



REDWOOD PSYCHOLOGICAL ASSOCIATION

A Chapter of the California State Psychological Association

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

RPA DIALOG

December 2010

Volume 17 Number 6



President: Juliet Dantin, Ph.D. (707-829-5355)
Vice-President: Mary Susan Sams, Psy.D. (707-623-7334)
Secretary & Newsletter Editor: Rebecca Stadtner, Ph.D. (707-227-6511)
Treasurer: Tesa Carlsen, Ph.D. (707-996-8222)
CPA Chapter Representative: Michael Pinkston, Ph.D. (707-575-7230)
CE Coordinator: Carol Weser, Ph.D. (707-526-2288)
Webmistress & List Serve Coordinator: Lea Goode-Harris, Ph.D. (707-545-1656)



President's Column

by Jules Dantin, Ph.D.

About a year ago I was returning from a family visit to the South and was going through the airport security with my carry-on bag. They stopped me and wanted to know what I had in it. For the life of me, I couldn't think of anything that would cause their concern. In opening the bag, I realized in horror that, at the last minute, I had stuffed in a precious jar of mayhaw jelly that my mom had made, not remembering the security requirements. (Mayhaw trees and bushes are native to the South, grow in lowlands and near creeks and produce a berry that makes great jelly; as the habitat is being destroyed, they are harder and harder to find.) After a moment of near begging the security officer, I knew I'd either have to go out into the terminal and check the bag or let the jelly go. Given all involved, I surrendered the jelly to the officer and walked on.

That process of letting go was quite painful in a mini-way, even though I knew it was the right answer. Bigger experiences of letting go are harder, but they all come down to the same point. Hang on or move on? When Katrina was on her way, residents had to decide to stay or go. When our hearts get broken, after grieving for a period of time, we face that quandary. When we pursue a goal that proves difficult to reach, we ask ourselves whether to keep trying or change directions. For the most part we make the best decisions we can at the time given the information we have. And if we have regrets, we try to learn from our experience. I will never forget that I have to check my bag if I have Southern delicacies in tow.

Letting go leaves a space in us that hurts for a while, sometimes a very long while. We hope that, in time, the room that has been created will offer a home to something that will have meaning for us and sustain us in a new way. Often we try to put something there quickly so the uncomfortable space is removed. It takes courage to allow our souls' field to lie fallow until the right use of it is realized.

Although much of letting go comes from circumstances out of our control, some is predictable. Graduation from being a student. Moving from pregnancy to being a parent. Moving from youth to being older. Even the predictable changes require letting go of what we were to be who we are now.

As president of RPA, it's time for me to let go. I feel honored to have served our association for the past two years. Part of me is absolutely ready to hand over the position to the very capable leadership of Mary Susan Sams. Part of me will miss the gifts of the job: having direct contact with our members as their needs arise and, in being the focal point for our association, meeting very good people from our community. I can say, without any hint of sarcasm, that I have grown from being in this position.

Thank you for the honor.

Lea Goode-Harris, Ph.D.
Webmistress & List Serve Administrator



Dear RPA members, as you send in your renewal forms, please make sure that all of your information with RPA as shown on the website, is current. If you have a new address, private or public, new phone numbers, e-mail address, etc. be sure to update your membership page on the website!

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

Please contact me via e-mail if you have any trouble logging on, or have lost your access information.

If you have a new e-mail address and are a part of the RPA listserv, after you update your member page, please send that new e-mail address to me via my e-mail with **UPDATED RPA MEMBER E-MAIL** in the subject line so I can update you on the RPA Google listserv.

Lea Goode-Harris, Ph.D.
707-545-1656
goodeharris@gmail.com

Membership Renewal for 2011

It's time to renew your RPA membership for 2011. Among the many benefits, are access to the website and list serve, as well as opportunities for training, networking, and community outreach. Enclosed in this issue of *The Dialog*, is a membership renewal form. If you renew by December 31, 2010, the dues are \$75.00. After January 1st, the cost is \$90.00. Please send the completed form with payment to RPA, P. O. Box 15209, Santa Rosa, CA 95402.

2010 RPA HOLIDAY PARTY

**Friday, December 10, 2010 at 6:00 p.m.
Buffet and Drinks**

Hosted by Melissa and Phillip Staehle at their Home

**Bring partners, children, & guests
to celebrate the holiday season**

Welcome to Our New RPA Members

Jeannie Lemesurier, Ph.D.

Associate:

Maren Hjul, Psy.D.

New members who joined RPA for the first time in 2010 are invited to submit a brief statement (around 100 words) about themselves and their work for publication in the New Members page of the newsletter. Text should be sent in the body of an email to me at dr@petalumapsychologist.com. Photographs are not only welcome, but encouraged, and can be forwarded as attachments. Editor

ANNUAL INTERDISCIPLINARY CE DINNER

**Saturday, January 22, 2011
6:00 - 9:30 p.m.**

Marijuana: Issues in Health and Recovery

**David E. Smith, MD, FASAM, FAACT
Founder of the Haight Ashbury Free Clinic
Medical Director of Center Point**

Dr. Smith founded the Haight Ashbury Free Clinic in 1967, inaugurating the principle that “Health Care is a Right, not a Privilege.” He is Medical Director of Center Point, a therapeutic community focused on those coming out of the criminal justice system, located in San Rafael. In addition, Dr. Smith is Chair, Adolescent Addiction Treatment of Newport Academy, Newport Beach, a residential treatment center for teens with substance abuse and co-occurring disorders. He is past President of the American Society of Addiction Medicine and the California Society of Addiction Medicine, and Founder and Executive Editor of the *Journal of Psychoactive Drugs*.

Dr. Smith is recognized as a national leader in the treatment of addictive disease, the psychopharmacology of drugs, new research strategies in the management of drug abuse problems, and appropriate prescribing practices for physicians. He lectures on a wide variety of substance abuse issues--the management of psychoactive drug dependence, including cocaine, alcohol and prescription drugs; impaired and recovering physicians; substance abuse in the workplace; dual diagnosis disorders; and substance abuse and the criminal justice system. This presentation will focus on issues related to marijuana.

Location: The Scottish Rite Masonic Center, 600 Acacia Lane, Santa Rosa, CA 95409

Cost:

RPA Members:	
Pre-registered dinner before 1/4	\$40/person
1/5 to 1/17/11 dinners	\$45/person
Guests & Non-RPA Members:	
Pre-registered dinners before 1/4 . . .	\$45/person
1/5 to 1/17/11 dinners	\$50/person
Optional 1.5 CE* Credit	\$15/person

**The California Psychological Association (CPA) is approved by the American Psychological Association (APA) to sponsor continuing education for Psychologists, LCSW's, and MFT's, (BBS provider number PCE564). CPA maintains responsibility for this program and its content. Important Notice: Those who attend the workshop and complete the CPA evaluation form will receive 1.5 continuing education credits. Please note that APA CE rules require that we only give credit 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. For learning objectives, instructor credentials and/or refund/cancellation policy please contact Carol Weser, Ph.D., CE coordinator for Redwood Psychological Association.*

Thank you from Lea Goode-Harris

I want to thank all of you for your kind words, caring gestures, and support during Milt's illness and in the aftermath of the enormous void left with his passing. RPA was very important to Milt. He saw this organization as a means to not only forge meaningful friendships of like hearts and minds, but also as a way to connect, learn, and grow as professionals and good clinicians.



Tesa Carlsen took this picture on Saturday, November 13th. Some of the Executive board hiked to the proposed site for Milt's Annadel/Lake Ilsanjo RPA bench. We met with Park Ranger Deej, who is now taking the proposal to Park Officials for approval. Once approved, the vista behind Michael Pinkston, me, Ranger Deej, and Jules Dantin will be a focus of enjoyment for all who walk this path into vast beauty.

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 December to consult with you about any ethical concerns you may have. Dr. Ann Strack is your consultant for the months of January and February.

Bill McCausland (546-5742) - Nov./Dec.

Ann Strack (762-6216) - Jan./Feb.

Jeff Kahn (546-4349) - Mar./Apr.

Michael Pinkston (575-7230) - May/June



Ann Strack

CE Dinner Meetings Hosted by RPA in September and November

On September 29, 2010, John Greenhalgh, Ph.D., spoke to a group of RPA members at a continuing education dinner meeting at Osake Restaurant. His presentation was entitled *Assessment of Traumatic Brain Injury, PTSD, Malingering & Comorbid Psychiatric Conditions Among Active Military Members*. Dr. Greenhalgh shared his experience as a civilian neuropsychologist working for the U.S. Army at Ft. Bragg's Womack Hospital and at Landstuhl, Germany Regional Medical Facility where, among other duties, he was responsible for the acute assessment of medi-evac'd battlefield psychiatric casualties and the assessment of mild traumatic brain injury.

Tim Stein, MFT, spoke to RPA members on November 3, 2010, at a continuing education dinner, which also took place at Osake Restaurant. His presentation was entitled *An Introduction to Sex Addiction, Assessment, and Treatment*, and included a thorough review of signs and symptoms indicating the presence of a sexual addiction.



Clockwise from top left: Irene & Bob Benevides, Catherine Barnard, Carol Weser & Denise Garibaldi, Pamela Culver & Blake Leighton. Center: Patrick Thornton

Announcements and Ads

PETALUMA OFFICE WANTED, Full Time. Prefer shared waiting room. I am a clinical psychologist, anxiety disorders specialist and have been practicing in the county for over 30 years. Please contact Jeffery R. Martin, Ph.D. 707-544-0345 or pelicanday@aol.com

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

New group starting in January. **WORKING IT OUT ~ A GROUP FOR LESBIAN COUPLES** Facilitators: D. Kelly, MFT and Frances Fuchs, PhD Using the recent publication, "Working It Out, A Lesbian Relationship Primer" by Dr. Fuchs, couples will learn skills for communicating with clarity, building empathy, managing conflict, connecting intimately. 8 week group starts 1/18/11, Tuesdays 7-9 pm in Santa Rosa. \$65.00 per couple per week. Pre-registration interview required: Call Kelly at 569-0459. Group closes 1/11/11.

RELAXATION SKILLS CLASS This 8-week educational/experiential course is designed for anyone wishing to learn and practice tension/stress reduction skills, including patients with chronic health/pain conditions. Class meets on Tuesdays from 3:30-4:30, starting on February 1, 2011 at

435 Petaluma Ave., #140, Sebastopol. Cost: \$25 per class. Full commitment required. For more information, contact Peggy O'Toole, Ph.D. (707) 829-3057; or Rebecca Stadtner, Ph.D. (707) 227-6511.

MIDLIFE AND BEYOND: WOMEN IN TRANSITION This group will provide a safe and supportive setting in which to explore the challenges of mid life such as midlife careers, caregiving, physical challenges to the body, the empty nest, loneliness, sexuality, finding your passion and daring to be your authentic self with others. Bring your curiosity and energy to this supportive group of women in transition. Thursdays from 6:00 to 8:00 beginning January 2011. Group fees are on a sliding scale. For more information or a (required) pre group interview, call Denise Traina, PhD, Psychological Assistant PSB34937 (Supervised by Robin Anderson, PsyD psy20322) 545-1670 x250

MEN'S GROUP - PETALUMA. Long-term psychodynamic process group for men age 35 to 65. Men use their relationships with one another to feel support, identify and express inner experience and practice empowerment. \$35 per group, three month minimum commitment, Wednesday evenings 7:30 to 9:30. Jim Matto-Shepard, Ph.D. 707-762-1670 / drjms.com

MICHAEL A. FRAGA, PSY.D. MSCO, was recently credentialed with the Alameda Medical Center where he acts as Coordinator & supervisor of its neuropsychological program. Currently, Dr. Fraga divides his time between Highland hospital and his private forensic practice as the Director of Neuropsychological Associates, a psychological services corporation specializing in assessment of neurodegenerative diseases, mTBI/TBI and neurocognitive rehabilitation.

Announcements and Ads

Neuropsychological Associates offers a cognitive testing and training tool called the Unified Field of Vision Program (UFOV) that can help seniors or others recovering from brain injuries improve necessary driving skills.

DR. CAROL WAY announces the opening of her practice in Santa Rosa. She offers individual psychotherapy for adults, adolescents and children. Dr. Way has over 28 years of experience in private practice and specializes in the assessment and treatment of chemical dependency

and related co-occurring mood disorders as well as post-traumatic stress disorder. She can be reached at (707) 829-3464. Her office is located at Creekside Medical Plaza, 95 Montgomery Drive, Suite 222, Santa Rosa, CA 95404.

The next newsletter will be delivered in December. 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 approximately 100 words are free for RPA members and cost \$40 for nonmembers. Rebecca Stadtner, Editor

2011 RPA Executive Committee

The following slate of officer candidates has been submitted for approval by full members of RPA. The Executive Committee looks forward to welcoming Dr. Peggy O'Toole, who has agreed to serve as Secretary in 2011.

President	Mary Susan Sams, Psy.D.
Vice President	Rebecca Stadtner, Ph.D.
Treasurer	Tesa Carlsen, Ph.D.
Secretary	Peggy O'Toole, Ph.D.
CPA Chapter Representative	Michael Pinkston, Ph.D.

In 2011, Juliet Dantin will become Past-President. Carol Weser, Rebecca Stadtner and Lea Goode-Harris will continue in their current roles as Continuing Education Coordinator, Newsletter Editor, and Webmistress/List Serve Coordinator.

Ballots are included in newsletters addressed to full members, who may vote. These should be filled out and returned for receipt by January 10, 2011. Even though there are no contested offices, the candidates must be approved by voting members, who are encouraged to return their ballots as soon as possible.

Openings remain on the Executive Committee for members interested in volunteering to serve the RPA community. If you would like to get involved, please contact a member of the Executive Committee.

The Redwood Psychological Association Membership Application/Renewal

New application <<< this is for the year: _____
 renewal

You may fill in this form on your computer and then print it.

first name: _____ last name: _____

email: _____

business address: _____

business city: _____ ZIP _____

home address: _____

home city: _____ ZIP _____

business phone: _____ home phone: _____

- I am a current California Psychological Association member
 I am a current American Psychological Association member

Send RPA mailings to:

- home
 business

Send RPA emails to:

- home
 business

RPA phone calls to:

- home
 business

Your Committee Interest:

- CLASP
 Continuing Education
 Disaster Response
 Governmental Affairs
 Health Care Services
 Media and Public Affairs

Your highest psychology-related degree, with dates and granting institution:

degree: _____ date: _____ Institution: _____

special certifications: _____

- check here to have your email address excluded from the RPA website
 I have NOT been convicted of a felony, had my license or certification suspended or revoked, or been found culpable in any ethics proceedings (explain on back if you have)

CA license type _____

CA license # _____

signature _____ date _____

I hereby affirm that all of the information on this application is true and correct. I agree to abide by the RPA bylaws.

Annual dues and membership status (Please check highest applicable status):

- > Member \$90* Licensed to practice independently as a psychologist in California
- > Associate \$50 Not licensed as psychologist, but has PhD, PsyD, or Masters in psychology
- > Affiliate \$30 Non-psychology degree or full-time student
- > Retired \$15 Non-practicing retired psychologist
- > Renewals received after March 1st must include an additional \$40 administrative fee for data updates.

Please make check to "RPA"

* \$75 if payment is postmarked by January 1st (\$60 for first-time applicants anytime).
(Payments of \$90 before January 1st will be treated as including a \$15 donation.)

Please list any suggestions for future RPA activities, including CE courses, symposia, seminars, speakers, etc.:

Please send to: Redwood Psychological Association, P.O. Box 15209, Santa Rosa, CA 95402

Calendar of Events

Friday, December 10, 2010 - 6:00 p.m. - Holiday Party at the home of Melissa and Phillip Staehle

Friday, December 31, 2010 - Deadline for RPA Membership Renewal at \$75. January 1 until March 1: \$90

Monday, January 10, 2011 - Deadline for receipt of Ballots for Election of 2011 Officers

Saturday, January 22, 2011 - 6:00 - 9:00 p.m. - Interdisciplinary Dinner Meeting with David E. Smith, M.D., *Marijuana: Issues in Health and Recovery* at the Scottish Rite Masonic Center, 600 Acacia Lane, Santa Rosa, CA 95409

“When it is dark enough, you can see the stars.”

Charles Austin Beard

Printed on 100% recycled paper

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