

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A chapter of the
California Psychological Association

On-line Newsletter, December, 2005
Volume II, Number 6

2005 Officers

President

Grace Rogers, Ph.D.
662-2388

President-elect & Program Chair

Joanie Gillispie, Ph.D.
380-9985

Past President

Sue Fleckles, Ph.D.
927-7566

Treasurer

Fred Rozendal, Ph.D.
679-0997

Secretary

Ann Buscho, Ph.D.
456-0952

Committee Chairs Continuing Education

Beth Tabakin, Ph.D.
459-7707

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

EDITOR'S COLUMN

John Weir, Ph.D.

Our Annual Meeting at the home of Joanie Gillispie and the **Holiday Party** at the home of Christine Gazulis were grand and convivial events.

The usual array of Committee Reports is here. There is an Article (p.11) for those who are interested in the **Collaborative Divorce Model** "sweeping" Marin, and the country. And in the spirit of the season, Sue Hulley gifts us with a "Shrink-Rap On Film" (p.13) featuring versions of **Ebenezer Scrooge** that many of us missed.

This is the end of my second year as Newsletter Editor, the first having been 1979! Some changes in 25 years as we've gone from a typewritten few pages mailed to our then one-to-two dozen members to a lengthy set of cyber pages produced and transmitted by a technology dreamt of by none of us at the time. Unfortunately, the new version for some of you is still more dream than reality when you get mysteriously garbled formats and letter strings. Sorry 'bout that. I expected to master this magical and maddening process by now but one year is insufficient, so I'll give it another year to see, "Is it me, or is it Microsoft?" Stay patient; stay in touch.

TABLE OF CONTENTS

Page

1. Editor's Column.....	John Weir, Ph.D.
2. President's Message.....	Grace Rogers, Ph.D.
4. President Elect's Message.....	Joanie Gillispie, Ph.D.
5. Executive Committee Meeting Minutes.....	Ann Buscho, Ph.D.
6. Treasurer's Report.....	Fred Rozendal, Ph.D.
7. Public Educ/Marketing.....	Jacqui Coryell, Psy.D.
7. Governmental Affairs/CPA Board.....	Mark Kamena, Ph.D.
8. Information and Referral.....	Bethany Miller, Psy.D.
9. Membership.....	Roberta Seifert, Ph.D.
11.....	ARTICLES and ANNOUNCEMENTS
16.....	ADVERTISEMENTS.....
19. 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.**

A very rewarding, challenging and humbling experience it is to be the President of your professional organization. I want to thank everyone who hung by me through the year and helped to guide me along when the course of the river was seeking its own shortest route rather than the necessary longer more careful one. There are many reasons to be PROUD of MCPA!

I cannot think of a person who didn't contribute to this flow this year. We entered the year with enthusiasm to look at how we had been doing things and to decide if they were working for us. And, more importantly, we explored how we could better meet the needs of our members and fellow licensees. We wanted to try new things and new formats, which isn't easy because each year is short and natural board turnover results in crunches. However, we did accomplish much to this end. I will try to highlight some of these things briefly.

Sue Fleckles, Ph.D. as Past President was there to keep our continuity and help with the history. She also worked hard on having a viable website and we have established a new Directory and Website Committee which is Co-chaired by herself, Mark Kamena, Ph.D., and Fred Rozendal, Ph.D.. Our President-elect, and your President for the 2006 year, Joanie Gillespie, Ph.D., worked hard on establishing more CEU oriented events and more relaxed collegial informative gatherings such as evening soirees. She also oversaw our membership program which includes our annual membership meeting and our holiday party December 2nd. She is very open to your ideas about where you would like to see us head in the ever-present future, so please let her know your thoughts. We have for several years now enjoyed the fiscal competence of Fred Rozendal, Ph.D. as treasurer and who has been amazingly diligent in protecting our financial interests in spite of the same time pressures all of us have. MCPA has additionally been blessed with the secretarial

swiftness of Ann Buscho, Ph.D., who has not only gotten copies of our minutes to us in a very timely manner, but has also helped us bring into fruition our soirees, secured a grant, and hosted our retreat. If you are reading this, you know the humor and professionalism which John Weir, Ph.D., has brought to his first year as Newsletter Editor. Beth Tabakin, Ph.D. our Continuing Education Chair worked together with Joanie Gillespie, Ph.D. both for membership events as well as for the wider professional community on our Continuing Education workshop featuring John Preston, Ph.D.. Barbara Khurana, Ph.D., helped our new Public Education and Marketing Co-Chairs Jacqui Coryell, Ph.D., and Stacey Rodgers, Ph.D., develop activities to bring psychology to the public. They put a lot of energy into being available to the public for such endeavors as anxiety screenings, including giving out information and stress balls with our name and I&R phone number on them. Sylvia Mills, Ph.D., has been available to help members with their ethical questions and guide them as to where they need to go next with them. Both Christine Gazulis, Ph.D., and Bethany Miller, Ph.D., have once again spirited the Information & Referral committee through another successful year, including helping to streamline things to make the flow of the on-call rotations go smoothly. Tana Clark, Ph.D., has spent a lot of energy and creativity in coordinating our Disaster Response Committee with other similar response efforts in the state. Our membership has been steadily increasing under the careful guidance of Roberta Seifert, Ph.D., and her promptness in following up with packets and phone calls to prospective new or renewing members. She also periodically lets the membership know information important to all of us, such as reminders of important upcoming dates. And, Mark Kamena, Ph.D., has done an excellent job with his 2 hats of Chapter Representative to CPA and Governmental Affairs Chair including trips to Sacramento and letting us know the issues that are happening in Sacramento that are important for us to know about and/or take action on. He has also been forwarding articles of interest to those who wish to be on his email list. I am sure I have left something out, and I hope I am forgiven if true. As for me, I have been trying to keep on top of the various complex responsibilities of the office of President, as well as update our Bylaws to allow for electronic communication and still be consistent with both CPA and the California Corporations Code. If you want a copy of the Bylaws, please let me know with your email address and I will forward them to you.

I have been honored to serve as your President this year, and I know you will be in very capable hands over the next two years, with Joanie Gillespie, Ph.D., this coming year and Sheva Feld, Ph.D., your 2006 President-elect following up behind her.

I look forward seeing you at our many upcoming events. Please see the rest of this newsletter for more details, or via our webpage which you can access through www.marin.calpsy.net/psy.htm

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

Passing the Baton...

Dear Colleagues,

As the end of the year rolls around there are many ways to reflect on how fast time goes by, the things we managed to do and what we wanted to accomplish but didn't. In that spirit we can always improve but wow, we did a lot this year: By Laws, web site, finances, meetings, outreach, the newsletter, new members, dinners, an all day workshop, a soiree, and breaking in the first round of MCPA netiquette.

In the transition from President-Elect to President of MCPA this next year I am grateful for the collegial support of the Board and all of the helpful interactions from other members. They perform. I am always amazed at how hard everyone works on the Board to plan an event and find interesting ways to make MCPA more visible to the community. We have heard from members at large that you like the CEU's offered at dinner speaker meetings, that you want more informal opportunities to get together and talk, and that the speakers we have had this past year have been thought provoking and timely (of course, I haven't heard from those of you with a different opinion, and these are invited as well).

I really have appreciated the ideas from others and acknowledgement of the bigger picture, that we are a small group among a larger cohort of individuals who are trying to connect the mind with the body and the planet. We can certainly do this in ever more inventive ways. Remember that we (the Bay Area) get to host the CPA convention this year and the local chapters are planning on a welcome event for those that are not lucky enough to live here.

We have a great Board, but remember that it is your Board and we want to hear from you. On January 21, 2006 we have an all day Retreat and are in the process of setting up the Agenda for the day. Want MCPA to be more.....? Call us. Do you have an idea for a soiree? Want to host one? Want to give up some good stuff to grad students and early career colleagues (e.g., the things you wish you knew earlier)? How about a speaker or an idea for outreach to the community? How about some fun stuff? Much talent/art/food/music/comedy/writing is closeted among us wanting out. It's not only our patients that are interesting! We want to hear from you either the old fashioned, or the electronic way.

Finally, a public thank you to Grace for her stellar job this year at the helm of MCPA. Thank you for calling me in Pensacola. The way you wield that gravel is inimitable but the way you are is even better.

Here's to a great 2006 and doing just right.

Minutes of the MCPA Board Meeting, 9/28/2005
Ann Buscho, Ph.D.

EC MEMBERS PRESENT: Grace Rogers, Sue Fleckles, Joanie Gillispie, Beth Tabakin, Jacqui Coryell, Ann Buscho, Fred Rozendal, John Weir, Sylvia Mills, Bethany Miller, Mark Kamena, Roberta Seifert

EC MEMBERS ABSENT: Tana Clark, Keith Sutton, Christine Gazulis, Stacey Rodgers

1. Call to Order & Review Agenda: Grace Rogers opened meeting at 7:50 p.m., welcomed board members and membership and reviewed the agenda. Review & Approval of Minutes of previous meeting: M/S/P.
2. President Grace Rogers' report: The retreat will be next January 21, 2006 at Ann Buscho's home. This is a date change. Facilitator will be Mark Brand. The retreat will set the direction of the new EC for the coming year. Members are invited to submit topics for discussion to Joanie Gillispie for inclusion on the retreat agenda. The membership Holiday party will be at Christine Gazulis' home on 12/2/05. February 10, 2006 will be the first speaker/dinner meeting next year. Rogers introduced the idea of a new EC position: and alternate liaison to the CPA Board of Directors. The EC will consider this in January. Rogers introduced Sheva Feld, the new President-Elect. Discussion of proposed revisions to by-laws. Bylaws approved by the general membership, M/S/P.
3. Fred Rozendal presented the budget report. Income exceeded expenses by \$3000 this year, but if we had spent the \$3000 budgeted for the new website, we would have broken even. These funds will be spent in the coming year.
4. Secretary's report: Soiree was well received. Anyone who would like to host a soiree is welcome to call her for advice or support.
5. John Weir invited newcomers to volunteer to interview members and write up bios for the newsletter. He suggested that this is a way of networking and contributing to the membership. Many types of classified advertising (space to rent or sublet) is now free in the newsletter. Contact him for info.
6. Beth Tabakin described the year's CEU offerings: The dinners with Fred Luskin, David Lukoff and Ofer Zur; the workshop with John Preston, and the PAC luncheon.
7. Jacqui Coryell described the stress/anxiety screening day and the unique challenges of promoting such an event. Volunteers are needed to join the Public Education and Marketing committee. Contact her for more information.

8. Silvia Mills reports that it was a quiet year for the Ethics chair.
9. Bethany Miller states calls to I and R were up this year and each clinician got at least one referral. No fee to serve on I and R now, and she or Stacey Rodgers are the contacts for the I & R committee. It is a good way to provide public service, triage, education, and outreach. Bethany also co-leads a marketing group for new psychologists.
10. Nancy Haugen will be the Disaster Committee Chair next year.
11. Roberta Seifert announced that we now have 118 members. Renewals are now due.
12. Mark Kamena described Leadership Day (March), the PAC fundraiser (May), the new CPA director, and the scope of practice lobbying that CPA provides for psychologists.
13. NEXT MEETING –the Board retreat, January 21st, 2006, and Ann Buscho's home.
14. Meeting adjourned at 9:25 p.m.

Respectfully Submitted,
Ann Buscho

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

As of October 31, 2005, the end of the MCPA fiscal year, our association has \$19,952.48 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 (\$7,675—including a grant of \$2,500 from GlaxoSmithKline), dues (\$7500), dinners (\$6576), and newsletter ads (\$1,035).

In the same time period, major expenses have involved dinners (\$7,677), a continuing education program featuring Dr. John Preston in October (\$6,557), advertising in the yellow pages (\$2,605), an executive committee retreat (\$838), and the cost of maintaining a telephone (\$607). Smaller expenses were incurred by a variety of committees.

Total income for the year to date has been \$22,795 and expense \$19,383 for a net profit of \$3,412. An additional unspent but budgeted expense amounts to \$3,000 for a new web site for MCPA; this expense is expected to occur in the upcoming fiscal year. Considering this expense, MCPA has had an approximately balanced budget for 2005.

Considering losses in a string of past years and a recovery from them, MCPA is currently in healthy condition financially. In addition the organization has generated a new and creative set of programs during 2005 that encourages greater participation by members, all a sign of a healthy condition for MCPA

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

Public Education and Marketing Committee
Co-Chairs: Jacqui Coryell, Psy.D. & Stacey Rodgers, Psy.D.

Our free Stress Screening Day was held Saturday, November 12 at The Northgate Mall. We had a table with materials about various anxiety disorders, relaxation techniques, and MCPA I&R business cards. The actual screening was conducted in the Marin Link office at the mall. Leading up to the event, we had a table at the Farmer's Market, where these materials were also offered. Additionally, we advertised on the Channel 26 Community Billboard that runs continuously for several days, in local newspaper community billboards, and posted fliers. Although the event did not bring in the number of participants we had hoped for, these various venues provided many opportunities to increase recognition for MCPA and to provide valuable information to the public. Many asked about our organization, took materials, and received referrals.

We wish to thank our committee members who gave their time so generously throughout the year: Barbara Khurana, Sharon Rose, and Nancy Lambert.

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

CPA hired a new Executive Director, Dr. Jo Linder-Crow, in January. She has exceeded our expectations and is a joy to work with. If you haven't yet met her, plan to come to the Convention in March and do so. The one in Pasadena this past March was terrific and I look forward to our next one which will be held in San Francisco.

In March, leadership and advocacy day in Sacramento was well attended. Issues affecting all California psychologists were discussed with legislators. We found it interesting and informative. One psychologist visited a legislator who had authored a new bill that would prevent psychologists from being Director of a State hospital's mental health services, a position that psychologists have held numerous times. It turns out that the legislator was not even aware that one of his staff had submitted the bill, and he was opposed to it! Nothing like a little communication to straighten things out.

A fund raiser was held in Marin County in May to support the CPA PAC. Local dignitaries and MCPA members attended a presentation by Dr. Allen Kanner and this venue provided a great networking opportunity.

In September, a letter was sent by the CPA Political Action Committee (PAC) to all California psychologists that emphasized the importance of joining CPA and contributing to the PAC. As a result, CPA gained 54 new members and 45 members renewed their membership. A total of \$27,720 was donated to the PAC. These great results demonstrate how effective we can be with both members and non-members.

Dr. Beth Tabakin volunteered to join the Governmental Affairs Committee. Thanks Beth for your willingness to step up to the plate.

Psychology Shield successfully forced implementation of AB 947, a bill passed in 1998 to grant full privileges to psychologists practicing in State hospitals. This bill would allow psychologists to admit and discharge, order restraint and seclusion, and direct patient care. However, a suit was filed by physicians to block this implementation and is currently being fought by our attorneys.

Over 5000 yellow postcards were returned to the Governor to express opposition to the proposed merger of the Board of Behavioral Sciences and the Board of Psychology (BOP). As a result, the BOP has been approved for another two years. Our efforts, however, continue and we will be asking to extend the BOP for another ten years. I'll keep you posted.

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

Here is a look at the call statistics for the I&R. Our full fee referrals more than doubled from last year. If you have any questions about the I&R committee please contact Bethany Miller at 518-7999.

Total # of requests for therapy or testing	82
Full Fee Takes	31
Mid/Low Fee Takes	5
Medicare	3
Testing	3
Group	1

Reasons cited for why a referral was not a take: needed medical, specific requests that did not fit anyone on I&R list, needed very low fee, calling for someone else, already found a therapist by time call was returned.

Requests for:	
Psychiatrist	1
Membership info	2
General info	60

Membership

Roberta Seifert, Ph.D.

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

Full Members: Bridget Johnson, Ph.D., Jennifer Rice, Ph.D., Patricia Bresky, Ph.D., Andrew Harlem, Ph.D., Joan Cartwright, Ph.D.

Associate Member: John Deri, M.D.

Student Member: Diane Soash, Ph.D. student

I'd like to remind all members that while I send out emails that affect the whole membership, such as newsletters and announcements of MCPA activities, Dr. Mark Kamena manages our listserv. Dr. Kamena sends a variety of items of professional interest, from relevant articles to announcements and information from CPA. If you wish to receive those emails, you must contact Dr. Kamena and ask to be on his list. You can email him at markkamena@comcast.net.

As of November 30, 2005, we had 118 members. We've had three new members join since then, and 18 have not yet sent in their renewals. That leaves us a total of 103 members at this time.

Here is a list of current members. I want to thank all of you who have made my life easier by renewing without many reminders. If you do not see your name on this list, or if I have made an error, please contact me at rtsphd@pacbell.net.

Phillip Alex Ph.D.
Brian Andres Psy.D.
Stuart Bacon Ph.D.
Corey Bercun Ph.D.
Robin Berenson Ph.D., MFT
Ann Bernhardt Ph.D.
Martin Block Ph.D.
Christine Bouckaert Ph.D.
Alan Boyar Ph.D.
Carolyn Bray Ph.D.
Patricia Bresky Ph.D.
Ann Buscho Ph.D.
Laura J. Cabanski-Dunning Ph.D.
Leslie Caldwell Psy.D.
Joan Cartwright Ph.D.
Heidi Cary Ph.D., MFT
Deborah C. Clark Ph.D.
Tana Clark Ph.D.

Denver Coleman Ph.D.
Jacqui Coryell Psy.D.
Joel Crohn Ph.D.
Janice Cumming Ph.D.
Sharon Cushman Ph. D.
Claire de Andrade Psy.D.
Lauren Deldin Ph.D.
John Deri M.D.
Diane Donnelly Ph.D.
Bert Faerstein Ph.D.
Joel Fay Psy.D.
Sheva Feld Ph. D.
Sue Fleckles Ph.D.
Rebecca Foote Ph.D.
Patricia Frisch Ph.D.
Christine Gazulis Ph.D.
Joanie Gillispie Ph.D.
Ron Greene Ph.D.

Sarah A. Hall Ph.D.
Andrew Harlem Ph.D.
Sandra Harner Ph.D.
Lynn Harris Ph.D.
Nancy Haugen Ph.D.
Sheryl Hausman Ph.D.
Sue Hulley Ph.D.
Lynn Ireland Ph.D.
Bridget Johnson Ph.D.
Melanie Johnson Ph.D.
Daniel Kalb Ph.D.
Ruth Kalb Ph.D.
Mark Kamena Ph.D.
Barbara Khurana Ph.D.
Joan Kimelman Ph.D.
Jonathan Kopp Ph.D.
Nina Knox Ph.D.
Nancy Freitas Lambert Psy.D.
Mary Lamia Ph.D.
Robert Lasser Ph.D.
S. Margaret Lee Ph.D.
Suzanne P. Lindenbaum, LCSW
Jonathan Marlowe Ph.D.
Jeffery Martin Ph.D.
Gail Matthews Ph.D.
Bethany Miller Psy.D.
Sylvia Mills Ph.D.
Heidi Minnick Ph.D.
Donald Nadler Ph. D.
Jaime Nisenbaum
Barbara Nova M.A.
Robin O'Heeron Ph.D.
Nancy Olesen Ph.D.
George Peterson Ph.D.
Arthur Raisman Ph.D.
Deirdre Rand Ph.D.
Randy Rand Ed.D
Virginia Reiss M.S.
Lori Rifkin Ph.D.
Jennifer H. Rice Ph.D.
Ann Rivo Ph.D.
Stacy M. Rodgers Psy.D.
Grace Rogers Ph.D.

Frederick Rozendal Ph.D.
Michele Saloner Ph.D.
Diana Sanborn Ph.D.
Barbara Sapienza Ph.D.
Gary Seeman Ph.D.
Roberta Seifert Ph.D.
Leslie Simon Ph.D.
Paula Sitelman Psy.D.
Diane Soash
Paula Solomon Ph.D.
Joan Sommer Ph.D.
Molly Sterling Ph.D.
Gary Stolzoff Ph.D.
Diane Suffridge Ph.D.
W. Keith Sutton
Beth Cooper Tabakin Ph.D.
Carol Traeger Ph.D.
Marjorie Walters Ph.D.
John Weir Ph.D.
Anne Wolff Ph.D
Linda Zanobini M.A.
Mark Zaslav Ph.D.
Jane Zich Ph.D.

ARTICLES AND ANNOUNCEMENTS

Collaborative Family Law Model: An Interdisciplinary Approach to Divorce By Elizabeth Salin, MFT and Catherine Eliaser, MFT

Therapist working with couples, children or individual adults may hear “I want a divorce” “My children’s lives will be ruined by the divorce.” “S/he’s leaving me.” These distressing statements signal a person facing a family transition that may produce a crisis for everyone in their family. It is an intensely upsetting and disorganizing time where therapists can be helpful in many ways. Adults need help through a crisis intervention model that empathically supports the person’s experience while helps the person contain their intense emotions so that they can continue to function and make good decisions. Educating people and making referrals are an essential part of an intervention. Therapists need to let their clients know that there are now three different processes they can pick to plan their separation and finalize their divorces. This article will describe the Collaborative Law model how it works and ways in which it differs from mediation or litigation.

The collaborative approach to divorce is a revolutionary process in which a divorcing couple, together with trained professionals; collaborative lawyers, divorce coaches [psychotherapists], child specialists [psychotherapists], financial specialists, and vocational consultants work as a team to resolve disputes respectively, cost effectively and without going to court. In fact, everyone involved on the team must agree not to go to court. This inter-disciplinary model offers a process of divorce that protects the dignity, integrity and long- term interests of all family members.

Many of divorcing couples, if not most are also parents. In the United States, at least 30% of children have been involved in a divorce. Research has shown that the divorce itself is not the most destructive element but rather the distress, conflict and loss that can occur as a function of the divorce process. Collaborative divorce can safeguard children’s needs and provide effective planning throughout the divorce process and promote good working relationships between parents post divorce.

The collaborative approach is a non-confrontational direct sharing of information among collaborative team members. This is one of the key reasons for its success and effectiveness. This direct sharing of pertinent information is used to help collaborative team members develop a broader, quicker and more accurate understanding of each party’s issues and concerns that affect resolution and settlement. The process tends to speed up resolutions, is frequently more emotionally satisfying and less stressful than the

traditional drawn-out, often combative divorce court process. The composition of the collaborative team varies, depending upon the issues, the parties and whether or not there are children's issues. Collaborative members can include: 1. **Collaborative Lawyers** who represent the best interests of their respective clients, while maintaining the overall goal of a collaborative process. They work collectively with the other collaborative lawyer and the team. 2. **Divorce Coaches** who each work with one of the divorcing parties. If a Divorce Coach is needed, each divorcing party must agree to use a coach. Divorce Coaches identify and prioritize the concerns of each person, help them be more effective in conflict resolution and communicate parenting issues to establish a co-parenting plan. The Divorce Coach works collaboratively with lawyers and other professionals to enhance communication and reduce misunderstandings and direct their best efforts toward keeping the collaborative process moving toward resolution. 3. **Child Specialists** advocate for the children's best interests while providing the children with an opportunity to voice their concerns regarding the parent's separation, provide parents with information and guidance to help their children through the process and give information to the divorce coaches that will help the parents develop an effective co-parenting plan. 4. **Financial Specialists** work with the divorcing couple to provide on-going financial guidance during the separation/divorce process and to assist with the discovery process and the gathering and documenting of income, expenses, assets and debts. 5. **Vocational Consultants** can help the divorcing couple by determining the earning capacity and possible need for educational training of the supported spouse. In addition, they can conduct a thorough labor market survey to determine the qualifications and earnings for an occupation.

Which situations and individuals might be well suited to the collaborative process?

- 1) Families who want to avoid the damaging effect of conflict on their children and themselves and who want more control of the outcome.
- 2) Families where an individual mediator may not be able to give enough empathy and support to the adults.
- 3) Families with complicated issues with children, finances and/or power imbalances can benefit from a coordinated professional team to minimize polarization.
- 4) Divorcing couples that can sit together and negotiate in good faith

We have found that the collaborative team creates a supportive holding environment more likely to bring out the best efforts of those involved. This can give a couple a sense of closure to a difficult but productive process.

Some materials adapted from "Collaborative Practice Materials, 2004" and, "Interdisciplinary Team Dynamics in Collaborative Family Law Practice, 2005

To learn more contact our website at:
www.collaborativefamilylawprofessionalsofmarin.com

**SHRINK-RAP ON FILM: TWISTS ON SCROOGE—
SCROOGED, EBBIE, AND A MUPPETS CHRISTMAS CAROL**

By Sue Hulley, Ph.D.

At one point yesterday afternoon, I found myself wondering how I got here, and why I was watching puppets bouncing across snow laden fields. Then I remembered. It all began innocently, when I was talking with my daughter last week about her yearly Christmas movie orgy. As she was describing some of her recent favorites, including one where the new management was going to downsize the company, a light bulb went off. Why not take a look at some modernized Scrooges for Christmas?!

Taking a couple of her recommendations, and adding Scrooged, which I had remembered enjoying a lot of years ago (it came out in 1982, when Robert Mitchum was still acting!), I settled in to watch and reflect.

My overall conclusion is that you just about can't go wrong with this story. What a premise! How many of us get Scrooge's opportunity?!

I mean first of all, somebody has to get our attention--and that's not easy--we are all so busy! One of the droll moments in Scrooged is when the Marley figure (in this case an old boss), tells Bill Murray as Scrooge that he'll have three visitors, and he responds, "Can't we just all meet?" and then, "I can squeeze you in for a lunch later in the week." Interestingly, when I went back and read the original (don't be too impressed, it's surprisingly short), Scrooge has a similar reaction: "Can't I take 'em all at once and have it over?"

But ghosts have their ways. Marley, in the original, appears first as Scrooge's doorknob to drop him a hint, reflects off his fireplace tiles to further tease him, and finally wafts into his bedroom for a chat. He manages to convince Scrooge of his spirit-state by unwrapping a bandage around his head, after which his "lower jaw drop(s) down to his breast."

In Ebbie and Scrooged, a woman and man respectively (Ebbie is short for Ebenezer), captains of industry--she owns a department store, he is at the top of a television network--are visited by whitish, musty figures who are able, at least temporarily, to get their point across.

The Muppets stick to the more traditional version, using Michael Caine as Scrooge. He's given a fairly accurate rendition of Marley's speech, complete with the references to the chains he has forged and carried, and the chain that Scrooge himself is creating. All of the Marleys, I believe, warn Scrooge that "Mankind was my business!"

Having made their point, the Marleys dissolve, to be replaced after various intervals by Christmas Past, Present, and Future. The more modernized versions have a lot of fun here. In Ebbie, Christmas Present is played by the black lady who does the gift-wrapping in her department store--ironically, the first job she herself did there. She comes dressed as...a present, complete with a scissor-bordered hat and ribbon-splattered dress. For Bill Murray, Christmas Past is a cigar-chomping cab driver whose meter reads the years, moving backward of course.

But it's the central idea that keeps intriguing me. I can't think of another work of art where someone gets this chance to look over his/her life and then to change--all within a few hours, and in a state of complete attention. Most of us go into therapy because we want something to change, and work on it for a long time, sometimes entertaining the idea that we have some role in our own unhappiness. For Scrooge, the idea is always front and center that his current misery is his own responsibility. And he gets it!

For Scrooge, the enemy has been his own ambition, which has led to his losing the love of his life. In the original version, she got tired of playing second fiddle to his pursuit of wealth ("another idol has displaced me...a golden one"). In Ebbie and Scrooged, there were similar conflicts, although neither replayed the by now quaint detail that the woman in question had been a "dowerless girl". Rather, the mates were just more and more in the way as the Scrooge character climbed the ladder of success, and they finally gave up and got out.

Meanwhile, Scrooge has also turned his back on his family ties, showing no caring for anyone else, even his partner Marley. The Cratchit family personifies a positive alternative, with Tiny Tim and his potential demise highlighted. Scrooge is treated to an at-home visit with the Cratchits or Cratchit-types, as well as a look at his nephew's (or niece's) home life (another positive option) during the Present portion.

Finally, Scrooge faces the ghost who scares him the most, the silent hooded figure who reveals future possibilities. The original and Muppet versions lean heavily on the graveyard scene, with Scrooge reading his own tombstone. A particularly macabre scene in both versions takes place in the home of the "fence" where various characters come to sell the bed curtains and other items they stole from Scrooge's death bed and chamber.

Scrooge has to see that Tiny Tim will die if some positive action is not taken, and that he himself will not be missed when his time comes. Ebbie has to see her company going under, her store boarded up, while Bill Murray is forced to witness his Tiny Tim, a young black boy who "hasn't talked since he saw his father shot five years ago" in a mental hospital, presumably doomed for life.

All of our heroes and heroines reform their ways. Most of them play the role in an over-the-top fashion to begin with--not surprisingly, given Dickens' incredibly bleak and harsh description of Scrooge. Only Michael Caine goes against this type, for the most part quietly conveying his coldhearted contempt for everyone and his gradual transformation to jovial, generous bon vivant. Maybe they figured that given that all the Muppets were constantly bobbing around, perhaps he had better hold down the middle ground.

Basically, all of these characters undergo transformations partially based on sheer relief at getting another chance at life, partially fuelled by a realization of their underlying connections with others. All see lost opportunities. Especially poignant are the scenes where they are reliving losing their mates and having to comprehend, with the maturity that further living has given them, how cruel their behavior was. Of course, originally they only saw it from their selfish points of view, facing the future they thought they would have. Now they look back after knowing what that future brought, and have to watch themselves being complete jerks.

As to the bottom line, what would I recommend seeing, it's a tough call. I guess it depends on what you like. The Muppets were a bit too bouncy for my taste, although there were some catchy tunes and Michael Caine was subtle and sensational--but then I like him a lot. Ebbie was a made-for-TV movie, so it had that airbrushed feeling, but it also had its moments--the gift-wrapped Present lady, Tiny Tim singing, Susan Lucci as Ebbie--the queen of the soap operas pulling out all the stops.

Scrooged also had its charm, with great special effects and Karen Allen (always loved her in Indiana Jones, and here she is in the same wide-eyed persona). The funniest part of the movie for me was the beginning, where you see trailers for the TV network's Christmas shows. Cameos from Lee Majors, Robert Goulet, and others highlight all-too-believable pastiches of TV shows of Christmas past, present, and probably future.

Actually, I emerged from this experience still loving the basic premise, and Dickens' amazingly succinct rendering of it. I'm thinking that next year I'm going to revisit the classic versions. I mean, all of this self-referential stuff was cute (during Scrooged, Bill Murray was producing a Scrooge for his network, starring Buddy Hackett as Scrooge), the special effects were often amazing, and the plot twists creative, but next year, I want to see how well the movies can capture the original by NOT being original, if you get my drift.

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.

Established peer consult group of PhD's and MFT's has an opening for a seasoned clinician who is strong on practical experience and collaboration, and low on stuffiness and theoretical rigidity. Group meets Tuesday mornings in San Rafael.

Inquiries to ekellymft@earthlink.net.

.....

Announcements from Community Institute for Psychotherapy.
PROFESSIONAL DEVELOPMENT SEMINARS, CLASSES AND STUDY GROUP
To register: Call (415) 459-5999 ext. 101 or visit www.counselingcip.org

Study Group: *Extramarital Involvement and Other Knotty Couples' Issues*
with Pat Shelton, MFT

Second Friday each month beginning January 13, 2006; 10:00 am to 12:00

Limited to 12 participants

CIP Members: \$150; Non-members: \$200

2 CEUs approved per session; 10 CEUs approved for MFTs & LCSWs for all five sessions and 10 CEUs approved by MCEPAA for psychologists.

A Day with Nancy McWilliams: Going Beyond the Book, **with Nancy McWilliams, PhD**

Saturday, January 14, 2006; 9:00 am to 4:00 pm

CIP Members: \$140/\$160 late registration

Non-members: \$160/\$180 late registration

Six CEUs approved for MFTs & LCSWs and six CEUs approved by MCEPAA for psychologists.

Unfolding Moments: Therapeutic Relationship in Effective Psychotherapy
with Stephen Schoen, MD

Saturday & Sunday, February 4-5, 2006

CIP Members: \$180; Non-members: \$240. Approved for 12 CEUs for MFTs and LCSWs.

Configurational Analysis: An Integrated Approach to Case Formulation During Psychotherapy

with Mardi Horowitz, MD and Adam Goldyne, MD

Saturday, March 4, 2006

9:00 am to 4:00 pm

CIP Members: \$120/\$140 late registration

Non-members: \$140/\$160 late registration

Six CEUs approved for MFTs & LCSWs and six CEUs approved by MCEPAA for psychologists.

Viewing and Discussing "Empathy," a Film by Amie Siegel

with Steven Frankel, MD

March 24, 2006, 7:00 to 10:00 pm

Members: \$40; Non-Members: \$55. Approved for 2 CEUs for MFTs and LCSWs

AUCTION ITEMS WANTED!

Donate an item to our Live and Silent Auctions to be held during our benefit soiree, *An Extraordinary Evening with the Arts*, May 6, 2006. Wrap up a gift basket of goodies! Lend a cabin for the weekend. Donate an object d'art or antique; tickets to the theater or a ballgame. All donations tax deductible. Call (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.

PROP 36 - Group for adults mandated by Proposition 36. Sobriety is mandatory.

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

SPANISH SPEAKING MOTHERS - Support group for mothers of children who have been through trauma, including sexual abuse and domestic violence.

BOYS GROUP - Social skills for boys ages 6-7 coping with trauma.

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

MIND OVER MOOD - 8-week CBT based program using the Mind Over Mood workbook.

TAKING GOOD CARE - 10-week support group for clients with chronic psychiatric disabilities.

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

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: 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.

San Rafael: Recently remodeled. Nicely furnished. Available Fri, Sat. Reasonable rent. Windows face tree-lined residential side street. Private waiting room, on-site parking, wheel chair access, elevator, additional amenities. Call Suzanne, LCSW, 415-789-9113.

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

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 February Issue Submissions: February 1, 2006