



# WTPNW Newsletter

Women's Therapy Project Northwest

Spring 2010

## Filmmaker Shakes Up Traditional Ideas with “Hurt Locker”

By Reed Johnson ©McLatchy-Tribune, March 1, 2010

***It's surprising how many people think that feminism is only concerned with women's issues. So it was a pleasure to read the following review (abridged and adapted by your editor) in a recent edition of The Oregonian.***

In the old-boys club that is modern Hollywood, there are few surer ways to kill off a promising film career than by getting yourself labeled a “feminist” director. Over the years, Kathryn Bigelow has quietly steered clear of that epithet, even while many film critics and academics have insisted that her movies cry out to be examined through the twin lenses of gender and genre.

But on the evidence of her latest movie, the taut war thriller “The Hurt Locker,” Bigelow deserves to be recognized as one of cinema's most astute analysts, male or female, of masculine identity. And although her perspective shouldn't be tagged as “feminist,” [*Why not? ed.*] it's one that shakes up traditional notions of what men are and how they behave, whether on a battlefield, in the depths of a nuclear submarine or surfing off Malibu.

Critics often have focused on Bigelow's evident appetite for loading up her movies with guns and steel, car chases and loud, baroque explosions. Well, why shouldn't she? Violent imagery in art never has been an exclusive male preserve, even if a Bigelow or an Artemisia Gentileschi seems to come along only once every generation. But this emphasis on the macho trappings of Bigelow's films is misleading. Unlike

so many of her male colleagues, Bigelow isn't drawn to big bangs and *mano a mano* encounters simply to stoke the hormones of 14-year-old boys.

Her deeper interest lies in men's tribal rites and rituals; their fears, posturings and warrior codes; their feelings about sex and fatherhood; their conflicted loyalties and clashing ideas of what leadership and heroism mean. Like one of her inspirations, the ultra-bloody Sam Peckinpah, Bigelow is intimately concerned with the bonds that connect men with each other, and the values that connect them with themselves. In many of Bigelow's films, men (and occasionally women) are trapped in alien landscapes and disorienting spaces, trying to reconcile the tension between their professional duties and the adrenaline rush of living on the edge. Like the playwright David Mamet's male characters, Bigelow's struggle with the knowledge that they are defined and perceived more by what they do than by who they really are.

In “Hurt Locker,” Bigelow's deconstruction of the masculine persona finds a perfect expression in the film's main character, U.S. Army Sgt. William James. An explosive-ordnance disposal expert, Sgt. James has been assigned to lead a team in Baghdad whose job is to find and dismantle or detonate so-called improvised explosive devices in post-invasion Iraq. James is a serial risk-taker, a danger addict whose comradely bonhomie camouflages an explosive personality. He is a more extreme version of a familiar figure in Bigelow's movies: the man of action who imagines himself to be firmly in control, but suddenly finds himself in a situation beyond his abilities.

Bigelow's attitude toward such characters is invariably one of empathy and discernment. At the same time, by depicting men struggling, and sometimes failing, to master their environments, her movies subvert the conventional audience expectation of being able to identify with a strong male protagonist. Sgt. James isn't bitter, wounded or psychotic, like many characters in early post-Vietnam movies. But neither is he a trigger-happy killing machine. Instead, he's a new type of screen “hero” for a new era of citizen-soldier. From his own perspective, he's a man doing his best to finish the job at hand. Yet the audience comes to understand that he has been condemned to wage a fight with no clear long-range objective, a confusing “forever war” in which it's difficult to tell who his adversaries are, let alone determine where they're hiding.

Sgt. James' predicament obviously speaks to the United States' current challenge in battling shadowy insurgencies in Iraq and Afghanistan. More broadly, it reflects a crisis of male identity in having to navigate a course between conformity and duty, and creative individuality and rebellion—a fundamental “bifurcation of expectations of men in American culture.”

In making a war movie—that “cultural citadel of male privilege”—and turning it into an exploration of who men are and how they act, Bigelow has established herself as one of the gutsiest filmmakers around—and a feminist one to boot, whatever Hollywood may think.

## ANNOUNCEMENTS AND CLASSIFIEDS

To place an ad in the Fall newsletter, send copy to [alarsen@wtpnw.org](mailto:alarsen@wtpnw.org) or to P.O. Box 10312, Portland, OR 97296 by August 15th. There is no charge for WTPNW members.

### GROUPS

#### QUIETING THE MIND THROUGH LIVING

**MINDFULLY:** A women's group supporting self-realization and love. This group is committed to awakening to our true wholeness, living in unity and love, and to bringing joy and peace into our lives.

**Areas of Group Focus:** Enhancing our spiritual and meditation practice to facilitate mindfulness and inner peace; discovering deep meaning, our life's purpose and gifts; letting go of fear, anxiety and control and shifting into a deep acceptance of what is and vulnerability of heart; creating change through learning how to face the fear of the unknown; strengthening our attunement to the inner witness/observer Self through Mindfulness Awareness; living with intention, focus and love; transforming "Doing" into a "Being" presence; surrendering into loving our Self.

This group meets every other Wednesday from 6:30-8:30 p.m. in SE Portland. \$50 per group session. Contact Diane Steinbrecker, LCSW, CHT, MSWAC at 503-235-2005 to register.



**WOMEN'S TIME:** A 10-week women's group meeting March 24-May 26, 2010, from 6:30-8:30 p.m. This group creates a space for women—in all their diversity—to connect with the tenderness, power and possibility within themselves and each other. All backgrounds, energies, sexual orientations, cultures, physical abilities, and sizes are welcome.

This is a facilitated group, providing a context and support for women to get in touch with themselves and what is possible in their lives. Activities include personal sharing and group interactions, as well as creativity, art and movement to access the wisdom that lives within.

Space limited to 10 women.

Cost: \$275 for the series (\$250 if paid in full by March 21). To reserve a space, contact Katje Wagner at 503-313-5733.

### WORKSHOPS/CLASSES

#### SOULCOLLAGE® FACILITATOR TRAINING:

Portland, April 23-25. SoulCollage® can provide your clients with some important benefits:

- A simple way to learn and practice mindfulness.
- A powerful tool to externalize and outsmart difficult emotions and behavior patterns.
- A tool to manage thinking errors.
- An effective transitional object to remember and use new skills.
- A tool to manage triggers and practice relapse prevention skills.

Though not everyone who wrestles with mental health issues may benefit from SoulCollage®, many clients suffering with depression, anxiety, bipolar disorder, bereavement issues, and PTSD have found it helpful to accelerate their recovery and anchor their long term prospects for stable functioning.

To learn more about SoulCollage®, visit [www.suziewolfer.com](http://www.suziewolfer.com) or contact me at 503-224-3318 or [suzie@suziewolfer.com](mailto:suzie@suziewolfer.com)



#### AMHA-OR & MRI OFFER CONTINUING EDUCATION WITH A DRAMATIC FLAIR:

##### Therapy in the Dramatic Mirror—The Fascinating Process of Evidenced-Based Creative Arts Therapy.

**Presenters:** Playback Theatre. Friday April 16, 2010

Lakewood Center for the Arts, 368 S. State Street, Lake Oswego, OR 97034  
Registration & Breakfast Networking 8 a.m. Enjoy company and food before the workshop begins. Program 9 a.m. to 4:30 p.m. — 6 hours CE

**Workshop Description:** This all-day workshop will immerse mental health professionals in the cutting edge, research-based world of creative arts therapy and action-oriented counseling.

Those attending will:

- Learn about current brain research demonstrating that action-oriented approaches are powerful interventions with those who have trauma histories.
- Generate practical interventions for dealing with challenging clients and

working through resistance by means of experiential learning.

- Create a collaborative forum for exploration of clinical challenges.
- Build skills to identify and manage issues of counter transference and burnout.
- Experience the transformational power of theater used therapeutically.

More details and registration form at [www.AMHA-OR.org](http://www.AMHA-OR.org).

### OFFICE SPACE

Lovely furnished offices available 5–30 hrs/wk at rates as low as \$3.30 per hour with Wise Counsel & Comfort. All utilities paid, CLEAR internet access, CEUs, networking, marketing and presence on [portland-therapist.com](http://portland-therapist.com) and [portland-couplescounseling.com](http://portland-couplescounseling.com). Locations: Downtown, Pearl, Kenton, Irvington, Beaumont, Mt. Tabor, Gresham, Belmont, Lake Oswego, Beaverton and Vancouver. Call Lynne Nesbit, LPC (503-282-0182).



Branching out? Come see our Westside office in Raleigh Hills. This affordable, comfortably furnished office is available Mondays through Thursdays. There is a suite of three offices with friendly colleagues, waiting room, kitchenette, utilities (except telephone), wireless cable, handicapped access, and free parking. Call Kate Leonard, 503-292-9873.



Lovely and quaint counseling suite with waiting room and three therapy offices available to share with other part-time counseling practitioners. Looking for counselor/therapist/psychologist who wants three or more days per week, but will consider someone who only needs two days. \$250/mo. for two days/week, \$325/mo. for three days/week, and \$375/mo. for four or more days/week. These rates include all utilities, AC, WI FI, water and tea service. The office is located in the Hollywood District near buses and Max, as well as Trader Joe's, the brand new Whole Foods, and much more. Street level-

handicapped accessible. Once-a-week marketing support meeting with colleagues also an option, as well as collegial support. Call or e-mail Colleen Burke-Sivers at 503-250-3123 or cburkesivers@gmail.com.



Lovely large downtown office space (big enough for small groups) in five-therapist suite. Well-maintained building by library where parking is not difficult for clients. On trolley line, close to MAX and freeways. Share water, FAX, and copy machine. Available now to sublet. Available in June for lease. If interested call Abby Maier 503-228-8569, Cyndi Levine 503-227-5676, or Beverly Schwartz 503-227-5692.



Office space available to sublet at 2306 NE Glisan St., furnished with couch, two chairs and a desk. I use it for meeting with couples, families, and kids. It's on a floor with 3 other therapist offices and we all share a kitchen/fax space and bathroom. Friendly, low-key space in great area. Easy to access by bus. Price is \$100 for 1 evening (3pm on) per week per month or \$50 per morning (morning-3pm) per week per month. \$150 for one full day per week per month. Up to 2 full days available—this is flexible. Perfect for working around teaching or other part time work. Call Charlotte Redway, LCSW at 503-888-3238 if you are interested. I can send pictures or set up a time to show you the space.



Lovely, quiet office space for rent in a small suite of practitioners with a large common waiting area. The suite is in the Clinton Street Business Complex at the corner of 26th and SE Clinton, which has several psychotherapists, naturopaths, acupuncturists and massage therapists.

This complex is rare in that it is located in a quiet neighborhood setting that brings frequent referrals from its residents as well as its practitioners. The area also has several restaurants, fun shops, is on the bus line and has plenty of parking available. Please con-

tact Diane Steinbrecher, LCSW at 503-235-2005 for further information.

## SUPERVISION

**CLINICAL SUPERVISION** toward LCSW, LPC or LMFT licensing requirements. Feminist/relational orientation with a focus towards supporting/coaching supervisees in finding their own clinical "voice." Over twenty years of clinical, supervisory and consulting experience with individuals and with local graduate counseling programs. Flexible schedule, affordable rates. Call Annik Larsen, LCSW at 503-957-0135 or e-mail alarsen@wtpnw.org.



**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.kaylealeopold.com



Laney Kibel, LCSW is available for supervision on an individual and group basis. Skilled in gestalt, object relations and body/mind theory including mindfulness. For more information call 503-781-3900 or email laneykibel@hotmail.com or visit www.laneykibel.com.

## PRACTICE

**NEW OFFICE:** I'd like to announce that I (Sabra Larsen, LCSW) am opening a second office located in uptown Vancouver at 2904 Main Street, Vancouver, WA 98663. I've grandfathered my LCSW license to Washington State and can accept clients in both my locations. My office in Portland is at 2625 SE Hawthorne Blvd., Portland, Oregon 97214. My phone number remains (503) 407-6370. If you have any clients in my new location seeking a counselor who accepts insurance and works with anxiety, grief and couples, please send them my way.

# Portland Institute of Noetic Sciences

The Portland Institute of Noetic Sciences is dedicated to exploring the frontiers of consciousness, building bridges between science and spirit, researching subtle energies and the powers of healing. IONS as an international non-profit was founded by the Apollo Astronaut Edgar Mitchell in 1982.

Extensive studies have been conducted by IONS on subjects ranging from remote viewing and healing to extended human capacities. Our monthly meetings are attended by seekers who search for insight into new ways of knowing.

Anyone interested in reading more concerning what the Portland chapter is about can go to our local website [www.ionspdx.org](http://www.ionspdx.org) or contact Mary Lansing, LMFT ([mary@marylansing.com](mailto:mary@marylansing.com)) for more information.

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**Applications for the 2010-2011 Directory are now available. You may either mail in the printed form, or go online to [www.wtpnw.org](http://www.wtpnw.org) and fill out and send in your form electronically. Payment in either case will need to be made by check.**  
**Returning members with a current Directory page who are not wishing to make any changes to their page can, if they choose, just mail in their payment with a note to that effect and skip the application. Please note that you will still need to meet entry deadlines: May 15th for the \$200 early fee, or June 1st for the \$225 late fee.**  
**If you have any questions, please call me at 503-957-0135 or e-mail [alarsen@wtpnw.org](mailto:alarsen@wtpnw.org).**  
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Steering Committee	
<b>Treasurer:</b>	
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Annik Larsen, LCSW	503-957-0135
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Kate McNulty, LCSW	503-295-6265
<b>Secretary:</b>	
Gail Smiley, LPC	503-245-0088

**WTPNW**

P.O. Box 10312  
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Return Service Requested

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West Linn, OR

**2010-11 Directory applications inside**