

# MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A chapter of the  
California Psychological Association

On-line Newsletter, April, 2005  
Volume II, Number 2

## 2005 Officers

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457-1777

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457-8886

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460-9030  
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250-6610

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Empty

## EDITOR'S COLUMN John Weir, Ph.D.

**President Grace Rogers** writes of her impressions drawn from CPA's Advocacy Day in Sacramento last month and reminds us that your Executive Committee will meet in retreat on May 7 to forge plans for the year ahead. Each of us entreats **you** to call us with your thoughts, wishes and desires. Not all of them of course, just those having to do with MCPA.

**President-elect Joanie Gillispie** delivers details on dinners, speakers, and CEUs.

**Mark Kamena** announces **Assemblyman Joe Nation** will attend a CPA-PAC meeting in Marin on May 13<sup>th</sup>. Turn out for this important event and....**more CEUs!**

**Roberta Seifert** welcomes two new members and **I & R's Bethany Miller** describes a free consultation group. Don't miss the sublet **ads**.

**Sue Hulley** in Articles once again provides ideas for pondering, this time from both a movie and the book from which it was drawn. And I am waiting to receive other contributions to the Articles section. Don't be shy. If you have any questions about the editorial process for publication, call me at 457-8886.

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## **President's Message** **Grace Rogers, Ph.D.**

There must be a lot of woodwork out there. It amazes me how our active members manage to get as much done as they do, they must have quite a wood pile to draw from. I know for myself the more I am directed to the computer to accomplish various tasks, the smaller my own wood pile becomes. And so, I want to let all of you out there know that during my quiet moments, and I do have a few, I reflect on how much so many of you do and how very valuable it is.

Psychologists mature out of individuals coming along often very different paths which converge for various lengths of changing times in their local communities, such as Marin. We have different histories and different sensitivities and different expectations. And yet all of us care about people, care about their experience of their own lives, and care about each other. The manner in which we can take this caring and serve our local community and our professional lives is very dependent on an active and involved membership. When I think about the ever-present question of how can MCPA best serve our profession, the famous quote from Kennedy keeps coming back to my mind – ‘ask not what MCPA can do for you, but ask what you can do for MCPA.’

The EC last year had our first retreat and much positive came out of it, including the goal to have a yearly retreat. In future years this retreat will be in January or February to facilitate the working relationships of both new and returning EC members and to get the new EC off to a good working start. This is very important and it is hoped will make our regularly scheduled board meetings more focused and more productive. In this way, when new EC members commit to their minimum of a year of service they will know from the beginning not only when the regular meetings are, but also when the retreat is.

On a different note, 3 of your EC members, **Beth Tabakin, Ph.D.**, **Mark Kamena, Ph.D.**, and myself, went to Sacramento March 15<sup>th</sup> for their annual leadership and advocacy day. This is an infectious event that not only ends with a lively reception, but educates us about all that our state organization and political action efforts do. I was quite amazed to learn that California enjoys one of the broadest scopes of practices of any state in the union and that much if not most of this is a direct result of CPA's PAC advocacy. I also learned that CPA – which includes all of us – is known in Sacramento as a progressive organization. It was clear that our presence is known by those who draft and pass on legislation that can dramatically affect what we do every day, and that our active and coordinated organization does in fact make a big difference. There was one group that reported that when they called on their legislator they actually got him to drop the bill we were unhappy with.

I welcome any comments or suggestions from you about what is important about participating in your professional organization, especially if received before the retreat May 7<sup>th</sup>. Our next EC meeting is May 25<sup>th</sup>, and is open to the membership. They are currently being held in the conference room at Wood Island in Larkspur starting at 7:30 p.m. For those who can we gather informally before hand for dinner in a nearby restaurant (likely Chevy's). If you are interested in joining us to learn more about your Board, or to let your Board know more about you, please do and give a call to any one of us for details.

As of this writing the Directory Chair (or co-chair) position is open. Let us know if you are interested.

I look forward hearing from and/or seeing you at our many upcoming events. Please see the rest of this newsletter for more details or via our webpage which you can access through [www.marin.calpsy.net/psy.htm](http://www.marin.calpsy.net/psy.htm)

**President-Elect**  
**Joanie Gillispie, Ph.D.**

**Question:** What do I need to know about internet use to help my patients?

**Answer:** Come to David Lukoff's Presentation April 29, 2005 to see for yourself.

Here are three good reasons from your President-Elect:

1. Read Board of Psychology Newsletter (January, 2005) "Tips on Telepsychology".
2. It's your first step in documenting your clinical training in the area of electronic communication in professional practice in the areas of:
  - a. Privacy and Confidentiality Online.
  - b. Harm Online: screening patients (and you) about cyber habits.
  - c. Considering therapy online (VR, hybrid, email, discussion forum modalities).
  - d. Junk or Gem? using the Web as a patient health information resource.
3. Gain an understanding of the psychology of internet use.

**Mark Your Calendars**  
**2005 Dinner Speaker Meetings (CEU's available)**

- |                          |                      |  |
|--------------------------|----------------------|--|
| <b>1. April 29, 2005</b> | <b>David Lukoff</b>  | <b>“Power Uses and Abuses of the Internet”</b><br>Acqua Hotel, Mill Valley |
| <b>2. June 3, 2005</b>   | <b>Ofer Zur</b>      | <b>“Boundaries, Ethics, Culture”</b><br>Hatam, San Rafael                  |
| <b>3. Sept 16, 2005</b>  | <b>Fred Luskin</b>   | <b>“Stanford Forgiveness Project”</b><br>Noonan's, Larkspur                |
| <b>4. Nov 18, 2005</b>   | <b>MCPA</b>          | <b>Dinner Business Meeting, w/ entertainment</b><br>Venue TBA              |
| <b>5. Dec 2, 2005</b>    | <b>Holiday Party</b> | <b>This party needs a home, what a great<br/>holiday gift for MCPA!</b>    |

**Calling all authors and artists**

**2005 Soiree at Joanie's in Mill Valley this July or September**  
**MCPA members please email wish list dates and contributors.**  
[drjoanie@hotmail.com](mailto:drjoanie@hotmail.com)

**We have an exciting year ahead and are always open to suggestions.**

The Executive Council has a Retreat, May 7, to discuss nuts and bolts of our organization and directions for the future. I want to hear from you, especially in regards to offering more psychology to the community, increasing the number and diversity of our membership, and finding more ways for self-care and collegiality. MCPA has the potential to become more visible in our community but we cannot do this without your help. Many of you have already contacted me with great feedback and ideas. Keep them coming. Hope to see many of you at our MCPA events. They are for you!

**Minutes of the MCPA Meeting 3/30/05**  
**Ann Buscho, Ph.D.**

The Meeting was called to order at 7:30 p.m.

Attending: Grace Rogers, Ph.D., Joanie Gillespie, Ph.D., Beth Tabakin, Ph.D., Roberta Seifert, Ph.D., Fred Rozendal, Ph.D., Mark Kamena, Ph.D., Sylvia Mills, Ph.D., Ann Buscho, Ph.D., Barbara Khurana, Ph.D., Jacqui Coryell, Psy.D, Christine Gazulis, Ph.D., Bethany Miller, Ph.D., Sue Fleckles, Ph.D., Saralyn Bregman, and Nancy Lambert.

Excused: Tana Clark, Ph.D., John Weir, Ph.D. Absent: Ralph Lamson, Ph.D.

President Grace Rogers, Ph.D., welcomed those present and introduced potential new student representatives Saralyn Bregman, and Nancy Lambert. Dr. Jacqui Coryell was approved as co-chair of the Public Education and Marketing committee. The motion was made by Sue Fleckles and seconded by Mark Kamena.

Some changes to the by-laws were discussed and it was decided to defer discussion until the EC retreat on May 7<sup>th</sup>. Under consideration are ideas about increasing the number of annual Board meetings and/or making them a half-hour longer. She also reviewed the MCPA bylaws which require Board approval for responsible expenditures. Dr. Rogers shared the CAMFT calendar so that we can be mindful of conflicts in scheduling events.

CAMFT will not join with us this year for a shared speaker-dinner or workshop. Dr. Rogers discussed her participation in Leadership and Advocacy Day (March 15) in Sacramento. Drs. Tabakin and Kamena also participated. The goal of this event is to enhance the voice the psychologists in the political process. They noted that they lobbied legislators in Sacramento on issues related to the scope of practice of psychology.

The EC annual retreat will be on May 7<sup>th</sup> from 10:00-4:00. The purpose of the retreat is to have a facilitated and extended discussion of the Boards priorities and goals for the coming year, as well as to clarify each Board member's role, and to foster cohesiveness among the EC members. Dr. Tabakin raised the issue of the role of the CEU committee. This was discussed at some length and will be a topic at the upcoming retreat. The Board passed a proposal by Dr. Tabakin, and seconded by Dr. Fleckles, to hire an outside facilitator—the same one who facilitated the retreat last year at no cost—and agreed to pay the facilitator \$625 for his time this year.

Dr. Fleckles distributed the job descriptions which have been submitted to her as per the retreat in October 2004. It is noted that several have not yet been written. Past and current positions are requested to review for completeness and bring questions for consideration to the attention of the EC.

Dr. Mills reminded everyone present to bring flyers or brochures about their work to all MCPA events so that we can learn more about each other.

Dr. Gillespie presented information about the upcoming speaker dinner on April 29<sup>th</sup>. Two CEU's are available, and flyers are forthcoming. PAC will send the flyer out with their mailing at no cost to MCPA. The Board considered whether we are attempting to reach out to the broader community, to professionals in the field of psychology, or to MCPA members only. Speaker dinners could be of interest to teachers, nurses, etc. At this dinner, we will need 125 attendees to break even. Dr. Mills moved that the dinner be presented as planned, Dr. Gazulis seconded, and the motion passed.

Two more speaker-dinners are planned:  
June 3<sup>rd</sup> with Ofer Zur, Ph.D.  
September 16<sup>th</sup>, with Fred Luskin, Ph.D.

Treasurer Fred Rozendahl, Ph.D., presented the MCPA budget for approval. Dr. Seifert moved that the EC accept the budget; Dr. Kamena seconded, and the motion was passed.

Dr. Miller and Dr. Gazulis reported that calls to the I & R line are up from last year, and that the website URL will be included in the Yellow Pages advertisement starting in May.

Roberta Seifert, Ph.D., Membership chair, announced that there are now 109 members. It was suggested everyone on the Board continue to recruit colleagues for membership in MCPA.

Mark Kamena, Ph.D., presented his reports as CPA board representative and for Government Affairs committee. He reported that the PAC luncheon is scheduled for May 13<sup>th</sup>, and 3 CEU's will be available. It will be held at Inn Marin, and a mailing will be sent out shortly. Dr. Kamena noted that election rules at CPA are being discussed; the goal is to increase voting. Finally, Dr. Kamena reported that Senator Joe Nation has introduced a bill to return Tarasoff to previous regulations.

Barbara Khurana, Ph.D, announced that MCPA will participate in Career Day at San Rafael High School. Drs. Kamena and Gazulis will be speaking to students about reasons to become a psychologist. She and Dr. Coryell also reported that they are working on "Freedom from Fear Day" to take place in November to increase public awareness about anxiety. They are looking into setting up kiosks in heavily trafficked locations, such as malls. EC discussed seeking some corporate sponsorship of the event. Please send articles about anxiety to Jacqui Coryell for distribution to public media.

It is noted that our Directory committee chair is still vacant. Please contact Dr. Rogers if you would like to fill this very important seat on the EC.

Note that the deadline for submissions to the newsletter is one week after EC meetings. All EC members are expected to submit a report to the newsletter editor, and longer articles are very welcome. The newspaper is then edited and assembled for distribution. Dr. Seifert emails it to the membership. Dr. Fleckles forwards it to the webmaster to be posted on the website.

Calendar information:

David Lukoff, Ph.D., Speaker dinner, April 29<sup>th</sup>. Details to be distributed by email.

The next EC Board retreat will be on May 7<sup>th</sup>.

PAC Luncheon, May 13<sup>th</sup>, details to follow.

EC meeting, May 25<sup>th</sup>.

Ofer Zur, Ph.D., Speaker dinner, June 3<sup>rd</sup>.

EC meeting, July 27<sup>th</sup>.

Fred Luskin, Ph.D., Speaker dinner, September 16<sup>th</sup>.

EC meeting, September 28<sup>th</sup>.

The Membership meeting will be in November.

The Holiday party will be in early December.

Meeting adjourned at 9:25 PM.

Respectfully submitted,

Ann Buscho, Ph.D.

Secretary

## **Membership** **Roberta Seifert, Ph.D.**

There are two new members I would like to welcome to MCPA. Dr. Jeffrey Martin has joined us, and Dr. Ruth Kalb has rejoined us. I look forward to seeing them at future events and welcome them into the association.

### **MEMBERSHIP RENEWAL**

<b><u>Member Category</u></b>	<b><u>Dues</u></b>
Full, working in Marin	\$75
Full, working outside Marin	\$45
Full, living outside Marin	\$45
Associate (non-doctoral)	\$45
Student	\$20
Emeritus	\$15
After Jan. 1, 2005	\$10 late fee

You can mail your dues to me, Roberta Seifert, Ph.D.,  
at MCPA, P.O. Box 150001, San Rafael, CA 94915.

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

As of April 1, 2005, MCPA has \$21,945.99 in assets. This amount is \$10,838.72 more than the treasury had on the same date a year ago.

At the last Executive Committee meeting, we approved a new budget that has \$20,735 in income (which may increase slightly if attendance at meetings is higher than we project), and \$24,075 in expenses (and typically the actual expenses are lower than projected).

Although this represents a shortfall, we have more reserves on hand than usual which will allow us to "experiment" with new attempts to reach out to the community and to fellow psychologists.

Those new attempts include the upcoming dinner program that will be open to community members for information training, and allow us to participate more in the community. Also, we will launch into a major web site and data base construction (the latter replacing our paper directory)

### **Information and Referral Committee** **Christine Gazulis, Ph.D. and Bethany Miller, Psy.D.**

#### **Practice Building/Networking Group**

Announcing the formation of a new consultation group that is Free to all MCPA members. The group will provide opportunity for both new and seasoned clinicians to energize and build their practice. We will share marketing ideas, develop a vision and business plan and help one another set goals and stick to them. The group will take place in San Rafael the last Tuesday of every month from 12 – 1 P.M. For more information contact Bethany Miller at 518-7999.

**Governmental Affairs / CPA Board Representative**  
**Mark Kamena, Ph.D.**

The CPA-PAC Luncheon will be held on Friday, May 13<sup>th</sup>, at the Inn Marin from 11:00 a.m. until 3:00 p.m. (lunch served from 12:30 until 1:30). Your \$100 contribution to our political action committee will not only help legislate for your scope of practice and the field of psychology, but will also get you a terrific meal and three continuing education credits. Our speaker will be Allen Kanner, Ph.D. He will discuss marketing to children, its consequences, and interventions that can be made. Assemblymember Joe Nation, Ph.D., will talk about legislation and his efforts to pass AB 733 which will protect client privilege in cases where a family member might otherwise trigger a Tarasoff-like warning (*Ewing v. Goldstein*). However, if you cannot attend, you may still make a donation to the PAC. The flier was mailed on April 8; please let me know if you did not receive it.

I attended the CPA Convention in Pasadena and the presentations were truly spectacular. Our own Dr. Joannie Gillispie presented on the healthy use, misuse and potential abuse of the internet and former MCPA member Ilene Serlin, who now lives in Sonoma County, presented on Integrative Psychology. Beth Tabakin, Ph.D. and I shared information about the presentations as she went to one session while I went to another. It works well to collaborate and share information when so many informative workshops occur simultaneously. I look forward to next year (March 23-26) when the convention will be at the Palace Hotel in S.F.

## ARTICLES

### **SHRINK-RAP ON FILM: BEING JULIA: STAGED PRESENCE**

Again, I have to start off with the warning/disclaimer: in order to discuss this movie, I will have to reveal some of its plot developments. So please go see it first, then read on...

Let's face it; Annette Benning didn't have a chance this year. The world belonged to Hilary Swank, who snagged her second Oscar for Million Dollar Baby, depriving Benning of her second in the process. Of course, Annette had her champions. Mick LaSalle of the Chronicle, while not surprised that she didn't win, was dazzled by her performance.

It's always a bit strange to see someone nominated for playing an actress. A recent op ed piece noted that our movies are becoming increasingly self-referential. The example given was that of Kate Blanchette, who was up for an Oscar (The Aviator) playing the part of a Hollywood actress (Kathryn Hepburn) who was up for an Oscar for a prominent movie (what movie I don't know).

Of course, given that Julia's character is an English stage actress from the 30's, we don't have as much of this Hall of Mirrors feeling. However, there is still the overall issue of what or who is real, Julia the actress, Julia the person, or some combination.

For one thing, watching someone playing a diva presents a dilemma in that how do you know whether or not she is overacting? Take Annette Benning playing Julia--given that this character is a woman who was always on stage, wasn't she supposed, on some level, to always be conscious of herself and her effect on others? But apparently, great acting means that you've moved beyond this level into being the character. So wouldn't this mean that Annette would have to rise to the level of being Julia, e.g. of being completely aware of her own acute self-consciousness? My eyes begin to cross.

This and other aspects of Julia's character made me even more curious than usual about the original source of the film--the Somerset Maugham novel, Theatre, published in 1937. The novel was worth the read, and not surprisingly, covered Julia's whole life pre-diva, while the movie begins with Julia as presently bored diva. Maugham addresses Julia's world and persona; the title Theatre itself is allusive, suggesting that this is a book about art rather than life. The novel continually interweaves art and "real life" so much that you are left wondering what kind of "real life" Julia has.

Apparently, the characters are not sure either. In both the film and the book, Julia is confronted by her son, Roger, who tells her that he has never felt her presence in his life, that he sees her world as a false one, and that he wants to leave home in order to find "reality".

Julia herself had confronted the dichotomy between herself the human and actress. In one scene, she had counted herself as a human being with ordinary problems, seeing that it was only after she had worked through her passionate romance that she was able to give a convincing performance of someone actually in the throes of the feelings she now no longer had.

Through most of the novel, Julia seemed to see herself as separate from her stage persona. At one point, after being criticized, she commented that, "it was not Julia Lambert the woman who resented the affront, she didn't care for herself, it was the affront to Julia Lambert the actress that stung her....She was an ordinary, prettyish, ageing woman. Her gift had neither age nor form. It was a spirit that played on her body as the violinist plays on his violin."

Both the movie and book end with Julia the actress triumphant. She has used her acting expertise to prevail over another actress, her erstwhile romantic rival. In the final scene of the movie, she is dining alone except for the spectral presence of her early acting mentor. She is now reconciled with her son, who is seen as applauding (literally) this performance.

In the book, however, Julia dines alone minus the mentor, triumphantly musing about her life. While wondering about possible future roles, she segues to thinking about her son's "nonsense". She observes people in the room next to her and ruminates about how "all the world's a stage." However, in Julia's version of Shakespeare's observation, "it's we, the actors, who are the reality." For her, "That's the answer to Roger."

In Julia's view, then, "They (the "real people") are our raw material. We are the meaning of their lives. We take their silly little emotions and turn them into art, out of them we create beauty, and their significance is that they form the audience we must have to fulfill ourselves..."

She goes on, "Roger says we don't exist. Why, it's only we who do exist. They are the shadows and we give them substance. We are the symbols of all this confused, aimless struggling that they call life, and it's only the symbol which is real. They say acting is only make-believe. That make-believe is the only reality."

Maugham comments that Julia had "out of her own head framed anew the Platonic theory of ideas." In other words, like Plato she had come to the conclusion that there is some pure essence of each thing which is the ultimate reality. It is this essence of the emotions which is created by actors, and thus THEY are more "real" than the people having the emotions in the first place.

In this final scene, then, Julia no longer recognizes herself as a person who is also an actress. Julia as actress has taken over as the only identity. She has "resolved" her personal difficulties by seeing herself as a resident of a higher artistic stratosphere, a reality she believes to be more valid than that of her audience. In fact, she views the functions of her audience's functions as merely providing her with material and giving her an arena.

It's not clear whether Maugham is saying that anyone who is as great an actress as Julia is incapable of having a real life beyond the footlights. Given his intimate and specific knowledge of the theater and its denizens, Maugham was very aware of the dilemma in general, and could also have been writing about someone specific.

Be that as it may, Being Julia, especially in combination with Theatre, gives much food for thought. Benning is superb, and Jeremy Irons holds up his end as well. Juliet Stevenson is a total delight--talk about making sacrifices for your art! She plays an unattractive character incredibly well, and should have been nominated herself as best supporting actress.

Go and check this out, see what you think. Rampant narcissist or just a victim of her profession and incredible talent? Or maybe her husband should have been more interesting? It's tough at the top.

## ADVERTISEMENTS

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### **An Extraordinary Evening with the Arts**

A benefit for Community Institute for Psychotherapy will be held Saturday, May 7, 6:00 to 10:30 p.m. Speaker Mike Riera, PhD, music by EDLOS and cellist Emil Miland, wine tasting, fabulous dinner buffet, live and silent auctions and more!  
Information: (415) 459-5999 X 101, or website [counselingcip.org](http://counselingcip.org)

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**The Association of Transpersonal Psychology Conference  
Spirit in Dying**

June 10-12, 2005

Grace North Church of Berkeley

This year the ATP Conference will focus on the spiritual dimensions of dying. We will address interfaith beliefs about death and afterlife, spiritual practices, and creative tools for approaching the experience of dying, near death experiences, grief and grief counseling, palliative care and hospice, home funerals, and celebrating the life well lived. The conference will include keynotes by Joan Halifax, Matthew Fox, and Frank Osatseki, and music by The Threshold Choir who play music at dying people's bedsides and Michael Stillwater who produced Graceful Passages. The even will include a focus on the arts and spirituality in this universal rite of passage.

CEU's for Psychologists, LCSWs, MFTs, and Nurses.

INFO at [www.atpweb.org](http://www.atpweb.org)

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### From the Editor:

The *Marin County Psychological Association* Newsletter is published bi-monthly and welcomes articles and opinions related to the practice of psychology. Written materials must be submitted electronically from your word processing program, and attached to an email to [DrJohnWeirEmail@AOL.com](mailto:DrJohnWeirEmail@AOL.com). Your check must be made out to MCPA, include your license number, arrive before the deadline and be sent to:

John Weir, Ph.D.,  
711 D St., Suite 208  
San Rafael, CA 94901.

### Rates for Advertisements:

Size	Members	Non-MCPA Members
1/8 Page	\$ 15.00	\$ 30.00
_ Page	\$ 30.00	\$ 50.00
_ Page	\$ 50.00	\$ 75.00
Full Page	\$ 100.00	\$ 150.00

Discounts are available for ads of \_ to a full page which are run three editions in a row.

**Deadline for June Issue Submissions: June 1, 2005**