

MARIN COUNTY PSYCHOLOGICAL ASSOCIATION

A Chapter of the California Psychological Association

2008 Officers

marincountypsych.org

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Volume V, Number 6

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

Happy Holidays, MCPA Members! As 2008 comes to a close, please join me in honoring **Beth Cooper Tabakin** and **Ann Buscho** for their enormous contributions to MCPA throughout the past several years. Both of these wonderful women have continuously given of their time, energy, ideas, skills and experience, well beyond the parameters of their respective board positions. Thank you both for all you do for MCPA. In 2009, we gratefully welcome **Claudia Perez** as our new president, **Barbara Berman** as president-elect, **Sharon Cushman** as secretary, and **Karl Kracklauer** as continuing education co-chair. Please consider joining a committee or otherwise becoming more involved in MCPA, your friendly neighborhood professional community. Please join us for the annual business meeting on Jan.9th (see page 8), and for our birding event on Feb. 7th (see page 9). Peace and joy to all in the New Year!



Photo by Nature Conservancy, Contributed by Dan Kalb, Ph.D.

Dates to Remember

Fri., January 9, 2009, 6:00 pm Annual MCPA Business Meeting, San Rafael Joe's (see page 8)
Sat., February 7, 2009, 9:00 am MCPA Birding Event (see page 9 for details)

Table of Contents

Page	Author
1	Editor's Column..... Laura Cabanski-Dunning, Ph.D.
2	President's Message..... Beth Cooper Tabakin, Ph.D.
2	President Elect's Message..... Claudia Perez, Ph.D.
3	Treasurer's Report..... Fred Rozendal, Ph.D.
3	Membership Report..... Dan Kalb, Ph.D.
4	Weathering the Perfect Storm: How to Keep Your Head in a Bad Economy... Gary Seeman, Ph.D.
7	Shrink Rap on Film: <i>On a Clear Day</i> : Sink or Swim..... Sue Hulley, Ph.D.
8	ANNOUNCEMENTS.....
10	COMMUNITY OUTREACH / COLLEAGUE SUPPORT.....
11	ADVERTISEMENTS.....
13	OFFICE SPACE WANTED / AVAILABLE.....
15	NEWSLETTER SUBMISSION GUIDELINES AND ADVERTISING RATES.....

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: Friday, February 20th, 2009. Please email 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.**

It has been an honor to serve as MCPA's president for the past two years. Thank you for your enthusiasm, ideas, energy, work and dedication, and for attending our soirees, CEU events, hikes, and Holiday Parties. I look forward to seeing you all at our business meeting on January 9th, 2009, 6pm, at San Rafael Joe's.

I will continue to serve as an advisor and cheerleader to the board. It is time for Claudia Perez, Ph.D. to take the reins and lead us in the direction of her choice. I am confident that our organization will continue to grow and change to meet the demands of our times. Keep those ideas coming!

In my new role as the alternate representative to the CPA board, I look forward to representing Marin at the statewide meetings and acting as a liaison between Marin and other chapters. Issues such as helping to educate the public about the role of psychology in mental and physical health, insurance reimbursement, scope of practice, leadership and advocacy and advancing the practice of psychology both nationally and internationally are of interest to me.

As always, any and all ideas are welcome. I hope you will get involved and have your voice heard. You'll like it! I did.

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

The year has flown by and the holidays are upon us. I enter this joyous time with a heavy heart. I share this with you, not for sympathy or attention, but rather to extend to ourselves and loved ones, the message that each day is a precious gift. My beautiful 57 year old sister-in-law was diagnosed with lung cancer two weeks ago. She is a non smoker, eats extremely healthily and was in generally good health. Her prognosis is grim, but we are praying for a miracle. Life can change with a phone call. Her children and our family will never be the same.

We try to help our clients live their best lives.....what a lesson we must each remember closer to home. How vital it is to slow down, appreciate others, and be grateful for what we have. It means to me, more than ever, to give, and to express my love. How often we take for granted our good health and take too much time focusing on what really is not that important.

As someone who had a near brush with death 8 years ago, and has worked as an oncology Nurse at UCSF, I am so cognizant of being thankful for each day....but I too often get bogged down and stress

out over little things. Does it have to hit close to home for us to be reminded, or can each and every one of us, keep the fortune of good health, a little nearer in our hearts and minds?

It was a wonderful Holiday Party and I was so happy to see so many attend. I am hoping the organization gets off to a great start with our Business Meeting on the 9th of January. This will be a chance to get to know each other a little more intimately and distribute and use the resources we all bring to MCPA. I encourage each of you to attend and bring a colleague with you.

Wishing you all a good holiday and a New Year filled with peace, joy and good health most of all.

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

As of December 22, 2008, MCPA has \$23,095.30 on hand. Dues from many members have been paid now which increases our reserves.

The MCPA year ends on Oct. 31. The greatest income in the past year (2007-08) was from member dues (\$8550.) and newsletter ads (\$1165.)

The major costs for the same period, in decreasing order, were from building the web site (\$5198.61), Information and Referral efforts (\$3871.81 for our Yellow Pages ad and telephone expenses which have now been discontinued), the Executive Committee's meetings and annual retreat (\$1098.08), and MCPA dinners (a net loss of \$639.27 for the year).

So far in the current MCPA year (2008-09), the major income has been from dues (\$4845). (Some dues were actually paid before Oct. 31 which were counted in last year's figures, totaling \$395).

Expenses this year primarily come from the Holiday meeting (a net loss of \$438.46) and from printing and mailing flyers (\$412.13--for the holiday meeting and ballots).

Despite tough economic times, MCPA is currently in a strong position financially.

Membership Report **Dan Kalb, Ph.D.**

JESUS IS COMING -- quick, look busy!

With the Holiday Season upon us I'm sure you're brimming with feelings of Fellowship, Good Will Toward Men, Blah Blah Blah. Why not act upon these bonhomous sentiments by re-upping in your local guild?

Simply click on: <http://www.marincountypsych.org/join.asp>

Complete the new, easy-to-fill-out, Membership Renewal Form online, print it, and mail it to me with a check. If you have already done so, I appreciate it. You have thereby, unknowingly, catapulted yourself to the lofty rank of Honorary Membership Committee Member. In your new capacity as HMCM feel free to ask a colleague to join or renew. Happy Holiday!

Weathering the Perfect Storm: How to Keep Your Head in a Bad Economy

By Gary Seeman, Ph.D.

(For a printable version of this document in Adobe PDF format, select [this link](#). I digitally signed it myself, so it's safe to open.)

When a recession hits and gains momentum, it's natural to feel scared, helpless or hopeless, and these feelings can get the better of us. In general, when feeling overwhelmed, people can try to cope by avoiding the difficulties coming at them. Sometimes it's just too much, and it's okay to take a break. But excessive escape and avoidance lets problems pile up, so they're even more overwhelming. [\[1\]](#) I'd like to offer you some tips to help you respond to the challenge by balancing effective action with pacing yourself.

These seven points will help you better cope with the impact of a bad economy. Feel free to write them down to carry with you:

- [Turn worrying into thinking](#)
- [Prioritize](#)
- [Take action early to reduce stress](#)
- [Don't think too fast](#)
- [Be willing to think outside the box](#)
- [Ask for help](#)
- [Take care of yourself](#)

Turn worrying into thinking. If you're afraid of losing your job, home, or savings or have already done so, you're bound to worry! Worrying is our instinctive way of paying attention to anything that threatens safety or well-being. You can use worry as a signal to think instead of getting carried away building worst-case scenarios. Sure, there are appropriate times to be scared. So if you find yourself worrying, write down your concerns. Then take time to think them through. If you catch yourself worrying about the same things over and over again, stop and focus on the task at hand.

Prioritize. List items of concern and prioritize them so you can attend to the most important ones first. What makes one thing a higher priority than another? Some items have a time deadline or may have a heavy impact if they're not addressed. If you're short on time and you've created your list, it's easy to prioritize tasks by putting numbers next to them. Whether you're using a paper list, a smart phone or other device, have a list you can carry with you. Then, even if you don't have time to complete a high-priority item, you can address something else that is easy to accomplish. This is effective time management. When you've completed an item, delete it so your list remains an easy visual reference.

To sort through complex decisions, determine what factors are more important. For instance, if you're deciding what job to pursue, is it critical to find a job quickly or do you have enough time to find one that supports your lifestyle? And if you have some time, how long do you have before you'll choose urgency over income? Some people create a matrix for complex decisions and weight the determining factors. For example, if income is more important than urgency, you might weight the income category with nine points and urgency with six points. Adding a column of point values for alternative choices can see what's likely to be a better outcome. [2]

Take action early to reduce stress. Some things just can't wait. They need to be addressed right away. For instance, if you're facing foreclosure, and you're scared or ashamed, you're not alone. But don't let such feelings prevent you from calling your lender to try and renegotiate your mortgage. Another common pitfall is having so many things to do, you feel overwhelmed. In this case, pick off action items, one at a time. This practice will form a habit of active problem-solving that clears away the very things that cause stress. Put another way, you'll turning worrying into skillful action.

Don't think too fast. Many people under stress think too fast! This may seem counterintuitive. The point is to avoid succumbing to pressure and making the decision into an emotional emergency. Even if it means you take five more minutes to think it through, apply due diligence. Take the time to ensure you've gathered the necessary information and generate a list of relevant concerns. In other words, think about your options, then sleep on the decision if you can. You'll be less likely to regret your choice later.

Be willing to think outside the box. When facing a perfect storm, where many unforeseen factors add up to create dire conditions, the usual solutions may not be sufficient. To think outside the box, start by letting go! See if you can let go of being attached to the circumstances you know or even the identity you find in your current career. If you feel stuck, let your ideas incubate. Don't underestimate the power of the unconscious mind to come up with positive solutions that might not have occurred to you. This practice of incubation is well known by the most creative among us. Let's say you're in danger of losing your job. You've done everything to make yourself the "go to" person for your boss. Have you thought beyond your current job or industry or location? Have you made a list of your strongest talents and seen what other opportunities this might uncover?

Ask for help. You may find it hard to do this. Maybe you're too proud, you think it might hurt your reputation, or you're afraid to ask for favors to avoid the awkwardness of someone saying "no." Perhaps you don't know whom to ask. In a financial crisis, we're all in it together. Network with other people. Consult with professionals were you feel stuck --- whether it's technical information, such as how to sell a house in today's market, or emotional help with feeling overwhelmed, hopeless, or so anxious you're having trouble sleeping, concentrating, or making decisions. Every county lists resources on the Internet and in the Yellow Pages. This includes the lawyer referral service of your local bar association, which offers low-cost initial meetings; your local psychological association; and credit counseling agencies. Friends, family, church and community can also bring comfort in difficult times. For mental health emergencies, look for your local community mental health agency or suicide prevention service online, in your telephone directory, or by dialing 911, or, you can go to the nearest hospital emergency room.

Take care of yourself. Although some of the resources listed above may not apply to you, if you're reading this, you're probably impacted by the financial crisis. So take good care of yourself. Make sure you get enough sleep. Work off stress through exercise if your health will permit this, and avoid using junk food for comfort. These practices will maintain your endurance for working through any urgent needs and making necessary changes. If you've let some of these practices go, return to them in

moderation and consult a medical professional for any safety concerns. Most of all, go easy on yourself and your loved ones. Give yourself breaks between tasks, forgive yourself for mistakes and get back in the game.

For many people, alcohol, drugs, cigarettes or other addictions become more tempting in hard times. The momentary relief these habits may provide actually adds more stress. Substance abuse drains body, mind and spirit, and makes it harder to concentrate for good decisions. Addictions can easily get out of control, causing bigger problems than the stresses they attempted to relieve. Seek help early if you find yourself struggling with such problems. That help is readily available through programs such as Alcoholics Anonymous and local mental health agencies.

To sum up, I hope that I have given you some useful tips for maintaining equanimity in today's difficult economy. The approach I'm recommending is to balance taking action with staying grounded. Coping with hardship can build character and confidence. This is also a chance to take perspective, remember the people and values that are most important to you, and to reach out for needed support.

Footnotes:

[1] A new wave of cognitive-behavioral therapies helps people overcome habits of escaping and avoiding difficulties, instead building coping skills that include paying attention to what's important, or mindfulness. Therapies that exemplify this approach are the Dialectical Behavior Therapy, developed by Marsha Linehan, Ph.D., and Acceptance and Commitment Therapy, developed by Steven Hayes, Ph.D.

[2] This method is taught in business schools as Bayesian decision-making or Bayesian inference, from the work of Reverend Thomas Bayes. Its formal application is a statistical methodology, but the approach can be applied to problems where all one has is a best estimate of likely outcomes, which can still help one make more informed choices.

*For Self-Discovery, Better Relationships, Peace of Mind.*sm

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Use of this website does not constitute receiving professional advice from or establishing a professional relationship with Gary Seeman, Ph.D.

SHRINKRAP ON FILM: *ON A CLEAR DAY: SINK OR SWIM*

By Sue Hulley, Ph.D.

Yes, I admit that this is not exactly a seasonal film, although it does have an “up” ending. Why did I pick it? Well, frankly, because I don’t get to the movies as often anymore, and this is one of the few I’ve seen lately.

If you want recommendations, though, there’s *The Secret Life of Bees* which, although I haven’t yet seen it, has been loved by “critics” I usually agree with, including my friend Greg, and Willie Brown. Greg had heard it described as a “chick flick,” which is undoubtedly true, but cried nevertheless. I loved the novel, and when I get a moment, I plan to take my turn with the Kleenex as well.

I’ve also heard that *Slumdog Landlord* is surprisingly good. By the way, it’s an Indian (as in India) movie, not the latest from the “hood.”

Anyway, as I was saying earlier, based on my recently limited viewing, I enjoyed *On a Clear Day*, and would also recommend it. It has the added advantage of being available from Netflix or your local video store, as it’s now several years old.

Clear Day tells the story of a Glaswegian (Frank Redmond, played by Peter Mullan) laid off after forty years—and his attempt to redefine himself, find meaning and/or purpose in his life, and to resolve painful family issues. All of this takes place within the context of believable relationships with his family, friends, and former company.

You could also describe this movie as the story of the aftermath of the death of a child—in fact, I was tempted to re-view *Ordinary People* and contrast these two. Given my time limitations, I am going to suggest that you might want to do this and tell me what YOU think—how’s that for interactive journalism?!

I admit I have a weakness for movies about tightlipped men who bottle up their pain. I find the acting much more interesting, and the films in general more complex, because the screenwriter, director (here it’s Gaby Dellal), and actor (Mullan) have more opportunities to resort to less than obvious ways to let us know what’s going on inside. Dellal has opted for flashbacks -- always a tricky device in that they run the risk of confusing the audience--as one method. I believe they work, but judge for yourself.

I also love “buddy movies,” and this one contains a lovable motley crew of friends: Chan (Benedict Wong), the picked-on Chinese takeout owner; timid Norman (Sean McGinley), another man laid off from Frank’s factory; “rascally” Danny, the brash young braggart (Billy Boyd); and Eddy, the older, cynical stoic (Ron Cook). Their scenes together are a delight.

One word of advice before you see it: opt for the subtitles! Apparently you can get them even for English movies, something I didn’t realize until afterward (George Bernard Shaw’s aphorism comes to mind: “England and America—two countries divided by a common language”). Lacking such help, much of the dialogue was lost on me, as Scottish English adds yet another barrier to comprehension, and of course the characters use a lot of slang and talk too fast (do I sound like the usual ESL person?).

The title itself probably takes part of its “literal” meaning, if you can talk about that with such a non-

literal title, from the allegation that on a clear day you can see either the White Cliffs of Dover, or France, depending on which country you are looking to and from. Alternately, of course, there is the “on a clear day you can see forever” quote, which according to the Internet came from the old Barbara Streisand movie about a clairvoyant, but which has, I believe, some sort of “seeing the bigger picture” kind of meaning in general usage. In appreciating *On a Clear Day*, both of these are apt and helpful, as the central themes have to do with the main character finding larger meaning in life through the English Channel.

Another aspect dear to me is that the action and symbolism of this movie revolve around water. Looking back, I am amazed and impressed by how many of the critical scenes happen in the water (I will stay vague so that I don’t ruin anything for you). A violent encounter between Frank and his son is staged at the pool, and he experiences a pivotal inspirational moment there as well. The concluding scenes in the Channel, involving his cathartic breakthrough and the movie’s final twist, are naturally water filled (not to mention the scene of the original family trauma).

Water is a wonderful medium for human experience and expression, simultaneously an environment for us and the most pervasive fundamental element within us. We traditionally see water as something to conquer or best, as exemplified in a recent New Yorker article about a woman who swims in the glacial waters around the globe. Oliver Sachs writes movingly about his lifelong love of swimming, telling us that he spotted his future house during a swim around an island.

There’s also something about the fluidity and impermanence of water that draws and fascinates us; I’ve always loved Heraclitus’ comment that “you can’t step in the same river twice.” Water may be something we humans try to prove ourselves “superior” to, but it also is a medium where our bodies can move more freely. Water’s fluidity provides a chance for us to act and see our selves differently, and it has a long tradition as a healing force. I think you’ll enjoy tuning in to see what Frank, his family, and friends do with it. Check it out.

ANNOUNCEMENTS

!!!!!! MCPA ANNUAL MEMBERSHIP & BUSINESS MEETING !!!!!!!

When: Friday, January 9th, at 6PM.

Where: San Rafael Joe’s on Fourth Street, San Rafael

Please make an effort to come, and bring a colleague if you can. It’s a great time to meet, mingle and share your work. Let’s get the New Year off to a great start by planning and networking within our growing organization. We look forward to seeing you!

Please reserve a spot by sending in your form, available on our website:

<http://marincountypsych.org>

MCPA CLASP EVENT:***WE'RE GOING BIRDING!!!***
How tweet it is when psychologists "bird."
Saturday, February 7th, 2008, 9am

Like the terrific adventure of last year, a fun relaxed morning of bird watching will be followed by a pot luck brunch and a chance to get better acquainted! This is winter, the Pacific Flyway season and huge numbers of birds migrate through Marin County including many Hawks (perhaps Falcons or an Eagle), Ducks, Herons and Egrets, etc. We should see at least 25 different species. We will bird watch at Las Gallinas Marsh (Ponds) near McInnes Park. This is a hot spot for expert birders and beginners alike. No experience necessary. **Bring binoculars, and a bird book if you like,** and you're all set. Family, older children and friends welcome too.

Your leader is Jeff Martin, a Marin Psychological Association colleague and avid naturalist, who has led many birding trips for beginners, been a park naturalist at Pt. Reyes, consulted for the National Park Service on visitor motivation, taught a college course in East Africa on the Psych and Nature, and recently gave an invited lecture at Washington and Lee University in Lexington, VA and a CEU program for Redwood Psychological Association on the History of Human Attitudes about Wilderness from a cross cultural and historical perspective. Basically, he loves birding as a passion and stress reducer. Jeff will bring two high power spotting scopes and a couple field guides.

The walk is flat and easy going. We depart on the trail at 9am promptly and finish about 11am. Jeff is hosting a pot luck brunch at his home in Lucas Valley afterwards.

Location of Bird Walk: take Hwy 101 to Smith Ranch Rd (Lucas Valley Rd) off ramp and turn right. Go past traffic lights and movie theater to 2 parallel left turns divided by a railway track. Take the second turn, passing the soccer field on the right, to the end of the road and parking lot.

Location of Brunch: Jeff's house is at 6 Blue Blossom Court in Lucas Valley. Phone: **415-492-8110**, for more directions or information. Go past 101 and West on Lucas Valley Rd. about 3 miles to Bridgegate. Turn right, then 2 very short blocks to Creekside. Turn left then 4 to 5 very short blocks to Blue Blossom Court and turn left into a cul-de-sac. Remember, it is a pot luck: we need salads, veggies, pastas, desert, snacks, and whatever else you can dream up. Jeff will provide drinks, plates, cups, etc.). SEE YOU THERE!

RSVP is requested.

But if you want to jump in at the last minute, that is OK too.

Contact Jeff Martin, 415-492-8110, pelicanday@aol.com.

COMMUNITY OUTREACH & COLLEAGUE SUPPORT / EDUCATION

CLASP ~ CPA's Colleagues Assistance and Support Program ~

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.** <http://www.cpaclasp.org>

One Minute Psychologist – Your Mental Health Survival Kit

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** .

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.

ADVERTISEMENTS

Professional Trainings in Reichian Therapy

Dr. Patricia Frisch, through The Orgonomic Institute of Northern California, is offering a rich curriculum for 2009 including short Orientations, plus Introductory, Intermediate, and Advanced trainings. The program integrates Masterson and Jung with Reich’s character analytic and somatic approach. Experiential exercises and case supervision are included. Our ongoing groups provide many opportunities for collegial support. Please join us for our upcoming Orientations:

Orientations:

- **Integrating Somatic Psychology into Current Therapeutic Paradigms**

Sat., 2/21/09, 9:30am-12:30pm, Mill Valley

- **Breaking Through Patient Resistance**

Sat., 4/4/09, 9:30am-12:30pm, Mill Valley

Cost: \$50 each. Register for both at \$40 each (if paid by 2/6/09).

Dr. Patricia Frisch is a licensed psychologist and MFT, with 35 years experience as a somatic analyst and group leader.

Visit www.orgonomictherapy.com, email assist@orgonomictherapy.com, or call 415-388-0622 for more info and to register.

California Board of Behavioral Sciences Provider # PCE4209.

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.
- OVERCOMING ANXIETY AND DEPRESSION** – Support group for women struggling with anxiety and depression.
- 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

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: Quiet creekside consulting room, separate sandplay room & extensive collection. Central location in walking distance to bus, shops, restaurants, bookstore & Plaza. Ground floor, wheelchair accessible, allergen-free interior & big-people friendly. Dedicated psychotherapy, one-story building, shared waiting room, onsite parking. Ann Bernhardt, Ph.D. 10 Millwood Mill Valley 415-383-6068

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.

Office Space Available (cont.)

Novato: Office space available in suite of multidisciplinary psychotherapists. Fully furnished, newly renovated suite with waiting room, signal lights, voice mail, copier, kitchenette, in-suite bathroom, handicapped-accessible. Convenient central Novato location, surrounded by beautiful 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

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Deadline for February newsletter submissions: Friday, February 20, 2009

In the hope of hearing from more of our members, we are offering a **free 1/4 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!