



REDWOOD PSYCHOLOGICAL ASSOCIATION

A CHAPTER OF THE CALIFORNIA STATE PSYCHOLOGICAL ASSOCIATION

P.O. Box 15209 • Santa Rosa, CA 95402

www.redwoodpsych.org

RPA DIALOG

August 2006 (Volume 13, #4)

CEU PRESENTATIONS CONTINUE

September 11th Bill McCausland, PhD, Assistant Chief of Chemical Dependency Services, Kaiser Medical Group. Bill will be presenting on Methamphetamine Abuse and Treatment. He will be addressing epidemiology and prevalence, with some emphasis on legal and clinical impact of the drug in Sonoma Co; a brief history of methamphetamine, the methamphetamine drug trade and manufacture; neurobiology and methamphetamine's effect; psychological and clinical consequences; treatment; and medical consequences.

November 6th Save the date. Contact someone on the executive board if you have suggestions for a presentation, if you know someone who might want to present, or if you have something to teach.

These noon presentations are held at the First United Methodist Church in the MacMillan room, in Santa Rosa, 1551 Montgomery Street. Fee is \$25 for 1 unit of CEU credit (\$35 for nonmembers) and free to those who don't want credit. Bring your lunch, and learn something new.

AUTUMN RPA SOCIAL EVENT

Fabiani's Restaurant has experienced some changes. Our favorite gathering spot is now called Riviera. We'll be meeting once again on October 4th, at 6pm. New name, same place, 75 Montgomery Drive, Santa Rosa. What a treat to sit outdoors under the wisteria, enjoying the shrimp and callimari appetizers, sipping wine, sharing story...generally have a good time.

President: Carol Weser, PhD (707-526-2288)
Vice-President: Milton E. Harris, PhD (707-579-3140)
Past-President: Michael Pinkston, PhD (707-575-7230)
Secretary: Tesa Carlsen, PhD (707-996-8222)
Treasurer: Victor Howard, PhD (707-539-6355)
CPA Chapter Representative: Michael Pinkston, PhD (707-575-7230)
Newsletter Editor: Tesa Carlsen, PhD (707-996-8222)

President's Message
by Carol Weser, Ph.D.



69% of RPA Members
are on the List Serve

If you have joined the list serve you are getting announcements weeks earlier than by newsletter.

You have helped to increase our group's efficiency and lower our costs to disseminate information.

It's easy to join (or un-join). Send an email to miltonharris@sbcglobal.net and ask to be added to the list serve.

RPA ETHICS COMMITTEE OFFERS
CONSULTATION

For consultation regarding ethical issues in your practice, you can contact RPA ethics committee members:

- Bill McCausland (546-5742) - Sept/Oct
- Jeff Kahn (546-4349) - Nov/Dec
- Michael Pinkston (575-7230) - Jan/Feb
- Ann Strack (762-6216) -Mar/April

Summer doldrums: lethargy, clients away on vacation, dread of the coming school year, and maybe...vacation or other fun. I still suffer from cognitive dissonance, being from New York (did anyone guess?) where August is moist and lush, not dry and brown. And again in February, my inner mind cannot grasp that flowers are blooming, rather than snow blowing. This is a miniscule variation of what many of our clients are experiencing with the birth or a child, divorce, death or other major life event that requires far more adjustment than that merely to climate changes.

**Welcome to our new RPA
members**

Sharon Sterne, PhD
and
Alisa L. Stratton, PhD

Congratulations, Rose Lawrence, PhD., for passing your licensing exams!

No Such Thing as a Free Lunch

by Meghan Tiedemann-Fuller

Last summer I sent an email out on the RPA list serve with the subject heading “Free Lunch” and I got one response. At that time I was not looking for a supervisor or psych assistantship. I was new to the area and the field and wanted to meet people. Scott Wylie, PsyD., and I met for lunch and I picked his brain for an hour. We parted ways and I thanked him for his time; that is until our paths crossed again a few weeks later. Many of you know how the story ends: I became Dr. Wylie’s psych assistant and he is now moving out of state to pursue his long-term goals.

I do not think many of you had the opportunity to know Dr. Wylie but he is truly a pioneer in our field, particularly in the areas of integrated behavioral health and RxP. He has taught me many things during this past year, including the ins and outs of testing and assessment with children, allosteric modulation in neurotransmission, and trusting in myself because some things cannot be taught...certainly well worth the price of a chicken enchilada and ice tea!

The task of finding a replacement supervisor seemed daunting when I first heard the news of his plans to move. While I wish Dr. Wylie well, not all my thoughts were kind in that moment. What amazes me though, is that throughout my search for a new supervisor I have found those I’ve approached to be kind, generous and willing to help me out even when having a PA was far from their minds. I ended up, in fact, with amazing choices. They know who they are and this is also my way of saying thank you to them!

We are really lucky in this county to have so many talented individuals in our midst and to have the RPA to keep us connected. I am especially grateful to Milt Harris, PhD for the continuing opportunity to learn from him in research collaboration and to Jeff Kahn, PhD with whom I will start my new assistantship in September. Some say, “There’s no such thing as a free lunch,” but maybe Carl Jung was closer when he wrote, “The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”

In closing, I’d like to reiterate my invitation for “free lunch” to members of the RPA. Email me at meghantf@gmail.com.

Email from Hugh Pates Ph.D.,
Board Member of CPA

In an email to RPA President, Carol Weser, Hugh Pates introduced himself as the liason to chapter presidents. He went on to speak of CPA's belief in the importance in serving the needs of the CPA membership. In order to achieve that goal he stated that CPA focuses on activities and events that strengthen and support the member's professional practice and personal lives.

His email went on to share some of the activities that CPA provides to support professional practice, and they are shared here with you.

1 - Each month our newsletter provides space for articles directed towards practical aspects of practice. Recent offerings were: "Preserving Confidentiality when Contacting Prospective Clients," "Treating Desire Discrepancy in Couples," and "The Value of SMART Therapy."

2 - Presentations that offer the opportunity to learn and acquire CEU's at reduced cost. Recent offerings have been: "Ethical, Legal and Clinical Considerations Associated with Psychologist Retirement, Closing and/or Selling," "Cognitive Therapy and Psychoanalysis in Clinical Practice: Dialogue or Debate?" "Common Denominator in Severe Disruptive Behaviors." The cost for these events is approximately \$10. per unit. The goal of the association is to provide all required 36 units for renewal at the local level.

3 - Two all day conferences per year. The purpose of the conferences is to provide education and fellowship for members of the Association. The Spring conference will be held on Fri. May 5th with the Fall Conference in October. Each conference runs from 8:00 - 5:00 P.M.

4 - Once a month an Ethics Roundtable presented by our Ethics Committee. Members can attend the roundtable and present any ethical dilemma or concern for discussion and resolution.

5 - Each Friday the Association sends out a Bulletin to all members offering members the opportunity to make referrals, offer job and educational opportunities and advertise any upcoming events or activities.

6 - Each quarter the Networking committee sponsors a mixer that allows members to meet and talk about their practices and meet other members. Allied professionals are invited to these gatherings, i.e. lawyers, physicians, local business professionals.

7 - One hour per year free legal consultation with a lawyer about legal issues and concerns.

8 - Twenty Two committees ranging in interest from Forensics to Aging. These committees provide the opportunity for members with similar specialties to meet and inform one another of best practices and issues in their particular area of expertise. Committees usually meet once a month.

9 - Psychological Information and Referral Service. The members of this group take one day a month to handle and dispose of all calls coming into the Association's Office regarding a request for service.

Medicare Claims Payments
To Be Delayed In September

AB 2257 (Assembly Committee on Business and Professions) SIGNED INTO LAW

The CPA Government Affairs Staff is pleased to announce the signing of the CPA-sponsored record retention bill. AB 2257 (Assembly Committee on Business & Professions), was signed by Governor Arnold Schwarzenegger on July 20, 2006.

Beginning January 1, 2007, all licensed psychologists must retain a patient's health service records for a minimum of seven years from the patient's discharge date or seven years after the patient reaches the age of majority. Prior to the passage and signing of AB 2257, state law did not address the issue of record retention by psychologists in independent practices. CPA introduced this legislation in response to frequent and continuing comments from California psychologists regarding what were ambiguous and inconsistent private practice record retention requirements.

Confusion regarding the length of time a practitioner must retain health records jeopardizes both the psychologists and patients alike. AB 2257's seven-year retention requirement represents a minimum requirement for the length of time psychologists must retain mental health records. Private practitioners are allowed to retain their records for a longer period, if they wish.

AB 2257's requirement is consistent with current practice for California's health facilities, such as licensed clinics, nursing facilities, adult day health care facilities, intermediate care facilities, and skilled nursing homes.

This bill passed the Legislature without a single NO vote and was then promptly signed by the Governor.

For more information, please contact Amanda Levy at (916) 286-7979 ext. 106.

The Centers for Medicare and Medicaid services has asked that this notice be made available to those who bill Medicare contractors, such as NHIC, for their services.

A brief hold will be placed on Medicare payments for all claims during the last 9 days of the Federal fiscal year (September 22 through September 30, 2006). These payment delays are mandated by section 5203 of the Deficit Reduction Act of 2005. No interest will be accrued and no late penalties will be paid to an entity or individual by reason of this one-time hold on payments. All claims held during this time will be paid on October 2, 2006. This policy only applies to claims subject to payment. It does not apply to full denials, no-pay claims, and other non-claim payments such as periodic interim payments, home health requests for anticipated payments, and cost report settlements. Please note that payments will not be staggered and no advance payments will be allowed during this 9-day hold.

California Licensing Exam Update

As of July 24, 2006, 244 candidates have taken the new written California Psychology Supplemental Exam, which is supposed to test the application of knowledge by using written vignettes. Of the 244 test-takers, 238 have passed and 6 failed which represents a 97.5% pass rate. A new form of the CPSE will begin to be used on September 1, 2006, and will be used for 6 months. The EPPP, the comprehensive national test that applicants must first pass as candidates for a psychology license, was taken by 458 applicants for a California license since January 1, 2006. Of the 458 test takers during this calendar year, 287 passed. The passing percentage for this test during this period of time is 62.7%

National Provider Identifier

The NPI, which is one of the component parts of HIPAA, is an alphanumeric character that is assigned by the federal government to providers who are covered entities under HIPAA; providers who are not covered entities do not have to obtain NPIs, but they may do so, if they desire. Once assigned, the NPI identifies that particular provider when conducting electronic transactions, such as determining eligibility, submitting claims for reimbursement, or getting treatment authorized. Keep in mind that a provider can be an individual person, such as a licensee in private practice, or a partnership, a professional counseling corporation, or a nonprofit agency. Providers who are covered entities must get NPIs by May 23, 2007, although insurance companies are encouraging them to get NPIs now. Once enumerated, the provider's NPI will not change.

If you are a covered entity under HIPAA and you need to obtain an NPI, or if you are not a covered entity but you want to obtain an NPI, the NPI may be obtained on-line from the National Plan & Provider Enumeration System. To obtain the NPI on-line, go to <https://nppes.cms.hhs.gov/NPPES/Welcome.do> and click on the link for health care providers. The NPI may also be obtained by mail. To download a National Provider Identifier Application Form, go to www.cms.hhs.gov/apps/npi and click on the link regarding applying for the NPI.

Office Space

LARGE VIEW OFFICES FOR RENT in quiet, well appointed psychotherapy suite available full time. Waterfall Towers, 2455 Bennett Valley Road, Santa Rosa. \$733 monthly rent includes full service except phone. Offices include separate walk-in closet for desk/files. Suite includes refrigerator, microwave, fax machine, copy machine, comfortable waiting room, ample parking, broadband option. Exceptionally quiet with specially constructed walls and doors as well as separate egress. There are two (2) offices available, same size. For information contact Keith Bridges at 546-5327.

PART-TIME OFFICE SPACE to share in large fully furnished office. Waterfall Towers, 2455 Bennett Valley Road, Santa Rosa. For information, call Keith Bridges, 546-5327.

TRANQUIL PSYCHOTHERAPY OFFICE Sublet one (or both) available professional offices in our 1,500 sq ft suite in a convenient downtown Santa Rosa location. A professional environment for your work with your clients. Sublet includes large free private parking lot, utilities, janitorial, fax, DSL, copy machine, and 1/2 time receptionist. Shared waiting room, bathroom, and kitchen. Single story, professional building with large windows. Handicap accessible. Both offices have one wall with windows and are currently furnished but can be sublet unfurnished if preferred. Full time sublet rate: 14 by 9 office \$515 month; 13' by 17' office \$650 month. Part time sublet is an option. For further details call Andrew Leeds, Ph.D., 707-579-9457 M-Th 8:30 - 11:30.

PART-TIME OFFICE SPACE available in a tastefully decorated, quiet office suite in West Petaluma. Good size office in a small professional building with four other psychotherapists offices. Suitable for work with individuals, families and children and small groups . Some flexibility on times and days. \$150 per day. For information call Jim Matto-Shepard, MFT at 762-1670.

PSYCHOTHERAPY OFFICE AVAILABLE for sublet Wednesday afternoons, evenings, all day Thursdays. Furnished carriage house, spacious, private, convenient location (Orchard St. and College Ave; near downtown), easy parking, public transportation. Private waiting room, bathroom, kitchen. Great air-conditioning and heating. Copy machine, fax, sound system. Computer could also be available. Suitable for individual, couple, family, play therapy. Also ideal for groups, workshops. Rent negotiable, depending upon specific needs. For more information call: Bruce F. Pither, Ph.D. or e-mail @ bpither@ap.net

Seeking Internship

I am interested in finding an internship that would further develop my skills as a practitioner using hypnosis, expressive arts media and sand tray with children and families. I have a keen interest in working with children and families dealing with the aftermath of shame. Over the last six years, I have worked in an alcohol and drug facility using a cognitive behavioral approach to recovery. My dissertation focused on how unmasking shame, and understanding the relationships between attachment, addiction, and trauma, help empower the survivor. Contact Janet Hack, Psy.D. at 707 548 8853, or email hackpsyd@sonic.net.

Announcements

USING REVERIES, METAPHORS AND DREAMS: A PSYCHODYNAMIC CONSULTATION GROUP

This consultation group is for experienced clinicians who are interested in a lively ongoing psychodynamic experience to share clinical work and the application of clinical concepts in clinical practice. Participants will have the opportunity to present an array of psychological approaches and concepts.

FOCUS: THE THERAPEUTIC RELATIONSHIP: CLINICAL AND ARCHETYPAL ASPECTS

Schedule: Bi-monthly beginning September 6, 2006 through June 13, 2007

Wednesdays 10:00am-11:30am. Fee \$50 per meeting. Limited to six members.

Leader: Sam Kimbles, PhD. clinical psychologist, member analyst San Francisco Jungian Institute, private practice with many years of consulting, supervision, teaching and training mental health professionals at all levels.

For information: Sam Kimbles: 707-544-6647

I welcome Salima Zimmerman, PsyD as my new Psychological Assistant. Salima is a seasoned therapist who offers both long-term depth work and brief psychotherapy. In addition, Salima utilizes Expressive Arts Therapy, Bio/Psycho/Social Approaches, EMDR, Hypnotherapy, and Meditative Practices. Salima offers direct and compassionate care to individuals and couples. Salima's integrative, multi-cultural perspective allows her to provide relationship-centered care for general emotional difficulties and life transitions as well as for issues of chronic pain, chronic illness, women's issues and trauma.

Please direct referrals to Salima Zimmerman, PsyD, at salimazm@comcast.net .or call 707-889-8028. (psb# 32137)

Mary LaGue, PsyD, PSY 17928

Book Nook

"Wicked" by Gregory Maguire. It's the "true" story of the wicked witch of the West in Wizard of Oz. Very psychological and absorbingly written. Sandra Shelley

"Fat Girl" by Judith Moore, took me into her world as a little girl growing up with food as her only true and constant friend, the one thing she could always depend upon. This is a quick read, spare and honest. An eye opener. Tesa Carlsen

Read a good book lately that may be of interest to your colleagues? Pass on your recommendation by emailing me at Tesahc@sbcglobal.net.



FROM THE EDITOR'S DESK -- Tesa Carlsen, PhD.

The next newsletter will be out in October. Announcements and ads can be sent to me via email at Tesahc@sbcglobal.net or call me at 996-8222. If you want an ad repeated, let me know that also. Please put "RPA Newsletter" or "newsletter ad" in the subject line. Both ads and announcements are free for RPA members and cost \$25 for nonmembers.

CALENDAR of EVENTS

CEU Presentations

September 11th Methamphetamine Abuse and Treatment

Bill McCausland, PhD, Assistant Chief of Chemical Dependency Services, Kaiser Medical Group

**"Reason can answer questions, but imagination has to ask them." --
Ralph Gerard**

Check out www.redwoodpsych.org



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