



# REDWOOD PSYCHOLOGICAL ASSOCIATION

A Chapter of the California State Psychological Association

P.O. Box 15209 Santa Rosa, CA 95402

# *RPA DIALOG*

AUGUST/SEPTEMBER 2014

VOLUME 21 NUMBER 3



Sunset Cliffs

San Diego, CA



# *President's Column*

*Greg Thigpen, Psy.D.*

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

President:

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

Vice-President:

**Jeannie LeMesurier, Ph.D.**  
(707) 326-5666

Secretary:

**Joe Puentes, Psy.D.**  
(707) 583-9663

Treasurer and CPA Chapter  
Rep: **Michael Pinkston,**

**Ph.D.**  
(707) 575-7230

CE Coordinator:

**Carol Weser, Ph.D.**  
(707) 526-2288

Newsletter Editor:

**Joe Puentes, Psy.D.**  
(707) 583-9663

Disaster Response Committee

Chair: **Richard Zimmer,**  
**Ph.D.** (707) 526-7720 x326

Ethics Committee:

**Ann Strack, Ph.D., Jeff Kahn,**  
**Ph.D., Michael Pinkston,**  
**Ph.D., & Juliet Dantin, Ph.D.**



Years ago, when I was working at a local agency, an art therapist volunteered to lead our staff through an experiential exercise. He asked us to simply watch as he used two slide projectors to present a series of images, side by side, on the wall.

When the show was finished, he asked us to notice if we had paid attention to the images on

the left, on the right, or both equally. Most of us had been drawn in to either one side or the other; and what we realized as we discussed the images is that those on one side had consistently been emotionally and thematically darker or more disturbing, while those on the other side had been lighter, safer, and more cheerful.

What I took away from the exercise was an awareness of how easy it can be to become focused on one side of human experience. For those of us in the helping professions, it is often the darker or more painful side of life that we become sensitized to. Our professional lives are likely, if not inevitably given over to helping people who are in difficult situations, and who often are experiencing significant distress as a result.

As psychologist Rick Hansen has written, our brains seem to have Velcro for negative experiences and Teflon when it comes to more positive ones. He advises that if we wish to have a more balanced view of life, it is important to take the time to fully experience (or remember) the positive, affirming, or pleasant experiences in life. He calls the active practice of doing so “taking in the good.”

*(cont. p. 3)*

*(President's Column, cont'd)*

As I reflect on my experiences in the Redwood Psychological Association, I find it gratifying to notice how much good there is to take in. On the listserv, I see colleagues supporting each other with suggestions and perspectives, even in the midst of their busy schedules.

At CE events, as she has for many years, Carol Weser keeps us organized (and entertained with her witty comments!), and volunteer presenters share their expertise. At these events and at others, as well as through my time on the board, I have had the opportunity and privilege to meet many dedicated, talented individuals whose commitment to their work and their community is an inspiration. Among these are our newest board member, Joe Puentes (who has stepped in as Secretary, and also edits the newsletter); Vice President Jeannie LeMesurier, whose kindness and good cheer seem to be in endless supply); and the apparently tireless Michael Pinkston (currently our Treasurer), whose behind the scenes service has for many years kept the RPA on track and running smoothly.

**...“taking in the good” does not mean “wearing rose colored glasses”; instead, it involves consciously paying attention to positive, affirming elements of life.**

As Rick Hansen notes, “taking in the good” does not mean “wearing rose colored glasses”; instead, it involves consciously paying attention to positive, affirming elements of life. I hope this newsletter finds you well, and enjoying the rewarding aspects of your professional life.

---

## **RPA Ethics Committee Offers Consultation**

Our Ethics Committee welcomes questions about ethical issues in your practice. Jeff Kahn, Ph.D., is available during the month of August to consult with you about any ethical concerns you may have. Michael Pinkston, Ph.D., is your consultant for the months of September and October.

**Jeff Kahn, Ph.D. (546-4349) - July/Aug.**

**Michael Pinkston, Ph.D. (575-7230) – Sep./Oct.**

**Juliet Dantin, Ph.D. (829-5355) – Nov./Dec.**

**Ann Strack, Ph.D. (762-6216) – Jan./Feb.**

# RPA Calendar of Events

## September 11<sup>th</sup>, 2014:

**“Dreaming on the Job”** by Meredith Sabini Ph.D.

This is a 1.5 CE (optional) presentation on **Thursday September 11**, at the Union Hotel on Mission Blvd. in Santa Rosa. The presentation starts at 6:30 PM but you can arrive at 6pm to socialize.

Dr. Sabini writes, “Everyone dreams, yet clinical training for psychologists tends to provide little instruction on making use of dreams. Fortunately, a sea change is underway from theory-based interpretation toward an interactive approach that engages client and therapist. There is also increasing empirical evidence of the diagnostic information available in the initial dreams that the client and/or the therapist may have. This program will show how dreams can be obtained during intake from clients in any setting; and how, during treatment, dreams can be opened for discussion via questions based directly on the manifest content. Specific features of dreams that correlate with suicide risk, trauma history, and potential for breakdown will be noted. Examples of dreams from therapists and clients will be presented for discussion.”

## November 12<sup>th</sup>, 2014:

**“Treating Patients with Psychological Disabilities: Understanding the Social Security System and Understanding Your Role within that System”**

by Harvey Sackett, and Ashley Meyers, Attorneys at Law

This is a 1.5 CE (optional) presentation on **Wednesday November 12**, at Osake Restaurant on Farmer’s Lane in Santa Rosa. The presentation starts at 6:30 PM but you can arrive at 6pm to socialize.

This presentation will focus on the standard for disability that Social Security uses with mental health claims, the process used to determine the severity of an individual’s mental health conditions, the ways that a treating psychologist can assist a patient they believe to be disabled and the ethical considerations related to getting involved in a Social Security claim. Subjects included: 1) How does Social Security evaluate a psychiatric disability, 2) How does Social Security evaluate a psychiatric disability and 3) The Ethics of Psychological Treatment in the Context of Disability.

---

## New member introductions:

### Mary Deyo, Psy.D.

Hi! I'm a psychologist in private practice in Santa Rosa with an MA from Columbia and a Psy.D. from the PGSP-Stanford Consortium. I specialize in mindfulness based therapy and work with individuals and couples. My practice is still young would benefit from referrals by kind people in this community!

Please visit my website [www.drmarydeyo.com](http://www.drmarydeyo.com) and feel free to contact me if you would like to introduce yourself. It is always helpful to have more names of clinicians to pass along to clients looking for a service outside my scope of expertise. Thanks!



### Georgia Meyer, Ph.D.

Hello, I've been working at Kaiser Psychiatry in Santa Rosa for 15 years and am retiring to open a half time private practice in town this fall.

I am a trained and experienced EMDR practitioner and developed a PTSD group program at Kaiser based on cognitive processing therapy - an exposure-based protocol. I also co-led a women's process program, a divorce program, a young adult program, and had a year of running the then nascent eating disorders program. I directed the psychiatry grand rounds program for 7 years and supervised postdoctoral residents for 9 years.

Trauma, anxiety, depression, divorce, couples, individual and possibly group work are what I hope to be doing in private practice.



## **Lindsey Brooks, Ph.D.**

I have been a staff psychologist at Sonoma State University for the past two years and I am excited to join RPA! I look forward to getting to know more of you and help to build the referral network for our students. I specialize in working with LGBTQ clients and also coordinate our Post-doctoral Fellowship Program at SSU.

I particularly enjoy working multicultural identity exploration, first-generation college students, and gender-related concerns. I adjunct teach at Alliant University San Francisco and I am on the planning committee for the Association for Women in Psychology's 2015 conference in San Francisco.



## **Cynthia Berman, Ph.D.**

After 21 years in the Chemical Dependency Department of Kaiser Permanente, Santa Rosa; my focus will be on my home practice. The setting is quiet and serene among the redwood trees in Guerneville.

I "love the work;" and am pleased I can continue doing what fills me up. My focus will continue to be within the field of addiction as well as with trauma, depression, anxiety, and relationships. Codependency can sometimes be more serious and harder to treat than the substance itself.

My practice will include families and couples; as well as individuals. Please consider me for consultation, evaluations, and treatment recommendations for your patients. [www.cynthiabermanphd.com](http://www.cynthiabermanphd.com)



## **Peter Hobson, Ph.D.**

In August 2013, my family and I arrived in Santa Rosa from London. I trained as a physician and psychoanalyst, and gained a PhD in experimental psychology from the University of Cambridge. As Tavistock Professor of Developmental Psychopathology at University College, I led a research unit conducting studies on autism and borderline psychopathology, and worked as a psychotherapist in the Adult Department of the Tavistock Clinic.

In California I am licensed as Research Psychoanalyst, and intend to concentrate on brief (16 session) psychoanalytic therapy, on which I am writing a book, and consultation/supervision. I welcome approaches from RPA colleagues.



---

## **Welcome to Other New RPA Members**

Joy Fillman , Ph.D.

Valla Walker , Psy.D.

Iverson Eicken , Ph.D.

Bruce Hiner, Psy.D.

Jayme Peta , M.A.

Peter Pretkel, Psy.D.

Barbara Prosniewski , Ph.D.

Renee Masotti, M.A.

## Recent RPA Events

### **April CE Event:**

Shoshana Bennett, Ph.D. presented at the Union Hotel in Santa Rosa on Mood Disorder in Pregnancy and Postpartum.



Cammy Michel and Shoshana Bennett



Jeannie LeMesurier and Shoshana Bennett

**May Event:**  
RPA held its annual Spring Networking Event at the Riviera Ristorante.



Sylvia Shirikian, Kazumi Nishio and Liz Cassanos

## Announcements and Ads

### THERAPY GROUP ANNOUNCEMENTS:

#### Midlife and Beyond: Women in Transition

This women's group provides a safe and supportive setting in which to explore the challenges of Midlife, such as: midlife careers, caregiving, physical changes, empty nest, loneliness, sexuality, finding your passion, daring to be your authentic self and other issues. Strength in Aging Come share your story in the presence of other women, offer wisdom based on your life experiences, create a sense of connection and empowerment in sharing and validating others' experiences in a safe space. Denise A. Traina, Ph.D., Licensed Psychologist (PSY24987), [www.drtrainatherapy.com](http://www.drtrainatherapy.com), [707-583-2377](tel:707-583-2377).

#### CO-ED PROCESS GROUP IN

PETALUMA This is a long-term group for people who share the goal of building and maintaining close relationships. Thoughts and feelings in the here and now of weekly sessions are the basis for insight, interpersonal exploration, and authenticity. Wed. 3:00-4:30pm, Petaluma, \$40/session. Call [707-227-6511](tel:707-227-6511) or email [rstadtner.phd@gmail.com](mailto:rstadtner.phd@gmail.com) for more information.

#### FALL DREAM SEMINARS:

Fall Dream Seminars with Meredith Sabini, Ph.D, Sept 27 "Diagnostic Information in Dreams," Oct 18 "Engaging with Dreams," Nov 22 "Consultation on Clients' Dreams." Saturdays 10am-1pm 3 CEs \$75 each. Held in Santa Rosa at instructor's home. Register: [dreaminstitute@gmail.com](mailto:dreaminstitute@gmail.com) or call [510-845-1767](tel:510-845-1767).

### EMDR TRAINING FOR CLINICIANS:

Complete training over four weekends in Alameda. Saturdays and Sundays: September 6 and 7, October 4 and 5, November 1 and 2, December 6 and 7, 2014. Non-profit, agency and pre-licensed discounts available. BBS and CPA 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. Full details at [www.sonomapti.com/basictraining.html](http://www.sonomapti.com/basictraining.html) or call (707) 579-9457.

### EMDR CONSULTATION GROUP:

Face to face consultation group sessions with Andrew M. Leeds, Ph.D. EMDRIA Approved Consultant meet EMDRIA standards for group consultation. We discuss case formulation, treatment planning issues, and how to enhance outcomes during the reprocessing phases of treatment. We meet the first (or occasionally the second) Thursday of the month from 8:30 AM to 10:00 AM at my office in downtown Santa Rosa. For more details <http://www.andrewleeds.net/training/EMDRconsultation/localgroupconsult.html> or call (707) 579-9457.

*Continued page 10*

## *Announcements and Ads*

CE EVENT ABOUT POSTPARTUM DEPRESSION: Two day CE event in Sebastopol (Oct 4 &5): “*Perinatal Mood And Anxiety Disorders: The Myth Of Maternal Bliss*” with Shoshana Bennett, Ph.D. and “*Understanding Behavior Through The Lens of Temperament*” with Rona Renner, R.N. This event is organized as a response to the interest created by the recent RPA presentation. It will provide an opportunity to explore the topic in depth. Details and registration: [http://store.ceutopia.com/category\\_s/1931.htm](http://store.ceutopia.com/category_s/1931.htm)

NEED A PSYCHIATRIC EVALUATION OR A MEDS ASSESSMENT? I recommend my team at Siyan Clinical. Our team is made up of a psychiatrist (Dr. Anish Shah), a psychologist (Jeannie LeMesurier, Ph.D.), two nurse practitioners, and several support staff. Dr. Shah is a great psychiatrist and astute clinician who treats depression, bi-polar, anxiety, ADHD, and PTSD. He also treats opioid dependence using Suboxone. As the psychologist, I provide psychotherapy, psychological evaluations of ADHD, and I assist in QME evaluations. Our team provides high quality care and we accept most insurance plans, including Medicare. If you have any questions, or you wish to make a referral, contact us at Siyan Clinical (707) 206-7268. Our website is [Siyanclinical.com](http://Siyanclinical.com).

---

### **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 November. Deadline for submissions is October 15<sup>th</sup>.*

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

Please submit items to the Newsletter Editor: Joe Puentes, Psy.D., at [drjoepuentes@gmail.com](mailto:drjoepuentes@gmail.com)

---

# ***CALENDAR OF EVENTS:***

***September 11<sup>th</sup>, 2014***

“Dreaming on the Job”

6:30pm at the Union Hotel, Santa Rosa, CA

Presenter: Meredith Sabini, Ph.D.

***November 12<sup>th</sup>, 2014***

“Understanding the Social Security System and Your Role within that System”

6:30pm at Osake Restaurant, Santa Rosa, CA

Presenters: Harvey Sackett and Ashley Meyers, Attorneys at Law

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