

*Providing access to quality affordable
psychoanalytic psychotherapy*

MPSI PSYCHOTHERAPY CENTER

FALL 2016 | Volume: 2



MPSI Psychotherapy Center

The MPSI Psychotherapy Center is in its 8th year of providing low fee psychodynamic psychotherapy to people unable to afford mental health care. On August 29th we celebrated the graduation of 4 fellows, completed orientation for our four new fellowships and welcomed again three second year fellows. Our volunteer supervisors, fellows and staff were on hand to hear of the success of the program, and to receive thanks for their many hours of contribution.

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Featured Board Member Mary Morris

As a Social Worker, Mary Morris spent 45 plus years working with individuals and families who are economically at risk. Mary held various clinical and management positions at Catholic Social Services and was Executive Director of Cabrini Partnership, a transitional and permanent supportive housing program for homeless individuals and families. Mary now spends her time as a community volunteer.

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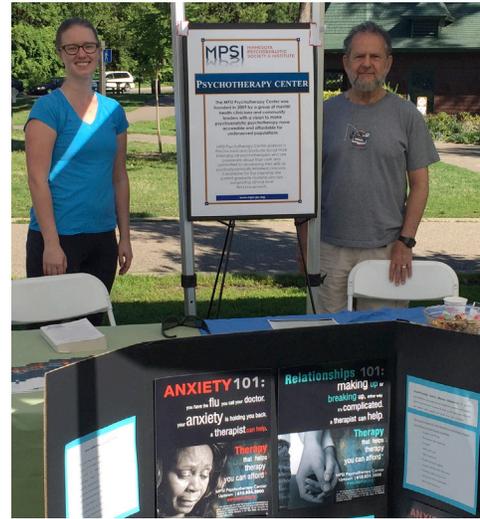
SAVE Fundraiser

MPSI Psychotherapy Center joined exhibitors at the Lake Harriet band-shell in Mid August for the SAVE – Suicide Awareness Voices for Education fundraiser. The organization invited us to share our services with their staff and members. SAVE is a national organization whose mission is to provide educational materials to public health organizations and individuals. It aims to aide families, friends, and all concerned persons of the mentally ill.

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Their professional training and presentations provide education for the community about the warning signs of suicide, risk and protective factors and interventions to prevent self harm. Somewhat to their surprise, Hal Steiger, Julie Sihilling and Bev Caruso found it to be an invigorating weekend morning due to the open sharing of so many participants regarding the loss of their family member to suicide. It was a moving experience to share their stories and be thanked for our agencies' services.



MPSI Psychotherapy Center continued from page one

In 2015 - 2016 2000 hours of psychotherapy were provided by our fellows. Some patients were seen intensively; twice weekly for a year and if their therapist elected to stay at the MPSI Psychotherapy Center for a 2nd year, their patients had the opportunity to receive intensive psychodynamic psychotherapy for up to two years. This level of service is unavailable to patients in our community who rely on low fee clinics for their mental health care.

The MPSI Psychotherapy Center utilizes the OQ45 to assess the severity of symptoms at intake and at the end of treatment. The OQ45 is easy to administer and interpret and is commonly used by community clinics to assess the effectiveness of the care they provide. During 2015-2016 the average OQ45 score at intake was 69.6 and at post test 60.5. The data show a significant decrease in severity of illness score by 9.1 points or 13%.



SUPERVISORS: JOAN LENTZ, HAL STEIGER, MARGARET FULTON, GINNY MCDERMOTT

Providing access to quality affordable psychoanalytic psychotherapy

2016-2017 Fellows

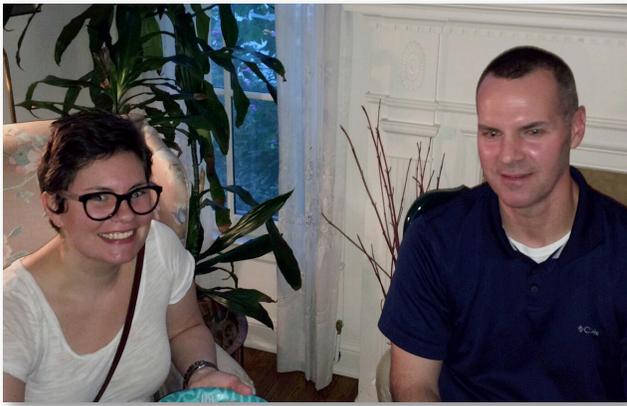
W E L C O M E

Kate McRaith

Danielle Kasprzak

Brynn Ellingson

Nic Klein

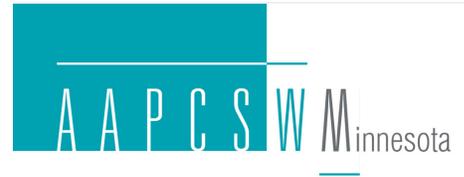


NEW FELLOWS

DANIELLE KASPRZAK, LGSW AND BRYNN ELLINGSON



JEN BROWN, 2ND YEAR FELLOW AND
NEW FELLOW KATE MCRAITH



CALENDAR Sunday Seminars

October 30

Psychoanalysis, Race & Violence; Challenges in Our Sessions

January 29

Trauma Recovery; The Veterans Journey

March 26

Helping Supervisees to Respond to Sexual and Loving Feelings

April 30

Dance Therapy, Theory and Practice

Advanced Clinical Supervision

Clinical supervision training seminar series for multi-disciplinary mental health professionals wishing to gain knowledge and skills in clinical supervision. The series is designed to meet BOSW's requirements of 30 hours of clinical supervision training and 6 continuing education hours in supervision ethics.

Seminars include: Core Elements of Clinical Supervision and Stages of Supervisee and Supervisor Development, Theories of Learning, Learning Styles and Self-assessment, Diversity, Power, and Psychodynamic Perspectives on Supervision & more.

presenter:

Ellen T. Luepker,
MSW, LP, LICSW

Tuesdays: 7-9

Oct. 18, 2016 - Feb. 14, 2017

LEARN MORE AT

www.aapcswmn.org

2016 Graduating Fellows



JULIE SIHILLING,
CHELSEA WAGNER,
HAL STEIGER,
BEV CARSUO AND
BROOKE HENDRICKSON

*A few words from
our graduating
fellows. Best of
luck as you move
on to your new
positions!*

“ BROOKE HENDRICKSON

My experience at MPSI psychotherapy center has been enriching and has helped me promote personal and professional growth. The knowledge I gained through group, individual and analytic supervision will help me in my new job as a therapist at Midwest Psychological Services in Hudson, WI. Having the skills to conceptualize clients using a psychodynamic/psychoanalytic approach is such a benefit to understanding and assisting clients in gaining insight and reduction of symptoms. The tools and resources I have obtained through MPSI are invaluable to my continued growth as a therapist and social worker. The support I received from the MPSI community has allowed me to reach employment I thought was years away. I have enjoyed being challenged by this experience and look forward to my continued association with MPSI.

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.



JULIE SIHILLING, JEN BROWN, CHELSEA WAGNER
AND KIM RORIE

“ CHELSEA WAGNER

As I finish up my two years as a MPSI fellow, I plan to continue to work at Tubman-Chrysalis Center fulltime as a mental health therapist.

My primary focus continues to be on psychodynamic therapy and I am lucky enough to have many of my MPSI patients follow me to Chrysalis where we can continue our work together. In the future, I am still considering analytic training and would like to start a private practice. I have found my both years at MPSI Psychotherapy Center to be particularly rewarding both professionally and personally.

JULIE SIHILLING

I have so enjoyed my two years as an Intern and then Clinical Fellow at the MPSI Psychotherapy Center. Providing psychodynamic psychotherapy - with this quantity and quality of supervision - at the start of my career has been an invaluable experience. It's been great too getting to know others in the MPSI community through PPTP classes. During my second year at the Psychotherapy Center, I also worked as a Needs Assessment Counselor at PrairieCare's psychiatric hospital. As for what comes next, I'm opening a private practice at the Faith, Health, and Wellness Center at Solomon's Porch in south Minneapolis. There I'll continue to see clients from the Psychotherapy Center as well as new referrals from the community. I'm excited to take this next step in my career and am grateful for the training I've received at the Psychotherapy Center.



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.

Featured Board Member

Mary Morris

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The focus of her involvement is with organizations that provide service and/or public policy for the high-risk population that she served during her working years. Along with other seniors she helped to establish Minnesotans for Clean Politics. As a life long learner she has a particular interest in spirituality and public policy. She is extremely proud of her involvement with the Psychotherapy Center. She feels the Center uses the best of community resources – graduate students, and volunteer therapists with years of experience, who collaborate with MPSI to provide long-term therapy at low cost. “It is a win-win program and an excellent model of what can happen when folks gather together to meet a need.” In addition to her extensive volunteer work, Mary enjoys time with family and friends especially her 4 adult children, their spouses, grandson, and great granddaughter “Millie.” The board is indeed lucky to have an administrator of Mary’s deep experience, commitment and wisdom.

EVERYTHING FLOWERS
FROM WITHIN
THOUGH SOMETIMES
IT IS NECESSARY TO
RETEACH A THING
ITS LOVELINESS

TO PUT A HAND
ON ITS BROW AND
RETELL IT IN WORDS
AND IN TOUCH

IT IS LOVELY
UNTIL IT FLOWERS
AGAIN FROM WITHIN

ST. FRANCIS AND THE SOW
BY GALWAY KINNEL

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.

Therapy
that helps
therapy
you can afford*

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Relationships 101:
making up or
breaking up, either way
it's complicated.
a therapist can help.

Therapy
that helps
therapy
you can afford*

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Board Member Beverly Caruso, LICSW Co – Clinical Director

Bev Caruso, LICSW has served as Co-Clinical Director of the Center for five years. She brings to our board a strong commitment to the social work profession and to the education of all human service workers in psychoanalytic theory and interventions. In the larger community, Bev is Membership Chair and Past President of the Minnesota Society for Clinical Social Work and is Co-chair of the American Association for Psychoanalytic Clinical Social Work. Both professional groups support and facilitate educational programming for the quality delivery of services to the community. Bev has had various social service and therapy positions in her 45 year career, starting in child welfare and protection bringing her to her

present private practice, teaching at the University of Minnesota School of Social Work and to our Psychotherapy Center.

She is one of our links to the social work community and is constantly on the look out for psycho-dynamically oriented social work graduate students for our program. Bev states she appreciates MPSI and the Center for providing in depth, comprehensive educational experiences for clinicians throughout their years of practice. She sees the Center as unique in our community, for not only providing intensive therapy services to those in financial need but due to the quality training provided to new professionals.

KEEPING QUIET

*A friend of mine says
that every war
Is some violence in
childhood coming closer.*

*Those whoppings in the
shed weren't a joke.*

*On the whole,
it didn't turn out well.*

*This has been going on
for thousands Of years! It
doesn't change. Something
Happened to me, and I
can't tell Anyone, so it will
happen to you.*

BY ROBERT BLY

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.

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*

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

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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
Executive Director
Co Clinical Director

Beverly Caruso, LICSW
Co Clinical Director

Sue Johnston, LICSW

Ginny McDermott, PhD

Kate Cosgriff, LICSW

Mary Morris

Himanshu Agrawal, MD

Kari Fletcher, PhD, LICSW

Sandy Ryan, LGSW

MPSI PSYCHOTHERAPY CENTER
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The Fear of Feeling Real

with Richard Chefetz

Fall Conference October 28th & 29th

A conference about trauma and dissociation

Presented jointly by MPSI and the MN Trauma Project, including up-coming speakers and conferences. Together we are excited to the Fall Conference with Richard Chefetz.

October 28 & October 29: 9 am -5 pm (1.5 hour lunch break)

Location: St. Thomas University, Minneapolis Campus, Schultze Hall Auditorium

Contact Jamie Larson Jones at jamie-larson@gmail.com or visit www.mspi.org for registration information.

