

# MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A chapter of the  
California Psychological Association

On-line Newsletter, June, 2005  
Volume II, Number 3

## 2005 Officers

**President**  
Grace Rogers, Ph.D.  
662-2388

**President-elect  
& Program Chair**  
Joanie Gillispie, Ph.D.  
380-9985

**Past President**  
Sue Fleckles, Ph.D.  
927-7566

**Treasurer**  
Fred Rozendal, Ph.D.  
679-0997

**Secretary**  
Ann Buscho, Ph.D.  
456-0952

**Committee Chairs  
Continuing Education**  
Beth Tabakin, Ph.D.  
459-7707, and  
Ralph Lamson, Ph.D.

**Directory**  
Empty

**Disaster Response**  
Tana Clark, Ph.D.  
924-6935

**Ethics**  
Sylvia Mills, Ph.D.  
421-3030

**Governmental Affairs**  
Mark Kamena, Ph.D.  
878-0454

**Information & Referral  
Co-chairs**  
Christine Gazulis, Ph.D.  
646-0822  
Bethany Miller, Psy.D.  
518-7999

**Membership**  
Roberta Seifert, Ph.D.  
457-1777

**Newsletter**  
John Weir, Ph.D.  
457-8886

**Public Education & Marketing**  
Jacqui Coryell, Psy.D.  
250-6610  
Stacey Rodgers, Ph.D.  
460-9107

**Student Member**  
Empty

## EDITOR'S COLUMN

**John Weir, Ph.D.**

New member services begin with this issue: **Free advertisements now for Office Space Available and Space Wanted, and in Getting to Know You**, up to five of you can describe yourself in every issue. See each section for the devil in the details. **Format problems** in downloads of previous issues lead me to ask that you write me, [DrJohnWeirEmail@aol.com](mailto:DrJohnWeirEmail@aol.com) if you have any "download anomalies", however such things are defined in your life. **Big news**, on October 15 we sponsor **John Preston, Ph.D.** in a 6 CEU course meeting the **Aging and Long-Term Care** license requirements. I am assured he will address "What's-his-name's disease" for those of us in the later stages of maturity. Details are easy to find in the Articles and Announcements section on Page 14. With 25 pages of items of importance, I don't have the space here to intrigue you, but check out 7 pages!!! of articles, including a **great book review by Ann Buscho** and more **Shrink-Rap from Sue Hulley**. **Want an academic position?** Take a look at Page....hmmm, don't remember which page that's on, guess you'll have to read them all, or wait 'til John Preston helps me retrieve that data bank on OCT 15.

## TABLE OF CONTENTS

Page	
1.	Editor's Column..... John Weir, Ph.D.
2.	President's Message.....Grace Rogers, Ph.D.
3.	President Elect's Message..... Joanie Gillispie, Ph.D.
4.	Executive Committee Meeting Minutes.....Ann Buscho, Ph.D.
6.	Treasurer's Report..... Fred Rozendal, Ph.D.
6.	Public Educ/Marketing.....Jacqui Coryell, Psy.D.
7.	Governmental Affairs/CPA Board.....Mark Kamena, Ph.D.
9.	Membership.....Roberta Seifert, Ph.D.
12.	Getting to Know You.....Easterlin, Zich
14.	.....ARTICLES and ANNOUNCEMENTS .....
21.	.....ADVERTISEMENTS.....

### **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** **Grace Rogers, Ph.D.**

I am going to start this message with reflections on something that has always been very near and dear to my heart – children, and end it with some highlights regarding the activities of MCPA. Children through the ages, from agrarian/hunter-gather societies to the world that Dickens was so horrified by and on through our own post World War II era into today, have been dependent on how they are valued by the adult world. No doubt each age had its own ideas as to the value of children in relation to the adult world, sometimes empathetically, sometimes for their utilitarian value, and sometimes with both in mind. But I wonder how we gauge the value placed on children in our current culture. I recently was asked by the Marin Independent Journal and KCBS what I thought about the violence in the new Star Wars movie, as it was described to me. Like Dickens in another age, I was horrified by the apparent disregard for children. While I understand intellectually that “artists” feel they need to dance to no drummer other than their own muse, I struggle emotionally very deeply with the low regard shown often for our children in today’s world. And so it was with great curiosity that I attended the recent PAC fundraiser and CE luncheon co-sponsored by CPA-PAC and MCPA. The topic, presented by Allen D. Kanner, Ph.D., was “The Commercialization of Childhood,” and will be described more fully by Betsy Levine-Procter elsewhere in this issue. What was most disturbing to me was how much psychology and “sophistication” is being used to manipulate the control of children’s psyche. For me, it is a continuation of the objectification of humanity. When a culture treats children as objects, how can we expect them to mature into caring mature adults? It seems to me that there is a lot that we can do from a point of our moral core to bring these questions and concerns into our daily lives and work.

Regarding items of importance to our chapter, we had an excellent and unifying Board retreat the beginning of May. We will be making this an annual event, but in the future it will be in January (January 28, 2006). This way the new Board will have time to come

together and mutually develop how they want the New Year to look. This process is fully EEE -- electric, exciting, and exhilarating! Additionally, we can talk openly and honestly. For me, one of the most important aspects of this retreat was the high degree of emotional honesty. As of this writing we continue to seek a Student Representative to the Board. This is an opportunity for students to both have representation on the MCPA Board (often referred to as the EC) and to develop a program they feel meets the interests of pre-licensed members. Let us know if you are interested.

I look forward to 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's Message** **Joanie Gillispie, Ph.D.**

Thank you all for coming to our first dinner speaker meeting with David Lukoff at the gorgeous Acqua Hotel with delicious food served by Piazza D'Angelos. We had 45 attendees and offered 2 CEU's for the first time. David's presentation gave us a taste of practicing in a wired world. His was a virtual tour of good tools for the clinician: the best health information web sites and an interactive case vignette with live links to assessment measures, collateral health resources and online text therapy. As David said "It was all good: Mt. Tam, the site, the people, the food. It doesn't get any better". Thanks David!

**June 3** we heard Ofer Zur's presentation "To Dual or Not to Dual" to a sell-out" crowd. The venue for this informal talk was in a cozy (very cozy) Persian grocery-restaurant, Hatam in San Rafael. Ofer always gives us ways to look at ethical issues from different perspectives. Hence the venue for this talk was very different from the Acqua Hotel and allowed us at MCPA the opportunity to support Middle Eastern culture. Ofer's philosophy of professional ethics is what I call the 180, a right versus right professional stance that is not fear-based. Ethical decision skills that incorporate opposing points of view, power dynamics, and gut reactions are less likely to be culturally and clinically myopic. Ofer spoke from cultural, personal, and professional perspectives on the difference between a boundary crossing and a boundary violation. In the clinical decision to conduct what Ofer calls "an out of office experience", we have opportunities to deepen the human connection and become more authentic in our work. Some bon mots from Dr. Zur: "ethics is not the same as risk management" and "where's my baklava?", the "hot flash" comment wasn't bad either! Interestingly, Dr. Zur, like David Lukoff, is also on the cutting edge of online practice and has partnered with CPA to offer CE courses online. Check it out.

**September 16** will be our 3<sup>rd</sup> Dinner Speaker meeting at Noonan's Restaurant in Larkspur Landing with Fred Luskin, Ph.D. from the Stanford Forgiveness Project. There will be a no host bar and a fabulous dinner which will only be out done by the good company and the inspiration of Fred's talk. See the review of his new book by our own **Ann Buscho** on Page 16 in this Newsletter issue.

An editorial review from Publishers Weekly describes Fred's work: Forgiving doesn't mean forgetting, insists Fred Luskin in "Forgive for Good: A Proven Prescription for Health and Happiness", nor does it mean condoning bad behavior. What it does mean is that you "take your hurt less personally, take responsibility for how you feel, and become a hero instead of a victim in the story you tell." Luskin, a practicing psychologist and cofounder of the Stanford University Forgiveness Project, shows why forgiveness is important for mental and physical health, explains how to form a grievance and suggests practical steps for healing. He uses examples from his clinical practice including instances of broader cultural grievances like those between Protestants and Catholics in Northern Ireland in this solidly researched and convincing guide. Watch for the eflyer and snail mail flyer.

**November 18** is our membership and business meeting probably to be held at my house  
9 Castle Rock Drive, Mill Valley.

**December 3** is our holiday party to be graciously hosted by Christine Gazulis in Tiburon. Details coming. I'm looking for a different food venue. Any creative ideas out there?

**March 24, 2006** Next Years CPA convention will be held at the Palace Hotel in San Francisco. 5 Bay Area chapters will be joining together for an after dinner dessert-wine-and-dance event as a way to schmooze and talk shop, especially for those who are not lucky enough to live here. We have some wineries that have already donated some great vintages and some offers for live music, any one out there with other good ideas? Psychologists need to have fun.

### **Minutes of the MCPA Board Meeting, 5/23/2005** **Ann Buscho, Ph.D.**

PRESENT: Christine Gazulis, Stacey Rodgers, Sylvia Mills, Sue Fleckles, Beth Tabakin, Jacqui Coryell, Mark Kamena, Grace Rogers, Joanie Gillispie, Ann Buscho, Fred Rozendal, John Weir, Roberta Seifert.

ABSENT: Tana Clark, Bethany Miller, Barbara Khurana

**1.** Call to Order and Review Agenda: Grace Rogers opened meeting at 7:00 p.m.,

welcomed board members, reviewed the agenda and introduced new board member, Stacey Rodgers, who is co-chairing Public Education and Marketing.

**2.** Review and Approval of Minutes of previous meetings: Mark Kamena moved to approve, seconded by Beth Tabakin. M/S/P.

**3.** President Grace Rogers' report: She made outreach calls to welcome new members and student members to MCPA, and invited their participation on the Board.

The retreat will be next January 28, 2006 at Ann Buscho's home. Christmas party will be at Christine Gazulis's home on 12/2/2005. Annual meeting will be in November at Joanie Gillispie's home.

Jacqui Coryell will get job description of her committee from the previous chair. All others on the EC are asked to send their job descriptions to the entire EC for review.

Discussion of items that need to be brought to the Board for discussion, e.g., speakers, events, screening days, etc.

Discussion of inviting new officers to start earlier so they have more lead time in event planning. Also discussed having officers continue on until March in order to support the transition for new officers, instead of leaving at the end of the year.

Discussion of offering free first year of MCPA membership to students. In return they would be requested to assist at an event or program. Roberta Seifert moved, Joanie Gillispie seconded. M/S/P.

Discussion offering new members an inducement to join MCPA. Those who choose to join at a speaker-dinner meeting will pay only the difference between the dinner and their level of membership. Beth Tabakin moved, Mark Kamena seconded. M/S/P.

**4.** President-Elect Joanie Gillispie's report: a joint social for Bay Area chapters of CPA is in planning stages. It will be March 24, 2006 after the PAC dinner at the CPA convention in SF. Planning ideas (music, desserts, etc.) can be e-mailed to Joanie Gillispie.

About 20 people currently signed up for Ofer Zur speaker dinner on June 3rd at Hatam restaurant. Expect about 25-35 to attend.

**5.** Treasurer Fred Rozendal presented the current budget report. Any changes in the budget should be e-mailed to him.

**6.** Newsletter editor John Weir reported on newsletter ads and rate schedule.

**7.** Secretary Ann Bushco reported on contacts with CPA to facilitate a co-sponsored workshop on Prescription Privileges and on Elder Care with John Preston in October or November. Updates on Dr. Preston's availability will be e-mailed to EC members.

**8.** Public Education: Jacqui Coryell reported on planning for stress screening day(s) in November, possibly in conjunction with CIP. Screening will be available in malls in two locations in the county.

**9.** Government Affairs Chair Mark Kamena reported on the PAC fundraiser on May 13<sup>th</sup>.

**10.** Past President Sue Fleckles reports we are ready to go ahead with our new website and searchable directory. Michael Mesmer will be our webmaster. We may later have an online membership application, or online event sign-ups, and payment through PayPal.

**11.** NEXT MEETING scheduled for July 27, 2005 at 7:00 p.m. at Ann Buscho's home in San Rafael.

**12.** Roberta Seifert moved to adjourn, seconded by Sylvia Mills. M/S/P. Meeting adjourned at 9:00 p.m.

Respectfully Submitted,  
Ann Buscho, Secretary

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

As of June 1, 2005, MCPA has \$19,584.37 in assets. This amount is between approximately \$4,000 to \$11,000 more than the treasury had on the same date on each of the last four years. The trend between 2001 and 2005 was a progressive decrease in funds on hand, until last fall. At that point, a joint CE program with CPA and MCPA led to a major turnaround in our declining budget.

Major upcoming expenses will include an integrated directory and web page (for which \$3000 has been budgeted), telephone and advertising expenses (about \$250/month), speaker-dinner meetings, and a possible CE program. Since income is also generated in dinner meetings and CE programs, these two expenses have the potential for being recaptured

### **Public Education and Marketing Committee** **Jacqui Coryell, Psy.D.**

Welcome to Stacey Rodgers as the new co-chair of this committee. Barbara Khurana has stepped down from this position but remains an integral part of the committee. We are moving forward with plans for a Stress Screening Day, targeted for Saturday, November 5<sup>th</sup> and/or 12<sup>th</sup>. We will be contacting shopping malls to determine feasibility and availability of utilizing un-leased retail space for the screenings. We anticipate playing educational videos, as well as providing materials and referrals. Please be thinking about taking a shift. Also, to generate interest and awareness among the public leading up to this event, we would like to place articles about stress and the spectrum of anxiety disorders, written by MCPA members, in various local publications throughout the year. We will be calling members to solicit articles or excerpts from speeches you may have

authored on this topic. In addition to getting individual credit, we will identify you as a member of MCPA and advertise the Stress Screening Day.

Feel free to contact us: Jacqui Coryell at [jcoryell@co.marlin.ca.us](mailto:jcoryell@co.marlin.ca.us) 415-250-6610, or Stacey Rodgers at [staceyrodgers@comcast.net](mailto:staceyrodgers@comcast.net) 415-460-9107.

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

As Chair of the Marin Governmental Affairs Committee, I am pleased to announce that we now have a committee member! Dr. Beth Tabakin has volunteered to join the committee to advocate for issues relevant to the field of psychology and to expand our scope of practice. If you are interested in joining our (rapidly growing) committee, please contact me (878-0454).

CPA had a successful and active year. Dr. Chuck Faltz and his staff worked diligently to defeat SB 1853, legislation that would have expanded the scope of practice for social workers and would have allowed them to officially diagnose mental disorders.

CPA staff and volunteers also prevented passage of AB 2793, a bill that would have eliminated psychologists' authority to diagnose and treat major mental disorders. The author, a physician, withdrew the bill in the face of overwhelming opposition from CPA and legislators.

Dr. Bill Safarjan and Psychology Shield (which was financially supported by CPA, several Marin psychologists, and by MCPA) successfully forced implementation of AB 947, a bill passed in 1998 to grant full privileges to psychologists practicing in State hospitals which would allow psychologists to admit and discharge, order restraint and seclusion, and direct patient care. However, the Union of American Physicians and Dentists (UAPD) and the California Psychiatric Association (CpA) have filed a lawsuit in Sacramento to block implementation of the new regulatory changes. It has taken 15 years to get the regulation changed so that they correspond to the CAPP v Rank Supreme Court decision. It is now time that psychologists take their rightful place in the healthcare arena. If you are interested in helping, please let me know.

A fund raiser was held on Friday, May 13<sup>th</sup> at the Inn Marin to support the CPA political action committee (PAC). Thanks to those who attended and heard Dr. Allen Kanner speak on "Commercialization of Childhood." Assembly member Joe Nation spoke during lunch about his bill that would provide for deletion of the duty to warn when reported by a "relative." It was a great opportunity to network and to meet Jo Linder-Crow, our new Executive Director at CPA, and CPA President-elect Gilbert Newman

**The CPA Board meeting** was held this weekend in Los Angeles (May 20 and 21). The following are the highlights of the meeting:

The Board will be revamping the budgeting process. The time schedule will be changed to provide more information to the Board as follows:

October: Review end of year reports and approve the following year's preliminary budget.

January: Review Strategic Plan and modified budget for final approval.

May: Review year-end financial statements. Check status of current year's financial progress and review progress of achieving program goals.

There are no current provisions in our budget to add to the Investment Funds or to the Building Fund. CPA's current investment balance is \$6000 (the actual investment funds total \$225,000, but all but \$6000 is reserved for the Divisions' fund balances).

A Diversity Taskforce was approved to develop multicultural competency and to bring more people of color and diverse backgrounds into psychology, CPA and leadership roles. One task will be to develop a free CE course for CPA members on multicultural issues.

CPA is currently investigating the possibility of adding a medical insurance option for members. It requires a minimum of 1000 members, but these can be made up of dependents or employees (of psychologists who have group or large practices). Six carriers are being interviewed.

A new Division was approved by the Board and ballots will be sent to CPA members (with election ballots) for approval (requires 2/3rds approval of those who vote). It will be called the Division of Clinical Psychopharmacology. It is hoped that those interested in prescription privileges for psychologists will join CPA and help with advocacy for this issue.

The California Psychological Association, as one of its MEMBERSHIP BENEFITS, provides a twice a month e-newsletter with up to date information important to all California psychologists. For example, in a winter issue, our Editor Dr. Chuck Faltz, who is also CPA Director of Professional Affairs, was one of the first to write about how Governor Arnold Schwarzenegger retreated on his proposal to abolish the Board of Psychology and dozens of other oversight boards and commissions. In the March 23<sup>rd</sup> issue, there was an article on what to consider when signing on as a Health Plan provider. There are often articles on ethical issues and the latest information on psychopharmacology.

We know that our members value Progress Notes so much so that they often share this publication with their colleagues. If you are not a current member of CPA and would like to receive your own issue of Progress Notes the very day that it is e-mailed to members, we are offering a free three month subscription. Please contact Annie DeMaria Norris at [adnorris@CalPsychlink.org](mailto:adnorris@CalPsychlink.org) if you would like to subscribe or contact Dr. Richard Sherman, Services and Benefits Chair, at [richardsherman@earthlink.net](mailto:richardsherman@earthlink.net) if you have any questions about CPA.

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

### The Postman Always Rings Twice

My office is across the street from the San Rafael Post Office, where MCPA receives its mail. I therefore volunteered to pick up the mail for the association. Being Chair of the Membership Committee, it also made sense for me to pick up items related to my work in that position.

Well, I don't know if its good news or bad news about the U.S. Postal Service, but a funny thing was waiting in good old Box No. 150001 a short time ago. On March 2, 2005, we received back a newsletter that had been sent to one of our Members in April of 1995!

Dr. Nancy Olesen was President and yours truly wasn't yet part of the EC. This newsletter was stamped with notices informing me that the reason it was returned was: "Forward Order Expired." By about ten years, I guess.

Although she is no longer a Member because she moved her office to San Francisco years ago, I would like to apologize to Dr. Suzanne Black, who never received her April, 1995 Newsletter. If anyone is in contact with her, please let her know I have it. I think the switch to email has been really great for us. We're saving lots of money on printing and mailing. We can revise, add, and edit things up until the last minute. It's easy and free to send an addendum. People can print out a copy if they like, and they can keep it stored on their hard drives as long as it suits them.

We just got some statistics from our Webmaster about hits on the website at <http://www.marin.calpsy.net/> and how many times the newsletter has been downloaded. Here's what we learned:

During the month of May, the Marin site had just over 300 "unique" visitors (out of more than 2200 "hits"). The February newsletter was downloaded 75 times in .doc format and 69 times as a .pdf. The April newsletter (during May) was downloaded 57 times as a .pdf and 23 times as a .doc.

We may get some emailed newsletters returned by the famous "MAILER-DAEMON," but at least they don't sit in a post office for 10 years!

The MCPA Executive Committee has voted in a couple of changes regarding membership. First of all, in an effort to recruit more Student Members, we will now be offering the first year of membership free to students. Second, if someone who is not yet a Member comes to one of our dinners as a guest, the cost of their dinner will be applied toward Membership dues if they enroll at that dinner.

I have no new Members to report. We currently have 110 Members. Here is a list of their names:

	Ron Greene, Ph.D.	Christine Pappas,
	Sarah A. Hall, Ph.D.	George Peterson, Ph.D.
Phillip Alex, Ph.D.	Sandra Harner, Ph.D.	Arthur Raisman, Ph.D.
Brian Andres, Psy.D.	Lynn Harris, Ph.D.	Deirdre Rand, Ph.D.
Julie Austin, Psy.D.	Nancy Haugen, Ph.D.	Randy Rand, Ed.D
Stuart Bacon, Ph.D.	Sheryl Hausman, Ph.D.	Frances Rapoport, Ph.D.
Kirsten Bauer, Psy.D.	Sue Hulley, Ph.D.	Virginia Reiss, M.S.
Corey Bercun, Ph.D.	Lynn Ireland, Ph.D.	Lori Rifkin, Ph.D.
Robin Berenson, Ph.D., MFT	Melanie Johnson, Ph.D.	Ann Rivo, Ph.D.
Ann Bernhardt, Ph.D.	Daniel Kalb, Ph.D.	Stacy M. Rodgers, Psy.D.
Martin Block, Ph.D.	Ruth Kalb, Ph.D.	Grace Rogers, Ph.D.
Christine Bouckaert, Ph.D.	Mark Kamena, Ph.D.	
Alan Boyar, Ph.D.	Leslee Kassing	
Carolyn Bray, Ph.D.	Barbara Khurana, Ph.D.	
Ann Buscho, Ph.D.	Lorraine Killpack, Ph.D.	
Laura J. Cabanski-Dunning, Ph.D.	Doan Kimelman, Ph.D.	
Leslie Caldwell, Psy.D.	Gretchen Kishbaugh, Ph.D.	
Heidi Cary, Ph.D., MFT	Jonathan Kopp, Ph.D.	
Deborah C. Clark, Ph.D.	Nina Knox, Ph.D.	
Tana Clark, Ph.D.	Mary Lamia, Ph.D.	
Denver Coleman, Ph.D.	Ralph J. Lamson, Ph.D.	
Jacqui Coryell, Psy.D.	Robert Lasser, Ph.D.	
Joel Crohn, Ph.D.	Betsy Levine-Proctor, Ph.D.	
Janice Cumming, Ph.D.	Richard Levy, Ph.D.	
Sharon Cushman, Ph. D.	Pamela Marcucci, Ph. D.	
Claire de Andrade, Psy.D.	Jonathan Marlowe, Ph.D.	
Lauren Deldin, Ph.D.	Jeffery Martin, Ph.D.	
Diane Donnelly, Ph.D.	Gail Matthews, Ph.D.	
Barbara Easterlin, Ph.D.	Christine Mayerchak, M.A.	
Philip Erdberg, Ph.D.	Bethany Miller, Psy.D.	
Bert Faerstein, Ph.D.	Sylvia Mills, Ph.D.	
Joel Fay, Psy.D.	Heidi Minnick, Ph.D.	
Sheva Feld, Ph. D.	Donald Nadler, Ph. D.	
Sue Fleckles, Ph.D.	Nicholas Nichols, Ph.D.	
Rebecca Foote, Ph.D.	Jaime Nisenbaum,	
Patricia Frisch, Ph.D.	Barbara Nova, M.A.	
Christine Gazulis, Ph.D.	Robin O'Heeron, Ph.D.	
Joanie Gillispie, Ph.D.	Nancy Olesen, Ph.D.	

Sharon Rose,  
Frederick Rozendal, Ph.D.  
Michele Saloner, Ph.D.  
Diana Sanborn, Ph.D.  
Barbara Sapienza, Ph.D.  
Susan Schmidt, Ph.D.  
Gary Seeman, Ph.D.  
Roberta Seifert, Ph.D.  
Leslie Simon, Ph.D.  
Paula Sitelman, Psy.D.  
Paula Solomon, Ph.D.  
Joan Sommer, Ph.D.  
Joy Stephenson, MA  
Molly Sterling, Ph.D.  
Gary Stolzoff, Ph.D.  
Diane Suffridge, Ph.D.  
Beth Cooper Tabakin, Ph.D.  
Carol Traeger, Ph.D.  
Marjorie Walters, Ph.D.  
John Weir, Ph.D.  
Anne Wolff, Ph.D.  
Linda Zanobini, M.A.  
Mark Zaslav, Ph.D.  
Jane Zich, Ph.D.

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## Getting to Know You

This new feature accepts submissions describing your professional/personal story. Three-to-five such "bios" are planned for each issue. Send submissions of no more than 400 words as an MS Word document (.doc) in 12pt Times New Roman to [DrJohnWeirEmail@aol.com](mailto:DrJohnWeirEmail@aol.com) as an e-mail attachment. Deadline for the August issue is August 1. Submissions may be edited for content and format. Please, MCPA members only.

### **Barbara Easterlin, Ph.D.**

415-847-2540

[barbara@lucasvalley.net](mailto:barbara@lucasvalley.net)

Barbara Easterlin, Ph.D. is an Assistant Clinical Professor and attending Staff Psychologist at the Hyperactivity, Attention, and Learning Problems (HALP) Clinic, Children's Center at LPPI, UCSF. At UCSF, Dr. Easterlin teaches and supervises Psychiatry residents and postdoctoral fellows in psycho-educational evaluation and CBT for children. She also performs psychological and educational evaluations of children with ADHD and Learning Disorders and has facilitated social skills training groups for elementary school age children, teen groups, as well as many parenting groups emphasizing behavior management strategies. She has worked in a variety of research and treatment settings including the University of Washington, Seattle, Center for the Study of Marriage and Family where she performed marital/family history interviews and experimental couples treatment interventions developed by John Gottman, Ph.D. as well as follow-up counseling geared toward increasing affection in high-conflict couples.

In addition, Dr. Easterlin has completed formal post-doctoral training in family and group therapy for those struggling with issues related to childhood disruptive behavior disorders. From 1990 through 1997, Dr. Easterlin worked in a clinical private practice in Marin County focusing on a variety of family, couple, and individual therapy issues. After taking three years off to focus on her own young children, Dr. Easterlin returned to her practice in Corte Madera with an emphasis on psychoeducational evaluation and treatment of children, behavior management consultation for parents of children with ADHD and difficult temperaments, and couples/family therapy. Specific services include the following:

Psycho-educational and Personality Testing with specialty in diagnosing ADHD, other Disruptive Behavior Disorders, Learning Disabilities, and areas of high co-morbidity including Affective (depression and bipolar disorder) and Anxiety Disorders.

Parent Consultation with emphasis on proven parenting techniques for improving home behavior and academic performance, working with difficult temperaments, understanding healthy development, and communication skills taking into consideration the child's developmental level and age. If there are parenting differences, work toward unifying approach so that child receives consistent feedback from both parents.

Brief Family and Couples Therapy focused on solutions to decrease conflict and increase familial and marital satisfaction

Child Social Development Groups for children with a variety of social, behavioral, learning/attention, and emotional problems emphasizing a fun and engaging curriculum of learning to make friends, cooperating with others, dealing with being excluded or teased, overcoming shyness, recognizing social cues, active listening, affect regulation, and school survival skills.

### **Jane Zich, MFA, Ph.D.**

I confess: I am a psychologist with a double life. My one life developed from traditional training and experience as a Clinical Psychologist, oriented toward understanding the human psyche and alleviating suffering. I specialized in Clinical Health Psychology during my postdoctoral studies at UCSF, then joined the faculty in UCSF's Division of General Internal Medicine before shifting to private practice in 1990. Currently, I have offices in Kentfield and San Francisco, where I practice depth psychotherapy, blended with cognitive-behavioral techniques; and I am Associate Clinical Professor in UCSF's Department of Psychiatry.

My other life is as a creative artist: I received an MFA in Creative Writing but mainly work as a self-taught visual artist. For awhile I was an illustrator and the editorial page cartoonist for the APA Monitor. The outer world's response to my creative offerings has ranged from a shoe-box full of manuscript rejections to frequent acceptances of my mixed media paintings into juried art shows, occasional awards, and invitations to lecture on the psychological underpinnings of my paintings. These rites-of-passage as an artist seem of secondary importance. What primarily sustains and intrigues me is the creative process itself, with its compelling spiritual, ethical, and maturational dimensions. Painting, for me, is a type of mindful dreaming that involves a constant dialogue between my ego and the unconscious.

Doing artwork has long been the most reliable way for me to refresh my awareness of the numinous realms in which depth psychotherapy occurs and to stay respectful of the risks, as well as gains, that come with swimming in the Mysteries. This awareness

accompanies me during clinical work. It finds its expression through tools such as active imagination, containment rituals, imagery and metaphor. These are of central importance to deepening work not only with artists and writers in my psychotherapy practice, but with most clients, regardless of background or profession. Cognitive-behavioral approaches also have their place, particularly in pacing the dialogue with the unconscious and modulating the inevitable inflations and deflations that contact with archetypal material brings.

My “Vision Journey” paintings are exhibited through June at the Dream Institute of Northern California in Berkeley. They will be at San Francisco’s C. G. Jung Institute November 2005 – April 2006. Some of my earlier drawings and paintings can be found in *Shadow: Touching the Darkness Within*, a collection of literature and art exploring archetypal themes [Tarcher-Putnam, 2002].

## **ARTICLES AND ANNOUNCEMENTS**

### **Mental Health Aspects of Aging and Long Term Care**

A Six CEU Course by John Preston, Ph.D.

October 15 from 9-to-4 at Inn Marin

Due to the “above-and-beyond” efforts of Ann Buscho, Beth Tabakian, and Joanie Gillispie, MCPA will sponsor this course which meets the Aging and Long-Term Care licensure requirement. Preston, one of the most well-known and popular CEU presenters in California, will address psychopharmacology issues, differential diagnoses of cognitive symptoms, grief, anxiety, depression, dementias and pharmacology, sticky dilemmas, and shifting roles for therapists. He will use video examples of clinical work. There will be a continental breakfast, lunch and afternoon snacks. Enrollment details will follow in a special e-mailing to each member.

### **SHRINK-RAP ON FILM: TIMELY DUO MILLIONS AND WALK ON WATER**

**Sue Hulley, Ph.D.**

Well, that old deadline has rolled around again, we're leaving town almost immediately, and we haven't been seeing all that many movies anyway. What to do?! Lucky for me, I

just saw two terrific ones, and given a bit of time and the incentive of getting a column out, am suddenly seeing loads of parallels and contrasts between them. Granted, on the surface these two seem very different. *Walk on Water* is an adult international thriller, aiming to give the viewer a feeling of current day authenticity, while *Millions*, a movie about two boys who find a lot of cash, is a fable with an almost magical quality.

However, looking deeper, several interesting aspects emerge.

Of course, both are foreign films--*Walk* set in Israel and Germany, *Millions* in England. Both are direct, no-frills productions, a relief from the often treacly Hollywood treatments, especially of kids. In both, central characters are in conflict--in *Walk*, it's the hardened Israeli Mossad agent Eyal versus the German brother and sister, Alex and Pia, in *Millions*, the younger and older brother are sporadically facing off. The warring sides in both movies are faith and doubt, belief in goodness and joy versus cynicism, suspicion, and outright hatred.

In *Millions*, the younger brother is achingly portrayed as not only a faithful Catholic, but the moral center of the film, while the older one, damaged by his life experiences, is attempting to console himself with material objects and power. The Israeli agent in *Walk* is trapped in a similar dead end, acting out his own and others' revenge while losing out on life.

Both the agent and the older brother are threatened and angry at the faith and wholesome outlook of the other characters. And both clearly long for happier lives and want to believe in something, but are unable to see how to extract themselves from their lonely solutions. Both movies result in life-affirming endings, and both characters DO get a chance to move beyond their self-defeating defensive maneuvers.

Cinematography is a point of difference, however. *Millions* revels in an incredibly creative story-telling style quite well-adapted to its sporadic bouts of magical realism. Danny Boyle uses time-lapse photography, or rather time-lapse computer-simulation, in one amazing scene. Elsewhere, he cuts back and forth, using close-ups and kinetic effects which liven up the movie and give it a bit of the feeling of children on a merry-go-round. At times I was reminded of Andrew Weil's first book, *The Natural Mind*, where he opined that we all, from an early age, strive for altered mental states. He talked about how children accomplish this on swings and on merry-go-rounds. Boyle's effects, while not quite that strong, seemed to bring us into the mental world of children, where reality can have a fluid quality lacking in many adults' experience.

The tender quality of this film is apparently a big switch for Boyle, who had previously directed *Trainspotting*. Although I didn't see it, Bill tells me that it was a dreary account of drug addicts, ending with the main character making an implausible (to him) recovery. In a sense, it parallels the conflict between the brothers, with Boyle starting his career as the older one, and now, like the younger one, getting in touch with his ability to experience wonder.

The film is based on a novel by Frank Cottrell Boyce, who also wrote the screenplay. A fairly cursory glance through the book at Book Passage suggested to me that the movie followed it fairly faithfully (you should pardon the expression). Unfortunately, I know nothing of the director of *Walk*, so can't comment on whether this movie was a departure

for him as well.

Millions has an interesting and imaginary premise--the English have agreed to give up the pound and base their currency on the Euro. I wonder if the author wrote the novel before England made the decision to scrap this plan, or after he knew that it wasn't going to occur. In either case, all of the attitudes he describes are believably English, and Boyle and the screenwriter must have had fun when they parodied the TV infomercials urging people to convert their pounds before the December 31st deadline. Against a backdrop of large numbers denoting the days remaining, an old man in a sleigh cuddles a friendly, well-endowed blonde who poutingly reminds him that time is running out. Their interplay was so English, down to its titillating suggestion of sex, fundamental squareness, and corny production values.

Walk, on the other hand, is encased in a grittier context, based as it is on the Arab-Israeli conflict and continuing anti-Nazi activities of Israel. Its pessimistic subtext is all too believable, and although aspects within it strained credulity, these were merely plot twists --for example the Israeli so suddenly appearing in Germany--rather than any fundamental premise.

Ultimately, both movies are about people getting another chance to believe in something beyond themselves and to move forward in their lives. This is easy to root for, as it is something we all want. Go and check out how these two directors make it happen!

## **FORGIVE FOR GOOD**

**A Book Review by Ann Buscho, Ph.D.**

Fred Luskin, Ph.D., Stanford researcher and author of Forgive for Good, will be the featured speaker at the MCPA dinner in September. In this article, I would like to briefly review this book as it relates to clinical practice. Dr. Luskin's book has been a national best-seller, and is widely available in paperback. I recommend it to you as a quick read with useful concepts.

Forgiveness was a concept that had not been explored by psychologists in research until Dr. Luskin's work. Dr. Luskin worked with Irish Catholic and Protestant families who lost loved ones through murder. He also worked with the type of patients we are likely to see in private practice. He worked in groups, and developed a curriculum which was standardized for data collections. This was then adapted for use with individuals, and his book became a best-seller. It is refreshing to see a best-selling self-help book that is based on solid research rather than anecdotal data. Perhaps there are many readers who have worked through Dr. Luskin's program independently, using his book as a guide. However, I have found that for many of my patients, the therapy was essential in reinforcing and developing the concepts in the book. The book makes forgiveness seem easier than it is. It would be interesting to collect data on the outcomes of the readers' independent efforts to replicate the curriculum in Forgive For Good.

Many of our patients present with issues that relate to losses and grievances. After

reading his book, I have referred many of my patients to the book, and then worked with them in therapy using the book as a reference point. From a psychoeducational approach, I have found this to be a valuable and useful tool in helping patients recover from old or recent abandonment, trauma, business failures, health problems, and other losses. Much of my work is short term and my focus is helping the patient return to a level of functioning that they define as optimal. I have found that when a patient is “stuck” there is often some forgiveness work that needs to be done. I was working with a patient who was going through a painful divorce when I realized that her anger was dragging out the legal process of the divorce. Despite her stated goal of wanting to “move on,” she was stuck. We talked about what she needed to “let go of” and had several sessions clarifying her feelings (again) of her grievance. At that time, I found Dr. Luskin’s book, and found that the concepts and “protocol” were helpful for this patient, and many others since.

It is important to talk with patients about what forgiveness is and what it is not. Forgiveness is defined as a feeling of peace, as the patient’s grievance story about himself changes from victim to hero; as he takes responsibility for how he feels; as he takes the hurt less personally. Forgiveness does not change the past, only the present. It doesn’t condone; one is not a doormat; one doesn’t give up claims to justice. It shows strength; it lets one give love to others. When I talk with patients about forgiveness, I tell them that forgiveness allows you to reclaim yourself and your life from the quicksand of anger, fear, and frustration.

The problem that leads to the need for forgiveness starts with a grievance. A grievance is a story about something that happened that you did not want, and which you take personally. You blame someone else for how bad you feel, you think often of that situation and become physically or emotionally upset. The story stays the same no matter how often you tell it to yourself or others. And it is a story that is told over and over, e.g., “My husband left me for a younger woman...” My patient lost a lot of weight, couldn’t sleep, nearly lost her job, and developed a host of physical symptoms that clogged her internist’s appointment book for three years. Her friends tired of the story and began to nag her about “moving on.” My patient continued to spy on her husband, to read his emails (he didn’t change his password!), and to rage at him and his girlfriend over the phone. She was still crying daily after three years, and her divorce was not finished because she was never satisfied with the negotiations. Frustrated, her own lawyer fired her and she had to find another.

A grievance almost always involves blame, and recalling the grievance triggers the sympathetic nervous system—especially stress hormones. Patients recognize the physical symptoms: increased heart rate, shallow breathing and increased blood pressure. Dr. Luskin describes the way the liver dumps cholesterol into the blood to gum up the heart in case of bleeding, how digestion stops and senses are heightened. The physical discomfort is the way the grievance continues to plague us. When stress hormones are released, no clear thinking or problem-solving is possible. I have found that it is important to educate patients about the physical damage done by chronic stress. In the beginning, clients believe that this is outside of their control, but the forgiveness work leads to new abilities to control their stress levels. This is primarily through the teaching

of relaxation and visualization exercises.

Dr. Luskin attributes the development of a grievance to the “Unenforceable Rules” we are trying to enforce when we blame someone for how we feel, or when we take something too personally. He asserts that when we are upset about anything—at root is an unenforceable rule. A rule is an expectation for how something should turn out or how someone should think or behave. An unenforceable rule is any rule/expectation which you don’t have the power to make happen. It is what you HOPE will happen. Trying to enforce an unenforceable rule leaves you angry, hurt, bitter, helpless, disappointed. Some common unenforceable rules are:

- a. My partner must be faithful
- b. People must not lie
- c. Life should be easy, or fair
- d. My past should have been different

The task of the therapist is to help uncover the hidden rule—the desire or hope to have something which became a demand or an expectation. The therapist can then help the patient deliberately change it by substituting “wish” or “hope” for the unenforceable rule or demand. Through discussion of exactly what one can control and what one cannot control, the patient may begin to realize the upset is due to an inability to enforce an unenforceable rule. The focus of conversation then shifts to how the patient thinks, not what the wrong-doer did.

Forgiveness is more than just deciding to forgive. If forgiveness work begins before the patient is prepared, my experience is that she just “goes through the motions,” without internalizing the new story of “recovery.” We need to assess the patient’s readiness to forgive. When your patient knows what the feelings are about what happened and is clear about the action that wronged him, he has a fully developed grievance story. He has shared this story with at least two people (and often with many more). When there are obstacles to forgiveness, these are challenged directly in several ways. Dr. Luskin points out that given the right conditions, patients will realize that even the most grievous losses, rejections, etc., can be forgiven. He says, imagine you could have \$20 million if you let go of the grievance, could you do it? Imagine you have a loaded gun at your temple, could you do it? People realize that they can forgive, and that this is their choice, to forgive or to hold on to the grievance. No one wants to die to remain hurt or angry. We can help the patient see that no offense is “unforgivable”—others have forgiven the very same offense. We can challenge them to stop doing what isn’t working, and to open space to the new ideas which will come. The story of what happened is revised to a new forgiveness story; the theme will often be a heroic overcoming of an injustice.

Before beginning to develop the forgiveness story, Dr. Luskin teaches patients various positive coping strategies in his book, many of which we teach every day to our patients. Patients learn and practice these techniques to help deal with the upset feelings aroused by the remembering or re-telling of the grievance story. This gives clients some symptomatic relief, and a sense of mastery over their distress. While we may choose other techniques, Dr. Luskin uses a remote control metaphor, suggesting that one “tune” into Gratitude, Love, Beauty and Forgiveness “channels” vs. the “I had Lousy Parents” or

“Betrayal” channels. He teaches the “Breath of Thanks”—15 belly breaths, while saying “thank you” silently for the gift of life while imagining gratitude centered in your heart area. He recommends daily practice of these kinds of exercises. He suggests visualizing a scene in nature filled with tranquility or a powerful love experience. I have my own repertoire of relaxation techniques which I prefer to use; it is the idea of teaching patients how to relax that is important. For some, this may involve reconnecting with something spiritual in their lives. The empirically demonstrated evidence is that patients are prepared to let go of their grievances through stress management techniques. His structured exercises seem rather glib or simplistic to the professional reader; however, they are well structured and explained to the lay reader.

Re-storying the grievance begins with the patient’s positive intentions, his deepest hopes and goals. As we uncover this aspect of the grievance story, it changes to make him the central figure. We need to ask why the patient was in the grievance situation in the first place. What was his goal in positive terms? The patient commits to tell the positive intention story to a few people, and agrees to stop telling his grievance story.

The new story is developed in a structured format consisting of four statements, each of which can be the focus of the clinical hour:

1. A strong statement of hope, or the specific, positive outcome desired in the hurtful situation. This statement is a wish, hope or preference worded in a positive way. It is personal, beginning with “I” and focusing on the personal goal. E.g., “I wanted a happy marriage with Jim.”
2. The second statement acknowledges the possibility of not getting what one wants and fully accepting that reality. One accepts that there are limits to one’s control over others, oneself, and life events. One accepts life’s uncertainty. This often leads to an awareness of loss, and to grieving. Hurt is a part of the vulnerability in hoping. Hope always carries with it the possibility of loss. The statement starts with “However I understand and accept that...” My client had to “understand and accept that” her husband decided to give up on the marriage and pursue another relationship.
3. The third statement affirms the positive intention—reconnecting to the present, to goals, breaking connections with those who were hurtful. E.g., “My intention is to become a stronger person.”
4. The final statement is of a long term commitment—e.g., “I make the long term commitment to follow my positive intention, to learn the specific new skills I need to prosper,” etc. It is helpful to make this rather specific, with a goal located within the person, as opposed to my client’s original goal of “moving on.” Often, the goal has to do with personal growth.

Dr. Luskin adds an interesting section on self-forgiveness for people who are upset at themselves...for failing at one of life’s important tasks (school, marriage, having kids, etc.); for not taking action when it was necessary to help either self or another; because they hurt someone else; and for self-destructive acts (abuse, drugs, unwillingness to work hard, etc.). The unenforceable rules are often rules such as needing to be perfect,

never to hurt anyone, to be successful, etc. The major obstacle is Habit. The advantages are: you can make amends, take something less personally, take responsibility for your feelings, tell a positive intention story.

Forgive For Good is a welcome addition to our bookshelves. Whether or not you follow his suggested protocol, the concepts will be useful in your clinical work. My personal favorite is the concept of “unenforceable rules.” At a minimum, the book also reminds us to think about the role of forgiveness in new ways while helping our clients with their recovery.

Dr. Luskin cautions that becoming a forgiving type of person doesn’t mean that we become “pushovers.” He tells this story: A long time ago a village had a saint living near it. That saint walked among the hills and one day came upon a rattlesnake lying in the grass. The snake lunged with its fangs bared and made to bite the holy man. The saint smiled, and the snake was stopped by his kindness and love. The saint spoke to the rattler and asked the snake to give up biting the village’s children. He said in that way the snake would be better liked and cause less harm.

Because of the power the holy man possessed, the snake agreed to stop biting. The next week the saint walked by the same spot and saw the snake on the ground lying in a pool of its own blood. The snake used what little strength it had to admonish the saint for almost killing him. “Look what happened to me when I tried to be nice and not bite, and now everyone is trying to hurt me.” The saint looked at the snake, smiled, and said “I never told you not to hiss.”

Ann Buscho, Ph.D. has a private practice in San Rafael. She can be reached at (415) 456-0952 or at [joelann@comcast.net](mailto:joelann@comcast.net)

**...And a good time was had by all.  
Betsy Levine-Proctor, Ph.D.**

On May 13<sup>th</sup> I attended an MCPA event which was a combination continuing education presentation, CPA Political Action Committee (PAC) fundraiser, and luncheon. Dr. Allen Kanner, a dedicated expert and activist in the area of the commercialization of childhood discussed this disturbing phenomenon. Sixth District Assembly member, Joe Nation attended during lunch and spoke about legislative issues relevant to psychology/healthcare. Dr. Gilbert Newman, CPA’s President-elect, also attended and brought us Dr. Kanner, who was his dissertation Chair. Dr. Jo Linder-Crow, the Executive Director of CPA, spoke about the goals of CPA.

I found this combination of activities to be intellectually stimulating and enjoyable with the added pleasure of a tasty lunch in a comfortable setting. (The meeting room has large glass windows, looking out on a garden setting.)

Dr. Kanner emphasized the importance of an interface between psychology and political action regarding social issues such as corporate marketing to children worldwide. To have this point made in the context of a visit by an Assembly member was a very powerful lesson in kind. When Dr. Mark Kamena explained to Mr. Nation the nature of Dr. Kanner's presentation, Mr. Nation responded by stating that he would support any legislation that came his way regarding the limitation of marketing to children.

Thank you Drs. Kanner, Kamena, Newman, Linder-Crow and Nation. More please!

## ADVERTISEMENTS

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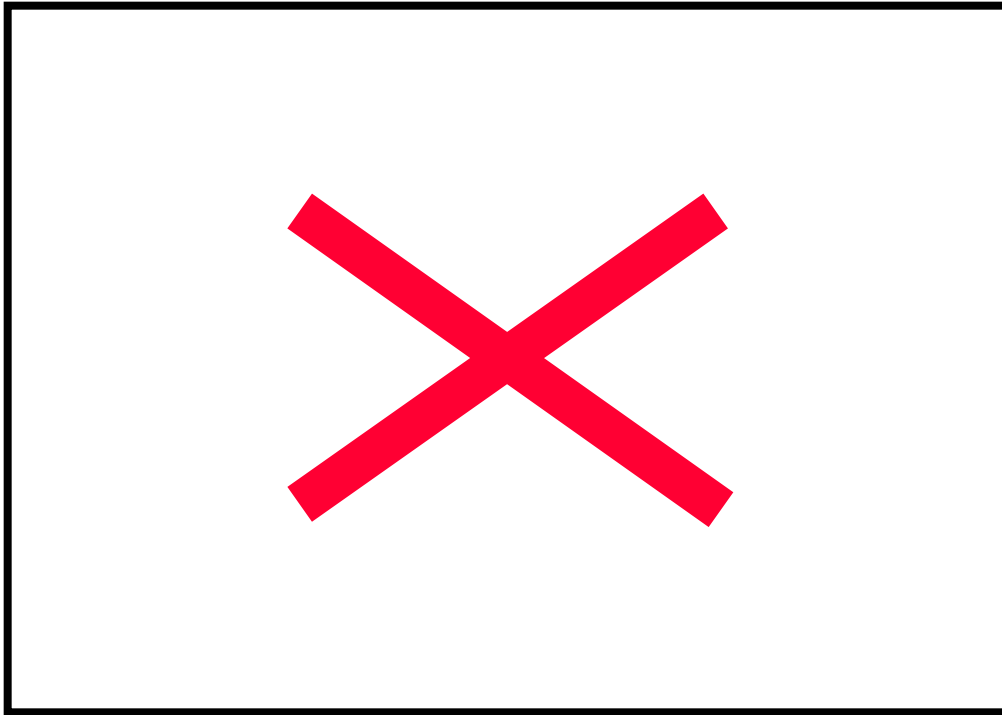
MCPA Newsletter  
June  
2005  
Page 22

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MCPA Newsletter

June 2005  
Page 23



Learn how to help children and families reach their highest potential as outlined in the book *The Biggest Job We'll Ever Have* by Laura and Malcolm Gauld (Scribner, 2002) 14 hours of continuing education credit for MFT's, LCSW's and psychologists will be offered by the co-sponsor of the event, The Wright Institute (approval pending).

Presenters include: Laura Gauld & Joel Crohn, Ph.D.

For more information, contact Joel Crohn at (415) 456-1166 or

[www.biggestjob.org](http://www.biggestjob.org)

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MCPA Newsletter

June 2005

Page 25

## Space Available

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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

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