



# Minnesota Women in Psychology

Winter  
2013

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

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## **Minnesota Women in Psychology:**

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

- by Michelle Purtle

According to our mission, Minnesota Women in Psychology is committed to furthering the psychological, social, and emotional well being of women in the mental health profession. It will do this by promoting the professional development of women in psychological professions, informing members about ideas and issues that affect women, developing network and support group systems, and taking action in the best interest of Minnesota women. We are able to meet these goals through the support of our members. As you all know, MWP is a volunteer organization. There are many ways to get involved; each of which offer opportunities for professional development, networking, and support. Whether you're looking for a short time commitment, or something more long term; we have many opportunities! These opportunities could include volunteering at a specific event, participation on a committee, planning or hosting an event, or taking on a leadership role as part of the Executive Committee. Nominations and Elections for the Executive Committee take place in the spring. The Executive Committee is presented to members during the Annual meeting in April. Executive Committee members participate in monthly board meetings, and on a Committee of their choice. In contrast, Committee members can join at any time, and participate in Board meetings every other month. Committees available include Membership, Professional Development, Marketing & Communications, and Finance. Each committee has unique opportunities to volunteer. On Membership, the focus is bringing in new members, and connecting with existing members. There are opportunities to plan events such as Wine and Chocolate! The Professional Development committee includes the Quarterly Growth Series, Mentoring, and Fall Retreat. Marketing and Communications allows you to reach out through the newsletter and social media to keep members informed. The Finance Committee works to provide a budget for the organization, programming, and events. As a member of MWP, you have the chance to participate in some of the ongoing programs including the Social Action Book Group, Private Practice Group, and Brown Bag Lunches. We welcome you to participate in any way that you can! We are excited by the prospect of the new opportunities, ideas, and knowledge that each of our members can bring to the table. It is our membership that keeps MWP supporting, growing, and networking with women in the Mental health professions.

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#### Web Site

[www.mnwomeninpsychology.org](http://www.mnwomeninpsychology.org)

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 clee19s@yahoo.com, or mail to Cathy Skrip, 20 North Lake St Ste 308, Forest Lake, 55025

**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 114<sup>th</sup> Ave, Clear Lake, MN 55319.

#### 2013-2014 Executive Committee

Cathy Skrip, M.S., LP; chair  
Kathy Johnson, M.A., LMFT; vice-chair  
Denise Kautzer, M.A., LPC, CPA; treasurer  
Hanin Ailabouni  
Ruth Markowitz, M.A., LP, CST  
Bonnie McMillin, LP  
Michelle Purtle, Psy.D., LP  
Beth Siegel  
Susan Whalen, LICSW

**Regular Membership** in MWP is available to women who hold either a Master's or doctoral degree in one of the fields of psychology or a related field (e.g. counseling & guidance, marriage & family studies, human services, social work, psychiatric nursing, etc) from a regionally accredited institution or have been licensed in Minnesota in one of the fields of psychology. This includes Psychologists, Social Workers, Marriage & Family Therapists, Licensed Professional Counselors, Licensed Professional Clinical Counselors, School Psychologists and Counselors, and Clinical Nurse Specialists.

**Student Membership** is available to women in graduate programs in one of the fields of mental health. Student members are able to fully participate, but do not have voting privileges. Annual dues are based on a sliding scale according to the annual income of the member, currently ranging from \$30 to \$80 per year. Membership applications are available by calling the MWP office, 612.296.4060 or email at WmPsychlgy@aol.com or on the website at [www.mnwomeninpsychology.org](http://www.mnwomeninpsychology.org).

## Wine & Chocolate 2012

-by Laura Triplet Dodge

The Wine & Chocolate Fall Gathering was held on October 11 that Old Arizona in Minneapolis – it is the annual networking event and membership drive just keeps getting bigger and better every year! The evening was well attended, many members brought guests to learn about MWP, committees hosted information tables, and the new Mentorship program was launched. We learned about Old Arizona's non-profit work engaging and empowering girls in the surrounding community, and we hired their business training program "Petal Pushers" to provide amazing floral arrangements for the event. The Membership Committee would like to remind you that it is always a great time to invite your colleague to join MWP! New members can join anytime during the year, and membership is good for one year from the date of joining.

## MWP Mentoring Meetup Event

-by Kathy Johnson

The MWP Mentoring Event was held at Kathy Johnson's home November 27th. The event was a designed to put potential mentors and mentees in the same room and give them the chance to get to know a bit about each other in order to make more informed choices for their partner. The process of introductions to each other followed a general introduction by each person to the group. The group then embarked on a "speed dating" format whereby each mentee and mentor had 10 minutes to talk. Then the mentees moved on to the next mentor and started another 10 minute conversation. At the end of an hour and 10 minutes, the process was complete. Each person was then encouraged to reflect on their discussions for a week to think about the women with whom they felt a shared sense of self with and send in their top three choices for a mentoring relationship partner to our event lead, Ruth Markowitz. Ruth then took those requests and informed the mentors of the mentees interested in working with them and the mentors could then see if any of those mentees were in their own list of desired partnerships. Out of the process we had 6 partnerships set up and have had a couple of partnerships develop after the fact. There is a plan to have a follow-up event for the partners to share how things are going. Because each partnership decides how to structure the nature of their meetings and the frequency and format, a follow-up event is a great opportunity for learning from each other. At this point the idea is to hold two Mentor/Mentee Matchups events each year, with an annual follow-up event.

## *Recognizing Lyme Disease*

—by Cathy L. Skrip, MS, LP

The MWP Professional Development Committee proudly presents Elizabeth L. Maloney, MD, as our next Growth Series speaker. Please join us on Thursday, February 28, 2013, from 6:00 – 9:15 pm at the New Brighton Community Center, 400 10th Street NW, New Brighton, to hear Dr. Maloney discuss the psychological and neurocognitive side of Lyme disease. Lyme and other forms of tick-borne illness are often misdiagnosed because their symptoms can mimic other conditions and because tests can be inconclusive. As informed psychotherapists, we can learn to identify symptoms associated with Lyme, make appropriate referrals for medical assessment and treatment, and educate our clients about preventive measures. Dr. Maloney is an engaging and well prepared presenter, who was very enthusiastically received by MWP members at a Brown Bag lunch on Lyme disease last summer. Many of those participants have already RSVP'd to attend this event as well. Dr. Maloney is board-certified in family medicine and has become a frequent speaker on Lyme disease, both for professional audiences and the general public. She serves as an unpaid medical advisor to the Minnesota Lyme Association, has published papers on Lyme disease in peer-reviewed journals, and has created an educational DVD series on Lyme. In our therapy practices, many of us have probably seen clients, who experience symptoms such as mood swings, panic attacks, difficulty with sleep and concentration, tearfulness, unexplained changes in weight, or obsessive-compulsive features. While we already know how to observe and interpret such symptoms psychologically, Dr. Maloney will help us understand how these same symptoms, in combination with other physical symptoms or perhaps with atypical presentations, may be indicative of Lyme disease. While we used to associate Lyme disease with northern Minnesota or rural areas of the state, it is now clear that deer ticks are an issue in all seven of our metro counties as well. No one is immune, so don't miss this unique opportunity to learn more, both for your own wellbeing and that of your clients. While MWP does not request board log numbers and does not guarantee continuing education credits for our programs, this event will be eligible for participants to submit for three hours of credit. Light refreshments and beverages will be served. Seating is limited so please RSVP to Cathy Skrip by sending \$30 with checks payable to MWP to 20 N. Lake Street, Suite 308, Forest Lake, MN 55025.

## *News from the Membership Committee*

—by Susan Whalen

The role of the Membership Committee has two major functions: We try to recruit new members to further enhance networking opportunities and we try to enrich the experience of current members. We always welcome new ideas from any of our MWP members as well as any new members to our committee. Because we want to 'spread the word' about MWP, we recently asked for volunteers to be a liaison to their university or place of work. A special thanks to Dorothee Ischler for being our first to sign up for this endeavor. She plans to help us connect more with Argosy University. It's a great networking opportunity and we hope other members will participate as well. Our committee has also just taken on the role of coordinating the generous volunteer requests by our members. Those of you that previously signed up may have received an updated request from Ruth Markowitz. If you have not yet responded, we ask that you now respond to Susan Whalen at [whalen.susan@comcast.net](mailto:whalen.susan@comcast.net) and someone from our committee will try to reach you directly to find out your availability (i.e. are you interested in one-time events, on-going committees, brown bag lunches, etc.). If you didn't previously sign up, but think you might be interested in more involvement, please let us know.

## *Event Review: Women and Sleep Seminar*

### *“Shh . . . I’m Sleeping or at Least Trying to: An Evening about Sleep and Mid Life Women*

- by Ferris Fletcher

“Shh . . . I’m Sleeping or at Least trying to: An Evening about Sleep and Mid Life Women” was a wonderful presentation by Jan B. Swanson, PsyD, LP from the Mayo Women’s Health Clinic on November 8, 2012. Dr. Swanson explained that if we have healthy sleep, we do not feel sleepy in the daytime. 50% of American adults, especially women, report sleep difficulties. Dr. Swanson outlined some of the reasons that these problems develop. As we age, the hippocampus area of the brain, which is the sleep center, is 3% less active. Women have a neck muscle that is vulnerable to reductions in progesterone, so post-menopausal women have more sleep apnea. Hormonal changes in menopause which increase anxiousness and hot flashes, stress, light changes in winter, chronic health problems like inflammation, heart disease, obesity, diabetes, and excess calories with undernourishment, can all reduce the quality and quantity of sleep. We may also have high expectations of sleeping through the night, which are different from our ancestors, who may have expected to sleep four hours, be awake an hour, and then sleep again for some time. In fact, Dr. Swanson said that we can tolerate periodic nights of sleeplessness. She encouraged a perspective that emphasizes acceptance of night consciousness, which, in a yoga perspective, means that deep sleep connects us to our deep self. We are more likely to sleep when we are cool and melatonin takes over. Therefore, we need to exercise to burn energy during the day, and avoid hyperaroused minds before we sleep. She cautioned against continuous medication, except possibly for people with childhood trauma histories, depression, or with restless leg syndrome. Instead, a slice of turkey at night and disconnection from electronic gadgets an hour before sleep were suggested. She reported that there are pajamas (cooljams) that cool you, and therefore allow sleepiness. Many thanks to Dr. Swanson for sharing her knowledge, and to Ruth Markowitz for arranging the seminar for MWP members.

## *Private Practice Group*

-by Kathy Johnson

Each attendee at the Private Practice Group meetings is encouraged to present at least one question they would like answered about running a private practice. Not surprisingly, many questions are coming up about the new changes to the CPT codes. While we shared documents explaining the new code numbers the burning question seems to be surrounding the rumor/rumblings/reports about whether or not “hour-long” sessions will require preauthorization. No definitive answers have been made clear on that issue. Some in the group have not experienced this and some know people who have experienced this. To date, no official notices have been sent to anyone in the Private Practice Group from an insurance panel that indicates pre-authorizations are necessary. We are billing for sessions to the insurance companies as usual and keeping in touch with each other about any developments we experience personally. Also of note/interest and concern is the potential for Skyped sessions for private pay clients. We continue to research and bring in information as we learn of it.

## *A Special Screen of “Miss Representation”*

- by Kim Carter

Mark your calendars now to join us for the MWP Annual Meeting on April 26! A Special Screening of Miss Representation We are excited to offer a special program for this year’s annual meeting- a screening of the documentary Miss Representation! Written and directed by Jennifer Siebel Newsom, Miss Representation exposes how mainstream media contribute to the under-representation of women in positions of power and influence in America. The film challenges the media’s limited and often disparaging portrayals of women and girls, which make it difficult for women to achieve leadership positions and for the average woman to feel powerful herself. Miss Representation includes stories from teenage girls and provocative interviews with politicians, journalists, entertainers, activists and academics like Condoleezza Rice, Lisa Ling, Nancy Pelosi, Katie Couric, Rachel Maddow, Rosario Dawson, Jackson Katz, Jean Kilbourne, and Gloria Steinem. The film offers startling facts and statistics that will leave audiences shaken and armed with a new perspective. [www.missrepresentation.org](http://www.missrepresentation.org) This is sure to be a popular event, so keep an eye on your email for details on how to buy tickets, coming soon! Save the date: April 26th at the Mayflower Community Congregational Church in South

## *Upcoming Event: Human Trafficking: From the Global to Minnesota*

*(St. Paul, MN – February 1, 2013)*

World Without Genocide, a human rights organization headquartered at William Mitchell College of Law, will host a symposium to raise awareness about the crime of human trafficking, which is modern-day slavery. There are more people in slavery now than at any other time in human history. In its 400 years, the transatlantic slave trade is estimated to have shipped up to 12 million Africans to colonies in the West. The number currently in slavery today is at least 27 million. More than a million people are being trafficked within the United States, and that number is growing. Not all trafficking victims in the United States are from foreign countries. An estimated 100,000 children in the United States are domestic victims of sex trafficking – primarily adolescent girls between the ages of 12 and 16. Shockingly, Minnesota has the 13th - highest proportion of sex trafficking in the nation. The symposium will be held on Wednesday, March 27, 7:00-9:00 pmat The Woman’s Club, 410 Oak Grove Place, Minneapolis. Co-sponsors include Minnesota Women in Psychology and The Woman’s Club. Speakers include Dr. Ellen Kennedy, executive director of World Without Genocide, and Christine Stark, author, writer, teacher, and survivor. The focus of the symposium is to understand the extent of trafficking in our communities; learn how to keep girls safe; support the criminal justice system in prosecuting perpetrators; and provide services for the survivors. The program is open to the public; no reservations are necessary. The event is free to students, \$5 to seniors, and \$10 to the general public. CEUs are offered for educators, nonapproved CEUs for MWP members, and PLP diversity credit for Mitchell students. World Without Genocide promotes education and action to protect innocent people, prevent genocide, prosecute perpetrators, and remember those whose lives and cultures have been destroyed by genocide. Visit [www.worldwithoutgenocide.org](http://www.worldwithoutgenocide.org) for more information. More information: <http://ruthjacobs.co.uk/2013/01/11/christine-stark-interview/>