



REDWOOD PSYCHOLOGICAL ASSOCIATION

A Chapter of the California State Psychological Association

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

RPA DIALOG

December 2011

Volume 18 Number 6



© 2011 Sasha Oaks

President: Mary Susan Sams, Psy.D. (707-623-7334)
Vice-President & Newsletter Editor: Rebecca Stadtner, Ph.D. (707-227-6511)
Past-President: Juliet Dantin, Ph.D. (707-829-5355)
Secretary: Peggy O'Toole, Ph.D. (707-829-5057)
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 Mary Susan Sams, Psy.D.

Holiday Greetings!

As I come to the end of my time as RPA president, I would like to thank each member for your participation in the organization. It has been so good to see you all at the various events throughout the year. A special thanks to those who have volunteered their time and good spirits to make each gathering a special one.

It is that time of year again...time to renew your RPA membership. Renew before December 31 and receive the discounted membership rate.

PLEASE NOTE: All renewals are now due by January 31.

The membership year runs from January 1 through December 31, with a grace period of 30 days for annual renewals. Those who have not renewed by January 31 will be removed from the listserve and must pay the full membership fee, plus a \$40 administrative fee to reinstate membership. I do hope you will all be renewing your memberships, as well as encouraging any non-member psychologists and mental health providers you know to join us!

If you are a full member and eligible to vote, as you opened this newsletter, you no doubt noticed the enclosed ballot. (This newsletter arrived by U.S. mail only--no email--in order to provide ballots). Please take a moment to submit your votes for executive committee members for 2012. We also need your vote to approve changes to the RPA bylaws. This process took quite some time and required a detailed review of the language in order to craft changes that more accurately reflect our current membership and operations. Many thanks to the bylaws committee, Jules Dantin, Michael Pinkston, and Lea Goode-Harris, for so generously offering their time to this task. In this newsletter you will find a message from Lea and the text changes for your review. After reading through the changes, please submit your approval/disapproval of the bylaws in the space provided on the enclosed ballot.

Looking ahead to 2012, the executive committee has been busy planning a year of engaging speakers at our CE dinner events. So far it looks like the agenda will again feature RPA member-speakers, as well as other mental health providers from the area who will speak on some interesting topics. If you wish to volunteer as a speaker or have a topic you would like to hear about, please contact our CE maven, Carol Weser.

Moving on from business to merriment, the annual RPA holiday party is almost here! We will be gathering at the home of Robin and Wayne Anderson on December 9, from 6 to 9 p.m. Please join us and bring your significant other for this holiday celebration. (Please note the correction in address: "262" Talbot Avenue, Santa Rosa.)

Before signing off, I want to thank our past secretary and current vice president and newsletter editor, Rebecca Stadtner, for so generously devoting her time and energy to RPA. On behalf of the executive board members, thank you for your service (tirelessly commuting to each meeting from Sonoma, no less) and for creating both memorable and beautiful newsletters, which keep all RPA members informed and connected. Cheers, Rebecca!

Thanks to all of you for the opportunity to be of service. We will all be in the capable hands of a new slate of officers in 2012 and what a year it will be!

Happy holidays to all and best wishes for peace and comfort in 2012,

Mary Sue



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

Dear RPA Members,

As you send in your renewals before the end of the 2011 year, please note that the new registration/renewal form now has a box to click if your information remains the same. If any of your information has changed, please fill in **ONLY** what is new. This will make it easier for me to add the new information to the data base, if you have not already done so.

Please remember that if you have changed your e-mail address, you must let me know so I can update you on the listserv.

You can use this renewal time to check and make sure that your information is correct on the RPA website! Please let me know if there is a problem or you need help making any changes or corrections.

Again, be sure to get your renewal in before the end of the year and take advantage of the discounted membership fees!

All of our members will get a paper copy of the December newsletter because of the voting ballot and renewal forms. The rest of the year, you can get our newsletter in living color and save on paper and printing costs by checking off the "I would like to receive my newsletter via e-mail" on the renewal form.

Lea

Lea Goode-Harris, Ph.D.
[707-545-1656](tel:707-545-1656)
goodeharris@gmail.com

RPA Members Present at Fall CE Dinners



Heather Stone, Ph.D.

This fall, RPA members have had the opportunity to benefit from in-house expertise beginning with September's panel discussion, *Contemporary Perspectives on Pain Management*, facilitated by Dr. Melissa Staehle. On, October 13, 2011, Dr. Heather Stone gave a multimedia presentation entitled *Acceptance and Commitment Therapy* over dinner at Osake Restaurant. Dr. Richard Zimmer shared his expertise in the talk, *The Psychologist's Role in Disaster Response*, on November 9, 2011, at the same venue.



Richard Zimmer, Ph.D. with
Carol Weser, Ph.D.

RPA Holiday Party

Friday, December 9, 2011

6:00 to 9:00 p.m.

Wine and hors d'oeuvres

Hosted by Robin and Wayne Anderson

Bring spouses/partners, children, & guests
to celebrate the holiday season



Meet New Members



Nicholas DeMara, PhD

(707) 568-6542

For the past 10 years, I have worked in Adult Psychiatry, Kaiser, Santa Rosa, and I have a part time private practice. My experience includes work with a broad range of special populations, including LGBT clients, transgender clients and their parents, bipolar clients and their family members, as well as women and men with HIV, HepC, and other infectious diseases. Sex addiction, sex therapy, and harm reduction therapy are also part of my clinical experience and training. I speak Spanish and work with Latino clients in individual and family therapy. The existential issue of aging is of special interest to me and I strive to incorporate mindfulness in my work. I welcome referrals.

Welcome to Our New RPA Members

Ariati Rakic, Ph.D.

Mark Kamena, Ph.D.

Cheryl Nygard, Psy.D.

Victor Pacheco, Psy.D.

RPA Ethics Committee Offers Consultation

Our Ethics Committee welcomes questions about ethical issues in your practice. Dr. Jeff Kahn is available during the month of December to consult with you about any ethical concerns you may have. Dr. Michael Pinkston is your consultant for the months of January and February.

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

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

Bill McCausland (546-5742) - Mar./Apr.

Ann Strack (762-6216) - May/June

Lea Goode-Harris on the Bench Installation for Milton E. Harris

"One Touch Of Nature Makes The Whole World Kin"
William Shakespeare
From Troilus and Cressida, Act III, Scene III

On Sunday, November 13, 2011, some of the Redwood Psychological Association's Executive Board, along with Bob Carlsen, and direction from Ranger Bob Birkland, installed the bench at Annadel State Park as a thank you and now a memorial for my husband and long time RPA member, Milton E. Harris. The bench is situated near the intersection of the South Burma and Warren Richardson trails, between the large meadow and Lake Ilsanjo. We hope that some of you will be able to hike into the park and soak up the beauty of this place that Milt so enjoyed. You will know you are at the right bench when you see the above quote. A dedication of the bench will be planned for sometime in 2012.

Pictures from that day can be found on my blog at: <http://www.lealabyrinth.com/2011/11/milts-bench.html>

Reasons for Membership in CPA and Donating to CPA-PAC

Michael Pinkston, Governmental Affairs Chair

CPA is the organization in California that advocates in Sacramento for the practice of psychology in our state. Although CPA can use its membership dues to make legislators aware of what our profession has to offer and collaborate with them on writing and sponsoring bills that we believe are beneficial to both our profession and the mental health needs of the people in our state, we are not able to use those funds to assist legislators in their attempts to win elections. The CPA-PAC is the one organization in California that makes sure lawmakers who understand the importance of psychology are financially supported in their attempts to stay in the legislature. Anyone and everyone with an interest in psychological well being, including psychologists, psychological grad students, vendors, suppliers and consumers should donate to the CPA-PAC. Even those who are not members of CPA can donate by going to the CPA Website

California's elected officials can and do have a major impact on our profession. In today's expensive campaign climate, where a state assembly race can cost as much as \$3 million, it's important to make sure we support candidates who are pro-psychology. Without your support they cannot pay for campaign costs such as direct mail or TV and radio ads.

A great way to build relationships with your local legislators is to attend a local fundraiser. On October 28th, CPA-PAC purchased 5 tickets to a fundraiser at a winery in Sonoma County for Wes Chesbro. For those of you who do not know, Wes Chesbro has served Northern California for several years in Sacramento and has advocated for the mental health needs of rural communities, Medi-Cal clients, veterans, and substance users. Although I was out of town and unable to attend, we were fortunate to have good representation from the following CPA members in our county: Jeannie LeMesurier, Warren Bean, Peggy O'Toole, Rose Lawrence, and Victor Pacheco, who had the opportunity to meet Wes Chesbro and discuss our profession and the mental health needs of our community.

California psychologists have the largest scope of practice of any state with the exception of prescription privileges. If we are to maintain this status and to be able to do what we are specifically trained to do in the practice of psychology, we need a strong voice in Sacramento. I urge you to visit the CPA website at <http://www.cpapsych.org/> to see all the benefits of membership, and while you are there, to also consider donating to the CPA-PAC. If you attend the CPA Annual Convention in Monterrey April 19-22, you can also purchase a ticket to the CPA-PAC Dinner as another way of providing support.

Announcements and Ads

ONE PART TIME and ONE FULL TIME OFFICE FOR RENT - SANTA ROSA. 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

WONDERFUL PART TIME OFFICE FOR RENT IN WATERFALL TOWERS, SANTA ROSA with a group of friendly competent therapists. Available at \$125 a month per day; Monday, Tuesday and Friday available. Nicely furnished (suitable for male or female therapist), kitchen with purified water, fridge, microwave and dishes, waiting room with variety of magazines, elevator building, plenty of parking, handicapped accessible, copy machine, wi-fi possible, and easy walking to Farmer's Lane plaza with its restaurants and Rite Aid. Available Jan 1, 2012 for all of 2012. Contact Carol Weser at 526-2288 or humanone@sonic.net

AVAILABLE FOR RENT: THERAPY OFFICES IN NOVATO - Rates start at \$185/full day. Half-day rates: \$95 a.m., \$105 pm.; Discounts for multiple days. Terrific location for wide geographic area; two minutes from Hwy 101, San Marin Dr. exit. Three-office suite; professionally soundproofed. New paint, carpet, furniture. Accommodates moderate groups. Call light system. Available for sublet most weekdays and weekends. To visit or photos, please contact Diane Harnish, PhD, at 415/924-4252 or email dianeharnish@mac.com.

PETALUMA OFFICE SUBLET. I am offering a one day (or 2 half days) sublet in this beautiful historic landmark home converted to offices, and centrally located in the historic district of downtown Petaluma. My office is newly painted and beautifully furnished. Mostly psychologists and psychiatrists occupy the building. Phone Jeffery R. Martin, Ph.D. at 707-544-0345 or email pelicanday@aol.com.

EMDR TRAINING FOR CLINICIANS
Complete training over four weekends in Santa

Rosa. Saturdays and Sundays: February 11 & 12, March 3 & 4, March 31 & April 1, May 5 & 6, 2012. Non-profit, agency and pre-licensed discounts available. BBS and MCEP 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 and author of *A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants*, Springer Publishing Company. Full details at <http://www.sonomapti.com/basictraining.html> or call (707) 579-9457.

JOIN THE TRAUMA REFERRAL LIST
Clinicians wanted to join a referral list in the greater Santa Rosa - Sonoma County area for a medical trauma treatment program for referrals from Santa Rosa Memorial Hospital. If interested, please send, (1) name, (2) license type and number, (3) office contact info, (4) whether you work with adults, adolescents, or children, (5) whether insurance plans are accepted, (6) which treatment method(s) you use, and (7) a small digital photo of your face. Send your reply to: Andrew M. Leeds, Ph.D. aleeds@theleeds.net.

CE OPPORTUNITY: For inexpensive APA approved CE units focused on the interface between spirituality and psychology/psychotherapy, check out David Lukoff, PhD's Spiritual Competencies Resource Center website, <http://www.spiritualcompetency.com/>. Topics areas include: "DSM Religious and Spiritual Problems," "Meditation and Mental Health," "Spiritually-Oriented Interventions," and "Ethical Issues in Spirituality." Lessons include written text and audio-visual experiences plus links to related articles and abstracts. All lessons can be taken for free. There is a modest charge for CEs. Coming soon: "Positive Psychology: Clinical Relevance and Applications," "Forgiveness in Clinical Practice," and "Self-Compassion." David is a professor at the Institute for Transpersonal Psychology.

Announcements and Ads

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

REPAIRING BONDING DISRUPTIONS WORKSHOP

- A one-day workshop on Repairing Bonding Disruptions is being taught at USF on Saturday, January 7 from 9 to 5 (7 CEUs). This course will teach how to spot the signs of a bonding disruption, how to carefully ferret out the cause, and how to repair the break quickly and effortlessly. The workshop will include a short training in the minimal hypnotic techniques needed to repair disrupted bonding and for those who are already trained in

EMDR, a protocol will be taught for its use. For more information: www.rivershrink.com/ceu2011.html. Or Tony Madrid at madrid@sonic.net.

COUPLE COMMUNICATION-I led by Rosa Lawrence, Ph.D. This is an intensive, interactive workshop offered in two half-day sessions, January 21 and February 18, in downtown Santa Rosa, at a discounted rate. It is positive, easy-to-learn, and teaches skills for a Collaborative Marriage™. Couples learn and practice a method for talking and listening that develops confidence, resolves conflicts and expands mutual understanding. This “skill-shop” is designed for couples looking to strengthen their relationship, or prepare for marriage or a long-term commitment. For a brochure and further information, send e-mail to Dr.Lawrence@PsychTX.net or call (707) 575-5776. Enrollment is limited.

The next newsletter will be delivered in February. Ads and Announcements can be sent to our new editor, Peggy O'Toole, via email at peggyotoole8@gmail.com. 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 nonmembers \$40.

Rebecca Stadtner, Editor

Bylaw Changes

Dear RPA Members,

Please find here a short version of our organization’s bylaws containing all of the proposed revisions. These revisions are based on the RPA Executive Board realizing that over the years, the organization had strayed from some of the tenants of the bylaws. A bylaws committee was formed and the Executive Board accepted the recommendations of this committee, making the necessary corrections as well as updating and making revisions to the bylaws that reflect the organization at this time. New text is in *italics*, and wording that has been removed is shown with a ~~strike-out~~. The full bylaws, also containing these revisions, can be found on our website in the Newsletter Section, between the October and December Newsletters at: <http://www.redwoodpsych.org/newsletter.asp>

Respectfully submitted by Lea Goode-Harris, Juliet Dantin, & Michael Pinkston for the Redwood Psychological Association Executive Board.

2011 Bylaw Changes
Proposed changes in *italics* or ~~strikeout~~

Revised September 24, 2011

Added Cover Page

added page numbers to entire document

ARTICLE III. MEMBERSHIP

(page 2)

Section 1: Classes of Membership

RPA shall consist of five classes of membership:

Full Members;

Associate Members;

Affiliate Members;

Retired/Non-Practicing;

Honorary Members;

(pages 2-4) Renumbered and added piece about Retired/Non-Practicing

(page 3)

Section 3: Associate Membership

Associate Members shall consist of those members who hold a Masters Degree in psychology or equivalent, *or, is a 1st-2nd year post-doc intern.* Associate members shall have all the rights and privileges of RPA excluding the right to vote, hold office or serve as a chairperson of a committee.

(page 3)

Section 5: *Retired/Non Practicing Membership*

Retired/Non Practicing Memberships shall consist of those members who are no longer practicing because of retirement or change of life circumstances, e.g. maternity leave, illness. Retired/Non Practicing Memberships shall have all the rights and privileges of RPA excluding the right to vote, hold office or serve as a chairperson of a committee.

(page 4-5)

Section 2: Officers

The Officers of the association shall consist of: President; Vice President; Secretary; Treasurer; and Past-President for one year immediately past: Election of Officers shall be conducted annually by mail ballot *or e-mail ballot* circulated to all Full Members ~~and~~

~~Associate Members.~~ Voters shall mark only their first preference for each office. Candidates with the highest number of votes shall be declared winners.

(page 5)

~~Vacancies occurring among the officers shall be filled by simple majority vote of the Association.~~

(page 5)

Section 4: Limits of Consecutive Terms

Officers shall serve in the same titled position for no more than two consecutive terms *unless replacements cannot be found*. For purposes of this section, completion of more than 50% of a term shall be considered a full term of service. Eligibility for nomination after serving the maximum allowable number of terms will be established after an absence of one year.

(page 5)

Section 3: Chapter Representative

The Executive Committee, in addition to Officers, shall consist of one Chapter Representative to the California Psychological Association *Board of Directors*. The Chapter Representative to CPA shall be elected by the membership for a three-year term, ~~as specified by CPA and if that individual resigns before he or she has served the full three years, another individual shall be elected to serve the remainder of that term.~~ *A member may serve as Chapter Representative for two consecutive terms and will be eligible to serve in that position again after a one-year absence.*

(page 5)

Section 4: Limits of Consecutive Terms

Officers shall serve in the same titled position for no more than two consecutive terms *unless replacements cannot be found*. For purposes of this section, completion of more than 50% of a term shall be considered a full term of service. Eligibility for nomination after serving the maximum allowable number of terms will be established after an absence of one year.

(page 5)

Section 5: Resignation of Members of Executive Committee

If an officer or CPA Chapter Representative resigns during his or her term the Executive committee shall either appoint a member to finish that term or leave that position unfilled until the next scheduled election of officers.

(pages 5 & 6) renumbered sections 5 & 6 to 6 & 7

(page 6)

Section 7: Duties of Chapter Representative to CPA Board of Directors

(page 6)

ARTICLE VI. COMMITTEES

Section 1: Standing Committees (Membership, Elections, Ethics, Governmental Affairs; ~~Information and Referral; Continuing Education~~)

(page 7)

~~The Information and Referral committee shall be responsible for the ongoing supervision of the RPA information and referral service. The committee shall be responsible for developing policies and procedures, with the approval of the Executive committee; keeping records of inquiries and referrals; credentialing panel members; and other activities related to maintaining the service.~~

(page 8)

Section 2: Payment Period

The annual dues shall be payable on or before *the due date* and shall cover the period from January 1st through December 31st.

(page 8)

Section 3: Late Fee

A late payment fee will be assessed on all *current* members who remit their dues *more than one month after the due date for that membership year*.

(page 8)

Section 4: Review

~~Dues will be reviewed and recommended annually to the Executive Committee by the Treasurer. Dues and late fees of all categories of membership will be determined by the Executive Committee.~~

(page 8)

Section 5: Resignation

~~Members in any class who have not paid their dues and late payment fee prior to one month after the due date will be considered as having resigned from membership. subject to the procedures listed for termination of membership in Article IV., Section 11.~~

(page 8)

Section 6: Reinstatement

Members in any class who have resigned from membership through nonpayment of dues may be reinstated only upon payment of the current year's dues *and any late fees owed*.

(page 9)

Section 3: Approval of the Members

For purposes of this Article IX only, "approval of the members" requires a two thirds plurality of the members who vote. Voting shall be conducted by mail ballot *or e-mail ballot* circulated.

Calendar of Events

Friday, December 9, 2011 - 6:00 p.m. - *RPA Holiday Party*. Hosted by Robin and Wayne Anderson.

Wednesday, February 8, 2012 - *Balint Group Work* with Ritch Addison, Ph.D. Details TBA

Thursday, April 19, 2012 - *Eating Disorders* with Adair Look, M.D. Details TBA

Wednesday, May 16, 2012 - *EMDR: Not Just for Trauma* with Andrew Leeds, Ph.D. Details TBA

*“O, wind,
If winter comes, can Spring be far behind?”*

Percy Bysshe Shelley
Ode to the West Wind (1819)

Printed on 100% recycled paper

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

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.

There are NO CHANGES to my addresses or phone numbers since last year.

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

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

degree: _____ date: _____ Institution: _____

special certifications: _____

Send RPA mailings to:

home No Changes
 business this section

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

- check here to be excluded from the RPA ListServe
- 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 # _____

YOU MUST SIGN HERE >>> _____ **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 CA psychologist, and/or has PhD, PsyD, or EdD in psychology or equivalent
- > Associate \$50 Masters in psychology or equivalent (or 1st-2nd year post doc interns)
- > Affiliate \$30 Non-psychology degree or full-time student
- > Retired/Non Practicing \$15 Non-practicing and/or retired psychologist
- > Renewals received after January 31st must include an additional \$40 administrative fee for data updates.

Please make check to "RPA"

* \$75 if payment is postmarked by December 31st (\$60 for first-time full member 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.:

- I would like to receive my newsletter via e-mail
- Please send my newsletter via paper mail

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