

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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Early December Sonoma County

Photo: Gil Tippy

President's Column

Katherine Andre, Ph.D.



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& Juliet Dantin, Ph.D.**

[The villagers] said: "Oh how fortunate we are, you must be very happy," to which the old farmer replied, "Who knows? We shall see!"

The President's column in our last newsletter was about resisting and accepting the process of change. Through the analogic use of the change in seasons it somewhat prophetically – however unintended - concluded with we have what we need within us to deal with change, whether with the change in the seasons or other changes in life.

Many changes are ahead in 2017. There will be a change in your Board president, a change in numerical year, a change in presidential party, and numerous other changes yet to be discovered as the year unfolds.

Unfolding changes reminds me of the story of the old farmer's son. The old farmer deals with many changes and as the story unfolds, and changes come and go, he withholds judgment as to the good or unfortunate outcome of each one. What the villagers view as good fortune one day turns out to have an unfortunate effect on another day and what they view as unfortunate one day turns out to be good fortune on the next.

For those of you who may not know the story, here is an excerpt:

"One day in late summer, an old farmer was working in his field with his old sick horse. He felt compassion for the horse so he let his horse loose to go the mountains and live out the rest of its life.

Nearby villagers offered their condolences said, "What a shame. Now your only horse is gone. How unfortunate you are! The farmer replied: "Who knows? We shall see".

Later the old horse came back, now rejuvenated and with twelve new, younger horses. Word got out in the village of the old farmer's good fortune. "How fortunate you are!" they exclaimed. You must be very happy!" Again, the farmer softly said, "Who knows? We shall see."
President's Column continued...

The story continues with the farmer's son breaking his leg while training the younger horses. The villagers of course bemoan that fate, but that fate saves the son from going off to war.

Each time the villagers say how fortunate or unfortunate you are to the old farmer, his response is, "Who knows? We shall see."

Is it by accident that the farmer is not just a farmer, but an "old" farmer? Is it that as we mature, we learn to face the life events that change brings about differently than during our younger years? Do we become wiser or acquire some wisdom that unfolding age and its events brings?

Starting with infancy, we adapt to our surroundings. At 2 years, we balk and fight when we are told "no," if we are developmentally on track. At 4 years, we rebel, if too much is expected of us, and hope that parents are aware what that behavior means. Also at 4 years, we are old enough to follow the rules of a sport and enjoy being with and sharing with other children. On and on, we change and grow until we reach adulthood and maturity and even then, we continue to grow and change, if we are healthy and adaptable.

So why do we resist change if it is a natural and healthy part of our experience? Psychologist and popular author Robert Wicks, PhD, best known for his work in secondary stress, notes that we resist change because:

- It is unknown;
- It is too costly to give up the comfort of what we know – we prefer the "devil we know;"
- We worry how others will react to our change;
- Change is challenging;
- It is habit;
- Results don't happen immediately when we try to change;
- We have unexamined attachments, keeping us resistant.

Change and impermanence is a truth of life. Anyone called to help a patient, client, or on a more personal level, an aged relative at the end of life, glimpses how resisting change often has to do with unexamined attachments. These attachments have at their core a false sense of permanence or a wish to keep something as it is forever. Ahhhhh Namaste – surrender, and let go I am reminded daily, because of my calling to assist my own elderly family member.

Looking back over the relatively young history of our 240-year-old country, there have been many disconcerting periods of time when America has successfully navigated its struggles. The Founding Fathers managed to make it a democracy despite attempts to make Washington King George. There were 2 world wars and other conflicts, the turbulent sixties, and foundational problems like the freeing of slaves and the vote for women. Through it all, America survived because of its resilience.

President's Column continued...

If we take a singular event, and see a tree instead of a tree in a forest, we become vulnerable to added stresses. Keep perspective:

1. We may not always be able to affect processes happening in the forest or society at large, but as trees, we can plant many seeds.
2. If we expect too much of ourselves and our roles, that is something that may cause us to become stressed and unhappy. Boundaries protect us, and what we can realistically do.
3. It will not always be possible to make a big impact, but it's important to believe in the small ones we can make every day within ourselves, our families, and with our patients, or our counties or our states;
4. When we get discouraged, seeking help from like-minded encouraging people can provide the fresh perspective we need;
5. We must be careful not to take our anger out on the wrong people. We are psychologists and we know about displacement and its dangers.
6. Don't isolate. Participate, communicate, collaborate in our communities. (Caveat: When others criticize and attack, just observe where their energy is going, and consider the effectiveness of not defending.)
7. Sometimes, there are not good solutions. We accept that reality, let go and move on to what we can affect.
8. A vacation and a change of scenery changes perspective!

In the Talmud, there is a saying: "You do not see things as they are, you see things as you are." Sometimes this is our projection blind spot. Like Johari's window taught in Psychology 101, we all have our blind spots. I am grateful for friends who will be truthful with me, not just the ones who will pat me on the back and say, "I see it your way!" unless of course they do.

Keeping a sense of perspective, without judging, is a lifestyle. This type of lifestyle is not the same as a denial lifestyle, but is a balance between healthy Selig optimism and toxic destructive pessimism with a healthy dose of reality thrown in. It requires quiet time each day, healthy food, healthy choices, healthy people, exercise, and reaching into that toolbox we psychologists have so readily at our fingertips.

It can also require keeping away from the media. I've heard it said that they go by the principle: "If it bleeds, it leads." I choose not to make "bleeding" my daily leading priority. I try to be inspired by the thoughts of great people like St. Mother Teresa of Calcutta. She is said to have said, "Do not wait for leaders; do it alone, person to person." I add to that, only if you must do it alone! Remember, she had many sisters helping her in her vocation.

Whatever your "it" is, keep a balanced perspective and do "it" regardless of changes around you. Albert Camus wrote, "you know that a man can have no vocation but to awaken that light on the faces surrounding him. In the depth of winter, I finally learned that within me there lay an invincible summer."

I have heard it said that as we age, we lose the ability to have that invincible summer. I believe that the "old farmer" knew something about invincible summers too and knew it had to do with not judging and just carrying on. That was balanced perspective for him.

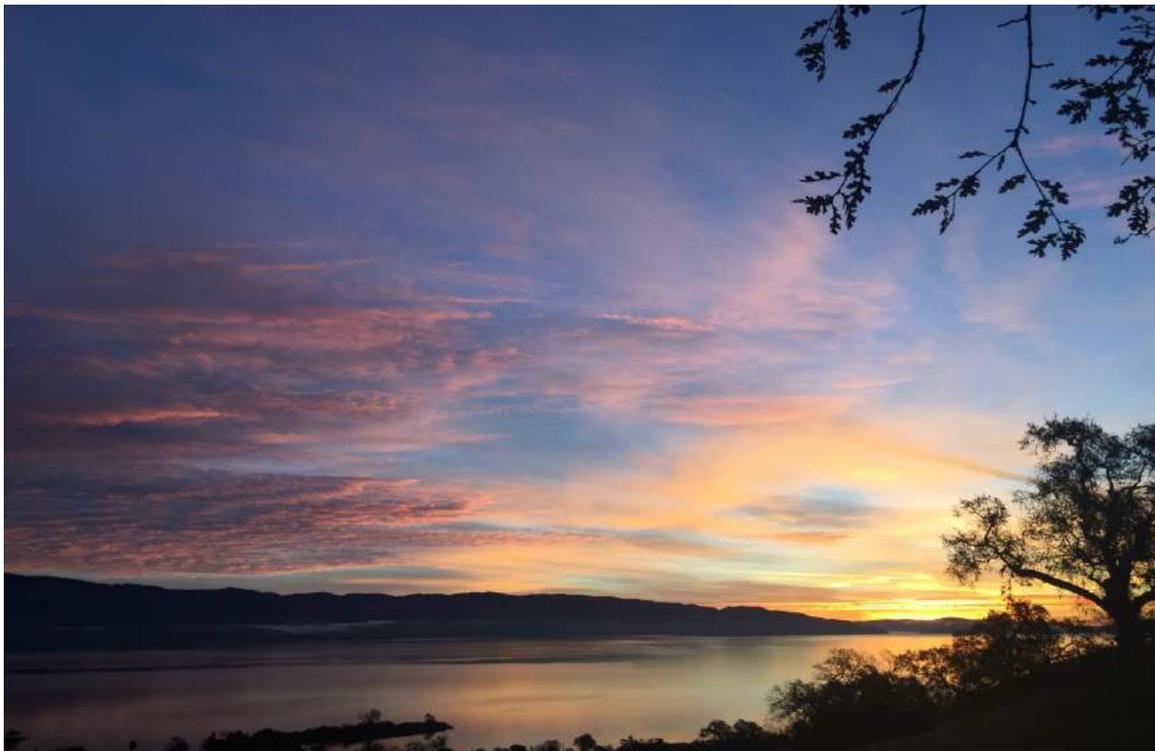
President's Column continued...

Or maybe it had to do with the serenity prayer I recall sitting always on my father's desk:

“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

So, in this depth of the winter season, let's hope for each of us to know wisdom and to find and share whatever and wherever that invincible summer is with those around us. It would seem to make the world a better place.

“Who knows? We shall see!”



The Beauty of Clear Lake in December Photo Credit: Katherine Andre

New Member Introductions

Steve Frankel, ABPP (Clinical and Forensic) & Attorney at Law, practices both professions. A past Director of Clinical Training and current Clinical Prof. of Psychology at USC, he has specialized in working with that population. A past president of the Int'l Society for the study of Trauma & Dissociation and consultant to the Trama Program at Del Amo Hospital, he developed and taught courses in trauma treatment as well as publishing chapters in books and professional journals in the trauma field. His legal practice serves healthcare professionals involved in licensing board action and he consults with mental health colleagues facing a variety of legal challenges.



Steve Frankel, Ph.D., J.D.



Pamela Albro, Ph.D.

Hello! I recently moved to Sonoma from Los Angeles, where I was born and raised. I received my BA in religious studies, at UCSB, and my MA and PhD in depth psychology, from Pacifica Graduate Institute. My work is grounded in the psychoanalytic tradition, integrating post-Jungian and object relations orientations. I take into my work a lifetime of study and practice in cultural, spiritual, and creative ways of being. My work is based in insight, rather than pathology. I build upon the resilience, rather than the diagnosis, in each individual story. Thank you for welcoming me into your community.

Welcome to Other New RPA Members

Carolyn Crimmins, Psy.D.

Julie Fennimore, Psy.D.

Brooke Jackson, Psy.D.

Josefa Molina, Ph.D.

Lori Pandolfo, Psy.D.

Brian Tierney, M.A.

CPA Membership is One of the Ways Psychologists Can Advocate For the Mental Health Needs of Those Individuals Most Vulnerable in California.

Michael Pinkston (CPA Redwood Chapter Local Advocacy Network Representative)

Those of us who have chosen to be members of CPA have already discovered one way to advocate for the mental health needs of our clients and those individuals in our community who are most vulnerable to being discriminated against or ignored. We have been and are continuing to do this when we pay our CPA dues of which a significant portion is used to pay support staff and a professional lobbyist to identify those bills that are seen as a priority for both the profession of psychology and the mental health needs of the citizens of this state. Our CPA lobbyist Amanda Levy is well known by the staff of most legislators in Sacramento both for her skills as a lobbyist and her having previously worked on a legislative staff in the capitol. She is also very skilled at building relationships and coalitions among other stake holders in the healthcare field.

Each chapter of CPA including RPA has a CPA member of that chapter who builds a relationship with local legislators with the assistance of other CPA members in the chapter and also coordinates with CPA to make sure those local legislators are aware of bills that CPA decides do need to be a priority. I have been the member of RPA who has been coordinating these advocacy efforts with CPA for many years. During that time I have rarely needed to ask RPA members to write letters to local legislators since in our district, unlike some in our state, our legislators have needed no convincing to vote for greater access to mental health treatment or bills that advocate for vulnerable groups or individuals. On occasion I have and will need to ask RPA members to write letters to a governor to urge them to sign those bills CPA has advocated for or to reconsider any decision that CPA believes would impact our profession. I asked our members to do this when a previous governor wanted to disband the BOP and wanted to instead include our profession under the same licensing board with all the MA level therapists in our state with our profession being represented by 1 psychologist on that board. I can assure you that your letters and those from psychologists around the state were helpful in changing his mind.

In most cases CPA approaches or is approached by a legislator who is already sponsoring a bill of interest to us and this is an opportunity to influence the final wording of that bill. On a few rare occasions CPA has been able to take an even more active role in furthering legislation by identifying a legislator to sponsor a bill of interest to members of CPA.

One reason this can rarely happen is that CPA's limited staff resources make this extremely difficult because those resources are being paid for by only 4000 of those who choose to be members out of the over 22,000 licensed psychologists in California. CPA did attempt to actively initiate a bill several years ago when a neuropsychologist who had formerly been President of CPA found a legislator to support a bill to require individuals under 18 to wear a helmet when skiing or using a snowboard to prevent brain injuries. After much lobbying by both paid staff and CPA members in each district and a significant amount of overall staff time to get 100% of stake holders and legislators to support this bill, CPA mounted a state wide letter writing campaign to the Governor with the help of our chapter and others before he made his decision to veto that bill.

An example of CPA advocating for legislation to benefit psychologists and at the same time advocate for a specific client population vulnerable to being inappropriately discriminated against occurred in the spring of 2012 with Senate Bill 1172 (Sexual Orientation Change Efforts). The objective of the Senator who introduced this bill was to ban a type of therapy that could be seen as attempting to use therapy to change an individual's sexual orientation and to legally punish any therapist who did this. When that Senator asked for CPA to support the bill, his initial language was seen by CPA as too broad and as having the unintended consequence of a well meaning psychologist being unable to even talk to a client about their sexual orientation without facing the possibility of being legally penalized for doing so. CPA arranged for a psychologist to meet with the senator to arrive at a compromise in the language that would not unintentionally "tie a psychologist's hands" when speaking about sexual orientation with their clients. CPA members were then encouraged to write letters to the governor to urge him to sign this bill which he did and it went into law on September 30, 2012. The psychologist who worked on the compromise language with the senator was Dr. Doug Halderman who will begin his term as president of CPA on January 1.

For those of you who would like to join the 4000 of us who are currently members of CPA in supporting their advocacy efforts, I will direct you to <http://www.cpapsych.org/> to learn more about the many other benefits of membership in addition to legislative advocacy. At that website you will also find a brochure with information on the CPA annual convention which will be in San Francisco April 6-9, 2017 and will include numerous CE opportunities including a panel presentation by experts on social advocacy and prejudice -"Effecting Change in Your Communities - the Hard Work of Making a Difference."

RPA Calendar of Events

Annual RPA Birding Event - Families welcome!

Sunday, January 28, 2017

No experience necessary. Just bring yourself and your binoculars, comfortable walking shoes, layered clothing and water, and Field Guides if you have them. Family and significant others are welcome too. So as not to frighten the birds, children and pets must stay with their family and the group and maintain gentle movement and quiet conversation. It should be a day of pure fun together. The trail is flat and relaxed. Fall and Winter seasons bring tens of thousands of migratory waterfowl down the Pacific Flyway to local marshes for the winter.

We should see at least two to three dozen species of ducks, geese, herons, raptors, and many others. The migratory population joins local species that actually breed locally. Many birds are easy to see without binoculars, but binoculars are recommended. Jeff will also bring two high-power spotting scopes.

Our leader is RPA colleague Jeff Martin who has led RPA on several Birding adventures. He is an experienced birder, wildlife educator, and videographer who has led programs for Point Reyes National Seashore, School Groups, a college class on Safari in East Africa, and numerous other programs. Along the way, Jeff will explain everything from how to adjust your binoculars to the particulars of bird identification and interesting behavioral facts. For a video preview, see Jeff's YouTube link: <https://youtu.be/J2eWF0ynnVg>

Directions to the Marsh: Shollenberger Marsh is a short drive off Hwy 101. Take the Lakeville off ramp and proceed East (Southeast) to Cader Lane and turn right. Keep going till it ends at the parking lot for the preserve. Heavy rain cancels. If weather looks questionable, phone Jeff Martin at home after 7:30 am the day of the trip, and his voice mail will advise if cancelled.

RSVPs requested but not required. Call or email Jeff Martin to RSVP at pelicanday@aol.com or 415-492-8110 (home phone). If you aren't sure then just show up. We meet at 8:45am at the parking lot at Shollenberger Marsh in Petaluma and start our walk at 9am promptly. We finish about 11am. Afterwards, we brunch together at nearby Sheraton Hotel Restaurant on Lakeville at Hwy 101, Petaluma.

Continuing Education Event and Dinner - February 22, 2017

Homework Design: An Exquisite Art of Timing, Empathy, and Construction

Presentation by Jeffrey Martin, Ph.D.

“This engaging course will show how psychotherapy homework can be an effective and powerful approach to cultivating a "corrective emotional experience." Dr. Martin draws primarily from cognitive and behavioral approaches, but also addresses the integration of homework with non-behavioral orientations.

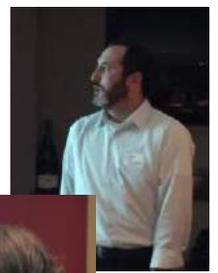
Breaking from manualized protocols and theoretical boundaries, collaboratively designed homework can serve as a behavioral experiment, an habituation process, and a tool for uncovering psychodynamic resistance.

A well-timed project to be completed outside the office requires empathy, the construal of therapeutic readiness, and creativity. Most of all, it requires therapist mindfulness. Dr. Martin will present practical homework principles and case illustrations. Attendees will also have the opportunity to participate in a brief experiential exercise.

Registration information coming soon!

www.redwoodpsych.org 8

Recent RPA Events



CE Event:

On November 2nd, RPA's CE dinner and Continuing Education Presentation, "How Court Mandated Domestic Violence Group work can inform private practice psychologists - Theory and Practice of Working with Male Batterers" was presented by Victor Pacheco, Psy.D. The course addressed theoretical constructs useful for conceptualizing and providing treatment, whether court mandated or voluntary, to someone who aggresses on those they love. It was a great presentation!



Presenter Victor Pacheco, Psy.D.

CE Event:

On September 15th, RPA's CE dinner and Continuing Education Presentation, "Performance Psychology: Helping Clients and Clinicians Perform Their Best Under Pressure" was presented by Joe Puentes, Psy.D. The presentation included fun experiential exercises, and concepts and techniques taught are pertinent to Psychotherapists, as well as clients!



Presenter Joe Puentes, Psy.D.

RPA Holiday Party:

The annual RPA holiday get-together was held on December 9th, at the home of RPA member Jenny Holland and her husband, Adam Brown. We gathered together in fellowship and good cheer, to enjoy one another's company, and share tasty food and beverages, as well. It was a lovely evening of food and friends and festive fun!

Thank you to Jenny and Adam for the hospitality, and to members and guests who came out to celebrate the end of another great year of RPA.

Wishing happy holidays to those of you who couldn't join; we hope to see you next time! ☐

Announcements and Ads

A trauma study group is forming for Sonoma County colleagues, offered by Steve Frankel, Ph.D., J.D. He has been consulting to three such groups (Oakland, Davis and Carson City, NV) - two of which have been meeting for 20 year as of 1/1/17. The group meetings run for 1.5 hrs, once/month, for which two trauma-relevant publications are provided monthly. Attendees may receive 2.5 hrs of CE (APA-Approved) for their participation. For more info, contact Steve at <drpsylex@earthlink.net>

EMDR Therapy Training for Clinicians

Complete training over four weekends in Alameda. Saturdays and Sundays:

March 4 and 5, April 1 and 2, May 6 and 7, June 3 and 4, 2017.

Non-profit, agency and pre-licensed discounts available. 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 <http://www.sonomapti.com/basictraining.html> or call 707-579-9457.

EMDR Therapy consultation group

Discuss case formulation, treatment planning and how to enhance EMDR reprocessing. Group consultation sessions with Andrew M. Leeds, Ph.D. EMDRIA Approved Consultant meet EMDRIA standards for group consultation. 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://emdrconsultation.net/Choices/Face-to-Face-Group-Consultation/> or call 707-579-9457.

Siyon Clinical is now offering TMS therapy for the treatment of Major Depressive Disorder and is one of the few centers accepting insurance for TMS therapy.

Transcranial Magnetic Stimulation is a proven and safe, FDA approved, non-drug therapy for treatment-resistant patients with morbid to severe Depression.

Millions experience intolerable side effects from current therapies and/or fail to receive adequate benefit. TMS may be the right treatment option for such individuals.

If you wish to learn more about TMS, or wish to make a referral, contact us at Siyan Clinical [\(707\) 206-7268](tel:7072067268). Our website is Siyonclinical.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 February. Deadline for submissions is January 31st. Send your ad in the body of an email (no attachments). Submissions will be confirmed with a return email. Please submit items to the Newsletter Editor: Meg Tippy, Psy.D., at DrMegTippy@gmail.com

Time to Renew your RPA Membership Dues For 2017

If you joined or renewed after September 1, your 2017 dues are already paid. If you are a Full Member of RPA and you renew online prior to Jan 1 your dues will be discounted to \$75 rather than \$90. Any member who has not renewed by the last day of January will be dropped from both the website and listserv and will need to pay an additional late charge if they wish to renew after that date. Although there has been no change in the renewal process since last year, we are including directions for renewing below as a reminder.

To renew either select <http://www.redwoodpsych.org/memRenew.aspx> or begin from the home page by selecting the link for "Join/Renew" and then follow the link to the Renew page where you will be asked to log in with username and password or have them e-mailed to you by entering the e-mail address RPA has for you.

While renewing please do not forget to update your member data page if needed or desired. If you are a licensed psychologist and wish to be found on our Find a Psychologist search page, please remember to also update the "add/edit preferences" section accessed at the upper left side of your data page regarding specific items specific to you on that search page.

After following the remaining instructions in the renewal process you will be given an opportunity to pay by credit card or check.

For any difficulties with renewal or any other interaction with the website please contact Michael at mrpinkston@aol.com.

RPA Ethics Committee Offers Consultation

Our Ethics Committee welcomes questions about ethical issues in your practice. Ann Strack, Ph.D. is your consultant for January and February of 2017. Jeff Kahn, Ph.D., will be available during the months of March and April to consult with you about any ethical concerns you may have.

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

Jeff Kahn, Ph.D. (546-4349) – March/April

Michael Pinkston, Ph.D. (575-7230) – May/June

Juliet Dantin, Ph.D. (829-5355) – July/Aug.

RPA UPCOMING EVENTS:

January 28, 2017

Birding Get-together

February 22, 2017

CE Event: Use of Homework in Psychotherapy