

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A Chapter of the California Psychological Association

marincountypsych.org

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Antelope Canyon, Arizona, photo by Dan Kalb, Ph.D.

Check MCPA's calendar of events for updated information:
<http://www.marincountypsych.org/calendar.asp>

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Please see page 15 of this newsletter for submission guidelines and ad rates.
Next Deadline for MCPA Newsletter submissions: September 30, 2010.

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 Claudia Perez, Ph.D.

Hope this addition of the MCPA Newsletter finds all of our members and their families well and enjoying this late start of summer. I was having difficulty coming up with words of wisdom for this latest addition and the dead line was rapidly approaching.

Last evening I was looking for something to watch on TV when I stumbled upon the "Daytime Emmys." They were reminiscing Dick Clark's American Bandstand and honoring his longevity in the business. Chubby Checker, Tony Orlando were among the "oldies" performing reminiscent songs and joining in was none other than Marie Osmond. They announced her name, but I could not recognize her whatsoever. She had a makeover, and despite it being well done, if you like sausage like lips, she looked to be in her late 20's. I was astonished as I always thought her to be quite beautiful as she was. I do know that she lost her dear son not long ago, and perhaps this transformation was a distraction from her pain, but it left me once again trying to understand what is happening to our society. Aging gracefully, albeit with care and attention to good health and looking your best at any age, seems to have gone out the window. Where has the notion of beauty on the inside, self acceptance and the wisdom in wrinkles gone? What are we telling the younger generation of girls and young women? Are we saying it is not okay to get old naturally? Is the way you are naturally, not good enough? If inner beauty is encouraged and self realized, can't it carry you into your 90's? If this is the stronger message, can inspire the exquisiteness of "lines" earned after a lifetime. I continue to wonder why it seems so necessary for many, young and old, to nip and tuck, enhance or inject, in order to feel beautiful. I am all for mending a facial anomaly so that one can feel better about themselves, or spending money on lotions and potions to support or maintain what we already have, but reconstruction earlier and earlier seems to send a skewed message. I accept the choices that are made and appreciate differences, and I pride myself on being non judgmental and open minded, but when I see a face stretched like slick ice skating rink, atop a crinkled neck, I can't help but look twice and wonder why.

And so when an adolescent client says her parents are giving her a breast enlargement for her 16th birthday, I feel uncomfortable inside myself. Of course I continue to wear a therapeutic hat, but speculate if it is just a new generation where the body is a canvas...to ink, pierce, cut, restructure and create? I will be happily turning 58 in a few months, wrinkles, and all. I remember writing a verse several years ago that further elucidates the dilemma for me.

"At fifty-one and three quarters, my birthday is rapidly approaching. In my heart I am thrilled to be commemorating another year, for I have been fortunate to have escaped death. Life and each day it brings are priceless. Birthdays are a gift. It means I am alive. I rejoice in knowing that I will be with family and friends again, marking kinship and bonds that run deep. Confusion tries to beset the sentiments I feel. At my age, the consensus puts a kibosh on this annual ritual. Baby boomers have not taken well to the idea of growing old. This notion is scandalous. Countless are going to great lengths to evade it. So when the yearly event draws near, the moans and groans commence. Mind you,

those heard the loudest have not checked the obituaries, worked on a pediatric oncology unit or had a young someone, close to them, die. Somehow, they have eluded figuring out, how utterly priceless life is. Birthdays rank up there with cherishing your loved ones, fragrant rose gardens, new puppies, a day without pain, or imagining a world without war. Birthdays are a time to reflect. A time to feel gratitude for a life worth living. Birthdays are precious, a time to revel. Fond memories are awakened and treasured milestones applauded. I feel content that I have gotten through another year. I count my blessings and look ahead. I splendor in the time given to me, and I try to make the most of each day. I say "I love you" and I smile. I attempt to see the best in others. I pray for peace. So when my big day arrives, I want to be delighted. I want to sing and dance and eat cake. I desire presents and to be with those who count most. I need a fuss made over me, for I do not know how many more birthdays I will be given."

So for all of you celebrating growing old....no matter how you choose to do it....Happy Birthday....belated....presently...or to be, over the last few months of the year. Totally commemorate the joys of being alive!

Past President & GAC Representative Report By Beth Cooper Tabakin, Ph.D.

"Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who come alive." - Howard Thurman

"And as we let our own light shine, we unconsciously give other people permission to do the same."
- Marianne Williamson

Board of Psychology (BOP) will sunset on January 1, 2012 unless we move to protect it. Preserving the BOP preserves our profession. The BOP is part of the Board of Consumer Affairs. CPA works collaboratively with the BOP and helps to keep them informed. Currently, there are only 2 psychologists on the board instead of the regular prescribed 5. The governor appoints the positions and he has not yet gotten around to appointing the positions. This is problematic on several levels; for instance, there are not enough psychologists to form different committees so the whole board constitutes every committee. As a result, the board affairs take much longer than if there were a full board. The next BOP meeting is in August and we are encouraged to attend.

Other BOP news:

The BOP will request fingerprints from people if they do not have access to their fingerprints. No worries, the fingerprints we submitted for licensure may not be in the BOP database. It does not mean that they do not have a copy; it does mean that we have to send in a new set. They are doing the best they can and working to update their processes.

At the last board meeting, the question of when renewals for membership are due and the parameters of the fiscal year. Our answer is in. MCPA uses the same calendar year as CPA and the fiscal year for CPA ends December 31.

I appreciate the many responses and letters members have written to government officials to help us advocate for bills and proposals that CPA supports. It really does make a difference. Our voices count to help our legislature go in a direction that supports mental health. It is important that psychologists have a voice in protecting the consumer. Any and all ideas and concerns are welcome. CPA's government affairs committee is active, alert and welcomes opinions. If we don't speak, we won't be heard.

Hmmmmmmmmmm.....

“There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will all of your life spend your days on the ends of strings that somebody else pulls.” - Howard Thurman

Membership Report By Dan Kalb, Ph.D.

O frabjous day! Callooh! Callay!

Our ranks have recently swelled to 150. An unprecedented high-water mark. Thank you to all those who have personally invited (coaxed, beseeched, cajoled) colleagues to join our motley crew.

Your help is needed to bring in a potential member playing hard-to-get.

During our meeting at Starbucks, Dr. X put down his venti-non-fat-decaf-carmel-macchiato and told me about a patient, a math professor, he had seen for the first time earlier in the week.

So near the end of the hour I'm getting some basic info and I ask: “How old are your three children?” She answers playfully: “If you multiply their ages you get 36, and if you add them you get my house number.” I figured I'd play along, so I glance at the intake form she completed in the waiting room, and say “I see your house number here, but that's not enough information.” She then gives me a sly look and says bizarrely: “True. The oldest lives upstairs...”

I know it's weird but it gets weirder. She then says:

"If you call me with the ages of my three kids, I'll know your mind works like mine, and I'll become your patient. Otherwise, I'll look for a more compatible therapist." That was it -- we had to stop. Needless to say the clinical implications of this "test" were legion. I called her after a couple of days and encouraged her to come in for a second session to discuss her challenge and what it was all about. She said if I didn't have the answer she wasn't interested in pursuing it. So I lost the case. Overall she was utterly fascinating and I would've liked working with her. I have to admit I tried to figure out her kids' ages, but couldn't."

Now, dear members, here's the intriguing parallel process...

After he told me this story, I (of course) worked the conversation around to inviting him to join MCPA. With a wry smile he responded: "If someone in the organization can figure out the answer, I'll know the organization will be the kind of resource that would be helpful. If not, I'll pass on joining."

Would you help us bring this psychologist into our fold? I know his challenge is rather odd, but it takes all kinds to have a strong diverse professional organization.

Email me the ages of the patient's 3 children and bring in this potential 151st member. I'll publish your answer, and credit you, in the next newsletter.

Continuing Education Report By Barbara Nova, Ph.D.

CE Committee Preliminary Results of Survey Monkey

Hello to MCPA from the CE Committee. Thank you, thank you to all of you who have completed the Survey Monkey Survey! We have had about a 35% return rate so far, a statistically powerful enough rate of return. Could we use more power? You betcha! In order to serve you better, we'd want to extend a special invitation to those of you who haven't yet completed the Survey to please do so ASAP. It only takes about 10 minutes of your time at most! This is your chance to tell us what you want and need and to be heard!

The goal of this year's CE Committee is to provide quality presentations at an affordable price. So far, we have done very well. The last presentation, by Haleh Kashani, Ph.D., on the topic of Compassion Focused Therapy with patients who have Eating Disorders, was very well received (thank you, Haleh!). Our next presentation will be on July 16, 2010 - by Mark Schiller, MD (also our host of the Mind Therapy Clinic classroom in Corte Madera). He will be speaking about Treatment Resistant Depression. As you can see by the preliminary results below, Mood Disorders are among the hot topics that were requested by 63% of the respondents to the Survey, so we are anticipating a capacity crowd. If you haven't RSVP'd yet, please contact Barbara Nova at 415-233-3461 or novabe@comcast.net.

Check the Website and the Listserv for announcements about future presentations! We hope to see you all at an event this year!

Most Valued Activities

MCPA Listserv	63%
Staying Connected to a supportive, professional community	59%
Newsletter	59%

Topics of Interest

Anxiety Disorders	65%
Mood Disorders	63%
Therapeutic Skills Training	52%
Alcohol and Substance Abuse Disorders	50%

Populations of Interest

Adults	63%
Couples	50%

Preference for Day/Time of Events

Weekday Evenings	53%
Friday Evenings	46%

Look for updated Survey Results in the next issue of the Newsletter.

ARTICLES

Can Psychologists Help Families with Dangerous Older Drivers? By Carolyn L. Rosenblatt, RN, BSN, Attorney, and Mikol S. Davis, Ed.D.

An older driver plows his car through the garage and goes over a hill. A senior steps on the gas instead of the brake and smashes into six parked cars. The sensitive issue of dangerous older drivers is grabbing our attention. If you haven't been hit by one, you probably know someone who has. Our population is living longer than ever, and this creates a growing problem: when should a person stop driving?

Freedom, control, independence and a host of other practical transportation problems are at stake when the senior thinks about giving up the keys. Panic may arise at the thought. Families struggle with how to say "it's time to sell the car, Dad" and who should do it. Denial and avoidance are common. Stubborn refusal to stop driving can explode into battles with aging parents.

Can psychologists be of help? We think so. Communication about the problem of having an aging parent or other relative who shouldn't be driving is fraught with difficulty. Families don't often think of getting outside help, but at AgingParents.com, where we consult with families on aging issues, we recommend getting help from professionals as part of a five step plan.

Family conflicts emerge from our sense of individual freedom and our need to set limits on that freedom when the time comes. The right to drive is sacrosanct. Few people are willing surrender that right. Some will do almost anything to prevent losing their independence, a perception aggravated by dementias and other cognitive impairments.

All states recognize driving as a right. None have a cutoff age for driving, though some require driving re-testing on an annual basis after a certain age, such as 80. Because we all age differently, and some people are safe drivers even in very advanced years, it would violate their rights to make it mandatory to stop when they can pass the driving tests required by their states.

The California Department of Motor Vehicles provides some help for those whose family members may be in denial about the effects of aging, or simply too impaired by conditions such as dementia to appreciate how impaired they are becoming behind the wheel. The DMV website provides a Request for Retesting form, which can be sent anonymously. A reportedly unsafe driver can be required to come in to the DMV for retesting because of the request.

If a family member sends in the request anonymously, you can imagine that the elder will be suspicious. "Who did this to me?" Relationships can be damaged, but an aging parent's safety and that of the public must be a priority. How a family handles this emotionally charged issue is critical to how well the aging parent can adjust. As many families suffer from various dysfunctions, and communication may be less than ideal, we like the idea of bringing in a professional to assist.

In our book, [*The Boomer's Guide to Aging Parents, How to Handle a Dangerous Older Driver*](#), we suggest successive and progressive techniques in which the family uses its own resources first in an attempt to get their older driver to voluntarily retire from driving. If the first two techniques fail, we then suggest getting outside help. We see this as ideal place to use the skills of a psychologist or other mental health professional to effectively communicate with and reassure the elder that all his or her freedom won't be taken away and that the elder has good support.

In the fourth of these techniques, we suggest intervention as a method to try to get the elder to give up the keys. Intervention here is different, of course, from that applied to substance abuse, as the goal is not treatment. However, the concept of a supportive confrontation by various family members led by a skilled person is the essence of this intervention. A psychologist would be an ideal professional to lead such an intervention.

We recommend using a leader who has experience with conflicts if an intervention becomes necessary. We think mental health professionals are well equipped to handle this challenge. The risk of a poorly done intervention could be disastrous to family relationships. The benefit of a well handled intervention to get an aging parent to give up the keys could be avoidance of legal action, maintaining the dignity of the elder, and overall reduction of conflict around this issue in a family.

For mental health professionals who are interested in elders and their families, we see an emerging role: the psychologist as the one to turn to when a driving issue is turning into a firestorm in a family. Smoothing of family fights over dangerous older drivers may not be what you studied in school, but it may be one of the next areas where communication skills can truly help our world.

[*The Boomer's Guide to Aging Parents*](#) is available at Agingparents.com in print, audio and downloadable formats. The 55 page minibook, [*How to Handle a Dangerous Older Driver*](#) is also available separately.

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SHRINK RAP ON FILM

IF ONLY THINGS WERE BLACK AND WHITE! COCO BEFORE CHANEL and COCO (CHANEL) AND IGOR (STRAVINSKY)

By Sue Hulley, Ph.D.

It's been an interesting movie year for Chanel, with the release of two "major motion pictures" covering slightly overlapping periods in her early life. *Coco Before Chanel* takes us from Coco's childhood through her adolescence, and early adulthood. Her beginnings were not auspicious; she was illegitimate, born to an illiterate, itinerant peddler and his wife, the second of four children in quick succession. After the death of her mother when she was still young, her father deserted his brood. Her two brothers became farm laborers, while Coco and her sister lived first with relatives, and then in a convent.

From an early age, Chanel longed to escape this grinding poverty, but not by the usual "marriage and children" route. As a young adult, she tried unsuccessfully for a musical career, and successfully to become a "kept woman." Her protector, Etienne Balsan, was a dashing young officer garrisoned at Moulins, her hometown. Although from a very old and well-connected family, Etienne spurned social snobbery, throwing himself headlong into horseracing and partying. Through him and "Boy" Capell, an English businessman for whom she left Balsan, Coco obtained the backing she needed to set herself up in a millinery business.

We're fortunate to have this glimpse of her early life, because once successful, Coco went to great lengths to obliterate it. Even when she agreed to collaborate on a biography, Coco never followed through; typically, she would first tell fascinating stories, then deny them, once even saying, when her words were read back to her, "that's fiction!" After Boy's death in late 1919, determined to be a social success, Coco redoubled her efforts, repressing and/or transforming her early life beyond recognition.

An interesting group of women including the director and screenwriter Anne Fontaine was responsible for having the idea, engaging Audrey Tatou to play the lead (before they had a screenplay!) and then bringing this fairly obscure period of Chanel's past to life. Tatou is charming and unforgettable as the young Coco, and the filmmakers give the story a feeling of being in the present, always avoiding the "Masterpiece Theater" approach. In extra material which accompanies the CD, the set designer commented, for example, that usually when filmmakers pay a lot for the vintage cars, they feel they have to spend a lot of camera time on them. In this movie, however, although the sets are accurate, the camera resolutely engages with the characters and their interactions.

Coco and Igor picks up only a few months after the main action of *Coco Before Chanel*, covering the duration of their affair, which began in the fall of 1920, after she invited him and his family to live in her villa, Bel Respiro, outside of Paris. There seems to be little information about this affair in their biographies, although we are told in Stephen Walsh's *Stravinsky* that he took things pretty seriously, and was miserable when it ended. The portrayal of Chanel, the confident mistress of her destiny, seems spot on. However, many of the details, like having the affair carried on within the villa itself, don't ring true. The couple could have easily met in Paris, where Igor made frequent visits and Coco had a large room above her shop. One suspects that the filmmakers had their own agenda; they seem to have been determined to create a drama involving the poor, downtrodden Russian wife versus the independent, arrogant Parisian couturiere. So grit your teeth and get ready for Piety battles Sophistication. However, to be fair, *Coco Before Chanel* does its share of playing fast and loose with history, showing us Coco

introducing the striped sailor chemin about ten years before she actually did so.

Thinking about this, I wondered about this trend, using real characters as the basis for fiction. It must be terribly tempting, because you can have it both ways. On the one hand, using Stravinsky, for example, gives your tale instant credibility. Instead of having to come up with a lot of believable detail about a Russian who composes music, you just say Stravinsky, and voila! A whole life is assumed. You can also use that person's life story as your plot line, switching, omitting, and embroidering at will. You don't have to stick to the facts, because after all, "it's just a novel (movie, play, etc.)", right?!

OK, so they can do it, but how do we like it? I've heard—and had—a lot of different reactions. Having spent years in grad school in history, there's the automatic "You've got to be kidding!" reaction when some of these switcheroos whiz past. But on my other shoulder is the artistic fairy, who probably would look something like Harpo Marx, reminding me that these are ARTISTS and they are being creative, that we can't judge the novel by the history involved, we can only judge it within in its own terms, etc. And it's true, both of these movies can be enjoyed as stories about the people involved, whether they are "true" or not.

I guess what bothers me has something to do with the idea that seeing these movies means that now we DO know something about Coco and Igor. We love the feeling that we now have some insider knowledge. The problem is that we do and we don't; as my ex-husband was told in a talk by the dean when he started Harvard Medical School, "Half of what you are going to learn is false; the problem is, we don't know which half."

I also wonder about the motives behind the changes. I mean, I don't really mind if Coco introduces the striped shirt early. After all, it's something she really did do, and the filmmakers were condensing this in order to show the impact she had on women's fashion. It's hard to overemphasize this impact—she single-handedly brought black from being the color only of mourning to being THE fashion shade, she permanently transformed women's view of clothing's function, etc. etc. Anyone trying to give us an idea of the scope of her influence in a two-hour plotted film has my sympathy.

But when filmmakers mess with the facts in order to ratchet up the action in a melodramatic direction, I am less sympathetic. I know it's hard to portray the complexities of an affair, but gosh! To be blunt, these two were also boffing other people, and not necessarily just before and after they were doing this with each other. Somewhere in the period of their affair, Stravinsky fell for a voluptuous blonde accordion player in a Russian theater group, while Chanel had met Grand Duke Dmitry Pavlovich prior to this, saw him during this time, and subsequently had a year-long affair with him. I guess I was prejudiced, too, by an article where we were told that Mads Mikkelsen, who played Stravinsky, studied Russian, French, and music for a few weeks to prepare, but refused to look at any footage of the actual Stravinsky to study his physical presence and movements, preferring to develop his own portrayal. This struck me as a bit cavalier, but maybe I'm just too sensitive.

Ultimately, though, I object to all effort to make this affair, in reality a footnote in the lives of the principals, into a dramatic, life-shattering event for them. Both of these people had a lot more going on. However, having said this, I did enjoy the portrayals, especially Anna Mouglalis as Coco. She gave great assured arrogance!

Oh, and of course, both movies abound in period detail. From its incredible opening titles, which feature a kaleidoscopic mélange of patterns, through the interior decoration at Bel Respiro—how many more creative ways can one employ black and white?!!—the effects are so sumptuous and interesting as to be distracting at times. For example, yes, they are having sex, how absorbing, but wow! That bedspread!

Now that's really something!

Anyway, both have a bit of something for everybody. Enjoy!

And P.S. Don't leave the theater at the end of *Coco and Igor* until the movie is over, and that doesn't happen until AFTER the credits roll.

ANNOUNCEMENTS

**TREATMENT RESISTANT DEPRESSION: HOW GOOD IS
OUR TREATMENT?**

Friday, July 16, 2010

**6:30 PM Pot luck Dinner (Please bring a dish to share, drinks
provided)**

**7 – 9 PM Presentation by Mark Schiller, M.D.
150 Nellen Ave. Corte Madera**

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

RSVP: Barbara Nova, Ph.D.:
continuing-ed@marincountypsych.org
Or (415) 233-3461

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 Sharon Cushman, Ph.D.
(415) 925-8511 x 742
scushmanphd@comcast.net

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>

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

ADVERTISEMENTS

THERAPY GROUPS FOR THERAPIST

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
Psychotherapy Groups**

- PACE – Harm reduction group for dually diagnosed adults.
- 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.

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

**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 mid-September.

\$90.00 per month, \$70 for FSA Alums

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

Interventions: The Therapist's Tool Chest

In this introductory class for professionals, we will explore, tune-up, and practice intervention techniques. In particular, we will look at attunement, the importance of confrontation in all phases of treatment, and interpretation, mirroring, joining, and humor with an eye to differential diagnosis. There will also be an experiential segment that looks at the fluidity of interventions.

Date/Location: Saturday July 24, 2010 from 9:00am-5:00pm in Mill Valley, CA
CE's: for MFT's and LCSW's

* * * * *

Supervision Group: Our Supervision Group is an active process of experiential coaching and meets approximately 6 times per year. Through the use of case presentation/discussion and dyadic coaching with Dr. Frisch, professionals and students will become familiar with character-analytic techniques and how they can be utilized.

Dr. Patricia Frisch offers comprehensive training programs in Wilhelm Reich's character-analytic and somatic approach, Mastersonian disorders of the self, and elements from Jung to qualified mental health and medical professionals, and graduate students.

* * * * *

For more information, visit <http://www.orgonomichtherapy.com> or call 415-388-0622.

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 Sue Fleckles. Ph.D. at mcpanewsletterads@gmail.com

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

Larger office space ads and all other ads continue to require payment according to the existing schedule described at the end of each newsletter.

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.

MILL VALLEY: Furnished therapy office to sublet. Equipped for adult therapy or play therapy. Suite with other therapists. Strawberry area, just off 101 – easy access for Sausalito, Tiburon, C.M., Mill Valley. Easy parking. Call Jonathan Kopp 389-0235

SAN RAFAEL: SUBLET AVAILABLE FOR TWO HALF WEEKDAYS AND SATURDAYS, STARTING AUGUST 1st in the 1330 Lincoln Ave. professional building, close to center, contemporary, very attractive third (top) floor corner office in a three-office suite with shared waiting room, for individual adult and couple psychotherapy clientele only. Call-lights, air-conditioned, openable windows, elevator, parking. Available Mondays until 1:00p (\$110., monthly), Wednesdays from 1:00p (\$154., monthly), Saturdays (all day: \$120., monthly). Please contact Philip M. Alex, Ph.D, 415.457.6234, alexpm77@sbcglobal.net

**From the Editors:
Laura Cabanski-Dunning, Ph.D., & Sue Fleckles, 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, Ph.D., 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 (2009 dues paid!). Each free advertisement must include your name, be no more than four lines of text in 12pt, Times New Roman font.

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

.Larger office space ads and all other ads continue to require payment according to the existing schedule described below. **Please email your announcement or ad as an MS Word (.doc) attachment to editor Sue Fleckles, Ph.D. at mcpanewsletterads@gmail.com.**

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

Please send checks to:
Sue Fleckles, Ph.D.
240 Tamal Vista Blvd. # 162
Corte Madera, CA 94925

Rates for Advertisements:

<u>Size</u>	<u>MCPA Members</u>	<u>Non- Members</u>
1/8 Page	\$ 15.00	\$ 30.00
1/4 Page	\$ 30.00	\$ 50.00
1/2 Page	\$ 50.00	\$ 75.00
Full Page	\$ 100.00	\$ 150.00

15% discount for ads of 1/2 to a full page which run three editions in a row.

Deadline for next MCPA newsletter submissions: September 30, 2010