



PRESIDENT'S SUGGESTION

Shep Myers, PhD, LP

EMBRACING THE LIGHT AND THE DARKNESS

I've always found it curious that we are so drawn to light, especially in the season of holidays and darkness. In the Christian tradition, Christmas lights draped on houses and trees may represent the light in the darkness, as the promise of Christ's return and redemption. This tradition is a remnant of the pagan solstice celebration, a tribute to nature's promise of a new season. In the Jewish tradition is the lighting of the Hanukkah menorah, a ritual marking the miracle of light and the promise of God's protection.

At all times of year, metaphors of light are prominent in recovering from illness, such as experiencing a healing white or blue light bathing one's wounds or soul. The experience of walking toward a bright light is sometimes seen as a transition to the afterlife. Insights in psychotherapy or creativity may be viewed as "seeing the light."

The more there is darkness and confusion, the more we need light.

It is fascinating that the symbolism of light has basis in science. Not only is our psyche attuned to the seasons and the shifts in daylight, our biology is as well. Chronobiology, the study of internal biological clocks, is an emerging area in sleep medicine and physiology. Researchers are discovering that many homeostatic and disease processes are affected by

I M A G E S

disruptions in circadian rhythms. Most of you are familiar with the effect of the seasons on your mood, such as the spectrum of feeling down during winter to the full sequelae of Seasonal Affective Disorder, or you may have suffered jet-lag as you change time zones. Research has shown that chronotherapy, the use sunlight or light-boxes, is efficacious with affective disorders and circadian rhythm disorders (i.e., when an individual's sleep cycle does not align with the common daylight-nighttime sleep pattern). Research has also shown that both white and blue light is effective – imagine that.

However, both light and darkness may be used in hypnosis. I embrace the Buddhist view that they are a yin-yang phenomenon: without light there is no darkness, and without darkness there is no light. They are complimentary parts of a whole.

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After all, darkness is necessary for sleep, and sleep is essential for psychological and physical well-being. The affective changes that often occur in winter may be viewed as a seasonal "dark night of the soul," an opportunity to examine and heal the wounded parts of ourselves. I advocate for a dual process in using hypnosis for depression and sleep disorders: increase exposure to bright light, and positive experiences and change in psychotherapy; while also embracing the darkness by understanding and remedying the negative components that contribute to their development.

Experiment with adding metaphors or images of light in your hypnotic interventions. For example, there is the classic imagery of being at the beach, or the story of lighting the way on the path of healing. Clients can be guided to create their unique experience of "a light that heals" while in trance. Conversely, it is

essential to understand and remedy the "darkness" that is part of one's illness, which is often rooted in conflicts, negativity, unhealthy functions, and trauma that underlie the symptoms. Used carefully, regression techniques are potent methods for exploring the roots of problems. You can have clients dialog with symptoms so they can communicate their meaning and own methods of recovery.

Our psychological and biological attunement to the light-darkness is not an accident. Most of us love light and head for vacations to warm climates in winter. Yet darkness is necessary for growth, for appreciating the light, and for biological and psychological regulation. Without conflict there is minimal growth. It is important to understand that we can emerge from the darkness with enLIGHTenment, and hypnosis is one method to lead the way.

I wish you and your family a wonderful holiday season, perhaps enjoying the light of the Christmas tree or menorah, and possibly making peace with the dysfunctional parts of your family, friends or colleagues, which may emerge in the close proximity of holiday gatherings.

May the light and the darkness be with you.

Shep Myers



AN INTERVIEW WITH OUR PRESIDENT, SHEP MYERS, BY CAROL ROGERS-TANNER, IMAGES EDITOR

CR-T: The purpose of this article is to let people get to know you a little more as the new president. What drew you to hypnosis?

SM: Actually, it was mostly the people. MSCH definitely has the most interesting, inspiring, and wise group of colleagues that I have ever encountered. In learning hypnosis I was touched by its deep understanding of human nature, and wisdom in how to affect change. I also am drawn to experiential approaches.

CR-T: Is there a practitioner or teacher whom you have particularly admired or found inspiring?

SM: I'm very influenced by structural-strategic teachers, which is implied in Ericksonian methods. Erickson and Minuchin have been my biggest influences.

CR-T: Did you have a particular focus or area for improvement in MSCH, which drove your interest in serving as president?

SM: MSCH is such a valuable organization. Originally, I just wanted to serve and help keep it going. Now that I'm president, there are some small changes I'd like to make, though the organization is so finely tuned, that it's more of tweaking – making small changes. The Annual Workshop and yearly train-

ing agenda is wonderful. With the Introductory Workshop, my interest is to include slightly more on hypnotic interventions, so people leave the Introductory Workshop having more confidence on how to do hypnosis suggestions.

My other interest stems from the unfortunate fact that there are not enough younger professionals attracted to MSCH. So another goal is to encourage more students to be interested in hypnosis, to attract more of our younger generation of professionals.

CR-T: What are some of your favorite interests outside of work and MSCH?

SM: In the summer I enjoy biking, and I bike commute to work every day. I also love cross-country skiing and kayaking. Spending time with family is also wonderful.

CR-T: How are you doing with the adjustment to your daughter being away in college (since you mentioned this in your first article as president)?

SM: I'm sad and mopey, but OK. It's hard and I'm grieving, but I know to just allow myself to grieve. I'm also very proud of who she is becoming, so I try to balance the grief with joy.



See You in September:

A Review of the 2011 National Pediatric Hypnosis Training Institute Workshops *Cosponsored by MSCH*

As the weather begins to turn cooler, and tinges of color appear on the leaves, I look forward to the annual workshop of the National Pediatric Hypnosis Training Institute (NPHTI) sponsored by the Office of Continuing Medical Education of the University of Minnesota, in collaboration with the Department of Pediatrics and the Minnesota Society of Clinical Hypnosis. This year's NPHTI (nifty!) conference, held September 15-17, empowered practitioners to more effectively facilitate hypnotic experiences in children and adolescents facing various life-challenges. The 112 multi-disciplinary attendees represented 30 states and 7 countries, and were mentored by 17 passionate and experienced faculty members. Those of you who have

attended the annual MSCH workshops will certainly resonate with the almost magical effect of sinking into a rhythm of breathing, imagery, metaphor, language, and creativity over three intensive days. The natural beauty of the grounds surrounding the Plymouth Crowne Plaza Hotel, along with the sumptuous food offerings, created an ideal milieu for participants to feed the mind, body, and spirit at a level that has been described as "life-changing."

This year's conference offered training at the beginning, intermediate, and advanced levels. The introductory course assisted learners in developing basic skills and competence in hypnosis and self-hypnosis, matching interventions to developmental

levels, and fostering a sense of confidence and mastery in both the clinician and the client. The intermediate group dug a bit deeper, addressing clinical issues including anxiety spectrum disorders, fear about medical procedures, chronic pain and illness, biofeedback, and various self-regulatory issues. The advanced group was less lecture-intensive, and gave clinicians the opportunity to share and examine their own videotaped hypnosis encounters, and to collaborate in giving and receiving feedback. At all levels, participants were supported in unfolding their individual styles, skill sets, and ability to join more deeply with clients in fostering self-regulation, mastery, hope, comfort, and peace.

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NPHTI Faculty (L to R)
Pamela Kaiser, PhD, CPNP, Co-Director, NPHTI, Menlo Park, CA;
Rev Jim Warnke, MSW, New Jersey;
Harriet Kohen, MSW, MSCH;
Bob Deutsch, PhD, West Hartford, CT;
Dan Kohen, MD, Co-Director, NPHTI, MSCH;
Laurence Sugarman, MD, Rochester Institute of Technology & U. of Rochester, Rochester, NY;
Kevin Harrington, PhD, MSCH;
Howard H. Hall, PhD, PsyD., Case Western Reserve Univ., Cleveland



NPHTI Faculty (L to R):
Tim Culbert, M.D.;
Delle Jacobs, MSW (MSCH);
Rev Jim Warnke, MSW (New Jersey)

NPHTI Review Continued

The format of the beginning and intermediate workshops balanced lecture and small group practice sessions, and the faculty were available and approachable. Participants experienced ample opportunity to observe case presentations, learn theory and technique, ask questions, and develop and practice skills in a supportive environment. This "learning to action" model was highly effective in priming learners to unpack skills which were previously undiscovered or had perhaps become a bit dusty or rusty, shine them up and readily implement them upon return to their professional settings. Indeed, buzz on the listserv maintained by NPHTI has

been that the majority of learners jumped into their work with renewed vision, commitment, and courage to expand their ability to use hypnotic interventions.

I attended the intermediate training, and can testify to the fact that expanding my skills in pediatric hypnosis has undoubtedly enhanced my clinical work with adults as well. Moreover, my ability to engage with my clients and my work, as well as my overall resilience, increases with the degree in which I focus on being hypnotic during sessions. I encourage anyone who works with children to attend this exceptional learning experience Sept 20-22, 2012.

More information is available at www.NPHTI.org.

Christine S. Siegel, MA,LP

Solo private practice in Edina, MN since 2007. I offer individual and group psychotherapy with children, adolescents, families, and adults with and without developmental disabilities and/or chronic health conditions. I worked in community mental health for 17 years, where I offered biofeedback-assisted relaxation therapy in addition to play and talk therapy. I am a MSCH member, and have attended 4 of the adult trainings. I have attended two of the NPHTI trainings.

I am the co-author of The Everything Parents Guide to Children with Anxiety Adams Media, 2008.



NPHTI Faculty:
Kate Pfaffinger, Ph.D., (MSCH):
Bob Deutsch, Ph.D. (W. Hartford, CT):
Teresa Quinn, M.D. (MSCH)



NEWS OF NOTE

- **Mark Weisberg Ph.D., ABPP** will teach a 2-day course on *Integrative Medicine, Psychoneuroimmunology, Self-Healing Resources and Hypnosis*, sponsored by the Ericksonian Institute of Madrid, Spain. Held February 18–19, 2012 in Madrid, Spain. Further information, please contact Teresa Garcia-Sanchez ECP, Director, at www.institutoericksonmadrid.com.

Dr. Weisberg is the co-author of a new book addressing an integrative medicine approach to treating digestive disorders. Hypnosis will be discussed as one of the many treatments. It will be published by Conari Press, with a release date scheduled for 2012.

He will be co-teaching an advanced workshop on Integrative Treatment of Chronic Daily Headache and Temporomandibular Disorders (with Al Clavel M.D.) at the ASCH Annual Scientific Meeting and Workshops in Charlotte, NC, March 16 – 20, 2012. He will also be co-teaching the Advanced Workshop on Mind-Body Medicine (along with Sheryll Daniel, Ph.D.) at the ASCH Regional Workshop in Alexandria, VA, June 21 – 24 2012.

- MSCH's own **Wendy Lemke** was elected Vice-President of the American Society of Clinical Hypnosis (ASCH) for 2011-2012. She will succeed our own Dan Kohen. Congratulations, Wendy!

REVIEW OF SEPTEMBER 2011 WORKSHOP: SKILLS IN PAIN AND STRESS MANAGEMENT Al Clavel, MD & Shep Myers, PhD LP

Ahhh. To sleep in on a beautiful, sunny September Saturday morning...or not to. That is the question.

But then, as if I am in a blissful trance, I realize that I am being gently nudged out of my dreams by my husband while he sets a steaming cup of dark-roasted coffee down on the nightstand and quietly says, "I thought you were going to your hypnosis workshop this morning."

I turn over and look at the alarm clock which seems to have failed me AGAIN (how can that be?) and see that I have a short amount of time to get ready and to get to Minneapolis, let alone have time to do justice to that cup of coffee and do a few stretches for my chronically sore back. Skip the stretches, enjoy half the cup of coffee, and dash off as my husband says, "Have fun with your friends!"

That's right. Saturday's workshop was designed to review David Patterson's training in June and to present additional models and methods for better understanding and treating pain conditions with hypnosis. Drs. Al Clavel and Shep Myers informed us of other models and ways in which to use hypnosis to alleviate chronic physical and emotional pain, allowing us as practitioners to take yet another important step in our skill development. One thing that never ceases to amaze me is the wide range of skill development in this group; yet even the members of MSCH whom I consider to be the wisest and sagest among us are there for these trainings. Perhaps this is proof that we are never too good to stop trying to improve ourselves.

One especially helpful aspect of the training was a presentation of the "Dimensions of Pain Experience". These include attributional, developmental, physical, PTSD-like, somatoform, and the more easily observed physical guarding/bracing experiences. The developmental dimension of the pain experience is key to helping patients manage their experience better. As we help patients understand about their affect dysregulation, self pathology, and relational disturbances that occur with pain, they are better prepared for learning how to make changes in their overall response patterns to the pain they feel. The presenters thoroughly educated those in attendance how chronic pain works so that we can better help people get out of their bad habits which usually involve getting stuck in a circularity of pain that engulfs them and weakens their immune systems through being stressed and reducing their sense of self-efficacy through blame and guilt; which they often then endlessly spend futile efforts in trying to find causes for and then a cure. The more that we experience pain through the sensations coursing through our central nervous systems, we may end up with a hyper-sensitized autonomic nervous system. An interesting factoid that I learned was that this kind of activation of the ANS with "fighting pain" may be worse for those people who have experienced an abusive childhood. It makes sense. Being on guard for one's safety throughout early developmental years

would prime our nervous systems for being more sensitive to pain, just as a person with a higher level of anxiety might be more prone to developing PTSD than somebody who was "an easy baby."

Drs. Clavel and Myers discussed common manifestations of the central sensitization syndrome which I realized was critical in successfully using hypnosis to reduce the agitated nature of chronic pain--it affects physiological, emotional, interpersonal, medication, and conditioned sensitivity. Thus, the goal is to help patients achieve balance in life to reduce their heightened sensitivity and higher level of experienced pain. "The Yin and Yang of Life." This helps us get out of the cycle, as they said--to "turn off the alarm."

Using an Earnest Rossi technique, we did an exercise of being in a light trance and focusing on a body sensation, trying to experience it but not change it. This is the main point in managing chronic pain--helping people become aware of their sensations, not get rid of their pain (as that is not realistic), but to accept its presence, to recognize what state they are in, and to separate pain versus suffering. Pain will persist, but reducing stressors and increasing awareness through therapy and hypnosis, an adjunct to all of the other treatments, patients can learn to live with the pain they have. Hypnosis achieves some of these goals much faster than talk therapy.

In helping patients learn to manage their pain, the good doctors highlighted nine key factors to employ in helping patients really understand the meaning of their pain and how to work with it: Motivation, Pain Relief: Achieving hypnotic analgesia, Learning to be in a Healing State (not having that as the end goal), Deconditioning and reengagement, Emotional factors and acceptance of the pain, Cognitive factors such as learning the meaning of pain, Personality factors including dependency, perfectionism, etc., Positive relationships and how to maintain support and resolve conflicts, and finally, Addressing flare-ups of pain and maintenance.

by Elizabeth (Betsy) Shryer Boyle, PsyD, LP

Betsy opened a new practice in October:
Elizabeth Shryer Boyle Psychological Services
323 Snelling Avenue South,
St. Paul, MN 55105
651-249-7341
Website coming soon!





David Alter teaching at the Rosenthal Retreat, Oct. 16, 2011.

This year's Rosenthal Retreat began with the featured presenter, David Alter, PhD, providing an outline of how the day would be organized and a general overview of what would be covered. It was clear throughout the day that he had put a lot of time and thought into this presentation.

Remembering and its counterpart, forgetting, served as a broad focus for the day: How can one learn to make the most of these natural processes to assist people to make something more of their lives? The emphasis was on therapist development, which is, in this reviewer's opinion at least, where emphasis ought to be. After all, what do we really have to work with without it, technique by itself being relatively inconsequential?

How these complimentary functions of remembering and forgetting seem to operate was discussed as well as ideas on how each is related to a person coming to know self and relate to the world.

Review of 2011 Rosenthal Retreat Keeping Memory in Mind David Alter, PhD

The factual information supporting the ideas presented was substantial and beyond anything that could be done justice in a little piece like this, so rather than do it an injustice, I'll stick to some more general notions I took with me. I'm sure others left with their own versions of what was memorable. This is perhaps as it should be with a presentation on memory and forgetting.

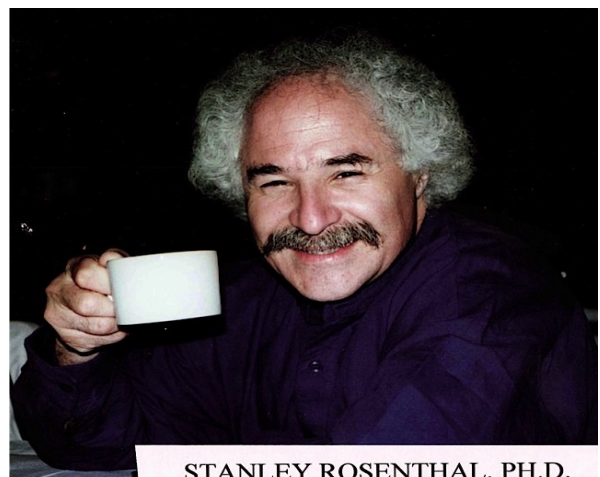
Dr. Alter made ample use of research to support the points he made, tying his ideas on the processes involved in memory, as well as interventions, to identifiable brain functions, which in turn are associated with certain areas of and structures in the brain. Since the brain seems to function much more holistically than some reductionist research may propose, knowing that a certain area or structure is associated with a particular function may be most useful when it [the structure] can be seen in relationship to the brain as a whole, and in relationship to other involved structures.

Process is key, nothing is "there" as much as associated," memory being a relatively fluid, and at times "slippery" function.

During the course of the day there were two opportunities in which to practice the ideas and skills being illustrated: utilizing remembering and forgetting, with the emphasis on the "therapist", not on the client. Client profiles were provided as well as suggestions on techniques and approaches with which to practice. The general format of these sessions was the usual "3 man team," familiar to anyone who's participated in other MSCH or ASCH workshops.

For this reviewer the material presented was very interesting and important, and Dr. Alter's presentation with its factual underpinnings was therefore rich in ideas that carried some weight.

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STANLEY ROSENTHAL, PH.D.

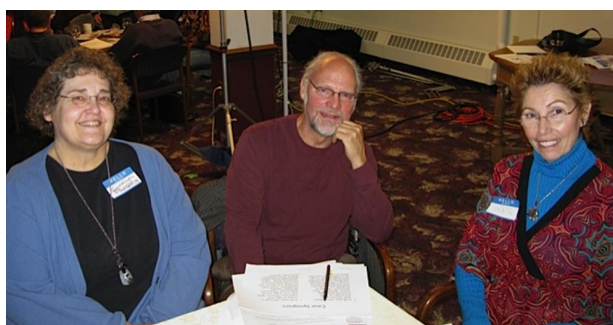
The man we honor every year at the Rosenthal Retreat. Stan was a much loved and respected colleague, sorely missed by us all.



Roni Ahern and Peggy Trezona enjoying a crisp, sunny break outside between lunch & the afternoon portion of the Rosenthal Retreat.

David did his competent part, as usual, allowing us all to feel comfortable, and treated us to a well thought out presentation, generously interspersed with fact based ideas, humor, personal reflections and...well...Dave.

The accommodations were what we've come to expect at Carondolet, nothing fancy, comfortable and adequate. The food however this time around did leave something to be desired, but, as we all know, it's not about that sort of food after all.



Carolyn Parsons, Dick Studer (author of the workshop review) and Gail Thoen taking a break after one of the experiential exercises at the Rosenthal Retreat.

Richard J Studer
MA, LMFT, LP, LICSW
AAMFT Approved Supervisor;
ASCH Approved Consultant
in Clinical Hypnosis;
Clinical Director/Supervisor
Pathways Counseling Center
in St. Paul
(providing Day Treatment &
Psychiatric Rehabilitation services
to MI/CD Adults);
Private Psychotherapy Practice;
Previous board member of
MSCH for 7 years,
& all around cool guy!

NOVEMBER WORKSHOP REVIEW: ENHANCING PERFORMANCE WITH HYPNOSIS RANDY BARKER, M.S.Ed., LPCC

I attended my first Saturday Workshop on a crisp sunny morning in early November with Randy Barker, M.S.Ed., LPCC speaking on Enhancing Performance with Hypnosis. The information provided by Randy Barker was very pertinent to the clients that I see in my private practice as well as to my own performance goals, personally and professionally. The workshop was well organized, engaging and full of information. Beyond simply identifying what Randy sees as the major causes of performance anxiety, he provided specific tools and techniques to address those issues. He highlighted many different scenarios that clients may present with and the techniques he would use in the treatment of those issues.

Randy Barker was an engaging speaker who spoke about being a dedicated, continuous learner that believes in the power of hypnosis to positively enhance the mental aspects needed to perform at peak performance levels. The information presented by Randy is applicable to a wide range of problems that clients seek help for. It was discussed that all therapy is performance related it's just the content that is different. Generally, very little time is spent

on mastering the mental aspect of performance issues when, in fact, a great percentage of how we perform is determined mentally. Randy Barker presented a variety of hypnotic interventions as well as therapeutic techniques to help clients overcome obstacles to performing their best. He discussed self talk, power thoughts, imagery, resources, scaling, anxiety, recognizing trance states as well as many solution-focused interventions to redirect the client toward achieving their full potential. Randy provided examples of how hypnosis can be used to get into "The Zone" to master the mental aspects of performance. He was a very interactive and experiential speaker who welcomed questions and comments from those in attendance. It was a workshop well worth attending!

As a new member of the Minnesota Society of Clinical Hypnosis since attending the Clinical Hypnosis Introductory Workshop in June, I have been so impressed with the quality of the

workshops as well as feeling so welcomed into the group. The presentations have been wonderful and prepare you to begin to use the information immediately with clients.

Thanks to all for the time and effort that go into making the workshops a wonderful experience.

Lori Anafarta, MA, LMFT, CST
is a LMFT & AASECT Certified Sex Therapist in private practice at Beyond Diagnosis Counseling in Forest Lake, MN working with children, adolescents, adults, couples & families. She facilitates the Prostate Cancer Support Groups at United Hospital in St. Paul & Mercy Hospital in Coon Rapids, as well as the Brain Cancer Support Group at United Hospital.



Randy Barker teaching us how to enhance our own and our clients' performances.
November 5, 2011.

Minnesota Society of Clinical Hypnosis

Workshops are for members only, unless otherwise indicated

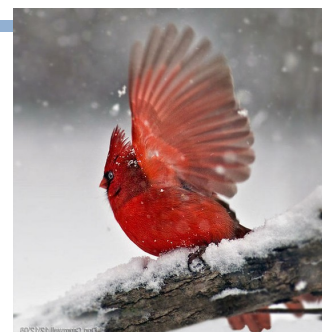
2011-2012 Program in Continuing Hypnosis Education “Stress: Yours, Theirs, Mine, Ours How Hypnosis Can Help”

DATE/LOCATION	FOCUS/TITLE	SPEAKER
Sat, January 21, 2012 8:30 AM* - 12:00 PM First Universalist Church 3400 Dupont Ave S Mpls *Program starts at 9 AM	Learning the Art of Conscious Deep Sleep: Yoga & Hypnosis For millennia yogis have used a technique for conscious deep sleep for learning, healing, &, most importantly, for preparing the mind to enter super-conscious states of meditation. As a practitioner of both Yoga Nidra & hypnosis, I think of hypnosis as a special case of Yoga Nidra. This workshop will explain the Yoga Nidra as a concept & provide an initial experience of the technique.	Faculty: Stephen Parker, PhD
Sat, Feb 11 2012 8:30 AM* - 12:00 PM First Universalist Church 3400 Dupont Ave S Mpls *Program starts at 9 AM	Ego-State Therapy, Hypnosis and Clinical Applications	Faculty: Wendy Lemke, MS, LP
March 16-20, 2012 Charlotte, NC	American Society of Clinical Hypnosis (ASCH) 54th Annual Scientific Meeting & Workshops	Info: www.asch.net
Saturday March 31, 2012 9 AM – 4 PM Location TBD	Special Day-Long Seminar/Workshop “Anxiety in Children, Teens, and Young Adults: Designing Individualized Hypnosis Sessions - A Developmental Perspective” Workshop will include didactic presentation, video examples of methodologies and skills, and opportunities for practice. Training will include incorporation of metaphor and integration of a Yapko approach and model for application to young people. The over-arching goal of the Workshop will be to help people maximize self-regulation capacities.	Special Guest Faculty: Pamela Kaiser PhD CPNP Menlo Park, CA Dr. Kaiser is a Clinical Child Psychologist and Licensed Pediatric Nurse Practitioner in private practice. Formerly on the faculty at the University of California, San Francisco and Stanford University, she is also co-founder and co-Director of NPHTI, the National Pediatric Hypnosis Training Institute , a collaborating training partner of MSCH.
Saturday, April 28, 2012 9:00 AM – 4:15 PM Assisi Heights Spirituality Center 1001 14 th Street NW Rochester, MN 55901-2525	Special Seminar Progress in Evidenced Based Hypnotherapy: Chronic Pain, Anxiety, Depression, IBS, Insomnia and Education/Performance Enhancement Special Seminar OPEN to NON-MEMBERS	Faculty: Al Clavel, MD Shep Myers, PhD David Wark, PhD Mark Weisberg, PhD Local Coordinator: A. W. (Buddy) Atkinson, MD
Thursday May 31 - Saturday June 2, 2012 Thurs Evening All Day Fri & Sat	41st Annual MSCH/U of MN Workshops Introductory & Advanced Workshops in Clinical Hypnosis OPEN TO NON-MEMBERS	Guest Faculty: Maggie Phillips



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