

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A Chapter of
California Psychological Association

On-line Newsletter, December, 2007
Volume IV, Number 6

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459-7707

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878-0454

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Camerin Ross, B.A.
748-1753

EDITOR'S COLUMN

Laura Cabanski-Dunning, Ph.D.

Greetings, Friends and Colleagues,

It's hard to believe that the holidays are upon us and another year has nearly passed. 2007 has been a wonderful year for MCPA, thanks to ever-increasing involvement by our growing membership, and excellent leadership by our fine executive committee. I'm sure you all join me in congratulating Dr. Mark Kamena for being elected to the position of CPA's Treasurer-Elect. We know you'll do a wonderful job, Mark, but we sure will miss you here at MCPA! Thank you for your many years of tireless service to our community. Welcome to our new board members! Claudia Perez, Ph.D. will serve as president elect in 2008, and Betsy Levine-Proctor, Ph.D will assume Mark Kamena's roles as Governmental Affairs and CPA Chapter Representative. We all look forward to working with both of you. Don't forget to attend the Annual MCPA business meeting on Friday, January 25, 2008. Print out page 12 of this newsletter and send it in soon! We are honored to include in this newsletter an excellent and thought provoking article by Michael B. Donner, Ph.D., regarding the APA's position on psychologists' involvement in interrogation of prisoners. Also, don't miss another wonderful film review by Sue Hulley. Peace and Joy to all of you in 2008! – LCD



DATES TO REMEMBER

- January 14, 2008:** Walk & Talk, Half Day Café, Kentfield (see page 2)
- January 25, 2008:** Annual MCPA Business Meeting, San Rafael (see page 12)
- February 2, 2008:** MCPA Board Retreat, facilitated by Ike Lasater
- April 3-5, 2008:** CPA Convention, Disneyland
- April 13-15, 2008:** Annual leadership and advocacy conference, Sacramento
- April 15, 2008:** Leadership & Advocacy Day (open to all interested members), Sac.

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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.

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

Check out the MCPA website: marincountypsych.org

"I wake up every morning determined to both change the world and have one hell of a good time. Sometimes this makes planning the day a little difficult."

-E.B. White

Hint: serving on the board or on an MCPA committee make it possible to plan a day in the model of E.B. White's quote!

What to do today????? Sign up for the January 25, 2008 business meeting at San Rafael Joe's today! Remember to bring flyers and/or cards for distribution. Be prepared to introduce yourself to the group (with the help of our new portable microphone) and to say something about your practice. Board members will update us on what has been accomplished last year, our visions for next year and we want to hear your suggestions and to meet you face-to-face. Just because MCPA hasn't done it yet, doesn't mean we can't do it!!!! Bring your suggestions and let me know if you would like to participate on the board. Our facilitated retreat is scheduled for Saturday, February 2 and it is open to new and continuing committee members! The calendar section of the MCPA website has a printable version of the flyer. Check it out, and send it in!

Mark your calendars:

January 14, 2008: Walk and Talk. We will in the back parking lot behind t the Half Day Café in Kentfield for a 1.5 hour walk along the flat bike path. In case of rain or extreme cold, we will have brunch and talk in the Half Day Café

Call me @ 415-459-7707 or email drbetht@comcast.net to confirm.

January 25, 2008: Yearly Members' Business Meeting In San Rafael.

February 2, 2008: Facilitated Board Retreat with Ike Lasater

April 3-5, 2008: CPA Convention @ Disneyland
April 13, 14, 15: Leadership and Advocacy Conference, Sacramento
April 15: Leadership and Advocacy Day (open to all interested members)

The election results are in and congratulations to:
Claudia Perez, Ph.D.: President-elect
Ann Buscho, Ph.D. Secretary
Fred Rozendal, Ph.D. Treasurer
Betsy Levine-Proctor, Ph.D.: Representative to the CPA Board of Directors/Governmental Affairs (3 year term)
Thank you for returning your ballots so promptly.

MCPA continues to morph and evolve. Our membership is now >160 and rising and we have enjoyed record participation in MCPA sponsored events. Dr. Claudia Perez and I have been meeting for walks and brainstorming. I am delighted to be working with her. She is a heartfelt, generous spirit who is full of ideas and enthusiasm and I feel honored to work with her.

Have you been thinking of soirees you would like to host or at which to be a speaker? Peer consultation group you would like to start? Committee you would like to join? Hikes you would like to lead? Remember: Any and all ideas are welcome and so are you!

President Elect's Message
Claudia Perez, Ph.D.

From Your New President-Elect: Claudia Perez, Ph.D.

Wanting to reconnect to the Psychological Community, after many years of solo practice and child rearing, I recently rejoined the Association. In doing so, the first person I ran into was an old classmate of mine, Beth Tabakin....and so the story goes....I am so pleased to join in and become part of an organization that seems to have risen to new heights. The energy and interactions that have been communicated thus far leave me excited and honored to grow with the program. I would like to campaign for "Pay It Forward Marin," an idea I had that would help MCPA contribute to the community. Wishing each and everyone a happy and healthy holiday season.

Treasurer's Report
Fred Rozendal, Ph.D.

As of Dec. 1, 2007, MCPA has \$25,607.45 on hand. This includes income from member dues at the beginning of the year and from the Holiday party. It also reflects expenses from the Holiday Party that have been paid.

We are at the beginning of the MCPA Fiscal Year, a time when our funds are typically at their highest level; gradually through the year, our reserves decrease as various expenses need to be paid. In the last year our reserves have fallen to a low point of \$16,669.82 (Sept. 9, 2007).

For several years now, MCPA has been in a strong position financially as a result of periodic reviews of expenses and commitments. So long as MCPA continues to weigh expenses in light of income, our finances should remain in a good status.

Governmental Affairs and
Chapter Representative to the CPA Board of Directors
Mark Kamena, Ph.D.

I have served Marin County as your representative to the California Psychological Association for the past four years and have recently been elected to the CPA board as Treasurer-elect (thanks for your vote!). As a result, I will be retiring from the MCPA executive committee to give others an opportunity to participate on the CPA board and wish to thank everyone for the opportunity to be of service. I started my involvement with MCPA as student representative, then as newsletter editor, president and GAC chair/CPA Board of Directors Representative. These experiences have been invaluable to me in both my personal and professional roles, and I would like to encourage you to get involved in MCPA to enrich your life.

The following is my report concerning the October, 2007, CPA Board of Directors meeting:

President-elect Dr. Miguel Gallardo replaced Dr. Richard Sherman as CPA president; Dr. Sherman was appointed to the Board of Psychology which required that he step down earlier than planned. As a result, Dr. Gallardo will serve as president for Dr. Sherman's unexpired term and Dr. Gilbert Newman will stay on next year as immediate past-president.

Dr. Gallardo observed that it is important to help the public better understand what psychologists do. Dr. Hildebrandt stated that the branding of "psychology" is a

significant marketing strategy developed by APA. She said that it is important that we use the terms psychology, psychologist, and psychological instead of the more generic terms such as therapist, counseling, and psychotherapy to place the emphasis on differentiating psychologists from other mental health professionals. Dr. Faltz reported wide-ranging changes in the MFT curriculum that are being proposed by the Board of Behavioral Sciences that ostensibly are intended to change the training emphasis for MFTs from a focus on relationships to the provision of mental health care. Because the program still reflects only 60 semester hour master's degree preparation and there are no standards for how many hours are required for all of the additional coursework, it appears that a lot of the training will consist of a brief survey of the topics to be covered. Thus, MFTs would essentially be able to do most all of what a psychologist does without the doctorate.

Dr. Gallardo's goals for 2008 include the following:

- Increase collaboration with the Chapters and Divisions
- Strengthen our public education marketing efforts
- Increase collaboration with other organizations (e.g., Black-, Asian-, and Latino-Psychological Associations); if you are aware of any other organization with whom CPA might collaborate, please let Miguel know
- Developing/mentoring of "Emerging Leaders"

Executive Director Jo Linder-Crow reported that all Divisions (1 thru 7) conducted elections and that they are thriving. Please remember to renew your Division dues for 2008 (if you renewed your CPA membership on-line, Division renewal requires a separate entry). CPA is working on modifying the renewal process to make it easier. She also presented information regarding the CPA website and stated that more people are using it, 1342 of 4100 members are listed in the locator service, ethics and CLASP have recently been added, and there is a link to RSS (real simple syndication) feeds, which includes top news stories related to psychology.

The Building Task Force reported that CPA has found a new home! The location is at 13th and I Streets in Sacramento which is three blocks from the Capital, one block from the Sheraton Hotel and Convention Center, and two blocks from the Hyatt Hotel and Convention Center. The offices will be on the second floor of this four story building and will be modified to suit our needs. Thus, instead of purchasing a building, we are buying a "business-condo." This concept is not new; non-profit organizations in Washington, DC, have been doing this for many years. The advantage is that we are closer to the Capital as well as having a showplace where psychology in California is promoted.

Dr. Harris, CPA Treasurer, reported that CPA will likely have a small surplus for

2007. A budget deficit of approximately \$9000 was approved for fiscal 2008. It includes a 4% staff salary increase, a 2.7% CPI dues increase, and we are anticipating a \$36,000 profit from the CPA Convention at Disneyland in April, 2008.

Interrogations and the American Psychological Association: Does the APA Permit Torture?

Michael B. Donner, Ph.D.

News reports of inhumane interrogations and torture at military and CIA prisons identified psychologists as members of the Behavioral Science Consultation Teams (BSCT) that participated. Soon after, the American Psychiatric Association (ApA) issued statements that prohibited the participation of psychiatrists in interrogations. In response to criticism and concerns about the role of psychologists in torture and inhumane interrogations, the American Psychological Association (APA) established a Presidential Task Force on Ethics and National Security (PENS).

The PENS report, released in June of 2005, did little to alleviate the concerns of APA members. Two members of the PENS Task Force have subsequently publicly and vehemently expressed their concerns about the influence of members of the Task Force; six of the ten who had current or former connections to the military and Department of Defense (DOD). There were allegations that the PENS report contained language that was intended to protect the role of psychologists in inhumane activities in National Security Detention Centers in order to protect the longstanding APA relationship and research funding of the DOD.

The purpose of this article is to describe the current stated position of the APA on the role of psychologists in military interrogations as reflected in what has become known as the 2007 Resolutionⁱ. It is beyond the scope of this article to address the allegations of corruption and collusion in the APA. If it is true that the APA has been lying to the membership and carefully constructing language to give comfort and “cover to the Bush Administration’s program of torture and official cruelty”,ⁱⁱ then statements by the governance of APA cannot be believed and must be ignored. However it should be noted that the 2007 Resolution and all previous Resolutions on this subject were voted on by the APA Council, made up of the membership elected representatives of the States, Provinces and Divisions that make up the APA.

At the present time, the APA does not prohibit psychologists from participation in the interrogation of detainees. Critics of this policy have called for a moratorium on the participation in detainee interrogations, arguing that detention at facilities such as Guantanamo Bay and secret CIA detention centers is in and of itself

tantamount to torture and violate international law. This is a powerful argument. These centers do not provide what is typically considered “due process” legal protections for detainees, who may be held indefinitely, and subjected to a wide range of behaviors that are considered inhumane, ranging from extended seclusion and isolation to stress positions, sleep deprivation and other forms of torture and inhumane treatment.

The counter argument is that psychologists have a necessary role in developing and ensuring humane interrogations. Proponents of the use of psychologists in these settings underscore that torture and inhumane treatment is not synonymous with interrogation, and that psychologists have taught military interrogators to effectively use non-coercive and humane rapport based interrogation techniques. In addition, it is well documented that psychologists at Guantanamo were instrumental in forcing changes to the techniques employed there.ⁱⁱⁱ

The following are summaries of the statements made by the APA in the 2007 Resolution. Concerned psychologists should consider them carefully. It is strongly recommended that the entire Resolution be reviewed in light of the important concerns voiced by critics of the role of psychologists involved in the interrogation of detainees.^{iv} It should also be emphasized that it is the repeatedly stated position of the APA that there was absolutely no deliberate intention to provide any coverage for cruel or inhumane treatment in the language found in the 2007 Resolution.

The American Psychological Association affirms that there are no exceptional circumstances whatsoever, whether induced by a state of war or threat of war, internal political instability or any other public emergency, that may be invoked as a justification for torture or cruel, inhuman, or degrading treatment or punishment, including the invocation of laws, regulations, or orders.

(T)he unequivocal condemnation (of torture and cruel, inhuman, or degrading treatment or punishment), includes an absolute prohibition against psychologists’ knowingly planning, designing, and assisting in the use of torture and any form of cruel, inhuman or degrading treatment or punishment.

(T)his unequivocal condemnation includes all techniques defined as torture or cruel, inhuman or degrading treatment under the 2006 Resolution Against Torture and Other Cruel, Inhuman, or Degrading Treatment or Punishment, the United Nations Convention Against Torture, and the Geneva Convention... used for the purposes of eliciting information in an

interrogation process.

(T)he American Psychological Association, in recognizing that torture and other cruel, inhuman or degrading treatment and punishment can result... from the conditions of confinement, expresses grave concern over settings in which detainees are deprived of adequate protection of their human rights, affirms the prerogative of psychologists to refuse to work in such settings, and will explore ways to support psychologists who refuse to work in such settings or who refuse to obey orders that constitute torture.

(T)he American Psychological Association asserts that any APA member with knowledge that a psychologist...has engaged in torture or cruel, inhuman, or degrading treatment or punishment, ...has an ethical responsibility to abide by Ethical Standard 1.05, Reporting Ethical Violations, in the *Ethical Principles of Psychologists and Code of Conduct* (2002) and directs the Ethics Committee to take appropriate action based upon such information.

(T)he American Psychological Association...affirms the prerogative of psychologists under the *Ethical Principles of Psychologists and Code of Conduct* (2002) to disobey law, regulations or orders when they conflict with ethics.

Even if psychologists did participate in inhumane treatment as alleged, the unethical conduct of some psychologists should not be the factor that would result in the prohibition of psychologists in any detainee interrogations. This would be a logical fallacy along the lines of "Most psychologists who sexually abuse patients are male, therefore male psychologists abuse their patients." If one accepts that the APA unequivocally renounces any treatment by psychologists that constitutes inhumane treatment, then the debate will remain centered on whether the APA should limit the role of psychologists to health care related services alone. This is not an argument about whether the APA is unethical, as some critics have alleged, or that no psychologists at Guantanamo or Abu Ghraib behaved unethically. Instead, it should be a debate about whether psychologist should participate in a military or CIA detention center as an advisor to lawful and humane interrogations. If in fact the concern is that psychologists working in such settings are abetting illegal and inhumane treatment by participating at all, psychologists might also take up the question of the appropriateness of providing health care services that are intended to treat the illnesses caused by the setting. These are complicated and difficult questions that test our capacity to think and act ethically.

Psychologists are routinely involved in a wide range of activities, many of which are not intended to heal minds. However the role of psychologists in interrogations is especially complex. The line between an interrogation and torture is poorly defined and easily crossed. For this reason, the American Psychiatric Association has stated that psychiatrists should not participate in interrogations (Hausman, 2005). If psychologists are to continue to participate in interrogations, we must develop clear guidelines and protections for our colleagues and the subjects of interrogation. If social psychology research has taught us anything, it is that we are all vulnerable to the demands of authority and the subsuming of our individual identity to a role. Any psychologist working in an environment that is task focused and isolated from the outside world may easily lose perspective and balance. We must find a way to safeguard the well being of our peers, the reputation of our profession, and most importantly, the humanity of all those involved.^v

Michael Donner is the Chair of the California Psychological Association Ethics Committee, a member of the Editorial Board of *The California Psychologist*, the Ethics Chair for the Alameda County Psychological Association, and a member of the San Francisco Center for Psychoanalysis Ethics and Impairment Committee.



ⁱ Reaffirmation Of The American Psychological Association Position Against Torture And Other Cruel, Inhuman, Or Degrading Treatment Or Punishment And Its Application To Individuals Defined In The United States Code As “Enemy Combatants”

<http://www.apa.org/governance/resolutions/councilres0807.html>

ⁱⁱ Scott Horton. The Psychologists and Gitmo. *Harpers Magazine*, November 18, 2007.

ⁱⁱⁱ Glenn, D. (2007, September 4, 2007). A policy on torture roils psychologists' annual meeting; Critics of a new resolution allows mistreatment of prisoners. *Chronicle of Higher Education*. Retrieved September 4, 2007, from <http://chronicle.com>

^{iv}<http://www.apa.org/governance/resolutions/councilres0807.html>

^vDonner, M., (2006). Healing the Mind or Breaking the Spirit: The Role of Psychology During Interrogations. *The California Psychologist*, Vol. 39, #1.

SHRINK RAP ON FILM
Sue Hulley, Ph.D.

AGING ANYONE? — 35 Up through 49 Up and ENCHANTED

I promised last time that I would get back to you after seeing the rest of the *7 Up* series—or at least all the episodes so far. But that, of course, was before I saw them. Now, although I would DEFINITELY recommend them, I can't see how much I can say about the latter episodes without giving away a lot of things you would rather discover for yourselves. I can only say that this is a fairly unusual opportunity to see a bunch of people you have “known” since childhood go through many of the expected midlife adventures. The rich mixture of people results in a fascinating picture of this time of life, with peripheral glimpses of what is happening in English society as well. So, just get these from Netflix or your local video store, start getting to know the kids, and then enjoy watching them through the years. You'll be glad you did.

Seeing the episodes up to date (2005) did give me an odd twinge about mortality. I mean, these people were born in 1957—they're about fifteen years younger than I am. How many more of the sequels will I be around for? And what about Michael Apter? He was a research assistant on the first one in 1964, so do the math! And how long will they continue to do the series, assuming they can find directors and financing? Is a critical number of people required? Or is it like the tontines—those insurance pools where the last person alive got all the loot—do they keep on with it until it's *112 Up*, highlighted by naps and spoon feedings? Little did I know when I gaily started watching the kids that this would evolve into a memento mori!

And speaking of those mementos, *Enchanted* is a fabulous way both of engaging in and avoiding the issue. What a lovely seasonal bonbon! You have the world of fairytales—Andalasia—juxtaposed with gritty New York City. So on the one hand, you live “happily ever after”, and on the other, you struggle and die like the rest of us.

The movie hinges--in case you haven't seen a review, interview, etc—on the fact that the soon-to-be princess Giselle, is hurled from her fairytale, animated world into the “real” world of the Big Apple (that name sounds fairytal-esque!) Although I recall Roger Rabbit and other similar movies where real and cartoon characters interact, I can't remember another where the plot involves characters traveling between worlds. Apparently, *The Garfield Movie* did this, but I missed it.

The *Enchanted* movie makers gleefully make the most of the possibilities created by this premise. Questions posed and answered include: can chipmunks talk in New York City? Answer: no; do people who knew each other in the fairy kingdom recognize each other here? Answer: usually; can fairytale characters be changed by events in the “real” world? Answer: yes, and vice-versa. As Dylan might have put it, “Everybody must get enchanted!”

A fundamental tension in the movie—beyond the Ozlike question of whether Giselle will get back home—is that between the “realistic” view of love espoused by the New York attorney who befriends her and her own fairytale beliefs about same. It’s easy to say that relationships are complex, etc., and that Giselle’s views are naive, but all the same, she has a point, or at least it seemed that way to me. See what you think.

Of course, you could argue that *Enchanted* is REALLY about reincarnation. The Disney studio gets a new life here, and what a lovable person has emerged from the ashes! Yes, a lot of the old Disney animation style appears, but here it’s the basis of a loving send up. Giselle’s two “work scenes”—in her own fairytale digs—in a tree trunk of course—and then in the lawyer’s apartment—illustrate the contrast. The tongue in cheek first scene overdoes the Disney style, then the New York cleanup makes way both for a parody of the Disney style and a chance to poke some gentle fun at the Big Apple itself.

Actually, the mortality issue is more in the background (apples aside)—something you think about later when the dust has settled. But you do wonder—if we lived forever in whatever life we inhabit, would we be better behaved? We’d have time to improve, of course. However, one of the points the movie made clear is that you have to know that you have a personality —preferences, interests - in order to have the choice of whether or not to work on it. Apparently, fairy tale characters don’t have these, although it seems that they can, when exposed to our world, develop them. All issues I hadn’t pondered before.

But let’s not make too much of this—why analyze a bonbon?! This is a great mixture of old and new animation ideas, well known and aspiring actors, and intriguing effects. I especially liked the couple of times they juxtaposed the “real” and animated worlds, and the chipmunk’s attempt at charades. So treat yourself, and savor it gratefully. After all, as they are fond of telling us in the *7Ups*, “Give me the child until he is seven, and I will show you the man,” so we probably aren’t all that different from our seven year-old selves anyway. This would mean that we might not be too old for fairy tales. So have an enchanted evening!

ADVERTISEMENTS & ANNOUNCEMENTS

Marin County Psychological Association
Annual Membership & Business Meeting

Join us for an informative and collegial dinner meeting.

MCPA (the Marin County Chapter of the California Psychological Association) holds an annual membership meeting to review the events of the past year and begin to make plans for the coming year. You will have an opportunity to meet local colleagues, talk about your practice, specialties and areas of interest. Please come prepared to introduce yourself to the group. You are welcome to bring flyers and cards to place on a specially designated table.

You are important to us and we look forward to seeing you.

Friday, January 25, 2008 6-9PM

San Rafael Joe's 415-456-2425
931 4th St. San Rafael, CA, 94901

6:00 Social gathering
6:30 Dinner followed by **introductions** and **business meeting**

Reserve your space by 1/20/08 by mailing dinner choice and check.

Make check payable to MCPA. Mail to: MCPA President

Beth Cooper Tabakin, Ph.D.
1036 Sir Francis Drake Blvd.
Kentfield, CA 94904
For information call: (415) 459-7707

Name(s): _____

Email _____

Phone _____

I am enclosing a check made payable to MCPA for \$_____

Member \$35.00 Non-member \$55.00 Student member \$30.00

CHICKEN PICATTA **ROAST SIRLOIN** **CANNELLONI**

Community Institute for Psychotherapy

**1330 Lincoln Avenue # 201
San Rafael, CA 94901
(415) 459-5999 x 101**

Presents: "Seminar For Professionals:

Kristine Pfeleiderer, DMH with Tim West, PhD, MFT and Rob Fisher, MFT

Taming the Beast - Three Perspectives on Couples Therapy

Saturday, January 26, 2008; 9 AM – 4 PM at Town Center, Community Room, Suite 201, 770 Tamalpais Drive, Corte Madera, CA 94925; CIP MEMBERS: \$90 if received by January 10, or \$110 late Registration: Non-Members: \$120 if received by January 10, or \$140 late Registration. 6 CEUs MFTs and LCSWs and 5 CEUs approved by the MCEPAA for Psychologists. To register visit www.cipmarin.org or phone (415) 459-5999 ext. 101.

CIP Study Class with Linda Graham, MFT - *Mindfulness and Psychotherapy* Tuesdays, February 5,12,19,26, March 4, 11 (six weeks), 11:00 AM-1:00 PM at 1330 Lincoln Ave. Suite 201, San Rafael, CA 94901. CIP MEMBERS: \$180 if received by January 22, 2008, or \$200 late registration: Non-members: \$240 if received by January 22, 2008, or \$260 late registration. 6 CEUs MFTs and LCSWs and 5 CEUs submitted to the MCEPAA for approval. To register visit www.cipmarin.org , or phone (415) 459-5999 ext. 101.

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**

Beth Cooper Tabakin, Ph.D.
LIFE AFTER BREAKFAST: Steps to a healthier mind-body and spirit
Workshop on Playa del Carmen, Cancun, Mexico

Approved for 6 [CEUs](#) by AHP for nurses, counselors, marriage and family therapists, social workers and massage therapists; and by the Spiritual Competency Resource Center for Psychologists.

Following the AHP/ATP Board Meeting, January 17-20 (MLK's birthday weekend):

January 21 - Hotel Riviera Maya, Playa del Carmen, Cancun, Mexico (Hotelrivieramaya.com)

Contact/Registration:
Bonnie Davenport
AHP Member Services
ahpoffice@aol.com
510-769-6495

Beth Cooper Tabakin, Ph.D. Workshop

LIFE AFTER BREAKFAST:
Steps to a healthier mind-body and spirit
MIND: Where have we been?
BODY: Where are we now?
SPIRIT: Where are we going?

Steps to: Help you get rid of weight & keep it off
Client-created personal plans
Develop new personal diagnostic skills

This daylong seminar is about the mind-body-spirit relationship, how it influences our well-being and how we are connected to the systems in our lives, be they family, food, relationship, spiritual, thinking, etc. The workshop will educate us about unconscious choices we may be making. Allowing recognition and definition allows us to make choices to move in the direction we want to go.

Learn:

How optimism influences mind-body-spirit and outcome.
How Cognitive-Behavioral Techniques can be used.

How to address food's use for self-medication.
How body image, family dynamics, relationship to movement and self-statements impact ability to achieve goals.

Educational environments include: Journaling Assessment Body movement Guided imagery
Meditation Music and improvisational dance.

Beth Cooper Tabakin, Ph.D. (PSY 13580) Vice-President of the Association of Transpersonal Psychology, President of the Marin Chapter of the California Psychological Association (MCPA), loves to dance and hopes to one day be a stand up comedian (no joke)

Announcements from

COMMUNITY INSTITUTE FOR PSYCHOTHERAPY

1330 Lincoln Avenue # 201, San Rafael, CA 94901

Phone (415) 459-5999 ext. 102.

<http://www.counselingcip.org>

All services sliding scale; insurance and Medi-Cal accepted.

Referrals welcome for our Couples Therapy and Psychological Testing programs, and general low-fee counseling for families and individuals.

CIP Adult Therapy Groups:

Self in Relation Therapy Group will meet on Tuesdays, 6:00 – 7:30 pm. This ongoing therapy group explores how to improve and deepen diverse types of relationships. It is open to all individuals who are currently single or partnered. 10-week initial commitment/ Fee based on a sliding scale. Group will be lead by Shelly Bullard and Margot Holdstein under the supervision of supervision of Lynn Ireland, PhD (License #: PSY10925).

Psychotherapy Group for Women is now forming. It is a group for women who are dedicated to personal transformation and self-expression. This group will meet on Wednesdays 4:00 – 5:30pm., and will be co-led by Sandra Ally and Liza Chapman under the supervision of Lynn Ireland, PhD (License #: PSY10925). Interviews in December, 10-Week initial commitment.

Call (415) 459-5999 ext. 450 for an interview.

For a full schedule of our 2007-2008 offerings, to register, or to become a CIP member, visit www.cipmarin.org or phone (415) 459-5999 ext. 101

The holidays can be a stressful time of year, especially for families and couples. **The Community Institute for Psychotherapy, a nonprofit agency, is offering a free couples counseling session to help families through this stressful time.** Additional sessions are available on a sliding scale basis. This is a great opportunity to learn new skills that will continue to be of benefit all year long. For more information call (415) 459-5999 x102.

Of particular importance during the holidays, counseling can help couples:
*Develop new ways to manage stress; improve communication with your partner;
collaborate on interacting with other family members; and create a better holiday experience.*

In addition to its Couples Therapy Program, CIP offers wide range of programs designed to target particular needs, including Psychological Testing, Eating Disorders Treatment and Prevention, Individual and Family Therapy, Support for Single Parent Families, and Survivors of Childhood Abuse. All services are provided on a sliding scale basis; insurance and Medi-Cal are accepted.

Located at 1330 Lincoln Avenue in downtown San Rafael, CIP was founded in 1977 to deliver quality, affordable mental health services and to provide a rigorous training program for qualified interns-psychotherapists earning hours toward licensure.

County of Marin

STAFF PSYCHIATRIST: *\$175,071/Annual *5% Assign Diff paid for Bil Span/Engl language. 1 f/t vacancy in Commtly Mental Health Svcs - Adult. Open and Continuous / Open Until Filled. Online:www.co.marin.ca.us/Jobs.HR (415) 499-6104. AA/EOE.

County of Marin

**SUPERVISING DEPUTY PUBLIC GUARDIAN /
CONSERVATOR / INVESTIGATOR
\$5,670 - \$6,961/Mo. HR (415) 499-6104. www.co.marin.ca.us/Jobs. AA/EOE.**

**CLASP
CPA’s Colleagues Assistance and Support Program**

CLASP is committed to preventive resources that will support us as professionals in maintaining and enhancing our general health and mental well-being throughout the developmental spectrum of our personal and professional lives.

Call CPA’s CLASP confidential I&R line –
888.262.8293

For materials on self care and resiliency, educational programs, and information.

Referral to a psychologist or community resource available upon request.

Available to all California Psychologists.
Check out our website for additional resources
<http://www.cpaclasp.org>

Join our I&R resources list (no fee) to become a provider
and work with other psychologists in your practice.

CPA CLASP Chair, Dani Beckerman, Psy.D.
dani_beckerman@yahoo.com
831.426.4735

**FAMILY SERVICE AGENCY OF MARIN
Psychotherapy Groups**

PACE – Harm reduction group for dually diagnosed adults.

WOMEN’S RECOVERY – Support group for women in recovery. Starts January 2008.

SPANISH SPEAKING MEN’S RECOVERY – Support group for Spanish speaking men 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.

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

SPANISH SPEAKING TRAUMA SUPPORT – Support group for Spanish speaking women.

ADULTS MOLESTED AS CHILDREN – Support group for women survivors of sexual abuse.

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

CHILDREN OF SEPARATED OR DIVORCED PARENTS – Art therapy group for children.

GREAT START – Group for pregnant and new mothers.

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

Get It Written!

Structure and support for your long-term writing project.

Workshops / Individual Consultation to help you:

Overcome the overwhelm

Set goals and overcome blocks

Become your own writing coach

Lessen the loneliness of the Long Distance Writer

New Workshops beginning in 2008.

Barbara Swift Brauer, MA, is a poet, freelance writer/editor, and ghostwriter with more than 30 years in Bay Area publishing.

Contact: bsbrauer@sonic.net; (415) 488-4605.

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 sent as an email 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.

Space Available

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.

Corte Madera: Tu, Th, & Fri from 1:30 PM on. Suite of two consulting rooms and waiting room. Modern, well-maintained office building. Off street parking, convenient to 101 and bus routes, wheelchair accessible. \$150 per day, will consider reduction if all three days are taken. Saturdays and Sundays are negotiable. Sue Fleckles at 927-7566.

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. Extensive soundproofing, signal-light system, private waiting room, voice mail with answering service backup, copier, kitchen, reserved parking, handicapped-accessible, in-suite bathroom. Reasonable rates, flexible hours. Call Dan Kalb, Ph.D. (415) 898-9015, ext. 525.

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: Share furnished office in two office suite with waiting room. Available 1-3 days per week. Sunny, convenient location with on-site parking, central HVAC and easy access. Call Jonathan Marlowe for further information at 457-1629.

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.

Space Wanted

(No space wanted ads this issue)

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.

Please submit your advertisement and /or article 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 February Submissions: Friday, February 1, 2008

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MCPAnewsletter@verizon.net.

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p.s. I can't figure out how to get rid of this last blank page of the newsletter! For some reason, I can't delete it. Rather than stressing over it for the next few hours, I'll let each of you readers project some deep significance onto it. The winner gets the next MCPA newsletter FREE!