitz and Barbara Nordstrom-Loeb for providing these mentoring opportunities! We invite anyone else interested in providing mentoring to contact either Julie Eschenlauer (jeschen@uwalumni.com) or Laura Nielsen (laura.j.nielsen@gmail.com) through the MWP Professional Development Committee.

By Julie Eschenlauer

Book Club Meeting

DATE/TIME: Saturday, July 25, 1:30 PM

BOOK: "The Woman Warrior", by Maxine Hong Kingston, is a memoir by a woman who grew up in two worlds. There was 'solid America,' the place her parents emigrated to, and the China of her mother's 'talk-stories.' In talk-stories women were warriors and her mother was still a doctor in China who could cure the sick and scare away ghosts, not a harried and frustrated woman running a stifling laundromat in California. But what is story and what is truth?. In China, a ghost is a supernatural being; in America it is anyone who is not Chinese. In addition, underlying even the most exciting talk-stories of Chinese women warriors is the real oppression of Chinese women. In an attempt to figure out her world, Maxine Hong Kingston finds herself creating stories of her own, filling in the blanks her mother has not told her because her daughter is, after all, not true Chinese and thus cannot be completely trusted." (Amazon.com review)

LOCATION: Black Bear Crossing Cafe, Como Park Pavilion, 1360 Lexington Pkwy N., St. Paul

FFI: Jane Whiteside at jane Whiteside@earthlink.net

MWP Member Announcement

Susan Broadwell, MA, PsyD, has recently opened a private practice in Chaska. The address is 562 Bavaria Lane, Chaska, MN 55318, near the intersection of Engler Blvd. and Bavaria Road. If you are looking for a therapist in Eden Prairie, Chanhassen, Chaska, Shakopee, or the surrounding areas, I may be able to help. My telephone number is 952.922.1848 or you can reach me at susanebroadwell@yahoo.com. I continue to see clients at my St. Louis Park office as well.

With 19 years of experience doing psychotherapy with children, adolescents, adults, and couples, I have an integrative perspective. I bring a background in psychodynamics and family systems, as well as addictions treatment experience to my work. I also have in-depth experience in mind-body-spirit approaches, including Hakomi, and teach clients specific skills they can use readily to help themselves. Please give me a call if you have any questions. Thank you for referring to me.

Book Review - "The Bonesetter's Daughter" by Amy Tan

Minnesota Women in Psychology's Book Group met April 18th to compare notes on their reading of The Bonesetter's Daughter by Amy Tan. This tale, which may be largely or partially autobiographical, traverses three generations of women, starting in pre-communist China and ending in San Francisco, California in the 1990's.

Perhaps what this book does best is to unweave the complicated strands of the relationships between Grandmother, Mother and Daughter. There is plenty of plot, with family memories and secrets basic components of the saga. The drama of Grandmother's marriage aborted through the assault and murder of her fiancé and her father by a jealous suitor is just the start. Her subsequent pregnancy from a premature contact with her future husband ensures that

the "curse" will continue with this generation as well.

"Precious Auntie" (The Bonesetter's Daughter) is designated to raise the child who will be unaware that her disfigured nanny (marred by a suicide attempt after the marriage is spoiled) is really her disgraced mother until her mother's later suicide.

The history of a region of China (Immortal Heart village and its region) is reflected in the experience of the second generation when her daughter is put in a Christian orphanage in China. Here Luling navigates her path her adulthood and learns that the gifts her mother left her, including a skill in calligraphy, could be a ticket to the United States and safety.

Many of the culture's traits transcend into universal themes, such as the participants denying what it is they really want. In fact, Luling and her

sister/cousin Gaoling debate who should travel to the United States with an ailing missionary by comparing why each one of them should not go, but should stay in China. Gaoling breaks the implicit rules by declaring she will go, since Luling insists. Their jealousy and love is an example of the complexity of the character development in the first two generations of the story.

Perhaps the weakest link is the third generation, Ruth, who is the daughter of Luling. She is the discoverer of the family secrets, but her own character development is largely unfinished and more weakly drawn. This makes a case for her to be the shadow for author Amy Tan, who likely is not "finished" yet in terms of her own development.

I will read more Amy Tan in the future.

By Gail Anderson

Information on the Red Flag Rule

From the American Psychological Association (APA) Practice Organization, "The "Red Flag Rules" (Rules) from the Federal Trade Commission (FTC) take effect on May 1, 2009. Some psychologists may need to comply with the rules, which are intended to reduce identity theft.

"Red flags" is a term the FTC uses to refer to "potential patterns, practices or specific activities indicating the possibility of identity theft." Although the agency has stated that the Rules were designed primarily for financial institutions and other traditional creditors, the FTC announced last fall that that it would also apply the Rules to health care practitioners who are considered "creditors."

For more information on this issue visit the APA Practice Organization (www.apapractice.org). Or for an editorial on the Red Flag rule and the APA Guidance for Psychologists on "Red Flag Rules" Compliance from Karen Shore, Ph.D., C.G.P., Founder National Coalition of Mental Health Professionals & Consumers visit <http://thenationalcoalition.org/RedFlagRule.htm>.

By Rebecca Chesin and Jacqueline Greenwood Julien



It's so clear that you have to cherish everyone. I think that's what I get from these older black women, that every soul is to be cherished, that every flower is to bloom."

—Alice Walker

Hakomi Institute Twin Cities presents.....



Trauma and the Body

Restoring Balance to a System in Chaos....

With Morgan Holford, LPC, of the Hakomi Institute

Current neuroscience and trauma studies show us that trauma is primarily a somatic event. The body switches into subcortically-directed instinctive arousal states and reflexive actions. Hakomi Experiential Psychotherapy is an exquisitely relational, somatic psychotherapy that understands the human body's innate processes--processes which can restore a sense of safety, balance, and empowerment in the activated client. Hakomi offers a unique set of tools for accessing these innate inner resources for healing.

Key Hakomi concepts and skills will be taught through presentations and practice exercises. Morgan will use a live demonstration to illustrate the somatic and affective processes that occur when the therapist maintains a deeply attuned state, and guides the client in a moment - to - moment connection with their sensations. You will see how this process engenders containment and affect regulation, while the client learns to use their cognitive abilities to support rather than control or interfere with this natural process. The result is the client's growing trust in their ability to heal.

Learning Objectives:

- Develop a basic understanding of Hakomi Experiential Psychotherapy
- Learn skills for creating containment and affect regulation through limbic attunement
- Practice techniques for guiding clients into mindful body awareness
- Learn to differentiate traumatic affect from sensation and motor reflexes

Friday, September 25, 2009, 9:30 am to 5 pm
Saturday, September 26, 2009, 9:30 am to 5 pm
Minneapolis, MN

\$265 (\$235 if paid in full by September 1) Enrollment limited, advance registration required.

For psychologists, psychotherapists, counselors, social workers, bodyworkers, & others interested in mind-body awareness & transformation. Information is available for CEU remittance.

For more information, contact: **Susan Broadwell, PsyD, 952-922-1848**

Morgan Holford, LPC, is a Certified Hakomi Therapist and Trainer. She has been on the faculty of the Hakomi Institute since 1987 and conducts workshops and trainings throughout the US. Morgan maintains a private practice in Santa Fe, NM, and serves as an adjunct faculty member of the Somatic Psychology Program at Southwestern College. She weaves together psychotherapy, body therapies and somatic trauma resolution, creating a unique approach in her work with individuals, couples, and groups. She is committed to the integration of spirit into everyday life.

REGISTRATION FORM FOR "Trauma & the Body"

NAME:

EMAIL:

ADDRESS:

CITY/STATE/ZIP:

PHONE: (h)

(w)

(c)

Make check payable to:

Susan Broadwell

Mail check and registration to: **Susan Broadwell, 4500 Park Glen Road, Ste. 150, St. Louis Park, MN 55416**

Full payment must accompany registration. Cancellations by September 18, 2009 will be refunded less a \$30.00 fee. No refunds after September 18th, though you may send someone in your place.

Annual Meeting Minutes Continued from page 3

- 5) Recognition of Volunteers (Jennifer Nash-Wright)
- a) Sharon Stein McNamara and Jill Strunk are stepping down from the Executive Committee. A special thank you for the time they have dedicated to MWP.
 - b) Executive Committee members who will be continuing on: Susan Broadwell, Rebecca Chesin, Laura Nielsen, Fran Zimmerman, Jacqueline Greenwood Julien and Jennifer Nash-Wright.
 - c) Membership Committee: Chair, Susan Broadwell, Karrol Butler, Ruth Markowitz, Linda Rodgers, Maggie Keating, Laura Triplet Dodge and Fran Zimmerman
 - d) Technology Committee: Chair, Rebecca Chesin, Sara Gurganus and Kirsten Lind Seal
 - e) Professional Development Committee: Co-Chairs, Laura Nielsen and Julie Eschenlauer, Jill Strunk, Sue Evans, Jane Bennett, Cathy Skrip, Laura Triplet Dodge, Cheryl Champion
 - f) Book Discussion Group: Jane Whiteside
 - g) Self Care for Therapists (Fireside Chat): Chair: Sharon Stein McNamara
 - i) Sharon is stepping down and this position is currently open.
 - h) Mentorship Program: Presentations by Barbara Nordstrom-Loeb and Ruth Markowitz
 - i) Administrative Assistant: Susan Johnson
- 6) Special thanks to all attendees for their patience with the parking situation around the Old Arizona Studio. The parking lot was closed due to construction
- 7) Argosy College (Kathleen Adams)
- a) Kathleen Adams is a new member of MWP and the current program chair at Argosy College. Her goal is to help connect Argosy to the community. She would like to offer MWP workshop space at no charge.

The business meeting was adjourned and the presenter for the afternoon, Barbara McAfee was introduced.

Respectfully submitted,
Susan Johnson
MWP Administrative Assistant

"Something which we think is impossible now is not impossible in another decade."

— Constance Baker Motley
(*First Black Woman in the U.S.
to become a Federal Judge*)

Mark Your Calendar

Saturday, July 11

Private Practice Group 9:00-11:00 am
Black Bear Coffee House
1360 Lexington Pkwy N, St. Paul
FFI: Dawn Brennan
dawnbrenn@gmail.com

Saturday, July 11

Executive Committee Retreat
9:00 am - 4:00 pm
Location TBA

Saturday, July 25

Book Discussion Group 1:30 pm
"The Woman Warrior"
Black Bear Crossing Café
Como Park Pavilion
1360 Lexington Pkwy N, St. Paul
FFI: Jane Whiteside
janewhiteside@earthlink.net

Saturday, August 8

Private Practice Group 9:00-11:00 am
Black Bear Coffee House
1360 Lexington Pkwy N, St. Paul
FFI: Dawn Brennan
dawnbrenn@gmail.com

Saturday, September 12

Private Practice Group 9:00-11:00 am
Black Bear Coffee House
1360 Lexington Pkwy N, St. Paul
FFI: Dawn Brennan
dawnbrenn@gmail.com

Tuesday, September 1

Fall Newsletter Deadline
FFI: Jacqueline Greenwood Julien
jacquelinebgrnwd@yahoo.com



5244 114th Ave
Clear Lake, MN 55319

ADDRESS SERVICE REQUESTED

Dated Materials: July 2009



**Annual Celebration of Women
Socializing, Registering,
Presentation Participation & Balloons!!**