

REDWOOD PSYCHOLOGICAL ASSOCIATION

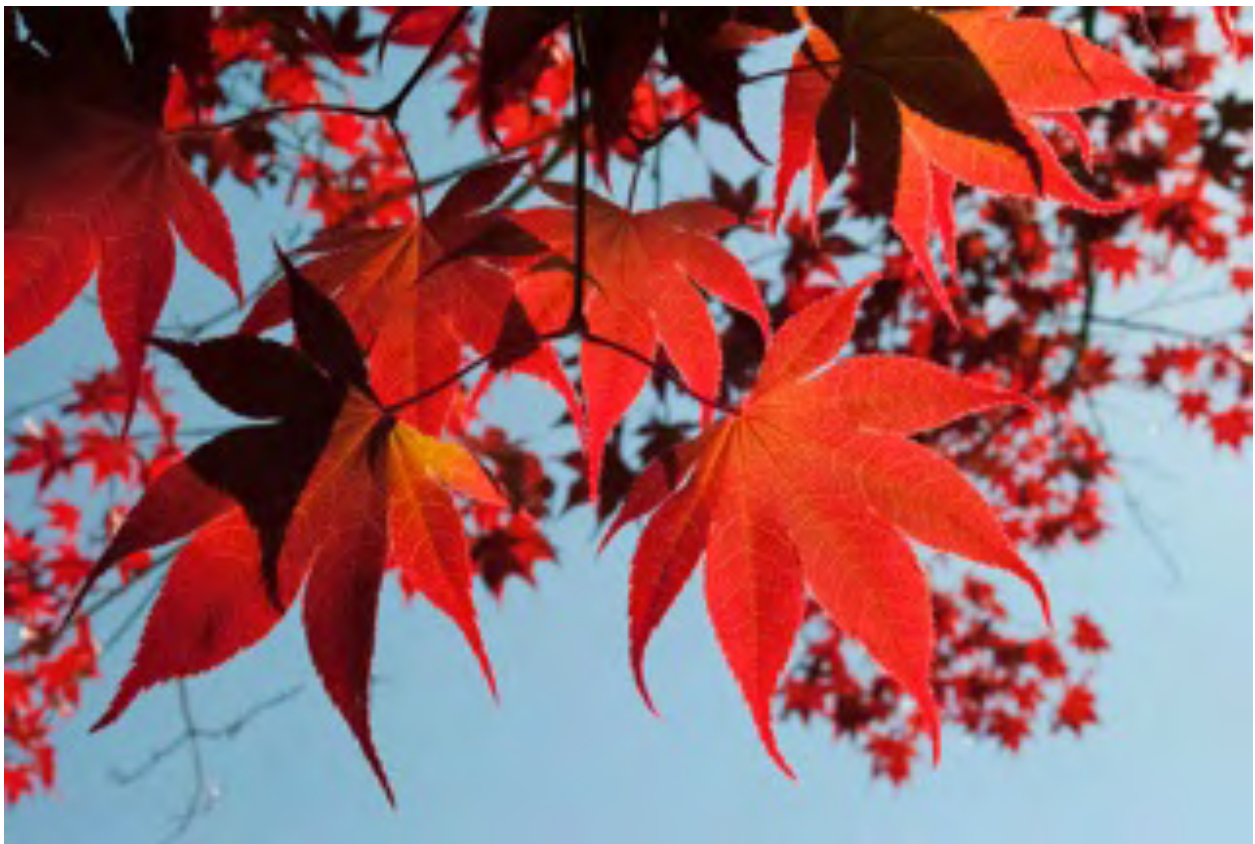
A Chapter of the California State Psychological Association

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

RPA DIALOG

October 2011

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President's Column

by Mary Susan Sams, Psy.D.

Greetings, RPA members,

As summer draws to a close, the RPA Fall CE dinner presentations have begun! We had an excellent kick-off with Melissa Staehle, Ph.D., Keith Bridges, Ph.D., Joe Persinger, Ph.D., and Rick Olcese, Ph.D., who provided a panel presentation of psychological treatment issues of chronic pain. With a full house at Osake, our panelists shared a broad and varied range of theoretical orientations, clinical perspectives, and treatment experiences. A stimulating exchange of ideas

among panelists and attendees continued throughout the evening. A special thank you to Melissa Staehle for acting as panel moderator, providing her own expertise, and recruiting this highly experienced panel of specialists. Up next in our all-RPA-member-speaker line up is Heather Stone, Ph.D. On Thursday, October 13, Heather will provide an overview of the third-wave psychotherapy, Acceptance and Commitment Therapy. On Wednesday, November 9, Richard Zimmer, Ph.D., will speak to us about the Psychologist's Role in Disaster Response. All CE events will be held at Osake Restaurant, where our CE maven, Carol Weser, and Osake chef and owner, Gary Chu, have been cooking up a different menu for each event. Thank you, Carol, for your attention to the many details that make our CE evenings together enjoyable, and for all the work involved in processing our CE's.

As 2011 winds down and RPA membership renewal time draws near, the executive committee has been discussing our need to increase membership, which is the lifeblood and raison d'etre of the organization. While each of the committee members will be reaching out to encourage members to renew and invite new members to join and enjoy the benefits of RPA, we would also like to encourage our existing members to reach out to other psychologists in the community who are not yet members. We can also invite past members to re-join and re-connect with our rich and vibrant community of psychologists and mental health practitioners. A personal invitation to join may be a tremendously important welcome to those new to the profession--from externs, to interns and post-docs, as well as those who are newly licensed and in need of the deep well of support the RPA community has to offer. Please take a moment to let other psychology students and practitioners know what you've gained from your membership and invite them to become a part of our organization.

Last but not least, thanks to Robin and Wayne Anderson for opening their home to us, as they host the 2011 annual RPA Holiday Party. We'll be gathering at the Anderson's on Friday, December 9, for an evening of good company, with food and drink provided by RPA. Please mark the date on your calendars and watch for more details in upcoming newsletters and on the list serve.

On behalf of the executive committee, we thank each of you for your presence and contributions to RPA and look forward to seeing you at the fall and winter gatherings.

Mary Sue



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

Dear RPA Members,

We recently had a switch in hosting services for our website; the same great team at McKenzie & Sumner are doing the underlying web design and support of our site. The new server should provide us with a more secure and robust service. This switch, however, caused some glitches in some of the fill-in responses for the personal member pages. If you encounter any problems, please let me know so we can get them fixed as soon as possible.

Some of our members have two or more work addresses and have wanted a way to show them in their member profile. At some point in time we will be doing an upgrade to the member pages. When we do this, we will be able to list more than one work address on the data base for a member if desired. Until this time, if you have a second work address, I suggest that you add your full second address to your public member notes. Here is the formula for doing so:

```
2nd Office Address: <br>
123 Main Street <br>
My Town, CA 98888 <br>
<hr>
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The above <hr> tag would put a horizontal rule (a line) below the address to separate it from the rest of the note. Or you can use more
 tags to make as many blank lines between the address and the rest of the note. The member form also has notes below this entry box about using these simple html tags.

Again, I am happy to help you with this if needed.

A reminder to all list serve members, especially new members, that hitting "reply" sends a response to the whole list serve. You have to be sure that only the e-mail for your intended recipient is in the "To:" box if you want to send a private or back channel response.

Thanks to everyone for making the list serve and website such a valuable resource to our membership and community at large.

Lea

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

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 Supplemental 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)
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.

November CE Dinner Presentation

Wednesday, November 9, 2011

The Psychologist's Role in Disaster Response

with

Richard Zimmer, Ph.D.

This presentation is designed as an introduction to disaster relief. The goal is to prepare participants for future training in Psychological First Aid (PFA) and disaster relief with the Red Cross and the Medical Reserve Corps, and to enable them to better address the needs of clients who have been affected by disaster.

Our presenter, Dr. Richard Zimmer, is a psychologist practicing in Santa Rosa since 1995. He has been a member of the California Psychological Association's Disaster Response Network for the past five years and has received training in a variety of disaster-related skills, including Critical Incident Stress Management. Dr. Zimmer is also a member of the Sonoma County Medical Reserve Corps.

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 11/2/11)
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.

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Meet New Members

Jenny Holland

Hello Colleagues and Friends, I am happy to be back in the RPA Community. I have taken several breaks over the better part of the decade to have and parent my three kids. I am excited to be entering a time in my family's development that allows me to focus more time and attention on my private practice and building connections. My orientation is primarily psychodynamic. I enjoy working with individuals and couples. Special populations I serve include: people with disabilities, students of all ages, adolescents, and older adults. I am well versed in expressive arts therapies, sandtray, animal assisted therapies, and clinical hypnosis. I accept most insurance, including Medicare and Victim Witness.



Bert Epstein

Hello, everyone! Recently, I moved my practice to Sonoma County from the Sacramento area, and I now have offices in both Petaluma and Santa Rosa. My practice is integrative. I have specialty training in cognitive-behavioral therapy and am a Diplomate and Founding Fellow of the Academy of Cognitive Therapy. Areas of specialization include sleep issues, internet addiction, relationships, depression, and anxiety disorders. I am on most insurance panels and currently have openings in both locations. In addition to my private practice, I also am the Program Coordinator of Student Psychological Services at SRJC. I look forward to getting to know fellow RPA members via the list serve and at future gatherings.

Welcome to Our New RPA
Members

Bert Epstein, Psy.D.
Lucas Plumb, Psy.D.
Edward Biery, Ph.D.

September 14, 2011 CE Dinner Presentation



Panelists: Rick Olcese, Ph.D., Joe Persinger, Ph.D., Melissa Stachle, Ph.D., Keith Bridges, Ph.D.

About 30 people gathered at Osake Restaurant on September 14th to hear the panel discussion, *Contemporary Perspectives on Pain Management*. Dr. Melissa Stachle assembled the panelists, all experts in pain management, and facilitated the discussion.



Kadi Holland & Deborah Alexander



Jenny Holland & Pamela Loman



Rose Lawrence, Bob Benevides, Joe Persinger



Bert Epstein

Announcements and Ads

OFFICE FOR RENT in charming building on quiet residential street in McDonald neighborhood. Full time, \$480. Half time, \$240. Furnished or unfurnished. Possible sub-leaser may help defray costs. Contact: Charles Pengra, PhD at 707-583-2360 or cpengra@sonic.net.

BEAUTIFULLY FURNISHED PSYCHOTHERAPY OFFICE for sublet one or two days per week in Santa Rosa. Great location across from Whole Foods on the corner of Yulupa and Mayette. Includes accessible entrance, easy access to public transportation, large waiting room which can be used for facilitating groups or larger meetings. Sandtray and collection available for use. This office would not be suitable for those who see very young children. Please contact me to discuss details. www.drjennyholland.com. 707 479-2946

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 and (6) which treatment method(s) you use. Send your reply to: Andrew M. Leeds, Ph.D. aleeds@theleeds.net.

MEN'S GROUP PETALUMA I have an opening in an ongoing men's psychotherapy group. The group is interpersonal and works to develop a supportive environment within which defenses can be identified and worked through. Wednesday nights 7:30 to 9:30. Interviews required. Jim Matto-Shepard, PhD (psy15031). 762-1670

CE OPPORTUNITY: For inexpensive CE units focused on the interface between spirituality and psychology/psychotherapy, check out David Lukoff's Spiritual Competencies Resource Center website, <http://www.spiritualcompetency.com/>. Topic 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 this Fall: "Positive Psychology: Clinical Relevance and Applications" and "Forgiveness in Clinical Practice."

SATURDAY, NOVEMBER 12, 9-4:30 in **SANTA ROSA**. A program of video case studies for those interested in working with relationship problems and family business, with Kathy Wiseman, MBA, a family business consultant, former head of the

Announcements and Ads

Family Firm Institute and known for teaching family systems as well as business. Contact Laura Havstad 823-1848.

RICHARD P. OLCESE, PSY.D. announces the addition of Loi Medvin, Psy.D. to his practice in neuropsychology. Drs. Olcese, Susan Moran and Medvin work with neuropsychological issues including minor head injury, stroke, learning disabilities, neurological and physical injury (including chronic pain issues), and other neurological issues including seizure disorder, cerebral palsy, Lyme disease, Lupus. Dr. Medvin has expertise working with adults, adolescents and children and will be available for individual, marital and family intervention. Also, our office is now located at 149 Stony Circle, Suite 210.

JUNG'S PSYCHOSPIRITUAL CRISIS and the EMERGENCE OF THE RED BOOK Location: Santa Rosa • Dates: November 5,6-2011 • Time 10am-4pm • Limited: 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, 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: Sam Kimbles 544-6647; Sara Spaulding-Phillips 484 3780 Email: Drsamkimbles@gmail.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

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 100 words or less are free for RPA members and cost \$40 for nonmembers. Rebecca Stadtner, Editor

RPA Ethics Committee Offers Consultation

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

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

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

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

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

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

_____ (#2) *The Psychologist's Role in Disaster Response*
Thursday, November 9, 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 10/6/2011 for the October event, and 11/2/2011 for the November 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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Calendar of Events

Thursday, October 13, 2011 - 6:00 p.m. - CE Dinner Meeting. *Acceptance and Commitment Therapy* with Heather Stone, Ph.D. Osake Restaurant, 2446 Patio Ct., Santa Rosa 95405

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

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

“Autumn is a second spring when every leaf is a flower.”

Albert Camus

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