

# MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A Chapter of  
California Psychological Association

## 2008 Officers

On-line Newsletter, February, 2008  
Volume V, Number 1

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## EDITOR'S COLUMN

Laura Cabanski-Dunning, Ph.D.

Greetings, Friends and Colleagues! 2008 promises to be an exciting year for MCPA. Please welcome our new Board members: Claudia Perez as President Elect; Dan Kalb as Membership Chair; Raja Hornstein as Web Chair; and Betsy Levine Proctor as Governmental Affairs and CPA Chapter Representative. We remain under the excellent leadership of President Beth Cooper Tabakin, supported by an enthusiastic and dedicated board. This year, the MCPA newsletter will be published mid-month, rather than at the beginning of the month, to more closely follow MCPA Board Meetings. The next issue will come out in mid-April, and in all subsequent even-numbered months. A new feature of the newsletter is the free listing of community service activities and (no-fee) professional support / educational groups and events. The goal is to bring MCPA members together in ways which benefit our colleagues and the community at large. If you wish to place an announcement for such an event, please email it to:

[MCPAnewsletter@verizon.net](mailto:MCPAnewsletter@verizon.net).

Next MCPA Newsletter Deadline for submissions: Friday, April 18, 2008.

Happy Spring!



## DATES TO REMEMBER

- February 17: CLASP EVENT: Birding and Pot Luck, Las Gallinas Marsh (see page 11)
- March 1: CLASP EVENT: New Equations Workshop, Novato (see pages 7 & 12)
- March 28: Dinner / Speaker meeting (tentative: watch for future announcements)
- April 3-5: CPA Convention, Disneyland
- April 11: MCPA Board Meeting
- April 13: CLASP EVENT: Spectacular Spring Hike, Mount Tam (see page 13)
- April 13-15: Annual leadership and advocacy conference, Sacramento
- April 15: Leadership & Advocacy Day (open to all interested members), Sacramento
- May 23: Dinner / Speaker meeting (tentative: watch for future announcements)
- June 13: MCPA Board Meeting
- August 8: MCPA Board Meeting
- September / October: Annual MCPA 6 CEU Event (date and speaker to be determined)
- October 10: MCPA Board Meeting
- December 5: Holiday Party, San Rafael Joe's
- January 9, 2009: Annual MCPA Business Meeting, San Rafael Joe's
- January 21, 2009: Annual MCPA Board Retreat

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## 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 Beth Cooper Tabakin, Ph.D.

Life is good and then it gets better - one of the statements that I say to myself and sometimes to clients at the end of a session. MCPA is good and then it gets better is a truism. This year special thanks and awards of appreciation were given out at our annual Membership and Business meeting January 25<sup>th</sup>. The certificates were beautifully hand-made by president-elect Claudia Perez, Ph.D. Thank you, Claudia. Our yearly board retreat facilitated by Ike Lasater more than met my goal of planning activities for 2008 and getting specific commitments for whom will take the lead on what. Welcome to Raja Hornstein, Psy.D. who is the official Web Chairman. I have been the web person since last February and orchestrated the new website. I am deeply thankful for the professional webmasters that we hired to create and update the site. Given that downloading songs to my IPOD was the most sophisticated function I could perform, I supplied the information, and John and Chaela created a lovely site. Now, enter Raja Hornstein, Psy.D. an authentic computer literate psychologist, who is directing the MCPA site and has already improved, updated and expanded its functions. I am delighted to be working with such a bright, warm, detail-oriented psychologist and feel honored and grateful that he accepted the position and joined the board. WELCOME! Please refer to Raja's article in this newsletter for more details.

Welcome to Dan Kalb, Ph.D. the new membership chair and hike leader (remember April 15<sup>th</sup>). I am deeply grateful to and will miss Roberta Seifert, Ph.D. who requested to step down from the position of membership chair. She has been a valuable board member for over 20 years and her guidance and sense of history will be missed at the board meetings. Roberta's past board positions included president, CPA Board Representative and membership chair. This past year, she helped to organize the dinner/speaker meetings and worked with me to have a successful recruitment drive for the first time in many years. She assumed responsibilities and filled in, as needed, at a time during which we did not have a president-elect. She truly went above and beyond and I would not want to imagine my first year as president without her. Thank you Roberta!

Important reminder: CPA and MCPA have 'find a psychologist' functions that are free to members. Increase your practice by taking advantage of these free services.

Take care of yourself and get to know your colleagues in a new and different way March 1<sup>st</sup> at the New Equations workshop. This is MCPA's first CLASP activity. CLASP is CPA's division of psychologists taking care of our bodies, minds, spirits and each other. Claudia and I will be there and hope you will too.



### 2008 MCPA Board

Standing: Sylvia Mills, Nancy Haugen, Fred Rozendal, Claudia Perez, Raja Hornstein, Dan Kalb, Michele Saloner  
Seated: Laura Cabanski-Dunning, Ann Buscho, Beth Cooper Tabakin  
Absent: Christine Gazulis, Camerin Ross, Betsy Levine-Proctor

### President Elect's Message Claudia Perez, Ph.D.

The days of 2008 are rapidly going by and bring with them the excitement of change. The NY Giants, the underdogs, won the Super Bowl, there is the possibility of governmental change and MCPA has a strong commitment to bringing our organization into the community. The energy of the Board is collaborative and the enthusiasm feels contagious. The annual Board Retreat, led by Ike Lasater, accomplished its goals by scheduling the meetings, speakers, events, attending to the budget, addressing I&R, and planning for things to come. I hope the energy felt during that day can propel us into a year filled with great success. I urge those who would like to get more involved to do so. The group feels collegial and promises to work hard to better an already wonderful association. The members present all echoed the desire to connect more with each and to garner the support that is inherent in our members. I look forward to getting to know each of you, and I think it is possible. I am happy to be a part of something that embodies the growth and connections I am so wanting. Please feel free to get in touch with me.

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

As of Feb.9, 2008, MCPA has \$26,645.66 on hand.

We are at the beginning of the MCPA Fiscal Year, a time when our funds are typically at their highest level; gradually through the year, our reserves decrease as various expenses need to be paid. A decision by the Board to discontinue the Information and Referral committee will have a significant impact on cost savings starting approximately in mid-2008; over \$500 a month in expenses will be eliminated.

For several years now, MCPA has been in a strong position financially as a result of periodic reviews of expenses and commitments. So long as MCPA continues to weigh expenses in light of income, our finances should remain in a good status.

## Membership Report

Dan Kalb, Ph.D.

### *E Pluribus Unum*

We currently have 127 members. Percentage-wise this enrollment is quite high compared to other counties. Nonetheless, many a psychologist has yet to join. Invite a friend. A prospective member can learn a lot about our organization by checking out our website: <http://marincountypsych.org>

Thanks for your help.

Trivia: Out of Many, One. This was the de facto motto of the United States from 1782 until 1956 when Congress adopted "In God We Trust" as the nation's official motto.

Comment: No Comment

Challenge: See if you can find this Latin phrase on a dollar bill within 60 seconds.

## Web Report

Raja Hornstein, Psy.D.

I'm happy to take on the job of Web Chair for MCPA. For several years, the job has been officially unfilled and our President, Beth Tabakin, has taken it on, along with about a hundred other jobs she's been juggling. So in fact, the public internet presence of MCPA and internet communication with the membership has been in the capable hands of our webmasters in Washington, John McKenzie and Chaela Sumner. They've been great and Beth has done her best, but there hasn't been much innovation and change directly guided by the board.

I'm supposed to step in and change that.

Long before I was a psychologist, I was a mathematician and I used those analytic skills to do some web design and computer consulting.

I'm happy to let John and Chaela do the heavy lifting, but I'm trying to combine what I know about the internet with my sense of what MCPA needs to enter the modern digital world. I'm trying to translate the board's wishes into action on the net. So far it would take a sharp eye to see the changes on our website <Error! Hyperlink reference not valid.>, but there have been a few. For example, when a visitor searches for a psychologist using different keywords, the generated list displays in random order so everyone gets a chance to have their practice listed first.

Some of you may not know about the website's "Find a Psychologist" page, which is a benefit of MCPA membership. It's a simple way to get referrals and enhance your practice. Any member who is a licensed psychologist and who carries adequate liability insurance can be listed. Contact me <web@marincountypsych.org> and I'll add you to the list.

I'm currently working on setting up a Google group to handle official announcements from the Board. The advantage of doing our announcements this way is that there will be an archive of all previous announcements available for viewing, there will be a library of useful files for downloading, and there will be a collection of private web pages available only to members. There have been some glitches in setting this group up and several members have been confused about it.

Have no fear. While we're waiting, you'll still get all your announcements by regular email. Nobody will miss anything of importance.

Also, to clarify one of the points of confusion: Keith Sutton, the previous student representative to the MCPA board, graciously set up a Yahoo discussion group for MCPA <[http://groups.yahoo.com/group/ MarinCPA/](http://groups.yahoo.com/group/MarinCPA/)>. Unlike our announcement list, on the Yahoo group you can post your own announcements, office rentals, practice openings, referral requests and topics for discussion. Keith is still maintaining this valuable resource.

If any of you have any ideas for the MCPA website or for other aspects of our use of the internet, please let me know at <[web@marincountypsych.org](mailto:web@marincountypsych.org) >. The web can be a powerful way to make our work easier, to disseminate information about psychology and to grow our practices. The ways we can accomplish these tasks are limited only by our imagination.

### **Disaster Response Report** Nancy Haugen, Ph.D.

One Minute Psychologist – Your Mental Health Survival: Coping After a Disaster and Beyond Disaster Building Resilience Cards available to you for only 5 cents a card. An important way to support your family, your clients, your community and your immediate neighborhood. Contact Nancy Haugen at [nancy@haugen.com](mailto:nancy@haugen.com) Next Disaster Mental Health training in April. Details to follow.

### **Shrink Rap on Film** Sue Hulley, Ph.D.

#### **ONE AND A HALF PLUCKY ENGLISH GIRLS: *MISS POTTER AND THE GOLDEN COMPASS***

I didn't expect Miss Potter to be riveting-after all, there's only so much drama in loving bunnies! However, I found myself moved by it, and thought it rang true emotionally (and of course seeing the Lake Country is always a plus). So I decided to visit Beatrix and find out, was she that daring? Or that timid? Or both? Could her family have been that repressive?

Well, it turns out that all of the above are true. Beatrix sprang from somewhat (one generation removed) nouveau riche English industrialist stock. Her grandfather had a factory which manufactured patterned cotton; his Potter calicos were a well known Victorian staple. Her father became a solicitor, moved to London, married her mother, and proceeded to produce Beatrix and then Bertram, whom he and his wife closely sheltered. Ruled by their parents' fear of germs, Beatrix and Bertram had few to no playmates. Brought up by nannies and tutors, they had no way of meeting anyone their own age on any regular basis; cousins and other relatives and their parents' friends were their social circle.

However, both parents were artistic, and Beatrix' father became a very accomplished photographer. He also was a friend of Millais, the painter, and often made photographs from which Millais worked. Both he and Beatrix' mother encouraged her artistic interests-she began drawing very early-even paying for lessons from professional artists.

Aside from art, the only escape from this fairly stifling London environment was the several months the family spent in the country every year between July and October. They would rent a capacious home, usually in Scotland, later in the Lake Country, where Beatrix and Bertram were able to roam the forests and gardens pretty much at will. The love of nature they developed was to shape their lives.

The other respite was animals, as both children were allowed to have pets and to take them with them on these extended vacations. Both took a keen interest in animals alive AND dead; these amateur naturalists were equally at home drawing corpses as living things.

Of course, Beatrix was not supposed to become an artist, and actually, she didn't seem to want this. She DID become very interested in fungi and extremely adept at drawing them. But this proved not to lead anywhere for her. When her Uncle Harry tried to get her a position at the London Herbarium, they were told that since she had no formal training, she would not be considered. Beatrix tried to take this well, but her discouragement shows through in her comment, "I hope I may go back again (to her fossils and funguses) when I am an old woman, unless I happen to become a fossil myself, which would save trouble."

Interestingly, in an ironic way it was through one of her restrictive circumstances that Beatrix eventually found her way beyond this narrow world. The seemingly unlikely source was her last governess. Annie Carter left the Potters' employ to become Mrs. Moore, and Beatrix was allowed to take the family carriage to visit her and her rapidly increasing brood. Many were the times she would take her pet mice to their house, letting them run around the drawing room to the delight of her children.

And of course, when she traveled, Beatrix sent them letters, enclosing little illustrated stories about her pets, letters the children treasured. This was why, seven years after he received it, Noel still could lend Beatrix back the letter about Peter Rabbit so she could rework the little tale into book form. With the help of an uncle again, she was able to publish this story, which sold fairly well to family and friends.

The movie tells the story of Beatrix' working with Norman Ware, and of their developing relationship, but sells Beatrix short by omitting the fact that she had published before meeting the Wares. However, it turns out that Norman was an invaluable editor, persuading her, among other things, to drop the idea of telling Peter's story in rhyme!

The movie does capture the sense of a woman reinventing herself, and it did, for me, succeed in capturing a sense of her at work. In her art, Beatrix combined three things: a detailed and accurate observation of the features of the natural world-including buildings, landscape, and animals; a loving evocation of animal habits and natures; and an unsentimental attitude. She can turn, in *The Tale of Peter Rabbit*, from telling us about the four bunnies being tucked in by their mommy, to explain that they need to be careful because their father was made into a pie.

I don't want to spoil any of your surprise, but will say that Beatrix relocated to the Lake Country. She looked after her parents until their death, but managed to have her own life-quite a feat in the Victorian culture in which she and her family were embedded. (I can't resist pointing out, though, because the movie didn't mention this, that she also played an important role in supporting the Lake

Country breed of sheep. It was because of this that she was elected the head of the local sheep society, I think the first woman in that position).

So who is the half? Lyra of *The Golden Compass* and the other two books in the *His Dark Materials Trilogy*-*The Subtle Knife*, and *The Amber Spyglass*. Normally, I am not a science fiction fan, but I think that they should create a new category, psience fiction, meaning science fiction with psychological aspects. These books, beamed at teens but enjoyed a lot by at least this adult, combine action, psychology, philosophy, and religion as the characters race through worlds in their effort to save the earth.

When we meet Lyra, she is a wild thing on the verge of adolescence being raised by the dons of Oxford, spending most of her time in tomboy activities with her male buddies. But because of her curiosity, she becomes drawn into a larger nexus when her friend disappears and she attempts to find him.

*The Golden Compass* ends when Lyra follows one of the most powerful figures, Lord Asriel, into another world in search of her friend. Hopefully the other two movies will be made as well. Nicole Kidman starred in this first one as a major hot baddie, but I don't know how it did at the box office.

The reason Lyra is only a half is that I didn't actually see this movie! I delayed so I could read the book, and then so I could finish the series, and then....it's not in DVD yet, and I can only find it at the Metreon-too inconvenient!

So sue me! I thought you would want to hear about the books anyway, and why don't we see the movie before the next review, and trade notes! Meanwhile, enjoy Beatrix. It's always a kick when nice girls win.

**New Equations: On the Cutting Edge  
Leadership Using the Wisdom of the Soul**  
Allan G. Komarek, Ph.D., and Kris Kington

In 2001, the executive leadership for Delano Regional Medical Center (DRMC) was in transition and seeking ways to form a more cohesive and dynamic team to lead the organization. DRMC was facing high staff turnover, disgruntled employees, and patient care issues. The following is a brief overview of a discovery brought to DRMC by New Equations that dramatically changed the organization and the individuals it touches. Incorporating the concepts and experiences taught by New Equations made it possible for DRMC to significantly decrease turnover, while simultaneously improving job satisfaction, teamwork, and patient care. The practical, bottom line result is that the personnel turnover rate at DRMC is 14-15% per year compared to an industry average of 25-30%. Revenue has increased dramatically (\$96 million in 2001 to \$162 million in 2007), patient satisfaction exceeds the 90th percentile, and employee satisfaction is strong.

The greatest hidden cost to any organization is personnel re-training. Successful organizations continually seek to improve working relationships and teamwork to lower turnover and increase the quality of work performance. Personnel development programs, leadership programs, and personality profiles have been used by organizations for many years to help administrators and managers promote teamwork and camaraderie within their staff and business relationships. Systems

like the Myers Briggs Type Indicator and the DiSC Personality Profile have gained national acceptance as tools used in organizational development. The common element of focus in these programs — personality — has been defined as, "the totality of the physical, mental, emotional, and social characteristics of an individual, organized into a behavioral pattern." So the question that follows is, could there be something deeper, more fundamental than personality, which does not change over time? Is there something predictable and inherent upon which personality is developed? If so, what does it look like? Could it be accessed to enable people to bring themselves to their life and work more fully? Would it help them to understand other people? In 2001, DRMC was introduced to an organization that provided an answer to these questions: New Equations.

In 1994, Alan Sheets and Barbara Tovey, founders of New Equations, discovered a physical practice that teaches people to access this deeper strength. They discovered humanity's nine soul families, which they call the soultypes, and a body-based process for determining the way in which people physically express their spiritual nature, which they call soultyping. These discoveries opened up a new, practical way to create a peaceful and sustainable community within DRMC that supports all people, staff and patients alike.

New Equations begins with the premise that your soul is the foundation on which you create your life, and that the wisdom of your soul is a gift you give to the world, particularly when you are conscious of that gift. 'Soul' is defined as the eternal part of oneself and is the most meaningful and significant thing that you have to offer. New Equations reveals that humanity is made up of nine soul families and each family is recognizable once you know the physical ways in which the soul is expressed through the body. Each family has a special spiritual purpose, and uses the body in a way that assists this objective. There is a distinct facial expression of strength, a place in the body where all movement originates called a movement center, and a posture of strength which is a body alignment that helps bring forth the soul's wisdom. In addition, each family has a recognizable voice frequency and speaking pattern. New Equations offers a physical training that makes it possible for the conscious mind to experience what it is like when the body and soul are aligned so that you can, at will, access your inherent wisdom and a power that has more integrity than your muscular strength. The result is a heightened sense of wellbeing, fulfillment, and peace, because you know you are on a path that is right for you.

One of the many ways we receive full benefit from this process and create an ongoing learning opportunity for ourselves at DRMC, comes from bringing staff who are members of the same soul family together with our leadership team. As a group we explore the similarities and difference between a soul family's inherent wisdom and their personalities. This helps us get to know each person's unique nature and goals, and also brings to consciousness for those in the same soul family the compelling affinity they have for each other. They discover that there is a special kind of support they can provide for each other, since they understand each other so well. Even those who initially are doubtful about this work come away from the sessions with greater understanding of themselves, more respect for others, and with a commitment to authenticity, which is one of the core values of our organization.

Our staff members are free to bring their gifts forward, and they know how to ask others to do the same. There is less miscommunication, and a way to bridge connection is found more easily. Calling forth this fundamental and dependable part of each employee results in an organization achieving all of the goals that today are so elusive: teamwork, productivity, responsibility,

self-understanding, acceptance, motivation; and yes, joy and fun. If people look forward to coming to work each day, if they find joy in the relationships that they have, they stay with their company.

The integration of New Equations at our medical center has made it possible for us to understand the needs and special strengths of those who report to us and help them grow in their positions. This approach has helped us reduce the propensity for judgment. Instead we concentrate on, draw out, and celebrate the natural beauty and talent of those around us. We have learned that the differences among human beings are far greater than we could have imagined, and learning about these differences has made it possible for us to live in the workplace joyously and move forward together, sharing our varied natural talents and abilities. The change at DRMC has been positive and life-affirming. What could be better?

## CLASP

### ~ CPA's Colleagues Assistance and Support Program ~

As you can see in this month's newsletter, CLASP of MCPA is sponsoring a **New Equations Workshop** on Saturday, March 1<sup>st</sup> in Novato, **Birding** at Las Gallinas Marsh on Sunday, February 17, led by Jeff Martin, and a **Hike** on Mt. Tam on Sunday, April 13, led by Dan Kalb. Mark your calendars.

Do you have an event or presentation which supports Wellness and Self Care, and helps establish genuine and meaningful relationships amongst MCPA members? Contact Beth Tabakin at 415.459.7707.

To find out more about CLASP, read Dr. Beckerman's article on Collaborative Communities of Support (in part) below.

Join CLASP I&R resources list to become a provider  
To work with other psychologists in your practice.

Call CPA's CLASP confidential I&R line –  
888.262.8293

for materials on self care and resiliency,  
educational programs, and information.

Referral to a psychologist or community resource  
available upon request.

<http://www.cpaclasp.org>

## “Creating Collaborative Communities of Support Across California”

Dani Beckerman, Psy.D., Chair CLASP Executive Committee

Creating collaborative communities of support can be a powerful and connecting process in which psychologists can come together to collaborate and support each other in personal, professional, and self-care goals. Each of us have our own strengths, field of study, and vision that guides and assists us - as well as those we work with - to grow and prosper. Integrating different voices and perspectives can open up an opportunity to enhance awareness, develop new knowledge, and create possibilities for health and wellness.

As the CPA CLASP Chair, one of my primary goals is to create collaborative communities of support across the state as a way to develop authentic connections, reduce risk of colleagues in distress, and open communication. Collaboration can be a powerful tool. It has the ability to enhance relationships, decrease isolation, open resources, address difficult situations from a more holistic stance, and create a positive and preventative standard of care. Many people, including psychologists, still perceive psychotherapy or engaging in help-seeking behavior to be a stigma versus an investment into the emotional, psychological, relational, and spiritual self. Developing collaborative communities of support, engaging in early intervention programs and psychotherapy can be seen as gifts that we give ourselves. These venues and relationships are educational resources for the psycho-social-emotional being. As psychologists, we may know this, yet barriers still exist: fears of perceived judgment or perceived shame in letting people know that we too are struggling.

The need to de-stigmatize help seeking behavior and mental health issues is essential for a healthy community and a healthy self. There is evidence that early intervention can reduce the incidence of stress-related physical problems and well as reduce the severity of depression and anxiety. Early intervention starts with our selves. (Diane Bridgeman, CPA Presentation 03/03). Dr. Bridgeman (2003) emphasizes the importance of “accepting support from others,” “developing a work schedule that schedules yourself in for eating healthy, working out, yoga, meditation,” “connecting with yourself and with others,” “engaging in creative outlets,” “embracing your profession and its practice,” and “taking pride in your personal and professional accomplishments” to assist in refueling resources and creating a foundation of resiliency. Additionally, the ability to identify early warning signs of distress (i.e., social withdrawal, frequent irritability, persistent fatigue, professional boundary problems, substance abuse, compulsive sexuality) is essential for decreasing the incidents of debilitating mental health issues, economic and physical difficulties, as well as assisting in one’s longevity.

Creating collaborative communities of support is a proactive stance to wellness and self-care. I believe that colleagues need to reach out anywhere along the continuum from wellness to crisis by establishing meaningful and genuine connections amongst colleagues. By establishing these connections before difficult situations arise, support, resources, and assistance may be easier to access.

**CPA CLASP Chair, Dani Beckerman, Psy.D.**

**[dani\\_beckerman@yahoo.com](mailto:dani_beckerman@yahoo.com)**

**831.426.4735**

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**ANNOUNCEMENTS**  
\*\*\*\*\***CLASP EVENT**  
**WE'RE GOING BIRDING!!**  
**Sunday, February 17<sup>th</sup> 2008, 9am**  
Jeff Martin, Ph.D

A fun relaxed morning followed by a pot luck brunch and a chance to get better acquainted! This is winter, the Pacific Flyway season and huge numbers of birds migrate through Marin County including many Hawks (perhaps Falcons or an Eagle), Ducks, Herons and Egrets, etc. We should see at least 25 different species. We will bird watch at Las Gallinas Marsh (Ponds) near McInnes Park. This is a hot spot for expert birders and beginners alike. No experience necessary. **Bring binoculars, and a bird book if you like,** and you're all set. Family, older children and friends welcome too.

Your leader is Jeff Martin, a Marin Psychological Association colleague and avid naturalist, who has led many birding trips for beginners, been a park naturalist at Pt. Reyes, consulted for the National Park Service on visitor motivation, taught a college course in East Africa on the Psyche and Nature, and recently gave an invited lecture at Washington and Lee University in Lexington, VA on the History of Human Attitudes about Wilderness from a cross cultural and historical perspective. Basically, he loves birding as a passion and stress reducer. Jeff will bring a high power spotting scope and a couple field guides.

The walk is flat and easy going. We depart on the trail at 9am promptly and finish about 11am. Jeff is hosting a pot luck brunch at his home in Lucas Valley afterwards.

**Bird Walk:** take Hwy 101 to Smith Ranch Rd (Lucas Valley Rd) off ramp and turn right. Go past traffic lights and movie theater to 2 parallel left turns divided by a railway track. Take the second turn, passing the soccer field on the right, to the end of the road and parking lot.

**Potluck Brunch:** Jeff's house is at 6 Blue Blossom Court in Lucas Valley. Phone: **415-492-8110**, for more directions or information. Go past 101 and West on Lucas Valley Rd. about 3 miles to Bridgegate. Turn right, then 2 very short blocks to Creekside. Turn left then 4 to 5 very short blocks to Blue Blossom Court and turn left into a cul-de-sac. Jeff will have bagels, lox, coffee, juice – we need salads, veggies, dessert, snacks). SEE YOU THERE!

**This outing is sponsored by**  
**MCPA CLASP**  
**Colleague Assistance and Support Program**

**CLASP EVENT****NEW EQUATIONS On the Cutting Edge: Leadership from the Soul****March 1, 2008****10:00 - 6:00 pm****\$125 through February 15****\$145 after February 15****Location: Courtyard by Marriott, Novato, CA  
415-883-8950, 1400 N Hamilton Parkway**

**Registration: make your check payable to New Equations  
and send to New Equations, PO Box 2523, San Anselmo, CA 94979  
Please include your name, phone, and email address, with your check  
To pay by credit card, call 415-459-6796**

**You will be contacted to confirm your registration.  
Space is limited.**

**For more information please contact  
MCPA President Beth Cooper Tabakin, Ph.D.  
[drbeth@comcast.net](mailto:drbeth@comcast.net)**

**or**

**Myrna Jones, Administrative Assistant, New Equations  
415-459-6796 or [info@newequations.com](mailto:info@newequations.com)**

New Equations brings to psychology a body-based experience that opens new doors for the mental health practitioner because it bypasses the personality and mental processes, and works with the body to connect directly with one's deepest desires and motivations.

It has long been known that masters of the martial arts (e.g., Aikido, Karate) have a keen ability to discern the strengths and weaknesses of their opponents. Now, what has previously resided in the realm of a masters' intuition has been made accessible through the work of Alan Sheets and Barbara Tovey, the founders of New Equations.

Practitioners of the martial arts use observations drawn from brief physical contact in the same way that personality profiles such as Myers-Briggs surface insights via pen and paper. The difference is that physical responses to a physical challenge show a person's true nature, whereas the human mind, depending on mood and frame of reference, can respond to Myers-Briggs type questions in ways that are inherently subjective.

Sheets, a research scientist who has studied the martial arts for over thirty-five years and holds a black belt in Aikido, and Tovey, a former Aston-Patterning practitioner specializing in movement reeducation and owner of a physical therapy clinic, have developed a practice that translates a person's physical response to being challenged into a personal profile of strengths and vulnerabilities. The result is a system that categorizes humanity into nine groups, based on activating a particular life force energy in the body.

At this workshop you will discover how your life force energy influences your movement, facial expression, posture, and listen to music that is tuned to your body's natural frequency. You will experience a new way to communicate your strength and wisdom through your body. Associated with these characteristics are wisdom and perception skills, and learning this information will be part of your experience as well.

New Equations is used for team building by executive teams in organizations such as Telenor and Scottish Power, as well as in leadership programs and schools, and is applied to family dynamics. More information is available at [www.newequations.com](http://www.newequations.com).

**This workshop is sponsored by MCPA CLASP  
Colleague Assistance and Support Program**

**CLASP EVENT****Spectacular Spring Hike on Mount Tam****Sunday, April 13, 2008, 9:45 am**

Dan Kalb, Ph.D.

*Bored by paperwork?**Tired of being cooped up in the office?**Wondering why there is no good hotel in downtown Duluth?*

If so, this Steep Ravine hike on Mount Tam is for you.

The trail is considered to be one of the most beautiful in California. Treading on spongy forest compost, follow a fern-fringed cascading creek down through redwoods across a moor to the shining sea.

Moreover, this excursion will take place at the perfect time of year: Late enough to make rain unlikely but early enough for the swelled brook to be quite babbly.

Another plus: If you have long fantasized about the possibility of a downhill only hike, but believed it could only happen in an Escher drawing, here's your chance. (Shuttle vehicles are the key).

Details:

**Who:** Assorted MCPA rabble.

**What:** Hike 3 miles, descending 1400 feet. (Two miles somewhat steep and one gentle). Relax at Stinson picnic tables and enjoy the well-earned lunch you've brought along.

**When:** Sunday April 13 -- 9:45 am 'til approx 1 pm

**Where:** Meet at Stinson Beach Park

**Why:** This event is being sponsored by CLASP, whose mandate is to improve our emotional well-being. Centuries ago, after rigorous double-blind studies, Miwok shamans determined that this particular walk had a greater anti-depressive effect than poultice of fetid adder's tongue (*Scolioopus bigelovii*) APPLIED DIRECTLY TO THE FOREHEAD.

Caveat: If you can walk 3 miles downhill at a moderate pace you should be fine. There is, however, one anomalous challenging feature. With the help of encouraging and supportive colleagues you must be able to climb down a wide 10' long wooden ladder.

Cost of event: Free

Full refund if not delighted.

If you are interested, RSVP to Dan "Bring-em-back-more-or-less-alive" Kalb:

(415) 898-9015 x525 or [dkalb@lvha.net](mailto:dkalb@lvha.net)

I'll email you important additional info about what to bring.

**This outing is sponsored by  
MCPA CLASP  
Colleague Assistance and Support Program**

## **Alliant's Systemwide Office of Disability Services Announces Partnership with Bookshare.org**

Sent by Camerin Ross, B.A.

on behalf of Dr. Nina Ghiselli, Systemwide Coordinator of Disability Services

The Systemwide Office of Disability Services is proud to announce their partnership with [www.Bookshare.org](http://www.Bookshare.org).

Access to information is a critical barrier to students and professionals with print based disabilities. The Systemwide Office of Disability Services' goal is to make accessible at least 100 books in psychology, education, and business for people with disabilities over the next year on Bookshare.org. Additionally, Alliant International University will sponsor the first ever virtual library wing for books related to psychology. Much like a library wing, the California School of Professional Psychology/Alliant International University wing of Bookshare.org will display books donated by the university and will supply Bookshare.org members with the cutting edge of professional material. This is to address the scarcity of books in alternative formats in the field of psychology and subsequent under-representation of students and professionals with disabilities. The Systemwide Office of Disability Services will take donations, scan books, and submit them to Bookshare.org so that members with disabilities will be able to access them.

How can I help?

You can donate books in psychology, education and business to Alliant International University's Office of Disability Services. The Systemwide Office of Disability Services will scan the books and make them accessible on Bookshare.org. Books must be the most current edition (with the exception of classics) and not be written in with pen or highlighter. Books from Alliant classes and about diverse populations and topics are especially needed. Our goal is to make books accessible that are an integral part of the education of students in psychology, education and business. This includes, but is not limited to first and second year classes offered with Alliant International University, books written by professors and alumni and about diverse populations and issues (i.e. gender studies, social justice, etc...). Please keep in mind that this process requires that books are unbound and scanned through a copy machine so please do not donate books that you would like back. Books needed for this project can be bought through a wish list of books at <http://www.amazon.com/gp/registry/registry.html?ie=UTF8&type=wishlist&id=RLL4248U8Q82> <<https://email.alliant.edu/owa/redir.aspx?C=9a5c76b90ba842319f3d02c9336423c7&URL=http%3a%2f%2fwww.amazon.com%2fgp%2fregistry%2fregistry.html%3fie%3dUTF8%26type%3dwishlist%26id%3dRLL4248U8Q82>>

Or by searching the "Alliant International University-Disability" wish list at Amazon.com. You can ship books directly to the SF campus.

If you would like to participate in this project, please give your books to Dr. Nina Ghiselli on the SF campus or send your books to:

Alliant International University  
1 Beach Street  
Suite 100  
San Francisco, CA 94133  
Attn: Dr. Nina Ghiselli

We will do our best to scan and make accessible all books submitted that fall within the guidelines of the criteria.

If you have further questions about this initiative or would like to volunteer, please contact Nina Ghiselli at 415-955-2164; [Nghiselli@alliant.edu](mailto:Nghiselli@alliant.edu)<<https://email.alliant.edu/owa/redir.aspx?C=9a5c76b90ba842319f3d02c9336423c7&URL=mailto%3aNghiselli%40alliant.edu>>.

Please pass this e-mail onto people who might be interested in this important effort.

Bookshare.org is a division of Benetech which makes books accessible and available for people with print based disabilities. Thanks to recent grant from the US Department of Education, Bookshare.org is offering free memberships to interested universities, professional schools, and K-12 schools. Bookshare.org can help these institutions increase access to students through offering books in accessible formats. These books can be read by users on the computer with assistive technology. We encourage you to spread the word about Bookshare.org and this Alliant International University initiative.

Nina Ghiselli, Psy.D., Psy19027  
[www.Dr-Nina-G.com](http://www.Dr-Nina-G.com)<<http://www.Dr-Nina-G.com>>  
Counseling and Consultation Services  
1014 B Street  
Hayward, California 94541

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**ADVERTISEMENTS**

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**New Bay Area Group Practice**

**Marin/SF.** Looking for licensed therapist to join new Bay Area group practice. Will provide referrals, office space, website page, billing, and more. Blue Cross providers preferred but not required. Contact Jonathan Mahrer, Ph.D. at [info@jonathanmahrer.com](mailto:info@jonathanmahrer.com) .

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**New Clinical Program in Reichian Therapy Begins 4/19/08**

Clinicians can invigorate their approach and bring new vitality to their work. Reich's character interventions quickly and deeply facilitate patient break-through.

Our Clinical Training Program includes topics such as:

- Character diagnosis: pregenital and neurotic character disorders - including advanced material in diagnosis and treatment
- Engaging the patient, working effectively with resistance & negative transference
- Introduction to Reich's somatic approach: segmental body armor, working with breath
- Practicum training in characteranalysis and supervision of cases

Other approaches i.e. Masterson and Jung are seamlessly integrated.

Find more information at <http://www.orgonomietherapy.com> or call 415-388-0622.

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**Therapy Groups for Therapists**

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

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**Adult Psychotherapy Groups**

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

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**Community Institute for Psychotherapy**

**1330 Lincoln Avenue # 201  
San Rafael, CA 94901  
(415) 459-5999 x 101**

**Nancy McWilliams, PhD - *Integrating Contemporary Initiatives: The Psychodynamic Diagnostic Manual, Evolving Theory, and the Clinical Implications of Research in Attachment, Personality, and Neuroscience*** Saturday, 3/8; 9AM–4PM, Guzman Hall, Dominican College, 1425 Grand Ave. San Rafael; CIP MEMBERS: \$90 if received by 2/25, \$110 after: Non-Members: \$120 if received by 2/25, \$140 after. 6-CEUs MFTs and LCSWs and 6-CEUs approved by the MCEPAA for Psychologists. To register visit [www.cipmarin.org](http://www.cipmarin.org) , or phone (415) 459-5999 X101.

**CIP Adult Therapy Groups:**

***Self in Relation Therapy Group*** will meet on Tuesdays, 6:00 – 7:30 pm. This ongoing therapy group explores how to improve and deepen diverse types of relationships. It is open to all individuals who are currently single or partnered. 10-week initial commitment/ Fee based on a sliding scale. Group will be lead by Shelly Bullard and Margot Holdstein under the supervision of supervision of Lynn Ireland, PhD (License #: PSY10925).

***Psychotherapy Group for Women*** is now forming. It is a group for women who are dedicated to personal transformation and self-expression. This group will meet on Wednesdays 4:00 – 5:30pm., and will be co-led by Sandra Ally and Liza Chapman under the supervision of Lynn Ireland, PhD (License #: PSY10925). Interviews in December, 10-Week initial commitment.

**Call (415) 459-5999 ext. 450 for an interview.**

**For a full schedule of our 2007-2008 offerings, to register, or to become a CIP member, visit [www.cipmarin.org](http://www.cipmarin.org) or phone (415) 459-5999 ext. 101**

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## Family Service Agency of Marin Psychotherapy Groups

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

**WOMEN’S RECOVERY** – Support group for women in recovery.

**SPANISH SPEAKING MEN’S RECOVERY** – Support group for Spanish speaking men in recovery.

**MIND OVER MOOD** – CBT based group to address depression, anxiety, anger and substance abuse issues.

**DIALECTICAL BEHAVIOR THERAPY** – Group combining CBT and Eastern mindfulness practices for adults who have difficulty with emotional management, frequent crises, or self-injury.

**SPANISH SPEAKING PARENT** – Support and psychoeducation group for Spanish speaking parents.

**SPANISH SPEAKING TRAUMA SUPPORT** – Support group for Spanish speaking women.

**ADULTS MOLESTED AS CHILDREN** – Support group for women survivors of sexual abuse.

**CHILD AND ADOLESCENT** – Social skills groups for boys and girls coping with trauma.

**CHILDREN OF SEPARATED OR DIVORCED PARENTS** – Art therapy group for children.

**GREAT START** – Group for pregnant and new mothers.

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

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### 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 be sent as an email MS Word (.doc) attachment to [MCPAnewsletter@verizon.net](mailto:MCPAnewsletter@verizon.net). *Free "Space Wanted and Space Available" ads placed by MCPA members will continue to run in all subsequent newsletter issues until the editor receives a request to cancel the ad.* Larger office space ads and all other ads continue to require payment according to the existing schedule described at the end of each newsletter.

### Space Wanted

**Kentfield, Corte Madera, Greenbrae, or Larkspur** areas. Looking for full-time office in suite with shared waiting area. I am a well established clinical psychologist in Marin County in practice over 30 years, and specialize in adult and couple therapy. Office can be on the medium to small size. Jeffery Martin 415-461-3175 (leave voice mail).

### Space Available

**Corte Madera:** Psychotherapy Office Available Full-Time. Large Office in 3-office suite includes built-in bookshelves. Shared waiting room with signal lights & kitchen/storage area. Monthly rent \$960 including utilities, available furnished for additional cost. Call Diane A. Suffridge, Ph.D., 415-491-5708.

## Space Available

**Corte Madera:** Office to sublet (\$150 per day) or to share (\$300 + ½ utilities for 2.5+days). All days except Tuesday negotiable. Beautifully furnished, modern office and waiting room. Signal lights & kitchen/storage area. Ample off-street parking. Convenient to 101 and bus routes. Wheelchair accessible. Gail Matthews, 927-2511.

**Corte Madera:** Tu, Th, & Fri from 1:30 PM on. Suite of two consulting rooms and waiting room. Modern, well-maintained office building. Off street parking, convenient to 101 and bus routes, wheelchair accessible. \$150 per day, will consider reduction if all three days are taken. Saturdays and Sundays are negotiable. Sue Fleckles at 927-7566.

**Mill Valley** at 650 E. Blithedale Ave. A suite: 3 offices and waiting room. Available Monday through Friday. Beautiful location, easy freeway access and parking. Randy Rand, Ed.D. (415) 383-9586.

**Novato:** Office space available in suite of multidisciplinary psychotherapists. Signal-light system, waiting room, voice mail with answering service backup, copier, kitchenette, reserved parking, handicapped-accessible, in-suite bathroom. Reasonable rates, flexible hours. Call Dan Kalb, Ph.D. (415) 898-9015, ext. 525.

**Central San Rafael:** Spacious, comfortable, sunny office available. Suitable for work with adults, children and groups up to eight people. Share waiting room with one other office. Private inside bathroom and on site parking. \$160/month. Sublet Monday all day, January through December, 2008. Call Marjorie Walters (415) 457-9192.

**Central San Rafael:** Share furnished office in two office suite with waiting room. Available 1-3 days per week. Sunny, convenient location with on-site parking, central HVAC and easy access. Call Jonathan Marlowe for further information at 457-1629.

**Central San Rafael:** Sublet full time Fri, Sat, &.or Th 8AM to noon. Reasonable rent. Best for work with individuals or couples. Professional building and office remodeled and tastefully furnished. Private waiting room shared with another office. Parking onsite for therapists and clients. Wheelchair and highway access. Call Suzanne 415-789-9113.

**North San Rafael:** Two attractive psychotherapy offices--one fulltime (share lease at \$576), the other part-time (at \$150 per day). Phone room, waiting room, utilities included. Easy access to 101, transportation. Congenial colleagues. Call Sue Hulley, Ph.D. at 331-9543.

**San Francisco.** Large Pacific Heights office for Sublet available on Tuesdays, Fridays and Weds evenings. Great location on Sacramento and Fillmore. High ceilings, new carpets, sunny full kitchen and eating area, separate staff and patient restrooms, and coded entry system. Nicely furnished. \$225 per full day. Please call Mark Sexton, Ph.D. for more information (415) 675-9970

**From the Editor:****Submission Guidelines and Advertising Rates**

The *Marin County Psychological Association* Newsletter is published electronically bi-monthly and welcomes articles and opinions related to the practice of psychology. Please submit your advertisement and /or article as an email attachment in MS Word to

[MCPAnewsletter@verizon.net](mailto:MCPAnewsletter@verizon.net)

Payment for advertisements must be by **check made out to MCPA.**  
**Please send to arrive by the deadline to:**

Laura Cabanski-Dunning, Ph.D.  
 P.O. Box 1863  
 Novato, CA 94948-1863

**Rates for Advertisements:**

Size	MCPA Members	Non- Members
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 April Submissions: Friday, April 18<sup>th</sup>, 2008**

**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 be sent as an email MSWord (.doc) attachment to

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*Free "Space Wanted and Space Available" ads placed by MCPA members will continue to run in all subsequent newsletter issues until the editor receives a request to cancel the ad. Larger office space ads and all other ads continue to require payment according to the existing schedule above.*

**NEW! FREE ANNOUNCEMENTS IN THE MCPA NEWSLETTER FOR COMMUNITY OUTREACH AND FOR (No-Fee) COLLEAGUE SUPPORT / EDUCATIONAL ACTIVITIES.**

Please email your announcement as a MS WORD (.doc) document to

[MCPAnewsletter@verizon.net](mailto:MCPAnewsletter@verizon.net).

**DEADLINE FOR APRIL, 2008 MCPA Newsletter issue: Friday, April 18<sup>th</sup>, 2008**