



REDWOOD PSYCHOLOGICAL ASSOCIATION

A Chapter of the California State Psychological Association

P.O. Box 15209 Santa Rosa, CA 95402

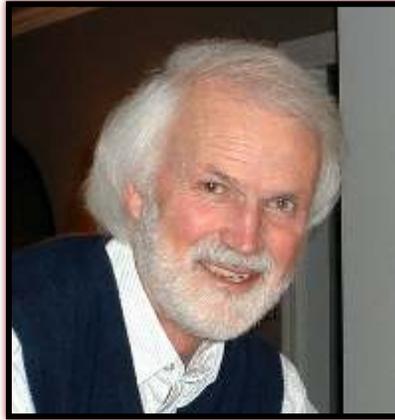
RPA DIALOG

AUGUST 2012
VOLUME 19 No. 4



RPA sponsored walk of colleagues and friends to the memorial bench for Milton E. Harris on July 7, 2012

This road continues on...
Yet... footsteps pause and stir memories
beneath this vast sky
that holds...
Lives mingle
in the brilliant sun
that moves ever westward
and seat themselves in conversation and a meal
shared,
resting,
for awhile,
in the shade of a tree that no longer stands...
—Lea Goode-Harris, 2012



President's Column

RPA Executive Committee officers and support staff

President, CPA Chapter Rep,
& Listserv Administrator:
Michael Pinkston, Ph.D.
(707) 575-7230

Vice-President
& Newsletter Editor:
Peggy O'Toole, Ph.D.
(707) 829-5057

Past-President:
Mary Susan Sams, Psy.D.
(707) 623-7334

Secretary:
Greg Thigpen, Psy.D.
(707) 494-6462

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

CE Coordinator:
Carol Weser, Ph.D.
(707) 526-2288

Disaster Response
Committee Chair:
Richard Zimmer, Ph.D.
(707) 526-7720 x326

Ethics Committee:
**Jeff Kahn, Ph.D.,
Bill McCausland, Ph.D.,
Michael Pinkston, Ph.D.,
& Ann Strack, Ph.D.**

Michael Pinkston, Ph.D.

Letting Go and Responding to Change

As I was collecting my thoughts to contribute to the current newsletter I found myself reflecting on my comments in the last issue related to the current tendency for many of us to be at risk for “nature deficit disorder” by not being mindful of nature when we are in the midst of it or by being plugged into technology when indoors or outdoors. Some of you may have seen the July 16 issue of Newsweek and the article, “Is the Onslaught Making Us Crazy?” by journalist Tony Dokoupil, in which he refers to research that suggests that not only can time on the internet create or increase psychological symptoms (no surprise to most of us since we have been seeing it in our clinical work), but there is data to suggest that it can also lead to changes in the brain. In one Chinese study, scans of the brains of “internet and videogame addicts” were found to look like the brains of individuals addicted to alcohol or other drugs and consistent with behavioral tendencies to be more impulsive. Although no brain scans were available for these subjects prior to the start of their heavy use of technology, there reportedly was evidence that the degree of changes increased over time as subjects continued their heavy use. He cites several research studies and writing by several professionals (including at least one psychologist) who have previously written about this subject. The author writes: “We may appear to be choosing to use this technology but in fact we are being dragged to it by the potential of short-term rewards. Every ping could be social, sexual, or professional opportunity and we get a mini-reward, a squirt of dopamine, for answering the bell.”

So our challenge as professionals is to remain mindful of the impact of technology on ourselves and our clients and to

(Cont.)

strive to interact with it in a balanced and responsible manner. To address some aspects of this issue, we are pleased to have a Dinner CE event on Nov. 15 with a presentation by Dr. Ofer Zur regarding appropriate ways that we can use technology when we are interacting with our clients.

I do think most of us would agree that when we are able and willing to make it a priority, spending time in what is experienced by us as a safe natural setting has the potential to be physically, psychologically, and spiritually healing and rejuvenating. As you can see by the group picture in this newsletter, many of us recently had the pleasure of hiking together in Annadel State Park to dedicate the bench that was paid for by friends of Milt Harris and placed in the ground by RPA officers last fall in recognition of his many years of service to our organization. The Shakespeare quote on the bench says “One touch of nature makes all the world kin,” and we felt connected to Milt and each other as we shared experiences and memories which included him while marveling at the natural surroundings along the way and at the bench site.

In my own clinical work and spiritual practice, I often look for metaphors to facilitate the experience of “letting go.” I think that being connected to nature has much

to offer us when we need to be reminded to “let go” of the need to control, “let go” of the need for things to stay the same, “let go” of



***Thank you to
Lea Goode-
Harris for
her years of
invaluable
service to the
RPA***

the behaviors we feel compelled or driven to engage in, or “let go” of something or some idea because the time feels right to do so. Nature constantly reminds us that nothing stays the same no matter how much we might try to maintain control and “for every time there is a season.” I received this reminder a few years ago when a favorite old oak tree I had long admired outside my window split and lost its beautiful shape.

A few weeks ago I received another reminder of the importance of “letting go” when Lea Goode-Harris informed me and the other officers of the RPA Board that she has decided the time is right for

(Cont. p.6)

New member introduction:

Penelope Langdon, Psy.D.

My overarching focus is spiritual. I have a MA in Theology and am comfortable with the spiritual technologies of most sacred traditions. I use Jungian, Psychoanalytic and Object Relations approaches to help my clients make meaning out of their lives by identifying neurotic patterns and by learning to think symbolically. As an internationally Certified Bioenergetic Analyst I apply somatic techniques to release pre-verbal and otherwise unconscious defenses and traumas. I use clinical hypnosis for a multitude of applications. I am trained in Marcia Linehan’s DBT protocols for affect regulation and behavior modification. I work with adults, groups and adolescents.

UPCOMING CE EVENTS

Treatment Resistant Depression with Jennifer Beck, M.D. (1.5 CE credits)

Date: Wednesday, September 12, 2012 Time: 6:00 to 9:00 PM

Location: Osake Restaurant

The course includes information on the diagnoses of Major Depressive Disorder, response and remission with current treatments, definition of treatment resistant depression and treatment options including the new Transcranial Magnetic Stimulation.

Trauma and the Therapist with Cressida Forester, Psy.D. (1.5 CE credits)

Date: Wednesday, October 17, 2012 Time: 6:00 to 9:00 PM

Location: Bistro 1907- Hotel La Rose

This course reviews the extent of traumatization underlying symptoms of many diagnoses; inevitable pitfalls in trauma treatment and how to understand them and use them in further treatment. These pitfalls include the impact on therapists. Research on therapists' stress, burnout and vicarious traumatization will be presented, along with a range of factors that can contribute to clinicians' vulnerability or resilience.

Conducting Therapy in the Digital Age: Digital Ethics in the age of Google, Facebook and Telehealth with Ofer Zur, Ph.D.

Date: Thursday, November 15, 2012 Time: 6:00 to 9:00 PM

Location: Bistro 1907- Hotel La Rose

In this presentation Dr. Zur will review some of the most common clinical and ethical complexities that clinicians face in the 21st century. It will cover issues, such as online transparency, responding to negative posting by clients, emails, texting and video-conferencing between therapists and clients, clients Googling therapists, therapists Googling clients, and how to respond to clients' "Friend requests" on Facebook. The seminar will also review the growing tension between digital immigrants (older generations) and digital natives (younger generations) and how it may effect therapy and therapeutic alliance. It will also offer ideas regarding social media policies and other informed consent issues.

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 August to consult with you about any ethical concerns you may have. Dr. Ann Strack is your consultant in September and October.

Bill McCausland (707) 546-5742 - July/Aug

Ann Strack (707) 762-6216 - Sept/Oct

Jeff Kahn (707) 546-4349 - Nov/Dec

Michael Pinkston (707) 575-7230 Jan/Feb

Announcements and Ads

RELATIONSHIP CENTERED CARE: A BALINT APPROACH. A weekend of Balint groups in Santa Rosa: Friday evening and Saturday until 3pm, September 21st and 22nd, 2012. Present cases in a confidential format that focuses on better understanding our clinician-patient relationships. A stimulating educational experience, an opportunity to present cases that stick with us, and an antidote to stress and burnout. Early Registration: \$75 ABS Members/\$100 Non-members. Regular Registration: \$100 ABS Members/\$125 Non-members. 7 hours AAFP CME credits. See the full brochure, register and pay by mail or credit card via the American Balint Society website: <http://www.americanbalintsociety.org> Ritch Addison, PhD raddison@sonic.net (707) 576-9813

SUBLET AVAILABLE in beautiful 2 story Historic Pre-Victorian building at 111 Liberty St., in the middle of historic Petaluma and one or two blocks to many cafes, galleries, book store, etc. Office has a semi private waiting area upstairs and is newly furnished. This is a beautiful space for a clinical practice and the building is entirely occupied by mental health professionals. Available one full day or two half days. Contact: Jeffery R. Martin, Ph.D. at (707) 544-0345.

8-WK MINDFULNESS-BASED STRESS REDUCTION PROGRAM. Santa Rosa. 6:30-9 pm, Sep 20-Nov 8; 9 am-4pm, Oct 27, 2012. For stress, anxiety, depression, grief; chronic illness, pain, and anger management. Patrick Thornton, PhD has practiced Mindfulness Meditation for 30 yrs. He is among the first to teach MBSR in clinical settings on the West Coast for physicians, patients and interns, and has taught MBSR/MBCT programs on the West Coast and in the Midwest for 20 yrs. All therapist/client relationships will be

protected. Referrals requested. Cost: \$340.00 (scholarships available). www.patrickthornton.net. mbsr@sonic.net. (707) 584-8440. (Meets certification standards of Center for Mindfulness, UMass.)

OFFICE FOR RENT OR SUBLEASE at 625 Cherry Street. Available with 30 days notice. \$450 full time rent. Call Barbara Davis for more information at (707) 953-2082.

CE OPPORTUNITY: For APA approved CE units focused on the interface between spirituality and psychology/psychotherapy, check out David Lukoff, PhD's Spiritual Competencies Resource Center website, <http://www.spiritualcompetency.com/> Topics include: "DSM: Religious and Spiritual Problems," "Mindfulness and Mental Health," "Spiritually-Oriented Interventions," and "Ethical Issues in Spirituality." Lessons include written text and audio-visual experiences plus links to related articles and abstracts. All lessons can be taken for free. There is a modest charge for CEs. Recent additions: Five lessons on forgiveness in clinical practice. Coming soon: Lessons on Mindfulness with Children and Families. David is a professor at the Institute for Transpersonal Psychology.

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

Announcements and Ads

for teens and young adults who need help coping with emotional, behavioral or psychological concerns. Bob Casanova, Educational Consultant, (707) 526-5800.

Submitting ads and announcements to the RPA Dialog:

Items are free to members and cost non-members \$40. Each item is limited to 100 words or less. Our next newsletter will be

delivered in October. Deadline for submissions is September 28, 2012.

Send your ad in the body of an email (no attachments). Submissions will be acknowledged with a return email.

Submit items to the Newsletter Editor:
Peggy O'Toole, Ph.D., At
RPAnewsletter@redwoodpsych.com

(President's Message, cont from p.3)

her to “let go” of all the administrative duties she has been providing for RPA and to focus her energies on her labyrinth design and consultation as well as her many other creative pursuits. I know I can speak for the other officers when I say that Lea has provided an invaluable service to RPA over the past 7 years beginning with the design of our original website and eventually finding our current web designers and working with them to design a different website while continually making it easier for both the members and the officers to interact with the site. More recently she took over the management of our listserv, and eventually additional administrative tasks that seemed overwhelming to the rest of us at the time. She has been a very active participant in the design process of the current website beginning with her artistic creation on the home page which so beautifully captures the Sonoma County landscape and has impressed many psychologists I know around the state who have visited our site. Although she is certainly irreplaceable and we cannot thank her enough for what she has done for RPA, Lea's efforts have now made it possible for the website and membership information to be managed in significantly less time and with very limited technology skills (which means more time left to connect with nature I

might add!). I know this was her goal all along since she has learned, like many of us, that you cannot count on “things staying the same.” As you can see by her poetry in this issue, Lea is not leaving RPA and she has assured us that she wants to continue to find different ways to share her thoughts and contribute to our organization.

Several of us on the board are dividing up the tasks Lea will no longer be doing and over the next few months we will have an opportunity to see just how much easier she has made them and decide which task might easily be done by which officer in the future. I will be managing the Listserv during that time (although, as always, many Board Members will be paying attention to it and at various times one of them might respond to a posting – like when I am immersed in nature for an extended time and couldn't use a smart phone even if I wanted to!). I would like any member to contact me back channel if they have questions or need assistance on the listserv. If you have questions or concerns related to the website, we ask that you please contact me with those concerns as opposed to our web designers. The RPA Board will still be working closely with the designers to correct any future technical problems and implement additional ideas Lea has already been exploring with them to make the website even more useful to our members.

Redwood Psychological Association

P.O. Box 15209
Santa Rosa, CA 95402

RPA Event Registration Form

6:00 PM

Name(s): _____

Date of Event: _____

Event Title: _____

Location of Event: _____

Note: Location may change for each presentation, please check website: redwoodpsych.org, listserve, and/or newsletter for the address.

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

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 (\$15) _____ @ \$15/person

Amount Enclosed: \$ _____
(No refund or credit- cancellation received as a donation)

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

Please contact Carol Weser at: humanone@sonic.net if you have any questions, or need a vegetarian meal, but mail this form and your check to RPA at the above P.O.Box.

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

*The California Psychological Association (CPA) is approved by the American Psychological Association (APA) to sponsor continuing education for Psychologists, LCSW's, and MFT's, (BBS provider number PCE5015). CPA maintains responsibility for this program and its content.

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. For learning objectives, instructor credentials and/or refund/cancellation policy please contact Carol Weser, Ph.D., CE coordinator for Redwood Psychological Association.

CALENDAR OF EVENTS:

September 12 CE Event at Osake:

Jennifer Beck, M.D.: *“Treatment Resistant Depression”*

October 17 CE Event at Bistro 1907- Hotel La Rose:

Cressida Forester, Psy.D.: *“Trauma and the Therapist; Being There for Your Patients and Your Career”*

November 15 CE Event at Bistro 1907- Hotel La Rose

Ofer Zur, Ph.D.: *“Conducting Therapy in the Digital Age: Digital Ethics in the age of Google, Facebook and Telehealth”*

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