



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 2009 (Volume 16, #4)

CE PRESENTATIONS

Wednesday, September 16th, Tony Madrid, Ph.D will be speaking about his extensive work on the mother and child bond. His presentation, **Childhood Asthma and Bonding Disruptions** is not to be missed! While the course will focus on the relationship between bonding disruptions and asthma, participants will learn ways of assessing bonding failures in general, including using a bonding survey. See page 3 for particulars.

Wednesday, November 4th, Patrick Thornton, Ph.D will present **Mindfulness-Based Cognitive Therapy: From the Inside Out**. This program will introduce the fundamental philosophy and psychology that serves as the Base of Mindfulness-based Cognitive Therapy, and how it differs from CBT. 6pm at Osake Restaurant. More info in the October newsletter.

Our December holiday party is a success each year due in part to the great folks who offer their homes and to those who help coordinate with board members in planning the menu and picking up the food and beverages. We'd like to begin planning this year's event. Please call anyone on the board if you would like to host the gathering in your home this year, if you'd like to help plan the menu, or if you can pick up food items and bring them to the party. **We need your help!!**

President: Juliet Dantin, Ph.D (707-829-5355)
Vice-President: Tesa Carlsen, Ph.D (707-996-8222)
Past-President: Milt Harris, Ph.D (707-579-3140)
Secretary: Mary Sue Sams, Psy. D. (707-623-7334)
Treasurer: Victor Howard, Ph.D (707-539-6355)
CE Coordinator: Carol Weser, Ph.D (707-526-2288)
CPA Chapter Representative: Michael Pinkston, Ph.D (707-575-7230)
Web Mistress: Lea Goode-Harris, Ph.D (707)575-7570
Newsletter Editor: Tesa Carlsen, Ph.D (707-996-8222)



President's Column
by Jules Dantin, Ph.D.

Here we are at the edge of the summer time in our culture when the roads are quieter and the pace is more relaxed. Now we can play and be outside and relax. (The RPA Snoopy museum tour, potluck picnic and outdoor games were a lot of fun for those that attended.) Soon we will head back into the yearly cycle of speeding up to the holidays, holding our breath through the dark and wet and, finally, exhaling when the days start to get longer. Is there a way to bring a summer attitude to the living of life year round?

The routines of life tend to carry us forward through the year. Get to work on time...take the dogs out...go to the gym...prepare meals. Too much routine and we feel suffocated. Too little and life feels chaotic. Like Goldilocks, finding the balance that is just right takes a bit of experimenting. Enough structure and enough change keep life interesting and stable.

Regarding change, we, as California psychologists, have been trying to keep our separate licensing board. Who would have thought a few years ago that this would be a concern? CPA tells us that this could continue to come up until our present governor is out of office.

At the local level, RPA is facing changes, too. We wish it weren't true but Vic Howard who has served RPA for 12 plus years in various capacities has decided not to run for RPA office for 2010. This is a huge loss for us. Vic has offered steady leadership and fiscally sound advice these many years. We will sorely miss him and are making plans to honor him later this year.

Hope to see you at Tony Madrid's presentation on Asthma and Maternal Infant Bonding, Wednesday, September 16th at 6pm.

Jules Dantin

Join us for our next dinner CE presentation

Childhood Asthma and Bonding Disruptions
The Mother and Child Reunion: Repairing Bonding Disruptions

Tony Madrid, Ph.D

Wednesday September 16th, 2009, at 6pm
Osake Restaurant (Montgomery Village), **2446 Patio Court**, Santa Rosa
\$27 for dinner if paid/postmarked by September 2nd. No host bar.
Dinner cost at the door \$35. No dinner: \$10 cover charge.

1.5 CEU, (optional) is \$27

All are welcome

Send your check with the form below
P.O. Box 15209, Santa Rosa, CA 95402

"The California Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. CPA maintains responsibility for this program and its contents."

Redwood Psychological Association
P.O. Box 15209
Santa Rosa, CA 95402

RPA Event Registration Form

Name(s): _____

Event: Tony Madrid's presentation, September 16th, "Repairing Bonding Disruptions"

Preregistered dinners (\$27 per person, tax/tip included) ___ @ \$27/person
Non-preregistered dinners (\$35 per person, tax/tip included) ___ @ \$35/person
No dinner (\$10.00 per person cover charge) ___ @ \$10/person

Optional 1.5 CE credit (\$27) ___ @ \$27/person

Amount Enclosed: \$ _____

Bar is no-host; please pay for drinks at time of service. No outside food of course.
Mail form and check to **RPA, P.O. Box 15209, Santa Rosa, CA 95402**

Save the date: Wednesday November 4th, 2009, at 6pm

Our next dinner CE presentation
" Mindfulness-Based Cognitive Therapy (MBCT)"

Dr. Patrick Thornton, Ph.D

Osake Restaurant (Montgomery Village), **2446 Patio Court**, Santa Rosa
\$27 for dinner if paid/postmarked by September 2nd. No host bar.
Dinner cost at the door \$35. No dinner: \$10 cover charge.

1.5 CEU, (optional) is \$27

All are welcome

Registration form can be found on RPA website
Send your check and form to: RPA (write Thornton in the memo)
P.O. Box 15209, Santa Rosa, CA 95402



Top left to right: Milt Harris, "Live long and prosper," lunch at the picnic grounds. Below left to right: Mosajjah Ford in a NASA suit for young visitors to the museum, Cousins, Mosajjah and Brianna Snow in a NASA Shuttle.

RPA members and their families toured the Schulz Museum on Saturday, July 11th, enjoyed a delicious potluck, tossed the frisbee, played baseball, croquet and generally took pleasure in each others' company and in the warmth of the splendid day.



WHAT YOUR COLLEAGUES ARE READING THIS SUMMER

JULIET DANTIN:

The Art of Racing in the Rain by Garth Stein, is the story of a race car driver with a day job told by his dog. There are philosophical and how-to-live-life perspectives. Quick, enjoyable read.

Wizard's First Rule by Terry Goodkind, is a mystical adventure set in the Middle Ages and looks at the use of magical power by good people who know that the bad people think they are justified in using magic against them. Very interesting and very long.

MILTON HARRIS:

Michael Burlingame (2008): Abraham Lincoln: A Life. Baltimore: Johns Hopkins Press.

A splendid new biography of Lincoln. Having already read several studies of Lincoln's life, I was amazed at the amount of new information presented by Burlingame as a result of his researches in newly available sources. At nearly 2000 pages (excluding end material) in 2 volumes, this is a book to savor over many months. The narration is thorough, but never tiring. A trip through Lincoln's life will repay anyone seeking understanding and appreciation of this great man's intelligence, humanity, integrity, rhetorical ability, and wit.

Irvin Yalom (2009): Staring at the Sun: Overcoming the Terror of Death. Hoboken, NJ: Jossey-Bass. Castaneda's Don Juan reminded us that we live our fullest lives remembering Death at our left shoulder; Yalom's book makes this sensibility more accessible to therapists. We are fooling ourselves and impoverishing our lives if we forget our ultimate impermanence; our transience gives depth and glory to the moment. The Buddha tries to remind us; Freud groped toward the concept that avoidance of the fact of death is fundamental in neurosis; Yalom shows how ubiquitous, in dreams and symptoms, the fear of death is, and how to work with it in our own lives, and with our patients. A life-changing meditation.

Eckhart Tolle (2004): The Power of Now: A Guide to Spiritual Enlightenment. Novato, CA: New World Library. Until gifted this book by a psychiatrist-friend, I had classed it as just more New Age bull sh*t (I was turned off by the title), but I was mistaken. Without invoking Zen, Tolle's book transmits, in my opinion, the essence of Zen in a form suitable to intelligent modern Western minds. No philosophy, really; just skillful reminding of transience, and its implications for how we might experience our lives as fuller, stronger, more compassionate. Goes nicely with Staring at the Sun (above), and a Murphy-Goode Chardonnay.

Kaplan, M. & Kaplan, E. (2009): Bozo Sapiens: Why to Err is Human. NY: Bloomsbury Press. If you are interested in the ways our human biological origins constrain, and sometimes distort, our reason and behavior, this is an accessible introduction by a skillful mother-son writing team (mom also writes with her husband). There are some omissions (e.g., only the duller half of the Wason paradigm is discussed), and the book is not as focused as, say, Burton's *On Being Certain*, nor as seminal as Cosmides and Tooby's work [<http://www.psych.ucsb.edu/research/cep/primer.html>], but it's a great title, and a fun read.

John Barton (and miscellaneous famous actors/actresses): Playing Shakespeare (1984). A four DVD set (available on Netflix: http://www.netflix.com/Movie/Playing_Shakespeare/70117179?lnkce=seRtLn&trkid=222336&strkid=84477193_0_0&strackid=1e29cee98cba3038_0_srl). A fine discussion of Shakespearian irony, etc, illustrated by the likes of David Suchet, Ben Kingsley, Judy Dench, and Patrick Stewart as directed by John Barton. You learn how the best actors express emotion through the words as written, rather than by attempting to superimpose their own feelings. Scenes are played both ways, with unmistakable effect.

LEA GOODE-HARRIS:

The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss, by Marc David
I can not believe how much this book has changed my relationship to food. Some of his principles, I've known for ages. But David puts common sense, scientific research, great stories, as well as providing us with the metabolic missing link to our bodies and our relationship with food. This is not a diet book, but rather a reintroduction to our love of eating, communion with others, and nourishing our bodies, mind, and spirit.

Hot House Flower and the Ten Plants of Desire by Margot Berwin

I first bought this on my Kindle, but loved it so much I went and got a hard copy. From New York City to the Yucatan Jungle you will find yourself lost in magic, love, betrayal, poisonous creatures and plants, as well as beautiful and exotic plants and people. I don't think you will never look at flowers the same again. And speaking of poisonous plants...

Wicked Plants: The Weed That Killed Lincoln's Mother and Other Botanical Atrocities by local author Amy Stewart. I won't be popping any unknown berries into my mouth after reading these amazing stories from science, history, myth, and legend. Nor will I be making a salad from the houseplants that grace our home... The illustrations and stories are truly intoxicating and provide us with a look into the plant world that you might not have ever imagined.

Twenties Girl: A Novel by Sophie Kinsella. A ghost story, but not like one I've ever read before. What would you do if your 105 year old great aunt appeared to only you at her funeral in the guise of her younger self? What if something of hers had gone missing at her death and was so important that she couldn't move on until it were found? What would you do if your new business is going under as your partner deserted you for a beach in Goa and your perfect boyfriend just broke up with you? And, as you tried to deal with all of this, what would you do if everyone around you (esp yourself and family) thought you might need to check in to a mental institution for awhile? I love a book that makes me laugh out loud as this one did, as well as finding myself looking at our time on earth and our relationship with those we might easily dismiss, with new eyes.

Silas Marner by George Eliot. I think I last read this book twenty years ago. It caught my eye again, and I found myself wandering the hills of England amazed at the twists and turns that life throws to us and what we do with what we have or do not have.

Fractal Time: The Secret of 2012 and a New World Age by Gregg Braden. A fascinating look at cycles and the history of the world as we know it. Braden shows how nature's patterns (fractals) and our relationship with time provide keys for understanding what has happened in the past, the present, and for making different choices in the future to come.

CAROL WESER:

the girl with the dragon tattoo by Stieg Larsson.

And the detective series set in ancient Rome by Steven Saylor, beginning with the first Roman Blood (accurate history too)

TESA CARLSEN:

hold me close, let me go: a mother, a daughter, and an adolescence survived by Adair Lara. Lara has a way of bringing the reader so close in that you feel like you know her and her family and thus begin to care very much about what happens to them. Her story is a familiar one but it is told in such a way that the reader is not analyzing and solving the family problems as much as joining the journey and rooting them on. Lara's father resurfaces after abandoning the family when Lara was young. She weaves the two stories beautifully. An intimate and compelling read.

Naked, Drunk, and Writing: Writing Essays and Memoirs for Love and for Money by Adair Lara. One of the best books on writing. Up there with Goldberg's "Writing Down the Bones," Lamott's "Bird by Bird," and Stephan King's "On Writing."

bonk: The Curious Coupling of Science and Sex by Mary Roach. Roach can make anything fun, funny, and readable. Her book "Stiff" was fascinating and though "bonk" didn't keep me riveted to the page in the same way, it was definitely a pleasure to read.

Announcements and Ads

Part time office for rent, \$135/day, available either W or Th in professional office space with congenial group of therapists. Please contact Louise Packard or Dan Pickar at 707-566-0296 for more info.

Office sublet Charming Santa Rosa, Cherry Street sublet available August 1 in a 5-office suite. WC access, sand tray, waiting room, AC/heating, rear parking lot. Available Monday, Tuesday p.m., alternate Fridays. \$125/day. All negotiable. Contact Barbara at 523-9920 or cell 953-2082.

Petaluma Psychologist I specialize in working with adults (also adolescents) who are having difficulty adjusting to or making important life changes. These include both involuntary changes (e.g., death of a loved one, divorce, going from childhood to adolescence) and voluntary changes (e.g., wanting a better relationship, to change careers, or to leave home to go to college). I see people in individual, couples, and group therapy, and work to resolve underlying problems covering a broad range of the severity spectrum, from adjustment to personality disorders. Rebecca O. Stadtner, Ph.D. (PSY22078), (707) 227-6511; www.stadtnerpsychology.com

Psychological Assistant Position available in Lakeport. Lovely setting. Katherine Andre @ andre@pacific.net or 707/263-6360.

Men's Group & Couples Group in Petaluma

I have an opening in my Men's Psychotherapy Group and another in my Couples Group. The groups are ongoing and are designed to assist clients to identify and transform problematic patterns, as well as to resource necessary changes. Men's group is Wednesday nights 7:30 to 9:30 - \$35. Couples Group is Tuesday nights, 7:00 to 9:15 - \$65. Three month minimum commitment. Two interviews required. For additional information call Jim Matto-Shepard, Ph.D. 762-1670.

Fall – "In Love" Weekend

Jim Matto-Shepard, Ph.D. & Felicia Matto-Shepard, MFT "After The Honeymoon" This two-day workshop teaches a structure for effective communication which deepens emotional connection through the exploration of sexual issues. Couples are guided in increasingly intimate private conversations, then offered "homework" assignments that deepen into the erotic. Couples will leave the weekend with a concrete and unique plan for continuing to deepen their emotional and erotic connection.

CEUs available for MFTs and LCSWs.

September 26 & 27 in Petaluma, \$525 per couple

For further information or to register go to www.afterthehoneymoon.org

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

Fixing Bonding Failures A ten hour approved course that shows how to repair most bonding problems using hypnosis (which will be taught), EMDR, art therapy, or other imaginal intervention. Held every other Tuesday starting 9/29 to 11/24, from 10 to 12, at Russian River Counselors in Monte Rio. Lunch included. Cost \$200. Check out www.rivershrink.com, and scroll to Continuing Education for Counselors, or contact Tony at 865-1200 or madrid@sonic.net.

RPA ETHICS COMMITTEE OFFERS CONSULTATION

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

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



Welcome to our new RPA members

Full members

Suzanne Eaves, Psy.D.
Mariah Hansen, PsyD

Affiliate and associate members

Andy Pearson
Alisa Stratton, PhD

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

The Redwood Psychological Association Newsletter is published both in hard copy and electronically bi-monthly and welcomes articles, opinions, and reviews related to the practice of psychology. Newsletter submissions should not exceed 2,000 words. Email submissions to DrTesa@mac.com. Submit an article or review and let your colleagues in RPA know what you're up to.

The next newsletter will be delivered in October. 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 \$40 for nonmembers.

CALENDAR of EVENTS

“Childhood Asthma and Bonding Disruptions” with Tony Madrid, Ph. D.

WEDNESDAY, SEPTEMBER 16th, 2009, CE dinner meeting at Osake Restaurant at 6pm

“Mindfulness-Based Cognitive Therapy (MBCT)” with Dr. Patrick Thornton, Ph.D

WEDNESDAY, NOVEMBER 4th, 2009, CE dinner meeting at Osake Restaurant at 6pm

Nature is ever at work building and pulling down, creating and destroying, keeping everything whirling and flowing, allowing no rest but in rhythmical motion, chasing everything in endless song out of one beautiful form into another. -John Muir, Naturalist and explorer (1838-1914)



Check out www.redwoodpsych.org

Access past issues of the RPA Dialog on the website

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