

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A chapter of the
California Psychological Association

On-line Newsletter, October, 2006
Volume III, Number 5

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380-9985

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679-0997

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460-9107

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457-8886

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847-7684

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Beth Tabakin, Ph.D.
459-7707

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662-2388

EDITOR'S COLUMN

John Weir, Ph.D.

Four Reminders! Look at your snail mail and your email for details about the **MCPA Member Only Annual Business Meeting** Wednesday, October 25 at Piatti's in Mill Valley. Reserve your space (P. 4) for the Fred Luskin all day **6 Unit CE course** on October 14. Confirm (P. 5) your attendance at the **MCPA Annual Holiday Party**. See the notice (P. 20) of the annual **I & R Meeting**. Our new reporter, **Vickie Bloom**, found some reasons (P. 2) why all of us in clinical practice benefit from joining CPA's Division I, and then she interviewed our own **Joel Fay** (P. 6) about his mixed career as police officer and as psychologist. **Keith Sutton**, Student Representative, describes (P. 19) some of his successful efforts during the year to increase the union between students and members. Those of us who have used the **MCPA listserv** Keith created are grateful for all his valuable contributions. **Roberta Seifert** reports (P. 20) we are nearing 130 members! And **Fred Rozendal** responds (P. 18) to the command, "**Show us the money!**"

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Mission Statement

The purpose of the Marin County Psychological Association is to promote human welfare through diffusion and utilization of psychological knowledge, to increase public understanding of psychology as a science and as a profession, to promote and maintain high standards of professional ethics, conduct, education and training of psychologists, to promote fellowship among psychologists in Marin County, and to cooperate with other professionals and lay organizations in achieving mutual objectives.

ARTICLES AND ANNOUNCEMENTS

What Division I Does for You

(Modified from an article in California Psychologist, July/August Issue, Vol.39, No. 4, pp 31-32.)

**by Sallie Hildebrandt, Ph.D.,
2006 Chair Division I**

The mission of Clinical and Professional Practice Division I is “to support and enhance the practice of clinical psychologists in independent practice for the present and the future. The Division represents the needs of member clinical psychologists in independent practice by ensuring parity for psychologists with other health professionals while expanding areas of service delivery. Benefits of membership include advocacy programs; coordination with CPA’s statewide grassroots legislative network; Briefings, a publication of Division I; the Expertise Series; and legal assistance. A major goal is to strengthen the role of psychology as a cutting edge primary health care profession and to support clinical psychologists in independent practice in becoming primary health care practitioners of the future.”

Recently the Division has supported this mission by underwriting the CPA Convention Luncheon with Dr. Joe White, who spoke on learning how to appreciate diversity. In addition the Division Board underwrote the initial one-half day of CPA’s Advocacy Conference with a \$6000 grant. CPA Advocacy and governmental affairs hopes to increase the Advocacy conference to its former 2 ½ day length when CPA was able to train Chapter Presidents and Presidents Elect as well as Governmental Affairs Committee chairs to lobby legislators in their home districts as well as in the Capitol.

Late last year the Division I Board elected to support the efforts of Psychology Shield, which included \$5000 last year and a matching grant of up to \$10,000 this year. A number of Board members and CPA chapters have generously donated to this endeavor. Psychology Shield is not a Political Action Committee, but a non-profit whose only goal through legal means is to see that the CAPP v. Rank ruling is translated into state regulations, thereby allowing psychologists to have parity with psychiatrists in all

hospitals in California. Such would meet several goals of our mission statement by maintaining psychology as an independent profession, expanding the areas of delivery of psychological services, and by strengthening the role of psychologists in independent practice. In addition, Division I coordinated with CPA's statewide grassroots legislative agenda and Advocated for an independent Board of Psychology

Last summer, Bram Fridhandler, Janet Hurwich, and Susan Chandler noted that members were hearing that as a result of the Patriot Act, a federal agent could come to a Psychologist's office and subpoena records for a particular patient or for a number of patients suspected of terrorism. If this had occurred, the Psychologist would have had to turn over the record(s) and would have been prohibited from informing the patient(s) and/or from seeking help from a consulting an attorney or APA. Division I established the Patriot Act Task force, and we alerted Government Affairs attorneys at the APA Practice Organization of the information being disseminated in various CE programs around California, which they had not been alerted to before. Members of the Task Force worked closely with APA on the Patriot Act, lobbied Senator Diane Feinstein, and advocated for changes in the Patriot Act. Clinicians can now contact an attorney and/or APA if served with a subpoena for patient records on a suspected terrorist.

Division I has recently developed new programs including a Neuropsychology Section chaired by Dr. David Lechuga and a Health Psychology section chaired by Dr. Michael Ritz. In addition, Dr. Craig Lareau, chair of the Forensic Committee of Division I, is exploring the possibility of establishing a Forensic Section. The Board also approved re-establishing the Insurance and Re-imbursement Committee to ensure that Psychology is included in every health plan and to explore re-imbursement issues. This is especially important given the passage of the Massachusetts law to create near-universal coverage for its state residents. A recent Assembly bill in the California legislature authored by Joe Nation (D – Marin) would mandate that Californians buy health insurance much as drivers are required to purchase auto insurance (AB 1670). Whether or not this bill will pass is unclear because of the huge price tag (an additional \$9.4 billion), but psychology needs to be at the table discussing the inclusion of the services of our profession in any legislation passed on the state level.

In response to a letter which Blue Cross sent to some providers around the state about high utilization rates, Dr. Chuck Faltz, CPA's Director of Professional Affairs contacted Blue Cross, and the Division has appointed Dr. Bill Wallace, Chair Elect of Division I, as a representative (and Dr. Richard Sherman as alternate Representative) to the Western Region Advisory group to discuss and iron out problems and open an avenue for discussion with the insurance company.

Division I membership provides access to a Free Legal Benefit, and soon we will have a roll out of a new Listserv for Division Members to discuss practice issues. With membership comes the Expertise Series Binder from Bram Fridhandler et al., with updates due in 2007. The Division publishes 3 issues of Briefings per year currently edited by Dr. Megan Sullaway through this year, and then beginning in 2007 by Dr. Tom Marra. Membership in sections is at no extra charge.

Your membership in Division I will allow us to do even more for you. Join now!

**MARIN COUNTY PSYCHOLOGICAL ASSOCIATION
PRESENTS:**

FRED LUSKIN, Ph.D.

Author of *Forgive For Good* co-author of *Stress Free For Good*

Dr. Luskin will present a 6CEU* workshop on

**The Nature of Forgiveness,
The Nine Steps For Learning to Forgive,
The H.E.A.L. Method**

10 Scientifically Proven Life Skills for Health and Happiness

9am-4pm, SATURDAY, OCTOBER 14, 2006

CORTE MADERA BEST WESTERN

Register early and save!

By 8/15/06: \$125.00

By 10/01/06: \$145.00

By 10/13/06: \$165.00

On-site: \$185.00

\$10.00 discount for MCPA members

Price includes CEU processing fee, continental breakfast, beverages, and snacks.

For additional information on this upcoming event, call or e-mail:

Beth Tabakin, Ph.D.

(415) 459-7707 drbetht@earthlink.net

***This event is co-sponsored by the Spiritual Competency Resource Center.**

Spiritual Competency Resource Center is approved by the
American Psychological Association to offer continuing education for psychologists.
Spiritual Competency Resource Center maintains responsibility for the programs.

Make checks payable to MCPA

Mail to: MCPA c/o

Beth Tabakin, Ph.D. 1036 Sir Francis Drake Blvd. Kentfield, CA 94904

Name & License #: _____

Address: _____

_____ **Phone:** _____

E-mail address to confirm place in WS: _____

Separate confirmation letters will not be sent by mail.

Marin County Psychological Association
Holiday Party

* * * * *

Friday, December 8, 2006

6:30 PM – Social and 7:00 PM – Dinner

* * * * *

Come and enjoy food and the warm company of friends and colleagues.

Spouse, partner or other guests welcome

* * * * *

DIRECTIONS

FROM 101: Take the Central San Rafael exit. Turn EAST on Second Street (past Trader Joe's)

Second Street becomes Third Street which becomes Point San Pedro Road.

Follow Point San Pedro Road for approximately 5 minutes (3.5 miles).

Turn LEFT on PEACOCK DRIVE (just past the Fire Station)

Turn LEFT on SILK OAK CIRCLE

Turn Left on SAGEBRUSH COURT

Holiday Party is at 11 SAGEBRUSH COURT

* * * * *

Please RSVP by sending the coupon below and \$25 per person (Check made out to MCPA) to help with the cost of the catered dinner.

RSVPs and checks must be received by Friday, December 1.

Call Beth Tabakin, 459-7707, with any questions

Sorry, drop-ins cannot be accepted.

MCPA - ANNUAL HOLIDAY PARTY

Friday, December 8, 2006

Name(s): _____

Telephone: _____

Number of persons attending (\$25 per person) _____

Mail to: Beth Tabakin, Ph.D.

1036 Sir Francis Drake Blvd.

Kentfield, CA 94904

Interview with Joel Fay, Psy.D.
By Vickie Bloom, M.A.

I met Dr. Joel Fay at Royal Ground, a café in the middle of the hustle and bustle of San Rafael where he works. When I asked Dr. and Officer Fay which came first, being an officer or a psychologist, he emphatically said it was the officer that came first. He said he never grew out of that boyhood dream of wanting to be a policeman and has done police work since he was 18. His first experience was in the military as an MP, and then with the Los Angeles Police Department. He moved to Marin in 1987 and joined the San Rafael Police Department. His past assignments have included SWAT, Canine Patrol, Investigations, Street Crimes Unit and Mental Health Liaison. It was not until the early 90's, when he was looking to expand his work that the idea of studying psychology came up. Appropriately enough it was a therapist who made the suggestion and he liked the idea. Eight years later he graduated from the American School of Professional Psychology. When I asked him if he took special forensic, or 'police officer type' psychology classes, he said no, he just focused on clinical psychology. His advice to anyone wanting to get into the field of police work and psychology was to do the standard clinical route; then seek out an internship and dissertation topic that specializes in forensics. That is what he did. His dissertation expanded on Mitchell's Critical Incident Stress Management Model using narrative theory. He developed specific questions to help externalize the traumatic events, thus helping people gain a feeling of control over their experience. He uses them in his work today. To learn more about CISM, go to http://www.icisf.org/inew_era.htm

This research, and his ongoing interest in CISM, led to his work at the West Coast Post-traumatic Retreat where he is a peer/clinician member. WCPR is 6 day residential program for traumatized first responders and one of two such facilities in the world. The other is the On-Site Academy in Massachusetts. The program, which is made available every two month and staffed by volunteers, has been in existence since 1999. Dr. Fay sees a great need for it and expects the demand to grow. One of the reasons there are not more centers is the stigma, denial, and shame felt by first responders for having been traumatized in the service of helping others during crisis and trauma. You can view WCPR's website at www.wcpr2001.org.

In his day to day work, Dr. Fay works on Restorative Police Programs. This entails working with our communities' most difficult clients, the seriously mentally ill; those who have fallen through the cracks and most often end up homeless and committing petty crimes just to survive. He heads up the Forensic Multidisciplinary Team, which as been in existence since 1999 and meets once a month. The Team's job is to review cases and make appropriate referrals, then follow up in the time in-between. Marin is considered the most advanced county in the country in this area. To this end, Dr. Fay works with a

The FMT is a collaboration between numerous care providers such as: Community Mental Health, Ritter Center, Community Action Marin, the DA, the public defender, and probation, not to mention a myriad of other agencies they call on who do not attend their once a month meeting. Their purpose is to identify those with severe mental illness, or unmanaged mental illness, and offer referrals, services, and options beside the criminal justice system. When asked what the biggest challenge was, Dr. Fay said it was identifying those truly mentally ill from those with drug induced psychosis. Often it takes being locked up and going through detoxification to determine the difference.

Thanks to Dr. Fay mentally ill clients now have the option of treatment over jail, and sometimes it is the only way to get some of these folks into treatment. In Dr. Fay's words it is make "the right thing easy and the wrong thing hard." This is where the courts' cooperation comes in. Studies have been done, one in particular by UC Berkeley, that show there is a significant improvement with people who have been identified and referred to the appropriate services rather than going through the traditional criminal justice system. Dr. Fay also works with the STAR program through Marin Community Mental Health (CMH). STAR stands for Support and Treatment after Release, for those with mental illness just released from jail or prison. STAR provides: In-custody assessment, treatment, and discharge planning; Assertive community treatment, case planning, and case management by a multi-disciplinary team on a 24/7 basis; Community-based mental health, physical health and medication support; and Provision of ancillary services, including temporary housing support, dual diagnosis treatment, transportation, money management, access to entitlement and benefits, and basic needs support. In addition to his direct clinical work, Dr. Fay supervises three CMH interns.

If that were not enough he is also on the executive steering committee for the state's Mentally Ill Offender's (MIO) grant program. The MIO grant program providing funding to local programs lost its state funding in 2004. This year, thanks to the State Sheriff's Association, the funding was renewed and \$22.5 million is available for adult and juvenile treatment programs in each county through a competitive grant process that every county can apply for. While the funding benefits the mentally ill population, the funding source goes through the State Sheriff's Association which sponsored the funding bill.

He laughed that while people often expect he does exotic forensic police work with bizarre clients, in reality most of his work is more on the mundane side. It may be mundane in his eyes, but it provides a tremendous life saving service to his community. When asked about his free time and other interests, he laughed again. Between work, relationships, and family there is not much of it. Once a runner, he now enjoys road biking and takes secret pleasure in watching the show "24 Hours" with his son. He is married to Ann Buscho, Ph.D., current MCPA Secretary and Member of the Executive

ADVERTISEMENTS

Therapy Groups for Therapists

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

Adult Psychotherapy Groups

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

Blessing and Belonging: Countering Isolation and Enhancing Aging

with Rachel Naomi Remen, M.D., November 18, Petaluma Community Center

Rachel Naomi Remen, M.D., will present "Becoming a Blessing" as the major speaker at a conference on the challenges of aging presented by the International Institute for Humanistic Studies (I.I.H.S.), a non-profit organization. Saturday, November 18, 9:30 am – 3:00 pm at the Petaluma Community Center.

4 CEUs available, MFT, LCSW, Psychologist and 4 CE for RN.

There will be morning workshops on aging with Elizabeth Bugental, author of "Agesong, and Belonging: Leaving Isolation" and Myrtle Heery, Ph.D., Director of I.I.H.S.

A catered lunch will be provided followed by Dr. Remen's talk and book signing, "Kitchen Table Wisdom and My Grandfather's Blessings".

More info at <http://www.human-studies.com> (707) 763-3808, x2; mheery@sonic.net

Announcements from Community Institute for Psychotherapy
1330 Lincoln Avenue # 201, San Rafael, CA 94901, (415) 459-5999 x 101

Free Mental Health Screening and Therapy Session. During October, CIP will offer a free mental health screening and therapy session for individuals concerned about their feelings and symptoms. Clients will be screened for depression, bipolar and other mood disorders, generalized anxiety, or post-traumatic stress syndrome. Phone (415) 459-5999 ext. 102.

Referrals Welcome for Eating Disorders Program: CIP offers comprehensive treatment for anorexia, bulimia, body image issues, compulsive eating and food-challenged individuals. Treatment tailored to the needs of each individual, including working with nutritionist and physician. **Openings also available for Couples Therapy, Psychological Testing and general low-fee counseling for families and individuals.** *All services sliding scale; insurance and Medi-Cal accepted.* Phone (415) 459-5999 ext. 102.

Therapy Group Openings. Participating in group therapy is an ideal way to enhance your capacity to relate to other people and have more satisfying relationships, friendships, work relationships, and community involvement. It can also provide a sense of camaraderie, acceptance, and a renewed sense of self-esteem. CIP offers low-cost, daytime and evening therapy groups. Phone (415) 459-5999 ext. 450.

Professional Development Program: October & November Events

“Attachment: Six Week Study/Consultation Group” with Linda Graham, MFT. Wednesdays, 11 a.m. to 1 p.m., beginning October 4, 2006. CIP Members: \$180; non-members \$200. Twelve CEUs. CIP, 1330 Lincoln Avenue, # 201, San Rafael.

“Finding Meaning in Psychotically Organized Mental States: An Analytic View” with Philip M. Alex, PhD, Fridays, 12:00 to 2 p.m., October 13, 20, and 27, 2006. CIP Members: \$50; non-members \$60. Six CEUs. CIP, 1330 Lincoln Avenue, # 201, San Rafael.

“What Is He Thinking? A New Theory of Male Sexuality” with Michael Bader, DMH, Saturday, October 14, 2006, 9:00 a.m. to 4 p.m. CIP Members \$100 before 9/29; \$120 after. Non-members \$120 before 9/29; \$140 after. Six CEUs, certificate included. Town Center, Corte Madera.

“Viewing and Discussing *Empathy*, a Film by Amie Siegel” with Steven Frankel, MD. November 3, 2006, 6:30 to 10:00 p.m. at 42 Oak Ridge Road, San Rafael. CIP Members: \$30; Non-members \$40. Two CEUS.

For a full schedule of our 2006-2007 offerings, to register, or to become a CIP member,

visit www.counselingcip.org, or phone (415) 459-5999 ext. 101.

**FAMILY SERVICE AGENCY OF MARIN
Psychotherapy Groups**

PACE - Harm reduction group for dually diagnosed adults.

RELAPSE PREVENTION - On going and drop in groups at homeless shelters for adults and parents in recovery.

LATINO MEN IN RECOVERY - Spanish language support group for Latino men in recovery.

RECOVERING TOGETHER - Group for adults in early recovery to develop inner resources to remain clean/sober and increase connection to self.

WOMEN'S RECOVERY - Support group for women in recovery.

CHILD AND ADOLESCENT GROUPS - Social skills for boys and girls coping with trauma.

WOMEN SEXUALLY ABUSED AS CHILDREN - Support group for adult women coping with childhood sexual abuse.

AGESONG – Support and social connection for men and women 65 years of age or older.

SURVIVORS OF SUICIDE - 8-week group to help survivors cope with the devastating aftermath of suicide.

LOVING SOMEONE WITH MENTAL ILLNESS – Support group for partners of individuals with chronic mental illness.

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

**Esalen® Institute & The Orgonomic Institute
Of Northern California Present:
The Fundamentals of Wilhelm Reich's Orgonomic Therapy
November 12-17, 2006 – Big Sur, California**

Learn the powerful, complimentary therapeutic interventions of character analysis and direct work on the body's muscular "armoring" to release patients' chronically blocked emotions, relieve somatic symptoms, and reconnect them to their authentic selves. This workshop for qualified health practitioners includes didactic presentations on the therapeutic relationship: attunement, confrontation, and humor; the orgonomic theory of organismic pulsation; character-analysis: diagnosis and treatment; Reich's theory of physical intervention/muscular armoring and respiration; the therapeutic frame; working with negative transference; and integration of teachings from Carl Jung and others into an enhanced skill set.

Experts in Reichian Therapy teach this experiential course. C.E. credits available.

For information visit www.orgonomictherapy.com, call
Dr. Patricia Frisch 415-388-0622, or contact Esalen at www.esalen.org.

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: sublet Wed, Fri and/or Sat. Reasonable rent. Best for work with individuals and couples. Windows face quiet residential side street. Recently remodeled. Tastefully furnished. Private waiting room shared with one other office. Parking onsite for therapists and clients. Wheelchair and highway access. Call Suzanne 789-9113.

Kentfield, part-time in large furnished psychotherapy office ideal for play and talk therapy. Sand tray, toys, games, and doll house are easily accessible yet out of sight. Shared waiting room with pt arrival indicator lights. Pvt bathroom, kitchen area and secondary exit. Plentiful parking. Please call Corey or Brenda Bercun (415) 927-4839.

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

Space Wanted

Novato: Part-time office sublet wanted in Novato. Corey Bercun, Ph.D. (415) 346-8640
CoreyBercun@Doctor.com

President's Message

Joanie Gillispie, Ph.D.

As we cruise into fall 2006 there are a lot of ways that MCPA is working for you but we are always open to more suggestions. Two events this month: check out President-elect Beth Tabakin's comments about the Fred Luskin Forgiveness CE Workshop on October 14 and the MCPA annual business/membership meeting is at Piatti's restaurant in Mill Valley, October 25. We've had a flurry of new members that we hope to personally welcome. We are pleased to announce that Gil Newman, Ph.D., President of the California Psychological Association, will be there also.

There's a lot happening on a global level as well. The dilemma about psychologists working within the military has always strained the privilege/confidentiality/do no harm applications of law, ethics and practice but an acknowledgement of our profession's role as behavior specialists applied to effective torture brings ethics and practice onto the front page around the world. This is good and even better when we have a dialogue, at the dinner table, informally with peers, and with our state and national organizations. Remember the dialectical process of struggling between conviction (torture is wrong) and uncertainty (could 911 have been prevented?). On this point as so many others (like mandated reporting of consensual sexual behavior among minors, psychologists who work with tobacco companies or jury selection to name a few...) silence is collusion and promulgation of harm.

Another good way not to be silent is to volunteer for a MCPA committee (see front page side bar for Committee Chairs and their phone numbers). We need you and your opinions; after all, 'issues' are our business. How's this for gentle coercion?

President-Elect

Beth Cooper Tabakin, Ph.D.

How one becomes ill and how one becomes well fascinates me. Dissecting the two words ILLNESS and WELLNESS may have part of the answer. Compare the letters in spelling ILLNESS and WELLNESS; if you take away the LLNESS of each word, you are left with I and WE. Could that be part the answer to how to move toward wellness and away from illness?

Active participation in MCPA may be good for your health and longevity. Did you know serving as an APA president may help you age gracefully? Please refer to the web

version of the APA Monitor's article on successful aging. I hope the following excerpt will engage your interest.

“Successful Aging: The Second 50”

“Psychologists’ research is changing attitudes about what it takes to live the good—and longer—life”. Joe Volz, APA Monitor Staff
Serving as APA president might not hurt either...

“It appears serving as APA president could also contribute to successful aging. Ten of the association’s 109 presidents have lived into their 90’s. Ernest Hilgard who became APS’s 58th president in 1949 is now APA’s longest living past president at age 95. He still goes to his office at Stanford University two mornings a week. William Bryan (1860 – 1955), APA’s 12th president also lived to be 95, but died 20 days after his birthday.

Two other past presidents are in their 90s; Anne Anastasi, born in 1908, and Neal Miller, born in 1909. Meanwhile, there are another 31 living ex-APA presidents who are still eligible to break into the exclusive 90s club.

Among the oldest-ever psychologists was Lucy Day Boring, wife of E. G. Boring, one of the most influential psychologists of this century. Lucy Boring, who earned her doctorate at Cornell University in 1921, died at age 109 in 1994, one month shy of her 110th birthday.” --John D. Hogan, PhD APA Monitor, Volume 31, No. 1, January 2000

“Do something that challenges and engages your mind, not because it’s difficult, but because it’s different from what you normally do.” Lawrence C. Katz, Duke University

Joining and participating in your local chapter of the California Psychological Association aka MCPA successfully gets you involved in your professional organization. First MCPA then CPA then APA.....who knows?

Keith Sutton, our student representative started a new list serve for members. It has helped us get timely answers to sometime difficult questions. Thank you Keith!

Christine Gazulis, Laura Cabanski Dunning and I organized a 6 CEU opportunity with Fred Luskin, an expert on forgiveness and stress reduction October 14 at the Best Western in Corte Madera. Our local independent bookstore, the Book Passage has generously offered to bring Dr. Luskin’s two valuable and popular books, ‘Forgive for Good’ and ‘Stress Free for Good’ to sell on site during the lunch break. Dr. Luskin will sign books upon request, so, if you already have one, remember to bring it. This is an example of the WE: MCPA helping the Book Passage and the Book Passage helping MCPA.

President Joanie Gillespie arranged the annual members only business meeting on October 25 at Piatti’s in Mill Valley. This is a rare opportunity to introduce our selves and exchange cards and brochures. It’s the time to help change the I into a WE. Thanks to Grace Rogers, it is rumored that Assemblyman Jared Huffman may make an appearance at the event.

Celebrate the holiday season with us on December 8th in San Rafael. (See flier for details.) Thank you, Mark Kamena, for generously offering your home to host this event. Opportunities next year for participation include participating in the mentoring program, hosting a soiree, being the featured speaker, helping to send press releases, be part of the Information and Referral network, write a newsletter article, do a book or movie review, help with events (make fliers, stuff envelopes, select speakers and venues) to name a few. I invite you to think about becoming a committee or board member, especially if it is something you have never done. If you have questions please call me or one of the other board members. I look forward to hearing your ideas.

**Past President
Grace Rogers, Ph.D.**

What always amazes me is the level of caring, integrity, and professionalism of those who get involved in MCPA (the Marin Chapter of the California Psychological Association). I have been involved for over 10 years now, first joining as an associate member. I believe my first early meeting was in a small dining area in the back corner of what is now Ping's Restaurant. The group was small, collegial, and dynamic. They were also accepting. While much has changed, and there are certainly currently active members who have a longer memory than mine, the core spirit of those who get involved has really not changed all that much. Considering all the cultural changes both locally and internationally during this time, this says much for the caliber of psychologists who decide to live and/or work in Marin County. I try not to be proud by nature, but..... At that early time when I shyly stood off to the side among what I wrongly anticipated to be aloof professionals, the yearly dues were \$20.00!!!! And when I think what \$20.00 dollars could buy then vs. what it can buy now, our current dues schedule is really a bargain! (Contact our Membership Chair, Roberta Seifert, Ph.D. at 457-1777 for more detailed membership information.) The most valuable aspect of my membership remains the people with whom I meet as we struggle to recognize and meet the needs of Marin psychologists and our greater community.

Our webpage can be accessed through www.marin.calpsy.net/psy.htm

Minutes of the MCPA Board Meeting, 9/27/2006
Ann Buscho, Ph.D.

PRESENT: Keith Sutton, Joanie Gillispie, Ann Buscho, Fred Rozendal, John Weir, Nancy Haugen, Roberta Seifert, Sue Fleckles, Stacey Rodgers, Grace Rogers, Beth Tabakin, Bethany Miller, Sylvia Mills

ABSENT:

EXCUSED: Mark Kamena, Christine Gazulis,

1. Call to Order & Review Agenda: Joanie Gillispie opened meeting at 7:10 p.m.
2. Minutes from last meeting approved. Roberta Seifert moved, Grace Rogers seconded, M/S/P
3. Discussion of potential candidates for the position of President-elect. Bethany Miller reports that she may leave the EC as she may move to Southern California. She has spoken to Stacey Rodgers about taking her place.
4. Discussion of upcoming Business meeting, October 25th, 2006, at Piatti's, in Mill Valley. Jared Huffman, Assemblyman, will stop by the dinner, as a visitor. He will make brief remarks. Flyers will be mailed with annual ballots. Gil Newman (CPA President) will be invited to attend our Business meeting or Holiday party. The Holiday party is set for December 8th, 2006.
5. Michelle Saloner has offered to assist at dinner events.
6. Beth Tabakin updated the EC on the Fred Luskin event October 14th. A total of 57 people have signed up now. Dr. Luskin's books will be available for sale at the event by the Book Passage bookstore.
7. Beth Tabakin announced that Bob Lasser is available to assist with the CE committee. Shannon Mong has also offered to assist with the committee.
8. Laura Cabanski Dunning has volunteered to take over the newsletter. John Weir will follow up with her. Vicki Bloom, a student member, is assisting with the newsletter as a reporter. She interviewed Joel Fay about his work with mentally ill offenders in Marin County. This article will appear in the newsletter. She also wrote an article about Division I of CPA. Julie Austin has also offered to assist with the newsletter.
9. Fred Rozendal reported on the budget, at the end of the year. Overall small profit, which may increase after the CE program in October. About \$2000 profit is expected from the CE program, but some expenses are anticipated for the website. Budget is

balanced. Year-end statement will be available at next meeting. Finance committee will be meeting later in October. Fred is looking for someone to take over the position of treasurer.

10. Nancy Haugen described a four-hour CEU disaster response event planned in conjunction with the Marin Medical Corps, Marin CAMFT, the Red Cross, and the Fire Department at the Corte Madera counsel chambers. Event will be offered at minimal charge, perhaps the last weekend of January or early February. A phone tree can be used to announce the event, as well as the list-serve of MCPA and CAMFT.

11. Bethany announced that she will be looking for an I & R member to take over her role on the committee, as co-chair. She reports that the yellow page ad was much more expensive this year. Discussed negotiation process of yellow page ads. She reports that there are fewer referrals now, and that the quality of the referral has gone down. Many calls are for crisis support, referrals to low-fee counseling or community agencies. She believes that MCPA resources need to be focused more on website visibility. For example, an internet marketing person or the web designer can put on key words on the website so that MCPA will pop up more often.

12. Sue Fleckles described progress of the development of the website. Keith will send an email to Sue Fleckles to expand search ability, keywords, and tracking of site visitors.

13. Keith asked how the list-serve is working out. It has been helpful to many of us. Send an email to marincpa@yahoogroups.com to join. About 50 people currently are subscribed.

14. Keith proposed a student event on beginning a practice in Marin. Sue Fleckles can talk about developing niches. Bethany Miller can talk about the use of website marketing. Other psychologists may also join a panel for the presentation. Keith will send a flyer out to invite student members who can join MCPA for free for the first year. He would like to send a poll on the list serve to assess whether members are being well served by the MCPA list serve, and whether referrals are coming from the MCPA website.

15. Silvia Mills reported on several calls about when incidents should be reported to CPS. She was invited to submit an article to the newsletter to address the complexities of the "grey area" and psychologists' concerns about making such reports. Silvia also suggests an article about ethical business practices.

16. Deadline for next newsletter is the end of September.

17. Membership: Roberta Seifert reported that we have 129 members now.

NEXT MEETING: October 25th 2006 at 6:00 at Piatti's.

Meeting adjourned at 8:35 p.m.

Treasurer's Report
Fred Rozendal, Ph.D.

The report below indicates the details of the current financial state of MCPA, submitted to the Executive Committee. If you have any questions, please feel free to discuss them with the Treasurer.

ANNUAL BUDGET: MCPA Year 2005-06
11/01/2005 through 9/24/2006

Category Description	Actual	Budget	Difference
INCOME			
CE Workshop Income	35.00	7,000.00	-6,965.00
Check Acct Interest	9.26	35.00	-25.74
Meetings-Dinner Income	5,585.00	6,000.00	-415.00
Membership Dues	8,070.00	7,100.00	970.00
Newsletter Ads	1,102.50	600.00	502.50
TOTAL INCOME	14,801.76	20,735.00	-5,933.24
EXPENSES			
Community Svc-YP Ad	3,483.00	3,000.00	483.00
Continuing Ed Expense	1,150.00	6,850.00	-5,700.00
Directory-Web Site Expense	75.00	3,000.00	-2,925.00
Disaster Response	0.00	200.00	-200.00
Executive Committee Exp	779.93	825.00	-45.07
Government Affairs	150.00	0.00	150.00
I & R Expense	180.56	200.00	-19.44
Meetings-Expense	7,312.62	8,100.00	-787.38
Membership Expense	0.00	1,200.00	-1,200.00
Miscellaneous Expense	112.00	200.00	-88.00
Pager	15.00	120.00	-105.00
P.O. Box	50.00	48.00	2.00
President	68.42	200.00	-131.58
President-elect	86.35	200.00	-113.65
Professional Pract	0.00	100.00	-100.00
Public Ed-Marketing	351.50	300.00	51.50
Secretary	0.00	50.00	-50.00
Telephone Expense	646.45	556.65	89.80
Treasurer	0.00	25.00	-25.00
TOTAL EXPENSES	14,460.83	25,174.65	-10,713.82
OVERALL TOTAL	340.93	-4,439.65	4,780.58
Monies on Hand	20,378.97		

Student Representative

W. Keith Sutton, B.A.

Community Building: A Student's Effort

Over the past year, as the MCPA's student representative, I've worked to build closer connections between the MCPA members and foster our community of helping professionals. Through the mentoring program we've tried to provide an opportunity for licensed psychologists to pass on their knowledge and experience to enthusiastic students just entering the field. I have been told that this enthusiasm is refreshing to some as the mentor can often remember their excitement of embarking on their career. The mentees often are surprised to learn how accessible their mentors can be, and begin to see the light at the end of the tunnel of many years of training. I have always believed in going to the source, and learning from those who have achieved the goals that I aspire to accomplish.

The listserv is another means of building our community of psychologists in Marin. By sharing information, asking questions, and feeling part of a group, we strengthen our resources and provide better service to our clients and the greater community. I'm interested to see how the listserv carries over to MCPA events, when individuals recognize someone on a nametag as the person that gave them that great advice a few weeks ago. Or when interests are peaked by someone who's shared some good information on the listserv and a connection is made.

My next step is to begin helping to make the MCPA a valuable tool in gaining client referrals through our website, listserv, and information and referral line. We've sent out a poll on the listserv, and will be finding a baseline for the amount of referrals members receive from the MCPA already, then track our efforts to increase those referrals. Also, I will be planning a student event in November on the topic of building a practice, which will be open to students and licensed members alike.

As I finish my last year of graduate school and internship, I look forward to joining the ranks of the licensed psychologists in Marin (of course after finishing my postdoc and licensing exam and all the other fun hurdles I've got ahead). I am proud that this community is building and I look forward to meeting more of you at the upcoming events. If you happen to see the name Keith Sutton on a nametag as you pass by, come and say hi, it would be great to meet you.

Membership Report

Roberta Seifert, Ph.D.

I would like to welcome six new members to MCPA. They are:

Full Members – Carolyn Bennett, Psy.D., Nancy Hoffman, Psy.D., Ellen Krantz, Ph.D., and Shannon Mong, Psy.D., and Edie Walden, Ph.D.

Associate Member – Mary Brill, L.C.S.W.

Student Member – Kim Leicester, M.A.

I am pleased to announce that we are rounding the corner on our membership year with 128 Members. That includes 25 new members. Your Board of Directors has made great efforts to grow the membership this year and we are all very pleased with the results.

It is renewal time again and the notices are on their way. Sending your dues promptly saves me time and effort and saves you from all those nagging notices.

Information and Referral

Bethany Miller, Psy.D.

The annual I&R meeting will be held on November 3rd at the Corte Madera Town Center from 6:30-8:30 P.M. Please contact Bethany Miller (518-7999) if you would like to join I&R for 2007. I&R is open to licensed psychologists who have been a member of MCPA for at least one year.

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:

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½ Page	\$ 50.00	\$ 75.00
Full Page	\$ 100.00	\$ 150.00

Discounts are available for ads of ½ to a full page which are run three editions in a row.

Deadline for December Submissions: November 30, 2006