

# IMAGES

Volume XVIII Issue 4



## President's Suggestion

As I sit here and contemplate writing my last Images article, the term 'hidden gems' keeps coming to mind. Of course, I 'Google it' and make some discoveries in the hidden gems links. Now, I have more of an idea than the idea I started with. And, so it goes with hypnosis and the Minnesota society, layer after layer reveals itself the more involved you become.

Case in point—I just returned from Duluth, not really knowing ahead of time what I would discover in the "Enhancing Performance with Hypnosis" workshop by Randy Barker, and—a day later—reflecting on what a great time I had, how much I learned, and the intriguing applications for my work with clients. Unfortunately, I'm also reflecting on the *hidden* aspect of this hidden gem since the turnout was low. What a loss for those who weren't there. The only consolation is knowing that we will find a way to have him present at one of this year's Saturday morning workshops. Stay tuned—you won't want to miss it!

Truth be told, serving on the MSCH Board is another hidden gem, maybe more like the phrase, "diamond in the rough." At first glance, being a board member can sound mostly like a lot of hard work, and, worse yet, another meeting. Peeling back a few layers, what you will find—and I can vouch for this from my own experience—is motivation to learn more about hypnosis, a sense of joining with others your respect for a common purpose, a warm collegiality, and an appre-

ciation of the rich legacy you are contributing to. Perhaps you're already wondering about letting us know you're interested in serving...

If you're reading this, you're already aware of the layer upon layer of possibility that opens up when you work hypnotically with your patients. Because you know that it isn't just the formal trancework you do, but also the 'being hypnotic' in your use of language, pacing, voice, metaphor, and story.

Another hidden gem is the June workshop's opportunity to be a student of a great teacher—David Patterson. If you're thinking, "I don't work with pain patients, so maybe this year's workshop doesn't really apply to me," you'd be missing this gem. In the process of teaching about helping people manage pain, he'll be intertwining concepts and skills that are integral to all of our clinical practices, as well as our personal lives. Who among us doesn't want to learn more about acceptance, multi-layered suggestions for personal growth, mindfulness, Zen, and who knows what else?

And, finally, I want to offer my most heartfelt thanks to all of you for being able to serve as President of this little gem of an organization these last two years.

See you this June!

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## The Skill of Hypnotic/Healing Communication and Behavior By Laurel Riedel BSN, MS

"Speak to the Amygdala!!!" declared Dr Jacki Erland, OB-Gyn from Milwaukee, who spoke to the HCMC staff on March 18 and to a MSCH meeting open to all licensed health care professionals on March 19. Most of Dr Erland's approach derives from working with OB

and ER patients and entire medical units in Milwaukee hospitals "Remember that your clients in the hospital setting are already in a trance state and what you say and do can have a profound effect on their experience!" Dr Erland stressed the

need for a cohesive team effort in the hospital setting to use hypnotic imagery, language and body movement. "Respond to the part of the person which is in fight or flight activation (as if a bear is attacking) in ways which evoke safety, com-

## Revised By-laws, By-golly

Over the past couple years, the MSCH board (mainly Shep Myers) has revised the By-laws of our organization so that they reflect more of what we are doing and to bring them into the “cyber age”.

One new or revived stipulation of the by-laws is to hold an annual meeting of our membership.

We will hold our next annual membership meeting on **Saturday, June 4, 2011 at 8:30 am** (just before the Saturday Advanced workshop).

At this meeting we will elect new board members for the

next year. Each position on the board is held for two years and a member can hold that particular position (excluding President, President-elect, Immediate Past President, and Director of Training) for no more than three consecutive terms.

This year we have two open positions and have the following slate of candidates:

1. Scott Cruse MSW LICSW--- Member at large for Social Work
2. Cheryl S. Bemel PhD --- Treasurer
3. Current treasurer is switching to Images Editor.



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fort and warmth until the arousal is past.” We practiced 4-4-8 breathing techniques, grounded ourselves using polished stones and gazed into our chosen marble to enter a relaxed trance state. Small groups assessed interventions which might raise or lower arousal levels.

Healing is facilitated when stress in the body is reduced. When you tell the Amygdala “Everything is OK, we are taking care of you” the body can ignore pain signals and spend its energy healing. When we say “What is your comfort level now and how can I make you more comfortable” we reduce stress hormones and focus on positive use of our healing capacities. She pointed out the damage done by the routine question: “What is your pain

level”, which is actually a suggestion focusing the patient on their pain. She also reminded us that men are often more visual while women respond strongly to kinesthetic and auditory cues for comfort.

The time to impart more detailed information and consider issues and decision is when arousal is significantly reduced. In a psychotherapeutic setting we must help our clients reduce the intensity of activation responses before we can help them learn new behaviors. Whether we work in a hospital or clinical setting dealing with the underlying arousal rather than just the symptomatic presentation is crucial.

The workshop was also significant in that sixty two people attended and more than half were not MSCH members. We need to continue expanding this outreach and

motivate these care providers to attend the Annual Meeting and join MSCH. Dr Erland will be attending the Annual Meeting with a number of her colleagues and welcomes further conversation about how to apply her ideas to your setting. She views the Minnesota Hypnosis Society as inspiringly open and responsive to her goal of establishing this form of healing hypnotic care in all health care settings.



## Welcome to our New Members

Erin G. Anderson, MS  
Daniel Skenderian, PhD  
Robyn A. Drach, PhD

## What the years have meant...3 words come to mind



**“My rising words  
for my years on  
the MSCH Board  
are:  
HYPNOSIS,  
COLLEGIAL,  
RICH.”**

### Hypnosis

### Collegial

### Rich

As I prepare to leave the MSCH board this year, I have some reflections on my experience I'd like to share. Three words come to mind. I work in threes often with William Mitchell College of Law students as I help them with performance anxiety. After we get a fix on the negative trance state they are creating for themselves, I give them their choice of a brightly colored index card and we begin to develop on that card THREE WORDS that call to mind the desired performance state they want. I often think of Jeff Zeig who thinks of these changes as “state” changes. Often for them the chosen words are on the order of “confident,” “focused,” “clear,” though they each have their own unique twist. We then use those words in hypnosis and I have them build their positive state. That card goes with them to class, to study and to the test as does that internal state change.

The words for my years on the MSCH Board are HYPNOSIS, COLLEGIAL, RICH.

OK, so HYPNOSIS is stating the obvious right? But really, being on the board is like steeping for a good cup of tea. The water needs to be hot enough but not too hot, the length of time is important and one needs the cup and the tea. I am now the good cup of tea, steeped long enough by the board to have even more deeply developed my capacities of doing hypnosis, but even better of being hypnotic with most every client. In case you think that only those who know a lot about hypnosis join the board, remember, we were all beginners at one time and

there is no set point for what you have to know to become more involved. What's true though, is that whatever set point you enter at, plan on it rising to a new point.

**COLLEGIAL:** I hope as was my experience with MSCH, that newer members and the membership in general has the same sense of the openness, friendliness, and collegiality of the organization and the board as it's official representatives. Though there are nerves as one joins the board and gets to know others, that nervousness transforms from insecurity to comfortable conversations with those who have become familiar colleagues or even good friends.

I am using **RICH** to convey the overall experience that happens. We all go in with certain ideas of what we hope to gain and then like life itself, much of it develops through the experience. As in any good age progression, we can look back and see how much has happened and how surprising and positive it is. When I make the opening remarks to the Introductory Workshop participants, I use the metaphor of walking through the door. I begin to explore with them the possibilities of what can happen from their training in hypnosis. I hope these reflections function as an hypnotic SUGGESTION to you my fellow members to walk through another door of membership to experience the deepening effects of a committee or a board position.

Delle Jacobs, MSW  
Past President Emeritus



Delle Jacobs  
Past-President Emeritus

### News Of Note:

- > MSCH Annual Workshops are set for June 2-4.

Same place different name

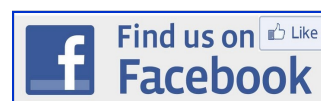
Crown Plaza Hotel

Plymouth, MN

- > MSCH Annual Membership Meeting is set for Saturday June 4 @ 8:30 am. Join your fellow members in choosing next year's board of directors. The meeting will be just prior to the Saturday Advanced Workshop.

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

Date/Location	Focus/Title	Speaker
<b>Wed., June 22, 2011</b> <b>6:30 – 9:00 p.m.</b> First Universalist Church 3400 DuPont Ave S. Mpls	<b>Follow-Up to Annual Workshop</b>	Workshop Faculty
<b>Saturday, Sept 10, 2011</b> <b>8:30 a.m. – 12:00 N</b> First Universalist Church	<b>Building Skills in Pain and Stress Management</b> (follow-up to Patterson Workshop, June 2011)	<b>Faculty:</b> <b>Shep Myers, Ph.D.</b> <b>Al Clavel, M.D.</b>
<b>Thursday September 15 to Sat. September 17, 2011</b> <b>Crowne Plaza Hotel and Conference Center</b> <b>Mpls West (Plymouth)</b>	<b>Pediatric Hypnosis Workshops</b> <b>Introductory-Intermediate-Advanced</b> <b>sponsored by NPHTI</b> <i>National Pediatric Hypnosis Training Institute</i> <i>MSCH &amp; UofM Dept of Pediatrics</i>	<b>Internationally and Nationally recognized Faculty</b>
<b>Sunday, Oct. 16, 2011</b> <b>8:30 a.m. - 4:30 p.m.</b> Carondelet Center 1890 Randolph Avenue St. Paul, MN 55105	<b>Annual Rosenthal Retreat</b> <b>Members Only</b> <b>“Keeping Memory in Mind: Remembering Our Past</b> <b>a Enhance our Future”</b>	<b>Guest Faculty:</b>  <b>David Alter, Ph.D.</b> <b>Partners in Healing Minneapolis</b>
<b>Saturday, Nov 5, 2011</b> <b>8:30 a.m. – 12:00 N</b> First Universalist Church	<b>Hypnosis for Performance STRESS</b>	<b>Faculty:</b> <b>Randy Barker, L.P.</b>
<b>Saturday, Jan. 14 or 21, 2012</b> <b>8:30 a.m. – 12:00 N</b> First Universalist Church	<b>Stress Management:</b> <b>Integrating Hypnosis, Yoga, and Meditation</b>	<b>Faculty:</b> <b>Stephen Parker, Ph.D.</b>
<b>Saturday, Feb 11 or 18, 2012</b> <b>8:30 a.m. – 12:00 N</b> First Universalist Church	<b>Hypnosis &amp; Ego-State Therapy</b>	<b>Faculty:</b> <b>Wendy Lemke, M.S., L.P.</b>
<b>March 16-20 , 2012</b> <b>Charlotte, NC</b>	<b>American Society of Clinical Hypnosis (ASCH)</b> <b>54th Annual Scientific Meeting and Workshops</b>	<b>Info:</b> <b><a href="http://www.asch.net">www.asch.net</a></b>
<b>Saturday, March, 2012</b> <b>Date to be Announced</b>	<b>Special Full Day Seminar</b>	<b>Special Guest Faculty:</b> <b>Pamela Kaiser, PhD, CPNP</b> <b>Menlo Park, CA</b>
<b>Saturday, April, 2012</b> <b>Date to be Announced</b>	<b>Special Workshop</b> <b>Rochester, MN</b>	<b>Faculty:</b> <b>To Be Announced</b>
<b>May 31 – June 2, 2012</b> <b>OR</b> <b>June 7-9, 2012</b> Thurs eve, all day Fri/Sat	<b>41<sup>st</sup> Annual MSCH/U of MN Introductory and Advanced Workshops in Clinical Hypnosis</b>	<b>Guest Faculty:</b> <b>To Be Announced</b>



## One-Year Out from the MSCH Introductory Workshop in Clinical Hypnosis... My Life As A Hypnotherapy Newbie

Mitchell Wittenberg, Ph.D., LP

A year ago I shared a few thoughts about my training experiences in the June 2010 "Introductory Workshop in Clinical Hypnosis" sponsored by the Minnesota Society of Clinical Hypnosis. To summarize, I felt that the three-day intensive workshop was masterfully conceived and executed, finding a perfect balance between formal presentation and hands-on practice in the art of induction, deepening, and re-alerting. Another MSCH learning opportunity presented itself several weeks after the initial program, and I attended a follow-up class facilitated by Peggy Trezona, MS, RN, CS and Kathleen Avila, MA, LP that served to reinforce many of the concepts and techniques covered in the introductory seminar. Armed with the "Big Red Book" (D. Corydon Hammond's classic text, "Handbook of Hypnotic Suggestions and Metaphors") and the encouragement from every hypnotherapy practitioner with whom I spoke to simply start "acting hypnotically" in my daily work, I left these programs eager to find ways that I could apply my new skills and concepts to the children, adolescents, and adults in my eclectic family service practice.

So, how goes my development as a hypnotherapist? First, last year's training piqued my curiosity about clinical hypnosis and I have read several books on the subject which have helped me to see that hypnosis can be used in a variety of ingenious ways to help people with a host of presenting concerns. Encouraged to leap right in, I did just that, initially using imaging techniques and suggestions to help teen and adult clients relax more effectively, build confidence in themselves, trust their instincts, and to cope with a plethora of stresses they faced (e.g., demeaning bosses, anxiety-inducing tests). Much to my amazement (and relief), several clients noted after their hypnotherapy sessions that they had never felt more relaxed in their lives!

While I was encouraged by these initial therapeutic experiments with adolescents and adults, I have more often used hypnotic techniques with my younger clientele, especially children struggling with self-control problems or those who have trouble appropriately regulating their anger and frustration. Several youngsters have reported being more aware of the power they have to control their impulses or feelings, although they may not always

choose to use the "switches", "knobs", and "feeling dimmers" we've developed.

So, am I using hypnosis as much as I'd like in my practice? Unfortunately, not. While I have employed my developing hypnotherapy skills with about 6-8 clients over the past year, the biggest obstacle to a more wide spread and deeper use on my part is understanding at a practical level what to do after the first session or two of hypnosis. It is as though I have learned a few rudimentary guitar chords but am not quite sure how to put them together to create melodious tunes that traverse a variety of themes. The introductory workshop focused much of its attention on important background and historical information relevant to the field, while teaching participants how to get clients into and out of hypnotic trances; significantly less time was spent elaborating how clinical hypnosis could be used therapeutically and how to craft comprehensive treatment plans for use of hypnosis on an ongoing basis with clientele. At this stage in my development I feel relatively secure with my induction skills, but have yet to acquire a clear vision for how to build

*(Continued on page 6)*

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nanced and ultimately more therapeutically beneficial hypnotic approaches to treatment. The agency for which I work is quite small, and I have no colleagues who practice hypnotherapy. Thus, at least on a day-to-day basis I am left to learn hypnosis through my own trial and error or through books. I have not yet fully shaken my angst about using paying clients as hypnotic “guinea pigs”, particularly when I am secure using other treatment modalities that come more naturally to me after practicing psychology for over 25 years.

I firmly believe that developing skills in clinical hypnosis is just like anything else that requires practice, practice, and more practice in order to attain proficiency. Short of seeking supervision from an experienced MSCH clinician (which I certainly know would be tremendously helpful to my professional development, although is not necessarily feasible for me given my various commitments at the present time), I think I would relish an “advanced beginner” seminar focused on expanding the solid foundation I developed in the introductory workshop, with an emphasis on treatment planning and use of ongoing hypnosis over time with clients.

Some of my motivation to leap headlong into the field of hypnosis that I felt a year ago has dimmed as I’ve fallen back on well-engrained and utilized clinical abilities. Nonetheless, I remain interested and committed to furthering my skills in hypnosis, seeing that it holds tremendous therapeutic potential for my clients, no matter what their age. Writing this description of my experiences with hypnosis over the past year has reminded me of the exhilaration I felt after the introductory training. I look forward to rekindling that excitement as I delve deeper into the techniques used by master practitioners that will allow me to integrate hypnosis even more fully into my practice.



## Enhancing Performance with Hypnosis

Presented By Randy Barker MS,ED., LPCC

Randy Barker grew up in Canada. So of course that means he played hockey. He also coached hockey, College hockey. Now, he works in the Counseling office and teaches at St. Scholastica College in Duluth. He was this year’s presenter at the MSCH Annual Duluth Conference at the Inn on Lake Superior. So Randy naturally has learned about performance and the obstacles that come as part of high level performance. He talked about his work with students and athletes helping them improve their performance.

Randy talked about the “Mastery Model” and outlined this through use of his creativity this way

Measure, Maps

Anxiety control

Self Image

Trance

Evaluate

Repetition

Yield



He then talked about each of

these and used numerous anecdotes to illustrate his points. He offered several audio examples to help emphasize his points. Randy is an enthusiastic and well-read presenter who engaged the audience to talk about current cases and ways to help clients to improve their performance and as a means to help clients remain engaged in the therapeutic process.

Personally, I realized how I can improve my own performance as a therapist and then use the same techniques to help my clients. I have already used some of the methods Randy discussed and have found them to be very helpful.

The setting for the workshop is located right on the canal in Duluth which gives you a stunning view of Lake Superior. Right out the door of the Inn is a paved trail that lines the shore for miles. There is shopping and dining within a short walk and the participants all gathered afterward for a wonderful dinner at a nearby restaurant where we talked about the insights gained, made new friends and renewed old friendships as well.

## American Society of Clinical Hypnosis (ASCH) annual meeting; Las Vegas NV

I attended the American Society of Clinical Hypnosis (ASCH) annual meeting, which was held in Las Vegas, Nevada in March of this year. I observed a number of positive and encouraging developments that are underway on the national and international clinical hypnosis scene. Allow me to briefly elaborate on several.

Like most national organizations whose primary mission involves education, ASCH is faced with the challenge of devising ways of disseminating information to its members in ways that incor-

porate distance-learning opportunities that effectively utilize internet technologies. ASCH is actively involved in developing educational training modules available through on-line access. ASCH recently launched its first webinar hosted by Marc Oster, PhD, which featured Sheryll Daniel, PhD and our own Mark Weisberg, PhD discussing cutting edge aspects of mind-body medicine. Stay tuned for other types of educational offerings that will be sure to enrich the learning and enhance the clinical practices of ASCH members who subscribe to these services.

Another challenge that ASCH is facing head-on is to broaden the reach of clinical hypnosis to health professionals who are not yet sufficiently aware of its potent clinical benefits. ASCH is also exploring opportunities to bring greater awareness of the usefulness of clinical hypnosis to the general public. Among the initiatives that ASCH is pursuing is collaboration with clinicians in fields that treat pain (e.g., procedural pain, chronic pain, terminal illness pain, pain in pediatric populations).

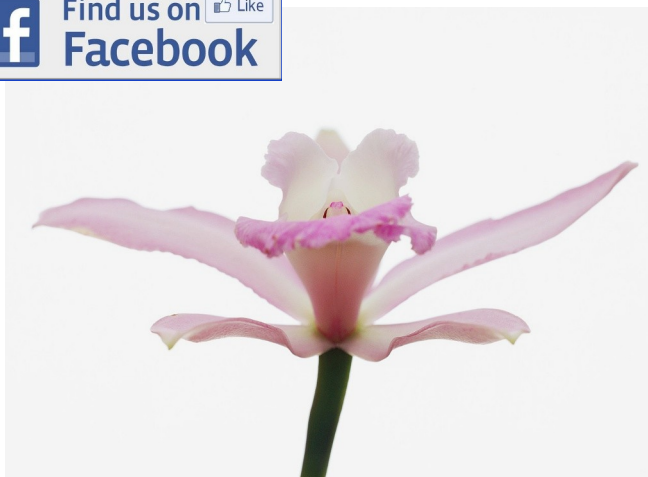
These are exciting developments that MSCH can emulate locally. Of course, it continues to be the case that MSCH is not only an observer at ASCH; MSCH is also the observed, because

it continues to be very well represented by our various MSCH “ambassadors” who are also active nationally. Congratulations to all of us!

Above and beyond observing what is happening nationally and internationally, and attending workshops that broaden my awareness of links between health challenges and hypnotic processes, ASCH remains a draw for me because of one simple but fundamental reason: relationships. Through ASCH I have formed lasting friendships with warm, clinically savvy, humorous and bright people who encourage my professional growth and development and who are also important parts of my larger “family of friends.” ASCH is an organization that wonderfully models what we all know so well. At the core of positive change is RELATIONSHIP, and ASCH continues to offer relationship opportunities that I encourage you to pursue. I look forward to seeing you next year (March 16-20) in Charlotte, NC.

*David Alter Ph.,D., LP is in private practice with Partners in Health in Mpls. He is a past-President of MSCH and remains active in both MSCH and ASCH*

**“These are  
exciting  
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NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

## Pediatric Hypnosis Skills Workshop

September 15-17, 2011      Minneapolis, MN

Dear Colleagues,

We'd like to invite you to attend a 3-day hypnosis skills development workshop offered by the

### **National Pediatric Hypnosis Training Institute.**

(NPHTI.org = nifty!)

**Faculty:** Our multi-disciplinary faculty includes several luminaries in the pediatric hypnosis field: Drs. Karen Olness, Dan Kohen, Leora Kuttner, & Laurence Sugarman.

#### **Updated Curriculum: Introductory, Intermediate and Advanced Levels**

Expanded experiential learning (e.g. More than 8 hours at the Intro. Level!)

Training videotapes of the faculty's own patients

Developmental considerations and examples emphasized for all topics

Broadened networking opportunities

Expanded opportunities to interact with faculty

**ASCH Certification:** An annual approval request to the American Society of Clinical Hypnosis (ASCH) has been submitted to designate our program as meeting criteria toward certification. ASCH-approval was granted in 2010 as fulfilling the required hours toward certification and membership: Intro. Level: 24.5 hrs; Intermed. Level: 23.75 hrs, & Advanced Level: 23 hrs.

**Sponsor and Date:** In collaboration with the University of Minnesota Department of Pediatrics and the Minnesota Society of Clinical Hypnosis, the program will be held September 15 -17, 2011 at the Crowne Plaza Minneapolis West Hotel & Conference Center in a Western suburb.

**Brochure:** For more detail, go to [www.NPHTI.org](http://www.NPHTI.org) <<http://www.NPHTI.org>> to see our '2010' brochure. Sign up there if you'd like the '2011' Brochure. Please share it with your colleagues.

#### **Registration: (Enrollment is limited & was max'ed in 2010!)**

Please note: registration fee includes 6 incredible meals & hearty refreshments. A very reasonable hotel rate & the foliage may be turning color! Registration information will be available on [www.NPHTI.org](http://www.NPHTI.org) <<http://www.NPHTI.org>> in the coming months.

We look forward to meeting you in the Fall! Come join us: lots of fun & new friends!

Best regards,  
Pamela Kaiser, PhD, CPNP  
Daniel P. Kohen, MD, ABMH  
Co-Directors, NPHTI

## Minnesota Society of Clinical Hypnosis

MSCH Administration  
Secretary  
Deb Schrobilgen  
P.O. Box 755  
Prior Lake, MN 55372-0755

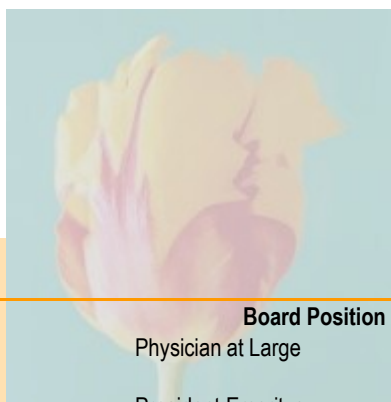
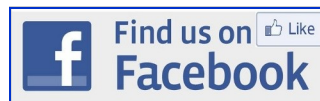


Check us out on the web @

<http://www.msch.us>

### MSCH Approved Consultants

David Alter, PhD, LP, ABPP, ABPH	763-546-5797
Richard Duus, Ph. D	218-722-2055
Thomas Harbaugh Ph. D	651-484-4909
Wendy Lemke, MS	320-558-6037
Ralph McKinney, Ph. D	952-544-0433
Helen Paul, Ph. D	952-945-0401
Richard Studer MA, LMFT, LP, LICSW	651-641-1555 ext 105
Mark Weisberg, Ph. D, ABPP	612-520-9159
Elaine Wynne, MA	763-546-1662
Sandra L Nohre, MA, Ph.,D., Sexologist, LP, LMFT, Certified Sex Therapist, Certified in EMDR	952-944-1585
Delle Jacobs MSW, LICSW	651-642-9883



Name	Board Position	Preferred E-mail	Preferred Phone
A.W. (Buddy) Atkinson	Physician at Large	<a href="mailto:awamd@charter.net">awamd@charter.net</a>	507-202-5408 (cell)
Al Clavel, Jr., MD	President Emeritus	<a href="mailto:alclavel@mhnp.com">alclavel@mhnp.com</a>	651-332-7474
Mark Fastner, MA	IMAGES Editor	<a href="mailto:mfastner@comcast.net">mfastner@comcast.net</a>	651-485-4360
Mary Grove, Psy D	Psychologist at Large	<a href="mailto:mary.grove@allina.com">mary.grove@allina.com</a>	651-241-1892
Delle Jacobs, MSW	Past President, ex-officio	<a href="mailto:dellejacobs@comcast.net">dellejacobs@comcast.net</a>	651-642-9883
Dan Kohen, MD	Director, Education and Training	<a href="mailto:dpkohen@umn.edu">dpkohen@umn.edu</a>	612-626-3014
Shep Myers, PhD	President Elect	<a href="mailto:Shepherd.myers@allina.com">Shepherd.myers@allina.com</a>	651-241-9800
Kate Pfaffinger PhD	Secretary	<a href="mailto:kmp51@comcast.net">kmp51@comcast.net</a>	651-646-1777
Laurel Riedel, BSN MS	Nursing at Large	<a href="mailto:riede006@umn.edu">riede006@umn.edu</a>	612-824-5308
Carol Rogers-Tanner, MSE	Treasurer	<a href="mailto:carol.d.rogerstanner@healthpartners.com">carol.d.rogerstanner@healthpartners.com</a>	651-254-4793
Deborah Simmons, PhD	LMFT at Large	<a href="mailto:dsimmonsphd@pih-Mpls.com">dsimmonsphd@pih-Mpls.com</a>	763-546-5797 x105
Peggy Trezona, MS, RN, CS	President	<a href="mailto:pltrezona@gmail.com">pltrezona@gmail.com</a>	651-642-9317 x 117