

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A chapter of the
California Psychological Association

On-line Newsletter, October, 2005
Volume II, Number 5

2005 Officers

President

Grace Rogers, Ph.D.
662-2388

Treasurer

Fred Rozendal, Ph.D.
679-0997

Secretary

Ann Buscho, Ph.D.
456-0952

Committee Chairs Continuing Education

Beth Tabakin, Ph.D.
459-7707

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

Keith Sutton, B.A.
847-7684

President-elect

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

Past President

Sue Fleckles, Ph.D.
927-7566

EDITOR'S COLUMN

John Weir, Ph.D.

Did you forget that on October 15 MCPA will present **John Preston, Ph.D.** in a 6 CEU course meeting the **Aging and Long-Term Care** license requirements at Inn Marin in Novato? If you haven't signed up yet, be there at 8:30 with checkbook in hand. Call me (457-8886) or Beth Tabakin (459-7707) if you have questions. See Page 4 for details about MCPA's **Annual Meeting** (11/18) and the **Holiday Party** (12/2) where you can welcome **Keith Sutton**, our new Student Representative along with the **MCPA Officers** for 2006.

The usual array of "don't-miss" Committee Reports is here. The **Annual Required I&R Meeting** is November 4 (p.9). Check out the **Anxiety Screening Day** need for volunteers (p.7) and the outcome of the Sacramento battle over the attempt to eliminate the Board of Psychology (p.8). There are three Articles of special interest this issue: one on the hot topic of prescriptive authority for psychologists (p.10), a review from New Zealand (p.14) of an original book on anorexia/bulimia, and the welcome return of Sue Hulley with another "Shrink-Rap On Film" (p.18)

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.
5. Executive Committee Meeting Minutes.....	Ann Buscho, Ph.D.
7. Treasurer's Report.....	Fred Rozendal, Ph.D.
7. Public Educ/Marketing.....	Jacqui Coryell, Psy.D.
8. Governmental Affairs/CPA Board.....	Mark Kamena, Ph.D.
9. Student Representative.....	Keith Sutton, B.A.
9. Information and Referral.....	Bethany Miller, Psy.D.
10. Getting to Know You.....	Nobody!
10.....	ARTICLES and ANNOUNCEMENTS
21.....	ADVERTISEMENTS
24. Editorial Requirements.....	From the Editor

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.**

The time of the year that brings even more opportunities for our members to meet, greet, and share with each other is fast approaching. Please also see other articles in this newsletter for more information on some of these events. Additionally, you will soon be receiving an envelope with more information in it regarding two of the upcoming events and of voting for next year's officers.

November 18th, a Friday, is this year's annual membership meeting. We do several things during this meeting, including getting to mill, eat, and share. During the formal part of the meeting I will be asking for the membership present to pass on our updated proposed Bylaws. For an advance copy of these Bylaws please send your request to me via Rogerspjd@juno.com and I will forward one as close to return email as I can. For questions, contact me at 662-2388, and allow a couple of days for me to get back to you. Another important agenda item of this meeting is to give you opportunity to hear your Board and committee chair members share what they have been up to and what they are planning in the future. Serving in these positions is a volunteer contribution that these members give to MCPA, and I would guess that they would welcome expressions of your appreciation. They are all dedicated to MCPA and its success in a rapidly changing world. We also welcome your ideas about what you might like to see us do in the future. We will end the formal part of the meeting giving all those in attendance a chance to let everyone else know a brief bit about themselves. Mark your calendars now for Friday, November 18th, 6:30, and look for the MCPA envelope with more information in your mailbox.

Another upcoming event to look for, also in the above mentioned mailing, is our annual Holiday Party on December 3rd. It is at this event that we formally turn over those positions that will be filled starting January 1st by new volunteers. However, what this gathering is really about is a member benefit to celebrate in true holiday spirit.

Please welcome our new Student Member Representative, Keith Sutton. When you seek us out to say hello or to question what it is that we are up to, please include Keith as he has many exciting and interesting ideas that he brings to this position. Let us know if you are interested.

By way of general information, all Board, I&R, and other MCPA volunteer positions covered by CPA's liability insurance must be members of both CPA and MCPA, and our thanks go out to California Psychological Association (CPA) for this generous affiliation benefit.

CPA affiliation brings many benefits to the field and practice of psychology, and it is important that they receive our support as well. Of particular note, in addition to being available for questions and helping chapters with workshops, they keep a close eye on what Sacramento is up to. They have taken many successful steps at protecting our scope of practices, and it is because of this that psychologists in California have one of the broadest scopes of practice of any state in the union. If you are not already members, I encourage you to become one, including helping with their Political Action Committee efforts.

I look forward hearing from and/or seeing you at our many upcoming events. Again, 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

President-Elect's Message Joanie Gillispie, Ph.D.

I was in Boston when the Red Sox beat the Yankees Friday night, and in Boston the next day when the Yankees beat the Red Sox. As I write this from Vermont I am struck by these events and two other headlines in the paper. A tourist boat capsized in Lake George killing 1/3 of the passengers and the leaves are not cooperating with the Fall dress code, leaving many annoyed as they file home in their tour buses. I am reminded of what Fred Luskin* said at our third dinner speaker meeting about those who are lucky enough to live in Marin. Do we think that life is or should be any different from what others experience in New Orleans, Bali, or the Middle East?

Some know that life is precious, perhaps they have lived through a tragic death of a loved person. For those who have unrealistic expectations (about how much money they need, their kids' grades, the size of their house, or the way they should look) life becomes a whine, a circular journey of The Self Absorbed, wherein the inner critic eats away health.

A joyless person is hard to be around. Yes, some times the Red Sox win, but more often they do not. We can die on our way to the other side of the lake and we can't make the leaves do what we want when we want. Fred says that we, as psychologists, should be helping our patients (ourselves?) get over it (after feeling and clarity, of course) rather than collude with endless machinations. Dwelling in the past becomes the de facto excuse for not letting go of the unrealistic expectation that life should be any different.

The world notices more now. Expectation is juxtaposed right next to the way it really is. We have more ways to talk/hear/see all the things that don't work and more ways to talk/hear/see all the things we want now. Let's look around for joy and talk/hear/see/do that.

* For those of you who missed it, Fred Luskin shared some brief words at the 3rd Dinner Speaker meeting about his book Forgive For Good and the Stanford Forgiveness Project. The venue was lovely, the food delicious, the company scintillating but the restaurant was so noisy that we really had to listen to Fred's words. Perhaps that was the point.

Upcoming Events:

1) Friday, November 18, 2005; 6:30-9:00. All MCPA members are welcome to Joanie Gillispie's home for the annual business meeting. Come and share what you are doing while we transition our Board into 2006 with a very dedicated group of your peers who want to bring more service to you and to the community. I am looking forward to welcoming Sheva Feld as President-Elect and deeply appreciate the cheerful mentoring I have received from current President Grace Rogers, Past-President Sue Fleckles and all the current board members.

2) Friday, December 2, 2005; 6:30-9:00; Members and guests are invited to a holiday party at Christine Gazulis' home in Tiburon. Students are encouraged also! This is a time to enjoy each other's company.

3) January 28, 2006 is our annual Board Retreat. We process the past year (briefly, with feeling and clarity☺) and plan upcoming events. Ideas are welcome from all members. Please snag someone at the holiday party, or call (415 380-9985), or email me at drjoanie@hotmail.com

Minutes of the MCPA Board Meeting, 9/28/2005

Ann Buscho, Ph.D.

PRESENT: Christine Gazulis, Sue Fleckles, Beth Tabakin, Grace Rogers, Tana Clark, Stacey Rodgers, Jacqui Coryell, Joanie Gillispie, Ann Buscho, Fred Rozendal, John Weir, Keith Sutton, Sylvia Mills

ABSENT: Bethany Miller, Mark Kamena, Roberta Seifert

1. Call to Order & Review Agenda: Grace Rogers opened meeting at 7:20 p.m., welcomed board members and reviewed the agenda. Review & Approval of

Minutes of previous meetings: M/S/P.

2. President Grace Rogers' report: The retreat will be next January 28, 2006 at Ann Buscho's home. October 6th is the soiree at Ann Buscho's house. John Preston's full-day workshop on "Mental Health Aspects of Aging and Long Term Care" will be on October 15, 2005. The membership Holiday party will be at Christine Gazulis' home on 12/2/05. Annual meeting will be on November 18 at Joanie Gillespie's home. February 10, 2006 will be the first speaker/dinner meeting next year. I & R meeting is on Friday, November 4th, at 6:30 in the meeting room at The Town Center.

Rogers introduced Keith Sutton to Board as potential new student member chair. He is a 3rd year student at CSPP, lives in San Francisco, and is also on the board of AFTNC. He plans to move to Marin County in about three years. He is married and his wife works in Marin. He would like to have a panel of psychologists to talk about their career path to students and newly licensed psychologists. He would also like to increase student membership and has already undertaken some recruiting efforts. There are currently about 6-8 student members in MCPA. He is a member of CPA and MCPA. M/S/P.

All members on the EC are asked to send their job descriptions to the entire EC for review. They should be ready by November 18th to pass along to new members.

Discussion of proposed revisions to by-laws. Bylaws approved, M/S/P. These and other changes to by-laws must be voted on at the general membership meeting in November. All new board members will receive a copy of the new by-laws.

3. Any changes to our current website must be submitted to Sue Fleckles to be updated on Sunday, October 2nd. The webmaster is uploading the new information in lump batches. She will be including information about the website in her piece for the upcoming newsletter. The new website is behind schedule but will be online by the end of the year.

4. Joanie Gillispie thanked everyone for their patience at the Fred Luskin dinner. It was a good evening despite a noise problem. Dr. Luskin has offered to come again to speak with us again in another (quieter) setting. A mailing to

the membership will include a membership renewal, a ballot and flyers about the upcoming events. The mailing will be sent out next week. Reminders to vote will be sent by email. Sandra Harner may present at a speaker dinner meeting in February. Possible topics include the aging heart, or shamanic journeying, in February.

5. Fred Rozendal presented the budget report. Our finances are in the best shape they have been in five years. Potential big ticket items remain, including costs for the Preston workshop and website costs. Public Education and Marketing committee requested an increased budget to \$550. Finance committee recommended approval of the request, M/S/P. Fred also suggested a reduced fee for students to attend the holiday dinner: \$15 He also suggested that students attend speaker/dinner meeting for \$20. M/S/P

6. Secretary's report: \$2500 grant came through for Preston workshop. Beth Tabakin will follow up with the hotel to finalize arrangements. Soiree on October 6th will be well attended. People are asked to bring finger food to share in lieu of dinner...

7. John Weir noted that the State will look again at the notion of merging all licensing boards (MFT, LCSW, and PSY) in two years. Committee reports are due next week for the newsletter. Keith Sutton is invited to submit a bio for the newsletter. Discussion of how to increase people's willingness to submit bios. Advertising is low at the moment.

8. Beth Tabakin reported that 19 people requested CEU's at the Fred Luskin event. So far 22 people have signed up for the John Preston event, but many more are expected to sign up in the next two weeks. A new flyer for the event was emailed and we are asked to forward to all our colleagues. Laura Dunning has agreed to join the CE committee next year, with Beth Tabakin and Christine Gazulis.

9. Stacey Rodgers and Jacqui Coryell announced preparations for anxiety screening day, November 12th, from 11-5, inside Northgate Mall. The mall has donated the space at no charge. Christine Gazulis suggested that the screenings be offered in Spanish as well. Referrals will be available to local agencies or I & R providers. Educational materials will also be available. The day is being publicized in local media.

10. Stacey Rodgers will be joining the I & R committee. Nancy Haugen will be the Disaster Committee Chair next year.

11. NEXT MEETING –Annual Business meeting open to the full membership – Friday, November 18, 2005 at 6:30 p.m. at Joanie Gillispie's home.

12. Meeting adjourned at 9:20 p.m.

Respectfully Submitted,
Ann Buscho

Treasurer's Report Fred Rozendal, Ph.D.

As of September 27, 2005, MCPA has \$19,406.73 in funds.

Using the MCPA year (Nov. 1 to Oct. 31) and rounding off figures to the nearest dollar, income this year has primarily come from workshops (\$10,643), dues (\$7500), and dinners (\$6511).

In the same time period, major expenses have involved dinners (\$7555), an upcoming continuing education program (\$3256), advertising in the yellow pages (\$2320), an executive committee retreat (\$838), and the cost of maintaining a telephone (\$485). Smaller expenses were incurred by a variety of committees.

Total income for the year to date has been \$25,571.92 and expense \$15,418.24 for a net profit of \$10,153.68. Additional income and expenses will be forthcoming this month, the last of the financial year, primarily associated with the Preston workshop. Overall, we have recovered from a serious decline in funds that worsened over the last four years. The Executive Committee is in the process of reviewing it's financial policies particularly regarding the payment of honoraria for guest speakers at dinner meetings. It also agreed at the last board meeting to charge students \$10 less than the member rate for dinners, in an attempt to make events more accessible.

If anyone wishes to have a copy of the annual budget, please contact Fred Rozendal.

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

VOLUNTEERS NEEDED FOR ANXIETY SCREENING DAY

The Public Education & Marketing Committee is finalizing plans for the Anxiety Screening Day and we need your help. It will be held Saturday, November 12 from 11:00 am to 5:00 pm at The Northgate Mall in San Rafael. There will be a table set up inside the Mall to attract interest and direct interested participants to the Marin Link offices (a social service agency with private offices located on the outside perimeter of the Mall near the movie theatre), where other volunteers will conduct the screenings and provide brief consultation and referrals. Participants will be given a free yellow stress ball with MCPA, the I&R phone number, and our website printed on it.

We need volunteers to fill 2-hour shifts at both the table and at Marin Link. The shifts are: 11:00-1:00, 1:00-3:00, and 3:00-5:00. Volunteers for the screenings need to be either CPA members or carry their own private practice insurance.

Just think, you can combine shopping or a movie before or after your shift! Please contact co-chairs Jacqui Coryell at 250-6610, jcoryell@co.marin.ca.us or Stacey Rodgers at 460-9107, staceyrodgers@comcast.net and indicate which shift or shifts you would like to work. Thank you

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

The California Psychological Association, the legislative leadership, and the Governor's Administration worked out a compromise to maintain the independent Board of Psychology for another 2 years. SB 229, the bill which will extend the Board of Psychology, was amended to reflect the compromise position. The bill has passed with wide majorities in the Senate and Assembly and the Governor is expected to sign this bill in the coming month. Thanks to all of you who helped us with this fight as we have laid the groundwork for what we know will be an ongoing battle to retain the Board of Psychology and the independence of psychology in California.

I especially want to thank those of you who sent a letter of opposition to the Governor and your legislators, and/or called your legislators expressing your opposition. The Governor's office received nearly 5,000 postcards and letters from psychologists in opposition to his plan to merge the Board of Psychology with the Board of Behavioral Sciences (BBS). When the Governor signs this bill, the BOP will remain independent for an additional two years.

CPA will continue to strongly oppose the concept of an omnibus licensing board for mental health. However, many Marin psychologists are not politically active as members of CPA. We need all psychologists to get involved today so that psychologists' voices will be loud enough in Sacramento to defeat future proposals to cause us to lose our identity as unique, doctoral level therapists. Although CPA will continue to spearhead our political outreach, this is not someone else's fight. This is our fight. Let me know if you are interested in joining our battle.

Student Representative **Keith Sutton, B.A.**

Over the summer I contacted several Marin County psychologists to learn about their career paths and to solicit suggestions on how to begin my own practice in Marin. Ann Buscho, the Secretary of the Board, encouraged me to join the Marin County Psychological Association (MCPA) in order to connect with other local psychologists. I'm glad I took her advice! My first event was a dinner last September featuring Dr. Fred Luskin, who spoke about the Forgiveness Project at Stanford. There I met several psychologists who were eager to talk to a student member, share their experiences, and inquire about my interests. In fact, the event went so well for me that I decided to join the board of the MCPA as its student member. It was encouraging to get to know psychologists who are successful, innovative, and enthusiastic about their work.

As the student board member, I will encourage other students to join the MCPA, so they too can experience the mentorship of successful colleagues. I plan to contact schools and local training sites in order to reach out to students and present our point of view during board meetings (such as keeping event fees low).

I hope you will welcome new student members as you have welcomed me and that you share your experiences with us because we love to learn about the light at the end of graduate school.

I hope to see you all at the next event.

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

Save the Date!!! **The annual I&R meeting** will be held on Friday, November 4th at the Corte Madera Town Center from 7:00-9:00 P.M. Remember, this meeting is **mandatory** for anyone interested in serving on the I&R. Make-up meetings are not guaranteed. Current I&R members will receive a renewal packet in late September. Anyone interested in joining (or re-joining) can contact Bethany Miller at 518-7999 to have a packet sent to them. To serve on the I&R you must be a licensed psychologist, a member of CPA and have been a member of MCPA for at least one year.

Marketing Group

There is still one space left in the free marketing group. We meet on the last Tuesday of the month from 12:00-1:15. The group has met three times thus far. We have generated many interesting ideas and taken concrete action steps on our marketing plans!!! Members report that the best thing about the group is that it makes us accountable to follow through on our goals. Contact Bethany Miller at 518-7999 for more information or to join.

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 as an e-mail attachment. Deadline for the December issue is December 1. Submissions may be edited for content and format. Please, MCPA members only.

(No submissions were received for this issue).

ARTICLES AND ANNOUNCEMENTS

How Prescriptive Authority Benefits All Psychologists

John Reeves, Ph.D., M.S.C.P., A.B.P.P., Member
CPA Prescriptive Authority Task Force

Prescriptive authority (RxP) for psychologists is now a reality in two states. California may see a bill expanding our scope of practice to include RxP in the near future. It is therefore important to start a conversation about RxP now. Many psychologists in California have concerns about how RxP will change our profession. CPA's President's Task Force on Prescriptive Authority is committed to opening a discussion about RxP and the concerns that psychologists have about RxP. We believe that gaining prescriptive authority (RxP) will benefit all psychologists, not just those who pursue the advanced post-doctoral curricula in clinical psychopharmacology. One of psychology's strengths

has always been our diversity. Multiple subspecialties coming together to improve the human condition is what makes psychology different from other mental health disciplines. The prescribing psychologist, now termed “medical psychologist” is a subspecialty of psychology to which psychologists, MFTs and LCSWs may refer their patients for psychopharmacological consultations and treatment. Neuropsychologists, forensic and health psychologists are utilized in the same manner now. We believe RxP is a critical step in the advancement of our field on many levels and that the concerns many psychologists have about this advancement are important. A discussion about these concerns is vital to psychology.

Professional identity questions, concerns about access to treatment, protection of our current scope of practice as psychologists, and collaboration between psychologists are all important to our discussion as psychologists in California move towards RxP. We have addressed these important issues below. We hope that this article will open the discussion for all psychologists in California.

RxP Will Be a Positive Step towards Achieving Parity between Psychologists and Psychiatrists:

RxP will ultimately result in parity for psychologists in terms of reimbursement and opportunity because there will be effectively only one significant difference between psychologists and psychiatrists. The difference will be that psychologists also have the option to do a broad range of psychotherapeutic and behavioral interventions. There now exists a significant gap in terms of insurance reimbursement and pay schedules in Federal, State and university settings between psychiatrists and psychologists for doing the same work. The ability to prescribe is at the crux of this inequality not competence. RxP will be a big step in bridging this gap for all psychologists. Moreover, RxP will improve access to many important leadership positions in hospitals and mental health care and research settings that have been the exclusive domain of psychiatrists because of their ability to prescribe. Currently psychiatry, along with the California Medical Association is trying to restrict leadership positions in State run facilities to only those with an MD, even though in many instances psychologists have been successfully employed in these positions for over 20 years. RxP would lessen the perceived competency gap that continually plagues California psychologists’ quest for a fully independent practice. For example, most hospitals do not allow psychologists to be members of the medical staff with voting privileges. As a token gesture psychologists are instead relegated to Allied Health Professional membership without voting privileges or ability to participate on committees, even though State law mandates that we are entitled to full medical staff privileges. RxP would lessen the perceived differences in competency for all psychologists that limit our ability to exercise our rights to hold full medical staff membership and practice to the full extent of our scope of practice. RxP will enhance our ability to exert the core values of the biopsychosocial and psychological model in many

settings currently dependent upon the medical model with all of its limitations. Finally, psychologists who do forensic consultations will no longer have psychiatrists seen as having greater expertise simply because they can prescribe.

Maintaining Our Professional Identity:

Prescriptive authority will strengthen our professional identity. It will make a clear distinction between our doctoral training and that of master's level psychotherapists. Unlike master's level psychotherapists, psychologists will be recognized as having the advance training in the diagnosis and treatment of mental disorders that uniquely qualifies us to obtain prescriptive authority. At no other time in California has it been more important to make a clear distinction between the in-depth training that psychologists undergo from the less thorough training of masters level psychotherapists. It is clear that many fail to see the unique and varied competencies and specialties that psychology as a profession brings to the table. A striking example of this is Governor Schwarzenegger's ill advised attempt to integrate the Board of Psychology with the Board of Behavioral Sciences, the latter of which is charged with regulating the activities of LCSWs and MFTs. In this plan only one psychologist will sit on the board with MFTs, LCSWs and five consumer advocates, each having an equal say in terms of our scope of practice, ethical dilemmas and training requirements even though they have no training in the broad areas that define our diverse profession. Adding prescriptive authority to our armamentarium will highlight the fact that our expertise is unique and advanced in the mental health field.

Prescriptive Authority Would Enhance Our Professional Identity:

Psychologists are the most well trained mental health care providers. We are not only trained in the biological basis of behavior but also in psychosocial and behavioral theory and in the diagnosis and treatment of mental disorders. Along with physicians and podiatrists, psychologists are the only other healthcare professional to be recognized by the state to qualify for full hospital practice privileges. What sets us apart from the others is our biopsychosocial perspective. It is unique, well researched and the most effective model in the health care system. As such, properly trained psychologists should have the ability to choose any effective intervention when treating their patients and this includes pharmacotherapy. Adding prescriptive authority to the many interventions now used in psychology would diminish the perceived differences between psychiatrists and psychologists. It would put us on an equal footing with psychiatrists and they no longer would hold the trump card of prescribing in their many attempts to control our profession and limit our scope of practice. It is time for psychologists to step up and assume a greater leadership role in mental health care and decision making policy. Prescriptive authority is a big step in this direction for all of us whether we individually choose to prescribe or not.

Enhanced Collaboration with a Colleague:

The prescribing medical psychologist will not just be a “mini-psychiatrist.” Psychologists have a very different perspective than psychiatrists and non-psychiatric prescribers. Psychiatrists and non-psychiatric prescribers see all mental disorders as biologically based and thus they view psychotherapy as an adjunct to pharmacotherapy. By stark contrast the psychologist sees mental disorders from a biopsychosocial perspective. This perspective not only includes biological substrates but also emphasizes the importance of psychological and social factors in the etiology and maintenance of mental illness. As such, pharmacotherapy is seen as an adjunct to psychotherapy. The psychologist’s emphasis on the importance of psychotherapy over pharmacotherapy will enhance collaboration between the clinical psychologists and other psychotherapists seeking a psychopharmacology evaluation and the prescribing medical psychologist. The medical psychologist will be sensitive to the importance of the on-going psychotherapeutic relationship between the referring psychologist and their patient. The medical psychologist will have a clear understanding of the therapeutic boundaries. The medical psychologist will be able to talk to the therapist about the patient, psychotherapeutic treatment options and pharmacotherapies. The medical psychologist will not explicitly or implicitly misinform the patient that the medications are the most important aspect of their treatment. As experience with the Department of Defense Prescribing Psychologists Demonstration Project has shown, psychologists prescribe only 16% of the time opting instead for psychotherapy while psychiatrists prescribe over 80% of the time for the same patient population. The ability to prescribe is also the ability not to prescribe for the medical psychologist. It is therefore in the patient’s best interest for the clinical psychologist to collaborate with a prescribing medical psychologist who will appreciate the importance of the psychotherapeutic process. Thus a collegial relationship is ensured between the clinical psychologist and medical psychologist, much like a physician may refer to another physician specialist for a consultation.

Improved Accessibility to Psychopharmacology:

The issue of accessibility to pharmacotherapy has been a key factor in the success of prescriptive authority in New Mexico, Louisiana and Guam. Accessibility is also a critical issue in California. California has a paucity of psychiatrists in rural and poorer urban areas as well as nursing homes and public mental health clinics. In California, even though the majority of the 4,000+ psychiatrists practice in the largest cities, one typically still has a long wait for a psychopharmacological consultation. As a result, more than 80% of all psychotropic medications are prescribed by non-psychiatric physicians with little to no training in the diagnosis and treatment of mental illness. RxP is the solution to the problem of accessibility. All psychologists, MFTs, LCSWs and healthcare professionals alike will have greater access to safe and efficient and cost-effective psychopharmacological care if psychologists gain prescriptive authority.

Increased Access to Psychopharmacological Education:

Many patients referred to psychologists by primary care and specialty physicians are already taking psychotropic medications. Due to limited access to psychiatrists, many physicians are now requesting help from psychologists in deciding which psychotropic medications to prescribe as well as help monitoring the effects of the psychotropic medications prescribed. In addition, psychologists now informally prescribe in hospitals, psychiatric units and nursing homes and are frequently included in the medication decision making process in many other situations. It is therefore imperative that psychologists should be knowledgeable regarding basic psychopharmacology. California statute requires that psychologists be knowledgeable in and able to discuss psychotropic medications as a treatment option with their patients. Failures to knowledgeably discuss pharmacotherapy as a treatment option could be construed as malpractice in certain situations. RxP will improve access to psychopharmacological training for all California psychologists as the number of courses and training opportunities will undoubtedly increase.

Biting the hand that starves you: Inspiring resistance to anorexia/bulimia

by Richard Maisel, David Epston, Ali Borden, (2004). WW Norton & Company

Reviewed by Glenda Dixon, Dunedin College of Education, Dunedin, New Zealand. A version of this was published in the New Zealand Association Newsletter, Vol. 25/4, June 2005.

I loved this book! This might seem a strange thing to say about a book that is written about anorexia, but it left me feeling uplifted, and I am sure that anorexia would not be pleased to hear that!

There are many things about this book that made my heart sing. Firstly, it is a labour of love that comes through very strongly. The authors are passionate about their anti-anorexic stance. Secondly, it is a book that is very firmly anchored in narrative ideas and practices. That in itself is a very difficult outcome to achieve in a world where there are so many truths about how books should be written. Thirdly, the book is full of wonderful stories of resistance and knowledge that comes first hand from insiders (those whose lives have been captured by anorexia/bulimia). In many ways this is a tribute to more than fifteen years of co research that has been carried out by David Epston and the Anti-anorexia League. Both Richard Maisel and Ali Borden acknowledge that their beginnings in this work stems in large part from the ground breaking work done by David and the League, and David's generosity in sharing this knowledge and in mentoring

others. And lastly, the book is a treasure trove. Every time I pick it up I find yet another inspirational thought-provoking idea. The following review cannot really do justice to the wealth of knowledge contained in this book, but hopefully it will wet your appetite!

On picking up this book the reader will instantly be stuck by its difference. Those of us familiar with narrative ideas and practices will recognize and feel comfortable with the idea of anorexia as an external intruder rather than viewing it as a disease or a feature of the persons self character or makeup. For those who are not familiar with this practice of externalization, it is central to narrative therapy. Narrative therapy centres people as the experts in their own lives and views problems as separate from people. Narrative therapy assumes that people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of problems in their lives.

In keeping with narrative ideas and practices, Richard, David and Ali quite clearly position themselves as co researchers alongside the insiders who generously gave of their insider knowledge (Ali also acknowledges her insider knowledge). They take a moral stand against anorexia/bulimia (a/b) very early when they say:

We did not want to believe what we have come to know and we would have preferred to have remained innocent. But having stumbled upon (or in Ali's case into) the concentration camp of a/b, it would be morally reprehensible to turn our backs on it. We cannot blind ourselves to what we have witnessed and experienced death sneaking its way into the lives of young women and young men (p. 3).

This is not a therapy book nor is it a self help book, rather it is a compilation of insider knowledge that brings about a vision and practice that it is hoped will help prevent a/b from turning young women and men against themselves, their families and their communities.

The book was written for three audiences - professionals, insiders, and their parents, partners and friends. It is structured as a series of parts which resemble the structure of a narrative conversation. In part one the problem is described and externalized we learn how a/b insinuates itself into the lives of women (p. 15). Part two focuses on how therapists and other helpers can help young women imprisoned by a/b to recognize their dangerous predicament and co-create possibilities for resistance (p. 15). Part three maps the back and forth process of freeing oneself from a/b's prison and part four is written for caretakers (parents and professionals) who wish to know how they might aid those who are struggling with a/b. (p. 15).

At the outset a/b is unmasked and we learn about the meaning of living a life in a/b's powerful grip. We learn about the seductive and powerful voice of a/b. Emily (p. 52) tells us:

It goes about its search for humans in pain and misery. Whenever it finds them, it approaches them and attempts to befriend them. It promises to take away your pain. If you are having an identity crisis, it will promise to provide you with an identity. If you are lonely, it will promise to be your friend. If you are feeling powerless, it will promise to make you powerful. It will make promise after promise, but its promises are lies. It says, I will make you happy. As soon as you believe the lie, you have already begun to die.

Later Emily tells of how anorexia tried to ensure her obedience by attempting to “kick my soul out and move in.” She says:

Anorexia tells you your name is Anorexia and you forget who you are.

1. You are not a person, you are an object, a thing, a body to be deprived of pleasure, to be tortured and starved.
2. I will steal your name and replace it with Anorexia.
3. I will steal your soul and replace it with Anorexia.
4. I will steal your voice (p. 52).

The book powerfully privileges the voices of insiders who hold intimate knowledge of the workings of a/b. The authors state: “We have either witnessed or had narrated for us innumerable occasions of breathtaking valor when, despite the risks of a/b reprisals, anti-a/b women and men have fought for their very lives and reclaimed them as their own (p.3).”

In part two, some of the ways of thinking and speaking about a/b that have provided the means to expose and counter a/b, as well as open it to public scrutiny are described. These ways of thinking and speaking are called anti-anorexia/bulimia (anti-a/b):

We regard a/b as the Nazification of everyday life. Anti-a/b is any number of resistance movements whose members are loosely attached or, at times, unknown to each other but connected by their opposition to a/b. This book offers anti-a/b to you in the spirit of furthering this resistance and inciting fresh resistance (p. 3).

Insider knowledge shows us that the ways of becoming anti-a/b are many and varied. For example Chloe described taking risks as a hallmark of her anti-/a, whereas Victoria emphasized choice as a central feature of her anti-anorexic lifestyle.

Part four is entitled “How to become an anti-anorexic/bulimic ally.” It is written for caretakers (parents and professionals) who wish to know how they might aid those who are struggling with a/b. (p. 15). The suffering of the family has been a neglected area in much of the literature on anorexia. As the authors point out: a/b can stymie and perplex even the most savvy and skilled of therapists, but the dilemmas therapists confront pale in comparison to those faced by parents looking after their stricken daughter (p. 238).

Indeed, in most traditional literature on the subject of anorexia mothers come in for harsh criticism. David comments in his introduction: "I know of no other problem for which mothers were blamed so zealously and without regard for the consequences. It is my belief that the culture of psychotherapy owes such mothers a blanket apology (p. 5)."

In this section of the book there are some wonderfully clear options for thinking and speaking about a/b to assist in establishing an anti-a/b alliance in collaboration with our daughters. We can read these options and instantly feel like we can take the next step.

This anti a/b alliance can position the daughter in the role of consultant, allowing her to assist her parents in helping her reclaim her life from a/b. I particularly liked the hypothetical anti-bulimic conversation (p. 248) and the list of parenting practices that insiders have found helpful (p. 250).

Ann and Richard's moving account of the story of their daughter's battle with anorexia and their own evolution as anti-anorexic parents (p. 252), tells us how they did this very thing. It is one of the most thought-provoking and moving accounts of parenting I have ever read. Being a parent is a difficult and sometimes lonely road. I think perfectionism has visited all of us at one time or another to convince us that we could be doing (or could have done) a better job at parenting (or anything else for that matter!). We can all learn so much from reading this chapter.

This book has sown the seeds for anti-a/b. As professionals, parents, men, and women, we have a moral responsibility not only to read this book, but also to nurture and grow these seeds of resistance. Any anti-a/b step, no matter how small is a victory. What can each of us do each day to ensure our lives and our practices are anti-a/b? As Chloe reminds us it is the small acts of resistance that win out in the end:

So for me, a really important step in moving towards living an anti-anorexic lifestyle is accepting that every little anti-anorexic challenge and affront to anorexia counts and makes a difference. I still find this hard to remember sometimes, but I try to remind myself of something David wrote in one of his original faxes to me. How do you think the steady drip, one drop at a time, finally cracks the largest rock? This is a reminder to me that every drop of anti-anorexia is slowly but surely chipping away at anorexia's seemingly rock-hard surface. After a year and a half of taking small counter-actions against anorexia, I find myself at a place where I never imagined I would get to. Is this proof that all those seemingly pointless anti-anorexic actions I have taken, and all the feelings of extreme guilt and self-loathing that I have endured as a result of challenging anorexia, have in the end been worth it? Slowly but surely, I am coming to believe that the answer to that question is yes!

(Chloe p. 170)

SHRINK-RAP ON FILM
ENTERTAINING GUEST—WAITING FOR GUFFMAN AND A MIGHTY WIND
Sue Holley, Ph.D.

Loved Spinal Tap of course, but that was YEARS ago (turns out it was 1984!), and apart from noticing that he was the bike-riding hero of something called Breaking Away or Into the Headwind, I had pretty much forgotten about Christopher Guest.

But then he came calling again. Best of Show, his mockumentary on a dog show in downtown Manhattan, came out a couple of years ago. Sandra Harner REALLY liked it, and although I wasn't as enthused, I enjoyed the premise of following several competitors and their pooches through the process.

I might have gone back to sleep Guestwise if it hadn't been for A Mighty Wind. In a slightly shaggy dog story, we finally got Netflix, and this was our first movie. Having seen the previews, which featured, as I recall, mostly Mitch and Mickie—a singing duo who were, respectively, seemingly on Thorazine and earnest but not that interesting—I was afraid of feeling that everyone was trying too hard, so I wasn't willing to shell out the money to see it in a theater.

But you know the idea—“We're going to get Netflix so we can see all those movies we weren't willing to spend \$5 (or is it more now?) to see in the theater.... So what the heck? Why not A Mighty Wind.

LOVED IT! It's as if Altman got slightly goofy—or maybe slightly goofier—and added songs written by him and his cast members. Again the premise is similar—take a few groups and follow them through an event, in this case a concert memorializing a recently deceased folk music impresario. We meet and then accompany a Mitch and Mickie, the Folksmen—a trio, and the Main Street Singers (I believe that's their name)—a wholesome group act—through the rehearsals for and then performance of said concert.

Like Altman, Guest loves his characters and their genre. What makes his movies even more interesting than Altman's for me, though, is his increased participation and presence. In addition to writing a lot of the music, Guest plays a part—he's one of the Folksmen. The effect is that the whole experience comes together as a more consistent and satisfying whole.

And some of the songs are, you should pardon the expression, a hoot! The Folksmen's signature number, you know, the one the crowd always yells for, is something about a diner called Joe's. Like a lot of catchy folk music (and Gilbert and Sullivan for that matter), there are several patches of fast-talking lyrics—which in this case describe the restaurant. Phrases like “there's a stinky old rug that a Navajo wove” whirl past you almost too quickly; it's definitely worth a second listen.

But while A Mighty Wind tickled my fancy, Waiting for Guffman stole my heart completely! In this one, Guest tackles small-town community theater in Blaine, Ohio, adding the idea of a special performance in honor of Blaine's one hundred and fiftieth anniversary.

As if this weren't quite enough, Corky St. Clair, an erstwhile director of several off-off-off-off Broadway productions who has recently relocated to Blaine, is added on top—or over the top. Corky comes off as gayish, a kind of optimistic, fey charmer. He manages to give you a great deal of doubt about whether he can pull off the spectacular show that the town is counting on.

And Corky, bad toupee and all, is Christopher Guest. From the moment he tells us, in his earnest-goofy way, that he had envisioned changing careers, perhaps going into something which would require “one of those hard hats” or something, he had me.

But for me the most engaging aspect of this movie was Corky's struggle to make the musical work. Like many therapists, I love parallel process, and here it turned out to be operating in spades. One example: in the film, Corky goes to the Town Council to ask for “more money,” and then, to their horror, hits them up for \$100,000. In the voice-over commentary on the DVD by Guest and Eugene Levy, who plays the dentist turned ham, it is revealed that Guest, in making the film, was also constrained by a very low budget. In their commentary, he tells Levy about the slight trembling in the panning shots, explaining that since they didn't have enough money for cranes, they used cherry-pickers for all of the overhead views of the town.

This parallel process pervades the movie, warming my cockles because I love things which feel spontaneous and/or unforced. My favorite scene, now that I know more from Guest and Levy, is the one where townsfolk audition for Corky and the high school music teacher, played by Bob Balaban.

For this scene, Guest applied his background in improvisational theater as well. He and many of the cast go back to Second City and other improv experiences.

So when Guest prepared his actors for this scene, he told them—for example in the case of the couple--here's a song (Midnight at the Oasis), see what you can do with it. Parker Posey, playing a gum-chewing dispenser of ice cream, etc. at the Dairy Queen, did a hilarious version of Teacher's Pet which, as it turns out, was entirely her own idea, song choice and all. And Eugene Levy got almost full-rein as well.

The result was that when Guest and Balaban watched their cast “try out” for the musical, this was the first time they themselves had seen the acts. So on some level, this was an “audition,” in the sense that it was a first hearing. Of course, the actors already had the parts they were trying out for, and in fact were playing parts of townspeople trying out for the parts....

But the point for me was that Guest was willing to play for these stakes—to trust in his cast at this level—with the result that the experience has a spontaneous feeling. He is a deeply collaborative man. The scenes where the Folksmen talk among themselves are very convincing as conversations of people who have worked together for years. Like Altman, Guest uses the same actors repeatedly. The added interest is that he also writes music with them, and, as one of the cast, plays with them in front of the cameras.

The final clincher for me, however, is Guest's attitude toward his characters. As Corky, he seemingly errs in his positive stance toward his cast. Balaban disapproves, and

we can't help but see his point—these people seem lame. However, Corky is able to use them in ways that work, and his encouragement and enthusiasm pay off. This loving spirit infuses the movie, and could teach us all something about how to deal with our fellow humans.

The only question I am left with is where will he strike (up the band) next? I can hardly wait to find out!

MCPA and the Zur Institute

Be reminded that the Marin County Psychological Association is pleased to offer a new benefit to MCPA members. From now until the end of 2005, CPA has partnered with Ofer Zur, Ph.D. of the Zur Institute, APA Approved Sponsor, to offer all members a 10% discount off the Institute's home study courses and online courses for CE credits and online catalog items.

You can find out more about their online courses at:

<http://www.drzur.com/homeonline.html>

Home study courses at: <http://www.drzur.com/homestudy.html>

Online catalog at: <http://www.drzur.com/catalog.html>

You can also call (707) 935-0655

When ordering online, include the Discount Code "MCPA11" in the marked "Discount" space just above your credit card information. If you are registering by fax or phone, inform the Zur Institute office staff that you are an MCPA member.

ADVERTISEMENTS

Brian Andres, MSW, Psy.D., and Allison Andres

SF Office: 1728 Union Street (415) 497-5438 or (415) 497-5439
TIBURON PSYCHOLOGICAL SERVICES LLC
San Francisco, Marin and Hawaii
CHILD & ADULT
Neuropsychological & Psychological Testing
Neurodevelopmental & Diagnostic Evaluations & Psychotherapy
ADHD – Learning Disabilities,/Autism/Aperger’s
Weight Mgmt/Eating Disorders/Reactive Attachment
Licensed California PSY19522 & Hawaii PSY866
On staff at Children’s Hospital Oakland & Kaiser Permanente

Therapy Groups for Therapists

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

Adult Psychotherapy Groups

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

.....

High School Girls’ Counseling Group

Twelve-week counseling group focus on enhancing self-confidence with peers, creating quality relationships, managing teasing, rumors, academic stress, family stress, and making good choices. For information, please contact: Christine Gazulis, PhD, 646-0822. San Rafael Office. New group forming in October.

.....

Announcements from Community Institute for Psychotherapy.

For more information see www.counselingcip.org or call (415) 459-5999 x 101.

All-Day Seminar: "Survive and Thrive: Fun and Effective Treatment with Borderline Spectrum Clients," Marian Cremin, LCSW, accompanied by Michelle Mazza, MFT, and Beatrice Chorinsky, PsyD. 9:00 a.m.- 4:00 p.m. Saturday, October 22, 2005, Guzman Hall, Dominican University, San Rafael. Early registration (by Oct. 8): members \$120; nonmembers \$140. Late registration add \$20. Registration: www.counselingcip.org or (415) 459-5999, X101. Approved for 6 CEUs for MFT/LCSW and for psychologists.

Share Your Healing Story contest: True, personal stories of 350 words or less by Marin residents about how counseling/ therapy or a counselor/therapist helped to overcome challenges will be accepted through October 14. Selected stories will be published and cash prizes awarded. Guidelines: counselingcip.org or (415) 459-5999, X101.

Evening of Storytelling: Join celebrated storytellers David Roche, Marlana Blavin and Rev. Lynn Rogers, PhD, for an inspirational evening Friday, Nov. 4, 2005, 7:30 at Autodesk Atrium, 111 McInnis Parkway, San Rafael. \$10 suggested donation

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 sent as an email MSWord (.doc) attachment to DrJohnWeirEmail@aol.com. 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 Available

Central San Rafael: M, Tu OR W, F, Sat. Very reasonable rent for same person for 2 to 3 days. Recently remodeled. Tastefully furnished. Windows face quiet, tree-lined street. Private waiting room. On-site parking. Elevator. Wheel chair access. Additional amenities. Call Suzanne 415-789-9113

Central San Rafael: Part-time in large, light, furnished psychotherapy suite. Huge playroom with water, 4 sand trays, hundreds of figures, 2 doll houses, many toys and games. Copy machine, bathroom, coffee, refrigerator and microwave in suite, private waiting room with signal lights. Wheelchair accessible. Nancy Olesen 415-457-1236.

Central San Rafael: Share lease: \$325 half time. New office with sofa, cherry desk, and desk chair; storage space for records. 145 ft² plus private waiting room. Wheelchair accessible. Looking for congenial officemate. Available Mon. afternoon, Tues/Thur all day (some flexibility). Call Fred Rozendal at 415-679-0997.

Central San Rafael: therapy room & shared waiting room in a well-kept professional building. Quiet, tasteful, exc. sound-proofing, A/C. Available 4 full days: Monday, Tuesday, Thursday, Saturday. Contact Gretchen Kishbaugh, Ph.D. at 415-459-5051.

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

Mill Valley office available Mondays, Wednesdays, Fridays, Saturdays. Large, light, quiet, attractive, Mt. Tam view, parking. Alan Ruskin, Ph.D., (415) 388-5526

Novato: Part-time office in suite of multidisciplinary psychotherapists. Extensive soundproofing, signal-light system, private waiting room, voicemail with answering service backup, copier, kitchen, reserved parking, handicapped-accessible, in-suite bathroom. Dan Kalb, Ph.D. 415-898-9015, x525.

Space Wanted

Mill Valley: Office wanted part-time in Mill Valley or Sausalito. Mondays 5-8 PM, Thursdays 10:30-11:30 and Fridays 9-1. Contact Dorothy McQuown Ph.D. at 929-7027 or dorothymcq@comcast.net

From the Editor:

The *Marin County Psychological Association* Newsletter is published electronically bi-monthly and welcomes articles and opinions related to the practice of psychology. If possible, submit your advertisement and /or article as an email attachment in Microsoft Word to DrJohnWeirEmail@aol.com. Payment for advertisements must be by check made out to MCPA. Please include your license number and send to arrive before the deadline to:

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

Rates for Advertisements:

<u>Size</u>	<u>Members</u>	<u>Non-MCPA Members</u>
1/8 Page	\$ 15.00	\$ 30.00
1/4 Page	\$ 30.00	\$ 50.00
1/2 Page	\$ 50.00	\$ 75.00
Full Page	\$ 100.00	\$ 150.00

Discounts are available for ads of 1/2 to a full page which are run three editions in a row.

Deadline for December Issue Submissions: December 1, 2005