



REDWOOD PSYCHOLOGICAL ASSOCIATION

A Chapter of the California State Psychological Association

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

RPA DIALOG

April 2011

Volume 18 Number 2



Diamonds and Roses © 2011 Stephanie Hamilton-Oravetz

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President's Column
by Mary Susan Sams, Psy.D.

Spring Greetings to All RPA Members,

As the rains bring forth the spring blossoms and shoots, this photosynthetic miracle generates a renewal of vivid colors and energy. Seizing upon the spring energy, the executive committee has been planting the seeds of an exciting 2011 calendar of events. We hope to see you all on April 14, when two local CBT practitioners, Jennifer Shannon, MFT, and Litsa Tanner, MFT, will discuss CBT for social anxiety and obsessive compulsive symptoms. In response to several requests by members, we changed the day and venue of this CE dinner, which will be held on a Thursday evening at Ca'Bianca Restaurant. As usual, May is the month of our annual social and networking event at the Riviera Restaurant. Please join the fun on May 19th at 5:30 p.m. for wine, appetizers, and good conversation with other RPA members and friends.

If your phone hasn't rung already, it just might . . . I've been calling members to extend invitations to speak at upcoming CE events on topics of expertise or interest. I've also been asking for input about topics or speakers of interest. So far, ideas and possibilities for 2011 and 2012 include emotionally focused psychotherapy, current psychotherapeutic and psychopharmacologic treatment of eating disorders, the enneagram, *The Red Book*, and psychopharmacology updates. Of course, the list will grow and the executive committee will do its best to include as many member-generated topics as possible.

No need to wait for your phone to ring . . . feel free to call me or any executive committee member to throw your hat in the ring as a speaker or to share your ideas about interesting topics or speakers you'd like to hear. We're hoping to create an agenda that is more member-driven than ever.

As always, thanks to each of you for your contributions to RPA. Happy Spring!

Mary Sue



Lea Goode-Harris, Ph.D.
Webmistress & List Serve Administrator

Dear RPA Members,

You will have the option in the next newsletter to receive it paperless! Please help us make this environmental goal a reality by e-mailing me at: goodeharris@gmail.com to let me know if you wish to receive the newsletter via paper or e-mail. Thanks to Mary Flett, Ph.D. for getting this ball rolling again!

All associate members who hold doctorates and the equivalent, and are not licensed psychologists, have been moved to Full Membership status. This brings us into compliance with our bylaws.

We've fine-tuned the *Find a Psychologist* function on the website so that every time someone clicks on that link, or does a search, all the licensed members re-sort themselves. This means that those of you with a last name starting with M or Z, will also get to be at the top of the list!

Don't forget to use the *Find A Psychologist* function or to post inquiries on the list serve when looking for referrals.

This is also a reminder for those Full Members who are licensed psychologists, to be sure to fill out the second page of your membership page in order to activate your participation in the *Find A Psychologist* function.

Please check your information on the RPA website and make sure it is correct! A majority of our members are not using their member page for updating information as much as we had hoped. So, if you are not able to make these changes yourself, please contact me with the new information. You must, however, always let me know if your e-mail address changes, regardless if you update your own member page, so I can upload it to the list serve, which is separate from the website and database. Our new renewal/application form now has boxes for you to check if there are no changes to your information. This will make it easier to catch changes in your information during the renewal process. Keeping your information current, will ensure that you don't miss out on important announcements and upcoming events or communications from the board and other members.

As we welcome new members to RPA and the list serve, this is a reminder that when you hit "reply" on the listserve, your message goes out to the entire membership. If you want to reply backchannel, you must make sure that the intended recipient's e-mail is in the "To box."

(continued on page 4)

Please contact me if you have any questions, and don't forget to e-mail me your preference for receiving the next newsletter!

Lea Goode-Harris, Ph.D.

[707-545-1656](tel:707-545-1656)

goodeharris@gmail.com

Report From Governmental Affairs Chair

by Michael Pinkston

On March 22, I represented RPA at the Lobby Day held by California Psychological Association in Sacramento. I joined with representatives from the Napa/Solano Chapter to visit the offices of four different state legislators, while members of other chapters from all over the state visited with legislators throughout California. Our focus was to highlight two bills, which CPA feels need our strong support. Both of these bills were introduced last year and were passed by both houses of the legislature only to be vetoed by the former governor, so there is good reason to believe they will make it to the new governor's desk.

AB154 (Beall) - This bill will give full parity for mental health services under any insurance plan in California that offers mental health services as part of that plan. The current California law only applies to nine specific diagnoses, which are considered severe (but does not include PTSD, for example). Current federal law covers all diagnoses, but only for plans for more than 50 employees, so it leaves out the insured employee of a small business or the person with an individual plan. The recently enacted federal healthcare law signed by Obama, provides full parity but not until several years from now, and of course, others in Washington are threatening to rewrite that entire legislation.

SB105 (Yee) - This bill was actually developed by a CPA member, who is a neuropsychologist, and is sponsored by Senator Yee, who is also a psychologist. It would require individuals under eighteen who ski or snowboard, to wear a helmet. There has been no organized opposition to this bill (not to be confused with a similar but unpopular bill introduced last year). Even the ski industry supports it. This bill has given psychology a great deal of positive press in the past year and has positioned us as a profession concerned about prevention, public safety, and public health issues rather than only turf issues.

Although we are much more optimistic about both of these bills because of a change in the governor's office, we are taking nothing for granted, and I will very likely be asking you to send faxes to the appropriate people when important votes are being cast in the months ahead.

April CE Dinner Presentation

Thursday, April 14, 2011

Cognitive Behavioral Therapies For Social Anxiety and Obsessive Compulsive Disorder

with

Jennifer Shannon, MFT and Litsa Tanner, MS, MFT

Speakers:

Jennifer Shannon, Clinical Director of the Santa Rosa Center for Cognitive Behavioral Therapy, has twenty-five years of experience working with children, teens and adults. A Certified Diplomat of the Academy of Cognitive Therapy and graduate of the Behavioral Therapy Training Institute for advanced training in OCD, she specializes in cognitive-behavioral therapy for Anxiety Disorders. She has authored a book that will be published by New Harbinger Publications in 2012, *The Shyness and Social Anxiety Workbook for Teens*.

Litsa Tanner, co-founder of the Santa Rosa Center for Cognitive Behavioral Therapy, is a licensed Marriage and Family Therapist, who has been using cognitive-behavioral therapies for over eleven years. She received advanced training in the use of Exposure and Response Prevention (ERP) in the treatment of OCD from Dr. Paul Munford, who is a nationally recognized expert in the treatment of OCD.

Presentation:

Jennifer Shannon will review symptoms of social anxiety and associated primary fears, as well as maintenance factors, such as self-focussed attention, social perfectionism, and safety behaviors. She will also discuss interventions effective in treating social anxiety, including cognitive restructuring, behavioral experiments and exposures. Litsa Tanner will review symptoms of obsessive-compulsive disorder and discuss signs and symptoms that differentiate OCD from other anxiety and mental health disorders. She will discuss the practical application of exposure and response prevention (ERP) therapy with OCD and will present material relevant to understanding how to create effective exposures for individual clients. For course goals and objectives, go to www.redwoodpsych.org.

Location: **New location at restaurant Ca'Bianca**
835 Second Street, Santa Rosa (between Brookwood and E Streets)

Time: 6:00 p.m.

Cost: Pre-registered dinner (\$27 @ person if paid/postmarked by 4/7/11)
Non pre-registered dinners (\$35 @ person)
No dinner (\$10 @ person cover charge)

CE: Optional 1.5 CE (\$15)

*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.

Important Notice: Those who attend the workshop and complete the CPA evaluation form will receive (number of credits) continuing education credits. Please note that APA CE rules require that we only give credit to those who attend the entire workshop. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive CE credits.

SPRING SOCIAL



Thursday May 19th

5:30 p.m.

Riviera Restaurant
75 Montgomery Drive
Santa Rosa, CA 95404

RPA invites you to join colleagues for an after work social/networking hour at Riviera Restaurant on Thursday, May 19th. Come and enjoy good company, complimentary wine and appetizers at 5:30 p.m. A no-host dinner follows for those who wish to stay and continue their conversations. This is a good opportunity for members, new and old, to get acquainted and/or reconnect in an informal setting. Riviera is located between Memorial Hospital and Brookwood Avenue next to Creekside Medical Plaza. We hope to see you there.

RPA Ethics Committee Offers Consultation

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



Jeff Kahn

Jeff Kahn (546-4349) - Mar./Apr.

Michael Pinkston (575-7230) - May/June

Bill McCausland (546-5742) - July/Aug.

Ann Strack (762-6216) - Sept./Oct.



Michael Pinkston

Welcome to Our New RPA Member

Lynne Reed, Ph.D.

***New members** who joined RPA within the last year, or are returning to RPA after a lengthy absence, are invited to submit a brief statement (100 words or less) 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. Rebecca Stadtner, Editor*

Announcements and Ads

JOIN THE TRAUMA REFERRAL LIST

Clinicians wanted to join a referral list in the greater Santa Rosa - Sonoma County area for a medical trauma treatment program for referrals from Santa Rosa Memorial Hospital. If interested, please send, (1) name, (2) license, (3) office contact info, (4) whether you work with adults, adolescents, or children, (5) whether insurance plans are accepted and (6) which treatment method(s) you use. Send your reply to: Andrew M. Leeds, Ph.D. <aleeds@theleeds.net>.

EMDR TRAINING FOR CLINICIANS

Complete training over four weekends in Alameda near Oakland International Airport. Saturdays and Sundays: September 10/11; October 1/2; October 29/30, and December 3/4, 2011. Non-profit, agency and pre-licensed discounts available. BBS and MCEP approved for 47.5 CE Credits. This all inclusive training meets and exceeds EMDR International Association standards. Sonoma Psychotherapy Training Institute, Andrew M. Leeds, Ph.D. Director of Training, EMDRIA and EMDR Europe Approved Trainer and author of *A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants*, Springer Publishing Company. Full details at <http://www.sonomapti.com/basictraining.html> or call (707) 579-9457.

KABBALAH FOR THERAPISTS Rabbi Steven Fisdell, spiritual counselor, author and master teacher of Kabbalah, presents an intensive two-day workshop designed specifically for psychotherapists, focusing on the dynamics of the Tree of Life, the Kabbalist view of the nature of reality and human experience as well as the psychological and practical implications for healing work with clients that flow directly from this ancient spiritual tradition. CEU's

available for MFTs and LCSWs. The workshop will be held in Cotati on June 3-4, 2011. For complete information and registration, email Dr. Shoshana Fershtman at cfershtman@sbcglobal.net or call (707) 292-5199.

GREG THIGPEN, PSY.D. To meet the needs of busy adults, couples, adolescents and families, I am pleased to announce expanded evening hours. For details about my practice please call 494-6462, or visit my website at drthigpen.com

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

HISTORIC CHERRY STREET PROFESSIONAL BUILDING.

Beautiful, private, spacious offices and suites within a distinctive turn-of-the-century Victorian in central Santa Rosa. Located on a quiet park-like setting at the corner of Cherry & Humboldt, in the heart of the Cherry Street Historic District, this accessible and modernized classic office building is just blocks from Mendocino Avenue, College Avenue, downtown Santa Rosa, and Highway 101. Perfect for therapists and other professionals. New carpet and paint. Handicapped accessible. Quality Amenities.

Announcements and Ads

Handicapped accessible. Quality Amenities. Rents start at \$500 and vary by size and location in the building. Information: (707) 544-2864.

PART TIME OFFICE SPACE for rent in upscale building, great location downtown Santa Rosa, large waiting room, high ceilings, newly carpeted & painted, parking, conference room, 4 suite office shared with psychiatrists/psychologists, month to month. Contact: 523-1000 option 2.

NEUROPSYCHOLOGICAL ASSOCIATES invites those seeking office space for whole or partial days to contact Christie Lentz at 707-526-5424. Our offices are located in the Atrium Court building on 1260 N. Dutton Ave. in Santa Rosa. Two large offices have picture windows overlooking the area; waiting area, receptionist, and office equipment plus a galley kitchen are included. The building has a coffee cart offering snack foods inside the common area. In addition, a community room is available for conferences. On site parking, elevators, and bathrooms are easily accessible on both floors of our beautifully landscaped building. Call for more details.

PSYCHOTHERAPY OFFICES AVAILABLE IN NOVATO: Soundproofed & Furnished • \$200/day/225 ft² Three-office suite, professionally soundproofed; ideal for somatic or emotionally expressive therapy. Half- and full-day rates with discounts for multiple days and "first two-month start-up" rate. Terrific location for clients coming from north (Petaluma, Santa Rosa,) south (San Rafael, etc), east (Vacaville, etc), or west Marin; two minutes from Hwy 101 off San Marin Dr. exit. Offices accommodate moderate groups. Available for sublet most weekdays and weekends. For pictures, arrange a visit, or questions, contact Diane Harnish, PhD, at dianeharnish@mac.com or call 415-924-4252.

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. Ads and announcements of 100 words or less are free for RPA members and cost \$40 for nonmembers. Rebecca Stadtner, Editor



Correction: In February's newsletter, Greg Kohles was mistakenly identified as Bob. The people in this photo taken at the interdisciplinary dinner in January, are Bob Benavides, Cynthia & Greg Kohles. My apologies to Greg. *Rebecca Stadtner, Editor*

Redwood Psychological Association

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Santa Rosa, CA 95402

RPA Event Registration Form

April 14, 2011, 6 PM

Cognitive Behavioral Therapies for Social Anxiety and Obsessive Compulsive Disorder

by

Jennifer Shannon, M.F.T. and Litsa Tanner, MS, MFT

CA' Bianca Ristorante Italiano
835 2nd Street, Santa Rosa (between E Street & Brookwood)

Name(s) _____

Pre-registered dinners (\$27 per person, tax/tip included) _____ @ \$27/person
(early registration must be postmarked 1 week before event)

Indicate one choice of entrée to follow small salad:

Rigatoni alla Contadina: Rigatoni with italian sausages,
peas, mushrooms, tomato & cream _____

or _____

Gnocchi di Spinaci al Gorgonzola: Spinach and potato
pillows with gorgonzola cheese sauce _____

Non-pre-registered dinners (\$35 per person, tax/tip included) _____ @ \$35/person

No dinner (\$10.00 per person cover charge) _____ @ \$10/person

Optional 1.5 CE credit (\$15) _____ @ \$15/person

Amount Enclosed: \$ _____

Bar is no-host; please pay for drinks at time of service.
No outside food of course.

**In order to insure CE credits and/or to be registered for an event,
please enclose this registration form with your check!**

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Calendar of Events

Thursday, April 14, 2011 - 6:00 p.m. - CE Dinner Meeting with Jennifer Shannon, MFT and Litsa Tanner, MS, MFT, *Cognitive Behavioral Therapies for Social Anxiety and Obsessive Compulsive Disorder* at Ca'Bianca Ristorante Italiano, 835 2nd Street, Santa Rosa, CA 95404 (between E Street & Brookwood)

Thursday, May 19, 2011 - 5:30 p.m. - *Spring Social Gathering* at Riviera Restaurant, 75 Montgomery Drive, Santa Rosa, CA 95404

*Earth, beloved, I will. O, believe me, you need
no more Spring-times to win me: only one,
ah, one, is already more than my blood can stand.
Namelessly, I have been truly yours, from the first.*

Rainer Maria Rilke
Duino Elegies, 9th, 1923

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