

Providing access to quality affordable psychoanalytic psychotherapy

MPSI PSYCHOTHERAPY CENTER

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MPSI Psychotherapy Center offers low fee psychodynamic psychotherapy to people unable to afford mental health care. Founded in 2009, the Center is a division of the Minnesota Psychoanalytic Society and Institute (MPSI). The Center serves approximately 125 patients a year and provides more than 2500 hours of direct service. As part of our commitment to offer effective therapy, we have undertaken an ongoing study of patient improvement based on the OQ-45, a widely used instrument for assessing patient distress and level of functioning.

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Where have MPSI Psychotherapy Center fellows journeyed in their careers?

We recently sent out inquiries to our past fellows to see where their careers have taken them. The news was invigorating.

Kate Cosgriff: class of 2009, went immediately into private practice with a MPSI colleague. Together they opened Water's Edge Psychotherapy. Kate joined our board and contributed to our manual, and policy development. The last two years she has served as a volunteer site supervisor for two fellows.

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Himanshu Agrawal, MD

This year we have been pleased to have Himanshu Agrawal join our board. Dr. Agrawal is board -certified in both general psychiatry and the sub-specialty child and adolescent psychiatry. He maintains a specific interest in psychodynamic approaches. He also maintains an interest in community psychiatry and is a firm believer in the bio-social model of mental health. He is a member of the American Psychiatric Association, the Minnesota Psychoanalytic Society and Institute, and the Indo-American Psychiatric Association.

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MPSI Psychotherapy Center fellows



Katrin Christensen-Cowan: class of 2009, established Water's Edge Psychotherapy with her friend and colleague, Kate. Katrin has joined the Center's staff as a volunteer site supervisor and contributor to our policy and development.

Molly Nicholson: class of 2009, established her private practice in South Minneapolis after completing her fellowship. Molly recently attended a MPSI open house and reported her practice is going well.

Kate Langdon: class of 2010, relocated to the Rochester area, where she provides psychotherapy to adults, families and adolescents. She also works part time at the Highland Meadows Counseling Center where she provides DBT therapy to adolescents.

Amanda Exman: class of 2010 and 2011, (two year fellowship) is pursuing her doctorate studies at St. Mary's University. After leaving the Center, she completed her practicum at the Anoka Metro Regional Center, Bethel University Counseling Center and the University of Minnesota Mental Health Center. To her knowledge of psychoanalytic theory,

Amanda has added projective assessment and the specialty of projective assessment of adolescents. Currently she is analyzing data for her dissertation, which examines how individuals choose to seek help from different sources based on religious commitment. She starts her predoctoral internship this August with St. Mary University and the Hiawatha Valley Mental Health Center. Amanda will receive her Doctorate of Psychology (Psy D.) in 2016.

Jennifer (Hanel) Kortgard: class of 2010, married since we knew her as Jen Hanel and is working in outpatient therapy at Northeast Family Services in Shoreview. There she serves children, adolescents and couples. In addition she delivers therapeutic in-home services to individuals in the Karen community.

Natalia Hauth: class of 2011 and 2012, (two year fellowship) established a private practice and sees English and Spanish speaking clients. She remains active with MPSI study group and workshops.

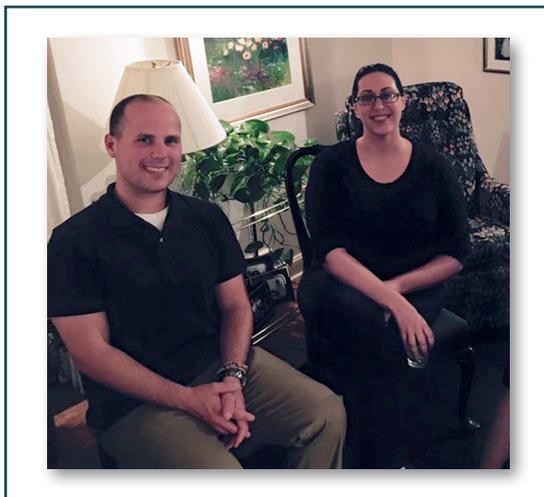
Heather Smith: class of 2011, After completing her fellowship Heather accepted a part-time position as a psychiatric social worker at HCMC, while also starting a private practice. Last fall she joined forces with the 3 other therapists and launched the Lowry Hill Psychotherapy and Assessment Center. She stays connected to the MPSI community through a weekly consultation group, analytic supervision and by serving on the program committee. She states the MPSI community has been an invaluable source of support and guidance in developing her practice.

Emily Hunsicker: class of 2012 and 2013, (two year fellowship) established a private practice. Emily is currently Chair of the program committee

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of MPSI and is instrumental in planning workshops. In addition she serves on the marketing committee for the Center and shares her creativity and writing ability to our outreach efforts.

Sandy Ryan: class of 2012 and 2013, (two year fellowship) joined the staff at Chrysalis Mental Health Clinic after graduation from our program. Sandy has shared her marketing skills with MPSI by chairing our yearly fundraiser. In addition, she is a member of the program committee and serves on the Center Board of Directors.



Sherrie Kahn: class of 2012, went on to Baltimore to complete her psychology practicum.

Josh Meendering: Josh has been attending graduate school at Saint Mary's University of Minnesota since completing his fellowship. He completed another practicum at Volunteers of American where he provided psych testing for adolescents. During that time Josh started working at St. David's center in the ASD program, where he has been for the last year and one-half. At St. David's he worked intensively with children that have a spectrum diagnosis. Currently, Josh is completing a one year internship at Nystrom's doing psych testing and therapy to complete his doctorate.

Jennilee Claussen: class of 2013, is providing services at the Community University Health Care Center (CUHCC) to diverse populations. She recently attended our open house and reported she is using her psychoanalytic skills in her new position.

Nakisa Khoshenevis: class of 2014, is completing her practicum at Carleton College in Northfield.

Alex Kovic: class of 2014, is enjoying his practicum with the University of Minnesota Athletic Department.

Erin Brennan: class of 2014, is completing her practicum in the counseling department of the Minnesota School of Professional Psychology.

Steve Seversen: class of 2014, is establishing a private practice in the Burnsville area with several colleagues.

Julie Sihilling: class of 2014 and 2015, is embarking on a second year in the MPSI-PC fellowship, in order to further develop her skills. We are wondering, if in addition, she will pursue her professional acting career.

Chelsea Wagner: class of 2014 and 2015, is also spending a second year of fellowship at the Center. She is also working part time at chrysalis delivering both psychodynamic and DBT therapy.

W E L C O M E

CLASS OF 2015 - 2016

Brooke Hendrickson, intern, St. Kate's/
Thomas School of Social Work

Kimberley Rorie, intern, St. Kate's/Thomas School of Social Work

Caitlyn Hurley, intern, St. Kate's/Thomas School of Social Work

Andrew Dahlstrom, practicum intern, Argosy University,

Jen McMahon, LGSW

Chelsea Wagner, LGSW

Julie Sihilling, LGSW



Patients take the OQ45 at intake and every 3 months. The data we have accumulated demonstrates a statistically significant reduction in symptoms from intake through completion of treatment.

Unlike short-term, symptom focused therapies that rely on cognitive and behavioral strategies, psychodynamic psychotherapy adds three important dimensions to help patients. These include attention to early childhood experiences, to how difficulties from the past are repeated in the present and to how much of what the patient thinks and behaves is out of awareness (unconscious). For example, a patient with

a history of emotional abandonment or parental loss may unconsciously find themselves in adult relationships in which fear of being left permeates every aspect of their relationship or they may unconsciously choose relationships where they maintain emotional distance to protect against the trauma of being left again.

Developmental history and early trauma, the repetition of the past in the present, and the presence of unconscious forces shaping life choices are all addressed in psychodynamic psychotherapy. In addition, the psychodynamic psychotherapist expects that the patient's difficulties will play out in the patient-therapist relationship. For example, a patient who experienced relentless criticism when they were young and defenseless may hear the therapist as critical when she/he is not but feel and react just as they did in childhood. This repetition in the treatment relationship called transference brings the patient's core problems to life in the treatment setting where they can be experienced in all their emotional intensity and where they can be worked through so that the patient can live a more vital and happier life.

The Center has developed relationships with graduate schools across the Twin Cities including St Thomas/St Kate's, Augsburg, and the University of Minnesota's schools of social work and St Thomas, Argosy and St Mary's PsyD programs. We are a highly desired internship site and receive over 30 internship applications each Fall from students eager to learn about

WHAT IS PSYCHOANALYTIC PSYCHOTHERAPY?

Psychoanalytic psychotherapy is a form of intensive psychotherapy that promotes personal development and freedom from unsatisfying or painful patterns of living. In pursuit of these goals, the individual and the therapist work together in close collaboration. Special attention is paid to the replications of past relational patterns in the present, to the interaction of personal and interpersonal experiences, to body and mind, fantasy and reality and to the unconscious as well as conscious experience.

The patient and therapist work together to understand the meaning of the patient's emotional reactions, thoughts, memories, fantasies, dreams, images, and sensations in an effort to alleviate personal suffering and to expand the capacity for work, love, and creativity.

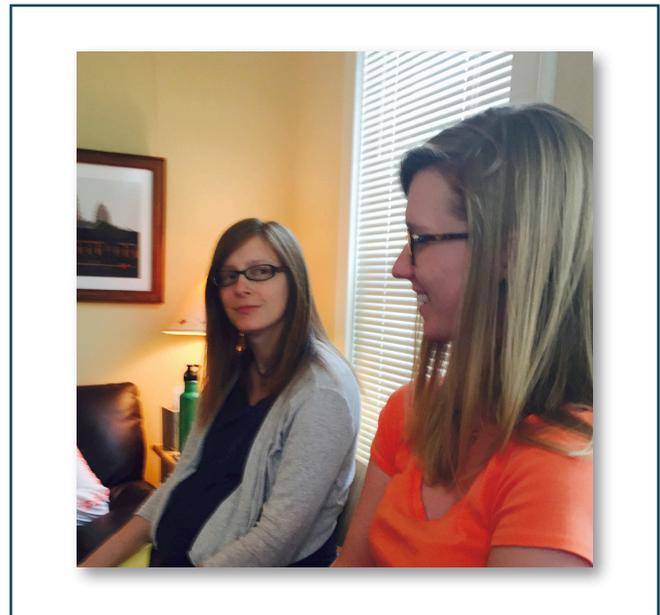
doing deeper, psychodynamically informed therapy.

Each Fall the Center accepts six to seven Fellows/Interns who, in return for an immersion in psychoanalytic thinking and practice, provide psychotherapy to the patients we care for. As part of our program, Fellows/Interns participate in a year of classes in the MPSI Psychoanalytic Psychotherapy Training Program (PPTP), and receive intensive supervision including two hours of group and two hours of individual supervision per week. One of the individual supervision hours is with a MPSI volunteer drawn from the ranks of MPSI professionals with extensive psychoanalytic training and years of experience. We are grateful to these volunteer supervisors for the significant contribution they make to the professional and personal development of our Fellows and Interns.

Their generous support as well as our reliance on student interns and unpaid staff are major factors in keeping our costs low.

The Center receives referrals from many sources including agencies and community organizations serving the poor and marginalized. Referrals also come from therapists who are aware of patients who need low fee care who would benefit from a less cognitive-behavioral approach.

Patients can request appointments by calling 612-824-3800 and leave a message and the person on intake will call back, typically the same day. The Center



is conveniently located in Uptown at 3108 Hennepin Avenue South and is easily accessed by public transportation. For more information about the MPSI Psychotherapy Center contact Hal Steiger at steiger.hal@gmail.com or Bev Caruso at bevcaruso@gmail.com.

Our 2015-2016 Interns/Fellows are Jen McMahon, Brooke Hendrickson, Caitlin Hurley, Kim Rorie, Andrew Dahlstrom, Julie Sihilling and Chelsea Wagner. Julie and Chelsie were student interns last year and were eager to continue their professional development by continuing at the Center for a second year.

HOW DO I MAKE AN APPOINTMENT?

Call 612-824-3800 and leave a detailed message on the general voicemail. An intake coordinator will return your call within 2 business days.

WHAT CAN I EXPECT FOR MY FIRST SESSION?

Your therapy starts with your first visit where you will have a chance to talk about the problems you are having and the help you want to make important life changes. You'll have a chance to meet your therapist and decide if the fit is a good one. You'll also determine your fee for each session and complete a brief intake process. We keep the paperwork to a minimum so that the main focus is helping you get the care you need.

New Board Member

Himanshu Agrawal, MD

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As a member of the board Dr. Agrawal provides medical knowledge, psychiatric consultation and shares his extensive wisdom and knowledge for the benefit of the Center.

Dr. Agrawal was born in New Delhi, India and spent his childhood with his family in Bangladesh, London, Moscow and Nepal. Dr. Agrawal chooses his practice location based on the areas that shared his philosophy regarding the integration of medicine and a dynamic treatment model. Thus in 2002 he pursued postgraduate work in Minnesota and trained at the Hennepin-Regions program where he was Chief Resident. He completed his child and Adolescent Psychiatry at the University of Minnesota in 2008. We are pleased to have him on our board and will share some of his practice wisdom.

MY THREE FRIENDS

I was recently invited to meet with the fellows at the MPSI psychotherapy center to discuss matters related to medications. It helped remind me the importance of three simple questions that have guided my entire practice. I thought I'd share it here and hope you might find it helpful. I call these three questions 'my three friends', and they have helped me on innumerable occasions. The three questions that I invite all my patients to ask themselves are these:

"Why am I taking these medications?"

"Are they doing what they're supposed to be doing?"

"If not, then why am I still on them?!"

It may sound like straight-forward common sense, but I find it bit ridiculous how often the answers to these questions is unclear when we ask the people we serve. As a psychiatrist I feel I have not done my job unless the patient can get satisfactory answers to these 3 questions. And as an advocate for the patients/clients that you serve, I would beg that you help add these questions to their repertoire of important questions that need to be answered-three questions that will hopefully become their 3 friends.

ANXIETY 101:
 you have the flu you call your doctor.
 your anxiety is holding you back.
 a therapist can help.

Therapy
 that helps
 therapy
 you can afford*

MPSI Psychotherapy Center
 Uptown | 612.824.3800
www.mpsi-pc.org

* How do we make this work? Our therapists are a combination of master and doctoral students along with mid-career professionals who are trained in psychoanalytic psychotherapy. All our therapists are supervised by leading clinicians in the Twin Cities. No insurance accepted. Sliding fees.

feeling wrong?
 you are not alone. it's
 isolating. Talk it out.
 a therapist will listen.

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 that helps
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Relationships 101:
 making up or
 breaking up, either way
 it's complicated.
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Board Member Kari L. Fletcher, MSW, Ph.D., LICSW

Over the past two years, I have enjoyed getting settled into my role as a board member for the MPSI Psychotherapy Center. I have come to appreciate the role MPSI plays in helping students receive excellent preparation to become clinicians, learn dynamic theory and see it applied to practice, and offer therapy to clients who often lack access to ongoing support elsewhere in the community. I have also seen the dedication by many-Bev and Hal in particular- who have made and continue to make the psychotherapy center a success.

As a board member, I see myself contributing to the MPSI mission in a few ways. As an assistant professor in the St. Catherine University-University of St. Thomas School of Social Work who teaches clinical coursework to graduate students, I

am in touch with all that goes into making an internship happen for the student, the supervisor, and the school the student attends. As a graduate of the Smith College Ph.D. School for Social Work program, I appreciate the rigor and training that goes into the pursuit of training that is psychodynamic in nature. As a clinician, I appreciate psychodynamic training and find the rewards of working with clients from this perspective to be highly rewarding both personally and professionally-and believe that students who invest in training through MPSI will also see the benefits of their training pay off down the road.

In the future, I look forward to continuing to work with MPSI. I hope to continue getting to know each of you as scholars, members, and contributors to MPSI. In the face of

a continually shifting landscape, I believe more than ever we can each play a part in ensuring the future of quality training for our graduate students, providing much-needed therapeutic support for our community members, and helping the tradition of dynamic-informed practice remain vibrant in the years to come.

Psychotherapy Center Posters

In an effort to make our services know to those in need, we have produced posters that we hope will let people know who we are and how we can help.

We are providing posters for your business, office, community location or school. Please contact:

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to order posters.

ANXIETY 101:
you have the **flu** you call your **doctor**.
your **anxiety** is holding you back.
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psychoanalytic psychotherapy*

3108 Hennepin Avenue
Minneapolis, MN
55408

mpsi-pc.org

The MPSI Psychotherapy Center's **Board of Directors** have a long history of experience and dedication in mental health and community service.

Hal Steiger, PhD
Co Clinical Director

Beverly Caruso, MSW
Co Clinical Director

Sue Johnston, LICSW

Ginny McDermott, PhD

Kate Cosgriff, MS

Mary Morris

Himanshu Agrawal, MD

Kari Fletcher, PhD, LICSW

Sandy Ryan

MPSI PSYCHOTHERAPY CENTER
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TRAINING OPPORTUNITIES: PRE-DOCTORAL AND GRADUATE SOCIAL WORK INTERNSHIP AND CLINICAL FELLOWSHIP

PROGRAM GOALS: The MPSI Psychotherapy Center Pre-Doctoral and Graduate Social Work Internship and Clinical Fellowship Program is designed for students who possess a strong desire to develop their clinical skills by learning to apply psychoanalytic theory and technique to their work with clients. Psychoanalytically informed therapy is based upon the idea that clients can be significantly helped when the therapist focuses on his or her presenting problems, significant developmental past, and emergence of presenting problems in his or her relationship with a therapist – transference. Understanding unconscious dynamics, resistance, early attachment, and core relationship patterns are all particularly important when working from psychoanalytic perspective in psychotherapy.

SELECTION CRITERIA: Applicants for the MPSI Psychotherapy Center interns and fellows must possess personal maturity and integrity, as well as a commitment to the highest personal and professional ethical standards and practices. Applicants should be intensely interested in developing skills in psychoanalytic theory and technique but need not have a background in psychoanalytic thinking and practice, although experience with psychoanalytic ideas is desirable.

