



CONTRA COSTA PSYCHOLOGICAL ASSOCIATION



2012 Fall Newsletter



The President's Message



By Susan O'Grady, Ph.D.

Autumn brings changing of the light, crispness in the air, and awareness of impending holidays. And I am acutely aware that the last months of this year will bring an end to my term as president of Contra Costa Psychological Association. I have been honored to be CCPA's president these last two years. Reflecting on my four years on the CCPA board, on my time as president-elect, and now as president, I'm gratified to recall my experience with the members of our board, who give their time and expertise without pay, working behind the scenes to keep this machine running.

I am reminded of the vast literature on service, altruism, and volunteerism. A recent article in *Medical Education* examined altruism and empathy among health-care professionals, looking at health-care initiatives designed to help maintain these qualities. The authors were interested in how emotional and career burnout and cynicism affect patient care. The results point to the importance of self-care and healthy work-life balance in preventing burnout.

While this may seem obvious, it is not always easy to achieve. Working toward a balance between career and family life, between providing excellent services and earning a secure income, is often a challenge. When I joined the board in 2008 we were in the midst of an economic downturn. The "usual and customary" charge allowed by most insurance companies for our area dropped at the same time our reimbursement rate was being whittled down by all but the most elite insurance plans. Medicare continues to lower the allowable rate we can charge.

It is tempting to take on more clients to offset decreased income. The danger is that in doing so, we jeopardize our own health through overwork.

Alternatively, by making mindful and intentional choices for self-care and a healthy work-life balance, we can sustain our humanistic attitudes and behaviors.



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The strategy is to meet new colleagues and socialize with old ones, giving us a chance to update one another on the news of our practices and families. (To that end, I'd like to invite everyone again to attend our monthly Friday-night social hour.) Another strategy is to attend educational programs and keep up on issues of clinical interest. Consider taking a colleague friend for even more social support. And we can increase our awareness of critical issues facing our profession by reading the information forwarded to us by CPA.

Our membership continues to grow. Dr. Shendl Tuchman, our membership chair, performs myriad activities tracking our membership and keeping us organized by attending to our email list service, collecting dues, and keeping track of PAC contributions and Find A Psychologist fees. Dr. Nicole Sucre will be joining our board in January as membership co-chair to help Dr. Tuchman in outreach to psychologists in the county who are not members of CCPA. Our treasurer, Dr. Marley Middlebrook, continues to amaze me with how reliably organized she is in managing our finances. Dr. Howard Friedman, our president-elect and CPA and government affairs representative, will take over as president in January.

I want to take the opportunity to thank our past president, Dr. Candia Smith, for her work these last few years in organizing monthly meetings for early career psychologists. She's been a regular at our monthly Friday night social hour. I'd like to express my gratitude to Dr. Karyn Goldberg-Boltz for her six years of service to the board, first as I & R chair, and then as president-elect, president, and past-president. In her current position of member at large, she hosted regular networking lunches and has arranged two well-attended events with local psychiatrists in our county.

Our very efficient Dr. Alissa Scanlin and co-chair Dr. Marc Komori Stager have been handling programs these last few years. In addition to our four continuing-education meetings each year, Dr. Scanlin organizes the holiday party and the summer BBQ. Dr. Sarah Wood has continued to

turn out creative and informative newsletters. Dr. Fran DiDomenicis, website chair, has helped many of you create pages for our Find a Psychologist section on the CCPA website. We invite all of you who do not yet have a listing on the site to create a page and add your photo. Fran will help you navigate through this process.

Dr. Andy Pojman is our historian, a fitting role considering he has served on the Board for more than 15 years. Dr. Pojman has graciously offered his office at the Oasis Center for our meetings the past two years and will continue to provide the Board with this space for the upcoming year. Dr. Ed Abramson, our ethics chair, has (thankfully) had very little to do these last two years, but he regularly attends our monthly meetings. We always enjoy his humor and appreciate his taking time from his blogging, publishing, and therapy practice to bring his insightful voice to our discussions.

Our secretary, Dr. Barbara Peterson, takes notes on her laptop at every board meeting, an indispensable adjunct to my fuzzy memory. The monthly action plans that she emails to us after every meeting enhance our productivity, keeping us from re-visiting the same subjects each month. Dr. Elizabeth Leftik will continue as Disaster Response Chair. Our CLASP representative, Dr. Ellin Sadur, will become our CPA representative, leaving the CLASP position open. Several psychologists are interested. Dr. Elizabeth Ferree begins her term in January and several other members have expressed interest in joining the board in various roles.

I hope to see you all at the holiday party on Friday, December 7, location to be announced on our email list.

References

The legacy of altruism in health care: The promotion of empathy, prosociality and humanism. Burks, Derek J.; Kobus, Amy M. *Medical Education*, Vol 46(3), Mar 2012, 317-325. ♦



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Letter from the Editor

The CCPA newsletter is a forum for sharing information. I invite submissions 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, 2013- Winter edition

April 15, 2013- Spring edition

July 15, 2013- 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 CCPA members.

Email submissions by the deadline to sarahewoodphd@yahoo.com ♦

Differences Among Five Mental Professionals

 By Howard Friedman, Ph.D., ABPP 

Questions sometimes arise among us about the specific areas of expertise of other mental health professionals whose specialties may intersect with ours. Our clients/patients sometimes ask us about these interrelationships as well; thus, we thought it would be helpful to clearly distinguish among some of the fundamental mental health professionals.

Clinical Psychologists integrate science, theory and clinical knowledge to understand, prevent, and relieve psychologically-based distress or dysfunction and promote individual well-being and development. Central to the



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practice are psychological assessment and psychotherapy, although clinical psychologists also engage in research, teaching, consultation, forensic testimony, program development and administration.

Two main educational models have developed: the Ph.D. scientist-practitioner (requiring a doctoral dissertation as well as clinical expertise), and the Psy.D. practitioner-scholar.

Clinical psychologists are considered experts in providing psychotherapy, psychological testing, and in diagnosis of mental illness. They generally train within four primary theoretical orientations: psychodynamic, humanistic, behavior Therapy/cognitive behavioral and systems or family therapy. Many continue clinical training in post-doctoral programs in which they might specialize in disciplines such as psychoanalytic approaches, or child and adolescent treatment modalities.

Developmental-Behavioral Pediatricians assess and treat the medical and psychosocial aspects of children's and adolescents' developmental and behavioral problems, with an emphasis on developmental disorders.

Developmental-behavioral pediatricians are medical doctors who have completed:

- Four years of medical school
- Three years of residency training in pediatrics
- Board certification in pediatrics
- Additional subspecialty training in developmental-behavioral pediatrics

In 2002, the American Board of Pediatrics began certifying developmental-behavioral pediatricians via a comprehensive examination process.

Developmental-behavioral pediatricians evaluate, counsel, and provide treatment for children, adolescents, and their families with a wide range of developmental and behavioral difficulties. As a general rule, developmental pediatricians perform relatively little quantitative assessment compared to neuropsychologists and sometimes opine about disorders such as LD or other cognitively-based conditions without having done formal testing. Their work involves:

- Learning disorders, such as dyslexia, writing difficulties, math disorders, and other school-related learning problems
- Attention and behavioral disorders including attention-deficit/hyperactivity disorder and associated conditions, including oppositional-defiant behavior, conduct problems, depression, and anxiety disorders
- Tics, Tourette syndrome, and other habit disorders
- Regulatory disorders including sleep disorders, feeding problems, discipline difficulties, complicated toilet-training issues, enuresis (bedwetting), and encopresis (soiling)
- Developmental disabilities including cerebral palsy, spina bifida, mental retardation, autism spectrum disorders, and visual and hearing impairments
- Delayed development in speech, language, motor skills, and thinking ability



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- Behavioral and developmental problems complicating the full range of pediatric chronic illnesses and disabling conditions (for example, genetic disorders, epilepsy, prematurity, diabetes, asthma, cancer)

Neurologists examine patients referred to them by other physicians working within inpatient and outpatient settings. Neurologists begin their work with a patient by taking a comprehensive medical history, and then performing a physical examination to evaluate the patient's nervous system. Components of the neurological examination include assessment of the patient's cognitive function, cranial nerves, motor strength, sensation, reflexes, coordination, and gait.

In some instances, neurologists may order additional diagnostic tests as part of the evaluation, such as imaging studies including computed axial tomography (CAT) scans, magnetic resonance imaging (MRI), and ultrasound of major blood vessels of the head and neck. Neurophysiologic studies, including electroencephalography (EEG), electromyography (EMG), and evoked potentials are also commonly ordered. Neurologists frequently perform lumbar punctures in order to assess a patient's cerebrospinal fluid.

Conditions often treated by neurologists include headaches, radiculopathy, neuropathy, stroke, dementia, seizures and epilepsy, Parkinson's Disease, multiple sclerosis, head trauma, sleep disorders, neuromuscular diseases, and various infections and tumors of the nervous system.

Treatment options can include everything from referring the patient to a physiotherapist, to prescribing medications, to recommending a surgical procedure.

Some neurologists specialize in certain parts of the nervous system or in specific procedures, for example, clinical neurophysiologists specialize in the use of electrodiagnostic techniques (EEG and EMG) in order to diagnose certain neurological disorders. Neurosurgery is a distinct specialty with a different training path, and emphasizes the surgical treatment of neurological disorders.

There is a great deal of overlap between neuroscience and neurology. A large number of neurologists work in academic training hospitals where they conduct research as neuroscientists, in addition to treating patients and teaching neurology to medical students.

Clinical Neuropsychologists are professionals in the field of psychology with special expertise in the applied science of brain-behavior relationships. Clinical neuropsychologists assess, diagnose, treat, and/or rehabilitate patients with neurological, medical, neurodevelopmental, and psychiatric conditions, as well as other cognitive and learning disorders. They use psychological, neurological, cognitive, behavioral, and physiological principles, techniques and tests to evaluate patients' neurocognitive, behavioral, and emotional strengths and weaknesses, and their relationship to central nervous system functioning.

The current standard for neuropsychological practice is an individual should have a minimum of one year of formal training and supervision in this specialty. Based on licensing and with appropriate training, any practitioner can engage in neuropsychological work, but the minimum standard to demonstrate competence as a clinical neuropsychologist is board certification.



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Psychiatrists are physicians specializing in diagnosing and treating mental disorders. All psychiatrists are trained in diagnostic evaluation and psychopharmacological treatment. Among mental health professionals, only psychiatrists and advanced practice registered nurses are authorized to prescribe psychiatric medication, conduct physical examinations, order, interpret laboratory tests, and electroencephalograms, and order brain imaging studies such as computed tomography or computed axial tomography (CT/CAT Scan), (MRI), and positron emission tomography scanning. The field of psychiatry can be divided into various subspecialties including:

- Addiction psychiatry
- Adult psychiatry
- Child and adolescent psychiatry
- Consultation-liaison psychiatry
- Cross-cultural psychiatry
- Emergency psychiatry
- Forensic psychiatry
- Learning disability
- Neurodevelopmental disorder
- Neuropsychiatry
- Psychosomatic medicine
- Cognition diseases as in various forms of dementia ◊

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Office Space



Lafayette office, Newly remodeled,
easy parking, large enough for
families & small groups.
\$175/mo/day. Available Tues, Thurs,
Fri., & weekend.

Pam Rudd 650 348-8829.

Advertisement

Office Space

 

Lafayette Office, Comfortable, quiet, peaceful, serene amid oaks and birds. All therapists in therapist owned building. Easy Parking. Suitable for families and small groups. Available Tuesdays, Fridays, Saturday Afternoons & Sundays. \$190/day, negotiable depending on amount of time and days desired. Johanna Gladieux, PhD, 510 332.0329, johannagladieux@comcast.net



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CPA Progress Notes:



Volume XI, Issue XIV, October 10, 2012

DSM-5 Won't Include Parental Alienation

A task force of the American Psychiatric Association has decided not to list the concept of parental alienation in the update to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). The term conveys how a child's relationship with one estranged parent can be poisoned by the other parent. There is broad agreement that it sometimes occurs in the context of divorces and child- custody disputes. Some individuals and groups believe parental alienation is a serious mental condition that should be formally recognized in the DSM-5. They say this step would lead to fairer out- comes in family courts and enable more children of divorce to get treatment so they could reconcile with an estranged parent. Advocates for battered women consider "parental alienation syndrome" to be an unproven and potentially dangerous concept useful to men trying to deflect attention from their abusive behavior. (The Huffington Post, 9/12/12)

Consumer Reports Names Top-Ranked Health Plans

By: Margaret Dick Tocknell, for HealthLeaders Media, September 25, 2012. In an annual list compiled by the National Committee for Quality Assurance, nonprofits once again claimed every spot on the top 10 list of private plans. Among the major for-profit health insurers, only Anthem cracked the top 30.

California's state hospitals mostly released from U.S. oversight

From Los Angeles Times (edited) District judge orders further monitoring of the Napa facility over use of restraints.

A U.S. District Court judge Monday released the state's mental hospitals from federal oversight on all but one issue — a significant step in ending a costly six-year reform effort.

The extensive court-supervised changes were imposed on four hospitals in 2006 as part of a settlement to a lawsuit by the US Department of Justice. The department alleged that the state was violating patients' civil rights by heavily drugging and improperly restraining them and failing to provide appropriate treatment.

Last fall, Judge Audrey Collins released San Bernardino's Patton State Hospital and the Central Coast's Atascadero State Hospital from federal oversight. At Monday's hearing in Los Angeles, she agreed to free Metropolitan State Hospital in Norwalk from further federal review. She said she continued to be troubled, however, by the death last spring of a Napa State Hospital patient who was placed in handcuffs while he was in a prone position. Collins ordered further monitoring there to ensure that the hospital is complying with a federal recommendation against such restraints. The continued oversight is expected to last between seven months and one year.

APA Launches Psychotherapy Awareness Initiative

APA has launched the Psychotherapy Awareness Initiative to the public and media. A multimedia press release with the embedded video series, Psychotherapy: More than a Quick Fix, was sent over the news wires across the U.S. Additionally, new resources are available on the Psychology Help Center including "Understanding Psychotherapy and How it Works" and an updated "Talk to a Psychologist" brochure. See Quick Links below. Also, public relations toolkit materials for SPTAs and the PEC Network are in the attached zip file. The toolkit materials are for SPTA and APA member



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use when organizing local media activities.

QUICK LINKS

Press release on APA website "Has Psychotherapy Taken a Back Seat to Medication," <http://www.apa.org/news/press/releases/2012/09/psychotherapy.aspx>

Psychology Help Center landing page: <http://www.apa.org/helpcenter/>. This is sort of a portal to all the psychotherapy materials including the videos.

Psychotherapy Works!: <http://www.apa.org/helpcenter/psychotherapy-works.aspx>

Understanding psychotherapy and how it works: <http://www.apa.org/helpcenter/understanding-psychotherapy.aspx>

Blog post from Dr. Katherine Nordal, <http://www.yourmindyourbody.org/5-reasons-you-should-choose-psychotherapy/>

Talk to a Psychologist brochure (online version): <http://www.apa.org/helpcenter/talk.aspx>

Order FREE print copies of Talk to a Psychologist brochure: <http://www.apa.org/helpcenter/brochure-request.aspx>

(APA members can order Talk brochures packets of 50 for FREE. Bulk supply of Talk brochures were mailed to SPTA executive directors last week with template labels so SPTAs can add their information to the back of the brochure.) ♦

GAC and Legislative Update

September 2012

By Howard Friedman, Ph.D., ABPP

Chair, GAC and Chapter Representative to CPA

Following are the legislative highlights from the session which just ended. Some of what we worked on were successful, such as continuation of our licensing law, setting some parity standards, and changes to the sexual orientation therapy law. Other issues, such as Workers Comp, will continue into the next session.

Locally, a number of us attended a fund-raiser for Sen. Mark DeSaulnier where we were able to talk with him, as well as, Assemblywoman Bonilla. These are on-going contacts that we maintain over the year.

Legislative Session Now Over

The deadline for Governor Brown to sign or veto legislation was September 30th; as a result, we now know how our legislative agenda has fared in 2012

2011 - 2012 CPA Legislative Bill Matrix

Legislative Highlights:

SB 1236 (Price) - Extends the sunset for the BOP to 2017 - SIGNED INTO LAW

CPA's highest legislative priority was to extend the sunset of the BOP to 2017. It went through the legislature with almost no "No" votes and was signed by the Governor. Over the year nearly every CPA Chapter and Division sent in a letter of support to various committees or to the Governor. Great job everyone!



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SB 863 (de Léon) - Changing the Workers' Comp System - SIGNED INTO LAW

Late in the legislative session, SB 863 (de Léon) was amended to change the way workers compensation is done in California. One of the changes was the elimination of a psych "add-on" that is secondary to a non-catastrophic psychical injury.

This bill was a "gut and amend" that was rushed through the legislature in literally less than 24 hours (the process that normally takes a full year). While CPA staff and members rallied to block the legislation, it was strongly supported by big businesses, labor unions, the California Medical Association and Governor Brown. Many CPA chapters sent in letters of support and over 600 CPA members sent in personal letters as well.

Currently CPA staff is focusing on potential regulations and future legislation that will be implemented for this measure. CPA will work to make sure that as many workers as possible will be able to receive as "add on" benefits and will be monitoring next legislative session for "clean-up" bills.

SB 1172 (Lieu)-Legislation to ban the use of Sexual Orientation Therapy Efforts on Minors - SIGNED INTO LAW

After many discussions with both with CPA members and Senator Lieu, CPA was able to move from an "Opposed Unless Amended" position to a "Support" position. Once Senator Lieu narrowed the definition of SOCE to meet CPA's concerns that this bill would affect legitimate therapies. CPA decided to support this bill because it was narrow in scope and banned a practice that is discriminatory and harmful.

Governor Brown signed the bill last weekend and there has been a massive amount of press coverage, (much of which mentioned CPA's support of the bill). Our organization has been mentioned in newspapers from as far way as England and China! Click here to see all of the articles that mention CPA.

AB 1453 (Monning) and SB 951 (Hernandez) - Setting essential health benefits- SIGNED INTO LAW

These bills define exactly what benefits insurance companies will need to offer in the state of California in 2014 through the California Benefits Health Exchange. The mental health provisions reflect the Federal Mental Health Parity Act, which will ensure parity is standard for every insurance plan offered in California through the exchange.

AB 1461 (Monning) and SB 961 (Hernandez) - Blocking insurance companies from denying coverage due to a pre-existing condition - VETOED

These companion bills would have made it illegal for insurance companies to discriminate or deny coverage to those with a pre-existing condition. Governor Brown vetoed the bills stating that the "measures failed to adequately link our state reforms to the federal law." To see his veto message, click here. Look for these bills to be re-introduced in the Governor's Special Session regarding Health Care in December.

All of the above bills will become effective into law on January 1, 2013. ♦



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Calendar of Events



Mark Your Calendars!

Annual CCPA Holiday Party

Date: December 7, 2012
Time: 5 - 9 pm
Location: TBA

DSM-V and Personality Disorders

Presenter: Phil Erdberg, Ph.D.
Date: January 25, 2013
Location: Walnut Creek Library, 1644 North Broadway
Time: 12 - 1pm Annual Business Meeting & Lunch
1 - 4pm Presentation
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.)

Professional Networking Group

Date: 3rd Friday of every month (see listserv for specific dates)
Time: Noon
Place: The office of Dr. Goldberg-Boltz, 2930 Camino Diablo, #305, Walnut Creek
Contact: Dr. Goldberg-Boltz (925) 788-7888

Early Career Group

Date: 2nd Friday of every month
Time: 5 - 6 or 6:30 pm
Place: ATC, 61 Moraga Way, #6 in Orinda
Contact: Dr. Candia Smith (925) 254-7823

*Any suggestions for topics and speakers can be sent to:
ccpaboard@yahoo.com / Alissa Scanlin or Marc Kamori-Stager*



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List of Groups



A Healthy Divorce/Separation Group

Meeting Day: Monday's
Meeting Time: 6:00 – 8:30pm
Group Leader: Shendl Tuchman, Psy.D.
Contact Number: 510-201-3435
Email: dr.tuchman@earthlink.net

Breakthrough Weight Loss and Maintenance Group

Meeting Day: Wednesday's
Meeting Time: 6:00- 7:30pm
Group Leader: Candia Smith, DMH
Contact Number: (925) 254-7823
Email: candia.smith@comcast.net

Introduction to Meditation for Stress Relief

Meeting Day: 1st and 3rd Tuesday of each month
Meeting Time: 6 - 7 pm
No fee, small donation toward rent asked
Group Leader: Candia Smith, DMH
Contact Number: (925) 254-7823
Email: candia.smith@comcast.net

Men' s Group

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

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 Stress Reduction Class

Group Leader: Susan O'Grady, Ph.D.
Contact Number: 925-938-6786

Women in Sobriety

Meeting Day: Wednesday's
Group Leader: Sara E. Fisher, Ph.D.
Contact Number: (925) 256-8280
Website: saraefisherphd.com

Over 50 Relationship Focused Process Group (ages from 50 to 65)

Meeting Day: Wednesdays
Meeting Time: 5:00-6:30pm
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: (925) 962-0060
www.PsychotherapyTools.com

Chronic Pain/ Illness Support Group (ages 30-65)

Meeting Day: Wednesdays
Meeting Time: 12:15-1:45pm
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: (925) 962-0060
www.PsychotherapyTools.com

Consultation/ Support Group for licensed psychotherapists

Meeting Day: Bimonthly Thursdays
Meeting Time: 10:45am-12:15
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: (925) 962-0060
www.PsychotherapyTools.com

Therapy group for psychotherapists (ages 28-60)

Meeting Day: Thursdays
Meeting Time: 9:00am-10:30
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: (925) 962-0060
www.PsychotherapyTools.com

Dialectical Behavior Therapy Group (ages 19+)

Meeting Day: Tuesday
Meeting Time: 5:30-7 PM
Group Leaders: Elizabeth Rauch Leftik, Psy.D.
Sarah E. Wood, Ph.D.
Contact Numbers: Dr. Rauch (415) 531-7638
Dr. Wood (925) 680-1844



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Dialectical Behavior Therapy Group (ages 13-18)

Meeting Day: Tuesdays
Meeting Time: 3:30 – 5:00 PM
Group Leaders: Elizabeth Rauch Leftik, Psy.D.
Sarah E. Wood, Ph.D.
Contact Numbers: Dr. Rauch (415) 531-7638
Dr. Wood (925) 680-1844

Breaking Through: Coping with Dementia in Someone You Love

Meeting Day: Saturdays
Meeting Time: 11:00 am – 12:00 pm
Group Leader: George Kraus, Ph.D., ABPP
Contact Number: 925.238.6466
Email: joy@GeorgeKrausPhD.com
No Fee



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Contra Costa Psychological Association



Annual Membership Renewal 2013

It is Fall, a time of renewal and connection and an opportune time for our association to come together for camaraderie, networking, education and membership renewal! CCPA continues to provide a broad array of important topics to learn about and discuss with learned colleagues as well as maintain the fun and friendship of a close association.

In addition to our Quarterly Dinner meetings, CCPA held our usual social events:

- The Annual Holiday Party (December)
- The Annual BBQ (September)
- First Friday social networking, a monthly get-together at Scott's in Walnut Creek. Please think about joining us and having a great way to wind down from the week to kibitz and schmooze with your colleagues on the first Friday of every month. It is a great way to get to learn about the resources in the area and to let others know about yours.

We had great turnouts for the events and hope more of you will join us in the future.

Two groups that began in 2011 continue to meet and offer additional avenues for growth at all stages of your professional life:

Early Career Psychologists - Under the guidance of Dr. Candia Smith, seasoned psychologists will meet with early career psychologists to mentor them through getting their practices under way. It meets the 2nd Friday of the month at 5pm.

Networking Meeting - Dr. Karyn Goldberg-Boltz has organized a meeting for members to discuss many aspects of our work together and to create a supportive environment to discuss the various issues facing us in our work. It meets the 3rd Friday of each month.

Member Benefits

You can keep on top of the Continuing Education events through the CCPA listserv as well as at our website: cocopsych.org.

CCPA provides access to information about colleagues and the latest thinking and treatment advances in an interesting and challenging environment through our Newsletter.

The CCPA listserv makes it possible to:

- be in easy contact with your colleagues
- seek information and referrals to better serve your clients



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- let others know what your area of expertise is
- keep up on the latest legislative actions affecting psychologists
- find or offer office space
- other ideas you may have that we haven't thought of yet

For those of you who have psychological assistants, we hope you encourage (or perhaps require?) them to become members of CCPA. The association provides an excellent opportunity for them to meet and network with established members in their field. What better way to let others know they are in practice and taking referrals in their particular area of expertise.

This year we have reduced the Student membership fee from \$50 to \$20. We are hoping this will make it easier for students to find CCPA a place they can afford.

Most importantly, we want to thank the membership for continuing to support CCPA. It would be much more difficult to offer the services that you have come to expect, without it. As an organization, we are trying to add value by exploring ways to bring in new members, experts able to speak on a variety of cutting edge topics and to set up functions designed to meet the dynamic needs and interests of the membership. Thank you all for continuing to be members of CCPA and helping to make it the successful Association it is today.

How To Renew

IMPORTANT NOTICE

Starting this year, your membership renewal must be paid for by December 31st or your membership will lapse and the renewal amount will go from \$100 to \$120. In previous years that date was February 29th.

There are a number of options for renewing your memberships:

1. Renewing through the US mail:

You may send in your check without including a Renewal Application unless there are changes to your information such as your address, email address, etc.). If there are any changes that we need to make to our records, please use the attached Renewal Application.

Please send your checks to:

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



CONTRA COSTA PSYCHOLOGICAL ASSOCIATION



2012 Fall Newsletter



2. **To renew from the website, go to www.cocopsych.org**
 - Log in through the Members Corner. (Instructions to get into the Members' Corner are below)
 - Click on Renew Membership
 - Review the online renewal application. If there are any changes, make the corrections and click on the Submit button. You may download a Word document or open .pdf file to print, fill out and mail it
 - You may send a check or use PayPal to make your payment

3. **You may use PayPal to pay your dues without doing it from our website if you have your own PayPal account and provide the CCPA payment email address:**
 - Log in to your PayPal account at www.paypal.com
 - Select "Send Money"
 - Enter the CCPA payment email address (ccpapaypal@gmail.com) and the amount to be paid - - Select "Services/Other" under "Send Money for", and click Continue
 - Choose a funding source and click "Send Money"

To get into the Members Corner, please do the following:

- Click on CCPA Members' Corner at the bottom of the left side column. You will be asked for a User ID and Password
- If you do not know what your User ID or Password are, follow these directions:
- Click on Forgotten User ID just below and to the right of the fields asking for this information
- You will be asked for your email address, please type it in and click on Send User ID
- Your User ID will be sent to you via email in a few minutes
- Click on Forgotten Password just below and to the right of the fields asking for this information
- You will be asked for your email address again, please type it in and click on Send Password
- Your Password will be sent to you via email in a few minutes. If there is a problem, it could be because the email address you entered does not match the email address in our files.
- Once you have entered your User ID and Password, you can renew your membership.

Please contact me should you have any questions.

Shendl Tuchman
Membership Chair
925.201.3435 ♦

Contra Costa Psychological Association

A member of the California Psychological Association

2013

New and Renewal* Membership Application

(*A Renewal Application is only required if there are changes to your membership information)

Name _____ License No. _____

Mailing Address _____ Email _____

City _____ State _____ Zip _____

Phone _____ Fax _____

New Members:

License#: _____ Date Licensed: _____ Yrs. Clinical Experience: _____ License State: _____

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

New members licensed two years or less are invited to attend one quarterly dinner meeting for free.

Full Member: California Licensed Psychologist or Doctoral Degree in Psychology/Educational Psychology or Diplomate of the American Board of Professional Psychology (\$100 – Up to December 31st; \$120 – After December 31st)	\$100	<input type="checkbox"/>
New member: Joining between July 1 st and September 30 th (next year renewal period starts October 1 st)	\$51.50	<input type="checkbox"/>
Student Member or Psychological Assistant*: Please attach a copy of your current school I.D. or Psychological Assistant Certificate	\$20	<input type="checkbox"/>
Emeritus Member: Must be retired full-time (additional conditions apply, please contact us)	\$00	<input type="checkbox"/>
Find-A-Psychologist: This is a <u>one-time</u> fee for setting up your Enhanced Listing	\$50	<input type="checkbox"/>
Voluntary CPA-PAC Contribution: 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"/>
Employer _____ Profession _____		
TOTAL AMOUNT REMITTED:		\$

* 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.

PLEASE READ THE FOLLOWING DECLARATION OF PROFESSIONAL ETHICS, AND THEN INDICATE YOUR CONFORMITY BY CHECKMARK AND SIGN AND DATE BELOW:

I have never had action taken against me for unprofessional conduct by a licensing agency or professional organization.	True ±	False ±
I have never been convicted in a court of law of a criminal charge.	True ±	False ±
I am not currently being investigated by any of the above.	True ±	False ±
The information that I have provided is true and verifiable.	Yes ±	No ±
I adhere to the APA Code of Ethics.	Yes ±	No ±

If you have answered false or no to any of the above, please attach a detailed letter of explanation.

Print Name _____

Signature _____ Date _____