



WTPNW Newsletter

Women's Therapy Project Northwest

Fall 2011

Editor's Musings

By Annik Larsen

Women's Therapy Project Northwest will be hosting its annual Networking Meeting on Sunday, November 20th at Legacy Emanuel Hospital. Traditionally the Networking Meeting attracts a number of our newer members, eager for support and community building. Our hope is always that more established members would also attend and lend their experience and wisdom. Regardless, the intent is to provide a forum for exploring who we are, what we do, and what we as a group and an organization are fundamentally about.

We usually have a brief educational component, and for this meeting have invited one of our members, Catherine Beckett, LCSW, to speak in depth to one aspect of her practice: understanding and treating grief and loss. [A more detailed description of her talk will be found elsewhere in this newsletter.] Following Catherine's talk and any questions and comments, we'll all have a chance to introduce ourselves and our work, and where our talents and interests lie. We'd like you to come away from the meeting with the names of at least some people that you'd like to connect with further for ongoing professional contact and support, AND the names of people you might refer clients to when and if appropriate.

The third portion of the meeting, which we hope will carry over to further meetings and discussions, relates to the shape and future of WTPNW as an organization. WTPNW was founded thirty-odd years ago by a small group

of feminist therapists in a culture and social climate that was very different from the present. In the late seventies and early eighties, the women's movement had been active for a while, but was just beginning to percolate into the professional consciousness of psychotherapy. The primary roots from which most psychological theories taught at the time derived were Freudian or behavioral. If the "patient" was not seen as somehow developmentally stunted or damaged, than he/she was seen as the victim of flawed mothering, or a prisoner of bad habits. Feminist therapy, as it evolved, focused instead on social and political realities and how cultural expectations shaped both our behaviors and how they were seen and judged by onlookers. Instead of deconstructing childhood histories, feminist therapists provided support and encouraged their clients to examine where and how their beliefs about themselves derived and to question those beliefs and assumptions insofar as they downplayed their strengths and limited their lives.

In the early eighties, this perspective was still considered radical, and the therapists who espoused it felt the need for mutual support, and for a forum where they could discuss how to apply these ideals to the kinds of clients and problems that presented themselves in their practice. And thus, in Portland, WTPNW was born.

Fast forward to the present, and many of those so-called "radical" notions have been subverted or incorporated into modern theories (such

as Narrative Therapy) that are widely taught and accepted and have shed their politically-problematic associations with feminism and "women's lib." New therapies and techniques are dreamed up with astonishing regularity; new books and workshops expounding their success are publicized and sold; new medications are advertised on TV—and Freud, behaviorism, and feminism have all been sidelined by brain scans and MRIs on the one hand, EMDR, meditation and Buddhist theology on the other.

So, the question is: do we still need WTPNW as an organization of feminist therapists? Are all the members of WTPNW in fact practicing feminist therapists? Or do we survive because the Directory is an effective and low-cost method of advertising our services? Is the list-serv a valuable tool for communicating and networking among members? Do people need or want a networking meeting? Should we scrap it and simply focus on advertising? Or should we have more meetings and more opportunities for people to get together and discuss practice issues, whether related to therapy or business models?

I say we, but in fact I see an urgent need for new energy and new leadership for this organization. The Steering Committee is down to a few loyal, and rapidly aging (sorry, Kate) members who have borne the burden of keeping WTPNW going for a number of years. As many of you know, I closed my practice earlier this year, and I

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ANNOUNCEMENTS AND CLASSIFIEDS

To place an ad in the Spring newsletter, send copy to alarsen@wtpnw.org or to P.O. Box 10312, Portland, OR 97296 by February 28th. There is no charge for WTPNW members.

GROUPS

EMBRACING OUR RADIANCE: A Women's Group Celebrating the Sacred Dance of Being Human. Innate in our humanness is the desire to be free, at peace, happy, whole and to live from our full potential. So often, our True Nature is veiled by the Shadow of our limiting thoughts and beliefs. This group focuses on the exploration into and transformation of self-limiting stories, beliefs, and patterns into living a rich, full life with purpose, passion, and sharing of our unique gifts with one another.

The group meets every other Wednesday from 6:30 to 8:30 p.m. in SE Portland. The fee is \$50 per group session. For more information or to register call Diane Steinbrecher, LCSW at 503-235-2005.

Diane Steinbrecher, LCSW specializes in Archetypal Shadow Integration, Hakomi Somatic Psychotherapy, and Nondual Psychotherapy and Coaching. She has facilitated groups for over 25 years and is skilled in helping people transform patterns in their lives into deep meaningful experiences in alignment with the true Self.

WORKSHOPS/CLASSES

Do you want new tools for your therapist toolkit? Do you need effective handouts and kinesthetic tools to teach your clients using a variety of learning styles? Then the **Psychotherapy Toolkit Workshop** is for you. This three-hour presentation is jam-packed with ideas for reaching and teaching your clients. The workshop will offer you new tools, including worksheets, card sorts, handouts, and other visual aids to increase your connection and effectiveness with your clients. Leave with a sample of tools and a list of new resources.

The **Psychotherapy Toolkit Workshop** will be presented at Mt. Tabor Psychological Services, 5525 E. Burnside St., Portland, on November 12, 2011 from 12–3pm. Call Elsbeth Martindale at 503-236-0855 to register.



WOMEN'S Group: For women struggling with anxiety or depression from various sorts of challenges. The group is practical, action oriented and supportive and teaches DBT and mindfulness skills. The group will meet on Thursdays from 7:00–8:30 p.m. at 7100 SW Hampton Street, Suite 128, Tigard, OR 97223. The cost will be \$65 per session. We accept most insurance plans, or cash, check or credit card, payable at the start of each group—or you may pay monthly.

Facilitator Lin Berlingen, LPC has been working full time with groups for the past 6 years. She integrates her 2,000 hours of face-to-face group therapy experience with DBT skills, CBT tools, mindfulness practices, and most of all gentleness and compassion. You can be assured she will treat you with respect, warmth and kindness and give you timely feedback on your progress. For more information, visit the Counseling Services of Portland website, www.counseling-portlandoregon.com.



Visioning the New Year with

SoulCollage®: Sunday, January 15, 2012, from 12-5 p.m., \$60 fee. Location: New Renaissance Books, 1338 NW 23rd Ave, Portland, Oregon 97210. Facilitator: Suzie Wolfer, LCSW, www.suziewolfer.com.

Do your good intentions for the New Year dissolve when faced with busy schedules or others' priorities? Do you feel stressed and overwhelmed? Let SoulCollage® help you identify and energize your real priorities. SoulCollage® can also help you identify the tricksters who disrupt your plans with their good intentions.

Invite Soul and your Archetypes to help you bypass the dizzying priorities of the analytical mind. Find out what is good and true and noble in your life. Take home tools to last a year and perhaps even a lifetime. It's easy. Anyone can do it. Register on line at New Renaissance Bookstore or call 503-224-4929.



SoulCollage® Facilitator Training: April 13–17, 2012 at McMenamins Kennedy School, Portland, Oregon. Do you love helping people grow and change? Are you a coach, therapist, teacher, spiritual director, or other helping professional looking for a creative tool to help your clients tap into their intuition and inner wisdom? Are you an artist who's interested in facilitating others' self-discovery through creative processes? Join Suzie Wolfer, LCSW and Marilyn McDonald, LCSW for a three-day weekend that will include a lively mix of experiential learning, lecture, reflective writing, and lots of sharing and discussion in both large and small groups. In addition, we will make cards, share cards, do readings, and use our own experiences as teaching examples for the group. You don't need a degree or other credentials, just enthusiasm for the process and a desire to share an effective tool for growth, change and spirituality. Visit www.counseling-portlandoregon.com or www.suziewolfer.com for more information.

OFFICE SPACE

OFFICE FOR RENT: Cozy bright 9 x 11 office with large window available in therapy building at 14th and E. Burnside. Office is partly furnished with desk, chairs and wall decor—you may add or subtract whatever you like. The space is a comfortable size for individual or couples therapy. It's available immediately and can be rented either full time or for 6 out of 7 days. Shared waiting room, street parking. Rent is very inexpensive for this space and location. Contact Alidra Solday, LCSW at 503-306-0700 for more information or to see the space.



BEAUTIFUL THERAPY OFFICE available to sublet. Office is spacious (15' by 16') with excellent light; suitable for clients of all ages, couples and small groups. Located in suite of four offices (all therapists), with shared waiting area. Rent of \$150/month for one full day a week includes all amenities (water/tea service, wifi, fax, printer, and janitorial). Historic building is centrally located on the east side of the Morrison Bridge, with both street and paid lot parking. Days available: Tuesday, Friday, Saturday and Sunday. Contact Catherine Beckett, LCSW at 503-319-8998.

SUPERVISION

COLLABORATIVE SUPERVISION towards LCSW or LPC licensure. 20+ years of experience in agencies and private practice. Areas of expertise include: addictions, anxiety, depression, grief/loss. Feminist, strengths-based approach. Affordable. Kayla Leopold, LCSW, 503-860-0656, kleopold@wtpnw.org or www.kaylaeopold.com.



SUPERVISION FOR LCSW AND CSWA LICENSURE. Thirty+ years of experience in Hospice and other medical/psychiatric settings. Ten years of experience in private therapy practice. Areas of expertise are: death and dying, grief, aging, chronic illness and disability, depression, anxiety, creativity, spirituality, body-centered therapy. Also working in medical settings and interdisciplinary teams. Reasonable fees. Cinda McKittrick, LCSW, 5327 NE Glisan St., Portland. 503-253-3509 or c.mckittrick@comcast.net.

MOVING?

Please notify the editor. If you don't, you might miss out on next year's Directory application as well as other events. Returned issues will not be remailed. Send new address with Zip+4 to: alarsen@wtpnw.org.

November Networking Meeting

Sunday, November 20th, 4:30-6:00 p.m.
Legacy Emanuel Hospital, 2803 N. Gantenbein, MOB West

Women's Therapy Project Northwest will be hosting its annual networking meeting on Sunday, November 20th from 4:30 to 6:00 p.m. at Legacy Emanuel Hospital, 2803 N. Gantenbein. Bring your business cards, brochures or any other practice-related materials to share. Our speaker will be Catherine Beckett, LCSW; her topic is "Beyond Kubler-Ross: Advances in Understanding and Treating Grief and Loss". This workshop will outline three foundational advances in grief work: the shift from Kubler-Ross's stage model (formulated from her work with the terminally ill) towards a task model of grieving, the identification of grieving styles (intuitive vs. instrumental), and the concept of disenfranchised grief. Practical tools and strategies for applying these concepts in work with clients will be emphasized.

Catherine Beckett, LCSW, has provided counseling services with a specialization in grief and loss since 1994, in a variety of settings. She

has designed and taught workshops and courses for counseling professionals at institutions including St. Mary's College, U.C. Berkeley, the University of Portland and Portland State University. She maintains a private practice in Portland, OR, and is a Doctoral student in Counseling and Counselor Education at Oregon State University. Her dissertation research is focused on best treatment practices for complicated grief.

Please note that we'll be in a different room than our usual meeting space—meeting room West, off the atrium in the Medical Office Building. Easiest access is probably from N. Graham Street, with parking in Parking Structure 2. There is a map of the hospital buildings on the Legacy Emanuel website (look for numbers 4 and 5 to the left of the Main Hospital Building). If you get lost, either check with valet parking if you come in from Graham Street, or at the front desk off the main entrance. They'll point you in our direction.

Reflections, continued

would like to spend more time exploring other interests and less time on WTPNW business. I've been part of the organization for twenty-five years, and sole editor of the Directory and newsletters, etc. for over ten. It's time for fresh new ideas, for perhaps a more current perspective, for new people to come on board and take over the varied tasks of running WTPNW.

Come to the meeting on November 20th, or if that doesn't work for you, call or email me or any of the other members of the Steering Committee and let us know how you can help and how you can be involved. If you have

organizational skills or editing skills, or even just energy and enthusiasm, we'd like to get to know you. If you want WTPNW to continue, in one format or another, we need you and we WANT you. Talk to us!

Steering Committee

Treasurer:

Marty Graner, LCSW 503-296-0788

Newsletter/Directory Production Editor, Membership Coordinator:

Annik Larsen, LCSW 503-957-0135

Directory Distribution Coordinator:

Kate McNulty, LCSW 503-295-6265

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