

## MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A Chapter of the California Psychological Association

**2011 Officers & Executive Committee**

<http://www.marincountypsych.org>

On-line Newsletter, Spring, 2011  
Volume VIII, Number 2

**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)



Dan Kalb working behaviorally with baby gray whale.  
Photo by Ruth Kalb, Ph.D.

**Don't miss these upcoming MCPA Events:**

**Friday, May 13: CE Event: "Successful Aging" with Mikol Davis, Ed.D. (see page 16 )**

**Friday, June 17: Meet, Greet, and Eat: have fun with your psychocolleagues (see page 17)**

Check MCPA's calendar of events for updated information:

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

**Table of Contents**

<u>Page</u>		<u>Author</u>
2	.....Marin County Psychological Association Mission Statement.....	
	<b>EXECUTIVE COMMITTEE REPORTS.....</b>	
2	President's Message.....	Meghan Harris, Psy.D.
3	Past President's Message.....	Claudia Perez, Ph.D.
3	President Elect's Message.....	Barbara Nova, Ph.D.
4	Treasurer's Report.....	Fred Rozendal, Ph.D.
4	Membership Report.....	Dan Kalb, Ph.D.
6	Continuing Education Report.....	Lynn Harris, Ph.D.
6	Student Representative's Report.....	Annette Holloway, Psy.D.
7	Web Committee Report.....	Bob Nemerovski, Psy.D.
	<b>ARTICLES, ETC.....</b>	
8	cool cartoon.....	Victor Yalom, Ph.D.
9	"Nepal – A Himalaya Jewel".....	Joan Steidinger, Ph.D.
16	.....	
	<b>ANNOUNCEMENTS.....</b>	
19	.....	
	<b>ADVERTISEMENTS.....</b>	
22	.....	
	<b>OFFICE SPACE WANTED / AVAILABLE.....</b>	
24	From the Editor: submission & ad guidelines / rates.....	Laura Cabanski-Dunning, Ph.D.

**Please see page 24 of this newsletter for submission guidelines and ad rates.**

**Next Deadline for MCPA Newsletter submissions:  
July 22, 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.

"Instructions for living a life:

Pay attention.

Be astonished.

Tell about it."

— Mary Oliver

With apologies to Mary Oliver, I am co-opting these instructions for MCPA. I have paid attention and been astonished many times so far this year, and now I'm gonna tell y'all about it. First, we had a wonderful Board Retreat in an idyllic location, which gave us momentum for the upcoming year: new people, new ideas, new events, and new ways to increase our membership and visibility in the community. Our Annual Business meeting was the aptly-renamed SchmoozeFest, which was a roaring - and funny - success, thanks to sound effects and a speaking time-limit! Once again I was astonished at the depth and breadth of our members' expertise. I found myself again feeling privileged to be among so many whip-smart, community-oriented people. This feeling was multiplied when attending CPA events this spring: Leadership and Advocacy Conference; and the Annual Convention, which you'll read more about below.

Other people are paying attention, too: MCPA received a very kind congratulatory letter from Assembly member Jared Huffman for being named Outstanding Chapter of 2011 by CPA! Congratulations to our organization, our hard-working board, and especially our past-president Dr. Claudia Perez for helping to create a powerhouse organization! Woot woot! Our individual members are getting noticed, too. A special shout-out to Dr. Joel Fay, who was recognized in a Marin IJ article which detailed his Commendation by the Board of Supervisors following his 23 years as a San Rafael Police officer. Wow. We rock. And we're making it easier for other people to pay attention to us: our Web Committee! Dr. Bob Nemerovski has done wonders redesigning the website and search functions, and Dr. Mikol Davis has given us a social media presence with a Facebook page and a Twitter account! All of our fantastic Board Members and committee folks enable our organization to grow and change in ways which benefit all of us.

Paying attention to the future: as I type, we are gearing up for another fantastic CE presentation, "Successful Aging" with Dr. Mikol Davis, on Friday, May 13<sup>th</sup> (see page 16 for details). Our next big event will be a Meet and Greet, at the Wipeout in Greenbrae, which will take place June 17<sup>th</sup> (see page 17 for details). Come one, come all! Invite a friend! A great chance to get to know us, without having to learn anything. We will also be having a student event this summer, and much more! With this many ways to pay attention and be astonished, it seems a shame not to tell some more folks about it...good instructions for life and for MCPA'ers!

Happy Spring, everyone! Hope to see you soon.

## **Past President's Message**

### **By Claudia Perez, Ph.D.**

This year's CPA Convention covered all the bases. It led off with Thursday Institutes that covered an array of Advanced Level trainings and ended with a welcoming social hour where colleagues reconnected and of course ate a wonderful Southern Style BBQ. After a great night sleep at the lovely Resort, Friday began with a luscious breakfast, roundtable discussions if you so desired and more connections. The day grew even more involved with the Plenary addressing "Moving Forward in a Sea of Change." Posters, presentations, PAC Luncheon and Parties supported learning and growth. Awards were presented and a Shuttle to downtown San Diego supported the momentum.

Saturday's performance only enhanced the notion of theme, "Looking Ahead," as networking and the Keynote Luncheon, entitled "The Social Brain," flowed into the evening's homerun event....The President's Reception....where dinner and dancing to a live band, surrounded the awarding of the Outstanding CPA Chapter Award to MCPA. I believe this is the entrée into Marin being a significant force in Psychology in the near the future. With two of our members, Mark Kamena and Betsy Levine-Proctor holding two of the major positions at CPA, the year after next, we have, as constituents, the opportunity to encourage limitless support and growth in so many areas. We are highly regarded and our voices needed. Please consider becoming more involved in any way you can.

So Sunday morning we were tired, but full, as we once again indulged in a lovely breakfast, followed by a superb closing Plenary by James Prochaska, Ph.D. entitled, "High Impact Interventions to Enhance Health and Wellbeing." It was an appropriate closure to a long game that went into overtime, but with it joy, laughter, intensity and knowledge....and of course CE Units to take home.

## **President-Elect's Message**

### **By Barbara E. Nova, Ph.D.**

#### CPA Leadership & Advocacy News 2011

This was the first year that I attended the CPA Leadership & Advocacy training and day of lobbying in Sacramento. Let me first say that I have never seen myself as a political activist, although I have been know to spout a passionate plea for social justice from time to time, especially concerning children. I remember 4th Grade Government Studies as being kind of interesting, and I had a very cute & charming Political Science teacher in college who had some quirky, forward-thinking, some-might-say radical ideas. The point is that L&A was like the graduate seminar of political activism. Amanda Levy, CPA's Director of Government Affairs and, as Meghan Harris would say, a definite Rock Star, coordinated the event - you can read about it in the May/June 2011 issue of California Psychologist. We had highly knowledgeable guest speakers who showed and taught us all we needed to know about background, reasons to advocate, and how to talk to legislators. It was intense! Our focus this year was on two bills that are wending their way through the State Legislature: SB105 (Yee) Mandatory Helmet Law for children who ski or snowboard; and AB154 (Beall) Mental Health Parity.

My social psychologist's hat was on and I noted the arc of excitement in the audience as the time grew closer to the Day of Lobbying. This was really getting fun!! Working together with very knowledgeable, passionate people for a worthwhile cause is quite a compelling experience! On L&A Day, three of us from MCPA - President Meghan Harris and Government Affairs Chair Beth Tabakin, and several

colleagues from other PA chapters trooped over to the Capitol and met with State Senator Mark Leno's aide, Sarah Rogers, and with Assembly Member Jared Huffman.

Being the "newbie" on the block, I didn't say much. However, with Meghan Harris' help, I was able to fumble through an answer to one of Ms. Rogers' questions about accessibility to mental health care services. And that's the good news I have to share - Ms. Rogers and Senator Leno are actively aware and concerned about the numbers of people in California who, mainly for financial reasons, do not have adequate access to health care. In fact, Ms. Rogers has asked our chapter to be a conduit for communications to & from Senator Leno's office about the difficulties that Marin County residents are having around access to mental health services. Specifically, she asked us to send her information about how recent cuts in MediCal have affected patients who don't have health insurance and must rely on MediCal to cover their mental health services. This affects adults and children alike, many with serious and disabling mental health issues, who must go without treatment. Even if these patients can afford to pay a sliding-scale fee out-of-pocket, the agencies who provide services cannot accept the fees, as that would violate their MediCal contract with the State. I will continue to keep our members informed as the conduit sizzles and these issues are brought to light!

BTW, the Mandatory Helmet Law did pass the Senate - YAY! and is on the way to the State Assembly! Please do respond to Beth Tabakin's requests for calls of support!!

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

As of May 1, 2011, MCPA has \$22,896.23 on hand, which is about 17% more than last year on the same date.

Our primary source of income this year has been dues (\$6,532.56—a fraction since PayPal deducts a fee for its services).

Major expenses have come from a few sources. One has covered the cost of developing our Web site (\$1,570.92); we have been expanding the capability of on-line registration for dinners and events. Additional significant expenses have come from underwriting some of the cost of meetings, primarily our Member's meeting (in the fall) and Holiday meeting (at the end of the year) (\$470.26). We have covered part of the cost of maintaining representation with CPA (\$1393.33) which includes sending representatives to various meetings; CPA also covers part of this cost.

Overall, at about the half-year mark, MCPA has taken in \$3607.47 more than it has spent.

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

#### **150 -- a Number with Grave Implications**

MCPA now has just over 150 members -- a new record.

Studies based on recent genomic discoveries have established that we are all descended from a band of 150 intrepid *Homo sapiens* who broke out of Africa into the Middle East some 50,000 years ago. The reason they were able to displace the Neanderthals, who were stronger, and arguably no less intelligent, was that they had a killer app: language.

It follows, then, that the descendants of a band of 150 Marin psychologists, armed with the advantages of psychological knowledge and especial perspicacity, could entirely populate the Earth by mid-May of 52,011 AD.

Animal researchers, extrapolating from the amount of frontal cortex neurons in various mammalian social groups, concluded that 150 would be the predicted natural size of human groups. Ethnologists studying peaceful societies have independently reported 150 to be the optimal membership for hunter-gatherer tribes and clans. Industrial psychologists have noted that the same is true for organizations.

Expansion beyond 150 conduces to discontent. Sometimes, a broad revolution occurs -- with initial enthusiasm inevitably giving way to infighting and disappointment. Other times, alienated splinter groups begin breaking off.

Thus, dear confrères, MCPA stands at a critical fork in the road. One path leads to despair; the other path leads to embitterment. Let us pray we choose wisely.

That said, I propose, nonetheless, that we push the envelope, expand further, and see if we can use our skills to remain a happy ship.

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](http://MarinCountyPsych.org)

I appreciate that I am suggesting that we flout our evolutionary heritage and fail to learn from our history. Such hubris is generally wont to be punished by the gods. There are, however, exceptions. Let us be inspired by Jacob who, having wrestled with an angel all night, asserted at daybreak, "I will not let thee go, except thou bless me." The avatar of Jehovah bethought: "Wow, this dude's got balls!" and complied. May our audacity be similarly rewarded.



## **Continuing Education Committee Report**

### **By Lynn Harris, Ph.D.**

There are three upcoming MCPA CE events, one this week, and two in fall, 2011. All 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.

#### **Friday, May 13th, 2011:**

Dr. Mikol Davis will present: **"Successful Aging: How to Age Like a Fine Wine, Instead of Sour Milk"**

#### **Friday, September 23, 2011:**

David Scott May, M.D. will present: **"The Use of the New Atypical 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:**

Tekesia Sturgis, Ph.D. will present on **"Working with African-American Families."**

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>

## **Student Representative Report**

### **By Annette Holloway, Psy.D.**

In June, MCPA will present an event specifically geared towards Early Career Psychologists and Grad Students. A panel of psychologists will explore "Private Practice: The Early Years," focusing on topics such as combating isolation, networking to build your referrals and expanding into new areas of practice.

The evening will also include some "facilitated" meet and greet time so that new members can start to get to know the MCPA community in a low stress setting.

Doctoral students are eligible for one free year of membership in MCPA; you will be able to sign up at the event. Other early career and student mental health professionals are welcome. Beverages and light snacks will be provided.

Look for an email soon announcing the details about place and time. If you have any questions in the meantime, send email to [student-rep@marincountypsych.org](mailto:student-rep@marincountypsych.org).

## **Web Committee Report**

### **Bob Nemerovski, Psy.D., Web Co-Chair, Member Support**

I've been working hard to improve your web experience on the MCPA website, but also to give each of you new, effective ways to market your practice on the site.

How can you improve your visibility and give potential clients the best opportunity to find you? It's as easy as 1-2-3.

**1. Add a photo.** Simply email me a photo ([Robert@DrNemerovski.com](mailto:Robert@DrNemerovski.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. Your photo will be added to the rotation on our new "Featured Psychologist" window on the MCPA home page, and it will appear in your MCPA profile, if you have set yours up.

**2. Set up your public profile.** If you haven't done this yet, 1) Log in to your MCPA account ("Member Login" on the home page menu); 2) Select "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). When you feel it's ready, be sure to select "Ready to Post" and then click the SUBMIT button.

**3. Add your new search terms.** Make it easier for potential clients and referral sources to find you by choosing the specialties, insurance, neighborhoods, and languages appropriate for your listing. To do this, follow #2 above but click on the link at the top of the profile page that says "[CLICK HERE TO ADD/UPDATE YOUR FIND-A-PSYCHOLOGIST-SEARCH CATEGORIES]" then follow the easy to use screen.

To view your new or updated profile (and see where potential new clients will find you), click on the "Find a Psychologist" link on the home page menu.

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

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



## "Is there an Emotionally Focused Couples Therapist in the house?"

Cartoon by Victor Yalom, PhD

President, [www.Psychotherapy.net](http://www.Psychotherapy.net) 150 Shoreline Drive, Bldg A, Suite 1  
Mill Valley, CA 94941

415-956-2226 Fax (415) 332-3238

Orders/Customer Service:

(800) 577-4762/ (415) 332-3232

Sign up for our monthly newsletter: <http://www.psychotherapy.net/newsletter>

\*\*\*\*\*

## ARTICLE

\*\*\*\*\*

### **Nepal - A Himalaya Jewel** **By Joan Steidinger, Ph.D.**

Marin is full of athletic adventurers. This year, our athletic journey took us to Nepal, a Himalayan jewel, for trekking. The wild, wild east atmosphere of Katmandu lies in direct contrast to the underlying calm of the Himalaya. When JP (my husband) and I first arrived in Kathmandu, our guides, Pancha and Amar, and marigold leis in traditional Nepalese style greeted us. Driving through the city reminded me of Bangkok 20 years ago, except with significantly more cars. The roads are packed with bicycles, rickshaws, scooters, cars, and buses, driving in every which way. You ride along watching the whole crazy scene and hope for the best. If you were to describe Kathmandu in one word, "vivid" sums up the city. It is a living, breathing organism that takes on a life of its own. Between the many temples, Hindus, Buddhists, Moslems, hustlers, trekkers, tourists, political tensions, and chaotic traffic, Kathmandu takes you back in time. It creates a feeling of excitement and wonder, yet knowing underneath lays much suffering. Between a 25%+ poverty rate and young girls being sold into servitude and prostitution by their families from surrounding villages, this pain simmers beneath the outsiders' view.

Eventually, we arrived at Destination Nepal's offices in the touristy Thamel area. We reviewed our challenging itinerary for a short 9-day trek. I was struck by our guides' diminutive height yet strong bodies. I felt like I towered over them. A bonding story, Amar and Pancha started as porters together 20 years ago, advanced to guiding, and became partners in their own company, Destination Nepal ([www.destination.com.np](http://www.destination.com.np)). They are good-natured, hard working, and aim to please. Our desire was to be hiking every possible day and enjoy the surrounding beauty of the Himalaya. We decided on 8 days of hiking with one acclimatization day at the famous village of Namche Bazaar. They took us to our hotel, Hotel Holy Himalayan and left us to fend for ourselves the rest of the day.





In Thamel, the roads are narrow and packed full of shops, people, bicyclists, rickshaws, scooters, and small cars. Occasionally, the traffic forces you from the road as cars and scooters wiz by. The roads were full of Nepalese and Indians. There were not many tourists as we were pre-season for trekking and climbing. Billboards compete for space on buildings. Vegetables are sold on the side of the road while cyclists ride by loaded with them. Indian women watch over their shops. All ages participate in shop management. On our second day, Amar and Pancha retrieved us to peruse the steep stairs of the monkey temple and a spectacular Hindu temple. Near the Hindu temple, we encountered faux Sardus, Hindu mystics, interested in photos for cash. Quietly, a beggar fed a monkey ice cream. Next to the shore of the river cement slabs provided open crematoriums where both high and low caste Hindus paid tribute to their loved ones.





The next day, we were to fly to Lukla to begin our trek. Rising at 5:00 am, we hurriedly got ready to head to the airport for a 6:30 am departure. However, we quickly learned that inter-country travel involves patience, waiting and hurrying. Arriving at the airport in plenty of time, our guides instructed us to sit down and wait. Little did we know that a plane bound for Lukla hadn't made it out in 9 days. We sat and waited. The scene at the airport was chaos. Guides, porters, and trekkers were everywhere. Everyone was in a hurry although they were going nowhere fast. We waited---6:30, 7:00, 7:30, 8:00, 8:30.... The energy was frenetic. Each airline hoped to be the first. At 9:30, we were told to hurry up and hustle through security, separate women's and men's. I emerged first and was directed to yet another waiting area where we waited yet again. Time to board the bus. Hurry up once again. Drive to the plane, board and wait again only to observe the left prop not start. Tensions began to rise. We were back on the bus once again and driven to the terminal. The excuse was bad weather; meanwhile other airplanes were taking off left and right. They left us on the bus, facing the terminal, so we would not see the repairs being made. After waiting a considerable amount of time again, we returned to the plane and boarded. Tensions were high. As we started to taxi, one male passenger yelled out that there was a flat tire. Luckily, this was a false alarm. Finally, I asked my guide if this was the airline that had crashed several weeks before. He reluctantly told me yes. Now, I began praying and prayed the whole entire flight. Amazingly enough, we flew to Lukla where we would begin trekking. But, the waiting was not over. Upon arriving, we were told one of our porters was supposed to come on the second flight. Sit down and guess what, wait again. This wait was only 1 1/2 hours, only to find out the porter was not aboard? Time to wait again while Amar rounded up another porter. This was done quickly and we were off...



We soon discovered the Himalayan trails are rough and rocky. They demand close attention and good footing. Our guide, Amar, and porters, Guandi and Siri, glided along the trails while JP and I trudged. As a young man while JP raced small and large sailboats long the eastern seaboard and behind the Iron Curtain, I hiked and backpacked in the Sierras. My footing gained further experience by running 1,000s of miles on trails through mountains in the east, midwest, and west. Together, JP and I climbed Kilimanjaro and hiked Marin. But nothing had quite prepared us for the difficulty of the Himalaya. Throughout the trek we were often ascending and descending trails loaded with rocks and stairs. Each time we did a river crossing we hiked up to the steel swinging bridges, then down. Even the yaks, packing heavy loads seemed to be working hard. Sometimes, these bridges were hundreds of feet above the roaring rivers. In the early tree lined mountains, we watched numerous waterfalls strewn throughout. The trail to Phakding, our first stop, was heavily canopied and full of heavy rocky trails and stairs. We started the hike at one o'clock, going from 9,317 feet to 8,563 feet and arriving at our destination teahouse late in the afternoon. The teahouses were structures built of plywood containing either large dormitory or smaller rooms for 2-3 people. They had wooden cots with thin mattresses and blankets usually with squatter or non-flush toilets. Although a short day, we managed to be sufficiently tired and napped after our tea. Tea is a big part of the culture of this part of the world. Tea can be the cure for whatever ails you. Tea supersedes most conversations, building a bridge of communication and understanding. While in Nepal, we transformed into dedicated tea drinkers.



Our journey continued as we trekked on a longer day's hike into Namche Bazar. We were shrouded in beauty by the canopy of the evergreen forest and the strong rushing river alongside the trail. The difficulty of the trail toughened and bolstered our spirits. Namche is the main large village along the trail. Namche is the place where hiking and climbing groups do 2+-day acclimatization's. Acclimatization is how

People adjust to altitude by spending more time in a single place to get used to the ever-thinning air. They stay there to allow their lungs to adjust. Namche stands at 11,286 feet. Actually, Namche is quite an amazing place with numerous guesthouses, shops, cafes, and in-season markets. These are all readily sustained given that Namche is a common acclimatization stop. We were hiking in pre-season and at the end of the monsoon season. This meant it rained each day, usually late afternoon or at night. This periodically made for a slippery trail. Many of the shops were closed. But any gear or clothing you might have forgotten could be purchased here. Not having enough sweater power, I picked up a Tibetan wool sweater with fleece lining that I wore every night of the trek. But the real highlight of Namche arrived the first morning we were there. Amar woke us at 5:45 am, ran us up to the military base above Namche, and showed us the most magnificent array of peaks surrounding us. At dawn, we watched Everest, Lhotse, Nuptse, Mera, Khangkaru, and Ama Dablam. Against a clear blue sky, these magnificent white peaks stood out in splendor. The view was breathtaking. As we stood and watched the view, the clouds slowly drifted in and covered the peaks. This is a common occurrence in the Himalaya. The beauty was so grand; we barely noticed the morning chill. Following tea and breakfast, we rested and slept the remainder of the day. An afternoon rain shower occurred



Heading off for Tengboche, our trail wound through the mountains in extreme rockiness coupled with continual ascents and descents. JP and I trekked different paces. The routine became me getting ahead and waiting at the tops of climbs. We would re-group for tea and lunch. Periodically, we viewed peaks appearing above the clouds. They were glorious and majestic. As we hiked, we began to feel more of the altitude arriving; although it didn't affect our pace. We happily forged ahead. Along the trail, we passed by homes and many local Nepalese. Some carried heavy loads on their backs; while children played joyfully by the side of the trail. Both men and women of all ages carried heavy loads. The Nepalese are a more reserved people. As we smiled at them, they would shyly smile back. At each guesthouse, we were usually treated with warmth and respect. Another four hour day, we arrived in Tengboche (12,664 feet) only to find a Buddhist festival taking place. There were llamas from Nepal and other parts of the world.

Apparently, a high llama from France was present as he was carried around in a golden cloth covered chair. Many local Nepalese had hiked in from the surrounding countryside for the festival. Tengboche guesthouses were full up. Off we headed for Deboche. In Deboche, we sat down to tea and lunch with Amar, Guindi, and Siri. Throughout the trek, we enjoyed fun and jovial exchanges with Amar. Sometimes Guindi and Siri joined in; although Siri's English was limited and Guindi spoke none. Joy was in the air. The next day, we would head up above the tree line with even more beautiful sights to see.



\*\*\*\*\*

## ANNOUNCEMENTS

\*\*\*\*\*

### MCPA PRESENTS

## “Successful Aging: How to Age Like a Fine Wine, Instead of Sour Milk” with Dr. Mikol Davis

When: **Friday, May 13th, 2011. 6:30 pm** potluck & mingling, presentation 7-9pm.

Where: MindTherapy Clinic at **150 Nellen Dr. in Corte Madera** (Next to Gold's Gym).

Cost: **FREE to MCPA members!** Non-members \$25. For 2 CE hours: \$15.00 payable to SCRC.

\*\*Please bring a dish to share; drinks will be provided.

For the less-padded among us, it might be a good idea also to bring a seat cushion, as our chairs aren't always the most forgiving.

Dr. Mikol Davis has taught at UC. Berkeley, Sonoma State University, and Dominican University

At the end of this presentation, participants will be better able to:

1. Describe Successful Aging
2. Describe specific efforts for minds, bodies, and spirits which promote Successful Aging

CE hours are available for psychologists, MFTs, RNs and LCSWs through the co sponsorship of the Spiritual Competency Resource Center. SCRC is approved by the APA to sponsor continuing education for psychologists. SCRC maintains responsibility for this program and its content. For complete CE information visit [www.spiritualcompetency.com](http://www.spiritualcompetency.com) or contact David Lukoff, PhD at (707) 763 3576.

We hope to see you there!

---

Go to <http://www.marincountypsych.org> for current event information and to update your membership listing.

**MCPA PPRESENTS**  
**MEET, GREET, and EAT!**  
**Come and meet your fellow MCPA members!**

**Where:** **Wipeout Bar and Grill**, 302 Bon Air Center, just off Sir Francis Drake Blvd in Greenbrae

**When:** **Friday June 17th, 7pm**

**Who:** all MCPA members and prospective members! Want to join? Thinking about joining? Wondering if we're cool enough?

**Cost:** each attendee is responsible for the cost of their own food and drink

This is an especially great opportunity for new members to get to know each other, as well as the folks who have been around for a while. Loosen your ties, yak about the practice, network, and unwind in a fun surfer-hip atmosphere.

Put some business cards in your pocket and hang ten.

RSVP to:

Dr. Meghan Harris at [drmeghanharris@gmail.com](mailto:drmeghanharris@gmail.com), or 415.215.4924. RSVP's preferred for headcount, but not essential; drop on in if you feel like it!

\*\*\*\*\*

## 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)

\*\*\*\*\*

## 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>

\*\*\*\*\*

# ADVERTISEMENTS

\*\*\*\*\*



**Your Macintosh technology partner**, keeping your computers, iPhone, iPad and high-tech gear running smoothly and harmoniously, so you can focus on what's important to you.

**For therapists**, I pay particular attention to making your Mac **HIPPA** compliant, keeping it securing from **Spyware** and other security threats.

**Need help** setting up that new Mac or iPad, installing Snow Leopard or using the full capability of your iPhone or iPad or solving a technical problem?

**MacSupport is on-site Macintosh help**, private training and Apple technical support for people and small offices that use Macintosh computers or want to switch to one. I'll come to your home or office in Marin or Southern Sonoma County, restore your sluggish Mac to its virgin speed, fix any problems and/or upgrade your system. I will create, optimize or upgrade your wired or wireless network to work smoothly and transparently and set up a secure and reliable backup system. I'll tutor you to use OS X effectively and show you the special features and programs that make the Mac a superior computer for your particular usage. I'll also synchronize any of your other high-tech devices to work as a life-style supporting system.

**I am patient, efficient and thorough.** ~ *I listen to you* and am in service to your goals.

I'm an excellent support for busy therapists. A majority of my clients are smart, on-purpose people who want their computer systems to support them without personally having to get into the techie details.



Call me:

**Chris Harnish ~ 415.927.2289**

[MacSupportX@Mac.com](mailto:MacSupportX@Mac.com) ~

<http://macsupportx.com/>

**Print out or save this ad** so you'll have it in the future when you need assistance.

(BTW: My wife, Diane Harnish, PhD is a Psychologist and member of the MCPA)



## 3 WORKSHOPS in SAN RAFAEL with DR. JOAN B. KELLY

### 1. INTERVIEWING CHILDREN IN DIVORCE PROCESSES: *Why? When? How?*

Learn the research and rationale for listening to children as they go through a divorce, and a structured child-focused interview format. Also, how to provide feedback to parents, and examples of child interviews. For mediators, child specialists, therapists, custody evaluators, minor's counsel, Parenting Coordinators (Special Masters), and court appointed therapists.

DATE: June 2, 2011 (9 am – 4:30 pm)

FEE: \$250

CE CREDITS: MCLE & BBS (6.0 hrs.); MCEP (6.5 hrs. – submitted for review to MCEPAA for approval)

### 2. CHILD ALIENATION AND RELOCATION: *Challenges for Children and Parents*

Children's refusal to have contact with a parent and the desire of a parent to relocate with a child away from the other parent present two complex and troubling situations for post-separation families, family courts, and professionals. Learn current research about both topics, newer clinical and educational interventions for alienation, and critical psychological and developmental considerations in relocation cases including age appropriate parenting plans.

DATE: September 16, 2011 (9 am – 4:30 pm)

FEE: \$250 (Early Registration: \$200 if by 8/5/2011; \$225 if by 8/19/2011)

CE CREDITS: MCLE & BBS (6.0 hrs.); MCEP (6.5 hrs to be submitted for review to MCEPAA for approval)

### 3. PARENTING COORDINATION (SPECIAL MASTER) TRAINING: *Helping High Conflict Parents Resolve Disputes*

Expand your practice by becoming a Parenting Coordinator and working with parents who have continuing disputes and litigation about their children following divorce. For Parenting Coordinators, Special Masters, mediators, custody evaluators, lawyers, divorce counselors, therapists and other professionals who work with high-conflict families.

DATE: December 1-2, 2011 (9 am – 4:30 pm)

FEE: \$495 (Early Registration: \$435 if paid by 10/20/11; \$465 if paid by 11/3/11)

CE CREDITS: MCLE & BBS (12 hrs.); MCEP (13 hrs. - to be submitted for review to MCEPAA for approval)

**FOR MORE INFORMATION & REGISTRATION DETAILS:**

**415-461-6392**

**[www.ncmc-mediate.org](http://www.ncmc-mediate.org)**

\*\*\*\*\*

**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**.

\*\*\*\*\*

**FAMILY SERVICE AGENCY OF MARIN**

**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 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](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.

\*\*\*\*\*

## 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.

\*\*\*\*\*

**SAN FRANCISCO:** Elegant psychotherapy office in charming Victorian for sublet two to three days a week. Safe and highly desirable location on Sacramento at Presidio. Fee is \$200 per full day and would give a discount for person who would be willing to take three full days. Two days is also fine. **For information, call Lisa Bograd, MFT at: (415) 820-3920.**

\*\*\*\*\*

**SAN RAFAEL:** Office space two days a week available in Downtown SF on 12th [top] floor of the Flood Building at Powell and Market. Reasonable rent for one or two days. Call Sylvia Mills at 415-421-3030.  
[Wednesdays and Thursdays are not available.]

\*\*\*\*\*

## Therapy Offices Available: Soundproofed & Furnished - Novato \$150/day /203 ft<sup>2</sup>

- Rates starting at \$150/day; half-day and full day rates with discounts for multiple days and a discounted "first two-month start-up" rate.
- Terrific location for clients coming from the north (Petaluma, Santa Rosa), south (San Rafael, etc), east (Vacaville, etc.) or west Marin (Woodacre, etc), two minutes from Hwy 101 off San Marin Dr. exit.
- Three-office suite with waiting room recently professionally soundproofed.
- New paint, carpet, and furniture throughout.
- Offices accommodate moderate groups.
- HVAC can be controlled for the suite, and all offices have operable windows opening to outside.
- Waiting room has a call light system and small, screened break area.
- Natural setting with attractive landscaped break area, ample parking, and hiking trails nearby.
- Available for sublet most weekdays and weekends.
- Rent includes all utilities, janitorial service, High Speed Internet, wireless printer use.
- If you would like to visit the offices, or have additional questions, please contact Diane Harnish, PhD, at 415/924-4252 or email [dianeharnish@mac.com](mailto:dianeharnish@mac.com).



505A San Marin Drive



Office A



Office B



Office C

**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, "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](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:**

Size	MCPA Members	Non- Members
Full page	\$25.00	\$100.00

**Deadline for next MCPA newsletter submissions: July 22, 2011**