

## Inside

|  |   |
|--|---|
| MPS Spring Meetings Review..                       | 1 |
| From the Executive Director.....                   | 2 |
| President's Letter.....                            | 3 |
| MPS Psychiatrist of the Year.....                  | 4 |
| MPS Ethics Committee .....                         | 4 |
| Gloria Segal Winners .....                         | 5 |
| Legislative Update .....                           | 6 |
| New MPS APA Distinguished<br>Fellows & Fellow..... | 7 |
| Calendar .....                                     | 8 |

**Ideas of Reference**  
is the newsletter of the Minnesota Psychiatric  
Society, a District Branch of the American  
Psychiatric Association.



## MINNESOTA PSYCHIATRIC SOCIETY

Improving Minnesota's mental health care through education, advocacy and sound psychiatric practice and achieving health equity.

Our vision is physician leadership creating the nation's highest quality, most affordable, and accessible system of mental health care.

[www.mnpsychsoc.org](http://www.mnpsychsoc.org)

# MPS gathered to focus on impacting Social Determinants of Mental Health

On Saturday, April 30, 2022, MPS hosted our first in-person Spring Scientific Program & Recognition Dinner in three years. The day-long educational program centered on Impacting Social Determinants of Mental Health at the Minneapolis Golf Club in St Louis Park. It was highly participatory and inclusive. It also marked another first – MPS' first live (in-person AND virtual) vote as part of the membership meeting. Members were called on to vote on key governance questions with long-lasting impact on the organization's leadership impacting new elected positions, term lengths and term limits central to the discussion. Although the event was well attended, we did not meet the required 10% quorum so members will soon be invited to vote by mail or email. Watch for information and plan to participate in this pivotal membership duty.



Spring Meeting Planning Committee Chair Dionne Hart, MD, DFAPA, described the program.

*Since the COVID-19 pandemic began, we have gained a deeper understanding of the extent to which we are interconnected. We collectively made sacrifices and adjustments in our lives to mitigate COVID-19 infections to safeguard the health of ourselves, family members, members of our community, and strangers. Our personal sacrifice benefited all of Minnesota by decreasing the number of projected deaths and infections, but we also witnessed mental health disorders resulting from isolation, stress, and poor coping strategies. Finally, we also grappled with our status as ground zero for a social uprising watching Minnesota become more well known for division and unrest than home of several Fortune 500 companies, 10,000 lakes, theater, and innovative health care.*

The committee convened the community of physicians, professionals, and neighbors to rebuild, restructure, and reimagine the Minnesota mental health system. The intent was to discuss mental health access and treatment in the context of external factors such as housing, legal barriers, education, and media. These factors were integrated into every discussion just as patient health is an amalgamation of all of these factors. To achieve this goal, members of the Program Committee designed an educational program focused on building a strong mental health community based on collaboration with each other, stakeholders, and advocates.

The agenda featured a multidisciplinary group of speakers serving in a variety of ways. The educational program kicked off with a talk about the Twin Cities Recovery Program and how it connects with and serves its community. Sheila Specker, MD, DFAPA, joined Gregory Kemp, CPRS (Certified Peer Recovery Specialist); to present, What's TCRP? Why does it matter? Medical Director of Minnesota's Medicaid & MinnesotaCare programs, Dr. Nathan T. Chomilo, followed with, Racism, Not Race is the Risk Factor: The (mis)Use of Race in Medicine. MPS was pleased to include Dr. Chomilo, a General Pediatrician and an Internal Medicine Hospitalist. He is a well-known expert and advocate for diversity, equity and inclusion. APA Past President

Continued on page 3



## 2 Ideas of Reference

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### Constitutional Committees

**Constitution/Bylaws**  
Bill Clapp, MD, DLFAPA  
**Ethics**  
Mary Beth Ladizabal, DO, DFAPA

**Membership/Fellowship**  
Helen Wood, MD, DFAPA

**Nominating**  
Allison Holt, MD, FAPA

**Program**  
Sheila Specker, MD, DFAPA

**Standing Committees**  
**Legislative**  
Michael Trangle, MD, DLFAPA

**Private Practice**  
Helen Wood, MD, DFAPA

**Awards/Research**  
John Vuchetich, MD, DFAPA

**Women Psychiatrists**  
Karen Dickson, MD, DLFAPA

**Senior Psychiatrists**  
Bill Clapp, MD, DLFAPA

**Health Equity & Racial Justice**  
Jim Curry, MD, MPH

## Summer connections



Linda Vukelich  
MPS Executive Director

Summer is my favorite time of the year. I hope you are enjoying this time with family and friends.

MPS is always in the business of supporting Minnesota's psychiatric community and summer offers us time to regroup, reconnect, and renew. After the tumultuous legislative session, your legislative committee is using this time to convene subcommittees to get a head start for the 2023 Session. Look for more information in Lobbyist Bill Amberg's Legislative Update on page 6. The MPS Council is hosting another summer social event at a new venue in Richfield. Join us to enjoy Mediterranean cuisine and catch up in person. We're also looking forward to honoring Wellstone Award winner Senator Melissa Wiklund. There are more surprises in store, so please plan to be there. Fall is right around the corner so the MPS Program Committee is starting to meet to work on the fall program. All members are encouraged to contribute and serve on the program committee for one program or more! MPS leaders encourage all members, from residents and fellows to early career and general members, and senior psychiatrists to participate and serve in any way that fits your career, your family life, and your interests. For more information, please contact me or join us on July 23! ■

### MPS Summer Social Event

Hosted by the MPS Council - Join us and bring your guests!

**Saturday, July 23 - 4-6pm**

**Awards program at 5pm**



Join us for this in-person event hosted by the MPS Council!

 **Tazzah Restaurant**  
2208 W 66th St  
Richfield, MN 55423  
[Website](#) [Get Directions](#)

# Settling In and Getting to Work



Matt Kruse MD, FAPA  
MPS President

I can already tell my year as MPS president is going to go fast. Indeed, one year is an exceedingly brief time to be at the helm of an organization with so much potential. Luckily, much of the job is to help maintain the momentum of previous initiatives born of the tireless work of previous presidents. For example, I'm thrilled to be reviewing applications for the inaugural Emerging Leaders in Psychiatry scholarship, the newest award that MPS offers to psychiatry trainees, aimed at fast-tracking interested trainees into leadership roles in MPS and organized medicine.

In addition to seeing past initiatives brought to fruition, I'm excited to start building additional sources of value for the Minnesota psychiatric community. Specifically, I want to start tapping more

into the rich and diverse well of experience and wisdom that MPS members hold, and making this invaluable resource more available to trainees and early-career psychiatrists who would benefit immensely from it. This year, I plan to establish a mentorship program that matches interested mentors with junior clinicians.

This program is still in the early stages of planning, and I hope to reveal more details soon.

Again, I hope that such a program will be yet another way that MPS can demonstrate its value to the psychiatric community. I firmly believe that if the value is clear, members will join, engage, and stay. ■

## MPS Spring Meetings *Continued from page 1*

Vivian Pender, MD, DLFAPA, contributed remotely. Social determinants of mental health was the cornerstone of her presidency, and presented, "Social Determinants of Mental Health: Clinical, Education, Research, & Policy Considerations", joining in-depth research and lessons learned after this pivotal time.

In November, we lost a treasured MPS/APA leader with the passing of Judy Kashtan, MD, DLFAPA. A Special Recognition & Memorial Celebration featuring a special video with comments from her family and friends marked the special session.

The Program Planning Committee featured another Flash Talks session highlighting presentations by trainees responding to the question, "What is the next generation of psychiatrists passionate about?" All three speakers will be addressing topics aligned with our theme. Javier Or-

tiz Orendain, MD, Mayo resident, reviewed, "Disparities in the Prodrome of Serious Mental Illness: A Retrospective Cohort". University of Minnesota medical student Sonya Meyer addressed homelessness. University of Minnesota resident Jonas Attilus, covered, "How Necropolitics Explains Health Inequity". Dr. Matt Kruse moderated the session and facilitated a panel Q&A session.

"Diversity in Graduate Medical Education" is a key topic for the Accreditation Council for Graduate Medical Education (ACGME). ACGME Chief Diversity, Equity, and Inclusion Officer William

*Continued on page 5*

## Leaders welcomed members and guests at MPS Get-together in New Orleans





## Congratulations to 2022 MPS Psychiatrist of the Year, Carrie Borchardt MD, DFAPA

In his nomination, Chinmoy Gulrajani, MD, DFAPA, noted Dr. Borchardt's tireless work to improve the mental health of Minnesotans, specifically those most in need of help. He listed her activity in various organizations through leadership and advocacy, including past President of MPS where she continues to serve as a vital member of the legislative committee. She has also held several roles at MSCAP including Delegate to the APA. She has been a board member of NAMI since 2015 and recently served as President of the NAMI Board of Directors. She was fea-

ported the efforts of NAMI and other organizations with significant charitable contributions and has devoted a substantial amount of her life to the improvement of the quality of life of Minnesotans with mental illness in the lowest strata of society.

Dr. Gulrajani appreciated the chance to interact with Dr. Borchardt and seek her guidance on many occasions. She has always been a source of reliable advice and inspiration for me and several other Minnesota psychiatrists for several years now. All agreed – it was time to recognize her lifelong contributions to Psychiatry by awarding her the MPS Psychiatrist of the Year award. ■

tured in the Minneapolis St. Paul magazine as a top doctor from 2004 – 2008 and then again from 2010 -2019. Dr. Borchardt is a Distinguished Fellow of the APA and has been on the faculty at the Department of Psychiatry and Behavioral Sciences at the University of Minnesota and the Institute of Child Development for several years. She has received the "Teacher of the Year" award in 2002 and 2003 and the Children's Hospital Board Quality Award in 2011 for her work in the acute behavioral health crisis committee. She has served in several administrative and leadership positions including the Medical Director of Psychiatry at the Children's Hospital of Minnesota.

Within MPS, Dr. Borchardt is an active member of the legislative committee where she has consistently offered vital input to guide the advocacy efforts of MPS. She has also led the MPS NAMIWalks "Stigma Stompers" Team since 2014. She has consistently sup-

APA Assembly - Area 4 Presents:

### In Her Shadow: The Unrecognized Trauma of Missing Women of Color

Saturday, July 30th 10A/11A ET via zoom

Minnesota Senator Mary Kunesh

&

Minnesota Representative Ruth Richardson, JD

Leaders of the  
Missing and Murdered Indigenous Women Task Force  
Missing and Murdered African American Women Task Force

### What does the MPS Ethics Committee do?

*It's probably not what you think ....*

|                 |   |
|-----------------|---|
| <b>INFORM</b>   | through trainee sessions on ethics in practice and professional standards   |
| <b>EDUCATE</b>  | with presentations for CME meetings   |
| <b>HOST</b>     | MPS Salon events to openly question, discuss, and learn about complex and/or controversial issues in practice.  |
| <b>SUPPORT</b>  | and collaborate with other MPS committees to achieve their goals within the ethics framework.   |
| <b>ADVOCATE</b> | Worked with the MN Board of Medical Practice to address discriminatory language and assure applicants' access to life-saving care to maintain the health of the profession. |
| <b>REVIEW</b>   | professional ethics complaints in partnership and under the authority of the APA.   |
| <b>BUILD</b>    | public trust by enforcing uniform ethical standards.  |
| <b>PROTECT</b>  | patients who expect quality care, and psychiatrists who require access to care themselves.  |
| <b>UPHOLD</b>   | Ethics and Standards, professionalism   |

# Congratulations, 2022 Gloria Segal Medical Student Scholarship Winners

MPS gives the Gloria Segal Medical Student Award to fourth year medical students who demonstrate excellence in the care of psychiatric patients, show outstanding performance during pre-clinical and clinical rotations in psychiatry, and exhibit enthusiasm for the psychiatric profession. Award winners demonstrate excellence in scholarly and/or research activities and community involvement on behalf of those with mental illness. Congratulations to our winners! Watch for the next issue of Ideas of Reference to read write-ups about our 2022 Gloria Segal Scholarship winners.

## Molly Gannon, MD University of Minnesota School of Medicine



Molly Gannon is our 2022 University of Minnesota Medical School Gloria Segal Medical Student Scholarship recipient. We are glad to have her here with us today. Her CV reveals a curious learner whose array of interests lead her to explore experiences with creativity and organizational skills. A dedicated volunteer, Molly's roles often connect her with people, and often teaching, supporting, and encouraging the people she serves. She's a leader with strong initiative leadership roles in state and

national organizations. Her studies took her to Madrid, Spain where she immersed herself in the language and culture, emerging with a second language and a mastery well beyond communication skills. Molly's research has ranged from gene studies to better understanding the potential and reach podcasting may have as a public awareness/education tool. She is pursuing her residency training here in Minnesota and recently started her intern year. ■

## Ericka Wheeler, MD Mayo Clinic School of Graduate Medical Education



Ericka Wheeler hopes to become a child and adolescent psychiatrist. Her pathway reflects an approach that considers the world and the individual alike. As a child and adolescent psychiatrist, she intends to emphasize criminal justice reform, preventative school system strategies, and humanities in the medical profession. She has pursued this goal through leadership, advocacy and community service, research, creative and artistic endeavors, and

of course publications. Many of her efforts address the same social determinants of mental health that we have been focused on today. If she has any free time these days, you won't find her relaxing with her feet up; instead, look for her practicing taekwondo. She'll be the one with black stripe belt! She recently began her psychiatry residency training at Mass General. ■

## Spring Meeting *Continued from page 3*

McDade, MD, PhD, presented on that work and reviewed corrective recommendations. Moderated by MPS Councilor and Chief of Psychiatry at Hennepin Healthcare, Eduardo Colón Navarro, MD, the "Health Disparities Panel – ACT Lessons and Commitment Considerations" panel session included Monica Taylor-Desir, MD, DFAPA, recounting ACT Lessons. Senior Supervisory Attorney in the Civil Commitment Division at the Hennepin County Attorney's

Office, Bill Neiman, JD, also updated learners on commitment considerations. Emergency Physician and "Off the Charts" podcast co-host, Kari Haley, MD, described the origin, process, development and potential future of that podcast. She co-present with Jimmy Bellamy, podcast partner, and senior communications consultant, added podcast and production expertise completing

*Continued on page 8*



# 2022 Legislative Update

William J. Amberg, MA, JD



The Minnesota Legislature convened on the last day of January, 2022 for a non-budget year session with a big surprise: an unprecedented budget surplus

of over \$10 billion. During a pandemic, this was welcome and almost shocking news. With the two-year state budget already passed in 2021, the Legislature could focus on some of the state's critical needs, health care (especially mental health), education, and public safety being among the most critical needs. Despite the optimistic outlook, the session did not end optimistically.

Gov. Tim Walz (D), House Speaker Melissa Hortman (D-Brooklyn Park), and Senate Majority Leader Jeremy Miller (R-Winona) announced their agreement to cut \$4 billion in taxes, spend \$4 billion (including \$1 billion for health care), and leave \$ 4 billion unspent as a hedge against inflation and potentially, recession. It seemed like a perfectly reasonable, bi-partisan compromise. But after working for a week, the House and Senate conference committee working to reconcile differences between House and Senate versions of their bills were unable to agree to final bills. The 2022 legislative session ended as is constitutionally required on May 23rd with very little accomplished and left about \$10 billion in surplus unspent. Fortunately, one of the few things that did pass was a small mental health bill (SF 2725) and a Health and Human Services policy-only bill passed in the last hours of the session.

### A few items important to MPS that did pass are:

- Competency restoration.
- A study was created to gather data in regard to a department of behavioral health separate from DHS.
- A small grant was created for urgency rooms for adolescents in mental health crises.
- The Commissioner of Health was assigned the duty of deciding whether to approve the proposed M Health Fairview IMD facility in St Paul.
- In a surprise move in the final hours, recreational cannabis was authorized for sale in 10-packs of 5 mg without specific potency levels. There is a lack of clarity in the language. The law went into effect on July 1.

### Things that were left unfinished but were on the MPS list of goals for the session include:

- Establishing a sustainable funding source for the 988 mental health crisis emergency phone line, which will become live on July 16th. Most other states have already funded this critical new service.
- Increasing funding for addiction medicine fellowships.
- Increasing funding for the mental health workforce.
- Establishing a Parity Enforcement Section within the Department of Commerce.

The next Legislative Committee meeting is Tuesday, July 19, 6-7pm via zoom. All are welcome! Subcommittees will meet over the summer to address key priorities including MA reimbursement for Collaborative Care codes and parity enforcement.

Finally, please join MPS on Saturday, July 23 at Tazzah restaurant in Richfield when we will present the 2022 Wellstone Advocacy Award Senator Michelle Wiklund in acknowledgement of her efforts to support parity enforcement. We will look forward to seeing you there! ■

**MPS Summer Social Event**  
**Hosted by the MPS Council - Join us and bring your guests!**  
**Saturday, July 23 - 4-6pm**  
**Awards presented at 5pm**

**Wellstone Advocacy Award - MN Senator Melissa Wiklund**  
**Bob Baumer, MD, Community Psychiatry Scholarship Winners -**  
**Drs. Jonas Attilus & Anne Waniger**  
**Emerging Leaders in Psychiatry Winner - Briana Engelson, MD**  
**Eric Brown Residents Caucus Scholarship -**  
**Jin Hong (Harry) Park, MD**





**Join us for this in-person event hosted by the MPS Council!**



**Tazzah Restaurant**

2208 W 66th St  
 Richfield, MN 55423

[Website](#) [Get Directions](#)



## Congratulations new APA Distinguished Fellows!



**Walter Rush, MD, DFAPA**

**Sreejaya Veluvali, MD, DFAPA**



Distinguished Fellowship is awarded to outstanding psychiatrists who have made significant contributions to the psychiatric profession in at least five of the following areas: administration, teaching, scientific and scholarly publications, volunteering in mental health and medical activities of social significance, community involvement, as well as for clinical excellence. Distinguished Fellow is the highest membership honor the APA bestows upon members

What are the requirements to be nominated for Distinguished Fellow?

- Not less than eight consecutive years as a General Member or Fellow of the APA.
- Initial certification by the American Board of Psychiatry & Neurology, the Royal College of Physicians & Surgeons of Canada, the American Osteopathic Association or equivalent certifying board has been held at any time.
- Nomination is initiated by your local District Branch.
- Three letters supporting your nomination must be received from current Distinguished Fellows or Distinguished Life Fellows.

The General Member or Fellow should be an outstanding psychiatrist who has made significant contributions in at least five of the areas listed here:

- Initial certification by the American Board of Psychiatry & Neurology, the Royal College of Physicians & Surgeons of Canada, the American Osteopathic Association or equivalent certifying board.

- Involvement in the work of the district branch, chapter, and state association activities.
- Involvement in other components and activities of APA.
- Involvement in other medical and professional organizations.
- Participation in non-compensated mental health and medical activities of social significance.
- Participation in non-medical, non-income-producing community activities.
- Clinical contributions.
- Administrative contributions.
- Teaching contributions.
- Scientific and scholarly publications.

To be nominated for Distinguished Fellow status, contact your local district branch for information regarding the Distinguished Fellow process.

Distinguished Fellowship nominations must be submitted by the district branch to APA by July 1. Contact Linda Vukelich to connect with members of the MPS Membership Committee to learn more. ■

## Congratulations new APA Fellow!

**Matt Kruse, MD, FAPA**

Fellow status is an honor that reflects your dedication to the work of the APA and signifies your allegiance to the psychiatric profession.

To become a Fellow, a Member must have at least two of the following:

- Must be a current APA General Member or Life Member in good standing.
- Served in a psychiatric leadership position on a national, district branch or international psychiatric association for over five years.
- Is certified by the American Board of Psychiatry and Neurology, the Royal College of Physicians and Surgeons of Canada, or the American Osteopathic Association.

Fellow applications must be submitted by September 1. Contact Linda Vukelich to connect with members of the MPS Membership Committee to learn more. ■





## CALENDAR

July 23, 2022, 4pm-6pm

**MPS Summer Social Event & Awards Presentation - Tazzah!**  
Restaurant, Richfield, MN Award presentations: Wellstone Award, Sen Wiklund, Scholarship Winners Email Linda (L.vukelich@comcast.net) or call/text 651-278-4241

July 30, 2022, 10-11am

**APA Assembly-Area 4 Virtual Event - In Her Shadow: The Unrecognized Trauma of Missing Women and Girls of Color, Presenters: MN Sen Mary Kunesch, MH Rep Ruth Richardson, JD Registration information - MNPsychSoc.org or email Linda (L.Vukelich@comcast.net)**

August 29, 2022

**Mental Health Awareness Day at the State Fair**  
<https://www.facebook.com/MentalHealthAwarenessMN-StateFair/> Look for Linda Vukelich and FastTrackerMN.org!

*For more calendar updates, go to [mnpsychsoc.org](http://mnpsychsoc.org), Events tab [www.mnpsychsoc.org/events](http://www.mnpsychsoc.org/events)*

## MPS Spring Meetings *Continued from page 5*

the “The Creation of a Podcast: Using media to advance health topics” session. Our day program wrapped up with, “Mental Health Outreach - Roots Crisis Team, Canopy Health”. Presenters Candace Hanson, MA, LPCC, and Anne Johnson, MA, LICSW, described Canopy MHC/Roots’ history, values, and services, specifically, its culturally responsive practice and role as Minneapolis’ Behavioral Crisis Response.

Our evening speaker and Recognition Dinner keynote presenter was psychiatrist and author Ezra Griffith, MD, DLFAPA, present, “Maintaining Human Dignity in Clinical Work”. The presentation capped off a full day of connecting, questioning, and learning.

MPS thanks our exhibitors, the Minnesota Health Community Foundation & FastTrackerMN.org, Professional Risk Management Services, Allina Health, APA Inc, CentraCare, and M Health Fairview, for their participation and support. We are also grateful to APA Inc, for sponsoring a number of student/training scholarships to attend the event. Finally, thank you to registrants who chose to add individual sponsorships to their registrations. ■

**Editor’s Note:** 2022 Spring Meeting photos are posted on the MPS website on the events page.

# Mindfulness-Based Cognitive Therapy

Choices Psychotherapy partners with other professionals & groups in the Minneapolis community in treating mental health disorders.

*Our research-based program includes individual therapy and skills group specifically designed to help people with depression & anxiety. The program can help your clients learn mindfulness and cognitive strategies to find a more effective way of relating to stressors and difficult emotions and reduce the frequency and intensity of mental health symptoms.*

The program is open to adults who have experienced one or more episodes of depression, anxiety, panic disorder, Bipolar Disorders, co-occurring substance use disorders and co-occurring problems with a medical condition or pain.



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