

REDWOOD PSYCHOLOGICAL ASSOCIATION

A CHAPTER OF THE CALIFORNIA STATE PSYCHOLOGICAL ASSOCIATION

P.O. Box 15209 • Santa Rosa, CA 95402

www.redwoodpsych.org

RPA DIALOG

February 2007 (Volume 14, #1)

CEU PRESENTATIONS

Monday, February 5th Denise Garibaldi, Ph.D.

Sports and Performance-Enhancing Substances: A challenge for Teens and Our Society

After losing her 24-year-old son to steroid induced depression that culminated in his suicide in 2002, Denise has been advocating against and extending education about anabolic steroid abuse privately, professionally, and publicly. Her son's story, along with those of two other young men, put faces on the negative impact of steroid abuse. She traveled to Washington, DC, to testify in the Congressional hearing which made history in 2005, with the presence of Mark McGwire, Rafael Palmiero, Jose Canseco, Curt Shilling, and Sammy Sosa about steroids in professional baseball. She testified in the CA State Senate for Jackie Speier regarding legislation banning high school athletes from accessing and using performance enhancing supplements and steroids. After her filing suit against Governor Schwarzenegger, he signed similar legislation into law the following year (2005 SB37). Her presentation will cover the whys, whats, and wherefors of steroids, the challenges and the dangers.

Monday, April 23rd Kristine Duffin, Psy.D.

Solution-Focused Brief Therapy

Solution Focused Brief Therapy aims to work collaboratively with the client who understands his own circumstances the best in order to arrive at a solution that is pragmatic and realistic to fit his needs. The result is a respectful, brief therapy with workable solutions that the client can actually carry out by making needed changes. Some basic tenets of SFBT are: asking questions rather than telling clients what to do; gentle nudging to do more of what is working; change is constant and inevitable; the solution is not always directly related to the problem.

President: Milt Harris, PhD (707-579-3140)
Vice-President: Tesa Carlsen, PhD (707-996-8222)
Past-President: Carol Weser, PhD (707-526-2288)
Secretary: Kristine Duffin, Psy.D. (707-522-0220)
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 Column

by Milt Harris, Ph.D.

Greetings fellow RPA members, and Happy New Year. The absence of any measurable objection to my becoming your president again (third term in 25 years) was indeed heartening, and as my first Official Act, I hereby proclaim a week of Feasting and Rejoicing (BYOB).

This time of year, as the frost gathers on the threadbare lawns, your thoughts are no doubt turning to "How can I, as an individual, help RPA be a better, more effective organization?" To save you the difficulty of working this out, I list a simple 7-step program, beginning with baby steps anyone can follow, progressing through greater challenges, and culminating in the presidential Magic Kingdom®.

1. Read, or at least scan, your mail/email from RPA. It's mostly not fluff.
2. Pay your dues on time, to save us volunteers the hassle (wasted time and energy) of having to recontact you.
3. Enroll on the list serve, keeping your email address up-to-date (at miltonharris@sbcglobal.net). You'll get news much faster, and share in an effective local resource.
4. Let RPA officers know via email or phone or in person, how RPA can better serve your needs as psychologists and persons.
5. Participate in RPA educational and social events.
6. Serve on (or help create) an RPA committee.
7. Paraphrasing Gilbert and Sullivan:

Stay away from your desk
The live-long day;
You'll soon be president
Of the mighty RPA.

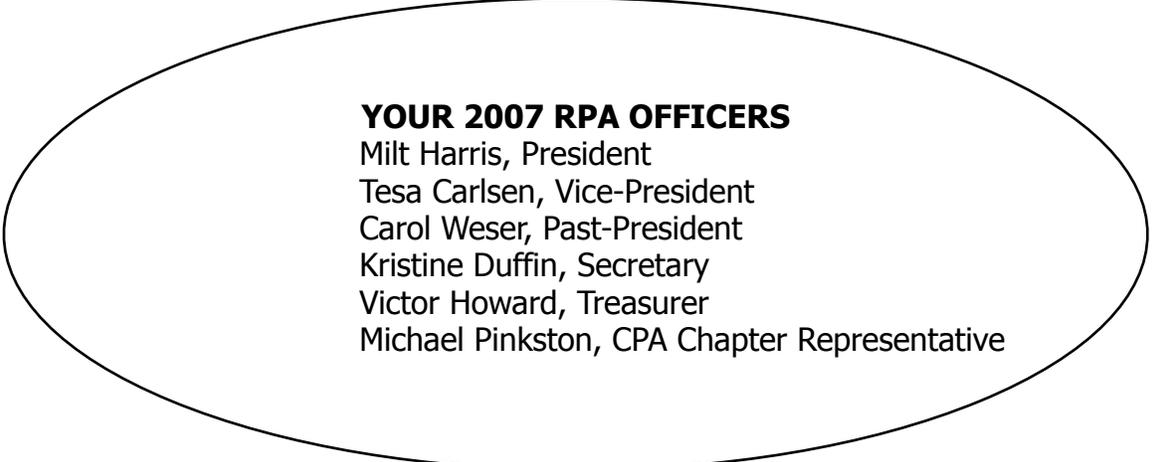
OK, it helps to come to meetings, return phone calls, and bathe regularly.

I want to publicly thank our talented and dedicated officers and other committee members for their competent and selfless dedication to our organization: Tesa Carlsen (Vice-President and newsletter editor); Kristine Duffin (Secretary); Vic Howard (Treasurer); Mike Pinkston (CPA Chapter Rep); Carol Weser (Past-President); Jeff Kahn, Bill McCausland, Mike Pinkston (again), and Ann Strack (Ethics Committee); Ritch Addison (CLASP); Rich Zimmer (Disaster Relief). I also want to acknowledge the efficient work of Meghan Tiedemann-Fuller, our MCEP coordinator, and Lea Goode-Harris, our website coordinator. We are grateful to the Scottish Rite of Santa Rosa for graciously allowing us to use its excellent facilities for larger events. Most especially, I want to thank each member for his or her support ("They also serve who only stand and wait").

The leadership of RPA is a group effort of the Executive Committee, on which I have been privileged to serve for several years. I do not anticipate any great adjustments to our current trajectory, which has had as its principal aim continuing education and networking. We will cooperate with CPA, our parent organization, while maintaining our local independence and flavor. We will help with beneficial initiatives as seem useful and practical.

A few practical matters: the easiest way to join/manage the **list serve** is by dropping me an email. You can also email me for changes of address or phone, or other database issues. Visit the RPA **website** (www.redwoodpsych.org); contact Lea Goode-Harris for updates to your listing there. Contact Tesa Carlsen for **newsletter** content, including personal ads. Members experiencing personal problems potentially affecting their professional activities are strongly encouraged to contact our **CLASP** coordinator, Ritch Addison (576-9813), for confidential consultation. Members with ethical questions should contact the **Ethics** Committee; the on-call ethics consultant changes each month, and is listed in the Dialog. Please discuss with me, or any Executive Committee member, any issues you deem important, and let us know how our organization can better serve your, and professional psychology's, interests.

Milt Harris
579-3140
miltonharris@sbcglobal.net



YOUR 2007 RPA OFFICERS

Milt Harris, President
Tesa Carlsen, Vice-President
Carol Weser, Past-President
Kristine Duffin, Secretary
Victor Howard, Treasurer
Michael Pinkston, CPA Chapter Representative

**And welcome to our newest RPA member
Ed Meshberg, PhD**

Psychology Board Changes Regulations

Increases in "Independent Learning" CE Hours For License Renewal

Psychologists may now earn up to 75% (27 hours) of the required 36 hours of Continuing Education through Independent Learning (New Board of Psychology regulations took effect December 16, 2006.)

Changes in Ethics and Law requirement

The Office of Administrative Law approved proposed changes to the board's regulation, regarding the mandatory laws and ethics course requirement for license renewal. These changes were effective on January 19, 2007 and apply to all renewing psychologists whose license expiration date is January 2007 and thereafter. A licensee will no longer be required to take a four (4) hour course in laws and ethics, however, this option is still available for those who choose to take the course.

The language is amended as follows:

(b) Any person renewing or reactivating his or her license certify under penalty of perjury to the Board of Psychology as requested on the application for license renewal, that he or she has obtained training in the subject of laws and ethics as they apply to the practice of psychology in California.

The training shall include recent changes/updates on the laws and regulations related to the practice of psychology; recent changes/updates in the Ethical Principles of Psychologists

and Code of Conduct published by the American Psychological Association; accepted standards of practice; and other applications of laws and ethics as they affect the licensee's ability to practice psychology with safety to the public.

Training pursuant to this section may be obtained in one or more of the following ways:

- (1) Formal coursework in laws and ethics taken from an accredited educational institution;
- (2) Approved continuing education course in laws and ethics;
- (3) Workshops in laws and ethics;
- (4) Other experiences which provide direction and education in laws and ethics including, but not limited to, grand rounds or professional association presentation.

RPA ETHICS COMMITTEE OFFERS CONSULTATION

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

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

MESSAGE FROM THE WEBMISTRESS -- *Lea Goode-Harris, Ph.D.*

e-mail: goode-harris@sbcglobal.net

If you haven't posted your 25 word blurb about your practice on the RPA members directory and referral page, now would be a good time to do so! Remember, as you renew your membership, your name remains current on the RPA website. Please visit the members directory and referral page to see how others have listed themselves and to check that your information is up to date. <http://www.redwoodpsych.org/rpalst.html>

Announcements

ELDER REFERRALS - Mary L. Flett, Ph.D. is welcoming referrals of elders or individuals experiencing behavioral problems due to stroke, chronic illness, parent/child issues around elder parent care. Will make house calls. Contact Dr. Flett at (707) 938-5531.

RUSSIAN RIVER COUNSELORS in Monte Rio can provide assessment and counseling for children on Medi-Cal. To find out more about these services, you can phone the office at 865-1200.

SANDPLAY WORKSHOP - March 17th, 10-5. 6 ceu's for MFT's and 6 STA hours toward certification. This is an introductory workshop on sandplay which will include Jungian psychology, analyzing a sandplay process and, with a partner, making a sandplay construction. Psychological Assistants and interns welcome. All levels welcome. If interested contact Liza Ravitz, Ph.D, Jungian Analyst, ISST Teaching Member, 318 Western Ave. Petaluma, 707-762-7828 or lizajill@comcast.net

WOMEN'S GROUP - Openings in a small women's group (4-5 members max, currently have 2-3) for clients who have had some exposure to DBT skills training and are looking for a more advanced skills/support therapy group to deepen their use of skills and work on interpersonal patterns in a supportive skills-friendly group environment. Currently we meet every other week for 2 hours on Mondays 7-8:30pm. Clients can contact me directly for phone screening. If in individual therapy as well client needs to have okay of their individual therapist.

Ads

Full time office available end of March with friendly supportive colleagues in Waterfall Towers. Handicapped accessible, plenty of parking, and kitchen en-suite. This office is around 257 square feet, and has an L shaped configuration. One side, with window, had been used for desk activities, and the other side is a perfect space for group therapy or sand tray therapy. Monthly rent is \$862 includes everything except telephone. Contact Carol Weser 526-2288 or humanone@sonic.net.

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

This will be your last newsletter if you have not renewed your RPA membership. You may still have a day or two to save \$15 by renewing your membership before January 31st. You can find the membership form on the RPA website, www.redwoodpsych.org.

The next newsletter will be out in April. 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

Monday CEU Presentations

February 5, 2007 Sports and Performance-Enhancing Substances: A challenge for Teens and Our Society. Presentation by Denise Garibaldi

April 23, 2007 What we're working on: Solution Focused Therapy
Presented by Kristine Duffin, Psy.D.

"The human mind treats a new idea the same way the body treats a strange protein; it rejects it." -Peter. B. Medawar, scientist, Nobel laureate (1915-1987)

Check out www.redwoodpsych.org



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