

2015 Fall Newsletter

The President's Message

By Alissa Scanlin, Psy.D.



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Happy Fall CCPA!

On September 27th our association had its annual summer BBQ. It was a wonderful event and a great opportunity for both old and new members to get to know each other in a relaxing and carefree setting. It was especially fun to have a chance to meet and talk with Dr. Jorge Wong, the incoming CPA president for 2016.

It's hard to believe that the holidays are almost here. Our Holiday party will once again be at the Oasis Center in Walnut Creek. Please save the date of **Friday December 4th, from 6 to 9:30** and plan to attend this fun evening of hors d'oeuvres, desserts and beverages.

Also, please be on the lookout for your CCPA membership renewal notice – [coming soon!](#)

On October 8, two of our members, Drs. Betsy Braunstein and Lindsay Patton, gave an informative presentation for our most recent dinner meeting at the Lafayette Park hotel. Their topic was "PSYCHOLOGISTS' ROLE IN THE TREATMENT OF DIVORCING FAMILIES: THE ETHICS, ROLES AND CHALLENGES", and attendees learned about the ethical issues that impact the various ways psychologists work with families going through divorce.

As a local psychological association, CCPA is able to add our voices to the discussion of issues that impact psychologists throughout the state. One way this happens is through our LAN (Local Area Network) representative, Ellin Sadur. Recently she was on a conference call with other LAN representatives to CPA to review the current legislative season and began discussing priorities for next year. If you have concerns about issues you think CPA should focus on next year,

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please contact Ellin (ellins@comcast.net) or any board member.

CPA recently shared information on the resolution of a potential class action lawsuit against Anthem Blue Cross (Wellpoint) regarding the way they determined “usual and customary rates” for reimbursement that had been ongoing for several years. Unfortunately, “the Judge ruled (and upheld on appeal) that he would not certify the “class”, and this means that the lawsuit cannot proceed. The link to the call for CPA 2016 convention posters is [here](#). CPA is offering 4 Trust ‘Risk Management’ webinars, and if you use the special code **Trust-CA**, CPA will get a portion of the registration fee. There is additional information about this on their website www.cpapsych.org. CPA also shared an update regarding BOP Licensing Committee and their work on clarifying the newly proposed CE regulations. This information is likely to be discussed by the full BOP in February 2016, but any potential date of implementation has been moved to January of 2019.

We are still interested in finding out about any members who are involved in any type of professional project that is helpful to local communities or community agencies.

Please think about joining the CCPA board. As Beth Ferree, our outgoing CARE chair noted, “It is a great forum for interacting with professionally active colleagues and becoming better informed of current professional issues”. We are looking for volunteers and we welcome interested members to join us. We meet from 11:30 to 12:50 the second Tuesday of the month from September through June, so the time investment is minimal. Currently, we are looking for someone who is interested in Early Career Psychologists and a chair for CARE (Colleague Awareness Resources and Education). CARE is especially concerned with helping psychologists be more aware of the possible effects of their own physical and mental health on their ability to help their clients. It is focused on providing “education and access to referrals, and increasing awareness of issues of diversity, compassion fatigue, secondary traumatization,

prevention and early intervention.” If you have questions about the position, please contact bethferree@comcast.net.

Your board is currently looking into topics for presentations our association will be sponsoring during 2016, including our Annual Meeting, planned for Friday January 22, 2016 from noon to 4pm. If you have particular areas that you are interested in, please let us know. Feel free to contact me at drscanlin@gmail.com

First Friday is back and the free food (appetizers, provided by CCPA) seems to be encouraging attendance! We’ll be meeting at Scott’s in Walnut Creek around 5:30 on Friday Nov. 6. I hope to see you there. ♡



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Letter from the Editor

The CCPA Newsletter is a forum for sharing information. I invite submission about 1) groups that you offer, 2) reviews of workshops you have attended or book that you have found useful or 3) a variety of other topics relevant to the community. Occasionally, I include an interview with a CCPA member, so if you would like to respond to a list of questions about yourself and your practice, please contact me. It is a great way to be better known within the organization.

Please consider contributing to future newsletters. The following dates are deadlines by which I must have your submission. Thank you in advance!

January 15, 2016 – Winter edition

April 15, 2016 – Spring edition

July 15, 2016 – Summer edition

The following prices are in effect for advertisements:

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

Note: Advertisements for office space are free to CCPA members.

All professional advertisements are free on the listserv for CPPA members.

Email submissions by the deadline to sarahewoodphd@hush.com ◇

Announcement

PLEASE plan to renew your CCPA membership.

Be on the lookout for the upcoming announcement!

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Calendar of Events

Mark Your Calendars!

CCPA First Friday

Date: November 6, 2015
Date: December 4, 2015
Time: 5:30 – 6:30ish pm
Where: Scott's in Walnut Creek, the outdoor bar area
1333 N. California Blvd.
Appetizers will be purchased by CCPA

Annual Holiday Party

Date: Friday, December 4, 2015
Time: 6:00 – 9:00 pm
Where: The Oasis Center
1844 San Miguel Dr., Walnut Creek

Annual CCPA Meeting

Topic: TBA

Date: January 22, 2016
Time: 12:00 – 1:00 pm Annual Business Meeting and Lunch
1:00 – 4:00 pm Presentation
Where: TBA
Presenter: TBA
RSVP to: Dr. Howard Friedman, see below

RSVP to: Dr. Howard Friedman PHONE: 925-933-5594

EMAIL: hjfpd@jps.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.)

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List of Groups

“Women’s Group” for Women in their 20’s and 30’s with emphasis on Mental Health Challenges, Intimacy, Profession Identity and Moving Forward in their Lives

Meeting Day: Alternate Tuesday’s
Meeting Time: 5:40 – 7:15 pm
Meeting Location: Rockridge, Oakland
Group Leader: Fran Krieger-Lowitz, Ph.D.
Contact Number: (510) 841-2007

Men’s Group

Meeting Day: Monday’s
Meeting Time: 7:30 -9:00 pm
Group Leader: Bruce H. Feingold, Ph.D.
Contact Number: (925) 945-1315

Men’s Group

Meeting Day: Wednesday’s
Meeting Time: 6:00-7:30 pm
Group Leader: Bruce H. Feingold, Ph.D.
Contact Number: (925) 945-1315

Mindfulness-Based Cognitive Therapy

Group meets for 8 weeks, 5:00 – 7:00 pm
Group Leader: Susan O’Grady, Ph.D.
Contact Number: 925-938-6786
Website: www.ogradywellbeing.com
Email: susanogradyphd@gmail.com

Psychotherapy Group for Pre-Licensed and Early Career Therapists

Meeting Day: Thursday’s
Meeting Time: 9:00 - 10:30 am
Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com
Website: www.PsycholtherapyTools.com

Psychotherapy Group for Psychotherapists

Meeting Day: Thursday’s
Meeting Time: 12:30 - 2:00 pm
Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com

Dialectical Behavior Therapy Group (ages 19+)

Meeting Day & Time: Wednesday’s 5:30 – 7:00 pm
And
Meeting Day & Time: Wednesday’s 9:30 – 11:00 am
Group Leaders: Elizabeth Rauch Leftik, Psy.D.
(925) 314-6354
Sarah E. Wood, Ph.D.
(925) 680-1844
Website: www.mtdiaglopsychologicalservices.com

Interpersonal Psychotherapy Group: Co-ed

Meeting Day: Wednesday’s
Meeting Time: 5:00-6:30 pm
Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com

Chronic Medical Illness Group

Meeting Day: Wednesday’s
Meeting Time: 12:30 - 2:00 pm
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com



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List of Groups

“Mother’s Group” with Emphasis on Parenting, Relationships, and Balancing Work and Family Life

Meeting Day: Alternate Thursday’s
Meeting Time: 12:10 - 1:40 pm
Location: Walnut Creek
Group Leader: Fran Krieger-Lowitz, Ph.D.
Contact Number: 510-841-2007

Relationships 101 Teen Group – For Teens Who Have Already Gone Through a DBT Curriculum

Meeting Day: Wednesday’s
Meeting Time: 4:30 – 6:00 pm
Group Leader: Patricia Zurita Ona, Psy.D.
Contact Number: 925-956-4636
Email: ebbehaviortherapycenter@gmail.com
Website: www.eastbaybehaviortherapycenter.com

DBT 102 Skills Group – For Adults Who Have Already Completed a Full Course of DBT Skills

Meeting Day: Monday’s
Meeting Time: 6:30 – 8:00 pm
Group Leader: Patricia Zurita Ona, Psy.D.
Contact Number: 925-956-4636
Email: ebbehaviortherapycenter@gmail.com
Website: www.eastbaybehaviortherapycenter.com

Multi-Family DBT Group for Parents and Their Teens

Meeting Day: Saturday’s
Meeting Time: 10:00 – 11:30 am
Group Leader: Jonah Lakin, Psy.D.
Contact Number: 925-956-4636
Email: ebbehaviortherapycenter@gmail.com
Website: www.eastbaybehaviortherapycenter.com



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2015 Board of Directors & Committee Chairs

Contra Costa County Psychological Association

President:

Alissa Scanlin, Psy.D.
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925-933-5594
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Website Chair:

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**CPA Representative &
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Ethics Chair:

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Diversity:

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CCPA Board Position:

Colleague Awareness Resources and Education Chair

Principle A of our Ethics Code reminds us that, “Psychologists strive to be aware of the possible effect of their own physical and mental health on their ability to help those with whom they work.” To address this complex issue, the California Psychological Association designed the CARE program “to provide education and access to referrals, and increase awareness of issues of diversity, compassion fatigue, secondary traumatization, prevention and early intervention.” The CPA president appoints the state CARE Chairperson annually. The CCPA Board elects a county CARE Chair with the following responsibilities:

1. Attend monthly Board meetings;
2. Collaborate with other CARE Chairs in our region;
3. Participate in quarterly phone conferences called by the State CARE Chair;
4. Coordinate a biannual CE program for our members on a related topic such as vicarious trauma, compassion fatigue, and self-care principles.

I am completing my third year as CCPA’s CARE Chair and it is time for me to move on. This position requires little time but is very satisfying. The Board meets monthly on Tuesdays from 11:30am to 12:45pm and provides a great forum for interacting with professionally active colleagues and becoming better informed of current professional issues. I especially encourage an early career psychologist to consider this position as a way to expand his/her network and to help the Board better address the needs of our younger members. If you have questions about the position, please contact me at bethferree@comcast.net.

