

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A Chapter of the California Psychological Association

marincountypsych.org

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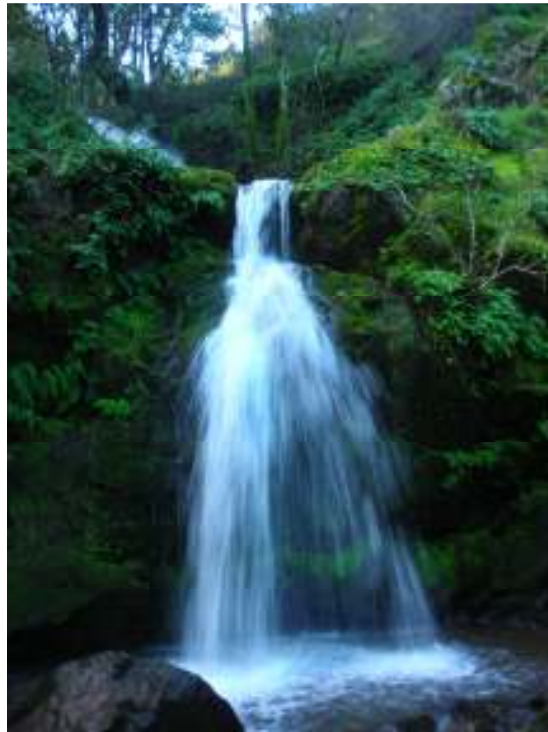
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April Waterfall in Marin, photo by LJCD

Check MCPA's calendar of events for updated information:

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

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**Please see page 18 of this newsletter for submission guidelines and ad rates.
Next Deadline for MCPA Newsletter submissions: June 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.

Wishing you all a Happy Spring! May you and your loved ones prosper and have good health, and peace. Make sure you take the time to partake of laughter. MCPA started the year off with a well attended Business Meeting in our new conference venue. At the end of January, the MCPA Board met for our Annual Retreat. We accomplished much in the way of planning the upcoming year and have made it our mission to reach out and increase membership. So far, so good. Our efforts have brought in a number of new members, as well as renewals. The year flies by and we forget. My mother always told me, "the older you get the faster it goes." How true....a reminder to make the most of each day and be grateful ... and of course keep up with maintaining.....a skill that takes a good deal more effort as we get older.

I would like to thank Laura and Sue for revitalizing our Newsletter. It is one of the threads that connect our members. I also want to acknowledge again, all the efforts of our Board and committee participants. Their continued support has enabled our Organization to grow and change only for the better. I encourage Members to take a chance, if you haven't already, and attend one of our upcoming events. The MCPA website is a wonderful resource. I get many calls for information and regularly use the "Find a Psychologist" tab to refer in the Community. I am getting to know more and more of you by name, but having a photo of yourself on your info page is sure helpful...as well as getting to meet you in person.

The website, at www.marincountypsych.org, also has a continually updated Calendar of events and now, a vehicle for payment, using PayPal.

As a second year President, I am making an effort to create a personal project that will address an additional aspect of MCPA's Mission statement:

"A further goal is to promote and maintain high standards of professional ethics, conduct, education and training of psychologists. Finally, in addition to promoting fellowship among psychologists in Marin County, MCPA and its members seek to cooperate with other professionals and lay organizations in achieving mutual objectives."

I am working on creating a curriculum that speaks to compassionate living, for patients AND their families who are living with cancer. I have been in conversation with Nancy Novak, Ph.D., of www.nancyslist.com, and there is consideration of our working together to offer this to our professional community. Furthermore, I will also address the notion of palliative care, which embraces an emphasis on "life" rather than "death." Additionally, Robin Berenson, Ph.D., director of the Community Institute of Psychotherapy, is interested in being involved in the collaboration.

"Psychologists have tended to overlook end-of-life issues because we've been so involved in other areas, but we can't afford to overlook them anymore," says psychologist Judith Stallion, PhD, chair of an APA ad hoc committee on end-of-life issues. APA is aggressively tackling psychology's absence in end-

of-life care, which significantly addresses the entire spectrum of malignancies, hoping to get more psychologists involved in an area it believes needs their expertise. "Our mission is to move the profession of psychology into a stance where psychologists know and understand the importance of end-of-life issues, so that some of them will include it in their practices in an informed and knowledgeable way."

I have much on my plate, but will do what I can to see this through. I encourage any thoughts or feedback, and would love to hear from others who have done work in this field. I am looking forward to an ambitious and exciting year ahead and hope to encourage new faces and energies to our corps. I will be attending the CPA's Leadership and Advocacy Meeting in Sacramento and then off to CPA's Annual Convention April. I am excited by all the changes under the leadership of Janet Hurwich, Ph.D. Thus far, I have been involved in a monthly Chapter President phone in, hoping to bring new ideas and challenges to MCPA.

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

Leadership & Advocacy

Leadership and advocacy constitute the core of why MCPA, CPA and APA exist. It is up to us to participate in the organizations that advocate for our profession. I find it interesting that you cannot practice law in California without being a member of the Bar Association and psychologists have a choice as to whether or not to support the professional organization that guides our profession. This is one area that I think the lawyers are correct and maybe we should follow suite to the best of our ability. In direct terms, if you are not a member of CPA, join now!

As a psychologist, I feel that I have a moral obligation to educate myself in ways that I know will benefit my community. Marin County has received grants to help train volunteers in several areas, which adds to knowledge about how we can respond to a crisis. I will name a few that I personally recommend.

Get Ready Marin offers classes to train at least one member from each household Disaster Preparedness for their families, neighbors and community. The training includes suggestions about to being prepared with an emergency food supply, water supply, and where and how to store supplies. I found out that my supplies met the guidelines, but my place of storage did not. I had stored supplies under my deck and in a basement area for safe protection from the elements. Right? Wrong! In case of an earthquake, my home would collapse on my supplies. Get Ready Marin suggests buying a separate, waterproof storage unit and placing it in an area away from structures, just in case. They also suggested making a personal disaster plan. I'll add to that and include colleagues to develop a professional disaster plan. Keep cash on hand because the ATMs may be inoperable and banks closed. The two hours I spent in class were a good investment in my mental health.

CERT: Community Emergency Response Team
http://www.citizencorps.gov/cert/training_mat.shtm

Check out the site for online training and the location of your local CERT program.

In the 2 day training I attended in Nicasio I learned how to fill and stack sandbags, where I can find them in my community, successfully out a fire with a fire extinguisher (not as easy as it seems), triage disaster victims in order of who must be attended to first, second, third and dead. This helps the medical professionals use their time more efficiently (Not what I learned in school.) Not only was it helpful and

possibly life saving, I also met people from my community and learned to work in concert with them. I also learned about the chain of command and how to get information if the phone and landlines are inoperable. The physical training and practice 'in the field' was especially helpful because I haven't had experience moving physically hurt people and would not have had a clue as to how to proceed.

Marin Medical Reserve Corps
Contact: Chief Brian Waterbury

The mission of the Marin County Medical Reserve Corps is to develop partnerships within Marin County medical profession (active and retired) that aid in the education, training, and deployment of citizen volunteers and resources in the event of a large scale, local emergency.

For this one, Chief Waterbury has you raise your right hand and swears you into the Corps. They need volunteer psychologists. When I asked a few months ago, Marin had 27 mental health volunteers. We can be of service and be amongst the first to know about medical and disaster alerts.

Nancy Haugen, Ph.D., MCPA's Disaster Response committee chair, is the expert and I attended the above trainings because of her inspiration and depth of knowledge.

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

As of February 28, 2010, MCPA has \$22,224.00 on hand. This is about \$1360 less than at the same date a year ago, but considering the dim economic outlook this last year, a very strong position to be in.

Much of the success is attributable to board members who took on the task of reminding many previous members. The former MCPA Webmeister Raja Hornstein instituted a new PayPal payment provision on the MCPA website, which has brought us further into the era of instant gratification (as well as debt).

A big thank you to Raja, and to Dan Kalb for coordinating the membership drive, and to enthusiastic board members, as well as to the many individual members who continue to make MCPA one of your professional homes.

Membership Report
By Dan Kalb, Ph.D.

At the beginning of the year a goal was set to increase the number of members to a lofty 150. There were those who snickered in derision. I know this because Board Members were accosted throughout January by people coming up to them on the street saying: "I snicker in derision." These were the same folks who scoffed at Galileo Galilei, Nicolaus Copernicus, and Dennis Kucinich.

Anyway, I'm delighted to announce that, at the time of this writing, we have a complement of 141. Won't you help with the final push? I'm sure you know a non-member, or two, you can hit on (now, now, you know what I mean). I will announce your successful proselytization, to wit: "I want to thank Dr. Laudatory Initiative for bringing Dr. Lost Sheep into the fold." Just think of what this publicity will do for your career! OK, never mind that, but please help anyway.

Thanks, Dan

**Report from CPA Board and Division I Board Meetings:
Important Practice-Related Information for You
By Betsy Levine-Proctor, Ph.D.**

We met in Burbank, Division I on Friday, 2/5/2010, and the CPA Board on Saturday, 2/6/10. The Division I, Division of Clinical and Professional Practice, Board is smaller than that of CPA which has 39 voting members and a number of ex-officios including the Executive Director, Dr. Jo-Linder Crow, and the Director of Practice Affairs, Dr. Chuck Falz. The smaller size of the former allows us the luxury of in depth discussions and action planning regarding matters critical to our profession. A new and welcome Board member is our very own former MCPA President, Dr. Beth Tabakin.

The Division is CPA's largest with over 750 members. Its dues finance its Sections all of which have member list serves and are free to Division I members. They are: Health Psychology, Gerontology, Psychoanalysis, formerly Neuropsychology which is now a Division, and Rehabilitation. The Division is open to the formation of new Sections representative of member interests. Division I will be a Diamond Sponsor of the upcoming CPA Convention which is guaranteed to be fantastic. Dr. Janet Hurwich, CPA's 2010-2011 President was in charge of the Convention held in San Francisco several years ago. For those of us who attended, it is remembered as the best to date. This year's Convention is April 15 – April 18 in Costa Mesa and provides an opportunity to earn many CEU's through fascinating, unusual, and professionally relevant presentations, the cost of most of which is included in the very reasonable Convention registration fee. Through these experiences and other events, we meet with colleagues in a relaxed and enjoyable way and have the opportunity to feel proud of our profession. It is the only way for all California Psychologists to gather together in such an environment.

I digressed, but in a good way. Anyway, the Division Board meets for 6+ hours with a packed agenda which includes legislative issues, such as the ongoing legal battle to ensure the ability of Psychologists to practice to the full extent of their licensure in State of CA hospitals. Division I is a financial supporter of this legal matter. The outcome of this situation has huge implications for Psychologists in regard to our continuing ability to work in this way in all settings.

Division I sponsors a student scholarship of \$1000. awarded annually to a CPA and Division I member with strong clinical and advocacy interests.

There are so many areas of our profession that are addressed by Division I that there isn't room to write about them all in this article. The above is merely a sampling.

The same holds true for CPA. Its Board meetings are normally two full days but have been shortened temporarily to one day for financial reasons. There we all are in a huge conference room with close to 50 people with microphones required to speak so we can hear one another clearly. This agenda is full to overflowing as well. The CPA legislative agenda is critical to our professional future and to the wellbeing of the public. One such emerging issue is the Mandatory Helmet Law for Skiing/Snowboarding (Senate Bill 880, Yee). The CPA Division of Neuropsychology under the direction of Dr. David Lechuga, former CPA President and CPA Representative to the APA Council, plays a key role in the development and support of this bill.

Another powerful CPA action is the WellPoint Blue Cross Blue Shield Lawsuit, a class action complaint filed by CPA, Dr. Jim Peck (former CPA Government Affairs Committee Co-Chair), the American Podiatric Medical, and the CA Chiropractic Association for systematic underpayment to Psychologists and other non-M.D. practitioners providing out-of-network services.

Two other important projects are: the Public Education Campaign led by Dr. Michael Ritz, which in conjunction with APA efforts, brings psychology to the community in meaningful ways, and the new CPAid, a Task Force formed to provide assistance the public, as well as to Psychologists who are assisting the public, during and following disasters.

There are so many benefits to CPA members in addition to those already described including: free phone consultation with the Director of Practice Affairs, free CEU's simply obtained by reading *The California Psychologist* (the member publication) and taking the test, access to discounted rates and the first month without fees with Therapysites which will set up and monitor your website for you. Dr. Chuck Falz, the Director of Practice Affairs, also provides Progress Notes, which includes important up-to-the-minute practice-related information.

I could go on and on, but I don't have time right now. I will end by saying this: the best thing about CPA is the people. If you join, get involved or are a member and get more involved, you will know what I mean. They are gifted, giving, energetic, and committed to Psychology as a profession and to our well-being as Psychologists.

If you are curious, please contact me at levineproctor@yahoo.com or 415-453-1270.

MCPA Ethics Corner by Haleh Kashani, Ph.D.

Welcome to MCPA Ethics Corner, where educational materials on ethics, as well as questions and concerns regarding potential ethical issues, can be presented and discussed.

Q: As a psychologist working with children and adolescents, at times I come against parents who demand detailed information about a child's therapy. What are my obligations in disclosing confidential information to the parents? Can a parent mandate the release of records and force disclosure of details of the child's therapy?

A: Determining who holds the privilege with regards to the confidentiality when working with children is often a confusing situation for many psychologists. Many believe that, because parents are the holder of privilege and under some circumstances can waive or assert the privilege on behalf of their children, therapists are therefore obligated to disclose any confidential information requested by the parents.

Dr. Michael Donner, Ethics Chair for the California Psychological Association and the Alameda County Psychological Association, in his article in *The California Psychologist* (September/October 2005), identifies this as a misunderstanding of the law and presents evidence that, in fact "it is the treating psychologist who must make the initial determination as to whether to disclose information about a child's treatment and how much information to disclose. This is true even when disclosures are made to the child's parents." Therefore, as a treating psychologist you are protected by the laws and regulations and ethical principals in deciding what information to disclose to the parents based on your clinical judgment. As Doctor Donner notes, "If discussing details received from children is necessary for effective treatment, it is permissible to do so. While it makes good clinical sense to include parents in the treatment of a child, psychologists should appreciate that doing so is a clinical decision, not a legal one."

For more detailed information about this article and the relevant references, you can find Dr. Donner's article on the CPA website (www.cpapsych.org) under the Ethics On Call section.

Please feel free to email us your questions at ethics@marincountypsych.org. We will research your questions and post the answers, while observing confidentiality and without disclosing the identity of the requestor. We also welcome receiving articles and educational materials on ethical issues and considerations.

We also would like to remind you that CPA members may request a **free personal and confidential consultation** from members of the CPA Ethics Committee on questions related to Ethics in Psychology. Members of the Ethics Committee are approved by the CPA Board of Directors, and are individuals who have significant experience with the application of the APA Code of Ethics to the work of psychologists.

The following resources are offered as a resource to all psychologists in California. CPA members may call the CPA Central Office to request a personal consultation with a member of the Ethics Committee. **Please call 916-286-7979, ext. 114.**

ARTICLES

The Mental Game of Sport: What is a Sports Psychologist? By Joan Steidinger, Ph.D.

Never has psychology in sport been more evident than earlier this year, when many people watched the 2010 Winter Olympic Games. As my blog (bloodsweatcheersbook.com) followed female Olympians, both their performances and personal lives were examined. Common themes emerged. We watched focus, determination, confidence, courage, disappointment, relaxation, commitment, risk, and joy. Ultimately, the medalists performed in the “zone.” An athlete is in the zone is when she/he is able to solely focus on the here and now of the competition, allowing all their mind and body training to come together in their competition.

Many Olympians put everything “on the line” just to participate in the Games. In interviewing a former Olympian for a book that I’m writing, Karen Brems’ goal was simply to qualify for and participate in the 2000 Olympic Games in Sydney in the road and time trial cycling events. When this goal was achieved, she felt successful. Another top level Masters runner’s goal was to qualify for and make the Olympic Trials in the marathon. Honor Fetherston achieved this as well. In each and every performance, sports psychology plays a significant role. This is further evident in the 2010 Olympians. One female Olympic Gold medalist in women’s 10K cross country skiing, Charlotte Kalla (Sweden), made the comment: “It felt good the whole race.” An American, Julia Mancuso exclaimed: “Silver!!!! feels like gold.” Each of these women expressed their feelings at the moment about what their accomplishment meant to them. What we don’t see is all the years of hard work and training that goes into arriving at the pinnacle of sport.

But what is a sports psychologist? I am often asked this question. Sports psychology, loosely defined, is the study of behavior and mental state in sport. APA defines sports psychology in the following manner: “Sport and exercise is the scientific study of the psychological factors that are associated with participation and performance in sport, exercise, and other types of physical activity. Sport psychologists are interested in two

main areas: (a) helping athletes use psychological principles to achieve optimal mental health and to improve performance enhancement, and (b) understanding how participation in sport, exercise, and physical activity affects an individual's psychological development, health, and well-being throughout the life span."1 The understanding of health and exercise, performance, and social psychology are essential in working with athletes. A knowledge of physiology and kinesiology is also important. In speaking with Dr. Sharon Colgan from San Diego (Ph.D. in sports psychology), she advises being a former competitive athlete and/or coach. My opinion is that a sports psychologist needs to understand or learn the technical aspects of the sport the athlete is participating in and would be advised to know about drug and alcohol addiction. The Association of Applied Sports Psychology requires their certificated sport psychologists to be licensed psychologists. Becoming a sports psychologist is both a challenging and exciting role for those psychologists who are passionate about sport and exercise being essential for mental health.

1:[http://www.psyc.unt.edu/apadiv47/APA%20Div%2047%20\(1\)/about/aboutbecomingsportpsych.html](http://www.psyc.unt.edu/apadiv47/APA%20Div%2047%20(1)/about/aboutbecomingsportpsych.html)

Joan Steidinger, Ph.D. is a sport psychologist who specializes in sports psychology/peak performance issues, women's issues, addiction, depression & anxiety, life transition, stress/post traumatic stress, and police/firefighters. She has offices in Mill Valley and San Francisco. Currently, she is writing a book about female athletes and their relationships.

Bringing Psychologists to the Courts to Help Settle Cases in Marin By Carolyn L. Rosenblatt, RN, BSN, Attorney, Mediator

Marin may be the first county anywhere to use mental health professionals, working with lawyers, to help our judges get cases settled when a trial is looming. In California, when a case is set by the court for trial, it is mandatory that it go through a settlement conference, administered by the court, and supervised by a judge. Historically, the court enlisted members of the bar, with at least 5 years of experience, to help with the settlement conferences. These "bench-bar" settlement panels, as they are often called, usually consist of two volunteer lawyers, who work with the parties involved in the litigation and the judge, to try to reach a settlement at a special conference dedicated to this end.

In family law matters, Marin County has used volunteer psychologists to work with lawyers and the court on highly contested custody disputes for some time. Given the very high success rate of this method, our courts have now expanded the team approach using mental health professionals (MHP's) and lawyers to work on other kinds of cases. The object is to keep disputes from having to be tried in court. The parties can and do reach agreements within about two weeks before the trial date at settlement conferences.

Expansion of the success of family law court in these custody disputes was spearheaded by Marin County's innovative Judge Verna Adams. She gathered some interested lawyers together and the idea of expansion took shape through meetings and discussions. Next, lawyers who knew experienced psychologists and other mental health professionals invited a group of them to talk over the idea first with three of Marin's judges.

The reception among the MHP's was very positive. The next step was a brief "primer" in an orientation to the course of general civil litigation and trials, presented to the group of MHP's by a lawyer. Interested MHP's then attended a 4 hour training in the courthouse, conducted by Judge Lynn Duryee, who heads a new Marin County Courts settlement department. Lawyers who wanted to work with MHP's were part of the training group. Participants were briefed on how settlement conferences are conducted, and their limitations and benefits. Role playing of typical settlement conference scenarios was followed by discussion among lawyers, Judge Duryee, and the MHP's. "Graduates" of the training are ready to go. The program began in March, 2010. Early reports are that it's going fine.

Marin County's professional mediators, who attempt to get disputes resolved long before the settlement conferences, are often a part of the Alternative Dispute Resolution (ADR) Section of the Marin County Bar Association. Mediators also serve on the settlement panels. Generally, mediators are experienced attorneys who know the litigation process well, and who have moved away from a primary focus on litigation to the role of peacemaker. Whenever possible, the courts urge the parties to choose mediation at earlier stages in the process of litigation, in the interest of saving both time and money. Some cases can't be settled early on, for a variety of reasons. However, the county's mediators are enthusiastically seeking to increase the presence of mediation through a more structured process in Marin, as it is in surrounding counties, through court administered mediation programs.

Court-sponsored mediation programs may have attorney-mediators volunteer their time for two to four hours with the parties to a lawsuit in efforts to get it settled. After that, if the case is not resolved, the mediators are paid for their time by the parties to the lawsuit to continue with mediation for as long as the parties are willing to work at it. The success rate for mediation in general is about 80-85%, with somewhat less success for certain categories of disputes.

We see a possible role for psychologists as co-mediators with attorneys who are willing and able to work with them, to facilitate the process of mediation. If it works for settlement conferences conducted at the end of a dispute, just before trial, why not put lawyers and psychologists together at mediations in selected matters much earlier in the process?

At AgingParents.com, which offers dispute resolution services for elders and their families, among other services, we are finding that the co-mediation model works quite well. I as the lawyer-mediator probably reflect what a lot of other lawyer-mediators are finding: we love the skill set of a psychologist or other MHP as an adjunct to our skills in mediating cases. Most frequently heard praise of MHP qualities by lawyer-mediators: what great listeners you are!

Other very helpful skills psychologists offer are those of seeing the emotional undercurrent in a dispute, being non-judgmental, and knowing how to respond to upset litigants in a way that defuses, rather than escalates their emotional states. There are many other talents psychologists can offer to help get conflicts resolved. So far, working with lawyers and judges on a volunteer basis is groundbreaking, progressive, and has a far-reaching positive effect on the litigation process when a case is about to go to trial. We would be very happy to see it expanded even more and much earlier in our Marin cases.

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Carolyn Rosenblatt is the co-founder of AgingParents.com, together with her husband, psychologist Mikol Davis, Ed.D. She can be reached at nurselawyer@agingparents.com, or (415) 459-0413.

BOOK REVIEW

The White Knight Syndrome - Rescuing Yourself from Your Need to Rescue Others
By Mary C. Lamia, Ph.D. and Marilyn J. Krieger, Ph.D.
Reviewed by Meghan Harris, Psy.D.

Relationships are based on many factors: love, lust, compatibility, and common interests. But there are other, more complex layers to our motivations in mate choice. Who among us hasn't witnessed a friend trying to "fix" a new romantic partner? Or been attracted to someone ourselves because we feel able to "help" that person? When these dynamics go awry, they create unhealthy patterns of behaviors and beliefs, which Drs. Lamia and Krieger have designated as the "White Knight Syndrome." This book excels at explaining and categorizing different dynamics in romantic relationships that start out "helpful" and end up hurtful. The authors describe different types of rescuers and illustrate each with a vivid, relatable vignette. Part of what makes the book so compelling is that it is nearly impossible to read without finding in it aspects of yourself or other important people in your life!

Drs. Lamia and Krieger have done an outstanding job of presenting these complex dynamics in an informative, understandable, relatable fashion. In giving such rich examples of white knight behaviors and their origins, readers discover the "whys" of behavior, both their own and other people's. Crucially, the book also offers a complete portrait of what healthy alternatives look like: a "balanced rescuer." The authors don't pathologize the wish to nurture, or even to help a partner. They simply help to distinguish when helpful behavior becomes unhealthy; that is, when helping our partner is actually a misguided attempt to help ourselves.

The book does assume a certain intellectual ability of its readers. Therapists will revel in it, and certainly well-educated clients will find it useful and illuminating. It may be challenging for the everyday reader; but conversely, one of the book's strengths is that it does not talk down to its audience. One can only hope that all therapists embrace it as a new and powerful tool in their arsenal, as its pragmatic advice is thoughtful and sound.

A major strength of the book lies in its summations: the "Thinking About It" boxes at the end of chapters are well-crafted, explicit tools for self-reflection. In these, the authors saved the best for last, including clear, practical suggestions for how to cope, learn from the past, and restore self worth. Readers who use these will be wisely taking advantage of an unprecedented bargain of personal psychotherapy from two masters in their field.

SHRINK RAP ON FILM

THE LAST STATION: OUT OF GAS IN RUSSIA

By Sue Hulley, Ph.D.

Talk about ambitious subjects! This film—based on a novel—plunges us into life the domestic scene at Tolstoy's estate during his last days. You may have some ideas about his later years already; I remember hearing that he was a brilliant novelist who “got religion” toward the end and became almost ridiculous - dressing like a peasant, starting some sort of rural commune, etc. I was curious about how he would hold up in the movie.

I was surprised on many levels. First, although a movie like this can't go too deeply into anything, I felt this one succeeded in showing a man caught in the excruciating shackles of his own making. Given the beliefs he adopted and strongly held during his later life, combined with the results of his earlier decisions, his ongoing tendencies, not to mention his besotted and bizarre disciples, Tolstoy was a tortured character.

A cursory check into some biographical info left me with the feeling that the movie had managed to get at the truth of this situation: not an easy feat, given that the moviemakers had to simplify and tidy things up, and, natch, add a love interest.

Tolstoy had married Sonja. In the course of their decades of married life, she had been incredibly supportive of his work (would you believe she copied out the whole of *War and Peace*?) and had borne him eleven children. However, for many years, the two had been locked in combat. The underlying cause of their strife, which intensified over time, was their ideological divide. Tolstoy came to believe in anti-czarist social activism, which he combined with an anticlerical religious fervor, none of which Sonya could understand or share.

In the grip of these ideas, Tolstoy came to believe that private property was wrong. In 1883, he gave over power of attorney to Sonja, in effect giving her ownership and control of his lands and houses, in hopes that this would free him from this conflict. However, this “solution” didn't work for several reasons. For one thing, given Tolstoy's passive attitude toward his lands and well known views, as well as increasing peasant unrest, the properties yielded less and less income as the years passed. Acts of violence against employees and relatives were not unknown, and much of the money collected vanished before reaching Sonja and the family. Moreover, although Tolstoy now disapproved of private property, the fact that he had been a party to creating so many children meant that he had an increasingly large household to feed, a task which was delegated to his wife. Also, it did not escape general notice that Tolstoy himself continued to live a life where his “simple vegetarian meals were served to him by a lackey wearing white gloves” (A. N. Wilson's biography).

The power of attorney did not apply to the copyright to Tolstoy's work. Sonja apparently did not realize this; one of her fondest dreams was to publish a collected works of Tolstoy. Now into this volatile mix we have to add the Tolstoyans, followers of the great man. Foremost among them was Vladimir Grigoryevich Chertkov, who was engaged in an intense mutual admiration society with Tolstoy. Chertkov too harbored the ambition to publish a collected works, and he did realize that the copyright was up for grabs. Accordingly, he set to work - secretly of course - to wangle a new will from Tolstoy which would leave the copyright in a state where he could publish with impunity.

What followed was a tragicomic battle of psychological and legal wills during which Tolstoy made at least four new but invalid ones in vain efforts to assuage the guilt from his past sales of his work. He finally sneaked off to the forest in July, 1910, to redraft a final will away from the prying eyes of his wife and sons.

Sonya may have been ignorant of the legal aspects, but she had good intuition when it came to her man, and her suspicions inflamed her already histrionic nature. Over time, she developed full blown paranoid fantasies in which Tolstoy and Chertkov were lovers, which resulted in periodic hysterical verbal outbursts and physical episodes.

The Last Station gives Helen Mirren as Sonja some juicy scenes which seem unbelievable until you check the facts. In fact, Sonja's outbursts were worse in reality than on the screen. Tolstoy himself egged her on, especially because of his conflicted feelings about private property and his own love of a good scene. For example, at one point in their real lives, Sonja ran into the icy streets of Moscow in her nightgown, with a shirtless Tolstoy not far behind. They staggered home together, grappling each other and toppling into snow banks along the way.

In fact, all the events in the movie which I checked against Tolstoy's life story turned out to be less extreme cinematically than as they actually occurred. A good example involves the young secretary, Valentin Bulgakov, played by James McAvoy. As the movie opens, he is being briefed by Chertkov (Paul Giamatti), who wants Bulgakov to send him reports of what is going on the household since he, Chertkov, cannot go there himself. Apparently, this really happened; in fact, Bulgakov used invisible ink, which they probably didn't include in the movie because it would seem too hokey to be true.

In the film, Bulgakov is present at the fishy will-signing in the forest. This struck me as a "Forest Gump" ploy, with the secretary present so that the audience could be present. In fact, Tolstoy dictated one of the wills to his secretary, so it turns out that the secretary played a more important role in the historical process than he did in the movie.

But enough of all this: what about the performances?!? Helen Mirren is fabulous, and Christopher Plummer as Tolstoy stands up to her quite well. Paul Giamatti seems a bit over the top, but my reading suggests that, given the cloak and dagger, tiptoeing atmosphere surrounding Tolstoy, Sonja, and the Tolstoyans, his "Spy vs. Spy" mannerisms are accurate.

The only major criticism that I would mention is one I found in a review quoted in Rotten Tomatoes to the effect that Tolstoy, the man, is somehow overpowered or lost because of the emphasis on the intrigue and turmoil surrounding him. At first, it seems the movie has fallen into this trap; it certainly spends a lot of time in the periphery of Tolstoy's world. However, for me, there were enough tantalizing glimpses of Tolstoy the man to suggest his underlying contradictions and ongoing conflicts. Ultimately, the fact that Tolstoy often appears to be swallowed up by the ongoing hoopla is not accidental; it is the message of the movie.

In spite of this, Tolstoy remained a towering figure for me: Lear-esque, as he often appeared. Maybe it was because I knew that he had written *War and Peace* and *Anna Karenina*, and thus HAD been a towering figure as a younger man. Seeing him in such dire straits made me very curious to know more, because it was so clear that the movie was only scratching the surface of a very complex and fascinating man, culture, and historical period.

Judge for yourself....but don't miss it!

ANNOUNCEMENTS

Compassion Focused Therapy In Treatment of Patients with Eating Disorders
by Haleh Kashani, PhD

Haleh Kashani, Ph.D., (PSY 11770) is Executive Director of Eating Disorder Recovery Services, and specializes in the treatment of eating disorders with adults and adolescents. She is currently in private practice in Marin County and directs the Out-Patient Eating Disorder program at Kaiser Permanente in San Rafael.

Date: Friday May 21, 2010

Time:

6:30pm: Networking and Pot Luck Dinner (please bring a dish to share, drinks provided)

7pm - 9pm: Presentation

Place: 150 Nellen Ave, Corte Madera

Cost: MCPA Members: FREE! non-members: \$25 registration.
For 1.5 CE hours: \$15.00 payable to SCRC

RSVP: Barbara Nova, PhD: continuing-ed@marincountypsych.org
-or- 415.233.3461

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

1. Understand the function of negative self/body image and drive for perfection in patients with eating disorders.
2. Understand and apply theory and techniques of Compassion Focused Therapy in treatment of patients with eating disorders.

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 or contact David Lukoff, PhD at (707) 763 3576.

ANNOUNCEMENTS

COMMUNITY OUTREACH & COLLEAGUE SUPPORT

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.

nancy@haugen.com .

ADVERTISEMENTS

THERAPY GROUPS FOR THERAPISTS

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

ADULT PSYCHOTHERAPY GROUPS

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

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.
- MIND OVER MOOD – Group using CBT for adults coping with depression and anxiety.
- PARENTING SUPPORT – Group using Wellness Recovery Action Plan, for parents of children up to 12 years.
- 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

ADVERTISEMENTS

TWO TRAININGS WITH JOAN B. KELLY, Ph.D. At the Northern California Mediation Center, MCEP Provider #NOR045

Parenting Plans for Infants to Teens: *Advanced Considerations*

June 18, 2010, 9 am – 4:30 pm

\$225 (\$175 by 5/7/10; \$200 by 5/21/10; MCEP (6.25 hrs to be submitted)

Parenting Coordination (Special Master) Training:

Helping High Conflict Parents Resolve Disputes, MCEP (13 hrs to be submitted)

December 2-3, 2010, 9 am – 4:30 pm; \$495 (\$430 by 10/21/10; \$465 by 11/4/10)

FOR MORE INFORMATION: 415-461-6392, www.ncmc-mediate.org.

Characteranalysis: Effecting Real Change

Impact stubborn defensive patterns and approach resistance directly by expanding your clinical skills to include character diagnosis and potent verbal interventions. These dynamic approaches can be woven into and excite other clinical orientations and help to build your practice.

Upcoming Classes for Professionals:

- **Important Elements of Establishing an Effective Therapeutic Relationship**. Sat., 3/20/10, 9am-1pm
- **Differential Diagnosis: Reich & Masterson**. Sat., 5/1/10, 9am-5pm
- **Schizophrenia: Reich & Masterson**. Sat., 7/24/10 9am-5pm
- **Carl Jung: Working with Dreams and the Objective Psyche**. Sat., 10/30/10, 9am-5pm
- **Anxiety Disorders: Working with Trauma, Reich and Masterson**. Sat., 12/11/10 9am-5pm

These Trainings are held in Mill Valley, CA, and offer CE credits for MFT's, LCSW's and BRN'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.orgonomictherapy.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

Note new Policy: 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.**

San Rafael: large office (14' x 15') and waiting room (14' x 9') in the Marin Medical Center at 711 "D" Street. Plentiful parking, a courtyard restaurant and a quiet building devoted to medical and psychotherapy practitioners. Less than \$700 for a six day sublet Tues-Sun, although FT might be possible. Call **John Weir, Ph.D. 457-8886.**

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 newsletter@marincountypsych.org

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 (2010 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
¼ Page	\$ 30.00	\$ 50.00
½ Page	\$ 50.00	\$ 75.00
Full Page	\$ 100.00	\$ 150.00

15% discount for ads of ½ to a full page which run three editions in a row.

Deadline for next MCPA newsletter submissions: June 30, 2010