

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A Chapter of the California Psychological Association

2011 Officers & Executive Committee

<http://www.marincountypsych.org>

On-line Newsletter, Summer, 2011
Volume VIII, Number 3

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WANTED: NEWSLETTER EDITOR!

We are searching for the next MCPA Newsletter Editor. Might it be you?
Please see page 7 for details!



Don't miss these upcoming MCPA Events:

- Sat., Sept. 10: CLASP hike and potluck; details TBA
- Fri., Sept. 23, 6:30 pm: CE event: "Atypical Use of Anti-Psychotic Meds" (see p. 5)
- Sat., Oct. 22: Disaster Mental Health Preparedness (likely event; details TBA)
- Sat., Nov. 5: CE event, Risk Management Workshop (see p. 5, details TBA)
- Fri., Nov. 18, 6:30 pm: CE event: "Working with African American Families" (see p. 5)
- Fri., Dec. 9, 7 pm: MCPA Annual Holiday Party, details TBA

Check MCPA's calendar of events for updated information:

<http://www.marincountypsych.org/calendar.asp>

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Please see page 14 of this newsletter for submission guidelines and ad rates.

Next Deadline for MCPA Newsletter submissions:

Friday, October 21, 2011

MCPA Mission Statement

The purpose of the Marin County Psychological Association is to promote human welfare through diffusion and utilization of psychological knowledge, to increase public understanding of psychology as a science and as a profession, to promote and maintain high standards of professional ethics, conduct, education and training of psychologists, to promote fellowship among psychologists in Marin County, and to cooperate with other professionals and lay organizations in achieving mutual objectives.

President's Message By Meghan Harris, Psy.D.

"Deep summer is when laziness finds respectability." - Sam Keen

Dear MCPA'ers,

Happy Summer!

I hope that the past few weeks have been a time of relaxation and warmth for all. Here at MCPA we have had a busy one, while managing to have fun at the same time. Annette Holloway, our student rep, organized a fantastic Student/Early Career psychologist event, which was really well attended with a variety of folks from different schools. We also had our lovely CLASP Art Show event, organized by Maria Arieta. Quite a few of us are really talented artists! We shared art, champagne, and stories about what we do when we're NOT at work!

In the grand tradition of Marin, we're taking August off; but will be back with a bang this fall, with several events to watch out for, including a CE presentation on Atypical Antipsychotics, a CLASP hike, a Disaster Prep workshop, an APAIT Risk-Management Workshop co-sponsored with CPA, and more! We hope to see you there. We also hope to see you online, as our new blog - Thanks to Webmaster Bob Nemerovski!! - is up and running! Let him know if you have things you'd like to post. In other exciting news, don't forget to support two of our very own who are running for office at the state level! Drs. Mark Kamena and Betsy Proctor-Levine are running for President and Treasurer, respectively. Don't forget to vote!

In the meantime, since our work is so often more about "being" than "doing" something, I hope that everyone is having a chance to take some time off this summer to just "be" yourself! If you need me, I'll be somewhere in Sausalito under a tree with a murder mystery and a grape Popsicle....

See you soon!

Meghan

Advocacy and Government Affairs **By Beth Cooper Tabakin, Ph.D.**

The California Psychological Association is committed to advocating for the adoption of sensible, workable laws that respect and advance the practice of psychology and patient well-being, the sanctity and confidentiality of the psychologist-patient relationship, and the availability of critically needed mental health services in California. CPA is a constant presence before the California Legislature and the Governor's Administration.

CPA is currently sponsoring SB 105 (Yee) that would mandate the use of helmets in children who ski and snowboard. This bill mirrors the existing requirements for children under age 18 to wear a helmet while operating a bicycle or skateboard.

CPA's Political Action Committee and the Government Affairs Committee address issues that would affect our practice as psychologists. Examples include: Supporting the Board of Psychology as a separate entity from 'all of those mental health people' which would have folded other professions such as: MFTs, LCSWs, Addiction Counselors, Educational Therapists, etc into one board which would not distinguish masters from doctorate levels of education and training; Advocating for psychologists to be able to admit and discharge patients from hospitals, as well as, being part of the medical staff; Including psychologists in Medicare and on insurance panels; Advocating for prescriptive authority, etc.

Become a leader and advocate and have your voice heard. Be part of a dedicated group of psychologists who are involved in the GAC. Come to next year's Leadership and Advocacy training in Sacramento.

We need you!

Contact: Beth Cooper Tabakin, Ph.D. at

government@marincountypsych.org

Or call (415) 459-7707.

Treasurer's Report **By Fred Rozendal, Ph.D.**

As of July 15, 2011, MCPA has \$21,535.90 on hand. During the previous four years on the same day of the year, funds on hand ranged from \$17,644.70 to \$23,901.56; in short, we are in familiar territory.

Income has come primarily from dues (\$6,781.56). Unreimbursable expenses have been from the on-going work of refining out web site (\$3,031.17). (There are other expenses that are largely balanced by income—e.g., dinner meetings.)

At present we have a \$2,358.64 surplus of income over expenses for the current year.

Membership Report By Dan Kalb, Ph.D.

In my last report I noted that organizations often get into trouble when their membership exceeds 150. I opined that, as perspicacious psychologists, we could sidestep the usual pitfalls. Some email responses justly pointed out the hubris of supposing that one can be an exception to the rule.

Frankly, I too, have a futilitarian bent. Let's face it -- the upbeat aphorism notwithstanding -- Whatever doesn't kill you, simply postpones the inevitable. More to the point of naively supposing we can break the evolutionarily-wired 150 rule with impunity: The reason we need 100,000 laws on the books trying to enforce the Ten Commandments is that the Decalogue simply goes against human nature.

Nonetheless, I am swayed by the enormous corpus of research which makes the case for the overall benefits of adopting an optimistic outlook. There are two kinds of people: those who believe they can, and those who believe they can't. Both are right. (Of course adopting an upbeat attitude can be taken a bit too far, e.g.: "One thing you can say on behalf of pedophiles -- they *do* slow down when driving past schools and playgrounds".)

I specialize in the treatment of anxiety and many patients work toward having fear be their counselor rather than their jailer. In that spirit I suggest that, if we proceed prudently, we might well grow and still maintain a happy ship.

Here's where you come in. There are many psychologists in the County who are unaware of MCPA. You probably know one or two yourself. Please tell them about our organization and invite them to check out our website: MarinCountyPsych.org

If you're absolutely convinced that increasing membership will drive us to perdition, feel free to exempt yourself. In the words of The Bard of Avon:

*He which hath no stomach to this fight,
Let him depart. His passport shall be made,
And crowns for convoy put into his purse.*
We would not die in that man's company
That fears his fellowship to die with us.*

(*If you have Fastrak, no crowns for convoy will be provided. Offer void where prohibited.)

As to those of you who feel greater inclusion will enhance our organization, I offer this stirring exhortation by Billy S:

*Once more unto the breach, dear friends, once more...
Imitate the action of the tiger;
Stiffen the sinews, summon up the blood...
Set the teeth and stretch the nostril wide,
Hold hard the breath, and bend up every spirit
To his full height...
Show us here the mettle of your pasture...
I see you stand like greyhounds in the slips,
Straining upon the start. The game's afoot!
Follow your spirit, and upon this charge
Cry, "God for MCPA!"*

Thanks for your help toward meeting the goal of having 160 members by year's end.

(Happy footnote: Luckily, before William's birth, John Shakespeare moved from Snitterfield to Stratford-upon-Avon. Good thing-- as far as monikers go, "The Bard of Snitterfield" just ain't got the same ring).

Continuing Education Committee Report **By Lynne Harris, Ph.D.**

There are three upcoming MCPA CE events this fall. Two of these events will be held at the Mind Therapy Clinic, 150 Nellen, Corte Madera. Potluck and networking at 6:30pm. Presentations are from 7-9pm. These events are free to MCPA members; and \$25.00 for non-members. 2 CE hours are available for each event through SCRC for a cost of \$15.00. The third CE event is a Risk Management Workshop which MCPA will co-sponsor with CPA at the Four Points Sheraton in San Rafael.

Friday, September 23, 2011, 6:30 pm: Mind Therapy Clinic, 150 Nellen, Corte Madera. David Scott May, M.D. will present: "**Atypical Use of Anti-psychotic Medications.**" Dr. Scott has a practice in Mill Valley treating both child and adult patients. He was on the clinical faculty of UCLA Medical School for 23 years as the co-director of the mental health program for medical students and house staff. He had 5 years of advanced analytical training in Psychoanalysis and also in Jungian analysis.

Friday, November 18, 2011, 6:30 pm: Mind Therapy Clinic, 150 Nellen, Corte Madera. Tekesia Sturgis, Ph.D. will present: "**Working with African-American Families.**" More details to be announced. For more information, call 415.215.4924

Saturday, November 5, 2011: Four Points Sheridan, San Rafael
Risk Management Workshop, co-sponsored with CPA. Details to be announced.

Please join us!

For updated information on Continuing Ed and all other MCPA events, visit the calendar section of the MCPA website: <http://www.marincountypsych.org/calendar.asp>

Web Committee Report **Bob Nemerovski, Psy.D.** **Web Co-Chair, Member Support & Website Development**

NEW MCPA BLOG!

I am happy to announce that we have created a blog on the MCPA website (<http://blog.marincountypsych.org/>). The purpose of the blog is for members to share clinically-oriented articles and information with each other in a way that is less fleeting than the listserv and gives members an opportunity to increase their presence in our community and on the internet.

Members whose articles are approved and posted on the blog will be given full, proper credit along with links to their practice websites (if applicable), and each blog posting will be announced on the MCPA listserv, Facebook page, and Twitter feed. All of this theoretically should assist with search engine visibility and results--meaning more referrals ideally.

If you have a clinically-oriented article you have authored and would like to submit, please email it to me at: DrNemerovski@gmail.com. Articles may be previously published in journals, websites, or blogs; they can be something written as part of past or present scholarly endeavors; or they may simply be a piece targeted for distribution among colleagues. Please edit to fit [500-1000](#) words.

I look forward to receiving your submissions. Please let me know if you have questions.

BE SEEN! ADD YOUR PHOTO

Take advantage of our new "Featured Psychologist" window on the MCPA home page, where members' photographs are randomly rotated along with links to their profile pages. Simply email me a photo (DrNemerovski@gmail.com) or contact me for my mailing address to send me a photo to scan. I'll trim and clean it up and post it for you, gratis.

TO SET UP / UPDATE YOUR MCPA PROFILE PAGE:

Your MCPA profile page is like having your own webpage on the MCPA website. It is seen by potential clients and referral sources visiting our website, as well as those searching for psychologists on Google.

I've recently improved our profile pages and search page, so be sure to visit and update your profile if you already have one.

If you do not have an MCPA profile page, just follow these easy steps:

1. Log in to your MCPA account (Click on "Member Login" on the home page menu);
2. Click on "Membership Update" from the MCPA Members Menu Choices;
3. Complete (or update) your Public profile (located below the little white line, about half a page down).
4. When you feel it's ready, be sure to select "Ready to Post" and then click the SUBMIT button.

As always, please feel free to contact me with any questions, requests for assistance, or suggestions for future improvements to our website (DrNemerovski@gmail.com).

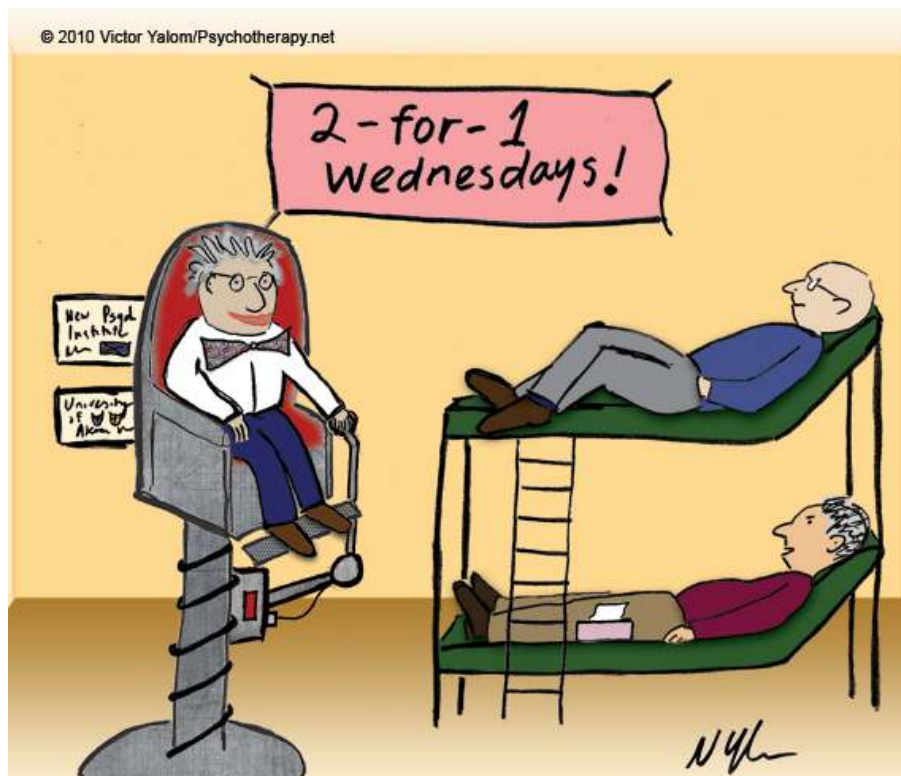
Visit MCPA's website at <http://www.marincountypsych.org>

MCPA Newsletter Report By Laura Cabanski Dunning, Ph.D.

Do you have literary aspirations? Are your fingers simply itching to grasp a red pen and slash misplaced prepositions into the wee hours of an otherwise boring Saturday night? Would you enjoy the opportunity to interact with your noble colleagues from the casual comfort of your desk? If so, you may be exactly what MCPA is looking for: the next MCPA newsletter editor! After four and a half years of creating the MCPA newsletter, I will retire the post at the end of this year. That means that I will produce one more issue: fall, 2011, to be published this November. If you would like to take over editorship, I can spend time between now and then showing you the ropes of my relatively low-tech methods. Or, if you are adept at much groovier 21st century desktop publishing techniques, you can reinvent the MCPA newsletter to fit your deepest journalistic desires. The newsletter format is up to you, as long as you can ultimately create it as a pdf for distribution and posting to the MCPA website.

There are countless intrinsically satisfying aspects of creating a work of textual psych-art every few months. But wait: there's more! As editor of the MCPA newsletter, you will also have the honor of serving on the MCPA executive committee. This is truly a wonderful opportunity to become actively involved in our excellent professional community. So what are you waiting for? Please contact me as soon as possible so that we can get this torch-passing adventure underway. Thanks! - Laura

Email me at MCPAnewsletter@verizon.net
Or call 415.3054655



Cartoon by Victor Yalom, PhD

ARTICLE

Wellness Fair: A Kick-Off Partnership

San Francisco Psychological Association, CLASP, Glide Memorial Church Wellness Initiative, Alliant University

By Ilene Serlin, Ph.D., with Cynthia Kessler

When I began my presidency of the San Francisco Psychological Association in 2009, the recession had just hit. Our offices were filled with people in despair, uncertain about their homes and families, their futures, a whole new reality. Where was the voice of psychology; how could we help?

With the support of our board at our fall retreat, I envisioned two new priorities that would help the San Francisco Psychological Association be more visible to the community: 1) Giving our members an added benefit of caregiver satisfaction and regeneration by being able to volunteer with San Francisco mental health organizations; and 2) Joining with CLASP, other San Francisco community health associations, Alliant University, CIIS and other graduate schools to organize a Wellness Fair at Glide Memorial Church.

This Wellness Fair would celebrate a new partnership between mental health and other health organizations through whole person health and wellness toolkits. The San Francisco Psychological Association is a local chapter of the California Psychological Association that provides “members with varied benefits and our community with volunteer resources and other information” (from the SFPA brochure). One of its committees, CLASP (Colleague Assistance and Support Program) focuses on self-care, prevention and wellness. Alliant International University, another co-sponsor, “prepares students for professional careers and leadership” and “promotes the discovery and application of knowledge to improve the lives of people in diverse communities around the world” (from Alliant International University’s website).

GLIDE’s Health Services focuses on the homeless and poor, providing affordable, accessible and quality healthcare. It offers a full range of traditional health care services, as well as mental health, substance abuse, non-Western medicine and specific programs focusing on testing and prevention of HIV/AIDS and the treatment of diabetes. Located at Ellis and Taylor in the Tenderloin, one of San Francisco's harshest urban environments, GLIDE is an oasis that has served the poor and disenfranchised for over 40 years. From serving nearly one million meals a year, to holiday programs helping over 80,000, to operating a professional medical clinic, to youth job training, to offering weekly spiritual celebrations at GLIDE Church, and much more – GLIDE touches the lives of many people. GLIDE has helped thousands of disenfranchised and poor people get back on their feet and find their way to jobs, housing and spiritual fulfillment.

In August 2011, GLIDE Health Services (GHS) will open a new door to health promotion, disease prevention and client empowerment with the launch of the Wellness Center. The Wellness Center, made possible through a grant from the Federal Bureau of Health Professions, will build on the GHS nurse-managed model of holistic primary care to offer “hands on” classes in better eating (and cooking!), physical movement, stress reduction and improving relationships at work and with intimate partners. Clients will learn to “live well” with chronic diseases--such as diabetes, depression and chronic pain--through group and peer activities that will both educate and support them to sustain positive choices in diet and lifestyle. Glide’s popular recovery groups for clients with substance abuse issues will be expanded to include acupuncture, as well as smoking cessation and gender-specific groups on violence.

The Wellness Center will also have expanded TB surveillance and immunization services.

The intention of the Wellness Fair was to bring together a roster of community resources with mental health services like depression screening, and health services like blood pressure measures, and wellness tools like acupuncture, yoga and meditation, and nutrition.

After two years of meetings about how to best meet the community's mental and physical health needs, the Wellness Fair day dawned on April 8, 2011 with sunshine and much excitement in Glide Memorial's Freedom Hall. The result was an array of highly relevant community health and wellness services and resources assembled under one roof.

Volunteers from Alliant International University, San Francisco State's Dept. of Holistic Health, California Institute of Integral Studies (CIIS), UCSF and the SF Psychological Association greeted participants at the door, escorted them to registration and information tables, stamped their passports, staffed the tables and handed out healthy snacks and incentives. Participants sampled tables offering blood pressure and diabetes checks, depression screening, walk-in recovery, HIV/sexual health, an information table which offered such critical services as an LGBTQI Survivors of Suicide Grief Support Group and SFCD (Support for Families of Children with Disabilities), acupuncture and massage, the Shih Yu-Lang Central YMCA and Addus Healthcare, Richmond Area Multi-Service and Central City Hospitality House, yoga and meditation, biofeedback, dance/movement therapy, biofeedback, CLASP, the San Francisco Psychological Association, APA's Mind/Body Campaign, CIIS expressive therapies, SF Suicide Prevention, the Mental Health Association of San Francisco, Alliant University, and the Feeling Good Project.

SFPA's Ilene Serlin invited attendees to participate in what became a very popular dance therapy demonstration, while Richard Harvey offered an equally popular biofeedback demonstration. Cynthia Kessler, Joy Sassoon, and Dan Gaylinn provided information and APA brochures on topics such as stress, depression and anxiety, PTSD, and resiliency. CIIS's Expressive Arts Program, with its large rolls of poster paper and colored markers, invited participants to express themselves. Other popular offerings were chair massages, mini meditations for stress management, blood pressure screenings, HIV testing, and nutritional education and support.

While the Glide Health and Wellness Fair was mostly focused on a very under-served community, it also served as a very humbling reminder that no matter what our life circumstances, we humans still all have the same basic needs and can work together for the betterment of the community.

For those going to APA:

April 2012 Trip to Israel Trauma Centers

Session I: Friday, Aug. 5, 9-10:30AM, Renaissance Washington DC hotel: Div. 32 Hospitality Suite

Session II: Saturday, Aug. 6, 1-1:50, Grand Hyatt: Div. 56 Hospitality Suite

ANNOUNCEMENTS

One Minute Psychologist – Your Mental Health Survival Kit

Coping After a Disaster and Beyond Disaster Building Resilience Cards available to you for only 5 cents per card. This is an important way to support your family, your clients, your community and your immediate neighborhood.

Contact MCPA Disaster Response Chair Nancy Haugen, Ph.D.

(415) 492-1171

disaster-mental-health@marincountypsych.org

CLASP

~ CPA's Colleagues Assistance and Support Program ~

Do you have an event or presentation that supports Wellness and Self Care, and helps establish genuine and meaningful Relationships amongst MCPA members?

Contact MCPA CLASP Representative Maria Arieta, Ph.D.

drarieta@gmail.com

To become a CLASP provider and work with other psychologists in your practice, or to find out more about CLASP:

Contact CPA CLASP Chair, Dani Beckerman, Psy.D.

(831) 426-4735

dani_beckerman@yahoo.com

For materials on self care and resiliency, educational programs, or referral to a psychologist or community resource:

Call CPA CLASP confidential I&R line: (888) 262-8293

<http://www.cpaclasp.org>

ADVERTISEMENTS

THERAPY GROUPS FOR THERAPISTS

On-going since 1984. Long-term psychodynamic orientation. Open to mental health professionals and trainees. Current openings, Mornings, San Francisco and San Rafael, Led by **Art Raisman, Ph.D.**, Licensed Psychologist (PSY7795); Assistant Clinical Professor, UCSF Dept. of Psychiatry; Past President, Northern California Group Psychotherapy Society, **415-453-4271**

ADULT PSYCHOTHERAPY GROUPS

On-going since 1990. Long-term, Psychodynamic, for men and women. Current openings, Evenings, San Francisco. Led by **Art Raisman, Ph.D.**, Licensed Psychologist (PSY7795); Assistant Clinical Professor, UCSF Dept. of Psychiatry; Past President, Northern California Group Psychotherapy Society, **415-453-4271**.

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FAMILY SERVICE AGENCY OF MARIN Education and Support Groups

WOMEN’S RECOVERY – Support group for women in recovery using Seeking Safety treatment model.

DIALECTICAL BEHAVIOR THERAPY – Group combining CBT and Eastern mindfulness practices for adults who have difficulty with emotional management, frequent crises, or self-injury.

AGESONG – Group to enliven the search for deeper joy and satisfaction in the later years.

PARENTING APART – Education and Support for Co-Parenting after separation or divorce.

All groups offered on sliding scale based on family income, range \$15 to \$40 per session. Medi-Cal accepted for Women’s Recovery and DBT.

For more information contact Diane Suffridge, Ph.D., 415-491-5700

Office Spaces Available for Lease in Downtown Petaluma

Office spaces available for lease for psychotherapy, body work, or like businesses. Located in historic building, part of the Heritage Homes of Petaluma. Shared waiting room and bathrooms. Spacious garden with pond. \$650-750/ month.

For more information contact the building manager at (707) 849-6564.



OFFICE SPACE

Free advertisements are available to MCPA members in the sections "Office Space Wanted" and "Office Space Available".

Each free advertisement must include your name, be no more than four lines of text in 12pt, Times New Roman font, and emailed as an MS Word (.doc) attachment to the editor at MCPAnewsletter@verizon.net

Free "Space Wanted and Space Available" ads placed by MCPA members must be renewed for each edition of the Newsletter.

Larger office space ads, including those with photos, require advance payment of \$50.00 for MCPA members, \$100.00 for non-members. See ad guidelines at the end of this newsletter for details.

Office Space Available

NOVATO: Full or part-time office space available in suite of multidisciplinary psychotherapists. Fully furnished, newly renovated suite with waiting room, signal lights, voice mail, copier, kitchenette, in-suite bathroom, handicapped-accessible. Convenient central Novato location, surrounded by beautiful open space. Call Dan Kalb, Ph.D. (415) 898-9015, ext. 525.

**From the Editor:
Laura Cabanski Dunning, Ph.D.**

Marin County Psychological Association Newsletter Article Submission Guidelines

The *Marin County Psychological Association Newsletter* is published electronically and welcomes articles, opinions, and reviews related to the practice of psychology. Submissions should not exceed 3,000 words, should be written in 12-pt Times New Roman font, and must be emailed as MS WORD (.doc) attachments to editor, Laura Cabanski-Dunning, at MCPAnewsletter@verizon.net.

Advertising Rates and Guidelines

Announcements for volunteer community outreach events and *no-fee* colleague support activities are free.

Office Space Wanted / Available ads are free to current MCPA members (2011 dues paid). Each free advertisement must include your name, be no more than four lines of text in 12pt, Times New Roman font. Larger office space ads **Free "Space Wanted and Space Available" ads placed by current MCPA members must be renewed for each edition of the newsletter.**

NEW AD POLICY & RATES!!!

Larger office space ads for MCPA members and *all other ads* will be full page, "flyer" style. You may include photos and/or graphics, as long as the entire page is submitted as an MSWord (.doc) attachment. No PDFs, please!

Please email your announcement or ad as an MS Word (.doc) attachment to Laura Cabanski-Dunning at MCPAnewsletter@verizon.net.

Payment for advertisements must be by check made out to MCPA.

Payment must be received no later than the submission deadline in order for the ad to be published.

Please send checks to:
Laura Cabanski-Dunning, Ph.D.
P.O. Box 1863
Novato, CA 94948-1863

New Rates for Advertisements:

<u>Size</u>	<u>MCPA Members</u>	<u>Non- Members</u>
Full page	\$25.00	\$100.00

Deadline for next MCPA newsletter submissions: Friday, October 21, 2011