



## REDWOOD PSYCHOLOGICAL ASSOCIATION

A Chapter of the California State Psychological Association

P.O. Box 15209 Santa Rosa, CA 95402

# *RPA DIALOG*

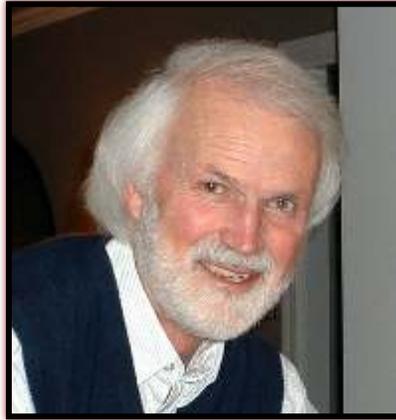
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“Kauai North Coast”

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## *President's Column*

### **RPA Executive Committee officers and support staff**

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**Ann Strack, Ph.D., Jeff Kahn,  
Ph.D., Michael Pinkston, Ph.D.,  
and Bill McCausland, Ph.D.**

### *Michael Pinkston, Ph.D.*

A common topic in our recent professional publications and on our own listserv has involved the use and potential “misuse” of technology as we practice our profession of psychology. Although I continue to be very interested in the use of technology and find it hard to resist the impulse to check my smart phone any time I have a few minutes to spare, I have been acutely aware during the past year of my need to spend more time interacting with the natural world. There have of course been psychologists who have stressed the human need for this type of interaction and have developed the field of Ecopsychology, and one of those individuals who has published in this discipline is Mary Gomes, Ph.D., who is a professor at Sonoma State University. Through some of her writing I have become aware of Richard Louv, who is a journalist who wrote “Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder.” In a more recent book, “The Nature Principal,” he argued that adults need reconnection with nature also. He wrote “A reconnection to the natural world is fundamental to human health,” and he asked “[w]hat would our lives be like if our days and nights were as immersed in nature as they are in electronics?”

I was one of those lucky children who grew up in a house in the woods and after a two minute walk there was no sign of any houses. Even though we were surrounded by a large city, those woods were “lovely, dark, and deep,” offering the opportunity for peaceful observation of my surroundings, quiet reflection, and an active fantasy life. The city might as well have been a thousand miles away. Many years later following graduate school, while working with children and living a block from Venice Beach, I was surprised to meet 10

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year old kids who had grown up in East LA or Watts and had never been to a beach. I think it is fair to say that those children and many other children and adolescents I worked with were experiencing Nature-Deficit Disorder.

Although there have always been children and adults who have limited access or opportunity to interact with nature, in the last 30 years people of all ages have become so involved with technology there is little time left for interaction with natural surroundings. So that even those adults who may have had a significant exposure to nature in their earlier life have become disconnected from that experience and may in fact be unaware of an unmet need to reconnect. Many of us have found ourselves suggesting to our clients that they cope with their depression and other distress by leaving their house and being more physically active, but I think we are less likely to encourage them to reconnect with their natural surroundings. I have often noticed that when I ask couples about situations where they are less likely to be experiencing conflict, they will describe being together in some natural setting with few distractions.

In our role as therapists, most of us spend a great deal of time sitting indoors and if we are fortunate there is fresh air and natural light coming through a window, but our attention is

likely to be elsewhere. In a previous job I would give a seminar to interns once a year on self-care, but often found myself eating my lunch in my office while reading e-mail on a computer rather than eating the lunch outdoors or taking a walk in a beautiful natural setting nearby.

I do think it is important that we recognize for ourselves and convey to our clients that “being in nature” can happen in many ways and does not require driving or walking a long distance or taking a vacation. Sometimes it just takes being outdoors a few feet from the front door for a short time in the fresh air with a view of the sky during day or night to feel that connection. We are so fortunate that we live in Sonoma County where in a short time we can so easily experience the natural world as long as we make it a priority and “unplug” from our electronic devices.

It was great seeing so many of you at Riviera for our Networking Event. I enjoyed meeting many of you for the first time. I hope you are looking forward to a relaxing summer and it is also my hope that I will see you in the near future for upcoming RPA activities that invite us to be outdoors together.



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**WELCOME to New RPA MEMBERS:**

**Will Zahn, Psy.D.**

**Penelope Langdon, Psy.D.**

**Theresa Hozian, M.A.**



## A Sign of Codependency: Compulsive Giving

*By Heather Stone, Ph.D.*

Acts of giving often begin from a heartfelt place, arising from empathy, kindness, and a sincere desire to help others. However, our actions can also be motivated by our own personal needs and desires, some of which are elusive to us. In those moments, acts of generosity can suddenly leave us feeling confused or overwhelmed, lost in others' emotional pain, or consumed by the problems of the people around us. Ironically, certain acts of giving can sometimes wind up producing opposite results, inadvertent consequences, or even ill will. How, you might ask, does this happen?

The following reflections are some thoughts I have had over the years regarding the fine line between healthy giving and codependency. These thoughts developed from my own awareness that good intentions and deeds can go awry, that good people can do damage with their giving, and that there is a vague, diffuse line between generosity and pathology.

### *Compulsive Giving: What Need Does it Serve?*

First, looking at this from an addiction model, I realized that giving can be compulsive, automatic, and not very conscious. (This is quite different than authentic giving, which feels more like a choice that comes from the heart.) The compulsive type of giving is like a reflex – a

knee-jerk response that happens without awareness of the other's needs, or our own motivation. And it often serves to avoid uncomfortable feelings.

As with any type of addiction, the compulsive behavior exists to satisfy a need, or to try to produce a certain feeling. I've heard some people say that when they give compulsively, they hope to become indispensable and that they will have a guarantee that the other person will never leave them. Some people feel that over-giving serves to conceal their deeply hidden flaws or inadequacies (which are not as repulsive as they believe them to be). Giving can therefore be like a smoke screen, keeping the person from being potentially revealed, hiding all of their poetic flaws and human qualities. Giving can also make people feel worthy, needed, powerful, desirable, loveable, dominant, more in control – the list could go on.

Ask yourself what the feeling is, that you are trying to achieve. The most important thing to know here is that the need is not bad or wrong, it just is. Actually, we have to love that part, and we shouldn't try to ignore it, deny it, or kill it! It's very precious!

But we shouldn't manipulate to get it. Perhaps there is a part of us that thinks we can't get the feeling, or satisfy the need, just by being ourselves. Maybe we think we are weak or stupid to even have the need in the first place. So, we think we have to control and contort ourselves (and the other) in order to have the feeling/need satisfied. Since the whole thing is really awkward and

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unattractive, we begin working behind the scenes, so to speak.

So we “use” giving (yes, like a substance), to manipulate in order to get our needs met. And, like a drug, it ultimately stops working while beginning to create problems of its own. The feeling we get is either fleeting or it doesn't occur at all.

***The compulsive type of giving is like a reflex – a knee-jerk response that happens without awareness of the other's needs, or our own motivation. And it often serves to avoid uncomfortable feelings.***

When that happens, we feel frustration and rage, usually toward the other person. We say to ourselves and to the recipient: “I did everything right! In fact, I went far and above what I really wanted to do. It was too much, it even exhausted me. And I didn't get \_\_\_\_\_ in return.” Exactly. What was the “\_\_\_\_\_”? The “\_\_\_\_\_” is the need, the thing that the other person wasn't responsible for giving you. They didn't sign up for this!

#### *Separating Love from Codependency*

The following is an easy technique that will help you determine whether you are acting compulsively. Use your body as a barometer. (That's what therapists do when we work with clients – we notice what we are feeling when we are in the room with someone. It gives us important information about the person we are with, signals shifts that are occurring, and tells us how to next proceed.)

The body will certainly tell you the difference between generosity and pathology – it's guaranteed. I don't know what your body would do, but for me, if I'm

manipulating, and giving more than I should be giving, my heart rate increases; everything speeds up; things seem to be rushing past me; the room is spinning; I don't have time to process my feelings; I hate how I feel in that particular moment; I feel a sense of urgency; and I respond to this by moving faster and pushing past all of these uncomfortable sensations. I ignore them. I commit. I say yes. Nothing matches up. It's like Elvis Costello's lyrics in Accidents Will Happen: “Your mind is made up, but your mouth is undone!”<sup>1</sup>

When things speed up, we know we are really in trouble. People in sales know this – that is why they talk really fast. They throw so much information at you so that you don't have any time to consider and reflect. If you did, you wouldn't buy their product. Speeding up is a great way for people to manipulate, or be manipulated. When things are happening too fast, next thing you know, you're buying something (or buying into something) that your wise self knew was the wrong thing for you.

Remember that there is a continuum. You can catch yourself along the way. Even though it feels like we change from normal generosity to over-the-top codependency in just a few seconds, we don't. It generally doesn't happen like that. There are numerous definitive points along the way

***The body will certainly tell you the difference between generosity and pathology – it's guaranteed.***

where, if we pay attention, we might realize we are going into the danger zone. Maybe you felt good about doing the first three things for someone, but then the fourth one was going to keep you up too late, make you

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miss an appointment, or prevent you from eating a meal. Or maybe you suddenly became aware that the person was taking advantage of your generosity, but you wanted to deny it. Or maybe the other person was emotionally pulling away from you, and you had to speed everything up in order to dazzle them, and ignore your own feelings of rejection.

### *Authentic Giving*

On the other hand, you know in your body what authentic giving feels like. When I feel good about giving, there is spaciousness in my chest; I feel lots of room; time actually expands; I feel a flood of joy; I am delighted in the act of giving itself; and I do not feel the least bit pressured or drained. And, I expect nothing back from that person – that they should remember it, return it, enjoy it, or, most importantly – give me back the “feeling.”

So, the key is to start noticing the subtleties as they happen, using your body as a reference point. If things start moving too fast for you (internally), just concentrate on consciously slowing yourself down, remember to breathe, begin to comfort yourself, start paying attention, and wait – until you can feel yourself emerge again. As an alternative to compulsive giving, ask directly for what you want, or ask the other what they really want. This is a brave thing to do. It risks revealing the self, but it is really, really worth it. *This is the sign of authentic giving.*

<sup>1</sup>Costello, E. (1979). Accidents will happen, In: Armed Forces. USA: Columbia Records.

*Research/literature references provided upon request.*

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## **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: Iron Stone Restaurant**

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.



*Lea Goode-Harris, Ph.D.*

*Listserve Coordinator &  
Webmistress*

Dear RPA Members,

Our new listserve is up and running! It seems that we have made the transition from the old google server onto our own RPA listserve, now within our website and hosting service.

Thanks to all of you for your patience through this transition. If you are

experiencing any problems or have any questions about the listserve, please do not hesitate to contact me via phone or email. The new listserve now allows me to easily remove and add members. Members can update their listserve email addresses via their member page or by contacting me with any new information.

You might be interested to know... that at the printing of this newsletter, we have 131 members for the year 2012. 109 (83%) members are full, licensed members. 8 (6%) members are full, but not licensed members. And, 14 (11%) members come under the category of post-doc, student, non-practicing or retired. 93% of our membership are on the listserve. 61% of our membership will receive this newsletter via email. 39% will get it on paper. The e-mail distribution of the newsletter is saving RPA approximately \$100.00 to \$150.00 each printing, as well as doing our part to cut down on excess paper use.

Lea Goode-Harris, Ph.D.  
RPA Listserve Coordinator & Webmistress  
[goodeharris@gmail.com](mailto:goodeharris@gmail.com)  
707-454-1656

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### **RPA Ethics Committee Offers Consultation**

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

**Ann Strack (707) 762-6216 - Jan./Feb.**

**Jeff Kahn (707) 546-4349 - Mar./Apr.**

**Michael Pinkston (707) 575-7230 - May/June**

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



## **Chrysalis Community Counseling Services: 30 Years of Feminist Therapy in Sonoma County**

*By Mary Susan Sams, Psy.D.*

During a recent conversation with Chrysalis colleagues Lisa Mathiesen, Executive Director, and Debra Kelly, MFT, Clinical Supervisor, they offered a sense of the history and unique place of Chrysalis within our community of local mental health resources.

According to Chrysalis co-founder Debra Kelly, back in the early 1980's a group of Sonoma County feminist psychotherapists and counseling interns began exploring the possibility of creating a low fee, feminist therapy clinic. The group was motivated in part by their desire to support the presence of feminist therapy in the County, as well as the feminist tenet that no one should be blamed for being abused. While the latter may now seem a given, back in the 80's a lack of adequate services for sexual assault survivors and a "blame the victim" mentality presented serious problems for victims of abuse. As a part of the growing movement to address this inequity, other like-minded Sonoma County resources emerged, such as Women Against Rape (now Verity), a new YWCA women's shelter, and M.E.N. (Men Evolving Nonviolently). The presence of such agencies is no longer unusual.

So this hale and hearty group of clinicians did it. They mobilized to build an agency providing feminist therapy to women and their families and providing feminist therapy training and a stipend to their interns.

Incorporated in 1982 as Chrysalis Counseling Services for Women, the mission was—as it is today—to provide high quality, affordable feminist counseling to Sonoma County. Chrysalis continues to provide training, supervision, and consultation in feminist therapy to interns and licensed therapists.

According to Lisa, the question she hears most often is: But what do you mean by feminist therapy? Having answered so many times over her 26 years with Chrysalis, Lisa laughs (who says feminists have no sense of humor?) and sets the record straight. "It's not really a modality, as much as a set of values

***The group was motivated in part by their desire to support the presence of feminist therapy in the County, as well as the feminist tenet that no one should be blamed for being abused.***

that can be applied to most modalities of treatment." Several core values guide feminist therapy, for example, to acknowledge and minimize the inherent hierarchy and power imbalances that affect the therapy relationship. Feminist therapists

*(Cont.)*

respect the integrity of the therapist-client relationship through transparency and appropriate self-disclosure, e.g., sharing relevant personal experience or identity, or acknowledging the limits of training and competency (now called “scope of practice”). Another core value is the pursuit of personal and professional growth, whether seeking



timely consultation, training to enhance our skills and abilities, or opportunities to work for social change. At Chrysalis, this shared commitment to personal and professional growth has sparked unusually strong bonds among interns who have graduated from Chrysalis but remained in connection in long-term consultation and practice groups.

The feminist therapist also supports client empowerment, self-definition, and self-determination, while acknowledging that one’s circumstances and self are affected by economic and social position in society. As feminist therapists, we believe that we live, work, and provide therapy in a society in which gender does make a difference. According to Kelly, “In addition to the intrapsychic work we do, feminist therapy recognizes the social, economic, and spiritual influences on peoples’ lives.” While feminist therapists are generally attuned to social

justice issues, some choose to actively and publicly work for social change.

But does Chrysalis serve only women? Lisa clarifies the priority on working with women and women’s issues, while emphasizing that the treatment of men remains integral and necessary to that mission. This commitment to enhancing inclusion and minimizing marginalization is found in another unique aspect of Chrysalis: the commitment to function as a collective. In practice, this means that interns, licensed therapists, clinical supervisors, executive director, and board of directors all work as a cooperative unit to direct evolving policy, as well as day-to-day decisions about the running of the agency.

This contributes to the strong sense of agency that has resulted in a considerable number of Chrysalis interns who have stayed or returned as supervisors and licensed counselors, which brings a great sense of history and grounding to the agency. With 12 interns and licensed therapists, Chrysalis provided 4500 hours of individual, couples, family, and child therapy in 2011. Over the years, Lisa—the glue that holds this little agency together—has fine-tuned a model in which less than 18% of the annual budget

***Several core values guide feminist therapy, for example, to acknowledge and minimize the inherent hierarchy and power imbalances that affect the therapy relationship.***

goes to administrative costs. This is a remarkable feat, but necessary for an agency that operates solely on client fees and donations from the community. Lisa added, “donations are what make it possible for us to subsidize clients fees for those clients most

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in need.”

A staff of seven supervisors provides individual and group supervision for interns and post-docs, as well as consultation to the licensed counselor group. They currently have several Chrysalis alumni as supervisors and an extremely bonded and supportive group that meets monthly to consult and collaborate around supervision progress and challenges, as well as agency and administrative matters.

Thanks to the founding members and the good, hard work of all the women who have been a part of Chrysalis over the years, they're still going strong! In fact, this fall Chrysalis celebrates their 30th anniversary. The staff is tremendously excited to welcome alumni and friends from the community to the Open House on Friday, September 28, 2012,

4-7 p.m., to help celebrate this remarkable milestone.

Chrysalis welcomes licensed psychologists interested in providing clinical supervision. Please feel free to contact Chrysalis supervisors and RPA members Mary Susan Sams, Psy.D., and Robin Anderson, Ph.D., about their experiences as Chrysalis supervisors. The referral of pre- and post-doctoral psychology interns, as well as MFT interns, is also welcome. Chrysalis offers rolling admission to the intern group throughout the calendar year.

For more information or to make a donation to Chrysalis, please visit their website [www.chrysaliscounseling.org](http://www.chrysaliscounseling.org). For referrals or for more specific information about services, please contact Lisa Mathiesen at (707) 545-1670 ext 208.

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## **Remembering Milt... A Walk to the Milton E. Harris Bench in Annadel**

You are invited to join the RPA Executive board and myself for a walk to the bench in Annadel State Park for my late husband and long-time RPA member, Milton E. Harris. We will meet in the large shaded parking lot at the end of Channel Drive at 11:00 AM on Saturday, July 7th (parking is self-pay and \$6.00). The walk is 2.2 miles one way and is moderately strenuous but mostly shady and will take approximately an hour up and an hour return, for two hours total of walking time. Milt's bench is on the trail between the large upper meadow and the north shore of Lake Ilsanjo just past the intersection of Warren Richardson Trail and Louise Trail. There is a restroom a short walk from the bench site. Please bring a sandwich and beverage for an informal picnic lunch. Milt would have suggested something from Traverso's Deli. But since that is but a memory as well, anything that brings you eating pleasure, sitting in the company of friends and colleagues in our beautiful park will be a wonderful way to celebrate Milt and a place in nature that he dearly loved. If you cannot join us, then we hope that at some point this summer you will hike to this meaningful spot. You will know that you are at the right bench when you see the quote from Shakespeare's Troilus and Cressida, Act 3, scene 3, "One touch of nature makes all the world kin." Thanks to everyone who has made the installation of this bench a possibility. -Lea Goode-Harris

Directions for parking: The parking lot is east of Santa Rosa and south of Highway 12 at the end of Channel Drive via Montgomery Drive. 6201 Channel Drive Santa Rosa, California, 95409 \$6.00 self-parking fee

Any questions about the walk please contact Jules Dantin: (707) 829-5355 or Michael Pinkston: (707) 575-7230



*Dr. Adair Look answering additional questions from event attendees.*



## April CE Event

On April 19, RPA members were treated to a very stimulating and substantive presentation on eating disorders by local psychiatrist, Adair Look, M.D.



## New member introduction:

### **Will Zahn, Psy.D.**

I am a licensed psychologist with 8 years of experience in a variety of settings including primary and secondary school, university, military, and adult residential. I have worked with severe mental illness, families, childhood and adolescent behavioral issues, chemical dependency, anxiety, depression, personality disorders, and chronic pain. I work from an integrative orientation that includes cognitive-behavioral, psychodynamic, existential, family systems, and interpersonal approaches and alternative modalities such as mindfulness, drama therapy, poetry therapy, and healing and rituals. I work at a functional restoration program, Pacifica, in Angwin and am setting up a private practice in Santa Rosa.



## Announcements and Ads

**THE FOSTERING CONNECTIONS PROGRAM** of TLC Child and Family Services, a group of private practice therapists dedicated to providing long-term, high-quality psychotherapy to Sonoma County's foster youth, is seeking experienced clinicians to join our community effort. Each therapist sees one foster youth (ages 4 through young adult) pro-bono, and receives free consultation in small groups with senior clinicians who have expertise in the issues and dynamics affecting these youth. CE Units are available for members. For more information, contact the Program Director, Cori Herzig, Psy.D., at (707) 823-7300, ext. 303, or email her at [cherzig@tlc4kids.org](mailto:cherzig@tlc4kids.org).

**EMDR TRAINING FOR CLINICIANS.** Complete training over four weekends in Alameda. Saturdays and Sundays: September 8 & 9, September 29 & 30, October 27 & 28, December 1 & 2, 2012. 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.

**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.

**OFFICE FOR RENT** downtown Santa Rosa, in a Victorian house with therapists' offices. Included are waiting room, kitchen, copier, parking and utilities. Call (707) 527-8800.

**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 Self-compassion as a clinical intervention. David is a professor at the Institute for Transpersonal Psychology.

**OFFICE AVAILABLE** full time at 625 Cherry Street starting in August. \$500. Please call Barbara Davis at (707) 523-9920 for information.

**8- WEEK MINDFULNESS-BASED STRESS REDUCTION** program begins June 21<sup>st</sup>. This program consists of eight 2.5 hr sessions and one daylong retreat. It is highly participatory and interactive, and adheres to the curriculum and certification standards of the research models originating with the UMass Med, Center For

## Announcements and Ads

Mindfulness in Medicine. It is suitable for individuals with chronic & life threatening illness, pain management, reduction of stress/anxiety, anger management & depression. As of Feb. 2012, there were an unprecedented 125 grants currently being funded by the NIH for research in the application of MBSR/CT in mental & physical health. For information, visit <http://www.patrickthornton.net/Mindfulness-Based-Stress-Reduction.html>

**DEPENDENT ORIGINATION: SEEING THE DHARMA.** This course will examine the Buddha's teaching of Dependent Origination as the process by which our sense-of-self emerges moment to moment. Through Dharma talks, discussion, and experiential practices, participants will explore the possibility of deconstructing the sense-of-self beginning with our psychological patterns and progressing through our experience as sensory organisms to our more primordial identification simply as a center of knowing, and beyond. Included will be teachings on impermanence, interdependence, and emptiness as expressed through Dependent Origination. June 27 to August 29 at Spirit Rock Meditation Center, taught by Gary Buck, PhD. For details: <http://www.spiritrock.org/CalendarDetails?EventID=3334>

**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.

**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 August. Deadline for submissions is July 26, 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](mailto:RPAnewsletter@redwoodpsych.com)

**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 Iron Stone:**

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

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Association  
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