



# CONTRA COSTA PSYCHOLOGICAL ASSOCIATION



## 2010 Fall Newsletter



### The President's Ponder

The final column.

That sounds militaresque, doesn't it?

I have these last three months of 2010 to enjoy the Presidency of CCPA. In January, Dr. Susan O'Grady will be President, Dr. Howard Friedman will be president elect and I'll begin a much anticipated 2 year stint as Past President, gently pushing Karyn Goldberg-Boltz forward into her next valuable role with CCPA.

Two years ago my presidency began with Dr. Pojman giving a great CE presentation at the annual meeting. Since then there have been quarterly meetings, 2 wonderful Summer BBQs and a great Holiday party at John Roccios home. Our last annual meeting featured the always delightful and enlightening John Preston. With the dedication of our board we've hosted APAIT ethics presentations, insurance updates with Chuck Faltz, and about 22 First Fridays.

At these various events I've overheard wonderful conversations. You are such a smart and well intended bunch! "Tell me what you do?" , you ask each other. "What kind of referral do you most want?" "I volunteer my services to vets." "I work with top athletes." We are a friendly, welcoming and supportive bunch who encourage and promote each other well. I'm proud and happy to be part of this club.

There have been losses along the way. Ellen Lev. Karen Smith. These passings seem untimely to us, yet must be accepted as how life goes. Everyday that we are still here, to help others and practice our trade is a gift. As a group, we aren't the youngest psychologists and our young members are very valuable assets. As Past President I intend to work to extend a welcoming hand to students and new licensees.

I'd like to take the opportunity to thank our board for the work that keeps us moving and in the black. Shendl Tuchman has been leading our membership efforts for at least 6 years now and does a great job. Barbara Peterson sits on one and a half chairs working as our secretary and sharing the CLASP chair with Ellin Sadur. They are a great team and enliven all of our meetings. Ed Abramson has been our CPA representative and kept us abreast of Government Affairs. Marley Middlebrook is a masterful Treasurer. You are all aware of how well Sarah Wood has nurtured and expanded our newsletter. Susan O'Grady has spent her President-Elect years advancing our website and researching how best to promote our membership. Karyn Goldberg-Boltz's many contributions through her Past President Years have been a boon to our association. Howard Goldman stepped up smartly to take over the CPA representative position when Ed Abramson had served all the years they allowed. Dierdre Moriarty has

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stepped up to fill the Disaster Response Chair in addition to her role as Historian, despite her many time-consuming responsibilities serving our military. Andy Pojman’s willingness to continue meeting with the board and giving us a home is inspirational. Last and far from least I want to express my deep appreciation for Alissa Scanlin’s hard work as Program Chair. Her co-chair Susan Snyder had to take a leave of absence due to family illness and Alissa has admirably filled this position on her own. The board is welcoming Fran Didomenicus and much enjoying the energy he brings. We look forward to seeing in what capacity he will decide to continue with us.

Thank you all for making CCPA the effective association that it is. See you at the next First Friday?



*Candia* ♦



### Obituary

## Karen O. Smith, Ph.D.

Karen Smith, an esteemed colleague of ours and treasurer of CCPA for several years, died after a brief illness on October 7, 2010. Karen, age 71, was a graduate of UCLA, where she also received her doctorate in psychology. She was in private practice in San Ramon, treating individual adults with anxiety or depression. She was also a personal coach and treated many clients who worked in business.

Karen was scrupulous in her practice as a psychologist and in her position as treasurer for CCPA. She was the first treasurer to computerize our records. Karen was a warm person who sometimes was shy, but made many friends through her interests of skiing, golfing and hiking. Karen also maintained contact with old friends and had a large circle of people who loved her. She was known as “Katie” to her family and friends outside of psychology.

She leaves her brother, Mick Thistle, of Annapolis, Maryland and a son, Randy Smith, of Hawaii. Her granddaughter, Rosanna Smith, is a college student in San Diego. She also leaves two step-sons.



Karen’s sudden death has been a shock and a personal loss. Her current and former patients, as well as many friends and family, mourn the loss of this wonderful person. A memorial service will be held on a weekend day in the near future. An announcement of the time and place of the service will be sent via the CCCPA listserv. ♦





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### CCPA Interview

## Interview Fran DiDomenicis, Ph.D.

### **Where did you do your training? And what brought you to this area?**

My academic training included a Master's degree in Counseling that stressed client-centered approaches, and a Ph.D. in Psychoeducational Processes at Temple University that focused on group dynamics group dynamics and principles in a number of settings. I came to California almost two years ago after my wife Karen received an offer from Chevron. After a few months of lively "values clarification", we decided to make the move from southeastern Pennsylvania/ northern Delaware. I closed my practice in Wilmington, DE in December, 2008.

### **How have your interests expanded or diverged from your graduate studies?**

I was working for about 12 years prior to beginning my doctoral program. Working as an Addictions Counselor with Delaware's Division of Alcoholism, Drug Abuse and Mental Health, I was afforded many training opportunities with some of the "greats" like William Glasser (Reality Therapy) and Albert Ellis (Rational Emotive Therapy), as well as relapse prevention innovators like Terry Gorski and Alan Marlatt. As some practitioners say, their approach is "eclectic". I guess I would be one of those. While I've had training in CBT, Psychodynamic, Gestalt, and other approaches, I think I approach each client in a way that suits their personality and needs. Besides using more traditional approaches, I find it effective to use mindfulness approaches to help clients manage stress and develop cognitive stability and flexibility. And I also use EMDR and Emotional Freedom Technique to rapidly address specific problems of anxiety, phobias, and compulsive/addictive habits.

### **What sort of work do you currently do?**

I only recently became licensed in California, so I am slowly beginning a private practice in Walnut Creek. Prior to now, I've become a great "housewife", chef, and family finance manager, as well as taking a few psychology graduate courses and continuing my work with pottery.

### **Are there particular populations that you enjoy working and, if so, why?**

I most enjoy the dynamism of working with couples. It involves psychoeducational and skill-building interventions, gentle confrontation of their ineffective behaviors and unrealistic expectations, helping couples to accept and gain insight into their less-than-altruistic motivations and feelings, and working with each person's legacy of family influences. I also enjoy the intensely personal relationship of individual therapy as clients delve into their minds, emotions, and history to better understand themselves and take responsibility in their lives.

### **What factors (eg. opportunities/obstacles, sociopolitical, interpersonal) have influenced the direction of your clinical work over the years?**

I became interested in meditation in my late teens, and began using such techniques in my earliest encounters with clients. I have found the practices and the principles of Buddhism to be especially helpful in understanding the very powerful and pervasive drives to avoid pain and pursue pleasure, and the kinds of difficulties in which such tendencies can result, especially in the area of addictions.



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**What has your level of involvement been with CCPA thus far? Has the association been a useful resource for information, collaboration etc? (If you are new to the area, do you anticipate it being a resource in the future?)**

I was on the Executive Council of the Delaware Psychological Association, so it seemed natural to join the county association and contact Candia Smith last year. As someone new to the area, I've especially enjoyed the networking contacts and very much appreciate the support and advice I've received from members. I attended the last Board meeting and hope to be able to contribute to the association and its members. ♦

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## Book Review: *The Race to Nowhere*

**By Sarah E. Wood, Ph.D.**

Having read the *Price of Privilege* not so long ago, the ideas presented in the documentary, *A Race to Nowhere*, weren't new to me. My research a year ago for the CCPA presentation on *The Homework Battle* then made me aware of how controversial the subject of homework really is. My own life experiences and the many years of working with adolescents in my practice have long influenced my thinking about the many pressures facing teenagers in this culture.



*The Race to Nowhere* focuses on how children in more affluent areas are exposed to inordinate amounts of pressure to perform and conform to meet standards that, in the past, only 3% of students could effectively meet. With the availability of tutoring, test preparation courses, and limitless extracurricular activities, all children are encouraged to stand out. In many communities, there is a great deal of pressure to excel in academics, athletics, music, community work, or anything else that might impress competitive colleges.

As the parent of two teenagers, I have watched a handful of students who, throughout elementary, middle and high school, excel at everything. One child won academic awards, was a genius at music and science and skipped a grade. Another has excelled academically while taking four or five Advanced Placement courses. This same young man played four instruments. As a student of the Soprano Saxophone myself, I rather resentfully watched this fellow, age 14, demonstrate, after only four months of playing the Soprano, a mastery over the instrument that I knew I might never achieve. We are all so different. Certain things come so quickly to some yet take such hard work for others. *The Race to Nowhere* depicts the hopelessness and helplessness experienced by teenagers when average isn't acceptable. The documentary was about the toll such high expectations take on children.

Dedicated to a twelve year old girl from Lafayette who committed suicide in 2008, the film brings to light how many children become stressed, burned out and ultimately depressed when faced with the demands of schools and sometimes parents.





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Relating it back to *The Homework Battle*, I recall research cited by Dr. Rick Pollack on the controversy about the value of assigning homework at all. A Stanford researcher interviewed in *The Race to Nowhere* reported that a recent study had shown no correlation between academic performance and the amount of homework assigned. A project that originated out of Stanford and was referenced in the movie, called Challenge Success, is run by students who organize discussion groups with teachers, school administrators and other students to promote awareness of the pressures children face in and out of school.

In the San Ramon Valley School District, a group of parents joined together a few years ago to pressure the school district to implement a grade-specific time limit to the amount of homework that teachers could assign. The Walnut Creek School district also has time limits included in their homework policies. Interestingly, there are no limits in the Acalanes School District, where the demographics alone suggest a higher level of pressure.

Some colleagues of mine who work with college students at such high level institutions as Princeton University and U.C. Berkeley told me that there was a consistent pattern of increased psychiatric admissions preceding mid-term and final exams.

As psychologists, many of us see this in our practices. Admittedly, those who treat the underserved students in Contra Costa may be more attuned to an entirely different set of problems. However, for the former group of students who are so affected by the pressure of molding themselves around building a good resume or strong college application, the potential attenuation of such fundamental stuff as self knowledge, self-esteem and individuation is something that any who treat school age children are faced with.

So, after leaving the movie, I felt inspired to get involved in some way. One question is whether to speak up as a psychologist or as a parent, or both. My children are going (or have gone) to Las Lomas. My concern is that the Acalanes School District, which includes these three high schools (Las Lomas being one,) has no limit on the amount of homework a teacher can assign.

I encourage anyone who treats adolescents to consider seeing this movie. Whether you feel like getting involved on a larger scale or not, at least the movie does a good job at portraying the dilemmas of many of clients, and maybe those of our own children.

To find out where *The Race to Nowhere* is showing, go to [www.racetonowhere.com](http://www.racetonowhere.com) and look into local viewings. I hope you find it as inspiring as I did. ♦

### CCPA 2010 Board of Directors

**PRESIDENT:** Candia Smith, DMH  
(925) 254-7823

**PAST PRESIDENT:** Karyn Goldberg-Boltz, Ph.D.  
(925) 939-3909

**PRESIDENT ELECT:** Susan O'Grady, Ph.D.  
(925) 938-6786

**SECRETARY:** Barbara Peterson, Ph.D.  
(925) 939-4147

**TREASURER:** Marney Middlebrook, Ph.D.

**MEMBERSHIP CHAIR:** Shendl Tuchman, Psy.D.  
(925) 201-3435

**NEWSLETTER EDITOR:** Sarah E. Wood, Ph.D.  
(925) 680-1844

**PROGRAM COMMITTEE CO-CHAIRS:**  
Alissa Scanlin, Psy.D.  
Susan Snyder, Ph.D. (925) 388-2001

**CLASP REPRESENTATIVES:**  
Barbara Peterson, Ph.D. (925) 939-4147  
Ellin Sadur, Psy.D. (925) 831-0341 x6

**GOVERNMENT AFFAIRS-CPA REP:**  
Howard Friedman, Ph.D.

**DISASTER RESPONSE CHAIR:**  
Dierdre Moriarty, Ph.D.

**MEDIA RELATIONS:** Susan O'Grady, Ph.D.  
(925) 938-6786

**HISTORIAN:** Dierdre Moriarty, Ph.D.



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### CCPA's Calendar of Events....SAVE THE DATE!

Contra Costa Psychological Association

#### Quarterly Dinner Meeting

**When:** November 4<sup>th</sup> - 6 to 9pm

**Where:** Lafayette Park Hotel,  
3287 Mount Diablo Blvd. Lafayette

**Topic:** Applications of Mindfulness to Addiction

**Treatment by:** Dr. Fran DiDomenicis

No host cocktail hour: 6 to 6:30

Presentation and dinner: 6:30-9:00.

2 CE credits are offered to psychologists attending this workshop\*

**Cost :**

\$50 for CCPA members who register on or before Oct/31/2010;

\$75 after that date

\$60 for non-members on or before Oct/31/2010;

\$75 for non-members after that date

No walk-ins please- We would like to insure enough food and seating



Contra Costa Psychological Association

#### Annual Meeting

**When:** January 29<sup>th</sup> - 12 Noon to 4pm

**Where:** Lafayette Veteran's Memorial Hall, 3780 Mount Diablo Blvd. Lafayette, 94549

Our General Meeting will begin at noon and a box lunch will be provided.

**Topic:** Understanding and Managing Resistances in Psychotherapy

**Instructor:** John Preston, Psy.D.

**Format:** Three hour lecture

**Workshop description:**

**Cost:** \$90 for CCPA members who register on or before 1/19/2010; \$100 after that date

\$125 for non-members on or before 1/19/2010; \$145 for non-members after that date.

**RSVP to:** Dr. Alissa Scanlin, 3468 Mt Diablo Blvd, Ste. B203, Lafayette, CA 94549

**PHONE:** (925) 283-3902

**EMAIL:** drscanlin@pacbell.net

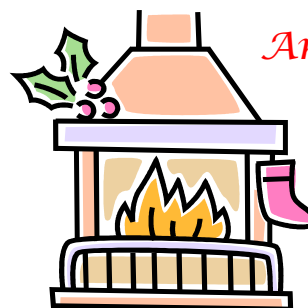
Include your Name, Address, License#, Phone and Email

(All event locations are wheelchair accessible. Please let me know if you need any special accommodations.)



Become a member of CCPA and register for association events for a the reduced fee!  
Contact Dr. Shendl Tuchman @ (510) 595-5525 OR

Print a membership application from our website ([www.cocopsych.org](http://www.cocopsych.org)) and include it with your registration fee.



### Annual CCPA Holiday Party!

Set aside the evening of  
Friday, December 3<sup>rd</sup>  
More details to follow



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### CCPA's New Website

"If you have not yet had a chance to view the changes we have made to the CCPA website, take some time to browse the sections we added including our Find a Psychologist, the Frequently Asked Questions, and Facts about Psychology.

We would like to get as many of our members to participate on the Find a Psychologist as possible. If you have not yet created a profile, you will find that it is fast and simple to create a page that describes your practice. You can upload a photo, create a personal statement, add a link to your own website, and add the therapy groups you conduct." Check it out! ◇

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### CPA News

*An e-mail newsletter from the California Psychological Association*  
From CPA's Governmental Affairs Committee's Capitol Notes  
Editor: Amanda Levy, CPA Lobbyist

### Progress Notes

## New Law on Minor Consent to Treatment

SB 543, authored by Senator Mark Leno was signed into law last Thursday. The bill allows individuals aged 12-17 to consent to mental health treatment when the attending professional, such as a licensed psychologist, (a) believes the individual is mature enough to participate in psychotherapy, or (b) the individual presents a danger of serious physical or mental harm without the necessary mental health services.

The bill further calls for involvement of the family if the mental health professional determines such involvement is appropriate. SB 543 was voted as a priority bill by the CPA Board of Directors at the October 2009 board meeting. This bill was sponsored by the National Association of Social Workers, CA Chapter and Equality California. CPA supported the bill to ensure teens who are homeless, who reside in abusive or neglectful homes, who have parents that will never consent to mental health treatment, or teens who are lesbian, gay, bisexual, or transgender and cannot talk to their parents about their sexual orientation get the treatment they need.

The entire bill is available online at:

[http://www.leginfo.ca.gov/pub/09-10/bill/sen/sb\\_0501-0550/sb\\_543\\_bill\\_20100820\\_amended\\_asm\\_v93.html](http://www.leginfo.ca.gov/pub/09-10/bill/sen/sb_0501-0550/sb_543_bill_20100820_amended_asm_v93.html)



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### New Practice Guideline for Depression Treatment Issued by American Psychiatric Association

The American Psychiatric Association has issued the third edition of its practice guideline for treating adults with major depressive disorder. The previous edition was published in 2000. The guideline emphasizes the need to collaborate with patients in decision making and for "a careful and ongoing evaluation of suicide risk." In addition, given that depressed patients often receive treatment for other conditions, the guideline urges that care be coordinated among all treating clinicians.

The Psychiatric Association's treatment guidelines for patients with major depressive disorder have been criticized by psychologists for its recommendation that the first choice of treatment is medication. With that criticism in mind, these guidelines do represent a thoughtful set of guidelines for practicing psychologists who treat these patients.

The guidelines can be found online at:  
<http://www.psych.org/guidelines/mdd2010>

### Sample Child Therapy Contract

The American Psychological Association Insurance Trust has provided a Sample Child Therapy Contract in a PDF document.

PDF  
<http://www.apait.org/apait/applications/ctc.doc.pdf>

### Sample Outpatient Services Agreement for Collaterals

The American Psychological Association Insurance Trust has made available a Sample Outpatient services Agreement For Collaterals. It is available in a PDF document.

PDF  
<http://www.apait.org/apait/applications/INF.doc.pdf>

To provide feedback to the editor of PROGRESS NOTES:

E-mail: [cpadpa@pacbell.net](mailto:cpadpa@pacbell.net).

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For more information on how to join CPA and other membership benefits, contact Aaron Kahana at [akahana@cpapsych.org](mailto:akahana@cpapsych.org) or call (916) 286-7979 ext. 122.

[progressnotes@cpapsych.org](mailto:progressnotes@cpapsych.org).

[www.cpapsych.org](http://www.cpapsych.org) ♦





# CONTRA COSTA PSYCHOLOGICAL ASSOCIATION



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## Advertisements

### NUTRITIONAL COUNSELING... WHEN YOU HAVE AN EATING DISORDER

MARCIA YAMASHIRO, RD, CEDS,

is a Registered Dietitian and Certified Eating Disorders Specialist who works in private practice and is an integral part of the treatment team. She serves as an excellent resource for professionals in this field as well as the community & is a noted speaker and presenter for local schools, support groups, & other organizations.

#### Call for more information

1868 Clayton Road, Suite 220  
Concord, CA 94520

**(925) 686-9316**

**We invite you to utilize the CCPA Newsletter as a format for sharing your knowledge and information with your colleagues, thereby with the community at large.**

The following dates are submission deadlines for future publications:

January 15, 2011- Winter edition

April 15, 2011- Spring edition

July 15, 2011- Summer edition

September 15, 2011- Fall edition

*These dates are subject to change*

The following prices are in effect for advertisements:

¼ Page Ad \$30 ½ Page Ad \$60 ¾ Page Ad \$100

(Advertisement for office space is free to CCPA members)

Email submissions by the deadline to [sarahewoodphd@yahoo.com](mailto:sarahewoodphd@yahoo.com)



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### Weight Maintenance Group

Openings in a weight maintenance group. This group is for people (men and women) who have had long term struggles with weight. Most members have lost weight repeatedly, but are unable to keep it off. All members are eligible for neurofeedback @ no extra cost. The group meets 6 - 7:30 Weds night. The cost is \$175 per month. Some insurance accepted.

If interested, please contact Dr. Candia Smith at 925-254-7823 or [candia.smith@comcast.net](mailto:candia.smith@comcast.net).

### Office Available

Lovely Lafayette psychotherapy office for rent  
Sunny, easy parking, great location  
Available Tuesday, Thursday, Friday & weekend.

\$175/day/mo  
Discount given for multiple days

Pam Rudd  
650-348-8829

## Get Your Practice Noticed on the Web!

## Join CCPA's "Find a Psychologist"

We have updated the CCPA website so that all licensed psychologists in our membership can have a Web presence on the site. Prospective clients can use a search engine to find psychologists by zip code, insurance, or areas of specialization. CCPA typically turns up in Google searches early, often on the first or second page. If you have a website, you can link it to your practice description.

You simply pay a one-time fee of \$50.00, which can be paid when you renew your membership, or anytime before then. After you have paid, log onto CCPA, and using you log-in password, create a listing for your practice. Your listing will describe your areas of practice, give your location and contact information, and include your photo.

Members who have created profiles on the site have been getting referrals, as clients are using the Web more than any other source to find therapists.

It is especially useful for our own membership, as we can use it to check the status of group therapy offerings, speaker's bureau, and who in the membership offers specialized services or takes specific insurance such as Medicare, Blue Cross, UBH, etc.

If you have questions, please contact Susan O'Grady, Ph.D. at [ogradycwellbeing.com](http://ogradycwellbeing.com), or 925-938-6786

# Contra Costa Psychological Association

A member of the California Psychological Association

2011

## Membership New and Renewal Application

Name \_\_\_\_\_ License No. \_\_\_\_\_

Mailing Address \_\_\_\_\_ Email \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Are you a current CPA member? ±Yes ±No Are you a current APA member? ±Yes ±No

Membership in the California Psychological Association (CPA) and the American Psychological Association (APA) is recommended, but not required, for membership in CCPA.

**Return completed application plus dues to:**

Shendl Tuchman, Psy.D.  
2 Crow Canyon Court  
Suite 200  
San Ramon, CA 94583

<b>Full Member:</b> California Licensed Psychologist or Doctoral Degree in Psychology/Educational Psychology or Diplomate of the American Board of Professional Psychology ( <b>\$100 – Up to February 28<sup>th</sup>; \$120 – After February 28<sup>th</sup></b> )	\$100	<input type="checkbox"/>
<b>New member:</b> Joining between July 1 <sup>st</sup> and October 1 <sup>st</sup> (next year renewal period starts in the Fall)	\$51.50	<input type="checkbox"/>
<b>Student Member or Psychological Assistant*:</b> Please attach a copy of your current school I.D. or Psychological Assistant Certificate	\$50	<input type="checkbox"/>
<b>Emeritus Member:</b> Must be retired full-time (additional conditions apply, please contact us)	\$00	<input type="checkbox"/>
<b>Find-A-Psychologist:</b> This is a one-time fee for setting up your profile	\$50	
<b>Voluntary CPA-PAC Contribution:</b> The CPA-PAC supports legislative activities to protect and promote the practice of psychology in California. This contribution is a non-deductible expense.	\$50	<input type="checkbox"/>
<b>TOTAL AMOUNT REMITTED:</b>		\$

\*Students and Associate members are non-voting until licensed. Requests for hardship dues reduction will be reviewed on an individual basis by the Board. In such cases we request the applicant to volunteer time to committee activities and special projects.

*2010 FALL NEWSLETTER*

