

REDWOOD PSYCHOLOGICAL ASSOCIATION

A CHAPTER OF THE CALIFORNIA STATE PSYCHOLOGICAL ASSOCIATION

P.O. Box 15209 • Santa Rosa, CA 95402

www.redwoodpsych.org



RPA DIALOG

November 2008 (Volume 15, #4)



2008 RPA HOLIDAY PARTY

Friday, December 5, 2007 at 7pm

Bring your partners with you and let's celebrate

Hosted by Louise Packard & Larry Moskowitz at their home

in

Santa Rosa, CA 95404

ouizoid@gmail.com

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

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

Past-President: Carol Weser, Ph.D (707-526-2288)

Acting Secretary: Juliet Dantin, Ph.D (707-829-5355)

Treasurer: Victor Howard, Ph.D (707-539-6355)

CPA Chapter Representative: Michael Pinkston, Ph.D (707-575-7230)

Newsletter Editor: Tesa Carlsen, Ph.D (707-996-8222)

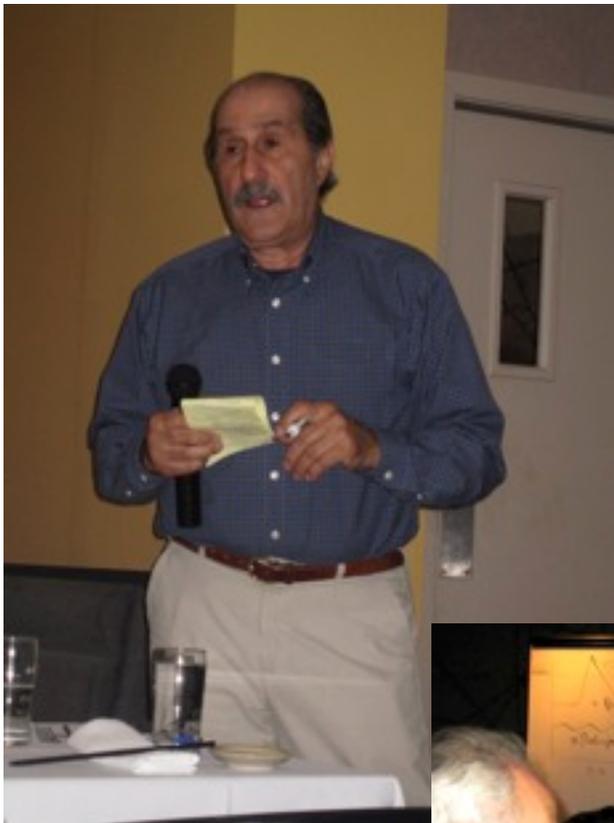
Join us for our next dinner CE presentation

On Being Certain: Believing You Are Right Even When You're Not
with Robert Burton, MD

Buffet dinner meeting Friday, January 23, 2009
at the Scottish Rite, 600 Acacia Lane, Santa Rosa
2 Hours optional MCEP for Psychologists, MFTs, LCSWs

Please plan to attend; guests are welcome

A flyer with more information and a reservation slip is included in the newsletter.



Jon Sassin, MD of the Santa Rosa Sleep Medicine Institute spoke on sleep disorders at Osake restaurant in September. The new format for CE presentations seemed to be a hit. Approximately 30 members attended and the evening received enthusiastic reviews.

We are planning additional dinner meetings in the future in an attempt to include more members in the CE program.

Our next dinner meeting will be **Friday, January 23rd, 2009**, when neurologist Robert Burton, MD, speaks at the Scottish Rite in Santa Rosa. Burton is the author of "On Being Certain: Believing You Are Right Even When You're Not." **Save the date!**

A handful of new members joined old timers in an evening of good food, lecture and lively discussion. There were lots of questions for Jon and no one fell asleep!





President's Column

by Milt Harris, Ph.D.

2008 has been a productive year for RPA. Our membership increased by 17 percent; we now have 96 full members, and 25 associate/affiliate/retired members. Our upgraded website is up and running, including the psychologist search function. Over the last four weeks, there has been an average of 31 name-specific directed searches per week, and an approximately equal number of directed searches seeking psychologists in general, or a specific sub-specialty. Not including "bots," we are getting an average of approximately 150 website hits per week. Our treasury is in good shape, despite a net loss of about three thousand dollars over the year. The list serve is active; registration now includes almost 90 percent of our members.

Most of us probably would agree that the Board of Psychology's decision to liberalize continuing education requirements, particularly in regard to law and ethics, was a good thing, but it has had an adverse effect on RPA's coffers. We can no longer count on a yearly high-attendance ethics workshop as an income producer. There has been a spill-over into all of our CE events. For example, the 9/29/07 Detection of Deception workshop with Dr. O'Sullivan – an exceptionally strong and pertinent presentation – lost money, despite (and in part because of) an extensive mailing to mental health, legal, and medical providers. And the recent dinner workshop with Dr. Sassin, despite reasonable attendance and very positive reviews, did not quite break even. The dinner presentation by neurologist Robert Burton, MD, author of On Being Certain: Believing You Are Right Even When You're Not on 1/23/09, hopefully will include local psychiatrists and other physicians, and mental health professionals, as well as psychologists; this evening is anticipated to break even in the case of good attendance (70+ persons). Please attend what promises to be a great evening (and invite your medical and mental health friends and colleagues).

Another new expense has been the creation and maintenance of the website with psychologist search function. The start-up cost was about three thousand. Although the net cost to members (about 30.00 per full member) is expected to be more than offset by increased referrals, the expense is reflected on RPA's balance sheet.

Because I and the executive board believe RPA should operate in the black, with enough financial cushion to plan prudently, but not anxiously, for future events and other expenses, we have proposed a modest dues increase, the major part of which is to be paid by full members (who primarily enjoy the fruits of the psychologist search function and the CE program). The most recent dues change, in the late 1990's, during my last iteration as your president, was a decrease of 10.00. Now we are proposing a 15.00 increase, to 90.00 for full members, with a 15.00

discount for payments by the end of the year. Associate/affiliate dues will increase by only 5.00, and the first year full member fee will remain at 60.00. To reduce the annual expense and hassle of processing late dues-payers, members not paid up by 3/1 will, on that date, lose their website and list serve privileges, and will be required to pay an additional 40.00, plus dues, to defray the costs of reconnection. Thus, for a full member, 2009 dues will vary, optionally, between 75.00 and 130.00, depending on time of payment. [In 2008, approximately 50 percent of members paid their dues by 1/1/08, 75 percent by 2/1/08, and 82 percent by 3/1/08.]

64 percent of our members belong to the American Psychological Association, 54 percent to the California Psychological Association. As some of you know, I have strongly support independence of local chapters, which should be free to adapt policies to local circumstances, in accord with local preferences. But RPA is a link in a chain, the strength of which is important to our collective professional well-being, and the potential fragility of which is illustrated by the demise of the local psychiatric association (which had been an ally in several past initiatives and events). I strongly encourage all RPA members to maintain memberships in APA and CPA.

Please come to the 12/5/08 RPA holiday party, which Ouisue Packard has so graciously agreed to host. Lea and I will miss you; we will be in Spain. We regret having to miss the party, but hope to see most of you at the Burton dinner. Thanks to Annella Dalrymple and Ann Strack for volunteering to help, and to Carol Weser, for coordinating.

I will be stepping down as your president; it has been a privilege to serve. I want to thank our executive committee for their good ideas and hard work: Tesa Carlsen, Jules Dantin, Victor Howard, Michael Pinkston, Carol Weser, and our Ethics, Disaster Response, and CLASP Committee chairpersons (respectively, Mike Pinkston, Richard Zimmer, and Ritch Addison). We owe much to Tesa, who has so ably written and produced the newsletter, and to Vic (and the Scottish Rite) for providing us access to meeting spaces. Thanks to our CE coordinator, Rose Lawrence, who initiated a streamlining of our CE approval process by aligning us with CPA, and to our web coordinator, Lea Goode-Harris, for maintaining our internet presence, and for her gracious assistance to members needing web site guidance, and for weaving RPA into her inspiring address to the APA leadership, when her labyrinth there was celebrated, as part of an environmentally-friendly "green roof" project undertaken by APA in Washington, DC. And sincere thanks to all our members, who have seen and acted upon the need for a vital local psychological association.

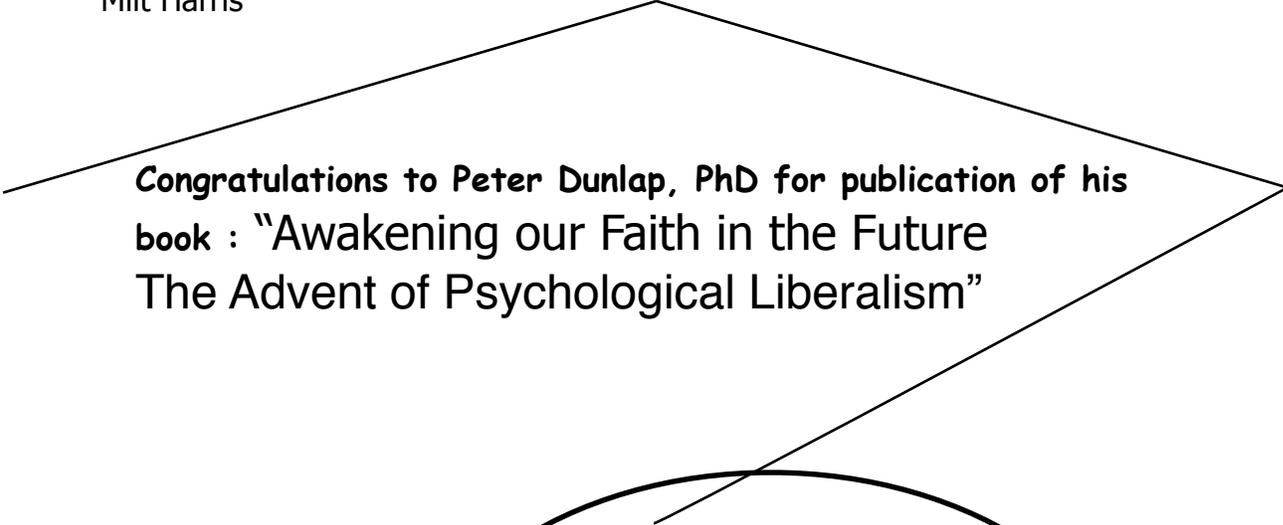
Assuming approval by the electorate, we are fortunate to have Jules Dantin as president next year, and to have Mary Sue Sams come on board the executive committee as secretary. Vic Howard will continue as treasurer, Tesa Carlsen will stay vice-president (per her fervid wishes to remain in that position), and Mike Pinkston as chapter representative to CPA. Carol Weser will be taking over as CE coordinator, and I will be past-president. I will continue to coordinate the list serve and membership roster, and Lea will continue as our website coordinator. Thus, our proposed leadership roster provides both newness and continuity.

Some final, personal (and therefore fallible) reflections on the past and future our organization:

- Most money spent on direct "marketing" is wasted. Funds are better spent on improving communication infrastructure (eg, web site; list serve) and CE. The Yellow Pages is consulted less and less (versus the web), and the cost of expanded listing is very high.

- Encouraging members, and others, to come to events, and projecting attendance, is, to borrow a phrase Lincoln used to characterize sending troops to General McClelland, "like shoveling flies." If we are to continue having quality events and presentations the treasury needs to have a cushion (hence the proposed modest dues increase).
- Although it is critical to provide practical services to members, the most important function of our local organization is to remain in being, as a tangible expression of the ideals of our profession, promoting a caring prosocial attitude, ethical practice, and the scientific approach that distinguishes psychology from solely therapy-oriented professions. The best way to maintain psychology's identity vis á vis other mental health professions is to emphasize and strengthen our distinction of being grounded in the scientific method. My feeling is that a scientific approach to human behavior, in balance with a compassionate attitude, not only defines our field, but must become a strong positive influence in our wider public lives – in our courts, our politics, and our media.
- That which motivates people, largely anonymously, to volunteer (or nearly-volunteer) their time and energy on behalf of our organization is mysterious and precious. Thanks.

Milt Harris



Congratulations to Peter Dunlap, PhD for publication of his book : "Awakening our Faith in the Future The Advent of Psychological Liberalism"

Welcome to our new RPA members

Peggy O' Toole, Ph.D
Rebecca Stadtner, Ph.D
Trudy Vandell, Psy.D.

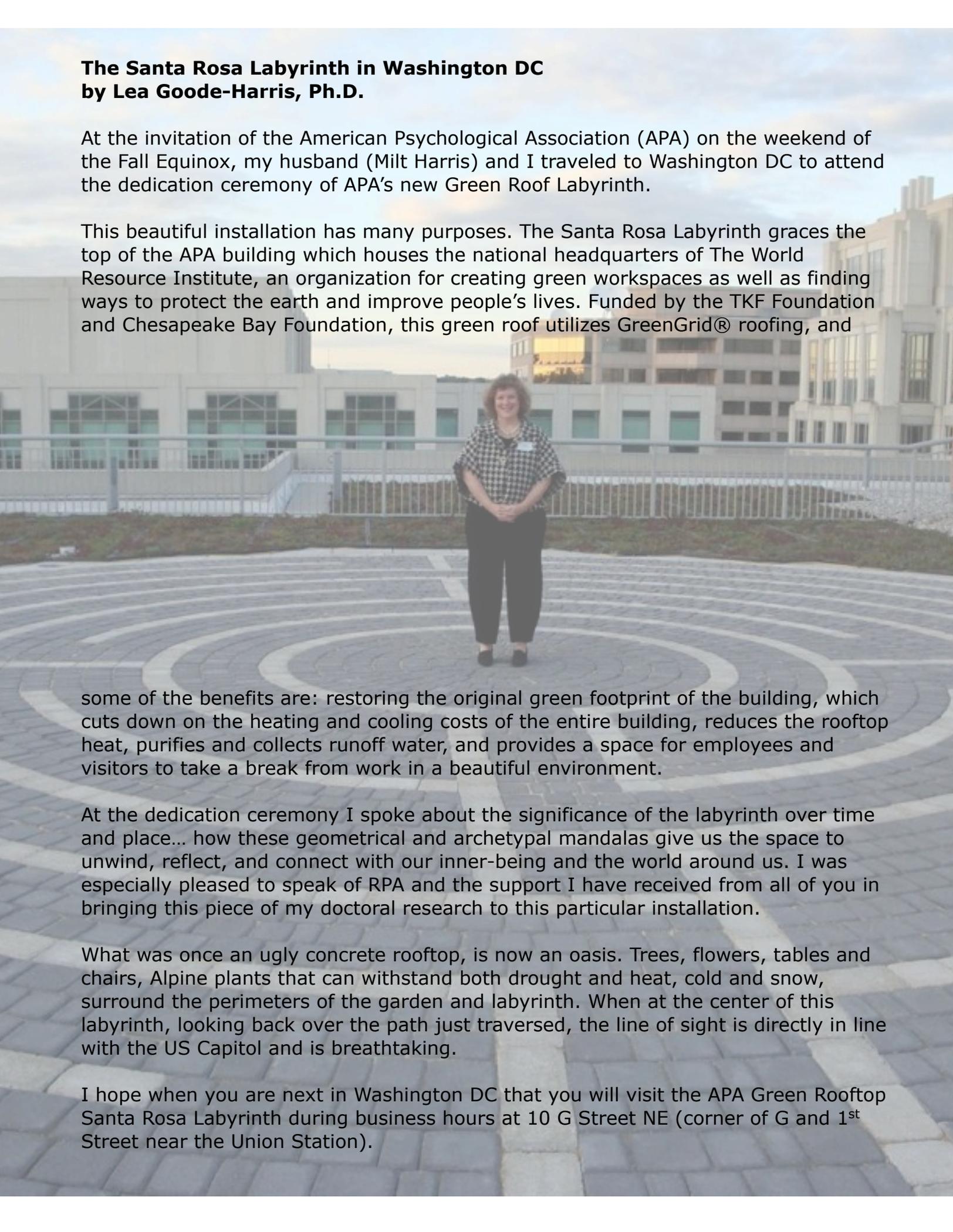
Associate members

Phillip Buttner, MA
Denise Wagner-LaFavre, LCSW
Sheila Sorensen, MA

The Santa Rosa Labyrinth in Washington DC by Lea Goode-Harris, Ph.D.

At the invitation of the American Psychological Association (APA) on the weekend of the Fall Equinox, my husband (Milt Harris) and I traveled to Washington DC to attend the dedication ceremony of APA's new Green Roof Labyrinth.

This beautiful installation has many purposes. The Santa Rosa Labyrinth graces the top of the APA building which houses the national headquarters of The World Resource Institute, an organization for creating green workspaces as well as finding ways to protect the earth and improve people's lives. Funded by the TKF Foundation and Chesapeake Bay Foundation, this green roof utilizes GreenGrid® roofing, and



some of the benefits are: restoring the original green footprint of the building, which cuts down on the heating and cooling costs of the entire building, reduces the rooftop heat, purifies and collects runoff water, and provides a space for employees and visitors to take a break from work in a beautiful environment.

At the dedication ceremony I spoke about the significance of the labyrinth over time and place... how these geometrical and archetypal mandalas give us the space to unwind, reflect, and connect with our inner-being and the world around us. I was especially pleased to speak of RPA and the support I have received from all of you in bringing this piece of my doctoral research to this particular installation.

What was once an ugly concrete rooftop, is now an oasis. Trees, flowers, tables and chairs, Alpine plants that can withstand both drought and heat, cold and snow, surround the perimeters of the garden and labyrinth. When at the center of this labyrinth, looking back over the path just traversed, the line of sight is directly in line with the US Capitol and is breathtaking.

I hope when you are next in Washington DC that you will visit the APA Green Rooftop Santa Rosa Labyrinth during business hours at 10 G Street NE (corner of G and 1st Street near the Union Station).

Announcements and Ads

Sweet little office in a four office building in Petaluma, a few blocks north of the downtown area. It has parking in the rear, easy access and a small waiting area. I only use it for assessments so it is empty often. It's furnished with a table for testing, a desk, two comfy chairs, and a love seat. Anyone interested in sharing? I am open to either fixed or open scheduling of the space. Phone/Fax:

Paula solomon 707-658-2080

e-mail: paulasolomon@comcast.net.

OFFICE SUBLET available at 1101 College, Ste 220 (College & North near YWCA). Plenty of parking, nice large office on second floor with lots of light, @ \$650.00 per mos. or \$125.00 per day. Other therapists in suite of 3 offices, FAX, small kitchen, warm, friendly supportive group. Call Steve Morris 575-0550.

REFERRING TO AN OUTDOOR OR RESIDENTIAL TREATMENT PROGRAM?

Educational consultants, in collaboration with referring mental health professionals, work with families to identify appropriate therapeutic treatment options for struggling students. Bob Casanova is an experienced, licensed marriage and family therapist who provides realistic, comprehensive recommendations to Therapeutic Schools, Residential Treatment Centers and Outdoor Therapeutic Programs for teens and young adults who need help coping with emotional, behavioral or psychological concerns. Bob Casanova, Educational Consultant, 707.526.5800

EFT (Emotionally Focused Therapy) for Couples, Study/Consultation/Supervision Group for licensed therapists, interns and psych assistants who know a little or a lot about EFT, and would like to immerse themselves in an experiential group focusing on practical application.

Two ongoing weekly groups:

Monday 1:15-2:45pm in San Rafael.
\$50/week.

Thursday 3:15-4:45pm in Santa Rosa.
\$40/week.

Contact Richard Doleman, MA, MFT
707-573-8436.

MEN'S GROUPS: A good adjunctive referral for your male clients. You may have men in your practice who feel intimidated or inadequate in their attempts to negotiate the important relationships in their lives. My men's groups provide an experience that helps men develop a capacity for emotional listening and reciprocal expression in a group atmosphere which is both safe and supportive. These groups encourage emotionally open interactions with other men in the group and authentic emotional connections with significant others in each man's life. My special area of interest is attachment theory, which informs my work with men. Three groups: Mondays, 6:30-8pm in San Rafael, \$50/group, Tuesdays, 7-8:30 pm and Wednesdays, 7-8:30 pm in Santa Rosa \$40/group. Richard Doleman, MA, MFT 573-8436

Announcements and Ads

CHILD AND ADULT CONSULTATION GROUP- has one opening. Meets 4th Wednesday of the month in Petaluma, \$50.00 per month. Children, adults, sandplay discussed. Contact Liza J. Ravitz, Ph.D, Jungian Analyst- 707-762-7828.

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

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

Please note that a 2009 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 2009 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 late December. 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 \$35 for nonmembers.

CHILDHOOD ASTHMA PROJECT

Children with asthma have been helped by a new type of psychological treatment that strengthens their connection with their mothers.

Two pilot studies published in the Journal of Prenatal and Perinatal Psychology and Health showed that children's asthma symptoms decreased dramatically with this treatment. Some children (including infants) became totally symptom free and no longer needed medication.

Sponsored by APPPAH, a new study is being conducted at Russian River Counselors, in Monte Rio, CA. Focusing on children under six, who have histories compatible with disrupted bonding, the children's mothers will be treated with bonding therapy. The children's symptoms are tracked for a year following treatment. Of special interest to the researchers is the effect of this treatment upon Immunoglobulin E, the allergies indicator.

The therapy is based on the discoveries of Marshall Klaus, M.D., and John Kennell, M.D., whose work with Maternal-infant Bonding changed medicine's approach to birthing in our culture. They pointed out the importance of the maternal-infant bond and showed that the bond can be interrupted or broken if there is separation at birth or if the mother is emotionally distraught at the time of birth.

Several studies have shown that 70-80% of children with asthma have such histories. Further, it has been shown that when that early separation is "repaired," there is a significant improvement in the child's condition. Early indications are that younger children benefit most with this type of treatment; and with very young children, all the work can be done with the mothers in a short amount of time.

Referrals can be made to Tony Madrid, 865-1200, or madrid@sonic.net.

More about this treatment can be viewed at: www.asthma-busters.org.

On Being Certain

the neurobiology of being certain (as opposed to being right)

An annual open interdisciplinary buffet dinner meeting presented by
the Redwood Psychological Association

The Speaker:

Robert A. Burton, M.D.

author of

On Being Certain

Believing You Are Right Even When You're Not
2008, St. Martin's Press

Friday, January 23, 2009, 6:00 to 9:30 PM

The Scottish Rite (600 Acacia Lane, Santa Rosa)

2 Hours optional MCEP (BOP and BBSE)

In his lucid and entertaining book, Dr. Burton explores the biological underpinnings of our sense of knowing, providing persuasive neuroscientific evidence for his premise: that "certainty" is a sensation ("the feeling of knowing"), vulnerable to error just as our other sensations are. Drawing from case studies and recent neuroscience advances, as well as such far-ranging subject material as the physics of baseball, high-stakes poker, and popular discussions of gut feelings and the nature of intuition, ON BEING CERTAIN systematically undermines certainty and conviction as products of reason. Educated at Yale and UCSF, Dr. Burton is a retired neurologist, chief of Neurology at Mt. Zion-UCSF Hospital 1974-86, and Associate Chief of Neurosciences there 1986-95. His book is available at bookstores and on-line.

Cost of the dinner is \$35 if payment postmarked by 1/16/09, \$45 thereafter
2 CE credits \$25

Registrations are non-refundable, but they are transferable.

This event is open to health care workers, attorneys, and all interested professionals and their guests. There will be ample time for socializing, and Q & A with Dr. Burton.

Enclosed is [] for [] participant(s) at the 1/23/09 ON BEING CERTAIN dinner. (35.00)¹
¹45.00 if postmarked after 1/16/09
Optional: enclosed is [] for each person seeking CE credits (25.00).

License number and type: _____

Name:

Address/Phone:

Profession:

Meal Preference (so we can advise the caterer): hazel-crust salmon spinach/artichoke torte both

Make check, and send, to: **Redwood Psychological Association**
P.O. Box 15209
Santa Rosa, CA 95402

NOTES FROM CPA'S EMAIL NEWSLETTER

Problems with California Medicare Intermediary Transition

The transition from one California Medicare intermediary to another is having adverse effects on claims processing for psychologists and other health professionals who deliver Medicare services. NHIC lost the contract for processing Medicare claims to Palmetto GBA, which is having start-up problems with the new contract.

Because it appears that the problems are varied and evolving, psychologists should regularly review the Alerts Palmetto webpage for updated information:

<http://www.palmettogba.com/palmetto/palmetto.nsf/SiteHome?ReadForm>

Today Palmetto also sent the notice pasted below which has additional information for California psychologists that may be relevant to some psychologists' claims. Again, it is advised that psychologists being adversely affected by these problems continue to obtain direct information about the problems from Palmetto. CPA will be working with APA to ask for a rapid resolution of these problems but there is every indication that these problems are going to affect psychologists, physicians and other health professionals for some time.

Note: Some psychologists believe that it is too costly for them to take time from seeing patients to spend the required amount of time to deal with complex, frustrating billing issues and have opted to use professional billing services instead.

Financial Planning Guide for Early Career Psychologists

The publication "Financial Planning for Early Career Psychologists" is now available on-line at the APA Practice Organization's Early Career Psychologists webpage under the link: "Resources for ECPs".

Below is the link to the Resources page and then click on "Financial Planning for Early Career Psychologists".

<http://www.apa.org/earlycareer/resources.html>

The publication is worth reviewing for many mid-career psychologists interested in financial planning.

Laptop Security: A Follow-up

PROGRESS NOTES reported on a formal HIPAA violation being found because of a laptop that was stolen from a car. The laptop had protected patient information on it. An article directly relevant to the problem can be found online at:

<http://www.zurinstitute.com/laptoptheftandconfidentiality.html>

Redwood Psychological Association
2009 Ballot for Officers

		<u>Approve</u>	<u>Disapprove</u>
President	Juliet Dantin, 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	Mary Sue Sams, Ph.D	<input type="checkbox"/>	<input type="checkbox"/>

Write-in (Name / Position):

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

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 2009

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 \$90* Licensed to practice independently as a psychologist in California
- First year member \$60
- Associate \$50 Not licensed as psychologist, but has PhD, PsyD, or Masters in psychology
- Affiliate \$30 Non-psychology degree or full-time student
- Retired \$15 Non-practicing retired psychologist

Renewals received after 3/1/09 must include additional \$40 administrative fee for updating website, list serve, and mailing list.

Please make check to "RPA"

*** \$75.00 if payment postmarked by January 1st.**

(Payments of 90.00 before 1/1/09 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:
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P.O. Box 15209
Santa Rosa, CA 95402

CALENDAR of EVENTS

CELEBRATING THE SEASON - HOLIDAY PARTY - FRIDAY, DECEMBER 5TH, 7PM

Friday, January 23rd, 2009 CE Dinner meeting: Neurologist Robert Burton, MD,
author of On Being Certain: Believing You Are Right Even When You're Not

RPA 2008 membership renewal form enclosed
RPA Executive Officers Ballot enclosed

The whole art of teaching is only the art of awakening the natural
curiosity of young minds for the purpose of satisfying it afterwards.
-Anatole France, novelist, essayist, Nobel laureate (1844-1924)



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

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