

REDWOOD PSYCHOLOGICAL ASSOCIATION

A CHAPTER OF THE CALIFORNIA STATE PSYCHOLOGICAL ASSOCIATION

P.O. Box 15209 • Santa Rosa, CA 95402

www.redwoodpsych.org

RPA DIALOG

October 2006 (Volume 13, #5)

CEU PRESENTATIONS CONTINUE

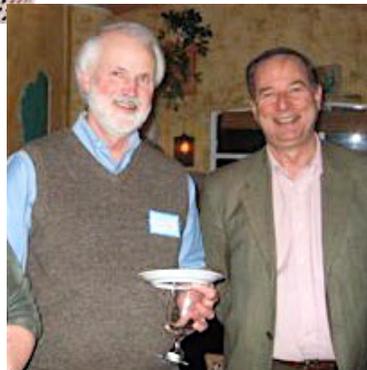
November 6th - Monday Jay Earley, PhD, will present on Internal Family Systems (IFS). IFS is a new form of therapy that is compassionate, inclusive, spiritual, powerfully healing, and deeply respectful of our inner life. It represents a new synthesis of two already existing paradigms, bringing systems concepts and methods from family therapy to the world of sub-personalities.

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.



*The October
RPA Autumn
Social...*

Clockwise from above : Cynthia Kohles, Rose Lawrence, Kristine Duffin, and flashing the peace sign is Donna Raschke. Among those staying on for the good food and good conversation are Carol Weser, and her husband, John, Kristine Duffin, Warren Bean, and Roy and Wendy Holloway. Milt Harris and Vic Howard also stayed for dinner. Michael Pinkston and Andrew Leeds chatting over hors d'oeuvres.



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.



Autumn is upon us with its dimming light and anticipation of further darkness. This might be seen as a parallel to the experience of aging of many of our Medicare clients. And we too are getting older, some more noticeably than others because we already are older. However I am noticing Autumn's crisp invigorating air, the drama of the sunrise and sunset, and the remembered-from-childhood crunch of leaves underfoot. I also am noticing that I have more freedom of action and expressed thought now than I had in the springtime of my life. What personal power there is, and what fun still to be had! So how do we help our depressed seniors? How do we help those still young but too depressed to be joyous? I guess we each have our own methods, but let us not forget personal example. Be Zany, be Eccentric, be Loving, be Wise, and just Be!

Holiday Party
Friday,
December 8th

Linda Ellinor has graciously offered to host the RPA holiday party at her home at 3525 Alta Vista Avenue, behind the Flamingo Hotel.

Directions: Take Farmers Lane to the end and wind your way up Sunrise. Take the left fork at Del Rosa. The road winds and turns (keep on the road: it becomes Osage and eventually Alta Vista). Her house is on the left just after a sharp bend to the right. Park either downhill or along the street. Phone number in case you get lost: cell: 707-217-6675.

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

Welcome to our new RPA member

Holly Anton, PhD

Dr. Jay Judin, colleague, friend, and long-time RPA member, passed away on September 8 at Santa Rosa Memorial Hospital, of complications from diabetes. He was 58. For those without the good fortune of having known him, he was an expert in pain management, fluent in Spanish, and co-founder, in 1993, of PsychStrategies, an interdisciplinary treatment practice. Jay was active in the local community, and served as board president for Face-to-Face, an AIDS support agency. Jay was a true gentleman, in the essential meaning of the word, and he will be greatly missed.

The following poem in Jay's memory, by RPA member Janis Dolnick, appeared on the program for the beautiful memorial service, on October 7:

I am released;
I dance in the cosmos;
I am unbound;
I carry earthlight with me
as I step out
of my body
and out of the world.
Free

Message to the RPA membership from your Executive Board

There are several positions available on the Executive Board. We're looking for input as to the direction the organization is to go in the upcoming years. Join this dynamic group, your colleagues, in planning the events for next year, and more importantly in visioning the role the Redwood Psychological Association will play in supporting its membership in the coming years. Imagine bringing your energy and fresh outlook to the monthly round table. This is an open invitation to join us. Call any one of the board members if you are curious as to how you might participate. Have you wondered if there might be a place for you on the board? Call. Are there ways in which the organization might meet your needs more fully? Call and let us know. Better still...

JOIN US ON THE BOARD!

High Pass Rate For New Licensing Examination

Statistics provided by the California Board of Psychology show that few psychology licensing candidates have a problem passing the new California Professional Supplemental Examination. Out of 444 candidates who have taken the test in 2006, only 9 have failed. That represents a 98% pass rate. The statistics are provided below as well as a description of the test.

2006 Monthly CPSE Statistics

Month	# of Candidates	# Passed	# Failed	% Passed
February	19	17	2	89.47
March	37	37	0	100
April	37	37	0	100
May	51	49	2	96.08
June	68	67	1	98.53
July	85	82	2	96.47
August	147	145	2	98.64

California Psychology Supplemental Examination (CPSE) Fact Sheet (formerly the California Jurisprudence and Professional Ethics Examination (CJPEE))

The examination will consist of multiple-choice items that evaluate a candidate's knowledge, skills, and abilities, in the following areas:

Crisis: Assessment and Intervention. This area addresses the candidate's ability to identify, evaluate, and manage the patient's immediate crisis(es) including but not limited to danger to self or others, and grave disability. Percent Weight 22

Clinical: Assessment and Evaluation. This area addresses the candidate's ability to identify a patient's presenting problems and to collect and integrate information within the patient's interpersonal and cultural context. This area includes psychological testing, the ability to formulate diagnoses and provide recommendations. Percent Weight 22

Treatment Interventions. This area assesses the candidate's ability to develop a theoretically-derived treatment plan and prioritize treatment goals based on assessment and diagnoses. This area includes the ability to implement, evaluate, and modify clinical interventions as well as to identify the clinical impact of legal and ethical responsibilities on treatment. Percent Weight 17

Legal and Ethical Standards. This area assesses the candidate's ability to apply legal, ethical, and current professional standards in practice. Percent Weight 39

TOTAL 100

Each form of the CPSE will consist of 100 scored questions and 15 pretest (nonscored) questions, all multiple choice. The pretest questions will be presented randomly throughout the examination and will not be identified to the candidates. In addition to the standard multiple choice questions, certain questions will also be based upon 6 – 10 vignettes. Candidates will have three hours to complete the examination. A new form of the CPSE exam will be available every six months. Therefore, if a candidate does not pass the CPSE, the candidate must wait six months before sitting for the CPSE again.

Candidates are encouraged to trust in and use their clinical education, experience and judgment as a basis for responding to the examination items in addition to the Summary of California Laws, Laws and Regulations Relating to the Practice of Psychology, which are both available on the Board's website and the APA Code of Conduct and Ethical Principles which you may obtain from APA's website at www.apa.org <<http://www.apa.org>> .

APA 2006 Resolution Against Torture and Other Cruel, Inhuman or Degrading Treatment

Excerpt from Council Resolutions:

BE IT RESOLVED that the APA reaffirms its support for the United Nations Declaration and Convention Against Torture and Other Cruel, Inhuman, or Degrading Treatment or Punishment and its adoption of Article 2.2, which states

- There are no exceptional circumstances whatsoever, whether induced by a state of war or a threat of war, internal political instability or any other public emergency, that may be invoked as a justification of torture;

The American Psychological Association 2006 Resolution can be found in its entirety on the APA website at: <http://www.apa.org/convention06/notortureres.html>

APA Council also approved the following motion at its August meeting:

That the APA President write a letter to be sent to all Military Psychologists, active duty and reservists, and those working in the National Guard and Veterans Administration, to commend them for their many significant contributions and sacrifices. Expressing recognition of the extraordinary challenges these psychologists

face in times of war, for their service and psychological expertise in caring for military personnel and their families, understanding that these men and women help military personnel recover from severe physical and emotional injuries, and help families cope with family disruptions as well as economic hardships. We further appreciate that they do this often at great personal risk and sacrifice and while enduring similar disruptions in their own lives. For these reasons we direct Dr. Koocher to convey our thanks and support.

APA Seeks Input On Draft Record Keeping Guidelines

The APA Board of Professional Affairs Committee on Professional Practice and Standards (COPPS) seeks comments on the revision of the "Record Keeping Guidelines" document. COPPS is in the process of reviewing and revising the Record Keeping Guidelines adopted as APA policy in 1993 (American Psychologist, 48, 984-986). This revision was undertaken to keep the Guidelines consistent with current practices and health system needs as well as to reflect changes in the current legal and regulatory environments and to account for recent efforts in electronic record keeping. The Record Keeping Guidelines are intended for use by providers of health care services. These guidelines are designed to educate psychologists and provide a framework for making decisions regarding professional records. COPPS seeks comment on the

proposed document from interested parties, and especially on the importance, relevance, and adequacy of the prospective text. Comments regarding the applicability of these guidelines for specific practice settings and specialties are desired. The document is now being made available to the APA membership, divisions, and state, provincial, and territorial psychological associations for comment. The revision of the "Record Keeping Guidelines" document, instructions, and comment form may be found at:

<http://forms.apa.org/practice/recordkeeping/index.cfm> Please respond with comments by December 27, 2006. The current "Record Keeping Guidelines" document may be found at: www.apa.org/practice/recordkeeping.html

Black Tea Soothes Away Stress

Daily cups of tea can help you recover more quickly from the stresses of everyday life, according to a new study by researchers at the University College London (UCL). New scientific evidence shows that black tea has an effect on stress hormone levels in the body.

The study, published in the journal *Psychopharmacology*, found that people who drank tea were able to de-stress more quickly than those who drank a fake tea substitute. Furthermore, the study participants – who drank a black tea concoction four times a day for six weeks – were found to have lower levels of the stress hormone cortisol in their blood after a stressful event, compared with a control group who drank the fake or placebo tea for the same period of time.

UCL researchers also found that blood platelet activation – linked to blood clotting and the risk of heart attacks – was lower in the tea drinkers,

and that this group reported a greater degree of relaxation in the recovery period after the task.

Professor Andrew Steptoe, UCL Department of Epidemiology and Public Health, says: "We do not know what ingredients of tea were responsible for these effects on stress recovery and relaxation. Tea is chemically very complex, with many different ingredients. Ingredients such as catechins, polyphenols, flavonoids and amino acids have been found to have effects on neurotransmitters in the brain, but we cannot tell from this research which ones produced the differences.

"Nevertheless, our study suggests that drinking black tea may speed up our recovery from the daily stresses in life. Although it does not appear to reduce the actual levels of stress we experience, tea does seem to have a greater effect in bringing stress hormone levels back to normal. This has important health implications, because slow recovery following acute stress has been associated with a greater risk of chronic illnesses such as coronary heart disease."

More information and details about the study, including contact information for Professor Steptoe, are available at:

<http://www.ucl.ac.uk/media/library/tea>

Easily Searched Website For Drug Information

WebMD has an easily searched webpage that describes medication and supplements uses, side effects, precautions, interactions and overdose information. The link to the website is www.webmd.com/drugs/index-drugs.aspx

Announcements

Blessing and Belonging: Countering Isolation and Enhancing Aging
with Rachel Naomi Remen, M.D., November 18, Petaluma Community Center

Rachel Naomi Remen, M.D., will present "Becoming a Blessing" as the major speaker at a conference on the challenges of aging presented by the International Institute for Humanistic Studies (I.I.H.S.), Saturday, November 18, 9:30 am – 3:00 pm at the Petaluma Community Center. 4 CEUs available, Psychologist, MFT, LCSW and 4 CEs for RN. A catered lunch will be provided followed by Dr. Remen's talk and book signing, Kitchen Table Wisdom and My Grandfather's Blessings.

More info at <http://www.human-studies.com>, (707) 763-3808, X2; mheery@sonic.net

Office Space

OFFICE SHARE 1101 College Avenue Play therapy toys/sandtray, some neuropsych test equipment to share with pediatric neuropsychologist. Kitchen, conference room, waiting room shared with several other psychotherapy offices. One to three days per week except Fridays and Saturdays @ \$120/day plus tel (\$15/mo + dir & l.d.). Minimum one full day/week. Lv msg (707) 319-2607.

OFFICE SPACES available for sublet Mondays/Wednesdays/Fridays, and Tuesday evenings. Quiet, friendly building with wheelchair ramp and parking lot at 625 Cherry Street in Santa Rosa. Call Barbara Davis (707) 523-9920.

Seeking Internship

As a registered psychological assistant, I am looking for a postdoctoral internship. I need to fulfill the BOP requirements for taking the EPPP. I have experience with individuals, children, families, and groups. Primarily my training focused on domestic violence, trauma, and addiction. I am hoping to find an internship that can use my skills and help me develop professionally. Currently, I work half time in a county facility focused on alcohol and drug services. I have experience dealing with the courts and probation. I am a Registered Addiction Specialist. Contact Janet Hack, Psy.D. at 707 548 8853, or email hackpsyd@sonic.net.

Employment Opportunity

Psychologist position: Sonoma Valley Community Health Center

Part-time to full time Clinical Psychologist needed for a growing non-profit community health center in the Sonoma Valley. The Sonoma Valley Community Health Center is committed to providing affordable, accessible and quality health care, regardless of a client's ability to pay. Our Health Center provides medical care and preventative services to people of all ages. We are looking for a psychologist with experience in working with youth, who has bilingual English / Spanish skills and a commitment to promoting community health are highly desirable. To apply, e-mail a resume and cover letter to Hilary Mertaugh at hmertaugh@svchc.org or fax to 707-939-2272.

Editor's note: In this issue you'll find your RPA renewal form. We were still getting renewals in April of 2006, so I thought I'd get the ball rolling early. Please complete the form and return it as soon as possible. You can save \$15 by renewing your membership before January 31st.

Why wait?

RPA Membership Renewal / Application for 2007

Renewal ____

Application ____

Name _____

E-Mail Address: _____

Include e-mail address in RPA Website Directory Yes ____ No ____

Business Address (No Change __) _____

Phone _____ Fax _____

Home Address (No Change __) _____

Phone _____ Fax _____

Address to receive RPA mailings: Business ____ Home ____

Phone number to print in member list: Business ____ Home ____

E-Mail address for RPA list serve: Business ____ Home ____

Check here to exclude e-mail address from RPA website directory ____

Please list all psychology-related degrees, with dates and granting institution:

(No Change __)

Degree ____ Date ____ Institution _____

Degree ____ Date ____ Institution _____

Degree ____ Date ____ Institution _____

Do you hold a current California psych. license? Yes ____ No ____

California license type and number: _____

Are you a registered psych. assistant? Yes ____ Supervisor: _____

Reg. No.: _____

Are you a current member of the California Psychological Association? Yes ____ No ____

Are you a current member of the American Psychological Association? Yes ____ No ____

Have you ever been convicted of a felony, had you license or certification suspended or revoked, or been found culpable in any ethics proceedings? Yes ____ No ____

If Yes, please explain below or on a separate sheet, or indicate no change from previous disclosure:

I hereby affirm that all of the information on this application is true and correct. I agree to abide by the RPA bylaws.

Signature and Date

Annual dues and membership status (Please check highest applicable status):

Member \$75* Licensed to practice independently as a psychologist in California

Associate \$45 Not licensed as psychologist, but has PhD, PsyD, or Masters in psychology

Affiliate \$25 Non-psychology degree or full-time student

Retired \$15 Non-practicing retired psychologist

Please make check to "RPA"

*** \$60.00 if payment postmarked by last day of January, or for first-time applicants.**

(Payments of 75.00 before 1/31/07 will be treated as including a 15.00 donation.)

Please indicate committees in which you are interested in participating:

CLASP _____

Continuing Education _____

Disaster Response _____

Ethics _____

Governmental Affairs _____

Health Care Services _____

Media and Public Affairs _____

Please list any suggestions for future RPA activities, including CE courses, symposia, seminars, speakers, etc.: _____

Please send to:

Redwood Psychological Association

P.O. Box 15209

Santa Rosa, CA 95402



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

The next newsletter will be out in December. 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 of approximately 100 words are free for RPA members and cost \$25 for nonmembers.

CALENDAR of EVENTS

CEU Presentations

Monday, November 6th - Jay Earley, PhD - Internal Family Systems

****2007 CEU presentations - Mondays, 2/5, 4/23****

Holiday Party - Friday, December 8th - 7pm "Significant Others" invited!

"The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed." -Carl Jung, psychiatrist (1875-1961)

Check out www.redwoodpsych.org



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