

MPSI PSYCHOTHERAPY CENTER

FALL 2020 | Volume: 5



MENTAL HEALTH AND THE CORONA VIRUS

New data from the US Centers for Disease Control and Prevention shows just how broad the pandemic's impact on mental health has been. A new CDC survey* found that almost 41% of respondents are struggling with mental health issues attributed to the virus. Those issues are related to the virus itself and to the physical distancing and stay-at-home orders required by the virus. The survey of 5412 American adults resulted in reports of new mental health conditions including: anxiety disorders – 31 %, trauma or stress related disorders – 26 %.

CONTINUED PAGE 4



FINDING MY PATH TO PSYCHOTHERAPIST

In the fall of 2019, I started as a psychotherapy fellow, completing a clinical internship to put into practice all that I had been learning in my MSW program. The first meetings involved policies and procedures and being handed a stack of intake forms for clients, some of whom had been on the waitlist for several months. As an emerging therapist meeting with clients, I wondered if what I did or said really made a difference for them. Sometimes, I thought, this client really needs to see a therapist—and then I remembered that I was that therapist.

CONTINUED PAGE 4



THE PSYCHOTHERAPY CENTER

Changes, Grows and Enhances its mission.

Two Minnesota professors at the University of Minnesota recently published their study on, “Characteristics of Resilient Therapists.” * It provided a barometer for me to measure myself as a clinician and to measure our program at the Center. The research found that resilience is maintained over the years of therapy by possessing four factors.

“To maintain resilient across years of practice, highly resilient therapists

CONTINUED PAGE 10

Postponed, but Worth Waiting For



As you may remember, MPSI had planned a Gala for May 1st but it was canceled due to COVID-19. It has been postponed indefinitely and thankfully all of the vendors have agreed to honor our contracts when we choose to reschedule the event. So, we can all look forward to reconnecting at this celebration once a vaccine becomes available to the public. We will gather at the historic Semple Mansion for an evening of celebration and recognition. There will be a cocktail hour with complimentary wine and beer service, accompanied by live piano music, played by the talented, Sean Roderick. As we make our way up to the grand ballroom for dinner, we will be given the opportunity to tour the new office space of the MPSI Psychotherapy Center on the second floor of the mansion. We will then settle in for a delicious dinner and dessert, catered by The Deco, while enjoying live music from The Red Hot Django Peppers.

Bridget Bender

MPSI Psychotherapy Center



Providing access to quality affordable psychoanalytic psychotherapy

The MPSI Psychotherapy Center is in its 11th year of providing low fee psychodynamic psychotherapy to people unable to afford mental health care. Since this year we decided to add electronic recordkeeping to our procedures, we had two orientations, one for technology training and the other for clinical procedures. We had to forego our usual Graduation and Welcoming party due to Covid-19. Our therapy has been entirely online since March 2020 and we expect to continue to do teletherapy until there is a viable treatment or a proven and available vaccine.

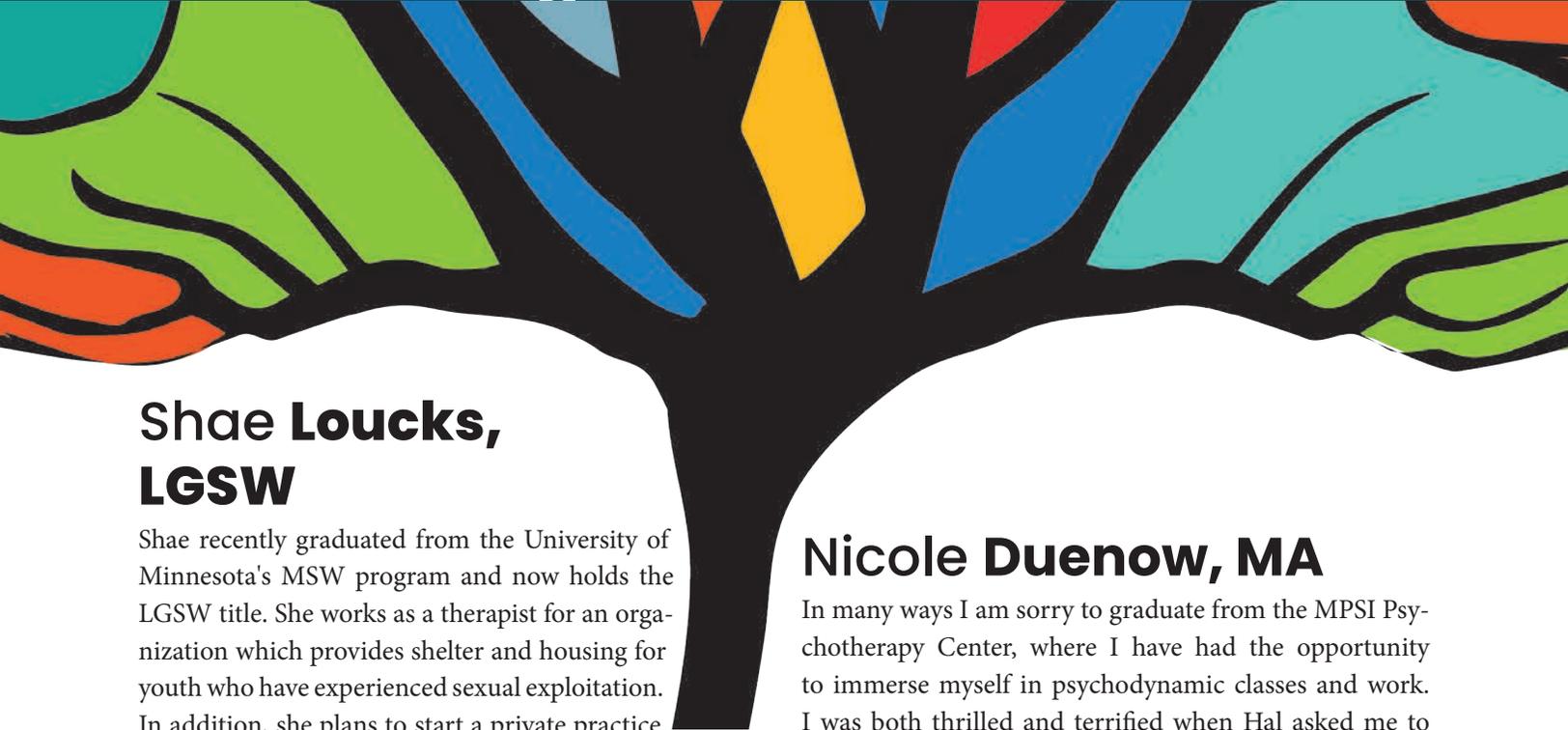
In 2018 - 2019, 2000 hours of psychotherapy were provided by our fellows. Some patients were seen intensively; twice weekly for a year and if their therapist elected to stay at the MPSI Psychotherapy Center for a 2nd year, their patients had the opportunity to receive intensive psycho-dynamic psychotherapy 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 2016-2017 the average OQ45 score at in-take 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%.

**MPSI PSYCHOTHERAPY
CENTER**
612.824.3800

100 W Franklin Avenue
Suite 200
Minneapolis, MN 55404

Graduating Fellows



Shae Loucks, LGSW

Shae recently graduated from the University of Minnesota's MSW program and now holds the LGSW title. She works as a therapist for an organization which provides shelter and housing for youth who have experienced sexual exploitation. In addition, she plans to start a private practice providing teletherapy and will be bringing many of her MPSI clients with her in this new endeavor. She will continue receiving psychoanalytic supervision from Catherine Phibbs and Kate McRaith.

Briggett Franz, LGSW

Since leaving MPSI in May Briggett has enjoyed her summer reading books, baking bread, and spending time with family and friends. Briggett just recently accepted and is excited to start her new role as a Day Treatment Therapist at Options Family & Behavior Services working with adolescents with co-occurring mental health and chemical dependency struggles. She plans to begin working towards her clinical licensure with the hopes of one day becoming a supervisor working with at-risk youth.

Andrea K. Jensen, MSW, LGSW, LPreK

Andrea is taking her new found knowledge and skill into private practice with JtCounseling Services where she has been practicing for over a year. Read more about Andrea's future on page 4.

Nicole Duenow, MA

In many ways I am sorry to graduate from the MPSI Psychotherapy Center, where I have had the opportunity to immerse myself in psychodynamic classes and work. I was both thrilled and terrified when Hal asked me to present my work at a Clinical Moments Seminar. I can't thank him enough for the opportunity, growth and support to reach for this experience. I appreciate psychoanalytic psychotherapy for its power, accessibility and unique capacity to heal by honoring the complexities of the human person. I feel ready to do deeper work in my private practice at ARIA as I continue to work on my Counseling psychology Degree.

Thulr V. Óðinsson, M.A.

I have been with the M.P.S.I. Psychotherapy Center since September of 2018 as part of a practicum experience. This has been the most enriching learning experience I have had in preparation for the actual work of psychotherapeutic practice, for which I am deeply grateful. This is my final year with M.P.S.I.-P.C., and I have recently begun working for Emerge Therapy in Minneapolis, where I intend to remain, as I work towards my LPCC licensure. Longer term, upon obtaining my LPCC, and dependent on other, life factors, my hope is to move up to Grand Marais, where I would like to open a private practice and otherwise disappear into the Northwoods.



Andrea K. Jensen
MSW, LGSW, LPreK

MENTAL HEALTH AND COVID-19 CONTINUED

Increased substance use – 13 %, considered suicide in the last 30 days – 11 %. Suicidal ideation was found to be higher among unpaid caregiver of adults – 31%, 18 – 24 year old – 26 %, essential workers – 22 %, Hispanic respondents – 19%, Blacks – 15 %. Calls to the National Alliance on Mental Illness have increased.

* *Center for Disease Control and Prevention, MMW Report, Vol. 69, NO. 32, 8/1420*

Andrea's Future: Post MPSI Fellowship

I feel blessed to have learned and trained in psychoanalytic theory and practice through MPSI. I truly have learned first hand what it is like to feel counter-transference with a client in session. I have had the opportunity to explore in depth through individual and group supervision the meaning of the counter-transference, as well as my transference, and the meaning it brings to the client therapist relationship.

I am taking my new found knowledge and skill into private practice with JtCounseling Services where I have been practicing for over a year. JtCounseling is based in the Plymouth area, yet I see clients all over the state of Minnesota through teletherapy. I specialize in treating children, adolescents, and young adults, yet I work with young children on up to older adults, as an Individual, Family, and Couples therapist.

I have my MSW in Clinical Social Work through the University of St. Thomas and St. Catherine University, as well as my LGSW, in 2017. I also hold a degree and license in Child Psychology and Early Childhood Family Education since 1993.

Please send referrals my way, when a client is in need of my specialized care.

Thank you and be well,

Andrea

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.

Ginny Retires!

In 2009 a few MPSI members, among them Virginia McDermott had an idea for a low fee clinic and set out with colleagues to make it happen. Eleven years later and after providing service to that Center for those years, 2020 saw the retiring of one of our most dedicated analytic supervisors and board members, Virginia McDermott. Ginny, as most people call her, tells me she got involved because she believed that those fortunate enough to have benefited from psychoanalytic psychotherapy or psychoanalysis had a moral obligation to see that these treatment modalities weren't available only to the middle class and the wealthy. An unrealized hope for her involvement then and over the years was a desire to provide psychoanalytic treatment to children and adolescents in foster care. In those early years establishing the Psychotherapy Center, Ginny was also instrumental and responsible for the success of the Psychoanalytic Psychotherapy Training Program.

Another of her dreams was to offer training to incoming interns at an affordable rate. This dream the Center established and carries on today with the gratitude of many graduating intern/fellows.

Our Director, Hal Steiger, recalled Ginny was in the first class of MPI that started in 1999 and was appointed a Training and Supervising Analyst several years after she graduated- a significant honor and recognition of her substantial skills as a psychoanalyst. Ginny has taught, supervised and mentored many beyond our program. She has been a champion of training psychoanalysts using the



adult learner model and has influenced MPI's movement towards a less hierarchical and more collaborative culture.

Thank you seems insignificant but we send it sincerely.

The Board members, graduates and fellows of the Psychotherapy Center.

HOW DO I MAKE AN APPOINTMENT?

Call 612-824-3800 and leave a detailed message on the general voice-mail. 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.



Thanks to the knowledge gained from many hours of supervision and psychoanalytic training, my clients found and followed their unique paths toward healing over the past year with many choosing to continue their therapy journey.

My path to psychotherapist had many unique twists and turns. When I graduated from high school, back in 1990, I thought I was headed toward a career as a nurse. I had spent my teen years in Togo, West Africa, working in a small mission hospital, and I really enjoyed the work. I started college the next year in the US, but after three semesters, chronic health issues forced me to leave school. Over the next several years, I underwent numerous brain and spine surgeries to correct previously undiagnosed birth defects. As I finally began to find what my new life would look like, I had no idea where my path would lead.

While recovering from multiple surgeries, I decided to pursue getting an amateur radio license as part of my rehabilitation. Little did I know then how that path twist would change my life in the future. In 2005, I joined the Handiham Program as a recipient. In 2006, I successfully completed four

exams, one in Morse code and three levels of amateur radio theory, rules, and regulations, to get my Extra Class ham radio license. In 2007, I traveled to Minnesota for the first time to attend Radio Camp as a camper. Again, I had no idea how all this would impact my future. In 2011, I returned to Radio Camp, this time as an instructor. For the next several years, I flew to Minnesota each summer to teach for a week, sharing my passion for ham radio with campers who had disabilities ranging from blindness to autism to cerebral palsy to quadriplegia. I loved the work, and my medical background enhanced my ability to find the best way to help each individual student learn and find their unique path to reach their goals.

Observing my passion for volunteer work, I returned to college in 2015, this time to pursue an undergraduate degree in social work. I graduated in 2017 with a BSW along with minors in psychology and African studies. As I approached graduation, I was contacted by a recruiter looking for a new Program Coordinator to run the Handiham Program. In June of that year, my path took me to Minnesota to start this new position and find a new home. While I loved my work and found my BSW training useful, I knew I wanted more knowledge. In 2018, I entered a part-time hybrid program at the University of St. Thomas to get my master's in clinical social work. That step eventually led me to the MPSI Psychotherapy Center to complete an internship with a focus on psychoanalytic theory and practice.

My training at the Psychotherapy Center enhanced my work in running the Handiham Program. Because my clients all have one or more disabilities, I essentially do a case formulation that allows me to conceptualize how to support their unique learning abilities to assist clients in reaching their goals. As supervisors helped strengthen my skills in case formulation, my ability to support Handiham clients also improved. Additionally, I found that the ability to observe and notice the process that is so necessary in working with individual psychotherapy clients improved my ability to work with Handiham clients who wanted to learn more about ham radio. Those observational skills helped me guide clients to move past perceived limitations to find more opportunities on their journey.

While I finished my MSW last May, I chose to continue my training at the Psychotherapy Center for a second year, completing a fellowship after graduation. The supervision, psychoanalytic classes, and work with clients has provided invaluable experience for me as I follow my path toward having a part-time psychotherapy practice. My work at the Handiham Program also continues, and I look forward to using psychoanalytic theory and practice to further improve my work with clients. Psychoanalytic work is about individual growth on a unique journey, and that is what I desire for myself and all my clients.

Lucinda Moody
MSW, LGSW

A Graduates Experience:

What got you interested in psychodynamic therapy?

I had worked as an addiction counselor prior to psychology and I use to hit this wall clinically speaking where I intuited more was going on unconsciously for the client but I didn't know how to access it. I needed a map, and analytic thought provided it.

How was your time at MPSI?

I knew from day one that MPSI and their training track was different. Quite frankly the intensive supervision, group consults, and therapeutic exposure was exactly what I was looking for in a practicum. The progress I made in understanding psychoanalytic thought and how to utilize conceptualization and intervention in session was very fulfilling. I only wish more people had the opportunity. I have seen 100's of clients in my training and now work as a psychologist. The ones from my time at MPSI stand out because the therapy was so rich, as was my own learning.

What did you take from your time working in a psychodynamic environment?

Honestly, it influenced me in a profound way. Addressing defenses, interpreting the transference, the use of empathy are a just a few concept that I use on a daily basis. I was very much influenced by the work of Heinz Kohut, inter-subjectivity, and object relations. I also began to trust and see my own counter-transference as important clinical information. I think I have used the phrase "repetitive empathetic failure" a thousand times to help clients understand the impact of early childhood relational trauma.

What has your career path been since MPSI?

After MPSI I did my pre-doc internship at North Memorial in their mental health clinic. I finished my PsyD in counseling psychology at St Thomas in 2019 and spent



a couple months traveling. At the beginning of 2020 I took a job as a treatment psychologist at the Minnesota Sex Offender Program, in St Peter Minnesota. The population there is high in psychopathy, and anti-sociality, not to mention paraphilic. I literally work with murderers, rapists, and pedophiles. Early on at St Peter, I leaned into the analytic literature to better understand the minds of these troubled men. There is a great paper by Reid Meloy from the San Diego Psychoanalytic Society and Institute that helped me better understand psychopathy. Because of the intensive work schedule I was unable to apply for MPSI's analyst training. Hopefully in a few years I will have another chance. My plan is to earn my stripes in the inpatient psychiatric setting and then branch out into private practice. I also have interest in working and consulting internationally in Southeast Asia and the Middle East.

What are your plans for the future?

I really want to do more training at MPSI or other psychodynamic institutes. With the way COVID-19 is impacting the world, I am hoping there will be more remote opportunities. In addition, the death of George Floyd at the hands of the Minneapolis Police department was a terrifying and unignorable wake up call to the oppressive and symmetric violence and racism alive in our country today. Issues of race, culture, power, and trauma will determine the survival of this country and as psychotherapists we are on the front line. We have to wake up, listen, and change.

Nicholas Klein, Psy.D.
Treatment Psychologist
Minnesota Sex Offender Program
Minnesota Department of Human Services

20-2021 FELLOWS

WELCOME

Corbin Quinn

Erin Trapp

Susan Williams

Eric Penniston

Claire Blaze

Marc Beitz

Emily Eng

Lucinda Moody

Lucinda Moody

MSW, LGSW

Lucinda completed her BSW at Grand Valley State University in 2017 and MSW at the University of St. Thomas in 2020. In addition to the psychoanalytic training received through her fellowship at the Psychotherapy Center, Lucinda has also completed CCTP and CCTP-II training to enhance her skills in working with clients who have a history of trauma. She spent her teenage years in Togo, West Africa, working in a small mission hospital with her family. She has experience working with people following disasters and currently runs a program that helps people with disabilities get involved in the amateur radio hobby. In her spare time, she enjoys playing the piano, gardening, and spending time with her two cats. Lucinda likes to empower clients to recognize and use their strengths to find their unique



path to healing and balance.

Erin Trapp PhD

Erin (she/her) is currently pursuing a Master's in Social Work at the University of Minnesota with a focus on clinical mental health. She studied comparative literature at the University of California, Irvine (PhD 2009), and for the past ten years, she has taught literature, poetry, the environmental humanities, and writing at the University of Minnesota and at the University of Wisconsin, River Falls. She continues to read and write about environmental loss and grief, environmental racism, trauma, and the inter-section of climate change and psychoanalysis. Erin values psychoanalytic therapy because of the understanding it can bring about the unconscious, interpersonal relationships, negative emotional experiences, and feelings of resistance and creativity. She believes in the importance of tending to and making space for one's inner life and internal conflicts and is excited to work therapeutically with individuals to explore their experiences, thoughts, and feelings.



Claire Blaze

Claire received her Bachelor of Arts from Pitzer College where she studied Gender and Feminist Studies and is currently completing a Master of Social Work in Clinical Mental Health at the University of Minnesota. Although she is new to the field of clinical mental health, she has a background in social service work and brings a powerful enthusiasm for connecting with and supporting others through their healing and personal growth. Claire is fascinated by the human mind, the human experience, and the human spirit, and believes that true healing is achieved through authentic, caring human relationships. She is also a passionate advocate for social justice and believes that forces of culture and society can have a significant impact on individuals' mental health. Claire holds a deep respect for the trust that clients bestow her and takes genuine joy in helping clients to explore their inner lives.



Corbin Quinn MA, PhD

Prior to switching to a career as a psychotherapist, Corbin taught French literature for over fifteen years. He recently interned as a counselor at

a drop-in center for adults with severe mental illness and spent two years working with people recovering from substance use disorders. Corbin has a deep interest in helping people living with unresolved trauma, anxiety, depression, gender/sexuality issues, and addictions/compulsions. He holds a BA from the University of Wisconsin-Madison, and an MA and PhD from the University of Minnesota, where he is completing an MSW degree in Clinical Social Work. Corbin currently serves on the Diversity and Social Action Committee of the American Association of Psychoanalysis in Clinical Social Work.



Emily Eng MA

Emily is a biracial Cambodian-American psychotherapist whose work is grounded in somatic, trauma-informed, anti-oppressive, and decolonizing practices and perspectives. She

views the psychotherapy relationship as a collaborative space for nurturing healing, liberation, and empowerment. Emily brings a deeply nonjudgmental presence and believes that feeling seen and heard by your therapist is essential for the work of therapy. Beyond her clinical work, Emily is dedicated to working in collective and community for economic, racial, gender/sexuality, and environmental justice. Emily received her Master of Arts in Counseling Psychology from the University of St. Thomas, and her Bachelor of Arts in Global Studies from the University of Minnesota. She is currently pursuing her Doctor of Psychology at the University of St. Thomas.



Marc D. Beitz

Marc received his BA in Philosophy from Williams College and is currently working towards his MSW at the University of St Thomas. He has experience

working as a crisis counselor and with high-needs elementary students. As the child of immigrants, he is very aware of the role culture plays in our lives. Marc believes that creating an open and safe space for communication and exploration leads to opportunities for growth and change.

Star Williams MSW Candidate

Star is completing her MSW at the University of St Thomas. She is a Somatic Experiencing Practitioner with sixteen years of somatic and energetic bodywork and meditation practice. Star has a strong interest in neuroscience, trauma work, spirituality, meditation/mindfulness, and body centered approaches. She currently holds a MA in ESL and enjoys teaching and working with people from all over the world. Star loves getting out in nature with her dog and swinging from a hammock with a good book.



Eric D. Penniston

Eric has a J.D. since he has been pursuing a combined program with his MSW. He expects to complete the MSW and sit for the bar exam in spring 2021.

His focus will be on deepening his knowledge and clinical skills around individual and community trauma and how systems can avoid reinforcing those harms. His B.A. is in Psychology, where he grounded his studies in cognitive neuroscience. He has also studied Media Studies at the graduate level. He has worked in the areas of addiction, crisis management and domestic violence. Eric enjoys hiking, reading and playing guitar.



THE PSYCHOTHERAPY CENTER **continued**

have a strong web of vibrant connectedness. Specifically, as characteristics, highly resilient therapists are (a) drawn to strong interpersonal relationships, (b) actively engage with self, (c) possess a core values and beliefs framework, and (d) desire to learn and grow.” *

As I looked at our program, which includes: didactic training in our Psychoanalytic Psychotherapy Training Program, group and individual supervision and membership in MPSI, I decided we offer the learning opportunities to obtain these characteristics and maintain them. Fellows at the Center are encouraged to balance their personal and professional lives, maintain self care and seek supervision and support from their supervisors and staff. Their supervisors are resilient professionals who volunteer to give back to a profession they have thrived within. Psychoanalytic and other integrated theories provide a framework for understanding and intervening on behalf of those we serve. Analytic therapy, access to study materials and the programs of MPSI provide endless opportunities to enrich ones drive to learn.

The tasks of our advanced student clinicians or new graduated professionals are many, especially in this age of change in so many areas of our lives. This year in addition to absorbing professional literature, navigating intensive

emotion, using new interventions, and identifying their theoretical orientation we asked our fellows to move into a new building one month and set themselves up to do teletherapy the next. They proved their dedication, skill and commitment to their clients/patients by accomplishing all of the above. Resiliency? Yes. Familiar words became teletherapy, Paypal, pandemic support, systemic racism, and more.

And, there is more change to come. Currently we are being trained in electronic record keeping by one of our very skilled, resilient, graduated past fellows, Patty Hohldahl. The Center is going paper-free. The advent of Covid-19 pushed the Center rapidly into remote teletherapy services, the addition of how to manage the paperwork involved this necessary transition. As with all things technology, there will be some kinks to work out, but thus far the system is up and running.

Recent events in Minneapolis and across our country have been a call for action and outreach. We need to be curious, resilient and change again. The MPSI Psychotherapy Center is dedicated to mental health and community service. We feel we need to expand our community service. When we started in 2009 our primary focus was making psychodynamically informed therapy available to those who could not afford mental health care. Today we are expanding our mission to include offering psychodynamically informed consultation groups, classes and in-ser-

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
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vice training to the broader mental health community. Why psychodynamic psychotherapy? It is an approach that emphasizes how early attachment, historical and present trauma, and the way clients repeat self-defeating patterns of coping can be transformed into growth and change. Our community needs to talk about consciousness, double consciousness, projection, envy, and more. We know that agencies are stretched thin and funds are difficult to find for staff training and development. If you are interested in arranging an inservice for your agency contact us. We apply the same philosophy to agencies as we do to clients. Fees are based on what you can afford to pay. In many cases that may be minimal. We are entirely a volunteer agency so anything we earn goes to support our mission to serve.

To inquire about training or arrange an inservice contact The Psychotherapy Center, 100 Franklin Avenue South, Minneapolis, 55404, 612-824-3800.

* Hou, Jian-Ming, Slovholt, Thomas M., *Characteristics of Highly Resilient Therapist, University of Minnesota, Journal of Counseling Psychology, 2020, Vol. 67, No. 3, 386-400*

Bill

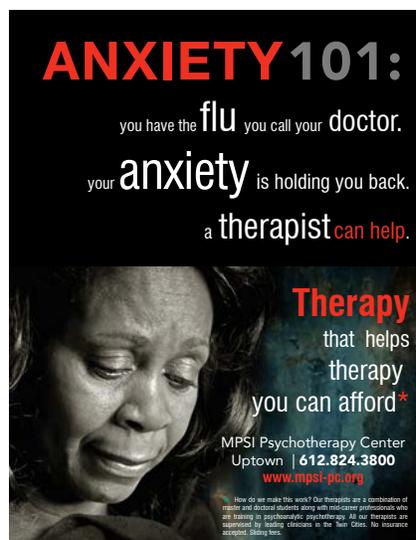
I wake early on the first day of telehealth
 And realize how much I will miss
 the physicality
 Of where you sit in the waiting room
 And how you look up when I open the door
 How you gather your things and rise.
 No one does it just like you.
 How you enter as I hold the door,
 Passing unavoidably close
 To cross the threshold into shared space.
 This greeting
 No one does it just the same
 For you the first glance is motionless
 except for that sardonic eyebrow.
 For you, a little shrug and smile.
 You, though, raise your chin and forge ahead,
 And you have a little swagger that claims the space and time.
 Each one so different from the other
 In that moment of encounter.

I'll miss my own anticipation as I reach to open up the door.

- Marguerite Dingman, LCSW | Durham, NC

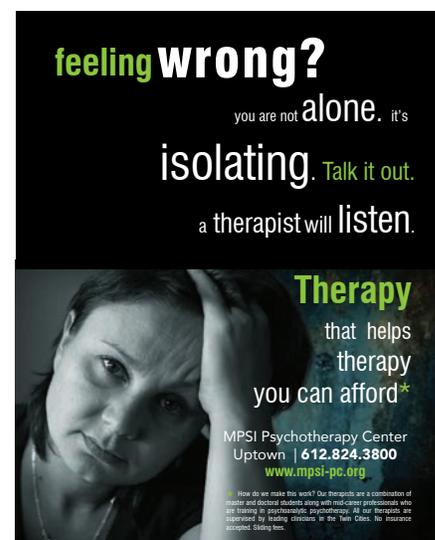
Psychotherapy Center Posters

In an effort to make our services known 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
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 you can afford*
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MPSI PSYCHOTHERAPY CENTER

Providing access to quality affordable
psychoanalytic psychotherapy

100 W Franklin Avenue | 200
Minneapolis, MN
55404
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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, LP
Executive Director

Beverly Caruso, MSW, LICSW
Clinical Director

Board Members:

Ginny McDermott, PhD

Bridget Bender, LGSW

Kate McRaith, LGSW

Mary Morris, LSW

Kari Fletcher, MSW, PhD, LICSW

Patty Holdahl, MSW, LICSW

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MPSI PSYCHOTHERAPY CENTER EMPHASIZES HOW EARLY
ATTACHMENT, HISTORICAL AND PRESENT TRAUMA AND THE WAY
CLIENTS REPEAT SELF DEFEATING PATTERNS OF
COPING CAN BE TRANSFORMED INTO GROWTH AND CHANGE.

PSYCHOTHERAPY CENTER SERVICES:

AFFORDABLE PSYCHODYNAMIC INFORMED THERAPY
PSYCHODYNAMIC CONSULTATION GROUP
COMMUNITY CLASSES AND INSERVICE TRAINING.

COMMUNITY INSERVICES BASED ON ABILITY TO PAY



*“When historians pick up their pens to write the story of the
21st century, let them say that it was your generation who laid
down the heavy burdens of hate at last and that peace finally
triumphed over violence, aggression and war. So I say to you,
walk with the wind, brothers and sisters, and let the spirit of
peace and the power of everlasting love be your guide.”*

FROM THE ESSAY JOHN LEWIS WROTE JUST BEFORE HIS DEATH:
PUBLISHED ON THE DAY OF HIS FUNERAL, JULY 30, 2020

