

Monthly Newsletter

February 3, 2023

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CPA Region VIII

(MN, ND, SD)

First Friday Update



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Greetings on this Chilly First Friday!

As this new year is underway, we pray you are experiencing the accompaniment of Christ as you embrace the journey He has prepared for you in 2023. Once again, we are glad to provide you with the latest updates for CPA Region VIII.

Reflecting on Recent CPA Events



We gathered as a community in October to share Mass at Nativity of Mary, a potluck meal, and a message from Dr. Kelly Anderson, Associate Professor, Chair of the Department of Sacred Scripture at Saint Charles Borromeo Seminary. Dr. Anderson shared a virtual presentation on the "Emotions of Jesus according to the Gospel of Mark". A special thanks to Fr. Nathan LaLiberte for hosting the onsite participants!



On January 17, our chapter gathered for our January Speaker Series. We enjoyed good company, a delicious taco bar, and good food for thought.

“Jennifer Madere presented on EMDR and Inner Healing Prayer. It was fascinating to learn about the similarities in two methods that seek to address an unprocessed trauma (EMDR) or wound (IHP). Both acknowledge the cognitions or beliefs that stem from these undigested memories or unhealed wounds but emphasize that they are not the focus of treatment: resolution comes from processing or healing the trauma or wound itself. Jennifer shared some examples of how she can weave EMDR and IHP together for her Catholic clients as a way to practice personalized care, evidence-based practice, and multicultural competence. This was just a glimpse of the presentation she will give during the CPA conference in San Diego!”

-- Victoria Molko, LPC, clinical member

Upcoming CPA Events

Locally

The next Region VIII Speaker Series event will feature local CPA member Isaac Wicker, with a proposal on a new theoretical model of ongoing human experience. Mark your calendars for Tuesday, March 28. Official flyer to follow, so be sure to watch your inbox for additional details.

The Leadership Team will be meeting on Tuesday, February 7, to discuss and plan the next several events. If you'd like to attend and participate in the planning process, please contact [Amy Weber-DeRaad](#) for more information.

Nationally – Upcoming CPA Conference in San Diego!

The National Conference takes place from **April 20 – 22, 2023** in San Diego, CA. **This year's theme is “In the Beginning”** and focuses on Etiology, Treatment and Healing of Human Sexuality. Details about the conference, including registration, can be accessed [here](#).

“The CPA National Conference is one of my favorite events of the year. It is an energizing and inspiring time to gather with other Catholic mental health professionals, clergy, students, and academics. The National Conference is one of the best ways to be renewed in the broader vision and mission of CPA for our Church and culture. There are numerous opportunities for fostering relationships with amazing people who are doing beautiful work throughout the country. Last year, I was struck by a sense of solidarity and deep appreciation for the many gifts and varied areas of influential service being offered by our fellow CPA members, reminding me that there are “many parts, but one body... and we are all baptized by one Holy Spirit” (1 Cor. 12:12).

This year's conference will take place from April 20 – 22 in sunny San Diego, CA (which will be a welcome break after this Midwest winter!). The title of the conference is "In the Beginning" and the theme is focused on vocation, relationships, and sexuality. I am excited to be offering one of the breakout presentations with my dear friend, Fr. Bryan Duggan, a psychologist and priest from the Archdiocese of Vancouver. Our presentation title is A sacred place of tension: A Dialogue between Affirmative and Sexual Orientation Change Effort (SOCE) approaches to treating Catholics with same-sex attractions.

Check out the National Conference website for a list of some other great topics, and I hope to see you in San Diego!"

-- Daniel McClure, Psy D, LP

Peer Consultation Group

Do you ever get stuck working with a client? Do you wonder how other Catholic therapists would go about addressing a client's presenting concerns? There are a number of case consultation groups available to you through the Catholic Psychotherapy Association. Case consultation is an important and helpful way for students and clinicians to learn/review how psychotherapy can be applied through a Catholic lens for the benefit of our clients and practices. For more information, go to

<https://www.catholicpsychotherapy.org/Peer-consultation>

A New Initiative for Students & New Clinicians: Your Input Requested!

As we begin our counseling careers, it can be a tad overwhelming to apply theories we are not yet experts in, let alone to do so from a Catholic perspective. In light of this, a new initiative is underway to promote professional development among graduate students and new therapists to explore, learn, and "dabble" with new theories and modalities.

To aid in this new initiative, we invite all students and new clinicians to answer a few survey questions to gauge interest level and help curate this event to what individuals want to learn about and grow in. If you are a graduate student, pre-licensed clinician, or newly licensed clinician who wants to explore theories in a low-key setting, we invite you to complete [this 3 minute survey!](#)

We continue to use your feedback to propose an opportunity for students and new clinicians. Stay tuned for details in the April newsletter!

Membership Update for Region VIII

We are grateful to continue welcoming new members!!

Minnesota

- Deacon Mike Zaccarello, Clinical Member, *Rochester*
- Justin Duda, Clinical Member, *Minneapolis*

South Dakota

- Sara Vetch, Clinical Member, *Aberdeen*
- Alison Conemac, Student Member, *Brandon*
- Yue Wang, Student Member, *Sioux Falls*
- Jacquiline Logue-Sempek, Student Member, *Irene*

CPA Membership Renewal

If you have not yet renewed, we invite you to be a part of our journey of growth and next steps in the future of CPA. We do realize it is a significant financial commitment, yet with this new membership renewal comes many wonderful benefits including:

- A hard copy 4 times a year of the journal *Integratus* (starting in 2023)
- 3 free Webinar CEUs and member discount for Webinars
- Discount to the conference
- Free access for an ethics consult from our esteemed Ethics Committee
- Total value of \$339!

Click [HERE](#) to see the "We Are CPA" short promo video that captures the importance of the CPA.

So, double check your email for your renewal invoice and we hope that you continue to be a part of the CPA!

[THIS](#) link brings you to the Membership Directory which can be filtered by state and/or keywords. We recently learned that Student CPA Members are not currently being listed in the CPA Directory.

Spiritual Reflection

Being therapists who heed what God has revealed about His creation and the nature of us as human persons, we sometimes can feel like we're swimming upstream in a field that can often be dismissive of the spiritual factors that contribute to our well-being and the well-being of our clients. We can take some comfort considering that misunderstandings we may come across regarding the nature of the human person are not necessarily errors we haven't seen before. The Church has refuted many problematic

theories in the past. While it's discouraging that the same errors may continue to circulate, taking on slightly different forms in different times, we can find encouragement in the knowledge that these mistakes have been advanced before and have already been met with a robust response from the wisdom of our Catholic forebears who were guided by the Holy Spirit. Perhaps we can hear the words from Ecclesiastes 1:9 in a hopeful way when it is said that, "Nothing is new under the sun!"

And then there are the very encouraging words from St. Paul that can give us confidence in the face of challenges old or new as he asserted that we will prevail since, "In all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord" (Romans 8:37-39). So, stay focused on Jesus and be at peace; any anxiety we feel now will be dispelled by Christ in the end.

Deacon's Corner: Reflections on Lent

Lent is right around the corner. Consider the following Lenten reflection from one of our chaplains, **Deacon Joseph Utecht**, to help you prepare for this season:

"Every year I approach Lent with both great anticipation and also hesitancy. Lent is a time to simplify life and to focus on what really matters. We have the opportunity to exercise discipline and to strengthen our will. My experience has been that if I don't take Lent seriously, and try to casually get through it, Lent will come to me. Something typically will happen that will take me to a deeper dependence on the Lord. It might be the breakdown of a car, a physical injury, or a significant challenge faced by someone close to me. I also have experienced a correlation between the seriousness in which I engage Lent and the joy I experience at Easter. The deeper I respond to any Lenten practices, and the more I learn to embrace the cross, the greater the joy at the resurrection.

Lent is a time of great opportunity and individual freedom for us as Catholics. We are all called specifically to fast from food on Ash Wednesday and Good Friday, and to abstain from eating meat on Fridays. And there is a general call to prayer and penance and almsgiving. But how we actually respond is up to us as individuals. There are many creative ideas to embrace this penitential season. Here are some suggestions:

- *Fast from media and use the extra time for prayer such as a daily rosary or attending Mass.*

Contact Us

Catholic Psychotherapy Association

Minneapolis/St. Paul Chapter Email:

chapters@catholicpsychotherapy.org

National Website:

www.catholicpsychotherapy.org/

Twin Cities Listserv:

twin-cities-cpa@googlegroups.com

- *Take time to express to others their value by writing a note or making a phone call.*
- *Take an extended time to read and meditate on the passion narrative in the Gospels.*
- *Get involved in a ministry at your parish or in the community.*
- *Make a special financial gift to a ministry that serves the poor.*

One possible approach is to have one component of self-denial and another component of service toward others. I encourage you to take some time to pray and ask the Holy Spirit to guide you in what you choose to do for Lent. The Holy Spirit led Jesus out into the desert where he spent 40 days in prayer. May the Holy Spirit lead you to a fruitful experience of Lent and bring you to the glory of the resurrection!"

Minneapolis/St. Paul Leadership Team

1. Michael Gross
2. Dr. Daniel McClure
3. Joe Pribyl
4. Co-Chaplain: Fr. Nathan LaLiberte
5. Co-Chaplain: Deacon Joe Utecht

For any questions, ideas, feedback, or referrals, please feel welcome to direct them to the Minneapolis/St. Paul chapter email address. Contact information can be found on the left margin.

Our Lady of Good Counsel, pray for US!

