



REDWOOD PSYCHOLOGICAL ASSOCIATION

A Chapter of the California State Psychological Association

P. O. Box 15209 • Santa Rosa, CA 95402

RPA DIALOG

August 2011

Volume 18 Number 4



Sinkyone Wilderness State Park © M. McIntyre Johnson

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President's Column

by Mary Susan Sams, Psy.D.

Hello Fellow RPA Members,

I hope this mid-summer message finds you all well and enjoying the long sunny days and ease of the season. Despite the lull in RPA activities during the summer months, our Past President, Jules Dantin, has continued her ministrations of the process of making Milt Harris's memorial bench in Annadel State Park a reality. Jules is pleased to let us all know that the California State Parks administration has approved the bench and its location near Lake Ilesanjo, a park feature that Milt and Lea enjoyed a great deal over the years. Jules will now be working with the California State Parks Foundation, who will oversee the installation. Once the bench is installed, RPA members will be invited to gather for a dedication--stay tuned for details. Thanks to all who contributed to make this important memorial come to fruition.

As we savor the remainder of summer, it is also time to look ahead to a full schedule of Fall CE events. We have an all-RPA-member line-up of speakers, beginning with our panel of pain management specialists, including moderator Melissa Staehle, Ph.D. and panel members Keith Bridges, Ph.D., Joe Persinger, Ph.D., and Rick Olcese, Ph.D. Their discussion of *Contemporary Perspectives on Pain Management* begins at 6:30 p.m. on Wednesday, September 14. Sign-in and socializing begin at 6:00!

Heather Stone, Ph.D. will be providing an overview of *Acceptance and Commitment Therapy* the following month. Dr. Stone will enhance our understanding of the theoretical framework, as well as clinical application, of ACT. Please join us on Thursday, October 13 at 6:00 p.m. to share in the discussion. On Wednesday, November 9 at 6:00 p.m, Richard Zimmer, RPA's long-standing and dedicated Disaster Response Committee Chairperson, will discuss *The Psychologist's Role in Disaster Response*. In the wake of recent and profound disasters around the world, RPA members expressed interest in what we, as psychologists, can do and Dr. Zimmer generously agreed to educate us all on the matter. The September, October, and November CE events will all be held at Osake Restaurant.

On behalf of the Executive Committee, we look forward to seeing you in the Fall. As always, if you have suggestions about topics or speakers of interest for 2012 CE events, please let us know!

Mary Sue

Lea Goode-Harris, Ph.D.

Webmistress & List Serve Administrator



Dear RPA Members,

Thanks to all of you who make the subject lines of your list serve posts clear. It really helps keep track of the threads of conversation, especially if anyone wants to look them up in the archives. Please remember with each new subject not to piggyback off of another post, even if you change the subject line.

It would also be helpful to make sure that your response to a thread is at the top of the posting and not at the bottom. Most mail programs have a setup in the preferences to allow you to do this.

And for those of you new to the list serve, this is a reminder that if you hit reply it will go to the entire list serve. You have to make sure that with personal responses, or responses intended for one person only, that the single person's e-mail is all that shows up in the "To" box. If it says the list serve address, then it is going to the whole list serve!

Please contact me if you have any questions or if you change your e-mail address or any of your contact information for the data base!

Thanks,

Lea

Lea Goode-Harris, Ph.D.

[707-545-1656](tel:707-545-1656)

goodeharris@gmail.com

RPA Ethics Committee Offers Consultation

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

Bill McCausland (546-5742) - July/Aug.

Ann Strack (762-6216) - Sept./Oct.

Jeff Kahn (546-4349) - Nov./Dec.

Michael Pinkston (575-7230) - Jan./Feb.

September CE Dinner Presentation

Wednesday September 14, 2011

*Contemporary Perspectives on Pain Management:
A Panel Discussion*

Facilitated by Melissa Staehle, Ph.D.

with

Joe Persinger, Ph.D., Keith Bridges, Ph.D., and Rick Olcese, Ph.D.

See panel members' professional biographies on the following page.

Location: Osake Restaurant (Montgomery Village) 2446 Patio Ct., Santa Rosa

Time: 6:00 p.m.

Cost: Pre-registered dinner (\$27 per person if paid/postmarked by 9/7/11)
Non pre-registered dinners (\$35 per person at the door)
No dinner (\$10.00 per person cover charge)
No host bar. Please pay for drinks at time of service.

1.5 CE (optional) is \$15.

The California Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. CPA maintains responsibility for this program and its contents.

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 give credit only 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.

Contemporary Perspectives on Pain Management

Panelist Biographies

Dr. Melissa Staehle, a licensed psychologist who specializes in health psychology, will facilitate the panel discussion. For the past seven years, she has been treating injured workers who present with the diagnoses of pain disorders, PTSD, a variety of mood and adjustment disorders, as well as substance abuse disorders. Currently in private practice, Dr. Staehle has also worked as a multidisciplinary team member for a functional restoration program. Her treatment approach draws from cognitive behavioral theory and Imaginal Psychology founded in the work of Carl Jung.

Dr. Keith Bridges completed his doctorate in Psychology at University of Utah, with internships at the University of Utah Counseling Center and the V.A. Medical Center of Sepulveda, CA. These were followed by a post-doctoral fellowship in behavioral medicine at University of Utah Health Sciences Center. He served as staff psychologist at Casa Colina Rehabilitation Hospital pain management program and later as Clinical Director of the inpatient pain management program of Centinela Hospital in Inglewood, CA. He has been supervised by Hal Gottlieb, Ph.D. and William Deardorff, Ph.D., two psychologists who have published extensively in the field of chronic pain management. Dr. Bridges' treatment approach to chronic pain is multidisciplinary and includes assessment, cognitive-behavioral interventions, hypnosis, biofeedback, and couples counseling. Currently, approximately 75% of his practice is focused in the area of chronic pain management.

Dr. Joe Persinger is a clinical psychologist, who received his Ph.D. in 1977 at the California School of Professional Psychology, Los Angeles. With over 25 years experience in adult outpatient psychotherapy practice and 15 years experience as staff psychologist in the Chronic Pain Department at the Kaiser Permanente Santa Rosa Medical Center, he works most frequently with the presenting issues of chronic pain, anxiety/panic disorders, depressive disorders, sleep disorders, dissociative disorders, post traumatic stress and psychosomatic conditions. Areas of specialization include psychodynamic psychology, cognitive behavioral therapy, EMDR, hypnosis, crisis intervention and Somatic Experiencing Trauma Therapy.

Dr. Rick Olcese received his doctorate in clinical psychology from Rosemead School of Psychology at Biola University in Southern California in 1986. He studied neuropsychology under Arnold Purisch, Ph.D. at the Veterans Administration of Long Beach, CA. Dr. Olcese served as Clinical Director of the Transitional Living Center of Casa Colina Hospital in Pomona, CA from 1986-1991, where he developed a neurobehavioral treatment model for individuals in rehabilitation for brain injuries. Since 1991 Dr. Olcese has been in Santa Rosa, where he served as Clinical Director of Acute Rehabilitation at North Coast Rehabilitation Center and Santa Rosa Memorial Hospital. He continues to consult for Santa Rosa Memorial on their neurological rehabilitation unit as he enjoys independent practice in Santa Rosa, focusing on helping those with neurological injury and pain management. He is a founding member and currently President of Brain Injury Resource Center (BIRC) in Sonoma County.

Meet New Members

Katharine “Katie” Hatch has worked as a staff psychologist at Sonoma State University’s Counseling and Psychological Services since 2006. She received her Ph.D. in Counseling Psychology from the University of Texas at Austin and completed her internship and post-doc at the counseling centers at U.S.C. and U.C. Berkeley, respectively. Katie's professional interests include the prevention and treatment of depression and anxiety, eating and body image issues, multicultural and LGBT identities, and supervision/training. Katie grew up in Leucadia (San Diego County) and now lives in San Rafael with her husband, Bobby Carlson, and 2 year-old twin boys, Eli and Danny. She is excited to be a new member of RPA!



Dorothy Mandel I have a private practice in Santa Rosa and am on adjunct faculty in prenatal and perinatal psychology at Santa Barbara Graduate Institute. My interests are broad and include a mind/body approach uniting medicine and psychology. My work includes a variety of modalities such as attachment and relationship repair, somatic and sensory work, hypnosis, and guided imagery as well as more traditional psychology strategies. I am trained in biofeedback and have used that knowledge in creating effective heart-based strategies to diminish stress and build resilience. I enjoy working with adults, infants, children, pregnancy, and families and have worked extensively as a behavior specialist with autistic and special needs children.

Rosa Lawrence Hi, everyone! It’s good to be back in RPA. I retired this past June after working six years for the State of California. Most of those years, I worked at the California Medical Facility in Vacaville, mainly in acute care and crisis units, with the incarcerated mentally ill. I opened a practice recently at 5th and Mendocino, where I provide psychotherapy from an object-relations perspective and conduct evaluations. My website will be up and running in September, and I hope you’ll take a moment to look around. I’m glad to be back in the community, and look forward to reconnecting with you.



Eric Ryan Hello! I am Eric Ryan, Ph.D., an integrative depth oriented psychologist in private practice in Santa Rosa California. I am also currently the Training Director for the Post Doctoral Residency Program at Kaiser Psychiatry in Santa Rosa and was previously the Chair for the Anxiety Disorder Best Practices for all of Northern California Kaiser Psychiatry. In 1999 I completed my Pre-doctoral internship at the CG Jung Institute in SF. For more information go to www.DocEricRyan.com, visit my blog at www.theRyanReview.com, or see my free self help program www.CureYourPanic.org. I am currently accepting new patients! (707-239-1096)

October CE Dinner Presentation

Thursday, October 13, 2011

Acceptance and Commitment Therapy

with

Heather Stone, Ph.D.

Heather Stone, Ph.D. is a licensed clinical psychologist working in private practice in Santa Rosa, CA. She has specialized in treating anxiety disorders and OCD for the past fourteen years. Dr. Stone founded the Anxiety Disorders Treatment Program at the Ananda Institute, and in 2004-2007, expanded the agency's services to include individual therapy, groups, assessment tools, and psycho-education for the treatment of anxiety disorders. She has also worked with the California Board of Psychology as a Subject Matter Expert, and in 2008, participated in the development of the California Psychology Supplement Exam (CPSE). In addition, Dr. Stone is an approved provider of the California Psychological Association Colleague Assistance and Support Program (CLASP), which provides educational and psychological services to California psychologists.

Acceptance and Commitment Therapy, is an empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility. ACT is based in "Relational Frame Theory," which has to do with the role of language and how it entangles us in an internal battle within our own subjective lives. A core conception of ACT is that psychological (or physical) suffering is based on the misunderstanding that we can address our internal experiences in the same way that we would control our external environment, by manipulating it.

Location: Osake Restaurant (Montgomery Village) 2446 Patio Ct., Santa Rosa

Time: 6:00 p.m.

Cost: Pre-registered dinner (\$27 per person if paid/postmarked by 10/6/11)
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Announcements and Ads

MIDLIFE AND BEYOND: WOMEN IN TRANSITION Safe and supportive setting in which to explore the challenges of midlife such as midlife careers, caregiving, physical changes to the body, loneliness, sexuality, finding your passion and daring to be your authentic self. Call (707-545-1670, ext. 250) Denise Traina, Ph.D., Psychological Assistant, #PSB34937, supervised by Robin Anderson, Psy.D.,#PSY 20322

DAUGHTERS CARING FOR THEIR PARENTS This group will provide a safe, confidential, and nurturing environment for you to explore the multiple issues of caregiving. Group meets eight Mondays, beginning Aug. 29 from 6-7:30 pm. Sliding scale fee. Call Bette Collier, MFT Registered Intern, IMF#63035 at (707) 545-1670, ext 258, (supervised by Jeanie Bates, MFT #MFC28900).

PSYCHOLOGY OF KABBALAH August 7, Sept 18, and October 16, 2011 Cotati, CA. Rabbi Steven Fisdell, author and master teacher of Kabbalah, presents an intensive series on the Psychology of Kabbalah, focusing on the dynamics of its central paradigm, the Tree of Life, elucidating the Kabbalist view of both the nature of reality and human experience, and centering on the psychological and practical implications for healing work with clients that flow directly from this ancient spiritual tradition. This training demonstrates how the principles of Kabbalah apply directly to spirituality, consciousness, diagnosis and therapy. For registration information, contact Dr. Shoshana Fershtman at (707) 528-2441 or cfershtman@sbcglobal.net.

AGING WELL: WHAT IS IT AND HOW DO WE DO IT? This is an introductory group for people interested in the exploration of what aging means. Together we will look beyond the cultural myths and stereotypes and develop ways to thrive with grace, courage and humor. Our group is a safe place to bring hopes and fears. Group meets on Monday from 1-2:30 pm OR Thursday from 6-7:30 pm, for 8 sessions starting the week of September 12. \$45/week.

Paula DuVander PsyD, LMFT and Robin Anderson PsyD, Licensed Clinical Psychologist.

“FALL, IN LOVE” WEEKEND • Jim Matto-Shepard, Ph.D. & Felicia Matto-Shepard, MFT • After The Honeymoon • For committed couples who want to work on their sexual relationship. This three-day workshop leads participants through a structure for emotional connection with a focus on sexual collaboration. Couples are guided in increasingly intimate private conversations, then offered "homework" assignments that deepen into the erotic. Participants leave the weekend with a concrete plan for continuing to improve their emotional and sexual connection. CEUs available for MFTs and LCSWs. October 7, 8 & 9 • Point Reyes • \$750/couple. For further information or to register go to afterthehoneymoon.org, or call 762-1670.

CHILD PSYCHOTHERAPY CONSULTATION GROUP A psychodynamic oriented case consultation group for experienced clinicians for discussion of child and adolescent cases and the use and application of clinical theory in therapy. Meetings: Twice monthly starting September 19, 2011 (ongoing through June 2012). Time: 10:30am-12pm. Fee: \$75 per meeting. Limited to six participants. Sam Kimbles, Ph.D., a psychologist who works with both adults and children, is a certified Adult and Child Analyst (San Francisco Jung Institute) with many years treating, teaching and consulting around issues of child, adolescent and family therapy. More information: Sam Kimbles (707) 544-6647.

JUNG’S PPSYCHOSPIRITUAL CRISIS AND THE EMERGENCE OF THE RED BOOK: Location: Santa Rosa. Dates: November 5, 6, 2011. Time: 10am - 4pm. Limited to 20 participants. Fee: \$200; \$190 early enrollment before 10-15-2011. We will use Jung’s journey and the Red Book as a frame for exploring images and symbols of the unconscious as they express the Shamanic process in Jung’s and our lives. Sam Kimbles,

Announcements and Ads

Psychologist, Jungian Analyst, immediate Past President San Francisco Jung Institute. Sara Phillips, former psychotherapist retired, current spiritual director, women mysteries. Questions or to request registration form: Sam Kimbles 544-6647; Sara Spaulding-Phillips 484-3780; Email: Drsamkimbles@gmail.com

COUPLE COMMUNICATION-I Rosa Lawrence, Ph.D. This is an 8-hour intensive workshop offered at a deeply discounted rate. Couple Communication-I is an easy-to-learn, positive, award-winning educational program that teaches couples practical communication skills to produce, protect, and sustain a vital partnership—a Collaborative Marriage™. Couples learn and practice the talking and listening skills needed to develop confidence, resolve conflicts, and expand their understanding of themselves and each other. This is an interactive workshop for couples looking to strengthen their relationships or prepare for marriage. October 22. \$50 plus workbook packet. Includes a light lunch. For more information contact Dr. Lawrence at info@rosatlawrence.com or (707) 548-4968.

ANGER MANAGEMENT. This is a 12-week, semi-structured group for men who have difficulty regulating anger and irritability. It is appropriate for men who want to regain mastery in their lives—whether at work or in relationships. New group starting Tuesday, September 13, 2011. \$45 per session. Fees paid monthly. Credit cards accepted. Certificate offered on completion. For further information contact Dr. Lawrence at info@rosatlawrence.com or (707) 548-4968.

WANT YOUR WEBSITE TO ATTRACT CLIENTS? Want to see your website come up on the first page of Google results and attract visitors looking for your services? I'm a Licensed Psychologist and a Certified Webmaster. I know how to bring your website to the top of the search pages and do effective website marketing. **FREE CONSULTATION.** I'll assess your website, provide a diagnosis and

treatment plan, and then you decide if you'd like me to help. If you don't yet have a website, I can help you start off on the right foot. Call Fran DiDomenicis, Ph.D. - 510.915.2647.

LIVING WELL: NURTURING THE WHOLE WOMAN WITHIN. This group is for women in mid-to-later life transition, late 40's to early 60's+. As children are launched, careers mature, or parents settle into their later years, many of us enter a new period of life seeking coherence, renewing our passions and binding wounds. Based on Anita Ross's *Mean Time Love*, this group helps nurture the most significant relationship in a woman's life: the one she has with herself. First gathering is scheduled for Wednesday, September 14. \$30 per session. Fees paid monthly. For more information or to register, contact Dr. Rosa Lawrence at info@rosalawrence.com or 707-548-4968.

HEALING, MINDFULNESS & COMPASSION is a retreat that will explore the subject of integrating Western medical perspectives and traditional Tibetan practices. Through sessions on Tibetan healing, Kum Nye (Tibetan yoga) and Balint (a method that explores the provider/patient relationship), participants will develop a more refined and holistic approach to healing. The program will take place in the beautiful coastal redwood groves of northern Sonoma County, from September 30 - October 2, 2011. Proceeds from this retreat will fund programs promoting education, literacy and spiritual well-being among the Tibetan refugee community. For more information and to register, go to: <http://www.tibetanaidproject.org/pdfs/HealingRetreat2011.pdf> or <http://www.tibetanaidproject.org/news-events/events.html>.

CE OPPORTUNITY: This year I've been working with David Lukoff, PhD, professor at ITP and Cotati resident, to update and add to the online CE courses on his Spiritual Competencies Resource Center website:

Announcements and Ads

<http://www.spiritualcompetency.com/>. Drawing on my 35+ years as a Buddhist meditator, as well as training in MBSR, MBCT, and iRest/Yoga Nidra, I've updated existing lessons and added new ones in the section called "Meditation and Mental Health." Each affordable 1-hour lesson (\$10/hour) includes written text and audio-visual experiences plus links to related articles and abstracts. Coming this Fall: *Positive Psychology: clinical relevance and applications*. Gary Buck, PhD.

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

TWO PART-TIME OFFICES TO RENT Santa Rosa. Furnished with Sand Tray set-ups.

Quiet building in beautiful McDonald St. neighborhood. Share Waiting Room and Kitchen with congenial colleagues. Contact: Charles Pengra, PhD at: 583-2360 or cpengra@sonic.net

OFFICE SPACE AVAILABLE on Fridays or Mondays beginning 10/1/2011. Comfortable, fully furnished office with large window overlooking foliage. Full sandtray setup. Easily accessible. In Waterfall Towers. Call Cynthia Kohles, Ph.D. (707) 529-5942 to discuss.

OFFICE SPACES AVAILABLE FOR LEASE IN DOWNTOWN PETALUMA Office spaces available for lease for psychotherapy, body work, or like businesses. Located in historic building, part of the Heritage Homes of Petaluma. Shared waiting room and bathrooms. Spacious garden with pond. \$650-750/ month. For more information contact the building manager at (707) 849-6564.

The next newsletter will be delivered in October. Ads and Announcements can be sent to me via email at dr@petalumapsychologist.com or you can call me at 227-6511. Please put "RPA Newsletter Ad" in the subject line and include your text in the body of the email. Ads and announcements of 100 words or less are free for RPA members and cost \$40 for nonmembers.

Welcome to Our New RPA Members

Nicholas DeMara, Ph.D.

Associate:

Elizabeth Cassanos, M.A.

Redwood Psychological Association

P.O. Box 15209

Santa Rosa, CA 95402

RPA Event Registration Form

Osake Japanese Restaurant
2446 Patio Court, Santa Rosa in Montgomery Village South

Name(s): _____

Select one or both Events:

_____ (#1) *Contemporary Perspectives on Pain Management: A Panel Discussion*
Wednesday, September 14, 2011, 6:00 p.m.

_____ (#2) *Acceptance and Commitment Therapy*
Thursday, October 13, 2011, 6:00 p.m.

Event #1 Pre-registered dinners* (\$27 per person, tax/tip included) _____ @ \$27/person

Event #2 Pre-registered dinners* (\$27 per person, tax/tip included) _____ @ \$27/person

Non pre-registered dinners (\$35 per person at the door, tax/tip included)

Event #1 No dinner (\$10.00 per person cover charge) _____ @ \$10/person

Event #2 No dinner (\$10.00 per person cover charge) _____ @ \$10/person

Event #1 Optional 1.5 CE credit (\$15) _____ @ \$15/person

Event #2 Optional 1.5 CE credit (\$15) _____ @ \$15/person

Amount Enclosed: \$ _____

Bar is no-host; please pay for drinks at time of service.

No outside food, of course.

**Pre-registered dinners must be paid/postmarked one week prior to the event, that is, by 9/7/2011 for the September 14 event, and 10/6/2011 for the October 13 event.*

**In order to ensure CE credits and/or to be registered for an event,
please enclose this registration form with your check, and don't forget to indicate which event(s)
you plan to attend!**

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Wednesday, November 9, 2011 - 6:00 p.m. - CE Dinner Meeting. *The Psychologist's Role in Disaster Response* with Richard Zimmer, Ph.D. Osake Restaurant, 2446 Patio Ct., Santa Rosa 95405

“When we try to pick out anything by itself, we find it hitched to everything else in the Universe.”

John Muir, in *My First Summer in the Sierra*

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