

MN Society For Clinical Social Work

GENERATING EXCELLENCE IN CLINICAL SOCIAL WORK

Winter 2010

Volume 30, Issue 1

President's Letter

Sarah Anderson

Happy New Year MSCSW Members!

Where did the fall go? I swear I was just enjoying the barley crisp evenings and the beginning of the leaves to peek random color into the landscape.

Although it may have passed quickly, it was not without events that impact our clinical social work community.

First, our society has a new website! It is: www.clinicalsocialworkmn.org. We are committed to keeping it updated, and have even added more helpful information (downloadable CE brochures and membership application) as well as a new link for all our members listing a brief summary and purchase information on professional published writings. If you have published any work, and would like to share the information through our website, please email me. We are proud to post our members' published information on our website!

This fall I decided to join CSWE as an individual member. Although I am serving as your president, and MSCSW is a society member, however CSWE is in great need to individual memberships in order to continue to provide a national voice for us. Clinical social work needs a voice, and one to be heard. With the impending changes to healthcare on the horizon

I felt now was the time to write the check and offer more than my distant support. Here is a national CSWE update.

CSWE has refocused their direction as an association. They plan to be more resourceful to members as clinicians (which includes a new review of clinical articles on-line) and focus primarily on national lobbying for clinical social workers (and my goodness we need it!). They are also active members in the national mental health board, which because of their active involvement, clinical social workers have a regular, strong, voice heard on many topics involving mental health.

Currently, an update on health care laws affecting us:

Substitute H.R. 3950, the Patient Protection and Affordable Care Act for All. As for clinical social work, the Senate bill (which includes most of the points that CSWA has had as priorities in health care reform) includes the following:

1. *reinstatement for LCSWs as independent clinicians in Medicare Part A;*
2. *mental health parity for all plans and in the exchange;*
3. *the Social Security Administration definition of clinical social work;*
4. *\$8 million in grant money for schools of social work to alleviate the shortage of social workers at the Bachelor and Master's level identified by the Department of Labor; and*
5. *\$10 million in grant money specifically for training of clinicians to work with children and adolescents with emotional problems.*

Just the fact that "clinical social work" is mentioned 10 times in the Senate bill is a HUGE step for our profession!

Inside This Issue

Getting to Know Your Colleagues.....	2
Coalition Report.....	2
Committee Reports.....	4
Clinical Conversation.....	6
Supervise/Consultation List.....	11
Study Group News.....	12
Advertisements.....	13

If you are considering joining CSWA, visit the website at www.clinicalsocialworkassociation.org and click on "Become a Member."

Lastly, I'll leave you with this fact, which is leaving me both warm and grateful on this chilly evening. MSCSW now has 120 members!

Getting to Know Your Colleagues

David Gibson, LICSW, Past President,
Leadership Development Chair

It is my pleasure to present to you the newest members of the Minnesota Society for Clinical Social Work. We are currently 120 members strong and continue, as our motto reads, to focus on "Generating Excellence in Clinical Social Work". I welcome the following new members:

Christy Zender: Christy received a dual-degree from St. Kate's/St. Thomas in Social Work and Theology. She works at The Emily Program in St. Paul (651-645-5323) and specializes in working with adolescents struggling with eating disorders.

Sarah Shriver: Sarah received her MSW in 1988 from the University of Minnesota and has been working in the area of adolescent mental health since 2000. She works with Health Start, a program of West Side Clinics, and for the last 4 years in the clinic at Central High School in St. Paul. The majority of her clients present a wide range of issues. Sarah is looking forward to increasing her connections with other clinical social workers.

Treana Mungovan: Treana received both her Bachelors and Masters of Social Work from Augsburg College. She is currently working as a case manager for Women's Housing Partnership which provides rental subsidies and case management for long term homeless women diagnosed with an SPMI. She also is a volunteer counselor at Walk-In Counseling Center, on the weekly team, and loves it! Her focus is on mental health, specifically working with survivors of trauma.

Andrea Northwood, Ph.D., L.P.: Andrea joined as a Friend of MSCSW. She works as a psychologist at the Center for Victims of Torture (612-436-4812) and has a private practice in St. Paul (651-274-0191).

Her areas of focus in her practice include supervision and consultation, trauma, loss, refugee and immigrant populations, cross-cultural therapy, therapy via interpreters, GLBT populations, depression, PTSD, anxiety. Her training is in developmental and clinical psychology. Andrea states that while she is not an LICSW, she joined out of appreciation for the quality of the MSCSW conferences she has attended in recent years.

Pamela "Pam" Berkwitz: Welcome Pam! Look for more information on Pam in the 2010 Membership Directory coming soon!

Michelle Krpel: Welcome Michelle! Look for more information on Michelle in the 2010 Membership Directory coming soon!

Welcome MSCSW New Members!

Coalition Report

David Gibson, LICSW, Past President,
MSCSW Coalition Representative

The coalition began meeting again in September with a number of important items on its agenda, and as the fall has progressed more items have been added.

Actually... prior to beginning our regularly scheduled meetings we were already at work looking at the issues confronting the social work community with the changes in licensure that take effect in August of 2011. A task force was formed to look at how the coalition and its various member organizations might help provide the training and resources necessary to make sure there are enough qualified supervisors (the new 30 hours of training needed). Also on the agenda were questions of how to educate and provide resources regarding the licensure changes to the social work community and the many agencies employing social workers. Out of this task force three work groups were formed: The Tools and Implementation Work Group looking at written resources to aid social workers and their agencies in the transition; The Cultural Competency group to look at the needs and resources to provide for cultural competent supervisors and resources to address the new issues and needs being created by

the law change; and lastly the Accessibility Work Group looking at the issues of how to assure there will be sufficient numbers of qualified supervisors to supervise social workers seeking licensure in the state with a special focus on greater Minnesota. The work groups have been busy brainstorming and creating resources that, after our January deadline to complete our work, will be publicized posted on a website hosted by the NASW. We are hoping the resources will assist the social work community in meeting the new standards, come August 2011, with greater ease. Look for an announcement about the results of these work groups and the website in the next newsletter.

Also being addressed is a proposed DHS/MA increase in the reimbursement rate for interns to a level closer to that of fully licensed mental health professionals. The discussion on this one is that in this era of billable hours and the need for productivity it has become harder for licensed professionals in agencies to take the time to provide supervision for licensees. It is hoped that if interns can bill at a higher rate it will give agencies some additional financial support to allow qualified supervisors to take time out of their week to supervise licensees in their agency.

At the December meeting we had a spirited conversation about DHS' proposed changes for supervision requirements around MA reimbursement. We were able to get an early copy of proposed changes and will be presenting the feedback to the DHS group working on this. There were significant concerns about how restrictive the new requirements were, given the realities of many licensee's practice locations and supervision arraignments the new requirements might actually get in the way of making sure we have well trained and supervised new social workers after the new law passes. Along with the requirements for supervision will be new standards for diagnostic assessment. More news on that as it comes in.

Another issue was the ASWB's fee increase of 31% for LSW's and LGSW's and 49% for LICSW's to take the licensing exam. The coalition and the organizations we support, as well as the MN Board of SW

tried to fight but were ultimately overruled leaving new social workers to pay this higher fee.

I hope I have covered all the issues that are important to your and our organization. If I have missed any I promise to continue updates in future newsletters or emails.

As we have been told by Laura Groshong, LICSW (Director, Government Relations, Clinical Social Work Association) Minnesota has an unusually cooperative relationship between its social work organizations that allow for effective coordination and advocating for the needs of social workers and their clients throughout the state. I encourage you to get involved when you receive the requests for comments and or political action that we email out from time to time.

MSCSW Mission Statement:

The Minnesota Society for Clinical Social Work advances the practice of clinical social work through professional development, endorsing ethical practice standards and through legislative and community advocacy on behalf of our clients.

Organizational Values:

- Commitment to the dignity, well-being and self-determination of the individual
- Commitment to professional practice characterized by competence and integrity
- Commitment to a society, which offers opportunities to all members in a just and non-discriminatory manner.

Organizational Goals:

- Disseminate research and educate professional social workers in best practices
- Uphold and promote ethical and responsible standards in social work
- Advocate optimum mental health services and ethical practice for all stakeholders (constituents, citizens) through legislative endeavors.
- Collaborate with educational and public organizations to promote clinical social work practice.

COMMITTEE REPORTS:

Volunteers Needed: Each committee has a core of volunteers who communicate through meetings and email. Also, each committee maintains a group of on-call/special project volunteers. The Education Committee is currently seeking such volunteers to help with the workshops. Please contact Mark La-Chapelle (952-928-8474) or Bonnie Burg (651-647-4412) if you would like to be involved.

Membership Services Committee

Please note our new Web Coordinator is Sara Anderson who, together with her husband Brian, keeps us up-to-date. Thank you Brian! We do appreciate spouse and partner volunteers!

- **Chairs** – Ellen Abnet, Anne Ford
 - ▶ Study Groups
 - ▶ Ethics Seminars
 - ▶ Annual Meeting
 - ▶ Special Projects
 - ▶ Membership Table/Networking
- **Database/Membership Records/Directory** – Sarah Schuh (612-873-7720)
- **Newsletter Coordinator/Online Newsletter/Supervision List** – Bev Caruso (612-374-2618)
- **Web Coordinator** – Sarah Anderson (651-766-0671)

Committee Members: Anne Ford, Ellen Abnet, Vanessa Foley, Shelley Sears Berven, Anita Bissinger, Jamie Nelson, Linda Pavic, Dave Gibson

Membership Services Chairs Ellen Abnet and Anne Ford will co-lead the next Ethics Seminar on Tuesday, February 9, 2010, at Anne's home, 9810 Edgewood Drive, Bloomington, MN 55438.

Topics will include:

- Confidentiality
- Dual Relationships
- Self Disclosure
- Supervisor/Supervisee Issues
- Informed Consent
- Fiduciary Relationship
- Self Determination

The format is participatory and focuses on issues members present. If time allows, the presenters will discuss a Fiduciary/Abandonment issue.

Please RSVP to Anne Ford at 612-817-1757.

Mentor Orientation program

The MSCSW Board and Membership Committee have established a mentor orientation program to welcome and introduce new members to the society. It was felt this individualized orientation program would introduce members to our services, identify the members interests and facilitate the society helping them achieve their professional goals. This program will link new members with established members who together can determine if they wish to collaborate via internet/phone or in person.

A mentor relationship will be offered to new members in a letter in their welcoming packet. A mentor/mentee relationship could include discussing the following:

- the members' expectations for society membership
- their planned level of involvement
- their skills and needs
- their contribution to clinical social work

Law Committee – Legal issues and Clinical Social Work

MSCSW provides a hotline for advice on Clinical Social Work and the Law. We offer advice on issues such as courtroom testimony, depositions, confidentiality, ethics, managed care billing, problems and more. Committee Members are Clay Sankey, Dave Gibson and Ellen Luepker.

Please call Ellen Luepker, LICSW, at 651-999-0116 for more information.

Tips from the Law Committee:

What's in a Good Treatment Progress Note?

(Excerpted from Luepker, ET, MSW, BCP, "Recordkeeping in Psychotherapy and Counseling Protecting Confidentiality & the Professional Relationship," Brunner-Routledge, NY 2003)

Ongoing Intervention/Treatment Progress Notes:

- Documentation from session to session re: client's concerns/issues/symptoms/problems, response or lack of response to mutually agreed upon intervention/treatment
- Modifications of original intervention/treatment plan

- Discussion of any calculated risks taken by practitioner
- Follow-up notes on action/inaction related to earlier recommendations
- Reports to and from other professionals related to client's care
- Correspondence related to client's care
- Documentation of any efforts to obtain/appeal denial of insurance
- Telephone contacts from and to client
- Date any modifications of records for accuracy
- Documentation of consultations with other professionals related to assessment/diagnosis and intervention/treatment
- Documentation of informed consent to changes in mutually agreed upon plan of action

Education Committee MSCSW 2010 Continuing Education Opportunities Private Practice Group

The next meeting of the Private Practice Business Issues Consultation group will be on Monday, January 11, 7-9pm at Tubman Family Alliance, 3111 First Avenue South, Minneapolis, 55408. Free to MSCSW members. Contact Mark LaChapelle at 952-928-8474 or mark@marklachapelle.com with questions.

CLINICAL CONVERSATIONS Tubman Family Alliance		
Spring 2010*	TBA (ideas welcome)	2 CEUs
Workshops		
WINTER WORKSHOP January 29, 2010	"Infant Mental Health" <i>Susan Schultz, LICSW, LP</i> <i>Carol Siegal, LP</i> <i>Scott Harmon, LICSW</i>	9am – 4pm 6 CEUs
SPRING WORKSHOP April 23, 2010	"The Clinical Impact of the Internet On Our Clients" TBA (presenter or panel suggestions?)	9am – 12:30pm 3.5 CEUs

For further information, see the website (mnclinicalsocial-work.org), newsletter, mailing, or email mark@marklachapelle.com

* Free to MSCSW members and no registration necessary

WINTER WORKSHOP

INFANT MENTAL HEALTH: A Primer for Mental Health Professionals

January 29, 2010

8:30 am – Registration

9:00 am – 4:00 pm – Program

Scott Harman, MSW, LICSW

Susan Schultz, PhD, LP, LICSW

Carol Siegal, PhD, LP

Mayflower Church

106 East Diamond Lake Road

("54th Street" at 35W)

Minneapolis MN 55419

Continental breakfast, lunch & beverages provided.

This workshop offers an introduction to the field of Infant Mental Health. In the morning session theoretical and research underpinnings of the field and key concepts of interest to a broad range of mental health professionals will be presented. In the afternoon session case material will be used to illuminate case formulation and intervention concepts that characterize the dyadic, relationship focus of infant-parent psychotherapy. Participants will have an opportunity to explore how infant mental health knowledge and dyadic approaches may inform psychotherapy with older children, adolescents and adults.

WORKSHOP GOAL

The main goal of this workshop is to introduce the rich and integrative field of infant mental health and to excite participants to explore ways key concepts may be meaningful in their own work.

WORKSHOP OBJECTIVES

Participants will be able to:

- Identify an area of research that has contributed to the integrative knowledge base of infant mental health.
- Name a significant intervention concept that has evolved within the field of infant mental health.
- Apply infant mental health concepts and frameworks to a case.

SAVE THIS DATE!

SPRING CLINICAL CONVERSATION

March 1, 2010

COUPLES THERAPY

Bernie Slutsky



AND THIS ONE TOO!

SPRING WORKSHOP

April 23, 2010

9 am – 12:30 pm

The Internet & Mental Health



AND DON'T FORGET ABOUT THIS!

MSCSW ANNUAL MEETING

Please join us to meet, greet and socialize
with your colleagues!

May 17, 2010

7 pm – 9 pm

Venue and more information to follow



CLINICAL CONVERSATION

MINDFULNESS AND PSYCHOTHERAPY

Jean W. Haley, MLS, MS, MSW, LICSW

February 8, 2010, 7pm – 9 pm

2 CEUs

The ancient practice of mindfulness – nonjudgmental awareness of the present moment – has entered mainstream psychotherapy. Clinicians using the models of Dialectical Behavior Therapy, mindfulness-based Cognitive Therapy for Depression, or Acceptance and Commitment Therapy include it as a key component. Others use insights gained from their personal meditation practice to inform and deepen whatever model they use. A growing body

of research now supports the claim that the practice of mindfulness can result in significant neurological and behavioral changes. Meanwhile, the debate rages on. Is mindfulness a “technique” that can be taught to clinicians and clients or does it require a sustained and deep practice for both parties? When and how can it best be incorporated into the therapy process? For whom is it most helpful? What about contraindications and informed consent? These and other issues will be discussed in this “clinical conversation” during which we will also practice mindfulness together.

Goal:

To provide participants with an understanding of the range and depth of mindfulness practices, how to use them effectively with clients, and the implications of doing so.

Objectives:

1. Understand the ways in which mindfulness can be used in therapy and the experience required of the clinician.
2. Consider the implications of doing so (ethical, spiritual, and otherwise).
3. Become knowledgeable about the research on the effects of mindfulness on the brain.
4. Experience a variety of mindfulness practices and discuss their potential use in therapy.

Political News & Legislative News

Mary Moriarty

Mary Moriarty is watching the landscape for us and is encouraging members to attend their caucuses on February 2. PACE will be sending reminders and possible resolutions to bring to caucuses.

Laura Groshong – Book Referral

Please note the following book referral and message from Laura Groshong on CSWA lobbyists. It contains information about the important issue of licensure and the lack of consistency across the nation.

I would like to call your attention to the imminent publication of my book Clinical Social Work Practice and Regulation: An Overview. This book provides an overview of the broad scope of clinical social work practice by theoretical orientation, educational

background and practice settings. The primary focus, however, is a summary of the fifty-one licensure laws and regulations which govern licensed clinical social work practice analyzed in 18 different areas.

There are currently thirty-eight different titles governing clinical social work and social work practice. The same titles have different meaning in different states, and scopes of practice vary across the country. LCSWs often have difficulty taking their license to another state. I therefore propose recommendations for licensure titles and scopes of practice that would lessen the confusion that exists for the public and LCSWs across state laws.

You can find more information and an order form at <http://www.clinicalsocialworkassociation.org/content/publication>.

Thank you in advance for your interest!

Laura W. Groshong, LICSW
206-524-3690
lwgroshong@comcast.net

Private Practice Group

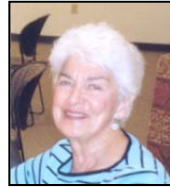
The next meeting of the Private Practice Business Issues Consultation group will be on Monday, January 11, 7-9pm at Tubman Family Alliance, 3111 First Avenue South, Minneapolis, 55408. Free to MSCSW members. Contact Mark LaChapelle at 952-928-8474 or mark@marklachapelle.com with questions.

MSCSW Professional Liability Insurance

<http://www.cphins.com>

Congratulations to Tamara Kaiser

Tamara Kaiser will be retiring from full time teaching after 18 years on the faculty at St. Catherine University/University of St. Thomas School of Social Work in May of 2010. She will continue in her role as Co Director of the School's Supervision Institute and to teach on a part time basis. She will be expanding her private practice, where she provides therapy, supervision, training and consultation for both clinicians and supervisors.



... and speaking of social workers expanding their interests in retirement...

The Mighty Mavens

MSCSW member emeritus **Joan Calof, Faith Ormeland** and **Carla Vogel** will tell stories and sing songs about aging at the 2010 Minneapolis Jewish Humor Festival.

DATES: Friday February 26, at 12:30 pm and Monday, March 1, at 7 pm

LOCATION: Sabes Jewish Community Center
4330 Cedar Lake Road South
St Louis Park, MN 55416-3798
952-381-3400

For more information, contact Claire Avitabile at 952-381-3447 or cavitabile@sabesjcc.org or Joan at jcalof@comcast.net

Winter Ethics Seminar

The Winter Ethics Seminar will be held on Tuesday, February 9, 2010, from 7 pm - 9 pm, at the home of Anne Ford, facilitated by Anne Ford, Ellen Abnet and Bev Caruso (2 CEUs for licensure renewal requirement). Anne's address is 9810 Edgewood Drive, Bloomington, MN 55438, 612-817-1757.

FREE to MSCSW members; \$25 for others
NO registration required

Summer Ethics Seminar

The Summer Ethics Seminar will be presented by Sarah Anderson and Dave Gibson on Tuesday, June 8, from 7 pm -9 pm, at the home of Dave Gibson, 1945 Stanford Avenue, St. Paul, MN.



LICENSE EXAM REVIEW COURSE

Sponsored by MSCSW & NASW-MN

Saturday, January 23 (8 am - 12 noon & 1 - 5 pm)
and Sunday, January 24 (9 am - 1 pm)

This course is designed for all levels of licensure including a breakout session for the basic exam (LSW). This course will reduce test anxiety, sharpen

test-taking skills and review the knowledge base of social work. The LERC course includes: test-taking pointers, exam content review, written and oral practice questions, comprehensive manual, and is taught by three faculties over 12 hours.

CEUs available! Registration Fees: \$170 for NASW or MSCSW members, \$195 for non-members, \$25 discount for groups of three or more. Optional box lunch is available for \$7. Snacks and beverages are provided. Call 651-293-1935 for a brochure/registration form.

Change: Our newsletter is now both online and in print!

The MSCSW Newsletter is published two times annually: Fall (September) and Winter (February). The newsletter encourages advertising by members, other professional organizations, educational groups, and agencies. All advertising is subject to approval by the Newsletter Committee. We reserve the right to refuse any ad not in keeping with the goals of the Society. Contact Bev Caruso at 612-374-2618, or fax to 952-920-5891 or e-mail to BevCaruso@gmail.com.

We advertise for you and others online. And you should always feel free to send announcements to the membership.

Rates:

¼ page..... \$25.00
½ page \$37.50
½ page..... \$50.00
Full page..... \$100.00

Classified

\$10 for 20 words, plus 20¢ for each additional word.

Newsletter Dates & Deadlines:

FallSeptemberAugust 15
WinterFebruary.....December 15

MSCSW members: Note your membership in the MSCSW offers you one yearly benefit of an announcement or advertisement.

PUBLICATIONS ON THE WEBSITE

Please check the new website's "Publications Page" to see what members' publications are posted. Send your additions to the work of Anne Gearity, Tamara Kaiser or Ellen Luepker.

The new website address is:

www.clinicalsocialworkmn.org.

Clinical News and Research

Is happiness contagious? A twenty year study of 4739 participants showed social contagion promotes happiness. Controlling for the variables socioeconomic status, marital relationship satisfaction, and happy people choosing each other, researchers found happiness increases by having close "happy" social contacts.

Fowler, J.H., Christakis, N.A.

British Medical Journal, 2008 Dec 4, p. 337

Chronic Pain and addiction- The prevalence of chronic pain has been reported to range from 37% to 61% in opioid dependent patients and 16-24 % in substance use disorders. Low pain and consistent pain patients were compared in regard to positive treatment outcomes. The results demonstrated the need for pain assessments in patients with substance use disorders.

Addiction, 2008, Dec. 103

Poor sleep predicts depression - After adjustment for other contributors to depression risk, sleep disturbance predicts depression recurrence. Because sleep disturbance preceded depression onset by substantial periods, researchers feel sleep disturbance may function as an independent predictor of depression.

Am. J Psychiatry, 2008, Dec, 165

Pollution takes a toll on the brain- Studies worldwide suggest common air pollutants, particulate matter and ozone can negatively affect vocabulary, reaction times and overall intelligence. A recent study in New York City on five year olds exposed to pollutants in the womb exhibited an IQ 4 points lower than those subjected to less pollutants. The IQ change was enough to affect school performance. A

2008 study in 20–50 year olds pinpointed ozone related reductions in attention, short term memory and reactive time. Researchers advise avoiding walking, and running near traffic.

Scientific American Mind, 12/2009

More proof for the power of relationships– Empathy heals. Patients whose doctors show concern recover from colds faster, in fact, one day faster. Empathy boosts the immune systems. Research demonstrated a direct relationship between a physician’s empathy level and the patient level of IL-8, a chemical that summons immune system cells to fight microbial virus.

Scientific American Mind, 12/2009

Caffeine and hallucinations– Consuming about 7 cups of coffee a day can make one 3X more likely to hear voices, according to a study in Great Britain. Caffeine heightens the physiological effects of stress and the release of the hormone cortisol. Cortisol may trigger or exaggerate psychotic experience by increasing dopamine flow to the limbic area, in vulnerable individuals. Hallucinations are more prevalent than commonly thought, occurring 5–10% in people who do not suffer from MI experienced delusions.

Scientific American Mind, 12/2009

DSM –V proposes revisions in PTSD diagnosis. A major change is the expansion from 3–4 symptom clusters, re-experiencing, avoidance, numbing, and arousal. An addition will be the presence of negative cognition and mood states. The necessity that the client must respond to a traumatic event with “intense fear, helplessness or horror” may be changed.

Clinical Psychiatry News, 12/2009

Seasonal Affect Disorder, light therapy not as effective as cognitive behavioral therapy– Ten percent of Americans, about ¾ women have depressive symptoms at roughly the same time every year, November or March. Investigators at the University of Vermont have found that CBT is more effective than light therapy. Many consider this good news due to the shortcomings of light therapy, which include the necessity to sit under lights 45 minutes a day, eye condition risk and the fact light therapy can trigger mania or hypomania in people with bipolar

disorder. And, 20–50% of people do not respond. This was a short-term and preliminary study. A five year follow-up study is underway.

Reported in Harvard Women's Health Watch
January 2010

Can accreditation improve psychologists' treatment of patients – How will this affect your practice. The Association of Psychological Science is looking into means to improve treatment methods. They have established an accreditation system which will certify training programs that focus on scientifically validated treatments and instruct their students in the scientific method. The system would create a “seal of Approval” to show patients (and maybe insurance companies?) that a psychologist received this education.

Scientific American Mind, Jan/2010

Can this controversy really still be going on? Too Spank or not to Spank?

A five year study by the family services division of the Amer. Psychological Assoc. concludes that parents and others should reduce and./or eliminate the use of physical punishment . A correlation was found between physical punishment and childhood anxiety, depression, behavioral problems and impaired cognitive development. Yet, some task force members found this controversial, citing studies that showed other forms of punishment, such as grounding, timeouts, and restriction of privileges, also showed negative outcomes. The task force continues its discussion, while 90 % of American parents still use this form of discipline and 70 % condone it. A long term researcher in this area, Murray A. Straus, points out that the correlation between spanking and negative outcomes is great than other research leading to public health interventions such as secondhand smokes relation to cancer, and the exposure to lead and children's IQ

American Association of Psychoanalysis in Clinical Social Work

(formerly COP)

**announces their
2010 Workshops**

Sunday Evenings, Meet & Greet – 6:30 pm
Workshop Discussion – 7:00 pm – 9:00 pm

January 24	<p>Parallel Process in Supervision (in the context of inter-subjectivity) Article by Rudolph Ekstein and Judith Wallerstein Ellen Luepker, Presenter</p>
March 14	<p>It's All in the Name: What to call our work? How are we to present and describe our work? Psychodynamic Psychotherapy – PDT (Brief PDT or long-term PDT or short-term PDT) All participants</p>
April – TBD	<p>Bion's Alpha Function? The writing process Elise Sanders, Presenter</p>
June 6	<p>Dare We Look at Pornography: Hilde Gasciorowicz, Presenter</p>

Fees: All participants are welcome. AAPCSW members pay no fee, others are \$15. Please RSVP to Bev Caruso at bevcaruso@gmail.com, or call her at 612-374-2618. Articles for discussion are made available by the Steering Committee. The meeting locations are at members' homes.

Members are welcome at MSCSW Board Meetings. The meetings are the fourth Monday of the month, from 7 pm – 9 pm at the home of President Sarah Anderson. Email Sarah for directions at saraeanderson@mac.com

The Journey

One day you finally knew
what you had to do, and began
though the voices around you
kept shouting their bad advice

though the whole house
began to tremble
and you felt the old tug
at your ankles. "Mend my life!"

But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations—
though their melancholy
was terrible.

It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.

But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice,
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determine to do
the only thing you could do—
determined to save
the only life you could save.

Anonymous

Visit our new website!

Clinicalsocialworkmn.org

Supervise/Consultation List

Clinical Social Work Supervise/Consultation List

The following list of members, available as supervisors, is provided for the convenience of our members and is not meant to convey any endorsement or to take any responsibility for their practice.

Bonnie Burg– LICSW, BCD, –651-647-4412
Psychodynamic psychotherapy, adults, mood disorders, GLBT, spirituality

Chad Breckenridge – 612-339-0737
Adult, adolescent, couple, family therapy

Beverly Caruso, LICSW – 612-374-2618
Individual and group adult therapy, marital therapy

Carole Cera, LICSW – 952-542-4836
Individual, adult, child, adolescent treatment, crisis intervention, domestic violence, social service, agency setting

Ned Froehlich, LICSW, BCD – 763-201-1093
Individual, adults and adolescents, family therapy, children with disruptive behavior disorders, marital therapy

Hilde Gasciorowicz – 612-871-8344
Individual or group supervision, adults, crisis, also short-term model, psychoanalytic training

Dave Gibson, LICSW – 651-216-8899
Adolescents 12+, individuals, groups and family, day/residential treatment, GLBT

Gail Hartman – 612-871-3371
Individual therapy with adults and couples, family therapy

Betsy Horton – 612-920-3265
Adults, couples

Jeffrey Jeanetta-Wark – 651-739-7539
Multi-age groups, holistic perspective, TFT, EMDR, hypnosis

Tamara Kaiser – 612-825-8053
Individual, adults, supervision/consultation and training for supervisors

Harriet Kohen – 763-546-1796
School age children, youth and their families

Mark LaChapelle, LICSW, LMFT, BCD – 952-928-8474

Individual adults, couples, families, Axis II, spirituality, trauma, GLBT, addiction recovery

Mitch Leppicello – 651-739-7539 ext. 228
Children, adolescents and family therapy, specializes in work with youth on autism spectrum D

Ellen Luepker– 651-999-0116
Child, adult, family, & group therapy, Issues of ethics, law

Will Lyne – 612-873-2492
HIV/AIDS, acute/chronic medical conditions, GLBT persons, crisis counseling, brief therapy, sexual abuse, domestic violence issues

Mary Moriarity – 763-494-8554
Also LMFT, Individual, family therapy, adults, children, adolescents, school social work

Catherine Phibbs – 952-854-7200
Adolescent, families, couples, women's issues, grief/loss

Kathy Sampson – 612-722-5120
Individual, couples, group psychotherapy

Clayton Sankey – 651-770-0355
General practice, adolescents, corrective action by Board of Social Work

Carol Schreier – 612-925-8673
Individuals, couples, groups and families

Sue Schultz – 952-842-0299
Work with birth to five years of age

Jill Simon – 651-646-7010 ext 303
Infant mental health and early intervention

Dodi Thorman – 612-624-1444
Individual, group therapy with adults, adolescents, couples, trauma, grief, loss, women's issues and anxiety disorders

Joan Wernick – 651-641-1749
Adults, individuals and couples

Study Group News

New Trauma Study Group

The Treatment of Trauma group has been steadily attended and vital group, such that we have need for a second group. A second Treatment of Trauma study group will be started in October, 2009. Anne Ford will coordinate this study group Contact Anne Ford at 612-817-1757 or anne.j.ford@gmail.com.

Treatment of Trauma

The Treatment of Clients Who Experienced Trauma group is reading The Abused Child by Toni Heine-man and The Boy Who Was Raised as a Dog by Bruce Perry. This group meets the third Thursday of the month at 9:30-11:30 am.

Spirituality Group

The Psychotherapy & Spirituality Group resumes in September. Jean Haley is co-leading with Bonnie Burg to study Mindfulness & Psychotherapy. The group will discuss the application of mindfulness techniques in therapy with multiple case examples. Call Bonnie Burg, LICSW, BCD, at 651-647-4412.

Adolescent & Child Tx Study Group

The Child Adolescent Study Group meets the first Friday of the month. We are in the process of choosing new books to read. The group is open to new members, and typically meets at the Edina Library Community Room (5280 Grandview, Edina, 55436) from 10-11:30 am. Contact Anne Ford at anne.j.ford@gmail.com or 612-817-1757.

Supervision Study Group

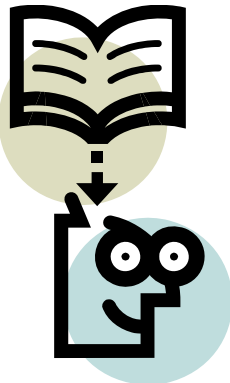
The Supervision Study Group will continue on the second Tuesday of the month at the home of Carol Schreier, 4949 Thomas Ave South, Minneapolis. Contact Carol regarding enrollment at 612-925-8673. Previous supervisory experience required.

Happy New Year to all of you! May it be a year in which our torn and tattered society chooses mending; which leads us closer to a peaceful world and supports the common good for all.

Study Groups:

Supervision Study Group	Carol Schreier, 612-925-8673
Treatment of Clients Who Experienced Trauma	Bev Caruso, 612-374-2618
Treatment of Clients Who Experienced Trauma II	Anne Ford, 612-817-1757
Psychotherapy and Spirituality	Bonnie Burg, 651-647-4412
Adolescent Therapy/Child Therapy	Anne Ford, 612-817-1757

To have a Study Group listed in this newsletter, email BevCaruso@gmail.com



How to Start a Study Group

- Identify a subject you would like to study that contains social work content
- Find 2, 3, 4 or more members to meet with you
- Identify a place and time to meet
- Obtain the study group paperwork from membership services member and newsletter coordinator, Bevcaruso@gmail.com or 612-372-2618
- Meet and brainstorm your goals, readings, etc.
- Identify a coordinator to record meetings and head meetings who has knowledge of the study area.
- At various intervals send a record of meeting times to MSCSW president to ensure recording of meetings for CEUs

Advertisements

Individual and Group Supervision & Consultation for Licensure & Beyond

Facilitator, **Tamara Kaiser**, Ph.D., LICSW, LMFT, has been offering clinical supervision and consultation for 15 years, and teaches supervision to students and practitioners. She is the author of Supervisory Relationships: Exploring the Human Element, and co-creator of a training videotape entitled *Challenges in Cross-Cultural Supervision*. For more information, call 612-825-8053.

Tamara L. Kaiser, Ph.D., LICSW, LMFT will offer a consultation group for new supervisors. If interested, please call 612-825-8053. Tamara has over 25 years of experience providing supervision and consultation, and 18 years teaching and writing about the topic. She is the author of Supervisory Relationships: Exploring the Human Element (Brooks/Cole, 1997).

Carol Schreier

Thirty-five plus years of supervisory experience. Reasonable rates for individual and group supervision. Consultation group for new supervisors. Please contact Carol Schreier, LICSW, 612-925-8673.

Financial Therapy is a three part seminar designed to help couples who are experiencing financial conflict in their relationship. The interac-

tive sessions offer tools to effectively build healthy relationships with money and provide couples with meaningful ways to work through their financial stress. For more information please contact: Joan Lally, LICSW, at 952-270-4040 or Terry Jacobson, CFP, at 952-896-3894.

Mental Health Professionals Needed

Mental Health Professionals are needed to do crisis intervention work with emergency service personnel. This is a volunteer position that involves anywhere from 3-9 hours per month, 16 hours of training (CEU eligible) and an emergency service ride-along experience. Benefits include: free national certification in crisis intervention that is recognized by insurance EAPs, experience working with the emergency service culture and possible referrals from police and fire departments. For more information, please call Sue Johnson at 612-203-0379.

Office Space Available

Office space is available for rent in the Fairview Southdale Hospital. There are 215 square feet, shared furnished waiting room and storage area with another therapist. Free parking located off France Avenue and Highway 62. Call Kelly Grimm, Building Manager for details. Kelly's number is 952-925-3001 ext 137.

Minnesota Society for Clinical Social Work

<i>Officers</i>	<i>Standing Committees</i>	<i>Other Committees</i>
President Sarah Anderson (651) 766-0671	Education Bonnie Burg (651) 647-4412 Mark LaChapelle (952) 928-8474	MN Coalition of Licensed Social Workers David Gibson (651) 351-5202
President-Elect	Finance Shadee Hardy (651) 645-3115	Newsletter Coordinator Beverly Caruso (612) 374-2618
Secretary Harriet Kohen (763) 443-6562	Media Watch Chad Breckenridge (612) 473-3490	Law Committee Ellen Luepker (651) 999-0116
Treasurer Shadee Hardy (651) 645-3115	Membership Services Anne Ford (612) 817-1757 Ellen Abnet (612) 827-0179 Sarah Schuh (612) 873-7720 (staff)	State Board of Social Work Advisory Committee Anita Bissinger
Member at Large Erin Forsman	Leadership Development Past President David Gibson (651) 351-5202	Student Member Ernie Gunderson (612) 721-9103

Dates to Remember:

January 29, 2010 9 am-4 pm	Winter Workshop Infant Mental Health – Susan Schultz, Ph.D., LICSW
February 9, 2010-	Ethics Seminar
March 1, 2010	Clinical Conversation Couples Work
April 23, 2010 9 am-12:30 pm	Spring Workshop The Clinical Impact of the Internet
May 17, 2010	MCSCW Annual Meeting
June 8, 2010 7 pm - 9 pm	Summer Ethics Seminar



P. O. Box 80594
Minneapolis, MN 55408

FIRST CLASS MAIL