



REDWOOD PSYCHOLOGICAL ASSOCIATION

A CHAPTER OF THE CALIFORNIA STATE PSYCHOLOGICAL ASSOCIATION

P.O. Box 15209 • Santa Rosa, CA 95402

www.redwoodpsych.org

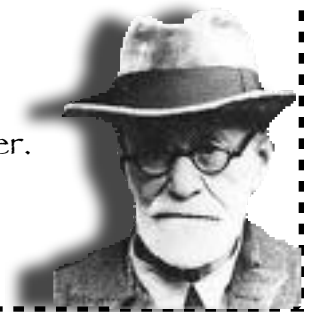
RPA DIALOG

April 2009 (Volume 16, #2)

CELEBRATING SPRING...AFTER WORK SOCIAL GATHERING

Come on out for an evening of stimulating conversation and good food. We'll be meeting at Riviera Restaurant on Wednesday, May 6th, at 5:30pm. 75 Montgomery Drive, Santa Rosa. This is a great opportunity for new members to introduce themselves and to get acquainted.

Enjoy the complimentary appetizers, then stay on for the no-host dinner. There will be some shenanigans associated with Freud's birthday. Come play with your people!



CEU PRESENTATIONS

Mark your calendars. Wednesday, September 16th, Tony Madrid, Ph.D will be speaking about his extensive work on the mother and child bond. His presentation, "The Mother and Child Reunion: Repairing Bonding Disruptions," is not to be missed! See page 3 for particulars.

President: Juliet Dantin, Ph.D (707-829-5355)
Vice-President: Tesa Carlsen, Ph.D (707-996-8222)
Past-President: Milt Harris, Ph.D (707-579-3140)
Secretary: Mary Sue Sams, (707-623-7334)
Treasurer: Victor Howard, Ph.D (707-539-6355)
CPA Chapter Representative: Michael Pinkston, Ph.D (707-575-7230)
Newsletter Editor: Tesa Carlsen, Ph.D (707-996-8222)



President's Column
by Jules Dantin, Ph.D.

Tomorrow I'm heading to Oakland for the CPA convention, something I haven't done for several years. If I weren't president of RPA, I might allow myself to do something more fun...take that hike I love in Marin with my dogs, cook up a storm... anything but go sit all day in a room with no windows.

How many times in a week do we make decisions based on what we know we need to do but don't really want to? I don't want to clean the house but I feel better when I'm in an uncluttered and clean environment. I don't want to write that note of appreciation but feel out of exchange unless I do. I don't want to hold my temper but feel lousy when I dump it on my partner/dog/client.

This being an adult is really a challenge. It asks us to take the high road when it's likely that our efforts won't be noticed. As therapists, we are sometimes perceived as withholding when we don't reveal our raw emotions/personality/ego. And, outside of the consulting room, holding ourselves to a higher value can move toward masochism or martyrdom. How can we find the balance between living in the moment and living our values?

For starters, we need to rest and play and just have fun in the moment. Find and do what gives us energy. Create places where we don't have to be so grown-up and responsible.

So we, your exec board, are talking about how RPA might foster play time for our members and their families. Think about fun things you might want to do. Like Jeff Martin's birding walk a few months ago. Personally, I hope there are some hardy hikers in our group. Some psych chapters have game nights, picnics and potlucks, cooking groups, book groups, museum tours. You name it.

Come play with us at the networking/social/Freud's birthday celebration at Riviera's on Wednesday, May 6th at 5:30-7ish. There'll be decorations, props and costume(s)! Maybe even a door prize. It's the usual wine and snacks provided by RPA and stay (and pay) for dinner as you wish.

Join us for our next dinner CE presentation

"The Mother and Child Reunion: Repairing Bonding Disruptions."

Tony Madrid, Ph.D

Wednesday September 16th, 2009, at 6pm

Osake Restaurant (Montgomery Village), **2446 Patio Court**, Santa Rosa
27.00 for dinner if registered and paid in advance, 35.00 at the door. No host bar.

1.5 optional CEU, additional 25.00

All are welcome

A flyer with more information and a reservation slip will be in June's newsletter.



On March 4th, about 30 RPA members gathered at Osake Restaurant for the CE presentation dinner. Dr. Mary Ann Carpenter, Ph.D, MFT, Michelle Foure, MA; Connie Freeman, MA, LEP; Kathy Bregder, MS, MFT, NCSP and Mary Kuserick, MEd, shared their expertise and rich experiences of their many years in the school setting. They were welcomed by a receptive audience who was hungry for the inside scoop on how best to assist their clients in getting the support they need from our school system. These four women were so comfortable, so knowledgeable, and so responsive to the needs and concerns of the audience that it was both enjoyable and a very informative and lively exchange.

Greg Thigpen commented on the list serve, "I just wanted to send this note of thanks to everybody who was involved in putting last night's presentation together and making it such an enjoyable evening. It was great to be in the room with so many dedicated people, and to have access to the presenters' information and handouts. I know this will help me be a better guide and advocate for the families and parents I see--exactly what you want from a CE program. (And a tasty dinner too!) Thanks again to everybody."

The new format for CE presentations is receiving positive feedback. Additional dinner meetings are in the planning stages, including the **Wednesday September 16th** presentation by **Tony Madrid, Ph.D** on "**The Mother and Child Reunion: Repairing Bonding Disruptions.**" We've heard from some members who are interested in the CE presentations but would rather not include dinner. Gary Chu, our gracious host, has agreed to a \$10 cover charge (plus CE fee, if desired) for non-eaters as long as we have 10 members dining.

We're attempting to provide meaningful topics to meet the interests of our members. Join us...It's a great way to get to know your colleagues and to network.

WEBSITE NEWS FROM THE WEBMISTRESS - LEA GOODE-HARRIS, PH.D.

www.redwoodpsych.org

Past Newsletters by Lea Goode-Harris, Ph.D. - RPA Webmistress

Did you ever wonder what you did with that RPA newsletter that had the office for rent notice, or the article by the CPA chair on news of what is happening at the state political level, or the article on how to choose a post doc placement??? All you have to do is go to our RPA website and click on the "newsletter" button in the right-hand column to take you to the newsletter archives. You will find thumbnail titles that give you direction on what articles are included in each issue, back to December 2007 (archives back to Feb. 2006 are also included).

<http://www.redwoodpsych.org/newsletter.asp>

Please do contact me if I can assist you in any way with the website.

Phone: 707-575-7570

E-mail: goodeharris@gmail.com

REPORT FROM YOUR CPA REPRESENTATIVE AND GOVERNMENTAL AFFAIRS CHAIR - MICHAEL PINKSTON

The CPA Convention in Oakland was a big success. We had 500 psychologists registered which is more than have attended in recent years. I got to have lunch at the same table as APA President James Bray one day and Jules Dantin, RPA President the next. RPA was also well represented by Michael Fraga and Paula Solomon and maybe others I did not see. I hope you will consider attending in future years.

CPA is continuing to focus its advocacy efforts on the Governors proposal to end the Board of Psychology. Although he did not actually try to place it in the most recent Budget that was signed several months ago, he is threatening to do this in the revised budget which will come out in early June following the May 19 Special Election and updated information on the financial situation of the state as taxes are collected. In preparation for this possibility I joined with other psychologists in visiting legislators in Sacramento in March to make certain they were informed of the Governor's plan and the fact that it would not save tax dollars and would be likely to offer less protection for the consumer. We will be following this very closely and will be asking you for letters if the proposal does go forward.

Announcements and Ads

Unique Opportunity! Start/expand Psychotherapy/Psychiatry practice, great location downtown Santa Rosa. Sublet \$600/month, or join non-profit group practice, "Providers" keep % share revenue generated in lieu of 'rent'. Benefits include referral resources, furnished offices, receptionist services, utilities; billing available. CAPIC agency w/opportunities to train psychologists/MFT's; potential to develop own program in area of interest. Interested professionals contact Dr. Michael Fraga, MSCP at (707) 544-4441 or (707) 494-1303.

ONE FULL TIME OFFICE AVAILABLE for 3 year lease in 6-professional office psychotherapy suite located at 1101 College Ave. Suite 230. Available on June 15th. Plenty of parking, kitchen and shared waiting room, fax machine/printer, DSL, and small group room. Friendly group practice. Current rent is \$629.50 per month, which includes office supplies and utilities (except phone). Future rent to be negotiated with rental agency. If interested, contact Louise Packard or Dan Pickar at 566-0296, Tim Stein at 328-3425, or Pamela Loman at 490-2241.

EFT (Emotionally Focused Therapy) for Couples, Study/Consultation/Supervision Group for licensed therapists, interns and psych assistants who know a little or a lot about EFT, and would like to immerse themselves in an experiential group focusing on practical application. Two ongoing weekly groups:

Thursday 3:15-4:45pm in Santa Rosa.
\$40/week.

Contact Richard Doleman, MA, MFT
707-573-8436.

MEN'S GROUPS: A good adjunctive referral for your male clients. You may have men in your practice who feel intimidated or inadequate in their attempts to negotiate the important relationships in their lives. My men's groups provide an experience that helps men develop a capacity for emotional listening and reciprocal expression in a group atmosphere which is both safe and supportive. These groups encourage emotionally open interactions with other men in the group and authentic emotional connections with significant others in each man's life. My special area of interest is attachment theory, which informs my work with men. Two groups: Tuesdays, 7-8:30 pm and Wednesdays, 7-8:30 pm in Santa Rosa \$40/group. Richard Doleman, MA, MFT 573-8436

Announcements and Ads

PETALUMA PSYCHOLOGIST accepting referrals for ADOLESCENTS and ADULTS, individually, as couples, and in groups. A Certified Group Psychotherapist with many years experience, I am currently accepting referrals for a coed psychotherapy group. This is an ideal place for clients wishing to improve their capacity to be close to others. There are also openings in a psycho-educational group (co-led with Anne Tomin, Psy. D.) for parents of teenagers, CONFIDENT PARENTING. Contact Rebecca O. Stadtner, Ph.D., C.G.P. 707-227-6511. 47th Sixth Street, Petaluma, CA. Website: stadtnerpsychology.com

ASTHMA STUDY

Subjects are being screened for inclusion in an childhood asthma study that assesses the effectiveness of bonding therapy in reducing asthmatic symptoms. Mothers can be referred to Tony Madrid, 865-1200, or madrid@sonic.com. For further information, look at www.asthma-busters.org.

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



Welcome to our new RPA members

Jill Kane, PsyD
Joan Levy PhD

RPA ETHICS COMMITTEE OFFERS CONSULTATION

For consultation regarding ethical issues in your practice, you can contact RPA ethics committee members:

Jeff Kahn (546-4349) - March/April
Michael Pinkston (575-7230) - May/June
Ann Strack (762-6216) - July/Aug
Bill McCausland (546-5742) - Sept/Oct

FROM THE EDITOR'S DESK -- Tesa Carlsen, PhD.

The next newsletter will be delivered in June. Announcements and ads can be sent to me via email at DrTesa@mac.com or call me at 996-8222. If you want an ad repeated, let me know that also. Please put "RPA Newsletter" or "newsletter ad" in the subject line. Both ads and announcements of approximately 100 words are free for RPA members and cost \$40 for nonmembers.

NOTES FROM CPA'S EMAIL NEWSLETTER

12 Most Annoying Bad Habits of Therapists

By JOHN M. GROHOL, PSY.D.

March 8, 2009

Psychotherapy is a unique relationship, a kind of connection that is unlike any other kind of relationship a person has in their life. In some ways, it can be more intimate than our most intimate relationships, but it also paradoxically values a vestige of professional distance between therapist and client.

Therapists, alas, are just as human as the clients they see and come with the same human foibles. They have bad habits, as we all do, but some of those habits have the very real potential of interfering with the psychotherapy process and the unique psychotherapy relationship.

So without further ado, here are twelve things you wish your therapist didn't do — some of which may actually harm the psychotherapeutic relationship.

1. Showing up late for the appointment.

Therapists will usually charge a client for an appointment if they fail to cancel it with less than 24 hours notice. Yet some therapists seem perfectly oblivious to the clock when it comes to showing up on time for appointments. While the occasional lateness may be excused, some therapists seem to be living in another time zone altogether and consistently show up late for their appointments with their clients — anywhere from 5 minutes to even two hours! Chronic lateness is often symptomatic of poor time management skills.

2. Eating in front of the client.

Unless you have enough for everyone, eating and drinking during a psychotherapy appointment is considered ill-mannered. Some therapists offer clients the same access to coffee or water that they themselves enjoy. (If you're going to drink something in front of a client, make sure you offer your client the same.) Eating while in session — by client or therapist — is never appropriate (it's therapy, not mealtime). And asking, "Do you mind if I finish my lunch while we get started?" is inappropriate — clients don't always feel comfortable enough with expressing their true feelings.

3. Yawning or sleeping during session.

Yes, believe it or not, there are therapists who fall asleep during session. And while an occasional yawn is a normal component of our daily functioning, non-stop yawning is usually only interpreted one way by a client — they are boring the therapist. Therapists need to get a good night's sleep every night, or else they cannot be effective in their job (which requires constant and consistent attention and concentration).

4. Inappropriate disclosures.

Inappropriate disclosures refer to the therapist sharing a bit too much about their own personal difficulties or life. Most therapists are warned about doing too much disclosure in session with their clients, because it's the **client's therapy**, not the therapist's. Therapists shouldn't plan their vacations while in session, go on endlessly about their graduate school training or research topics (especially if they were focused on rats), or share how much they enjoy their summer house on the Cape. Therapists should keep personal disclosures limited (even when the client asks).

5. Being impossible to reach by phone or email.

In our ever-more connected world, a therapist who doesn't return phone calls or an email about an upcoming appointment or insurance question stands out like a sore thumb. While no client expects 24/7 connectivity to their therapist (although some might like it), they do expect timely return calls (or emails if the therapist allows that modality of contact). Waiting a week for a return phone call is simply unprofessional and unacceptable in virtually any profession, including psychotherapy.

6. Distracted by a phone, cell phone, computer or pet.

Therapists will often ask their clients to silence their cell phone before entering session. The policy has to go both ways, or it shows disrespect to the client and their time in session.

Therapists should virtually never accept any phone calls while in session (except for *true* emergencies), and they should turn away from any other distractions, such as a computer screen. In a world that increasingly values inattention and multi-tasking, clients seek refuge from such distractions in the psychotherapist's office.

7. Expressing racial, sexual, musical, lifestyle and religious preferences.

Although an extension of the "too much disclosure" bad habit, this one deserves its own special mention. Clients generally don't want to hear about a therapist's personal preferences when it comes to their sexuality, race, religion or lifestyle. Unless the psychotherapy is specifically targeting one of these areas, these types of disclosures are usually best left alone. While it might be fine to mention something in passing (as long as it's not offensive), a therapist who spends an entire session discussing favorite musicians or love of a particular religious passage is not likely helping their client.

8. Bringing your pet to the psychotherapy session.

Unless cleared and okayed ahead of time, therapists should not bring their pets to the office. While sometimes therapists see clients in a home office, pets should stay out of the office while they are in session. To the client, a psychotherapy session is a refuge and a place of peace and healing — pets can disturb that peacefulness and calm. Pets are generally not an appropriate part of psychotherapy.

9. Hugging and physical contact.

Physical contact between client and therapist must always be expressly spelled out and okayed by both parties ahead of time. Yes, that includes hugging. Some clients are disturbed by such touching or hugging, and want no part of it (even if it's something a therapist might typically do). Both therapists and clients should always check ahead of time with the other before attempting any type of physical contact, and respect the other person's wishes. At *no time* is a sexual relationship or sexual touching appropriate in the psychotherapy relationship.

10. Inappropriate displays of wealth or dress.

Psychotherapists are first and foremost professionals, and any displays of wealth and style should be discarded in exchange for dressing in an appropriate and modest style. A therapist slathered in expensive jewelry is a put-off to most clients, as are blouses or dresses that show too much skin or cleavage. Too casual of dress can also be a problem. Jeans may suggest too casual an approach to a professional service that the client is paying for.

11. Clock watching.

Nobody likes to feel they are boring to another person. Unfortunately the therapist who hasn't learned how to tell the time without checking the clock every five minutes is going to be noticed by the client. Most experienced therapists have a good sense of how long a session has gone without having to look at a clock until late in the session. But some therapists seem obsessively compulsive about making note of the time, and the client notices (and internally, they may tell themselves what they're saying isn't really important to the therapist).

12. Excessive note-taking.

Progress notes are a standard part of psychotherapy. Many therapists do not take notes during a session because it can be distracting to the process of psychotherapy. They instead rely on their memory to cover the highlights of the session after the session has ended. Some therapists, however, believe they must capture every detail of every session in their notes, and obsessively note-take during sessions. Such constant note-taking is a distraction for most clients, and some may find that the therapist uses the behavior to keep an emotional distance from the client. If note-taking is done during session, it should be done sparingly and discreetly.

CALENDAR of EVENTS

SPRING SOCIAL GATHERING - WEDNESDAY, MAY 6TH - 5:30

Riviera Restaurant 75 Montgomery Dr Santa Rosa, CA 95404

Wednesday September 16th, 2009, CE dinner meeting at Osake Restaurant at 6pm

**Tony Madrid, Ph. D., speaking on The Mother and Child Reunion:
Repairing Bonding Disruptions.**

"The only real voyage of discovery consists not in seeking new landscapes but in having new eyes." -Marcel Proust, novelist (1871-1922)



Check out www.redwoodpsych.org

Access past issues of the RPA Dialog on the website

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