

REDWOOD PSYCHOLOGICAL ASSOCIATION

A Chapter of the California State Psychological Association

P.O. Box 15209 Santa Rosa, CA 95402

RPA DIALOG

AUGUST 2016

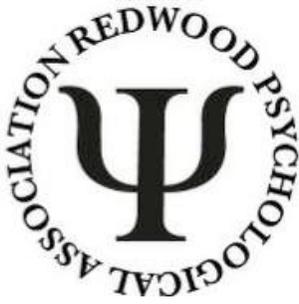
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Luther Burbank Home and Gardens

Photo: Gil Tippy

President's Column



Katherine Andre, Ph.D.



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& Juliet Dantin, Ph.D.**

“Nature...: atom by atom, little by little, she achieves her work.” Ralph Waldo Emerson

I am unhappy – the sad kind of unhappy, and not because I am grieving the loss of a recent breakup or family member, or angry at a lost vision or something in my life gone awry. My sad unhappiness is not about the monstrous evils present in the world or even the mudslinging craziness in this presidential election. Nor is it about the injustices we hear daily, although it could be if I let myself dwell on them. No, it isn't about any of those worthy causes. It is about the quickly passing days of summer and the immutable fact that every August, there is nothing I can do, short of moving or of becoming a surfer in search of the endless summer, to stop it from going away. I am reluctant to admit that superficial quality to you, my peers and colleagues, that in the face of all the other relevant and terrible things happening in the micro- and macrocosms of our worlds, my unhappiness is, by comparison, created by something that shallow.

Now the default position for most of us psychologists is to talk ourselves out of such an undesirable and unpleasant state and I am no different in that regard. Certainly positive self-talk and how we choose to see things has the credibility of research supporting its use. There's even a fairly lucrative self-help book industry supporting it. Although I don't have a specific dollar amount, it is reasonable to assume that it enjoys a very large chunk of the \$10 billion dollar self-help book industry.

But default self-help doesn't help. For example, when I search through my "go-to stockpile" of mantra phrases for "summer sadness," the positive self-talk only seems to bring increase, not decrease. To illustrate:

1. "This is temporary." (I sabotage with "Of course it is temporary and so is summer – that is your problem.")

Reasoning becomes unreasonable and circular, getting me nowhere except feeling worse, adding frustration to growing unhappiness.

2. "I can enjoy life, even when it isn't summer," (That self-talk results in, "But not as much. Nothing beats summer. Life is so easy when the weather is warm." Sigh.....)

3. Even gratitude fails me. "I am grateful for all I have, including the changing seasons." ("Now you know you aren't embracing changing seasons right now, so why are you even saying it?")

Digressing briefly, I wonder if Drs. Aaron Beck, Albert Ellis, and our other pioneers of what has become CBT ever read and perhaps were inspired by the 18th century German Linguist Wilhelm von Humboldt.

He said, "I am more and more convinced that our happiness or our unhappiness depends far more on the way we meet the events of life than on the nature of those events themselves."

I agree with him and all our pre- and current CBT'ers, but so far, I have not been able to meet the end of summer with anything but this sad unhappiness.

Emile Durkheim (1858-1917), one of the founding fathers of the discipline of Sociology said, "To pursue a goal which is by definition unattainable is to condemn oneself to a state of perpetual unhappiness." Am I condemned to a state of perpetual unhappiness? Herr Durkheim would probably say, "Ja ja."

This summer, as I continued my attempts with self-help, I decided on distraction. I joined a colleague for lunch at a newly opened restaurant and felt my spirits lift a bit. We enjoyed a tasty lunch, with lively conversation, but at my core, it didn't take away that gnawing feeling of summer starting to end. We carried our conversation out onto the sidewalk. As I was standing there, basking in the warm summer sun, and enjoying our ongoing conversation with my friend, out of somewhere – supernatural – or perhaps – totally naturally – blew a distinct wind. It wasn't your usual summer wind – but it was recognizable.

It's wasn't a wind like a headwind that holds me back, nor a tailwind that pushes me a little too quickly forward. It's wasn't a destructive wind like a high-force hurricane or cyclone or a neutral wind that simply exists. It was more of an instructive wind that was gently reminding me it could melt attachment to what was preventing me from moving forward - without words, without fears, and slowly and painlessly ease me with joy and anticipation into the next season.

It was the wind of change. I had felt it many times and in many preceding summers. It is strange that it's something I forget, even though it is repetitive. (What has been will be again, what has been done will be done again..." Ecclesiastes 1:9) I knew my unhappiness would fade as easily as it had every summer before it.

To be sort of scientific for a moment – or at least as scientific as an English major turned psychologist can be, science actually tells us that there is a relationship between the wind patterns and the earth that affects the timing of the seasons. Not having the scientific foundation to explain how that happens, I can only say that I experienced it that day and other days before it, because there is something about the wind, the earth and the subtly changing season that affects me, and probably most of you as well. It's as if the body possesses a natural inclination to follow the movement of the seasons.

Remember our linguist Mr. von Humboldt? He also said, "This task (of living our fullest life) can only be implemented through the links established between ourselves as individuals and the world around us." That link between ourselves and the world of nature is mysterious, but it is palpable and real.

The change of the seasons can be felt in the wind and prepare us for the next. I forget that every year - then I remember when the winds of change begin to blow and remind me. So this year, as every year before it, I will be sad for a while, and like a spoiled child, balk a bit at not wanting to let go of something when it's time. But in its time, I will because the winds of change help every season to prepare for the next – to be ready to let go of what has been in anticipation of what is to come. "Nature, atom by atom, little by little, she achieves her work," in the earth, the winds, and in me.

And speaking of what is to come !!!!

We have two terrific CE presentations scheduled:

On September 15, Dr. Joe Puentes, our Vice-President will be presenting on his favorite topic - Performance Psychology: Helping Clients and Clinicians Perform Their Best Under Pressure. Don't we ambitious PhDs and PsyDs all want to get better at what we do? If you haven't signed up, be sure to through our RPA website.

In November, Dr. Victor Pacheco will be presenting on Domestic Violence. It's a timely topic nationally as well as in California that all of us deal with in one way or another and can find ourselves needing to know more about it when we least expect to.

In December, we will be ending our year on the high note of our Holiday Christmas Party as we do every year. It is a wonderful festive time, and well attended, with good food and fun fellowship with our fellow colleagues.

Hope to see all of you at one, some or all of you at our upcoming events "as nature...atom by atom, little by little, she achieves her work" in us all.

And on a final note, thank you Mr. Emerson for your thoughts from long ago. (Now I wonder if that verse helped Max Planck with his Quantum theory and the uncertainty principle?)

New Member Introductions

Annie Babin, PsyD is a licensed psychologist who recently relocated to Northern California following psychoanalytic training in Los Angeles. She is in private practice, with offices in Santa Rosa and West Hollywood, CA, and provides psychoanalytic psychotherapy for individual adults, couples, adolescents, and groups. Therapeutic focus includes anxiety, panic disorders, grief and loss, complex bereavement, LGBTQ affirmative care, the medical community, including mental health professionals, physicians, nurses, and their families. For more information about her practice or to connect: <http://DrAnnieBabin.com/>



Anne Babin, Psy.D.



Cuyler Goodwin, D.O.

Dr. Cuyler Goodwin recently graduated from the UCSF Adult Psychiatry Residency Training Program and has had the opportunity to help clients from all walks of life, suffering from a broad range of psychological and emotional problems, in both outpatient and inpatient settings. Dr. Goodwin's practice, Sequoia Mind Health, focuses on newer interventional treatments such as deep transcranial magnetic stimulation (dTMS), combined with traditional care such as medications and therapy, to achieve excellent outcomes. Clients can expect around the clock access to their provider, same and next-day appointments and personalized care plans. Cuyler Goodwin, DO, MPH
www.sequoiamindhealth.com

My name is Stephanie King and I am a graduate of the Wright Institute. I am currently working in private practice in Novato, and am a committee chairperson for NCSPP. I like to use a contemporary psychoanalytic lens when conceptualizing my cases but integrate a broad array of interventions. My two, very different areas of professional focus are, daughters of narcissistic mothers and parents of transgender youth. I see adolescents and adults in my practice. Teaching and writing are also passions of mine. In November I will be offering a course on working with transgender and gender non-conforming people.



Stephanie King, Psy.D.

Welcome to Other New RPA Members

Marilynn Kanter, Ph.D.

Daniela deVasques, Psy.D.

RPA Calendar of Events

Continuing Education Event:

Thursday, September 15, 2016 6:30pm-8:30pm Osake Restaurant, Santa Rosa

Performance Psychology: Helping Clients and Clinicians Perform Their Best Under Pressure

Presentation by Joe Puentes, Psy.D.

The field of Performance Psychology focuses on researching and applying psychological principles toward facilitating peak performance across a broad range of performance activities. Athletes, musicians, stock traders, surgeons, public speakers, test takers and yes even psychotherapists can utilize these psychological processes toward performing their best under pressure. This presentation will aim to teach core Performance Psychology concepts, identify basic skills, and examine how they may be applied toward enhancing our work as researchers, administrators, supervisors, and therapists. Although the presentation is meant to be an introduction to the field, ready to use skills and principles will be presented for the practitioner to apply to their own performance as well as the populations mentioned above.

\$30 (\$38 if less than 7 days prior) includes dinner, \$10 no dinner, 1.5 CE Credits available for additional \$15 fee

Contact: For questions contact Carol Weser, Ph.D. at humanone@sonic.net

Register NOW at REDWOODPSYCH.org

Continuing Education Event:

Wednesday, November 2, 2016 Event details coming soon!

How Court Mandated Domestic Violence Group work can inform private practice psychologists
Theory and Practice of Working with Male Batterers

Presentation by Victor Pacheco, Psy.D.

Clinical work in domestic violence has mostly been a sociopolitical phenomenon led by activists who succeeded in changing laws and imposed mandatory treatment on people, usually men, who commit violence in an intimate relationship and/or blood family. The question of what kind of treatment is subject to theoretical debate within the field of psychology, whose main waves of development – Freudian, behavioral, Humanistic and the Transpersonal – neglected to address domestic violence. This course will address theoretical constructs useful for conceptualizing and providing treatment, whether court mandated or voluntary, to someone who aggresses on those they love.

Registration information coming soon!

Recent RPA Events

RPA Spring Social



The Spring Social was hosted by RPA on a beautiful Thursday evening in May at La Rosa Tequileria and Grille in the heart of downtown Santa Rosa. RPA members came out to socialize, network, and get to know one another better over delicious authentic Mexican food in a spacious, relaxed, and welcoming venue. A great time was had, and we look forward to the next RPA Social Event!

CE Event

On April 21st, RPA held a sold-out dinner and Continuing Education Presentation entitled, “Is it Normal Aging, or Something Else?” Geriatric Neuropsychologist Nancy Hoffman, Psy.D. gave a thorough and thought provoking presentation applicable to our personal and professional lives.



Being Mindful of Our Guidelines While on the Listserv

Michael Pinkston - Listserv Monitor

When we are on the listserv and are preparing to select "send" for a post that we are either initiating or responding to, it is an important practice to pause to be mindful of our listserv guidelines regarding what we are about to send and whom we are about to send it to. Although it is not mentioned specifically under our RPA Listserv Guidelines, I want to remind all our members that we are not following these guidelines if we fail to delete any previous wording on the "thread" in our response that could have any potential of being in violation of our guidelines. If we prefer not to spend time reading the comments on the previous thread or are we not absolutely certain those words conform to our guidelines, we are encouraged to simply delete the entire thread except for our own carefully worded response before sending it.

When a guideline is not followed by a member who initiates a post, we always assume this was unintended and we prefer to send a reminder to that member back channel to remind them of that guideline but we do not always find time to do this. Unfortunately reminding the member who requested a referral does not stop numerous other members from unintentionally repeating the violation of the guideline when they respond to that post and each time it happens the potential for inappropriate information being seen outside of our memberships grows and sometimes requires a reminder to the entire listserv.

The two guidelines that many of our members most frequently contact your listserv monitor about because they are concerned that they are not being followed closely enough are:

- 1) revealing too much identifying information regarding a current or potential client
- 2) replying to another member on the listserv with information that appears to be a personal conversation or at least of no importance to the other 160 of us.

We do believe that's exactly refraining from sending a message intentionally or unintentionally on the listserv that should instead go directly to an individual or elsewhere is a very important guideline to follow closely since it is common listserv etiquette to avoid wasting the valuable time of your fellow listserv members. The guideline relating to potentially providing identifying information about others is important to follow closely because it is so important to the ethics of our profession and could raise potential liability issues for RPA. Since members are commonly seeking to refer on our listserv the opportunity for members to forget to follow this guideline closely enough occurs frequently and either myself or other concerned members who contact me notice this is the case 4-6 times a month. In almost all those cases where more information about the client was given than needed or appropriate, any member who responded to the request on the listserv failed to delete the inappropriate wording in the thread. This particular guideline for keeping inappropriate client information off the listserv is so important that the CPA Ethics Committee developed a Listserv Guideline specific to this issue alone which includes examples of what is an appropriate and what is an inappropriate way to seek a referral on a listserv. I have included the link to this helpful document below which reminds us that while on the listserv, the focus should be from the perspective of what is needed from the potential provider (female, Blue Cross Provider works with adolescents, etc) with very limited information on the specific client with the assumption that discussion of the client will happen off the listserv,

[http://c.ymcdn.com/sites/www.cpapsych.org/resource/resmgr/imported/files/ethics/EC\(2013\)Guidelines_for_Client-Patient_info_listservs.pdf](http://c.ymcdn.com/sites/www.cpapsych.org/resource/resmgr/imported/files/ethics/EC(2013)Guidelines_for_Client-Patient_info_listservs.pdf)

Many of you will recall seeing this posted on several occasions both on our listserv and in our newsletter over the past few years. When I post it I always hear from several of you how clearly stated and helpful it is so I hope you will take the time to review it and remind yourself of what it says. Both this CPA guideline and our entire RPA Listserv Guidelines can be found on our website homepage under the "Listserv" link.

In summary, any time we are either seeking a referral or responding to a request that includes the word "referral" this should be a reminder that this is definitely an e-mail we need to carefully read both our own wording and any wording of others that we have not deleted before we select "Send". Also if we intend to follow all of our listserv guidelines we need to slow down and follow this same practice with any post or response up to the point of deciding if what we are about to send even belongs on our listserv or according to our guidelines would more appropriately be sent to an individual member which requires us to make certain it is actually their individual address in "send to" before we select "Send".

Announcements and Ads

Monday/Wednesday/Friday available in my adult psychotherapy office, beginning November 1. Prefer someone who wants all three days. \$140/day. Discount for multiple days. 825 College Ave. (building in back). Call or email me if interested. Jeff Kahn 546-4349.

Weekend Retreat for Healthcare Professional October 14-16, 2016

The CE program and retreat, “Healing, Mindfulness, and Compassion” is again being held at the beautiful and tranquil Ratna Ling Conference Center in the Redwoods of Sonoma County, California. The weekend conference combines Eastern and Western approaches to healing: Tibetan Yoga and Meditation as well as Balint groups that address the complex emotional landscape of the clinician-patient relationship. The accommodations and architecture are exquisite and the weekend is educational, restful, and rejuvenating. Friday dinner to noon Sunday. 12.5 AAFP units.

For further information, schedule, and to register:

<http://www.tibetanaidproject.org/news-events/healing-retreat.html>
Ritch Addison, PhD. raddison@sonic.net 707-576-9813

TEEN DBT COPING SKILLS TRAINING Now Forming Fall 2016

Do your moods feel out of control? Do you often feel rejected? Had thoughts of hurting yourself? You may benefit from Dialectical Behavioral Therapy (DBT)!

DBT can help you:

- Manage intense emotions.
- Think before you react.
- Let go of worries and anger.
- Improve your relationships.
- Reduce self-harm and thoughts of suicide.
- Improve your self-image.
- Accept yourself and others.
- Make better decisions.

14 Sessions Wednesdays 6:30-7:45pm \$65 per session

Contact Richard Baudrand, LMFT 707.486.4728 rbaudrand@gmail.com or
Lisa Rohe, PsyD 707.849.8324 dralisa@sonomateentherapy.com for a free consultation.
*Pre-payment and repeat student discounts offered. Ask for details!

Bright office in the elegant McDonald section of Santa Rosa: wheel chair accessible, easy street parking, halftime or full-time, very reasonable rates. For further information, please call (707) 568-6542.

Announcements and Ads continued...

EMDR Therapy Training for Clinicians

Complete training over four weekends in Alameda. Saturdays and Sundays: September 10 and 11, October 8 and 9, November 5 and 6, December 3 and 4, 2016. 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

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://emdrconsultation.net/Choices/Face-to-Face-Group-Consultation/> or call 707-579-9457.

Office sublet in Santa Rosa

Spacious, furnished psychotherapy office with waiting room available all day Monday, Friday, Saturday, Sunday, and some evenings from 5:45 PM PM in downtown Santa Rosa. Amenities include: private off street parking, internet, two restrooms, kitchenette. Suitable for small groups. Ground floor office with three steps to waiting room. For more information or to view call 707-579-9457.

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.

Denise A. Traina, Ph.D. Licensed Psychologist (PSY24987) www.drtrainatherapy.com 707-583-2377

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 707-583-2377

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 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

RPA Ethics Committee Offers Consultation

Our Ethics Committee welcomes questions about ethical issues in your practice. Jeff Kahn, Ph.D. is your consultant for July and August of 2016. Michael Pinkston, Ph.D., will be available during the months of September and October to consult with you about any ethical concerns you may have.

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

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

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

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

RPA UPCOMING EVENTS:

September 19, 2016

CE Event: Performance Psychology

November 2, 2016

CE Event: Court Mandated DV Group Work