

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A Chapter of the California Psychological Association

2008 Officers

marincountypsych.org

On-line Newsletter, October, 2008
Volume V, Number 5

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Editor's Column Laura Cabanski-Dunning, Ph.D.

Greetings MCPA Members! Please join your friends and colleagues for an evening of fine dining and festivities at the annual **MCPA Holiday Party!** This year it will be held at the Seafood Peddler in San Rafael, on the evening of Friday, December 12th. You are welcome to bring a guest, and the cost is a mere \$35.00 per person. For details and sign-up coupon, please see the **flier on page 11** of this newsletter. Also, be sure not to miss the second annual **Disaster Response Workshop**, which will be held on Saturday, November 1st at the Corte Madera Town Hall. For details, see page 6 of this newsletter. Many thanks to Nancy Haugen for putting together this excellent event. P.S. In addition to having fun, you can earn 4 CEUs for attending this workshop! In the hopes of hearing from more of our members, we are offering a **free ¼ page ad** to anyone who submits an article or review for the MCPA newsletter. This is a great way to let your colleagues in MCPA know what you're up to, and a way to advertise your workshop or practice for free! There are MCPA board and committee positions opening up – please consider taking on a position and helping to make a difference within your professional community. If you're interested in getting more involved, contact President Beth Cooper Tabakin or President Elect Claudia Perez. Cheers, and see you all on 12/12! –LC-D



Photo by LC-D

Dates to Remember

Sat., November 1: **Disaster Response Workshop:**

Professional Wills and Personal Preparedness

9ma-1pm, Corte Madera Town Hall (see page 6)

Fri., December 12: 6:30 pm. **MCPA Holiday Party**, Seafood Peddler, SR (see page 11)

Fri., January 9, 2009: Annual MCPA Business Meeting, San Rafael Joe's

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We'd like to hear from all MCPA members! Submit an article or review for the next MCPA Newsletter, and you'll receive a free ¼ page ad !!!!.

Next Deadline for MCPA Newsletter submissions: Friday, December 19th, 2008.

Please email your newsletter submissions to:

MCPAnewsletter@verizon.net

Mission Statement

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

President's Message Beth Cooper Tabakin, Ph.D.

GET INVOLVED, YOU'LL LIKE IT!

November 1, 2008: Learn to put out a fire, turn off gas and water valves, write a professional will, and set up a disaster response team. Last year, the MCPA disaster response workshop was one of the most beneficial and informative events I attended. Nancy Haugen, Ph.D., our disaster response committee chair has set up another extraordinary day.

December 12, 2008: The MCPA Holiday Party at The Seafood Peddler will be held in a private, beautiful room overlooking the water. It's a time to meet colleagues in an informal setting, eat a delicious meal and socialize. As a thank you for the year of dedicated work, current board members are invited to attend for free. **Please check flier on page 11 of this newsletter for sign-up information.** Fliers were mailed out about a month ago. If you did not get one, please email me @ drbetht@comcast.net and I will make sure you receive the next mailing.

Ann Buscho, Ph.D., is retiring from the MCPA board after many years of outstanding service. In addition to carrying out her official job as MCPA secretary, she has graciously hosted many soirees, board meetings, and retreats, and was a featured speaker in an evening dedicated to collaborative divorce (one of her specialties). She joined me on the Walk and Talk along the Corte Madera Creek and I will miss her lovely presence and good ideas at the board meetings. Thank you Ann for everything you have done and all that is to come.

CPA has launched a new online resource for making career connections in the field of psychology throughout the United States. This year's CPA Convention will be held in Oakland in April. It is a great way to get CEUs and meet colleagues from all over the state. This year, the number of presentation proposals submitted increased by 40%. In an already competitive arena, that means we are guaranteed another outstanding convention. I have attended every convention since 1993 and have never been disappointed. The last time the convention was held in Northern California was three years ago. I am pleased that Oakland is a relatively short commute from Marin and am looking forward to attending. Another benefit of attendance is that CPA keeps a record of your CEUs, which saves paperwork when it is time to renew your license. I appreciated receiving a letter informing me that I met the CEU requirement for the two-year period through my attendance at the CPA Conventions. Thank you CPA for another fine service.

My two years as MCPA president are drawing to a close. It has been a lot more work, and much more rewarding than I had imagined. It gave me a forum to communicate professionally and personally with community members, colleagues, and students. I learned how to write fliers, stuff envelopes, get copies made, paste labels, buy pretty stamps (to catch your attention, and learned to extend my comfort zone in reaching out for help. Claudia Perez, Ph.D. will make a fine president and I will support her as she assumes her new role. My message? Get involved, you'll like it!

President Elect's Message

Claudia Perez, Ph.D.

During this tumultuous time in our country, we all need a little extra support. As therapists we are always giving. It may be the perfect time for each of us to extend an invitation to a colleague, who is not part of the MCPA family, to join the organization. Not only will they partake of the many benefits available, but my goal for next year is to create more avenues of support and interaction.....to further enhance what is already in motion. I encourage each of you to ask one co-worker or friend in the field to join us for the coming year, so that MCPA can give back to them, and so that we can further support and continue to give to each other. Similarly, it is time for current members to renew.

I am also asking each and every member of MCPA to reconsider the President-Elect position for the coming year. The secretary position on the Board has also become available. Beth has worked so hard during these last two years to bring the organization to a professional and well-standing status that we can be proud of. I hope to continue her work, as well as to add some new energy. I need someone who will follow me, and carry on the duties. Please take the time to talk with me and see what is possible. Perhaps a Co-Presidency?

Next up is the Holiday Party on December 12th. I hope to see all of you there. This year it is being held in a lovely room at the Seafood Peddler. Enjoy good food, good drink and of course good company. On January 9th, 2009 we will hold our yearly business meeting. Please attend so you can have a voice.

Treasurer's Report

Fred Rozendal, Ph.D.

As of October 9, 2008, MCPA has \$19,852.90 on hand. This is usually the low point financially of the MCPA year (ending October 31) when dues begin to come in, so our current condition is strong. In the last five years at about the same time, funds on hand have been stronger only once (last year: \$22,241.02), and usually have been lower (as low as \$9,058.20).

Our expenses have been \$1,729.69 more than income to this point in the MCPA fiscal year.

The CE program made a profit of \$323.00 this year. Congratulations and thanks to Michelle Saloner and her team for their work in putting this program together!

Membership Report Dan Kalb, Ph.D.

Membership Chair Throws Down the Gauntlet!

I challenge all 148 members of MCPA to accomplish one of the following by Nov 15:

- (a) Eliminate world hunger
- (b) Come up with a grand theory unifying quantum mechanics and general relativity
or
- (c) Renew your membership

Your choice, but let me point out that going for (a) or (b) will probably entail your having to kill a couple of evenings, whereas (c) will take but 5 minutes. Simply click on:

<http://www.marincountypsych.org/join.asp>

complete the new easy-to-fill out form online, download it, and mail it to me with a check. Thanks.

CPA Chapter, Division I, and Government Affairs Committee Report Betsy Levine-Proctor, Ph.D.

So Many Things to Report...

Having recently returned from the CPA Board, Division I (Division of Clinical and Professional Practice) Board and Government Affairs Committee (GAC) meetings in Los Angeles, I would like to provide you with a sampling of the matters discussed that are relevant to our work. These meetings are an amazing experience, a total of 22+ hours of meetings over 3 days, packed with discussion/debate and team decision-making regarding so many matters important to our present professional activities and our future as Psychologists. Summarizing for this article and for a presentation at the MCPA Board meeting is a great challenge, because the meeting content is so rich, and there is so much to report. This article includes merely a sampling of the issues that were discussed which I hope are of interest to you. Please feel free to contact me for more information.

1. CPA has newly elected officers: Drs. Janet Hurewich, President-Elect and Mary Malik, Secretary-Elect.
2. The CPA Board approved a new Division of Neuropsychology which grew out of the work of Dr. David Lechuga through Division I.
3. Division I has Sections of Gerontology, Health Psychology, and Forensics. A new Section of Psychoanalysis was approved at the Division I Board meeting.
4. There is a new Chapter/CPA Task Force with the mission of exploring ways in which Chapters and CPA can collaborate to benefit all.

5. CPA has a new online Career Center for members. Here's the link:
www.cpapsych.org/displaycommon.cfm?an=1&subarticlenbr=198
6. The April 2009 CPA Convention will be in Oakland. This is a great opportunity to accrue many CEU's through high quality presentations.
7. There is a CPA Early Career Psychologists Committee which works to assist those of you who are in the first years of your career. One new project is a Mentorship Program. Here is the link: <http://www.cpapsych.org/displaycommon.cfm?an=1&subarticlenbr=191>
8. CPAGS, the student branch of CPA, is presenting a Leadership and Advocacy Conference in southern California.
9. The CPA Nominations, Elections, and Awards Committee is accepting nominations for 2009 awards which are presented at the Convention. Among the categories are those for Outstanding Chapter and Outstanding Newsletter.
10. CPA President Dr. Miguel Gallardo invited representatives from the following Associations for a networking lunch followed by a fruitful discussion of ways in which we can collaborate and partner: California Latino Psychological Association, Asian American Psychological Association, United American Indian Involvement, National Latina/o Psychological Association.
11. Government Affairs Committee co-chairs, Drs. Michi Fu and Jim Peck, held a special meeting of the Committee to discuss ways in which to enhance the GAC structure and function to benefit CPA and Chapters.
12. Legislative priorities were presented and include: managed care reform, mental health parity, hospital practice regulations, scope of practice, new licenses, and prescription authority.
13. Discussion occurred regarding the passage of the Paul Wellstone-Domenici Mental Health Parity and Addiction Equity Act of 2008 by Congress, enacting it into law on October 3, 2008. The new law amends the Mental Health Parity Act of 1996 to require that a group health plan (of 50 or more employees) that provides both medical and surgical benefits and mental health or substance abuse benefits must have financial requirements and treatment limitations for mental health/substance use disorder benefits no more restrictive than those requirements and limitations placed on medical/surgical benefits. Since the law becomes effective on January 1, 2010, it will be some time before its effects/benefits are felt by patients and those of us in practice. However, CPA will keep us informed as to progress in this area and as to how it will effect our work.

Again, I hope that you will contact me should you have further interest in any of the above items or other matters regarding CPA.

Betsy Levine-Proctor, Ph.D., MCPA Representative to the CPA Board of Directors,
MCPA Representative to CPA GAC Committee, Division I Board Member

Disaster Response Event Nancy Haugen, Ph.D.

Professional Wills and Personal Preparedness Workshop

4 CEU's Available through SCRC*

Date: Saturday, November 1st

**Place: Corte Madera Town Hall
300 Tamalpais Drive**

Time: 9 AM to 1 PM

Did you know that it is recommended that you not use an answering machine in your office and that one of the persons you are asking to cover for you if you became disabled or died also not be located in your building? Both questions have the same answer – if there is a natural disaster, your office could be inaccessible. Your colleague would need to be dealing with his or her own clients, etc. and not have time to cover your practice.

Did you know that you might have to walk 2 or 3 days in order to reach home in a disaster? Best to have supplies and shoes in the trunk of your car so that you can do that.

In this 4 hour workshop, you'll leave with your own Professional Will for which you will only have to fill in the appropriate names to complete. You will know how to deal with crowds who are traumatized from a disaster, and how to keep yourself grounded through it all. Your home and family will be safer as you actually put out a fire and turn off a gas valve (and go home with your own tool). This is a fun, fast moving morning that might make all the difference in the world to you, your family, your neighbors, and your clients.

This 4 hour workshop will cover topics from:

- . how to form your own “emergency response team” (as it is officially called) and have your professional will in place
- . how to be as prepared as possible with your own clients and in your own community in case of a natural disaster
- . how to make sure that your home and family are taken care of

The last hour will be spent with Fire Chief Kenny Prete showing you how to turn off water and gas valves and having you put out an actual fire in the parking lot. It is great hands on experience.

Cost: \$60.00 check made out to MCPA for the event

\$15.00 check made out to “SCRC” if you wish CEU's, *in addition to the check to MCPA*

RSVP: Please email or call me nancy@haugen.com 415-492-1171

*The Spiritual Competency Resource Center offers CE credit for events co-sponsored by the Marin County Psychological Association (or for you, just leave it CE credit for this event). SCRC is approved by the American Psychological Association to offer continuing education for psychologists. SCRC maintains responsibility for the programs. SCRC is a California Board of Behavioral Sciences and a California Board of Registered Nursing Provider. For complete information visit www.spiritualcompetency.com.

Thoughts on Collaborative Practice

Ann Buscho, Ph.D.

Over the summer I created a power point presentation to educate people about collaborative practice, particularly collaborative divorce. I hope to continue our relentless pursuit of that "tipping point" when collaborative practice will be a household name, by spreading the word to professionals and "civilians" at every opportunity. Collaborative divorce has become a large part of my practice: I passionately believe that parents who collaborate and avoid litigation during divorce will help the family heal.

With the support of an interdisciplinary group from the Collaborative Family Law Professionals of Marin (County, California), we submitted a proposal to present a workshop at the upcoming California state conference of Marriage and Family Therapists. We are pleased that our workshop was accepted and is scheduled for **Sunday, May 3, 2009, 12:15 a.m. to 2:15 p.m.** The workshop, titled, "**A Good Divorce? How to Assess, Educate, Screen, and Speak with Your Clients about Collaborative Divorce,**" is targeted primarily at mental health professionals. It will be presented by MCPA Secretary, Ann Buscho, Ph.D.; Debra Bellings-Kee, J.D, MFT; Suzan Barrie Aiken, J.D.; and Jay Rice, MFT, Ph.D. The annual conference will be April 30 - May 3, 2009, **Fairmont Hotel, San Jose, CA.** Details about the conference will be available in the coming weeks on the CAMFT website, www.camft.org. Please circulate this information to your colleagues.

A recent email from the President of the Board of Collaborative Family Law Professionals of Marin (I sit on the Board also) summarizes the recent media coverage of collaborative practice: "*Collaborative Practice is all-the-buzz in the media these days. Folks are not getting it quite right yet, but they are talking. The conversation focuses on Collaborative Practice providing an alternative to the way people divorce. An alternative structured to diminish the pain of divorce and provide an opportunity for couples and their children to move beyond that pain.*"

How many of you heard from friends, family and clients that the film, **Juno**, mentioned Collaborative Divorce? If you didn't yet have a chance to check out the link to ABC News Online that offers Collaborative Divorce as a *better way* for divorcing couples and their children here it is: <http://abcnews.go.com/video/playerIndex?id=5855885>

Professionals who didn't have much good to say about collaborative practice are rethinking their positions. An aside to the ABC News piece: The lawyer who spoke about collaborative practice (also not getting it quite right) is the same lawyer who, less than three years ago, responded rather negatively to an article on Interdisciplinary Collaborative Practice written by Nancy Ross, Natalie Leininger, Steve Popell (of airport diorama fame) and yours truly. Less than three years later, Peter Walzer is offering up Interdisciplinary Collaborative Practice as a "better way." That's progress!

Suze Orman offers the following in the October issue of **Oprah Magazine**: "*I'd love it if more couples could divorce with dignity. Sound crazy? It's anything but: A growing number of people are using what's called collaborative divorce. This new paradigm puts a premium on couples working together with mediators in a respectful manner to formalize the split. Because it circumvents the need for a court trial, it can be a less expensive route too. You can learn more about collaborative law at www.collaborativepractice.com.*"

Suze Orman didn't get it quite right either, but she directed her readers to the Collaborative Practice website. The Executive Director of IACP, Talia Katz, subsequently wrote letters to Suze Orman, Oprah, the editors of the magazine and the producers of the TV show, again asking that they cover Collaborative Practice. Here's the link:

www.oprah.com/article/omagazine/200810_omag_suze_divorce

Gary Neuman, founder of the Sandcastles Divorce Therapy Program and author of *Helping Your Kids Cope with Divorce the Sandcastles Way*, is appearing on Oprah. He is also the keynote speaker at next year's CP Cal (Collaborative Practice, California) Conference in Long Beach (April 24 – 26, 2009). Gary Neuman's "Oprah connection" was an important factor in his selection as the keynote speaker for CP Cal Celebration 4. It is only one small step before Collaborative Practice is featured on Oprah. Efforts are underway to facilitate this step.

Finally, many of you know that Robin Williams and his wife chose Collaborative Practice as the process by which they would resolve their divorce. *People Magazine* reported back in May that court papers filed in San Francisco set forth the following: *"We will strive to be honest, cooperative and respectful as we work in this process to achieve the future well being of our families. We commit ourselves to the collaborative law process and agree to seek a positive way to resolve our differences justly and equitably."*

Unlike other celebrity divorces, many folks know few details of this celebrity divorce because Robin Williams and Marsha Garces chose to handle their dissolution collaboratively, in the best interests of their children. Appearing on Ellen DeGeneres' television show, Williams underscored his desire to proceed in a civil manner. *"I'm lucky, you know, with someone like Marsha, and we have amazing kids and it's not a slash and burn. I think a lot of times divorce can be like circumcision with a weed whacker,"* he continues, *"But the idea that it's going with love, I think, is important. And for me it's been ... a good thing."* Try Googling, "Robin Williams' collaborative divorce." You will find references to Collaborative Practice on *People.com*, *ETonline*, *E!Online* and countless blogs. Check out *Divorce Magazine*. The articles are solid and well-written.

A member of the CP Cal Public Education Committee is in the process of preparing press releases to help "get it right." In the works in Northern California are dioramas similar to those appearing in the Oakland, San Francisco, and San Jose Airports, to be placed in major shopping malls on a discounted space-available basis. Clicks on the CP Cal website (<http://www.cpcal.com>) have dramatically increased since the airport diorama public education campaign commenced. Talia Katz, in an email today, confirmed that the airport diorama campaign is going national.

One of our best public education tools is providing the families we serve with our process expertise, our knowledge and our practice excellence. All of the precious time and effort that CFLPM members contribute to our practice group is vitally important toward this end, whether we have yet participated in a collaborative case or not. Every contribution ultimately benefits the families we serve. Each family that experiences Collaborative Practice in a positive light will potentially share that positive experience in the context of one of the most difficult times in their lives. We each have the potential of creating positive public education in our collaborative cases without ever appearing on Oprah, on ABC or having celebrity status. We can all share the buzz that there is a *far better way*.

The Collaborative Practice tipping point is visible on the horizon. Time to put away the weed whackers. Collaborative Practice is a bridge to somewhere...

I have a new website! check it out! <http://www.DrAnnBuscho.com/index.htm>

SHRINKRAP ON FILM: HIGH BROW / BAJO BROW
TOUCH THE SOUND* and *BEVERLY HILLS CHIHUAHUA
Sue Hulley, Ph.D.

I don't know if you ever saw *Rivers and Tides*, Thomas Riedelsheimer's movie about Andy Goldsworthy and his outdoor artwork (a reductive expression, given the amazing things he does with thorns, icicles, moss, and even just plain dirt) which I wrote about some time ago. This movie introduced us to Goldsworthy and his creations, followed him during several of his projects, producing a beautiful series of images in the process.

Given how much I loved that movie, I should have kept track of Riedelsheimer, but didn't. However, I got lucky when Bill recently found *Touch the Sound*, his next movie, at Video Droid in Tam Junction (a place independently worth a visit. They know and love movies, and their map highlighting movie locations in Marin County is worth the trip itself!).

In *Tides* and now in *Touch*, Riedelsheimer shows us artists who are outside of the usual definitions and/or pigeonholes, thereby giving us an opportunity to rethink our more general ideas about art and artists. We see Goldsworthy throwing colored dirt around--is this art? When he laboriously fashions giant pine cones out of rock slabs, then leaves them at the water's edge, what does he think he is doing? Isn't art supposed to be in museums, not out there in nature getting destroyed!

With Evelyn Glennie (in *Touch the Sound*), Riedelsheimer takes us into the territory of the artist's sense perception itself, leading us to an exploration of our experience of sound. As the movie begins, we are cleverly brought into the question of Evelyn's "normalcy," as we see her pulling her suitcase through an airport and monologue-ing. I kept waiting, thinking "Was I wrong?" and even resorting to rereading the box the movie came in. We do eventually learn that Evelyn is almost totally deaf, but in the meantime we have experienced her as a normal person.

In a beautiful image which Riedelsheimer himself developed (something you learn from a feature on the DVD called something like "Impressions of filming *Touch the Sound*"), we experience the sound and sight of people's feet, bags, and pets as they pass over the translucent whitish floor above Evelyn in the airport. Riedelsheimer describes these as looking like musical notes on a sheet of paper, and once we know this, we have the experience of this "music," which is actually a form of percussion.

I remember reading in developmental psychology about the first stage in infant sensory development where the sense data is not neatly divided into hearing, seeing, smelling, etc., but rather comes in various mixed forms. With the development of language, the young child sorts these out more distinctly, and this experience of more than one sense mixed together becomes less frequent and finally disappears.

For Evelyn, who started losing her hearing at eight, and learned to hear music through her body rather than her ears alone, this cross-sensory experience is intriguingly played out. Watching her teach a young hearing impaired girl is a delight, as the two of them discover that they can actually "hear more than people with good hearing."

Evelyn's life is a self-described journey through sound, and as the only self-supporting percussionist in the world, she journeys around the planet encased in a never-ending appreciation of what she "hears." For her, hearing is more than a passive activity; rather, her whole body and attention are involved.

The image of people as musical notes gets used later in the movie by Evelyn herself to include all the people on the planet, as she pictures each person as a note with its own individual character. Clearly something larger is afoot here, and we are along for the ride.

Riedelsheimer revealed, in the "Impressions" mentioned before, that he began production with a plan--to have Evelyn and Fred Frith, a violinist who had composed the music for *Rivers and Tides*, improvise together. He was lucky; an abandoned sugar factory was available for their collaboration. However, he was taken aback when Fred refused to make some sort of program music based on Riedelsheimer's suggestions, telling him that this would prevent their truly improvising. We then see Riedelsheimer, living with his anxiety over his loss of control of the movie, having to trust to his ability to create something out of this latest development.

OK. Artsy stuff! But what does this have to do with dogs?

Well, nothing, really. But I am involved in planning a doggie fashion show for an upcoming fundraiser and went to *Beverly Hills Chihuahua* for couture ideas. Anyway, that's my story and I'm sticking to it!

Of course, like most Disney movies, BHC is based on a "timeless" plot hook, in this case *Lady and the Tramp* (can a diva and a lowlife make it together?). High class female dog (owned and pampered by Jamie Lee Curtis, herself the diva of a cosmetic empire and of course owner of a BH mansion) Chloe meets earthy, chivalrous Papi (owned by Jamie's Latino landscaper). When Jamie Lee leaves Chloe in the care of her pampered, jobless niece (creating the parallel human love interest: niece and landscaper), the plot thickens.

Beverly Hills Chihuahua, somewhat predictably I admit, becomes an escape and chase adventure, introducing various strays and oddballs along the way. The Disney crew effortlessly blends humans, talking animals, and animated critters--a memorable rat and iguana team. And of course, everyone is having a lot of fun at the expense of those old movie clichés. One of my favorite moments (although it actually happened twice) was when Chloe decides she can go it alone now, and leaves Delgado, a dog who had come to her assistance. Delgado starts walking away. As Chloe's train pulls out of the station, of course showing her looking back imploringly, Delgado mutters to himself, "Don't turn around, just don't turn around." And of course he does--they always do!--and then there's the "suspense" about whether or not he can catch up and get on...

I need to warn you that Rotten Tomatoes gives the movie only a 41% rating on the Tomato meter, and finds that it is "disposable" entertainment (the more I think about that adjective, the funnier it gets. Is good entertainment something we hang on to, then? Is *Gone with the Wind*, if you think it's great, not really gone? Sorry! Late life mental rambling alert). So in suggesting you check it out, I caution you: you need to be in a somewhat uncritical mood to really enjoy it. Oh, and the amazing Busby Berkeley routine from the trailer, the one with the thousands of Chihuahuas in Aztec headdresses, is NOT in the movie, although you can see it in the Trailer section of the movie website. Go figure!

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

Holiday Party

SEAFOOD PEDDLER
100 Yacht Club Drive, San Rafael, CA (415) 460.6669
Friday, December 12, 2008

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 heading north:

Exit "Central San Rafael"
Make first right onto Second Street and bear right at yield sign (Grand Avenue)
Grand turns into East Francisco Boulevard
Follow East Francisco and make first left onto Yacht Club Drive

From 101 heading south:

Exit "Central San Rafael"
Proceed straight until Second Street
Make left onto Second Street (immediately move to right lane)
Bear right at yield sign (Grand Avenue)
Grand turns into East Francisco Boulevard
Follow East Francisco and make first left onto Yacht Club Drive

Please RSVP by printing this page and sending the below coupon and \$35 per person (Check made out to MCPA).

RSVPs and checks must be received by Friday, December 5

Call Claudia Perez 453.8567, with any questions

Sorry, drop-ins cannot be accepted.

MCPA - ANNUAL HOLIDAY PARTY

Friday, December 12, 2008

Name(s): _____

Telephone: _____

Number of persons attending (\$35 per person) _____

Mail to: Claudia Perez, Ph.D.
905 Sir Francis Drake Blvd. Suite F
Kentfield, CA 94904

**COMMUNITY OUTREACH &
COLLEAGUE SUPPORT / EDUCATION**

CLASP

~ CPA's Colleagues Assistance and Support Program ~

<http://www.cpaclasp.org>

Do you have an event or presentation which supports Wellness and Self Care, and helps establish genuine and meaningful relationships amongst MCPA members? Contact MCPA President Beth Cooper Tabakin, Ph.D. at 415.459.7707. To become a CLASP provider and work with other psychologists in your practice, or to find out more about CLASP contact CPA CLASP Chair, Dani Beckerman, Psy.D. at 831.426.4735 or email Dani at dani_beckerman@yahoo.com . For materials on self care and resiliency, educational programs, or referral to a psychologist or community resource:

Call CPA CLASP confidential I&R line: 888.262.8293.

One Minute Psychologist – Your Mental Health Survival

Coping After a Disaster and Beyond Disaster Building Resilience Cards available to you for only 5 cents per card. This is an important way to support your family, your clients, your community and your immediate neighborhood.

Contact Nancy Haugen at nancy@haugen.com .

The Bay Area Oppositional and Conduct Clinic

www.strategicfamilytherapy.net

Free Workshop For Parents On Oppositional Children and Adolescents

Parents of oppositional youth discover that the techniques and tools that work with their other children seem ineffective with their oppositional child, or even make the situation worse. This workshop not only explains why, but offers concrete techniques that work.

Led by author and psychotherapist

James Keim, MSW, LCSW

October 28th, 6:30-8:30pm

Alliant International University

1 Beach Street, San Francisco, CA 94133

Space is Limited

to RSVP, email

info@strategicfamilytherapy.net

or call (415) 686-9544

James Keim, LCSW is the director of the Bay Area Oppositional and Conduct Clinic where he works with parents and caregivers struggling with oppositional children. James Keim served as Director of Training for Jay Haley and Cloe Madanes at the Family Therapy Institute of Washington. He is co-author of the book, *The Violence of Men*, with Cloe Madanes and Dinah Smelser and a contributor of chapters of eight other books on psychotherapy. James was the Director of the conference, *Oppositional Youth*, hosted at the National Institute of Health. He presented on Oppositional Defiant Disorder at the National Conference of the American Association of Marriage and Family Therapy and received a "Best of 1996" rating for his presentation.

The Bay Area Oppositional and Conduct Clinic

www.strategicfamilytherapy.net

Free Workshop For Teachers On Oppositional Children and Adolescents

Teachers often discover that the techniques and tools that work with other children seem ineffective with their oppositional child, or even make the situation worse. This workshop not only explains why, but offers concrete techniques that work.

Led by author and psychotherapist
James Keim, MSW, LCSW

October 22th, 7:00-9:00pm

Alliant International University
1 Beach Street, San Francisco, CA 94133
Space is Limited
to RSVP, email

info@strategicfamilytherapy.net

or call (650) 771-0806

James Keim, LCSW is the director of the Bay Area Oppositional and Conduct Clinic where he works with parents and caregivers struggling with oppositional children. James Keim served as Director of Training for Jay Haley and Cloe Madanes at the Family Therapy Institute of Washington. He is co-author of the book, *The Violence of Men*, with Cloe Madanes and Dinah Smelser and a contributor of chapters of eight other books on psychotherapy. James was the Director of the conference, *Oppositional Youth*, hosted at the National Institute of Health. He presented on Oppositional Defiant Disorder at the National Conference of the American Association of Marriage and Family Therapy and received a "Best of 1996" rating for his presentation. James also worked in the schools in Colorado consulting with teachers on how to manage oppositional students.

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**.

NAVIGATING MIDLIFE: COPING WITH LOSS

An ongoing therapy group for women supporting the transition to the second half of life

Explore issues of loss, disorientation, unmet needs, slowing down and physical changes of menopause. Gain insights and consider new options, examine “what’s next,” and successfully challenge yourself. Meetings are held on Mondays: 11:00-12:30 (beginning 11/3/08). **MindTherapy Clinic 150** Nellen Avenue, Corte Madera

Led by: Dr. Claudia Perez, Ph.D., R.N. 415.453.8567

ADULT GROUP PSYCHOTHERAPY AND CLASSES FORMING

Newly forming groups include a Relapse Prevention Group, a therapeutic support group for people who have drug and alcohol problems led by Alicia English, Ph.D. and a Mid-Life Woman’s group, which will explore issues of loss, unmet needs, and physical changes led by Claudia Perez, Ph.D., R.N. Classes forming include Breathing for Anxiety, Tai Chi for Mental Well-Being, and Mindfulness Meditation. Please call the **MindTherapy Clinic, 150 Nellen Ave., Corte Madera, at 415-945-9870** for further information.

**FAMILY SERVICE AGENCY OF MARIN
Psychotherapy Groups**

PACE – Harm reduction group for dually diagnosed adults.

MEN’S RECOVERY – Support group for men in recovery.

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

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

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

SURVIVORS OF SUICIDE – Support group for survivors of suicide.

AGESONG – Group to enliven the search for deeper joy and satisfaction in the later years.

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

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

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

**UPCOMING TRAINING AT THE ANNUAL STATEWIDE CONFERENCE OF
CALIFORNIA MARRIAGE AND FAMILY THERAPISTS (CAMFT)**

"A Good Divorce?"

How to Assess, Educate, Screen, and Speak With Your Clients about Collaborative Divorce"

Sunday, May 3, 2009, 12:15 a.m. to 2:15 p.m.

This workshop is targeted primarily at mental health professionals. Presenters are MCPA Secretary, Ann Buscho, Ph.D.; Debra Bellings-Kee, J.D, MFT; Suzan Barrie Aiken, J.D.; and Jay Rice, MFT, Ph.D. The annual California state conference of Marriage and Family Therapists will be April 30 - May 3, 2009, Fairmont Hotel, San Jose, CA. Details about the conference will be available in the coming weeks on the CAMFT website, www.camft.org. Please circulate this information to your colleagues.

Office Space

Free advertisements are available to MCPA members in the sections "Office Space Wanted" and "Office Space Available". Each free advertisement must include your name, be no more than four lines of text in 12pt, Times New Roman font, and be emailed as an MS Word (.doc) attachment to MCPANewsletter@verizon.net . *Free "Space Wanted and Space Available" ads placed by MCPA members will continue to run in all subsequent newsletter issues until the editor receives a request to cancel the ad.* Larger office space ads and all other ads continue to require payment according to the existing schedule described at the end of each newsletter.

Office Space Wanted

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

Office Space Available

Corte Madera: Offices for Mental Health Professionals in Corte Madera. Three offices available. Fully sound proofed, free parking, kitchen, beautifully appointed waiting room. Call Judy: 415-927-7213.

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

Kentfield: Spacious, bright, tastefully furnished suite in Kentfield. Designated parking. Across from College of Marin. Office available full days or 4 hour blocks. Call Philip Beitel at 415-717-9633, or email philbeitel@sbcglobal.net.

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

Novato: Office space available in suite of multidisciplinary psychotherapists. \$150.00 per month for full day each week, \$85.00 per month for half-day each week. Newly renovated suite with waiting room, voice mail, copier, kitchenette, in-suite bathroom, handicapped-accessible. Beautiful location, surrounded by open space. Call Dan Kalb, Ph.D. (415) 898-9015, ext. 525.

San Rafael: Office space available for sublease Thursday, Friday, and/or Saturday on second floor in professional building. Reasonable rent. Convenient highway access. Best for work with individuals. Windows face quiet side street. On-site parking. Elevator. Call 415-789-9113.

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

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

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

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

From the Editor:

Submission Guidelines and Advertising Rates

The *Marin County Psychological Association Newsletter* is published electronically bi-monthly and welcomes articles and opinions related to the practice of psychology. Announcements for community outreach and no-fee colleague support activities are free.

Please submit your article, announcement, or advertisement as an email attachment in MS Word to

MCPAnewsletter@verizon.net

Payment for advertisements must be by check made out to MCPA.

Please send to arrive by the deadline to:

Laura Cabanski-Dunning, Ph.D.

P.O. Box 1863

Novato, CA 94948-1863

Rates for Advertisements:

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

15% discount for ads of 1/2 to a full page which run three editions in a row.

Deadline for December newsletter submissions: Friday, December 19th, 2008