

# MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A Chapter of the California Psychological Association

## 2011 Officers & Executive Committee

<http://www.marincountypsych.org>

On-line Newsletter, Winter, 2011  
Volume VIII, Number 1

### President

Meghan Harris, Psy.D.  
[president@marincountypsych.org](mailto:president@marincountypsych.org)

### Past President

Claudia Perez, Ph.D.  
[past-president@marincountypsych.org](mailto:past-president@marincountypsych.org)

### President Elect & Program Chair

Barbara Nova, Ph.D.  
[president-elect@marincountypsych.org](mailto:president-elect@marincountypsych.org)

### Treasurer

Fred Rozendal, Ph.D.  
[treasurer@marincountypsych.org](mailto:treasurer@marincountypsych.org)

### Secretary

Mindy Rosenberg, Ph.D.  
[secretary@marincountypsych.org](mailto:secretary@marincountypsych.org)

### CPA Chapter & Division 1 Representative

Betsy Levine-Proctor, Ph.D.  
[cpa-rep@marincountypsych.org](mailto:cpa-rep@marincountypsych.org)

### Government Affairs

Beth Cooper Tabakin, Ph.D.  
[government@marincountypsych.org](mailto:government@marincountypsych.org)

### Membership Chair

Dan Kalb, Ph.D.  
[membership@marincountypsych.org](mailto:membership@marincountypsych.org)

### Disaster Response Chair

Nancy Haugen, Ph.D.  
[disaster-mental-health@marincountypsych.org](mailto:disaster-mental-health@marincountypsych.org)

### Diversity Chair

Haleh Kashani, Ph.D.  
[diversity@marincountypsych.org](mailto:diversity@marincountypsych.org)

### Marketing and Outreach Chair

Mary C. Lamia, Ph.D.  
[outreach@marincountypsych.org](mailto:outreach@marincountypsych.org)

### Newsletter Editor & Listserve Moderator

Laura Cabanski-Dunning, Ph.D.  
[newsletter@marincountypsych.org](mailto:newsletter@marincountypsych.org)

### Web Co-Chairs

Mikol Davis, Ed.D., Website Marketing  
[web2@marincountypsych.org](mailto:web2@marincountypsych.org)  
Robert Nemerovski, Psy.D., Member Support  
[web@marincountypsych.org](mailto:web@marincountypsych.org)

### Continuing Education Chair

Lynn Harris, Ph.D.  
[continuing-ed@marincountypsych.org](mailto:continuing-ed@marincountypsych.org)

### CLASP Representative

Maria T. Arieta, Psy.D.  
[clasp@marincountypsych.org](mailto:clasp@marincountypsych.org)

### Student Representative

Annette Holloway, Psy.D.  
[student-rep@marincountypsych.org](mailto:student-rep@marincountypsych.org)



“Above the Fog,” photo by Daniel J. Sonkin, Ph.D.

## Come one, come all! Upcoming MCPA Events

**Friday, January 28th, 6:30pm**  
**MCPA’s Annual Networking Meeting & Schmoozefest**  
See page 10 for details

**Friday, February 11<sup>th</sup>, 2011: MCPA Continuing Ed Event:**  
Melanie Greenberg, Ph.D. and Sharon Cushman, Ph.D.  
"Pain Management for Clinical Psychologists: Theory, Research, and Practice."

### Check MCPA’s calendar of events for updated information:

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

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**Please see page 16 of this newsletter for submission guidelines and ad rates.**

**Next Deadline for MCPA Newsletter submissions:  
May 6, 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.**

Dear MCPA'ers,

Happy New Year! Based on the spectacular Board Retreat we had on the 8th, 2011 looks to be a banner one for MCPA. The ideas and ambitions (and practical knowledge, and follow through!) were flying so fast and furious, we were fortunate to have our secretary (the awesome and capable Mindy Rosenberg)'s fingers not catch aflame. Wow, do we have Board Members with energy and good ideas. Our initial discussion was of our vision for the year. We spoke about how MCPA can engage in Advocacy for mental health issues within the community; how we can help foster Community both among our membership and also in our county; and about Education, both for ourselves, and the wider community.

Some of our more exciting initiatives for the year include:

- wading into the waters of social media via a trial Facebook page
- revamping our website to reflect the modern and dynamic organization we truly are
- a CLASP event involving members' artistic talents
- sending members to both Leadership and Advocacy Day in Sacramento in March, and CPA's Annual Convention in San Diego in April (both are great fun, so if you are inclined, please join us!)
- integrating Diversity issues into our programs with our new Diversity Chair, Haleh Kashani.
- a Disaster Preparedness Workshop for mental health practitioners and SO much more!

I would like to formally welcome our three new board members: Lynne Harris, Ph.D. (CE Chair), Mindy Rosenberg, Ph.D. (Secretary), and Annette Holloway, Psy.D. (Student Representative). Welcome! They are joining a board that is the most relaxed and hard-working I've ever seen.

We also find ourselves in need of a few good volunteers to help with some of our committees: Membership (Dan Kalb), Treasurer (Fred Rozendal), and Lynne Harris (CE) could all use a hand in their plans for world domination. This is a great way to meet many of us, dip your toes in, and get involved! If you are interested, please either contact me or them directly, and join our fun team!

So much to look forward to this year, I hope you will join us!

Cheers,

Meghan  
MCPA President

## **Past President's Message Report** **By Claudia Perez, Ph.D.**

When I was President Elect I understood that I was elected to the job of President in the future, so I knew to spend the year watching our President do her job. I listened, observed and tagged along. I was a sponge. When I was President, I had a pretty good idea of what I needed to do, having had a great teacher and a wonderful board that supported my efforts. I was a leader. During my second year as President, I knew what I was doing and had the responsibility of teaching the new President Elect for the coming year ahead. I was a seasoned leader. Now I am Past President. I take the task of supporting the current President in high regard, but I am trying to define what this role means for me. Webster's synonyms for "past" are: long ago, historical, precedent, earlier period, what went before, ancient, previous, former, bygone, older, beyond, gone, elapsed, forgotten, and over and done.....So I sit and ponder and hope by the end of my reign I will have figured it out! I am a puzzle.

## **Government Affairs Committee Report** **By Beth Cooper Tabakin, Ph.D.**

The following two paragraphs are excerpts from the CPA website which can be found at <http://www.cpapsych.org> under the Advocacy and Government Affairs section.

"CPA is a constant presence before the California Legislature and the Governor's Administration. We are there, working on behalf of our members on issues such as Medicare, Medicaid and private insurance company reimbursement. We are there, keeping our members informed of the constantly changing government regulations.

"CPA 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."

### **Protect Your Profession and Make Your Voice Heard!** **Leadership and Advocacy Conference (LAC)**

The LAC is a three-day conference from March 20th - 22nd; funding is available for invited participants. CPA leaders will receive leadership and advocacy training and on Tuesday we will lobby the state legislature. Limited space is available for others who wish to attend. A registration fee of \$175 will be charged to all non-invited participants.

### **Leadership and Advocacy Day (LAD)**

On March 22nd members of CPA will have the chance to advocate on issues important to them and their clients before the California State Legislature. Everyone is invited to attend a free training the morning of Tuesday, March 22 and welcome to join me at our scheduled meetings with legislators in the Capital building that afternoon. As your GAC Representative, I send out emails that relate to advocacy and government affairs. With CPA advocacy and representation in Sacramento, California psychologists enjoy a scope of practice that we would not have without it. Please read the CPA website for more information.

## Membership Report By Dan Kalb, Ph.D.

**The good news:** About 100 of you have renewed.

**The other good news:** There is still time to avoid the dire consequences of failing to re-up, which include, but are not limited to, being dropped from the listserv. (If you haven't pored over the MCPA by-laws recently, see III.vi.C.m.2.7 which sets the deadline as the third Friday after the second Monday in February. This year: 2/18).

**The other, other good news:** While being dropped from the listserv may seem draconian, members old enough to remember the original bylaws will recall that the punishment for failing send in dues on time was Rhapsanidosis.\*

It's easy to renew:

- 1) Click on -- <http://www.marincountypsych.org/join.asp>
- 2) Click on -- renew your membership
- 3) Log in (If you forgot your login info type your email address -- the one to which this email was sent -- into the box on the lower half of the page and click "send login info")
- 4) Click on RENEW Your Membership Online
- 5) Scroll down to ascertain your dues category and follow the simple instructions at the top of the page to renew online. (Please note that you can also select "click here for a printable renewal application" to renew by snail mail).

Thanks.

\* P.S. No need to Google: This was an ancient Athenian punishment which entailed "thrusting a radish up the fundament". *Ouch*.

## Continuing Education Committee Report By Lynn Harris, Ph.D.

Mark your calendars! The dates for MCPA Continuing Education events for 2011 are: February 11<sup>th</sup>; May 13<sup>th</sup>; September 23<sup>rd</sup>; and November 18<sup>th</sup>. All are Friday evening events.

The presenters for the first event on February 11<sup>th</sup> are our chapter members Melanie Greenberg, Ph.D. and Sharon Cushman, Ph.D. Their topic will be "Pain Management for Clinical Psychologists: Theory, Research, and Practice." The event is free for MCPA members, and there is a \$15 fee if you wish to receive CE credits.

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**

### **By Mikol Davis, Ed.D., & Bob Nemerovski, Psy.D.**

#### **From Bob, Web Co-Chair, Member Support:**

After receiving some very helpful feedback on our website through a recent member survey, I've identified several key enhancements that were approved by the board and are in the process of being developed.

The first is the addition of a "Featured Psychologist" window that randomly displays the name and photograph of our members along with a link to each member's profile page.

The second enhancement is a total overhaul of the "Find a Psychologist" search section. Potential clients and colleagues will be able to use a wider selection of criteria in order to search and locate the profiles of members who match the search. I will make an announcement in the next few months on how each of you can select which criteria with which you would like to be identified.

All of these changes will be tested then rolled out by this spring. In the meantime, please continue to contact me ([web@marincountypsych.org](mailto:web@marincountypsych.org)) with any user issues or suggestions on how to improve our website. Have a great 2011!

#### **From Mikol, Web Co-Chair, Website Marketing & your local web geek:**

This year will see some important changes in how we use our website by embracing "Social Networking." Our organization will soon launch its own Facebook page. We will also have a Twitter page, LinkedIn page. We will let the members know when we are live, and welcome you to post articles and clinical content, professional book reviews, and announcements for workshops and seminars.

The importance of all of our members posting content will be to direct traffic from our Facebook or Twitter page TO our Home WEBSITE for our organization. More traffic means a better opportunity to get more members and possible clinical referrals. Stay tuned!

Visit MCPA's excellent website at

<http://www.marincountypsych.org>

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## ARTICLES

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### **Is this you or me that I am feeling? Emotional contagion in close relationships By Daniel Sonkin, Ph.D.**

How do you know when your client is cut off from their emotions in therapy? How about when you come home from work and your partner is irritated with you? How do you know when someone, whom you have met for the first time, is nervous about talking to you? How do you know when someone is only receptive to a handshake and not a hug? Some people might say, "I just know". Others would say "I read their non-verbal messages". Both are correct, especially for therapists who are specifically trained to pay attention to body language. But people who "just know" are not just the intuitive types in our subculture. They are experiencing what's call a "bottom up" process of knowing others, rather than a "top down" process of knowing, which is more common in the deliberate reading of non-verbal signals. The new neuroscience study of mirror neurons (Iacoboni, 2008) has helped us to understand this "bottom up" process - a way of knowing others in a more implicit, unarticulated way that bypasses the often-awkward verbal communication process. This article will explore the relevance of the study of mirror neurons to the experience of close relationships, particularly the close relationship that exists between the therapist and patient. However, these concepts may be further applied to all close relationships, especially between partners.

#### **Mirror Neurons in a Nutshell**

Giacomo Rizzolatti, and his colleagues, at the Parma Italy Neuroscience Research Lab, first described the mirror neuron system in the 1980's. They found a group of cells in the ventral premotor cortex and inferior parietal cortex of the rhesus monkey brain that would fire when monkeys performed goal-oriented hand and mouth actions. What was most significant was that the same cells also fired when non-acting monkeys observed those actions in the monkeys who were performing those movements. They hypothesized that these mirror-neurons (because they mirrored the actions of others) were key not only to understanding the intentions of others, but also to the mental states underlying those intentions.

Marco Iacoboni and colleagues (2005), developed an interesting experiment to test the mirror neuron phenomenon, called the Teacup Experiment. The test subjects are shown three video clips involving the same simple action: a hand grasping a teacup. In the first video, there was no context for the action, just the hand and the cup. In the second video, the subjects see a messy table, complete with cookie crumbs and dirty napkins-the aftermath of a tea party, clearly. In the third video, the subjects are shown a neatly organized tabletop, in apparent preparation for the tea party. In all three video clips, a hand reaches in to pick up the teacup. Nothing else happens; the only difference is the context.

When the subjects observe the grasping scene with no context at all, mirror neurons are the least active. When viewing either one of the contextual scenes, they are more active. However, they are most active when watching the neat scene. Why is that? Iacoboni hypothesizes that drinking is a much more fundamental intention for us as humans, than is cleaning up. Therefore, evolution has built into our system a stronger response. These experiments, as well others, give us solid empirical evidence that suggests that our brains are capable of mirroring the deepest aspects of the minds of others-intention (at the fine-grained level of a single brain cell). This process is effortless, or what's called bottom-up (just knowing), rather than "top down" (having to consciously figure it out). In a "bottom up" process there is no need to draw complex inferences or even think about it. Instead, we use mirror neurons to know.

Further studies of mirror neurons have indicated that when a mirror neuron is activated, it also will activate motor neurons that in turn activate muscular activity in the viewer. In other words, when our mirror neuron system perceives a physical (e.g., grasping) or emotional (e.g., happiness) intention of another, it will activate the same muscles in observer that are being activated in the subject sending the message. This is important to know, because the latest findings in the neurosciences suggest, that the way we know we are having an emotion, is by first identifying a change in our body. The prefrontal cortex, specifically, identifies bodily changes and labels them as happy, sad, angry, etc.; again a “bottom-up” process. So when our mirror neurons activate motor neurons, which in turn activate muscular activity, our prefrontal cortex may notice that change, and label it in a particular way. This of course happens at lightening-fast speeds. But if you slow down the process, it may look something like this: 1) the observer perceives the emotional state of the other (sensory input); 2) the observer’s mirror neuron system simulates (activates similar motor and emotion neural processes) that mental state in the observer; 3) the observer’s body changes in response to muscular activity; 4) the observer *may* notice a change in their physical state; 5) If they are familiar with their body manifestations of emotions, the observer may label that change as such - anger, sadness, fear, etc.. and 6) may ask themselves, why am I feeling this way? The answer to that question may depend on the particular circumstances. They could be having an emotional reaction to a particular stimulus (just found out bad or good news), or it could be their mirror neuron system is picking up an emotional intention from another, or it can be both.

### **Old Information**

Some colleagues have responded to this by saying, “This is nothing new. It’s what object relationship refers to as projective identification.” True, but I would add, “It’s the neuroscience of projective identification.” But long before Melanie Klein coined this term, the German philosopher, Theodor Lipps, identified this process in humans. Lipps was actually a great admirer of Freud, and was particularly interested in the unconscious process that Freud wrote about. Lipps suggested the perception of an emotional gesture in another directly activates the same emotion in the perceiver, without any intervening labeling, associative, or cognitive perspective-taking processes. This is exactly how the mirror neuron system is hypothesized to function! A hundred years later, the exact biological basis of this phenomenon is being articulated.

### **Mirror Neurons and Empathy**

The word empathy comes from the German word, *Einfühlung*, which means literally, “*feeling into*.” It’s a wonderful way of describing the empathic experience; the idea that we are feeling into another. Empathy may be broken down into several forms, based on a variety of variables (Preston & De Waal, 2002). Emotional is the type we more often think of as empathy. It is characterized by state matching (both perceiver and subject feel the same); it increases with familiarity, similarity and salience; there exists a self-other distinction. Emotional empathy is a “bottom-up” process. It’s not something you have to remind yourself to feel, or put effort into experiencing; you just feel it. Cognitive empathy is more a “top down” process. There is no state matching, but you are consciously aware that the other is experiencing something. Like emotional empathy, there is a self-other distinction. But most importantly, cognitive empathy involves perspective-taking, stepping back and recognizing that others are experiencing an emotion.

Contagion is another form of empathy. It is often associated with mob-mentality. Like emotional empathy, there is state matching (both are feeling the same), however there is less likely to be self-other distinction. There lacks awareness that each person may be feeding each other’s emotional reactions. This can also be called vicarious emotional transfer, where emotion is transferred between two individuals or within a group, without the perspective of what might be occurring.

The last form of empathy is sympathy. Sympathy involves feeling sorry for another's situation. There is not necessarily emotional state matching, but certainly an awareness of another person's difficulty. Like emotional and cognitive empathy, there is a self-other distinction. Early studies suggest that the mirror neuron system is more involved in the process of emotional empathy (feeling another's emotions) and contagion, rather than cognitive empathy (imagining another's perspective) and sympathy. This would make sense, since there is state matching in the former, but not the later. Research also suggests that the more empathic a person is (as measured behaviorally), the stronger the mirror neuron response to others. In other words, there seems to be a direct relationship between empathy and the mirror neuron system.

### **Is this you or me that I am feeling? Mirror neurons in clinical practice**

So how does this all play out in relationships, particularly between the therapist and the patient? According to this theory, the therapist's mirror neurons will be continuing reading nonverbal physical and emotional intentions of the patient. Whether the patient is moving away or toward the therapist, those intentions will be picked up by the therapist's mirror neuron system. Some intentions will be obvious behaviorally (such as chronic lateness or missed appointments), but others will be expressed in much more subtle ways. Here is where the mirror neuron system can greatly facilitate the therapist recognizing those processes.

I recall a time, not too long ago, when I was sitting with a patient who was talking about her day at work (it was an evening time slot, which I have since stopped working – I have learned that I am too vulnerable to mis-attunements with patients after 6PM). I was finding my thoughts drifting, thinking about my grocery store shopping list on my way home from work. After deciding that I wasn't ready to buy an iPad, I realized how much my mind was drifting away from the patient. In my early years of practice, I might have just refocused my attention, and maybe mildly criticize myself for not paying attention. But instead, I asked myself a question. Why am I drifting away? The answer to that question was sitting right in front of me.

My patient was drifting from the issues she needed to talk about (her extreme loneliness and difficulty meeting others). My mirror neuron system simulating her state of disconnect, in me. I was feeling what she was feeling, or not feeling as it were. At that very moment of awareness, my patient gave out a loud yawn. It was so contagious, I couldn't hold back (another mirror neuron phenomenon). She smiled and I felt a bit embarrassed by my obvious reaction. She apologized for boring me. I responded that she wasn't boring me, but that I thought that she had been experiencing something, and I was feeling it too. This led us to talk about how she was feeling guarded coming into the session, which led her to talk about things that weren't really important to her. From that minute on, there was nothing boring about the session. We were back in sync, but this time, in a constructive way.

From a conceptual point of view, let's look at what happened in that brief interaction. My patient walked in guarded (unconscious at the time) into the session. Subsequently, she focused on minutia from the day that wasn't really important to her. That disconnect in herself, activated my mirror neuron system, which simulated that state in me. Unconscious of that process, my mind started to drift into unimportant thoughts (well, maybe not the iPad question). When I noticed myself drifting, I tuned into my body to find out what I was experiencing emotionally (via body mapping neurons in prefrontal cortex). I noticed a deadening, or emptiness, in my body. My prefrontal cortex labeled the sensation with a feeling: "*disconnected.*"

Once I identified the change in my body (emotion) and represented it with language (Damasio, 2005), "disconnected," I asked myself, "Why am I a feeling this way?" In other words, what was causing this reaction in me? I wondered if I was having an emotion contagion experience, via mirror neurons. I was

picking up my patient's desire to disconnect, and I was doing the same, hypothesizing that the more I'd do it, the more she'd do it. What's implicit in this hypothesis is that a mirror neuron phenomenon is occurring, and now I have some information about my client's mind, which I can bring to the process of formulating an intervention, in order to bring a new awareness into therapy.

As luck would have it, my patient yawned which was the frosting on the cake. Yawns are notorious for activating mirror neurons. We could have just moved on, but instead, we seized the moment to shift away from drifting, and move toward a more meaningful exploration of her emotions and current life situation. Had there not been the yawn, I might have had to intervene if there wasn't another opportunity presented by the client (such as her noticing and mentioning that I looked distracted or bored). With some patients, it might be helpful to model self-awareness by saying something like, "I am noticing that I am feeling disconnected from myself right now, and wondering why that is." I might also ask the patient directly, to tune into their body and describe what they are experiencing at the moment. I might also listen to the content, and seize on the opportunity to move the narrative into a more related, self-aware direction. Obviously, the possibilities are endless, depending on the circumstances, diagnosis, and the right fits in terms of reactions by the therapist.

Daniel Stern (2004) refers to these moments as "*now moments*", interactions between the therapist and patient that are full of potential for intimacy and transformation. When the therapist responds in a genuine way, that fits for the patient, and carries the therapist's personal signature (metaphorically speaking), it can become a "*moment of meeting*." Patients often remember these moments, not the intellectual explanations of them, as turning points or transformative in their change process.

If what the neuroscience tells us is true, then we can't have an emotion without cognition, and visa versa. Therefore, for the entire therapeutic hour, emotion is ebbing and flowing, constantly changing, and consequently activating both persons' mirror neuron systems. The difference between the therapeutic relationship, and other personal relationships, is the implicit and explicit agreement that the therapist is there to help the patient grow and change. Hence, it is necessary for the therapist to use consciousness to heighten the patient's awareness to patterns that undermine their sense of well-being in the world. Mirror neurons are one way in which we can facilitate that process.

***Daniel Jay Sonkin, Ph.D. is a Licensed Marriage and Family Therapist in an independent practice in Sausalito, California. For the past 30 years he has worked with individuals and couples facing a variety of problems, including anxiety and depression, the effects of trauma, relationship conflicts, and family abuse. Dr. Sonkin will be speaking at the annual conference: (S1) Emotion Contagion and Empathy in Close Relationships: Mirror Neurons in Action" on Saturday and (S7) "Anger, Conflict & Intimacy: Attachment and Neurobiological Perspectives", both on Saturday, May 14.***

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## ANNOUNCEMENTS

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### Happy New Year, MCPA folks!



The gathering formerly known as "Business Meeting", our Annual Members' Networking Shindig, will take place this year on Friday January 28th, at 6:30pm.

This year it will be catered, with light snacks provided, as a thank-you to our members! This is a great opportunity to come and meet your colleagues and your Board members, introduce yourself, hand out business cards, and, well, schmooze.

**What: Annual MCPA Networking / Schmooze Fest**

**When: Fri. Jan. 28th, 2011, 6:30pm**

**Where: MindTherapy Clinic, 150 Nellen, Corte Madera**

\*the catch\* (you knew there had to be one!) this party is

**Members Only!**

**If you haven't yet renewed, there's still time to do so! It's easy:**

- 1) Click on -- <http://www.marincountypsych.org/join.asp>
- 2) Click on -- renew your membership
- 3) Log in (If you forgot your login info type your email address -- the one to which this email was sent -- into the box on the lower half of the page and click "send login info")
- 4) Click on RENEW Your Membership Online
- 5) Scroll down to ascertain your dues category and follow the simple instructions at the top of the page to renew online. (Please note that you can also select "click here for a printable renewal application" to renew by snail mail).

Come find out about all of the awesome initiatives afoot for MCPA in 2011! Hope to see you there.



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## **Volunteers Needed for Exciting New Approach to Settling Legal Cases**

The Marin County Superior Court has instituted an innovative program, the Interdisciplinary Settlement Conference (ISC), to assist litigants to settle family law and other select civil cases. The ISC, comprised of a volunteer mental health professional (MHP), a volunteer attorney, and a judicial officer, meets with parties and their attorneys to discuss the issues at hand in a format that is less formal than court proceedings. This approach to settling cases utilizes the complimentary skills of attorneys and experienced therapists, mediators and custody evaluators to help litigants and their lawyers get to the human dimension of their dispute, rather than focus simply on the legal rights of the parties. It is collaborative rather than adversarial. In custody cases, the MHP may also offer information about the developmental needs of children, the social and emotional effects of divorce and separation on parents and children, and the pros and cons of various kinds of parenting plans. Thus far, the program has been very successful. In both civil and family law cases the inclusion of an MHP has increased the rate of settlement, and has helped many parties achieve a feeling of truly being heard in the court process. In addition, in the family law arena the ISCs have provided educational input that parents report is helpful in terms of understanding underlying problems and making decisions on behalf of their children. The Marin Superior Court is looking for MHP volunteers who would like to become a part of this exciting new program.

Mental health professionals interested in becoming panelists in the ISC program should have extensive training and experience in dispute resolution. In the family law context, they should also have significant experience working with divorcing families and high conflict couples. MHPs are not expected to have more than a basic familiarity with the law and the legal system, and will be briefed by their attorney co-panelist as to specific legal issues relevant to the particular case to which the MHP is assigned. As an ISC panelist the MHP does not conduct therapy. Rather, this is a creative, solution-oriented process that draws on clinical and dispute resolution skills. The MHP works as part of an interdisciplinary team, serving as a court-appointed expert with quasi-judicial immunity. Those involved have found it to be both a challenging and very satisfying complement to one’s usual clinical or mediation practice.

For more information, including a list of specific eligibility requirements (one for civil and one for family) and an application, please contact Norma Johnson, (415) 444-7209, [norma\\_johnson@marincourt.org](mailto:norma_johnson@marincourt.org).

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## **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](mailto:disaster-mental-health@marincountypsych.org)

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## 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](mailto: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](mailto: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>

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## ADVERTISEMENTS

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### BILLING for THERAPISTS

Are you tired of doing your own billing? I can do it for you! With more than 20 years experience helping therapists to bill insurance companies as well as private pay patients, I'm well versed in the ins and outs of bookkeeping for Psychotherapy practices. I use billing software designed specifically for therapists that continues to work well for my clients. If you'd like information about billing services for your practice, please contact me:

Elisabeth Persson, (415) 488 4958, [nilsynils@comcast.net](mailto:nilsynils@comcast.net)

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### 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**

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### 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.

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.

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

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**FAMILY SERVICE AGENCY OF MARIN  
Consultation Group**

- Professional case consultation
- Support and tools for building a healthy practice
- Support for exploring your professional growing edge

Bi-monthly group for licensed therapists in the process of building a practice, and pre-licensed therapists who have completed their hours.

Alternate Tuesdays 10:00AM-12:00 PM beginning early November.  
\$90.00 per month, \$70 for FSA Alums

*For more Information, call Nancy Gump, MFT, (415) 453-5333*

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### Office Space

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**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](mailto: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.

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### Office Space Available

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**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.

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**OFFICE AVAILABLE FOR SUBLEASE:** Gorgeous contemporary therapy office available for sublease Monday mornings, Tuesday half day and Friday and Saturday all day. \$300/month for full day, or \$150/ month for half day. Second floor corner office has lots of natural light, view of the surrounding trees, while very quiet for therapy. Tastefully furnished it is well suited for a man's office as well as a woman's, with enough room and seats for family therapy as well as couples or individuals. High beamed ceilings offer charm and the feeling of open space. Huge storage area with sink and mini fridge and separate work/desk area from therapy room. Private back door offers privacy for clients as well as a private entrance for you. Large comfortable waiting room with comfy couches under a common atrium shared with the neighboring offices. Free on site parking and centrally located to all of Marin in a very desirable building and city. All utilities included except PG&E. Must see! Contact Jodi Klugman-Rabb at 652-7644.

[www.jkrabb.com](http://www.jkrabb.com) voice 415-652-7644

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***Sublet/Rent Psychotherapy Office. (Greenbrae)***

Sublet/Rent Psychotherapy Office.

Prime Location. Professional Building next to Marin General Hospital.

Upscale, beautifully decorated office. Newly carpeted, painted and furnished.

Ample parking. Shared waiting area.

Flexible days.

Please contact William at: (415) 721-7290



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**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](mailto: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, "flier" 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](mailto: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: May 6, 2011**