

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A Chapter of the California Psychological Association

marincountypsych.org

2010 Officers

On-line Newsletter, January, 2010
Volume VII, Number 1

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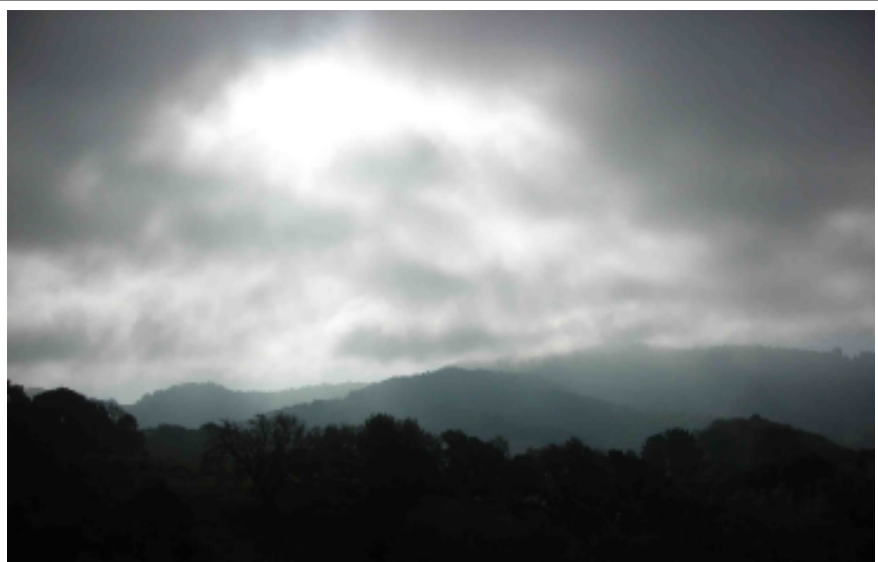
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January hills, Novato

photo by LJCD

Dates to Remember

It's not too late to attend the annual MCPA Business Meeting!

MCPA Annual Business Meeting, Networking and Social

Date:	Friday, January 8, 2010
Time:	6:00-7:00 PM Social 7:00-8:30 Business Meeting
Details:	Join us for an evening of networking and become involved with MCPA. Enjoy a complimentary light dinner. Get to know your colleagues. Please RSVP: Call 453.8567 or email me at drclaudiap@gmail.com
Location:	MindTherapy Clinic 150 Nellen, Corte Madera
Cost:	FREE
Contact:	415.4538567

Saturday, January 30, 2010: Annual MCPA Board Retreat

Sunday, February 7, 2010: Psyche & Nature: Birding and much more (see page 11)

Check MCPA's calendar of events for updated information:

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

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We'd like to hear from all MCPA members! Submit an article, review, announcement, or ad for the next MCPA Newsletter (March, 2010)

Please see page 15 of this newsletter for submission guidelines and ad rates.

Next Deadline for MCPA Newsletter submissions: February 25, 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.

From the Editors by Laura Cabanski Dunning, Ph.D.

Greetings, Friends and Colleagues! Happy New Year to all of you and yours. After a long hiatus, the MCPA Newsletter is back up and running. We are fortunate to now have Dr. Sue Fleckles on board as co-editor. Thanks you, Sue, for stepping up to the plate.

Sue is now handling all announcements and advertisements for the MCPA newsletter. If you would like to submit an ad or announcement for upcoming newsletter issues, please contact Sue Fleckles at MCPANewsletterAds@gmail.com.

I will continue to accept all other submissions (articles, reviews, board member reports). Please send these submissions to me at newsletter@marincountypsych.org (my old newsletter email address still works too, if you don't want to change your address book!).

Please note the revised submission and ad guidelines on page 15, and the revised office space guidelines on page 14. The deadline for the next MCPA Newsletter (March, 2010) is February 25, 2010. Cheers!

President Elect's Message by Meghan Harris, Psy.D.

I am grateful for the opportunity to serve as President-Elect of MCPA! When I joined MCPA, I found a warm, welcoming group of clinicians who offered collegial discussion, opportunities for professional development, and people who shared my passion for our profession and its importance in our community. I follow in the footsteps of committed and talented leaders and I am aware of the debt of gratitude I owe each of them for their wise and dedicated leadership. I also feel comforted to know that I will be able to enjoy the guidance and wisdom of our present board members!

Whenever starting out on a new path, I try to keep in mind Suzuki Roshi: "In the beginner's mind there are many possibilities, in the expert's there are few." What I lack in experience I intend to make up for in enthusiasm, and an open mind and ear. I have many possibilities in mind about MCPA, and I welcome all of yours. Please don't hesitate to contact me with any suggestions or concerns. Your input is central to the vitality of our organization!

I am delighted to be a part of such an exceptional group of psychologists, and I hope to see many of you at the business meeting on January 8th. All the best for the upcoming year!

MCPA Ethics Corner by Haleh Kashani, Ph.D.

MCPA newsletter would like to introduce a new column, MCPA Ethics Corner, where educational materials on ethics as well as questions and concerns regarding potential ethical issues can be presented and discussed.

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.**

CLASP Report by Sharon Cushman, Ph.D.

On Oct. 4th, 2009, seventeen MCPA members, friends, and family spent the late afternoon enjoying a hike in the Terra Linda/Sleepy Hollow open space. The hike was followed by a casual get together at my home. I think I can speak for all the participants in saying that we enjoyed having the time to spend together, outside of the work environment, in our beautiful county of Marin. Below is a photo of the hike, submitted by MCPA member Roberta Seifert, Ph.D.

As your CLASP representative to the MCPA Board, my charge is to attend to the mental health and welfare of our members. As we all know, our work can often lead to burnout, stress, or perhaps feelings of isolation. CLASP is a committee of CPA dedicated to promoting our health and well being, as well as providing confidential referrals for psychologists seeking support.

Please feel free to let me know of any ideas you believe would be an opportunity to further our connections between members. **Jeff Martin has graciously agreed to lead another bird watching event on February 7th (see page 11)**, and I will plan another hike in the spring. Other ideas are most welcome. Feel free to email me at scushmanphd@comcast.net, or call me at 925-8511 Ex. 742.



Fundamentals of Co-Parenting Counseling: The Role of Engagement

**Sheryl B. Hausman, Ph.D.
Frederica L. Conrad, Ph.D.**

Post-separation and divorce co-parenting counseling is a psychotherapeutic intervention designed to help parents redefine their parental roles, while taking into account the developmental and individual needs of

their children, their own strengths and liabilities as parents, and their ability to tolerate and manage contact with each other. The work is task focused on helping parents develop structures to exchange information and make decisions rather than on exploring each parent's position in depth. The goal of co-parenting counseling is to give parents the tools to be able to interact, free from professional involvement, so they can return to the business of being parents together.

What is Co-Parenting?

In an intact family, co-parenting is defined as two parents working together in the exercise of joint authority. The children view their parents as jointly exercising authority and being emotionally close. Parents may have different child-rearing roles and responsibilities and they may have different styles of interacting, but the children perceive them as a mutually reinforcing team. When families separate and divorce, the alliance between the parents breaks down. In families where the parental alliance was never strong, or where the parental alliance breaks down prior to the separation, parents may align with a child to exclude the other parent, parents may compete with each other for the child's loyalty, or parents may quarrel in front of the children and show contempt for each other. The problems that these families bring to co-parenting counseling are likely to be a continuation of the problems that they had co-parenting their children when the family was together.

How Does Separation and Divorce Impact Co-parenting?

In an intact family, co-parents adjust to multiple transitions over the course of the family life cycle, such as normative developmental changes as the children grow older, moving, or changing jobs or careers. At each transition, the failure of co-parents to negotiate the transition can result in adjustment problems for the children. In order to thrive, children require that parents negotiate family transitions in a way that preserves cooperation, communication, and coordination between co-parents and results in clear and agreed upon standards with the adults being in charge.

When parents separate and divorce the family is faced with a complex and demanding transition. Parents need to establish functionality in their respective homes during their custody time, with each parent providing basic food, clothing, and shelter, and being responsible for getting the children to school on time and making sure homework is completed and turned in. The parents shift from sharing household burdens to maintaining their own household chores and management independently, leading to increased task overload. Parents also have the task of learning how to coordinate information regarding daily problems, activities, and effective supervision. They need to establish efficient linkage between the two homes, with linkage consisting of exchanging information and making joint decisions. Parents need to decide on the content and frequency of information to be exchanged as well as the medium for exchange of information. They also need to agree on how decisions will be made and which decisions need to be made jointly.

Household management and parenting capacity deteriorate during the separation and divorce transition as parents find themselves dealing with the emotional distress of the divorce, financial worry, the stress of working more hours as the family must support two households, and the stress of dating as adults search for new intimate relationships. Thus, parents are placed in the position of needing to take on more responsibility and needing to develop additional parenting skills precisely at the time when they are at their weakest and most vulnerable. As a result, it is not uncommon to see diminished parenting capacity during the early stages of divorce.

Although the stress and loss of the separation usually results in some degree of diminished parenting capacity and impaired functioning of the co-parental unit, adequate co-parenting usually resumes within

2-3 years. However, when impairment in the functioning of the co-parental unit continues past the first several years following the separation, the situation is in danger of becoming chronic. This is when the divorce research begins to show poor long-term outcomes for children. Thus, co-parenting counseling, which seeks to help parents develop structures to exchange information and make decisions, is extremely important within the first 2-3 years following the separation.

Patterns of Co-Parenting

Maccoby and Mnookin (1992) followed 1,100 families in a longitudinal study of divorcing families. They identified four patterns of co-parenting that have implications for effectively structuring interventions in co-parenting counseling.

25% of the co-parents studied by Maccoby and Mnookin were described as “Cooperative”. They demonstrated a high level of engagement and a low level of conflict. They were able to make agreements about their parenting plan on their own or with minimal assistance. They had accurate perceptions of themselves, their co-parent, and their children and tended to operate from a child focus. They were supportive of the other co-parent and they were able to communicate, problem solve, and make joint decisions. They implemented their parenting plan collaboratively and flexibly and their children were well adjusted.

10-15% of Maccoby and Mnookin’s co-parents were described as “Conflicted”. They had a high level of engagement and a high level of conflict. They had distorted perceptions of themselves, their co-parent, and their children. They tended to project their own needs onto their children. They were angry, antagonistic, with poor communication and impaired ability to problem solve and make joint decisions. Their children were often caught in the middle of their conflict. They tended to use the courts to repeatedly handle parenting plan disputes and their children suffered significantly more adjustment problems.

10-20% of the sample was described as “Mixed”, with high levels of conflict and low levels of engagement. They were unpredictable, and ended up engaging in high levels of supportive cooperative co-parenting at times, and antagonistic, conflicted co-parenting at other times.

40%, the largest category of parents in the sample, were described as “Disengaged”. These parents had a low level of engagement and a low level of conflict. They minimized and avoided interactions with each other. Their parenting plan might have been agreed upon in a collaborative legal process, mandated, or settled after legal adversarial involvement, but once the plan was established, these parents followed the plan. The people in this category parented independently during their custodial time and engaged in minimal or disengaged communication and joint decision-making.

Maccoby and Mnookin found that children in “Disengaged” families appeared to adjust as well as children in “Cooperative” families. This is consistent with Joan Kelly’s review of the divorce literature (2007) in which she found that “Children in conflict –free parallel parenting homes thrive as long as they

have adequate parenting in both homes and well articulated parenting agreements and orders specifying contact when joint decision making will occur.” This is significant because although the “Cooperative” category is often the goal of the co-parenting counselor, it is not a realistic goal for most co-parents, with the level of engagement being too high for 75% of co-parents to tolerate.

Implications for Co-Parenting Counseling

In their longitudinal study of divorce, Maccoby and Mnookin noted that over time, the frequency of “Cooperative” parenting increased only slightly, however, the frequency of “Conflicted” parenting decreased significantly, with

“Conflicted” parents becoming “Disengaged” over time. “Conflicted” parents did not become “Cooperative”, and the slight increase in “Cooperative” parenting was due to a small number of “Disengaged” parents becoming “Cooperative” over time.

Thus, if parents are in conflict early on, it is not helpful to put them in a situation where they are forced to engage and over communicate. In fact, initial overt conflict and angry communication will weaken the chance that parents will be able to do business together effectively, when anger has cooled. Further, if parents cannot initially cooperate, they can keep the door open for later improvements in co-parenting by initially reducing communication. Thus, one of the most important things that the co-parenting counselor can do is to help parents disengage early on.

In order to be effective, the co-parenting counselor needs to make an initial assessment of the level of engagement and level of conflict between the parents and intervene accordingly. It is important to remember that the goal of engagement is to be able to adequately exchange information and to make decisions about child-related issues, and that conflict results when parents have more contact than they are able to tolerate. The co-parenting counselor provides structure and containment and monitors and guides the level of engagement during the sessions, ultimately helping the parents define what level of engagement they can tolerate.

References:

Kelly, J.B. (2007) “Children’s living arrangements following separation and divorce: Insights from empirical and clinical research”. *Family Process*, V 46, 35-52.

Maccoby, E.E. & Mnookin, R.H. (1992) Dividing the child: Social and legal dilemmas in custody. Cambridge: Harvard University Press.

About the authors:

Dr. Hausman and Dr. Conrad are Co-Directors of Next Step Co-Parenting of Marin. They teach post separation and divorce parenting classes in Marin County and they presented on “Fundamentals of Post Separation and Divorce Parenting: Theory and Practice” at the Marin County Psychological Association Dinner/Speaker Meeting on May 22, 2009.

Dr. Hausman has been a licensed psychologist for over 20 years, specializing in the evaluation of complex custody cases and working with separating and divorcing families. She can be reached at 415.924.8940 or drhausman@comcast.net.

Dr. Conrad has been a licensed psychologist for over 30 years, specializing in forensic evaluation in family and juvenile court, and the treatment of children and parents. She can be reached at 415.456.5484 or flconrad1@comcast.net.

Film Review

SHRINK RAP ON FILM**By Sue Hulley, Ph.D.**

First, the bad news. Yes, there are subtitles in this Japanese movie. But honestly, this is the ONLY bad news. Once you get used to them, you'll find so much to enjoy that you'll probably forget they ever bothered you. Almost anything you might want in a movie (except violence) is here: a coming of age (or maturing in your twenties) story; a love story; a "career" drama; a family drama; cultural information (or what I like to call the "National Geographic factor"); and an exploration of death from some interesting angles.

Death makes an appearance fairly early when Daigo Kobayashi (Masahiro Motoki), whose musical career has just tanked, shows up for an interview at what he thinks is a travel agency, only to learn that the departures described in their ad involve trips to eternity, not the Bahamas. Not surprisingly, he is repelled and shocked, and the story line takes off from here.

I was surprised to learn that people who bathe and attend the dead are considered socially unacceptable in Japanese culture. I had thought that since the Japanese are so much more sophisticated than we are they must acknowledge and deal with death much more fully than we do in the U.S. This was not the case in the world of this movie.

Rather, I was reminded of the attitude I see so much here, a kind of "shoot the messenger" which plays out more as "shun the associated." Our local Hospice, for example, over a period of years paid a public relations firm large sums to come up with a new name, because "people are turned off by the word 'hospice'." Seems that since families understand that calling a hospice means facing their loved one's death, and they often don't want to do this, they sometimes wait so long that everyone is pitched into the patient's last moments. People have told me that they consider calling Hospice to be equivalent to knowing their loved one will die soon, although ironically, often patients leave Hospice by "graduating" because they stop declining.

At a Hospice training some years back, we were told that the parlor, in nineteenth century homes, was where dead family members were laid out and attended to by family members. Apparently this changed in the early twentieth century, when the "living room" was born. Whether or not this was actually a different room I am not sure, but it seems that around that time, families started hiring morticians rather than readying their dead for burial or cremation themselves.

In Japan, mortuaries used to lay out the dead, but the movie shows a more recent trend where they have contracted the actual ceremony out to men like a *nokanashi*, or encoffineer like Daigo's boss, Sasaki (played by Tesutomu Yamazaki). He would be expected to perform a series of ritual acts with the body in front of the mourners to prepare it for its burial or cremation. The people who do this are highly paid, but socially ostracized.

We also see Daigo's marriage in action; I particularly enjoyed watching his wife Mika (Ryoko Hirotsue) cook. She's a real charmer, and there's an especially appealing seafood cooking scene reminiscent of *Annie Hall* (but with a happier ending for the seafood involved).

One reviewer felt that moments of sentimentality marred the movie, and I have to admit there were some times when the looking back and forth deeply into the eyes got to be a bit much, but there were so many meaningful relationships and moments that a few overly prolonged gazes could be forgiven.

I'm not sure if you would be interested in this benefit, but I found that as the movie progressed I became more and more at ease with dead bodies. Blame it on seeing *Diabolique* in high school; the scene where the "dead" person suddenly sits bolt upright in the bathtub is engraved on my mind. Ever since then, I am, at some atavistic level, expecting all movie corpses to reanimate suddenly. With this mindset, I was increasingly relieved as each dead person failed to do so, and ultimately began to feel actually comfortable with "stiffs".

However, I don't mean to put you off. If you have this fantasy, the movie will probably help. If you don't, just enjoy all the other things. The beautiful cinematography helps. Yes, there are some arguably twerpy scenes of our hero sawing away on his cello out in nature, but there are many more of those small captured beauties that photographers live for.

Departures is also a wonderful title. Apparently, it means somewhat the same thing in Japanese. The word "departures" creates both a specific and general umbrella under which the end of life and the personal leavings within each of our lives—moving on from a place, from people, from a career—can be explored. Finally, there's another meaning of departure which applies as well, that of making a break from an ordinary way of seeing or doing things. Daigo experiences such departures in the way he comes to see his work (and in many ways death), his relationships with his wife, his father, and ultimately with himself.

One character comments that death is a doorway to something more. Whether you believe that or not, there is much to learn from this film. Apparently a lot of people liked it, because it won the Academy Award for Best Foreign Language Film. Check it out and see what you think!

Book Review

***Emotional Exorcism:
Expelling the Four Psychological Demons That Make Us Backslide***
by Holly A. Hunt, Ph.D., Praeger, June 30, 2009.
Reviewed by Douglas O. Brady, Ph.D.

Dr. Holly Hunt observes in her latest book *EMOTIONAL EXORCISM* that most of the world's major religions have often viewed human emotional problems as caused by a person being possessed or controlled by demons or evil spirits. In turn, religions have developed a variety of methods to cast out or exorcise these demons and thus return people to a state of health or happiness. An essential part of returning people to a state of health, in this view, is for a priest or shaman to use some powerful ritual to drive out the demons or spirits controlling a person thereby rendering them happy or healthy again. Often these rituals involve a person performing an act or specific activity designed to rid them of the possessions forever.

Dr. Hunt uses this process in a parallel manner to help her clients or patients describe their self-defeating patterns of lapsing and relapsing behavior as "demons." She has developed a descriptive fiction or hierarchy of demons from the insidious Big One to less obvious ones that can be named by her clients as internal forces preventing desirable permanent positive cognitive or behavioral changes in their therapy. The relapses we often see when working with our clients that result in a return to their initial presenting problematic behavior can be conjointly viewed by the client and therapist as caused by demons that need to be named and exorcised. This process is no different than that of describing problematic human behavior in diagnostic metaphors. Dr. Hunt provides several examples of how acceptable this demon naming process is to her clients and how it leads to quick recognition of self-defeating relapse behavior.

Nowhere in this novel approach is the real existence of demons advocated, instead Dr. Hunt has developed some humorous and not so humorous names to describe essential aspects of the self-defeating relapse process to her clients. This process is insightful to her clients and forms pragmatic relapse prevention behavior specific to each client.

The type of therapy described by Dr. Hunt in her counseling will sound and look familiar as it is cognitive and behavioral in orientation. However, by Dr. Hunt naming the self-defeating patterns for each client as a "demon" that seeks the return of initial patterns of problematic behavior then the ability of her client to stop the relapse process is increased. Naming the relapse process as a "demon" working against the hard earned self change in a client's behavior helps them to internally organize a unique prevention process.

Kudos to Dr. Hunt for showing how collaboratively naming a process we all see in our clients which sabotages their "hard won" changes in behavior as a "demon" that can be exorcised in the process of counseling.

This book is highly recommended for both beginning and seasoned therapists. It provides a novel renaming and rethinking of the frustrating process we encounter in our clients as they struggle to maintain the positive changes they have made in their counseling journey.

Douglas O. Brady, Ph.D.
Licensed Psychologist in Oklahoma and Texas
Fellow, American Psychological Association

ANNOUNCEMENTS

**MCPA Annual Business Meeting,
Networking and Social!!!!!!**

Date: Friday, January 8, 2010

**Time: 6:00-7:00 PM Social
7:00-8:30 Business Meeting**

**Details: Join us for an evening of networking and become
involved with MCPA.**

**Enjoy a complementary light dinner.
Get to know your colleagues.**

**Please RSVP:
Call 453.8567**

or email me at drclaudiap@gmail.com

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

Cost: FREE!!!!!!!

Contact: 415.453.8567

Mark Your Calendars for a
Special MCPA 3-Part Event. Attend any one or more of the 3 parts
RSVPs Requested for each event (but not required)
 Call or email Jeff at 415-461-3175 pelicanday@aol.com

Sunday, February 7th 3pm to 8pm

PSYCHE and NATURE

Part I

Third-Annual MCPA Birding Adventure *3pm to 5pm*

Yes! Once again psychologists are going birding. Come join us again this year at Las Gallinas Marsh in San Rafael. Enjoy a leisurely walk with colleagues, family and friends as we “bird” the Pacific Flyway where many species spend the winter. No experience necessary. Just bring binoculars. It is not unusual to see 30 to 40 different species in just two hours. Las Gallinas is a well-known “hot spot” for experts and novices alike. Nature’s diversity will reveal itself as we look at numerous species of Ducks, Egrets, Raptors (Hawks), and many others. Our leader, Jeff Martin will also bring 2 high-power spotting scopes.

Part II

MCPA Pot Luck Dinner at Jeff’s *5:30pm to 6:30pm*

Nearby, in Lucas Valley. Directions to Jeff’s house and the marsh will be announced in a later mailing.

Part III

The Human Psychology of Wilderness from Cross-Cultural and Historical Perspectives *6:30pm to 7:30pm*

1 CE Credit

This presentation will provide an overview of the fascinating, long and varied history of human psychology of the natural world. Filtered through the modern psychological concept of Schema, we will briefly cover varied cultural and religious perspectives. We visit Buddhist, Taoist, Confucianist, Hindu, Greek, Judeo-Christian, and Indigenous Hunter Gatherer perspectives. We visit corresponding cultures that include for instance, American Colonial, European, Asian, Native American, and Bushman. Landscape painting, poetry, and scholarly work will help illustrate social psychological trends. In Western culture, in particular, we will explore the evolution of views of the Natural World from Pre-Colonial European, to Colonial, through the Transcendental period and into Modern time.

Presenter: Jeffery R. Martin, Ph.D.

For many years, Jeff has had an interest in the psychological experience of the natural world. He has consulted for the National Park Service on Visitor Motivation and taught a college course on the “Psyche and Nature” while on Safari in East Africa. He recently gave an invited lecture to the Department of Environmental Science at Washington and Lee University in Lexington, VA and a CE program to Redwood Psychological Association on the topic he will be presenting to MCPA. He is an avid “birder” and naturalist. In his “day job” Jeff received his Ph.D. from U. C. Berkeley and has been in clinical practice for over 30 years specializing in anxiety disorders. He also holds an appointment as Associate Clinical Professor at UCSF School of Medicine, Dept. of Family and Community Medicine where he has twice received at Distinguished Special Award for teaching.

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.
- MEN’S RECOVERY** – Support group for men in recovery.
- 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.
- SURVIVORS OF SUICIDE** – Support group for survivors of suicide.
- AGESONG** – Group to enliven the search for deeper joy and satisfaction in the later years.
- SPANISH SPEAKING PARENT** – Support and psychoeducation group for Spanish speaking parents.
- CHILD AND ADOLESCENT** – Social skills groups for boys and girls coping with trauma.

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

Create Your Presence on the Web

Don't be left behind – get online!

Google yourself and see what comes up. The only way to control what the Internet tells others about you is to create your own Web presence!

If you are new to it, or if it's just been awhile, I'm here to help.

Websites. Computer and Internet Basics and Beyond. Customized Individual Tutoring.

sherri.ortegren@yahoo.com 415-250-1034 www.sherriortegren.com

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

Larkspur: Space Available-Sublease office (10.5 ft. x 15 ft.) with two chairs, couch and desk. Tastefully decorated. Sunny and bright. Ample on-site parking. Ground floor, private entrance. Centrally located in Larkspur, CA. Please contact Virginia Reiss at 461-4788 or vreiss2@earthlink.net

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

From the 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 (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: February 25, 2010