



REDWOOD PSYCHOLOGICAL ASSOCIATION

A CHAPTER OF THE CALIFORNIA STATE PSYCHOLOGICAL ASSOCIATION

P.O. Box 15209 • Santa Rosa, CA 95402

www.redwoodpsych.org



RPA DIALOG

December 2007 (Volume 14, #6)



2007 RPA HOLIDAY PARTY

Friday, December 14, 2007 at 7pm

Hosted by Paula Solomon and Shelley Singer

paulasolomon@comcast.net

President: Milt Harris, Ph.D (707-579-3140)

Vice-President: Tesa Carlsen, Ph.D (707-996-8222)

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President's Column
by Milt Harris, Ph.D.

I hope each and everyone had a good Thanksgiving, and will have a happy and healthy holiday season. I am grateful that RPA continues to strengthen and grow, attracting psychologists new to the area, and retaining old timers; we currently have 109 members. 2007 saw increased use of our list serve, many fine CE presentations, and several scintillating social events. We should all be grateful to committee members who have given their time, energy, and common sense to the chapter, and to all members who volunteered their time

in various ways. We should be grateful as well to one another, for coming together, even if only in the paying of dues, to help make RPA a resource, for ourselves, and the larger community.

I hope to see you all at the Holiday Party on 12/14. Thanks to Paula, Sharon, Greg, and Carol for making it happen. When you see me there, be sure to ask about our recent trip to Amsterdam. If anyone has proposals or ideas for new RPA initiatives, please contact me (or any member of the executive committee), either at the party, or over the course of the year.

Finally, in the spirit of the non sequitur, let's remember Roberto Clemente, who died on the last night of 1972, trying to take emergency supplies to survivors of an earthquake in Nicaragua. He was too eager to trust in an ill-maintained, fraudulently operated aircraft, and was lost at sea off Miami. A Hall of Famer, in my opinion the best right fielder ever to play the game, on a good day he could throw home a strike from deep right field, and no one could tag up. Arriba!

Milt Harris

Two Steps Forward, One Step Back

This is a new feature intended to address the many hurdles that are a part of the process of becoming licensed and then starting a practice, or a new job. We've enlisted newly licensed psychologists, Melissa Staehle, Ph.D, Kristine Bartlett, Psy.D, Jennifer Holland, Psy. D, and Vickie Dwyer, Psy.D, all licensed for under 5 years, to help us with this endeavor. They will speak to the process they have recently come through. They will answer questions from the pre-licensed RPA members, as well as the newly licensed members. Their responses will be both anecdotal and researched when necessary.

We'll address the nitty gritty issues (getting internships that work, when to apply for the EPPP, business license, insurance, office space) and the emotional issues (I can't work with this supervisor, I'm fried, maybe I can't do this).

As the dialog progresses, perhaps topics will trigger memories for those of you who have been licensed "forever," and you will share your experience; don't hesitate to jump in: email Tesa Carlsen at drTesa@mac.com with "Two Steps Forward" in the subject line.

In this newsletter you'll meet Kristine, Melissa, Vickie, and Jennifer.

Kristine Bartlett, Psy.D.

Hello, I am excited to be part of this new column for the RPA. I am a newly licensed psychologist (as of 7/07) in Santa Rosa. I received my Psy.D. in 2004 and completed my post-doc hours doing psychological assessments at True to Life Children's Services with Dr. Paula Solomon.

Currently, I am starting my private practice in Santa Rosa and chasing my 19 month old daughter around. Learning about the business side of being a psychologist is an enjoyable challenge. I have additional training and experience working with veterans, safety personnel (law enforcement, firefighters and EMS) and their families.

After the excitement of completing graduate school wore off, the magnitude of completing my license set in. I felt like there was an incredible lack of support and information during this part of the journey. I had so many questions and no place to ask them. Or it took three calls to the Board of Psychology to get them answered. It is my hope that we can be a panel that you feel comfortable asking questions of and a source of useful information.

Melissa Staehle, Ph. D.

Greetings! I, too, am in the process of developing a private practice. In fact, as I write this, it is week nine, day one, hour three of paying rent for this office, but who's counting? I am - clearly there is a little anxiety accompanying the excitement of this new venture.

I completed my Ph.D. from the Institute of Imaginal Studies in 2003. My post-doc hours were earned under the tutelage of Dr. Keith Bridges in his private practice specializing in pain management. I accrued those hours over a two-year period working part-time, which allowed me 10+ hours a week to study for the two licensing exams. I took the EPPP while working with Dr. Bridges and scheduled the final hurdle, the law and ethics exam, directly upon completing my 1500 hours of post doc work.

Unlike Kristine, I was not ready to move directly into my own practice when I first got licensed. In addition to being short on confidence, I needed to make an immediate contribution to the

household income. Thus, I worked for two very interesting years at Pacifica Pain Management in St. Helena as part of a multidisciplinary team dedicated to a non-narcotic approach to chronic pain management.

My initial piece of advice to those working through these early years in the profession is to not be hesitant to ask for help, especially of your mentors. For me, these people have been my four clinical supervisors. Every one of them, when asked, has continued to offer support through each stage of the process. Their advice has been especially helpful as they understand my particular strengths and weaknesses.

Vickie J. Dwyer, Psy.D.

Hello newly-licensed and soon-to-be-licensed Psychologists! I'm glad you are here and are taking this opportunity to connect with others in the same boat. I graduated from the Wright Institute in 2005 and completed my post-doc hours at Kaiser Santa Rosa, Department of Psychiatry. I completed the licensing process in 2006, a few weeks before I finished my residency. If you are looking for a post-doctoral position, I highly recommend Kaiser Santa Rosa. I received first-rate training and I had lots of support and direction in getting through the licensing process.

Once I was licensed I needed to find a job as soon as possible. I live in Mendocino County so I took a position with the Superior Court in Ukiah. I work in the Family Court as a Mediator and Child Custody Evaluator. I also have a part-time private practice with offices in Ukiah and Santa Rosa. The Court job provides a pretty good income with benefits, and the private practice is fun and rewarding. For now, it's a good blend of activities for me.

I hope to hear from all of you and begin an exchange of information. There are so many ways to get through this process and to begin your career as a Psychologist. Let's talk!

Jennifer Holland, Psy.D.

Becoming a licensed clinical psychologist has been one of two great lifelong dreams, the other was to become a mother. As fate would have it, I managed to accomplish those two lifelong dreams simultaneously thanks to the guidance, patience, support and love from my clinical supervisors and, oh yeah, my husband.

My graduate training started on the East Coast at Brandeis University. From there I flew west to receive my Masters from the Institute of Imaginal Studies, and finally my doctorate from Ryokan College. Like most of us, I have been a student for a long time, and probably in school longer than most. I accrued my predoc hours for licensure at A Special Place which is a therapeutic preschool for sexually abused three to five year olds, Sonoma County Mental Health Older Adult Services, and Russian River Counselors. My postdoc was completed under the supervision of Dr. Louise Packard, in private practice. After passing the EPPP and the CPSE, I began a private practice right away. I finally have my own office, and I am loving it. The only down side is that I am not working in an office with other therapists. So, I am pretty much on my own.

To those who are still in the process, keep your eye on the ultimate goal of becoming licensed. My favorite sayings through all of this has been, "The purpose of graduate school is to get out!" Find supervisors, as I did, that you really feel comfortable with, and who are in it, primarily for the mitzvah of launching you as a psychologist.

Announcements and Ads

COURSE on repairing maternal-infant bonding disruptions will be taught on Saturday, January 12, at USF, Lone Mountain campus, by Tony Madrid. This seven hour course will prepare participants to fix bonding problems in mothers of young children, using hypnosis or EMDR. No prior knowledge of hypnosis is required. 7 CEUs. \$120. For a description and syllabus of the course: www.rivershrink.com, or phone Tony at 865-1200.

INTEGRATIVE SANDPLAY SEMINARS

Work from your own sandplay case material
Meets Saturdays, 1/19, 3/15 & 5/17
10am-5:30 6 CE Hours per meeting.
\$150/meeting. Must commit to 3 meetings.

Online Courses in Jungian Sandplay
6 to 15 CE Hours, \$49-\$115

<http://www.temenospress.com/learning>

Temenos Press® Learning Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Temenos Press Learning Center maintains responsibility for this program and its contents.

Barbara A. Turner, PhD, author of The Handbook of Sandplay Therapy.

HANLON MEDICAL BILLING

Electronic billing for faster reimbursement. HIPAA compliant. Personal service and accountability that comes from an owner-operated business. All follow-up handled by me so you don't have to. Individual practices and groups welcome. References available. Contact Heather Hanlon @ 707-579-9225 or hanlonbilling@mac.com.

OFFICE SUBLET Waterfall Towers, available Tuesdays and Wednesdays beginning Jan. 1, 2008. Please contact Meghan Tiedemann-Fuller at meghantf@gmail.com or 707-546-2285 for more information.

CURRENTLY EXPANDING PRACTICE:

Greg Thigpen, PsyD, is pleased to announce openings for new clients. Adults, adolescents and families can expect a collaborative, creative, and solution-focused approach that will help them to improve relationships, feel better, and achieve their goals. Two Santa Rosa offices (Coddingtontown and Junior College areas), evening hours. Call for more information, 494-6462.

NEW PRACTICE Mary Susan Sams, Psy.D. announces the opening of her pediatric psychology practice in Santa Rosa. Previously of Chicago, Dr. Sams is pleased to reside in Sonoma County where she now provides care for children, teens, young adults, and families. Clinical expertise includes the evaluation and treatment of:

- *Mood and Regulatory Disorders
- *Anxiety Disorders
- *Behavioral Difficulties
- *Disorders of Attention and Learning
- *Coping with Loss and Change
- *Medical and Developmental Issues
- *Fetal Alcohol Spectrum Disorder

Also providing:

- *Parent Consultation
- *Family Therapy
- *Educational Advocacy

Dr. Sams is now accepting referrals and welcomes the opportunity to meet and collaborate with other Sonoma County healthcare professionals. Mary Susan Sams, Psy.D., 509 Seventh Street, Second Floor, Santa Rosa, 95401, 707.623.7334, www.doctorsams.com

Announcements and Ads

POSITION AVAILABLE PT Licensed Psychologist needed for Santa Rosa. Join a reputable leader in providing treatment, behavior med interventions and testing to residents of skilled nursing facilities. Vericare offers flexible scheduling, 100% paid malpractice, 401 K, referral management and prompt reimbursement. Doctorate degree and licensure required. Please call Mercy Sanchez at 800-257-8715 x1146 or email to msanchez@vericare.com.

POSITION AVAILABLE California Licensed LCSW or Ph.D. for Behavioral Health position in rural healthcare on the Mendocino/Sonoma Coast. Diverse Client base. Experience with senior population desirable. Salary based on experience.

Send letter, resume and references to: Judy Seymour, jseymour@rcms-healthcare.org or P.O. Box 621, Pt. Arena, CA 95468

Welcome to our new RPA member

Nicole Berlant, PhD

NEW PRESENTATION IDEA RPA is planning to offer a midweek or Friday evening get together with an hour informational/educational/interesting presentation. We are looking for a volunteer to scout venues. We're needing a restaurant with a private room, accommodating approximately 20 people who can order drinks and hors d'oeuvres, or dinner individually, without paying for the room itself. If you'd like to help get this off the ground, call Carol Weser at 526-2288.

RPA ETHICS COMMITTEE OFFERS CONSULTATION

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

committee members:

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

NOTES FROM CPA'S EMAIL NEWSLETTER

Psychologists' Quick Reference to California Practice Laws

This Guide is useful as a quick desk reference for psychologists in California. It includes specific information about child abuse reporting, Tarasoff Duty To Warn, dealing with patient requests for records, retention of records and responding to subpoenas.

It is available online and can be downloaded from:

http://www.cpapsych.org/associations/6414/files/files/gov-affairs/capnotes/CPA_quick_ref_to_laws.pdf

Number of Psychologists in Each California County

The Board of Psychology periodically publishes a report on the number of Board of Psychology licensed psychologists in each California county.

Sierra County has no licensed psychologists. At the other end of the distribution is Los Angeles County with 4010 psychologists.

Other Counties with more than one thousand licensed psychologists include San Diego (1537), Orange (1172) and Alameda (1097).

The complete report of the number of BOP licensed psychologists in each California County can be found online at:

http://www.psychboard.ca.gov/county_statistics.pdf

Psychology Board Announces Administrative Delays in Processing Applications

The California Board of Psychology has issued an alert that longer-than-usual delays are occurring in processing licensing and registration applications. According to the Board, an unusually high volume of applications has resulted in a processing period of around 8-10 weeks. The Board has indicated that it is

working on reducing the processing time.

Accordingly, psychologists are advised to take into consideration the amount of time for processing when filing licensing and registration applications. For more information, email the Board at bopmail@dca.ca.gov

Board of Psychology License/Registration Applicant Satisfaction Survey

The link below is to a brief online survey that helps the Board of Psychology evaluate the quality of services provided to applicants for license and registration. Please check the box next to the answer that best matches your experience. If desired, the survey can be filed anonymously.

https://app.dca.ca.gov/psychboard/licensing_survey.htm

New Federal Guidelines Summarize Effectiveness, Side Effects of Antidepressants

New plain-language guides outline the latest scientific evidence on antidepressants, including how well the medicines work and their potential side effects. The guide published by the Agency for Healthcare Research and Quality (AHRQ) – one written for clinicians, the other for patients – suggests that about 6 in 10 adult patients get some relief from the drugs. In addition, about 6 in 10 experience at least one side effect, ranging from nausea to sexual dysfunction.

The guides summarize information on a dozen second-generation antidepressants: bupropion (Wellbutrin), citalopram (Celexa), duloxetine (Cymbalta), escitalopram (Lexapro), fluoxetine (Prozac), fluvoxamine (formerly sold as Luvox), mirtazapine (Remeron), nefazodone (formerly Serzone), paroxetine (Paxil), sertraline (Zoloft), trazodone (formerly Desyrel), and venlafaxine (Effexor).

The guides can be found on the AHRQ website at: <http://effectivehealthcare.ahrq.gov/reports/index.cfm>

Redwood Psychological Association
2008 Ballot for Officers

		<u>Approve</u>	<u>Disapprove</u>
President	Milton Harris, Ph.D.	<input type="checkbox"/>	<input type="checkbox"/>
Vice-President	Tesa Carlsen, Ph.D.	<input type="checkbox"/>	<input type="checkbox"/>
Treasurer	Victor Howard, Ph.D.	<input type="checkbox"/>	<input type="checkbox"/>
Secretary	Juliet Dantin, Ph.D.	<input type="checkbox"/>	<input type="checkbox"/>

Write-in (Name / Position):

Carol Weser, Ph.D. is past-president
Michael Pinkston, Ph.D. is our CPA Chapter Representative

Please complete ballot and mail for receipt by 01/10/2008 to:

RPA
P.O. Box 15209
Santa Rosa, CA 95402

RPA Membership Renewal / Application for 2008

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 your 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 1/31/08 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



Pre-licensed Bulletin Board

Please note: This issue's "Two Steps Forward, One Step Back" is a work in progress. Have you got questions but don't know where to find the answers? Are you studying for the exam and want to talk with someone who can still remember what it was like? What topics do you want covered? We want to address the issues that are most important to you. We want to hear from you. Email Tesa Carlsen with your suggestions.

* * * * *

Are you looking for research subjects?

A study partner for exams?

A Supervisor?

As a benefit to our pre-licensed members of RPA, this bulletin board is provided to let others know that you are seeking study partners, supervisors, and internships.

Contact Tesa Carlsen at DrTesa@mac.com, with your posting.

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

Please note that a 2008 membership renewal form is included in this newsletter. Renew your membership early, save money, and cross it off your list of "things to do."

There is also an RPA 2008 Ballot for Executive Board Officers. Please complete the ballot and mail it to RPA's post office box before January 10th.

The next newsletter will be delivered in February. Announcements and ads can be sent to me via email at DrTesa@mac.com 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

CELEBRATING THE SEASON - HOLIDAY PARTY - FRIDAY, DECEMBER 14TH, 7PM

Watch for the Spring CEU Presentations

**RPA 2008 membership renewal form enclosed
RPA Executive Officers Ballot enclosed**

No snowflake ever falls in the wrong place. -Zen saying



Check out www.redwoodpsych.org
Access past issues of the RPA Dialog on the website

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