



REDWOOD PSYCHOLOGICAL ASSOCIATION

A Chapter of the California State Psychological Association

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

RPA DIALOG

June 2010

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Wright's Lake at Dawn © Stephanie Marshall

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President's Column

by Jules Dantin, Ph.D.

One morning last week I was walking the dogs and saw ahead, darting around the trail, a very small, long and skinny critter with short legs and glossy, dark brown fur and distinct white patches under his/her eyes. Wow! What is that? We all stopped within 5 feet of each other and just stared at each other for a half-second before s/he dove into a hole nearby. That little guy was in my mind for the next couple of days. I googled mammals to identify what s/he was and came up with a "least weasel", though there wasn't one with white patches under the eyes.

The power of that encounter and of my curiosity was intense. But how often in our lives do we feel that curiosity, especially toward other humans? We may feel intensely curious about someone we don't know, but in our culture, if we stop and stare, we are considered rude or aggressive unless you happen to be a child. We feel curious about new inventions or research. How often does it stop us in our tracks and hold us?

A huge gift in being a psychologist is having permission to be very curious about people and how they tick. We are allowed access to the inner workings of our clients as long as we hold that trust with respect and care. Our curiosity opens us to our clients' experiences so we can help them understand themselves. And, in turn, that keeps us alive and engaged. What a deal!

As summer is upon us and bringing with it some down time, find room to be amazed by your experiences whether in travel or at a conference, with a new client or a hobby or a new friend. Curiosity didn't kill the cat; boredom did.

RPA Website News by Lea Goode-Harris, Ph.D.



It is extremely important that all members check their website profile and correct and make changes as needed. Recently a member discovered that the information they had given for their public information was in fact, private information. Making corrections as soon as possible allows for search engines, such as Google, to replace the outdated or incorrect information so that the old/incorrect information does not come up as readily and the correct information is at the forefront of a search.

If you have not filled out your member profile, full and associate members included, you will not know if the information on the RPA website is correct, so please check!

Also, a reminder here, that if you are a full member, you will not show up on the Find A Psychologist search function of the website unless you have activated your profile page and filled out the second page of your member profile. This page contains the criteria for a search.

If you have forgotten your password, or forgotten how to access your member page, e-mail me at goodeharris@gmail.com with a request for the instructions.

We recently added Mediation and Sandplay/Sandtray to the Specialty and Services Search Options of the Find A Psychologist website function. If these apply to you, please be sure to add them to your second page profile!

And please do not forget to send me via e-mail, the information for your upcoming events, workshops, and ongoing groups for our "Events by Member" website page!

RPA Board Votes to Reduce CE Fees

During its meeting on April 12, 2010, the Board voted to reduce fees for continuing education units at RPA events sponsored by the California Psychological Association. The new fee is \$10.00 per CE unit, reducing the 1.5 CE cost for Wednesday night dinner presentations from \$27.00 to \$15.00.

Fall CE Dinner Presentations

Wednesday, September 29, 2010

Assessment of Traumatic Brain Injury, PTSD, Malingering & Comorbid Psychiatric Conditions Among Active Military Members

with John Greenhalgh, Ph.D.

Dr. Greenhalgh is a neuropsychologist with expertise in traumatic brain injury, pediatric neuropsychology/learning disability, pediatric neuropsychology, and dementia and cognitive decline. He recently completed two years as a civilian neuropsychologist working for the U.S. Army at Ft. Bragg's Womack Hospital (neurology department) and at Landstuhl, Germany Regional Medical Facility (mental health department). His primary duties consisted of acute assessment of med-evac'd battlefield psychiatric casualties, on-call ER evaluation, assessment of mild traumatic brain injury, and inpatient psychiatric evaluation. He also established a pediatric neuropsychology assessment program for U.S. Army dependents in Western Europe.

Wednesday, November 3, 2010

An Introduction to Sex Addiction, Assessment, and Treatment

with Tim Stein, MFT

Tim Stein is a licensed Marriage and Family Therapist with a private practice in Santa Rosa. He is a Certified Sex Addiction Therapist Candidate who is training with Patrick Carnes, Ph.D. He was trained by Pia Melody in Post Instruction Therapy. Tim specializes in helping people who struggle with compulsive sexual behavior to free themselves of these behaviors and change their relationship with themselves. He also helps individuals and families heal from the wounds and pain compulsive sexual behavior causes others.

Both events will take place at Osake Restaurant (Montgomery Village) 2446 Patio Ct., Santa Rosa 95405, at 6:00 p.m.

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.

RPA Welcomes New Members

Associate:

Susan Baron, MA
Elizabeth Schreiber, PhD
Lucas Plumb, PhD
Kathleen Kunster, PsyD

Affiliate:

Carla Marie Greco, MA

Meet New Members

Linda Winter, Ph.D.

I am the Program Director for the Integrated Behavioral Health program at Petaluma Health Center, a Federally Qualified Health Center. I graduated from the University of North Dakota, but am happily back in the Golden State. (Californians really shouldn't try to live anywhere else.) I'm bilingual (Spanish), a member of CPA, and recently presented at the annual conference.



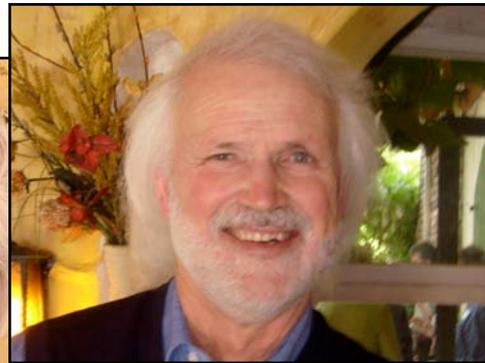
Jeremy Blank

I'm a Psy.D. student at The Wright Institute in Berkeley and am a long-time resident of Sonoma County. These past 2 years I've interned locally at Progress Foundation's crisis residential house and New Directions Adolescent Services. Next year, my practicum will be at SRJC's student psychological services. Before graduate school, I worked at the UC Davis M.I.N.D. Institute, researching neuroimaging among children/adolescents with autism, fragile X, and bipolar disorder. I graduated from UC Davis, majoring in Neurobiology/Physiology; I'm also a graduate of SRJC and Maria Carrillo H.S. Clinically, I'm interested in group/individual psychotherapy and intelligence/personality assessment. Personally, I enjoy ceramics, gardening, hiking, and sports.

New members who joined RPA for the first time in 2009 or 2010 are invited to submit a brief statement (around 100 words) about themselves and their work for publication in the New Members page of the newsletter. Text should be sent in the body of an email to me at dr@petalumapsychologist.com. Photographs are not only welcome, but encouraged, and can be forwarded as attachments.



RPA Spring Social
 On May 12th, RPA members met at Riviera Restaurant for an evening of networking and socializing with old and new colleagues and friends.



Clockwise from top right: Tesa Carlsen & Lea Goode-Harris, Michael Pinkston, Lisa Rohe & Cynthia Kohles, Dan Pickar & Milt Harris, Jeremy Blank, Lively Group, Richard Caruso. Center: Meredith Sabini

C.G. Jung's Liber Novus: The Release of the Red Book

Reviewed by Liza J. Ravitz

© 2010 Journal of Sandplay Therapy TM Volume 9, no. 1.

The Red Book is a large illuminated volume consisting of writings and paintings by C.G. Jung out of which he developed his main theories of the collective unconscious, the archetypes and the process of individuation. It is a chronicle of his “confrontation with the unconscious” which he worked on from 1914 - 1930. Jung considered this book to be his most important work yet it had never until now been released to the public and only to a handful of scholars. When Jung died in 1961 he did not leave any specific instructions as to what was to be done with *The Red Book* except that he did not want it to be included in his Collected Works. The Jung family was undecided about what to do with the book and so it sat in a Swiss bank vault for the last 40 years. Through much negotiation the family decided to allow Sonu Shamdasani, a well-known Jung scholar, to edit and translate the book. Shamdasani worked for 13 years on the translations and editing. He was assisted in the translations by Mark Kyburz and John Peck. The book was funded by the Philemon Foundation.

The much-anticipated release of *The Red Book* was on November 7, 2009 in New York City. This release coincided with the 100 year anniversary of C.G. Jung’s first visit to North America and New York. Twelve members of the Jung family were present for the release. The whole week was filled with related events. There was the opening of the exhibit of *The Red Book* and other of Jung’s original writings, including his *Black Books*, on display at the Rubin Museum, a museum of Himalayan art. *The Red Book*, filled with Jung’s many mandala paintings seemed to have a kinship with the ancient Tibetan Buddhist thangka on display at the museum. These thangka depicted mandalas used for meditation purposes.

The week also marked various other events among them lectures given by the book’s editor Sonu Shamdasani and Jung’s grandson, Andreas Jung. Shamdasani’s opening lecture included the projection of each page of *The Red Book* sequentially on a large screen. As quotes from the book were read, the projected pages of *The Red Book* turned. The reading, paired with the viewing of Jung’s calligraphic script and colorful paintings unfolding page by page, created a reverential atmosphere in the auditorium as something historical and illuminating was being revealed for the first time. Many present felt they had had a profound experience witnessing Jung’s work.

The lecture by Andreas Jung, an architect and current occupant of Jung’s home in Kusnacht, Switzerland was very stimulating. He spoke about Jung’s dreams of houses and about the involvement Jung had in the design and construction of the houses he lived in. Andreas Jung felt Jung’s main family house was a representation of Jung’s outer life, a product of his persona. This house was built in a design very much in keeping with Swiss culture and faced the street. On the other hand, Andreas Jung interpreted Jung’s famous tower in the back of the property as a representation of Jung’s inner life, developing out of his Self. The tower was off the street and faced Lake Zurich. Jung began constructing the tower after he completed *The Red Book* as a result of his encounter with the unconscious. Rarely seen photos of Jung in a family setting were shown. Andreas Jung reminisced how as a youngster he would at times go into Jung’s study and look through *The Red Book*. His talk helped put *The Red Book* in a historical perspective.

For a period of several years, Jung had entered into dialogues with and had recorded his dreams, visions and fantasies in his “Black Books.” Jung called this time an “encounter with the unconscious” and his “greatest experiment.” Jung began in October 1913 through July 1914 to have terrible visions depicting death, destruction and war. He worried he might be going mad. After the outbreak of World War I in August, 1914 he realized his dreams were precognitive and not a result of madness. He wondered if there were other connections between his dreams and the culture at large. This inspired him to write a 1,000-page work

consisting of his dreams, visions and fantasies and the human universals he discovered in them. Jung sent copies of the manuscript to some of his colleagues. After revising and editing his work, he transcribed it onto parchment pages, using ancient script, illustrating the script in a medieval style. He then inserted the pages into a red leather book, which he had commissioned especially for this project. At this time, Jung also relived his experiences by painting several images in the book. Through this painting process he discovered the power of mandalas in constellating the self. This led him to conclude the goal of individuation to be the realization of the self. Jung called this book “*Liber Novus*” and it has become known as *The Red Book*. Jung worked on *The Red Book* for 16 years and then decided to leave it and to find parallels to his process and discoveries in Tibetan Buddhism, Hindu philosophy and medieval alchemy. It was after his completion of *The Red Book* that Jung began building in stone and constructed his famous tower at Bollingen.

The Red Book is a folio size volume of 371 pages weighing over 8 pounds. 205 of these pages are Jung’s calligraphic text and painted images. The English version has a translation of the opus as well as a full facsimile of the original Red Book. It includes a comprehensive commentary on the book by its editor, Sonu Shamdasani. This commentary places the work in a social and historical context helping to make the book more accessible to the general reader.

The text, written in calligraphy, is a beautiful work of art. Some of the pages contain very small letters while other pages have much larger script. One wonders how Jung found the time for such meticulous and time consuming work. The sheer number of written pages, many with illuminated script, leaves a profound, lasting impression on the reader.

The paintings by Jung in *The Red Book* are nothing short of astonishing. Even more so as he had no formal training in art. They consist of richly colored intricate mandalas and other powerful images that emerged out of his use of “active imagination,” a technique he developed for dialoguing with the unconscious and later taught his patients. This method is now commonly used by Jungian oriented therapists in working with their patients to facilitate a deeper connection to the unconscious.

The impact of *The Red Book* on the Jungian community as well as on the culture at large remains to be seen. Shamdasani has suggested it will shake the very foundations of what we think of Jung and of analytical psychology. At a first glimpse it reveals a man of enormous courage who was committed to exploring and navigating into the unknown world of the psyche. Traveling through incredible storms and plunging to the deepest of waters, Jung developed a psychology of meaning. The experience of reading about and thus bearing witness to Jung’s own inner process, has the capacity to inspire a deepening of one’s own inner work and ultimately to lead to a deepening capacity to travel into uncharted territory with one’s patients. *The Red Book* has much to teach us.



Liza J. Ravitz, Ph.D is a clinical psychologist and certified Jungian Child and Adult psychoanalyst. She is a member of the C.G. Jung Institute in San Francisco. Liza has clinical practices in San Francisco and Petaluma where she works with both children and adults, conducts consultation groups and presents workshops and trainings throughout the Bay Area. She has presented her work both nationally and internationally, most recently (Nov. '09) at the ISSST conference in Kyoto, Japan. Liza teaches in the Depth Psychology Masters Program at Sonoma State University and in the Department of Psychiatry’s Outpatient Clinic at

California Pacific Medical Center. She is a teaching member of the International Society of Sandplay Therapists (ISSST).

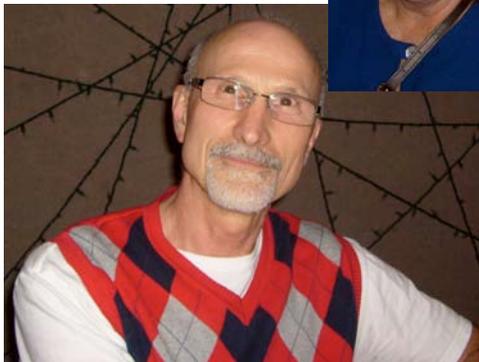
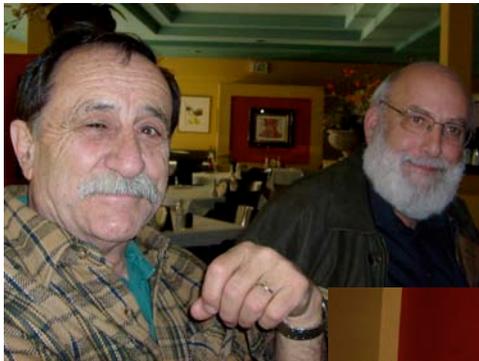
April 14th Dinner Meeting



MaryClare Lawrence, J.D.

At a dinner meeting on April 14, 2010, Santa Rosa attorney, MaryClare Lawrence, spoke to RPA members about professional wills. Case examples were used to illustrate their importance to the well-being of both clients and family members in the event of a psychologist's disability or death. Ms. Lawrence described the steps that a designated executor (ideally another therapist) would have to

take to ensure prompt communication and continuity of care for clients. She reviewed relevant ethical principles and provided forms that can be used to make professional wills. These are available on RPA's website, www.redwoodpsych.org. Click on *Newsletters* and select *MaryClare Lawrence, J.D. - Sample Professional Will*.



Clockwise from top right: Annella Dalrymple, Andrew Leeds, Jack Aamot, Tony Madrid and Richard Giavannoli. Center: Lea Goode-Harris and Gloria Speicher,

Announcements and Ads

PEACE IN PROCESS

Tools for Transition

Awaken*Joy*Breath*Creativity*Sacred Body - An offering . . . Experience the ancient power of your wisdom body and the healing insight of your subconscious mind in a day of guided imagery, sound bath, primordial Chi Gung, labyrinth walking, and expressive arts. Guided by: Lea Goode-Harris, Ph.D.; Claudia Holt, MA., Certified Instructor of Chi Gung; Jeffrey Edelheit; & Helen Boland, CHT. Sat, July 24th, 2010, 9:30 - 5:00 Institute of Noetic Sciences, Petaluma, CA. \$45 - \$100 Sliding Scale. For more information or to register: www.peaceinprocess.com

SOCIAL SKILLS GROUP for young adults (18-29 years old) with neurological disorders (high functioning autism/PDD/Asperger's, nonverbal learning disorder, brain injury, stroke, etc.). This is a 12-week group covering basic social skills to more advanced/subtle social awareness. Peer role-plays with feedback provides practice in a safe environment and encourages social relationship building. We will also address social anxiety issues. \$45 session, full commitment required. Start date will be July 6. Screening interviews are being conducted now. For more information, contact Peggy O'Toole, Ph.D. (707) 829-5057.

MEN'S GROUP - Petaluma Ongoing psychodynamic work to become sensitive as well as assertive. Developing the ability to identify and express inner experience in exploration of self and towards connection with others. Based on being in relationship with other men, saying what is true and working through to caring connection. Wednesday evenings, 7:30 to 9:30, \$35 per group. Three-month initial commitment. Jim Matto-Shepard, Ph.D. 762-1670

ONGOING PSYCHOTHERAPY GROUP

Now accepting referrals for two openings in an ongoing psychotherapy group for men and women in Waterfall Towers. This is an established and supportive group, especially beneficial for people with difficulties in relationships, or struggling with compulsive behaviors. Please call for more information or to schedule an interview. Robin Anderson, Psy.D. 707 526-5677

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

SOMATIC PSYCHOLOGIST

My work with adults and couples focuses on character defenses and facades and the expression of core energy. The biophysical portion of my work intervenes with accumulated armoring, catalyzing deep affective release. My theoretical focus is anchored in somatic and character analytic psychology, with years of advanced training in Reichian Orgonomics and internships at the Lomi Psychotherapy Clinic. I also work with women in transition, particularly the transition into an empowered and wise elderhood. Diane Harnish, Ph.D. PSB 32857; supervised by Sandra Emma

Announcements and Ads

Shelley Ph.D. PSY 19779. Call (415) 924-4252 for appointments in Corte Madera and Santa Rosa.

PETALUMA OFFICE SPACE WANTED! Full time office sharing a common waiting area or private suite. Please contact Jeffery R. Martin, Ph.D. at 707-544-0345 or pelicanaday@aol.com

The next newsletter will be delivered in June. Ads and Announcements can be sent to me via email at dr@petalumapsychologist.com or you can call me at 227-6511. Please put "RPA Newsletter Ad" in the subject line and include your text in the body of the email. Both ads and announcements of approximately 100 words are free for RPA members and cost \$40 for nonmembers. Rebecca Stadtner, Ph.D., Editor

Psychotherapist-Patient Privilege Upheld in California Appeals Court Decision

(Based on Article in *CPA Progress Notes*)

Recently, the California Court of Appeal vacated a trial judge's order to disclose the content of psychotherapy records. The judge's order was based on the opinion that the clinical records were relevant to a civil case. An amicus curiae brief filed by CPA and APA was credited by defense attorneys for providing crucial support for maintaining psychotherapist-patient privilege. To read the opinion, go to <http://www.courtinfo.ca.gov/opinions/nonpub/B221965.DOC>.

RPA Ethics Committee Offers Consultation

Our Ethics Committee welcomes questions about ethical issues in your practice. Dr. Bill McCausland is available during the month of June to consult with you about any ethical concerns you may have. Dr. Jeff Kahn is your consultant for the months of July and August.

Bill McCausland (546-5742) - May/June

Jeff Kahn (546-4349) - July/Aug.

Michael Pinkston (575-7230) - Sept/Oct.

Ann Strack (762-6216) - Nov./Dec.

Calendar of Events

Wednesday, September 29, 2010 - 6:00 p.m. CE Dinner Meeting with John Greenhalgh, Ph.D., *Assessment of Traumatic Brain Injury, PTSD, Malingering & Comorbid Psychiatric Conditions Among Active Military Members* at Osake Restaurant, 2446 Patio Ct., Santa Rosa 95405

Wednesday, November 3, 2010 - 6:00 p.m. - CE Dinner Meeting with Tim Stein, MFT, *An Introduction to Sex Addiction, Assessment, and Treatment* at Osake Restaurant, 2446 Patio Ct., Santa Rosa, CA 95405

*“And forget not that the earth delights to feel your bare feet
and the winds long to play with your hair.”*

Rabindranath Tagore

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