



CONTRA COSTA PSYCHOLOGICAL ASSOCIATION



2011 Spring Newsletter



The President's Message

By Susan O'Grady, Ph.D.

Anticipating an empty nest, I decided to join the CCPA Board. My twin daughters were in their final year of high school, and instead of the anxiety that usually comes with that impending transition (or perhaps because of it), I decided to get more involved in my profession. Years ago, my husband and business partner Dr. David O'Grady, was president of the CCPA board. During those days when our daughters were young, I felt the usual work-life balance conflict that consumes so many working mothers. I would find myself questioning David's decision to devote the little free time he had to the Contra Costa Psychological Association. For me, I was either seeing as many clients as I could during the day, or I was at home, making up for the time I devoted to work. Because we were both in private practice, we were fortunate to be able to set our own schedules, so childcare was minimized. Nonetheless, it was still completely unfathomable to me that David would choose to give away his time, especially to the profession. After years of graduate school, internships and fellowships (e.g., working for free, or almost free), it was inconceivable to me that anyone would give yet more time to the profession that had taken so much from us already.

Don't get me wrong, I love my work and always have. But I also loved being a mother and it was important to me to balance these roles. I could imagine giving time to other causes, such as preserving the Open Space or helping in my daughter's classroom, but could not imagine giving any more time to psychology.

Several years ago psychologists were writing about the concept of "Lost and Found Possible Selves". This construct represents the idea that in living life, we make choices and those choices mean that we give up certain possible selves. For me to be a mother and a psychologist meant that I had to give up certain aspirations, such as owning a horse. I also gave up the dream of being a yoga teacher (more on that to come). So, in recent years I began to see the empty nest as an opening and realized that I desired more affiliation. I had the time to give back to the profession.

Research on Lost Possible Selves suggests that confronting lost goals, or *lost possible selves*, can be a portent of personality development in later life. With my daughters now happily engaged in their second year of college, I am reaching beyond old goals to build new connections and to new work on the board of CCPA.

These new connections reach to Sacramento. At CPA's Leadership and Advocacy Conference, I was impressed by

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the vitality of our legislative process. It is an annual three-day event that includes two days of focused leadership and advocacy training and one day devoted to face-to-face advocacy with legislators on current bills relevant to psychology. I saw first-hand decision-making in action and along with Dr. Howard Friedman, was able to play an active role. Fifty psychologists and graduate students attended the training, and we added another fifty-two on Tuesday when we made our visits to the legislators' offices in the capitol. Two graduate students, Kristin Moore and Roxanne Untal from our county, joined Dr. Friedman and me in meetings with Senator Mark DeSaulnier, Assembly Member Joan Buchanan, and Assembly Member Susan Bonilla.

We discussed AB 154, the Mental Health Parity Bill. This state version of the Federal Parity law would implement full mental health parity improving upon the existing state law. Our legislators were attentive and approachable, and they took a keen interest in the concerns we raised. What impressed me the most was that each engaged us in thoughtful dialogue about key issues facing the Contra Costa community. It was clear to me that our representatives are well informed and aware of the psychological issues facing their constituents.

Senator DeSaulnier expressed concern about the "revolving door," specifically in regards to mental health within the correctional system. He also voiced concern about children's mental health and the need to create change at the family, school, and community levels. He was very interested in attending a meet-and-greet to gain a better understanding of the issues facing psychologists, and voiced interest in the prospect of future collaboration with members of CCPA.

Assembly Member Susan Bonilla specifically was concerned about mental health issues. When she was a County Supervisor, she advocated for health care reform. She understands the impact of the loss of AB 3632 funds (for school mental health services), but recognizes it as an opportunity to reform the system. She is interested in the development of written guidelines that better delineate how insurance companies differentiate "behavioral" and "medical" treatment. She asked how much it would cost insurance companies if they were to cover additional diagnoses. She was interested in psychological services on school campuses as well as who should be held financially responsible for these services. Assemblywoman Bonilla is also interested in a meet-and-greet to learn more about the challenges currently faced by psychologists.

To our delight, the senate health committee passed SB 105, the Helmet Bill the day after our visit, by a vote of 7-1. The Mental Health Parity Bill will not be heard until later in the year. If passed, it will make an enormous difference to our clients in that it would expand existing insurance coverage of the nine most severe diagnoses, to mandate coverage for treatment of diagnoses such as GAD, PTSD, delusional disorder, and cognitive disorders. As psychologists, we know that if less severe problems are treated early in their course, they will not progress to chronic problems.

CPA and Political Action

There are 18,000 psychologists in the state of California. CPA has only 4,000 active members. Of those 4000 CPA members, only 150 have contributed to CPA's Political Action Committee (PAC) a mere 1% of licensed psychologists in the state. This is a shameful statistic. We are a group of professionals who have a doctorate degree that represents many years of study, research, and training. Yet of all health professionals, we contribute almost the least to political action. MFTs' contribute twice as much as psychologists.



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By strengthening CPA, we strengthen the psychologist voice in the state. There are many threats to our professional status, including erosion of licensing laws that distinguish us from other mental health professionals, budget cuts that could reduce reimbursement and shrink services to those who need it most. The Political Action Committee needs your contribution. Please get out your checkbook or go online <http://www.cpapsych.org/displaycommon.cfm?an=15> to donate and learn more about CPA and Political Action. Our licenses are in jeopardy. The lines between psychologists and other mental health professionals are beginning to blur. We need to support and mentor early career psychologists. To this end, CCPA's board is stepping up our efforts to invite graduate students to our organization. We will be creating a student representative position on the board of CCPA. CPA already has an active CPAGS or California Psychological Association of Graduate Students. The CPAGS leadership team communicates information relevant to students via their website www.psychgrads.com, their list serves, and social networking sites such as Face book and Twitter.

In February I finished my Yoga Teacher Training at the 200-hour level. I am beginning to incorporate concepts of yoga therapy into my psychotherapy practice. I am especially excited to begin teaching psychologists and other professions who sit all day, how to do yoga from a chair!

Upcoming Events

Writers In Conversation will be an informal event featuring several of our own published authors discussing their process in writing and publishing. Anyone interested in participating please contact our Programs Chair Dr. Alissa Scanlin or me. Tentatively scheduled for late May or early June. CE credit will be available.

CCPA will be developing plans to sponsor several "Meet and Greet" functions with our legislators. We are also considering attending a Legislative Roundtable. If any of these activities appeal to you, please let the board know of your interest. ♦



Disaster Response Function of CCPA

Did you know that CCPA has a chairperson dedicated to informing our membership about local, regional, and national disasters? CCPA also has a formal agreement to act as a liaison between the American Red Cross and our membership to link interested psychologists with opportunities to volunteer mental health services in areas of need due to natural disaster. Please note that in order to volunteer mental health services with the Red Cross in times of natural disaster, you must have taken Foundations of Disaster Mental Health class offered for free through the American Red Cross. If you are interested in volunteering, or if you would like to learn more about this service, please contact CCPA's Disaster Response Chair, Elizabeth Rauch Leftik, Psy.D. via email at elizrauch@gmail.com. ♦



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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. I also try and include an interview with a CCPA member in every edition, 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!

July 1, 2011- Summer edition
September 1, 2011- Fall edition

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 ♦



Membership



Congratulations to a Long Time Board Member

Dr. Ed Abramson recently did a Perspective for KQED-FM on childhood obesity. It was broadcasted several times on April 1st. His new book, *It's NOT Just Baby Fat!: 10 Steps to Help Your Child to a Healthy Weight* was published last month. ♦

Welcome to Our New CCPA Members!

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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 any time 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 susanogradyphd@gmail.com, or 925-938-6786 or Fran DiDomenicis at 510-730-3957 or www.drfrand.com

Membership Fees

- Full Member** \$100 – Up to February 28th; \$120 – After February 28th
- Find-A-Psychologist:** \$50 This is a one-time fee for setting up your profile
- Other Categories include New member, Psychological Assistant, Emeritus member, New member

Return completed application plus dues to:

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

Print a membership application from our website (www.cocopsych.org)
Any questions? Contact Dr. Shendl Tuchman @
(510) 595-5525 or dr.tuchman@earthlink.net





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CLASP



Colleagues Assistance and Support Program

From January 2011, Vol 42, No. 1, APA Monitor, Print version: page 58

Is Stress Getting to You?

Like their clients, psychologists struggle with work/life conflict.

How can they help their clients and themselves?

By Rebecca A. Clay

Do psychologists practice what they preach when it comes to dealing with stress?

Not necessarily. An APA survey of practicing psychologists found that many psychologists are suffering from stress, with issues related to work/life balance their No. 1 stressor.

Of course psychologists aren't the only ones suffering from work/life conflict. With the economic downturn entering its third year and the advent of cell phones and other technologies that make it possible to work anytime and anywhere, more American workers are struggling to manage simultaneous professional and personal responsibilities. And according to APA's 2010 Stress in America survey, just 36 percent of Americans say they are satisfied with the way their employers help them balance work and non-work demands, down from 42 percent in 2009 (see Stressed in America).

That Americans — including psychologists — are stressed-out is no surprise. But what psychologists' research shows works and doesn't work when it comes to reducing work/life conflict can be surprising and even counterintuitive.

Contrary to common advice, for example, psychologists have found that working during family vacations can be okay for some people. They've discovered that some workplace initiatives designed to reduce work/life conflict can backfire and that supervisors can become allies rather than enemies in the fight for balance. They've also gathered evidence suggesting that it may not be baby boomers juggling work, child care and elder care responsibilities who feel the most conflict but members of the Millennial generation who may not even have children yet.

Stressed-out Psychologists

Conducted by APA and the California Psychological Association, the 2009 APA Colleague Assistance and Wellness Survey examined stressors in the lives of 650 practicing psychologists.

"There are ways psychologists are particularly vulnerable to stress, part of which has to do with the nature of our work with people who have difficulties and maybe getting too engrossed in that," says Daniel I. Galper, PhD, director of



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research and special projects in APA's Practice Directorate. "And in this economic environment, there's a tendency to maybe see more patients and work harder trying to make up income and keep the practice going."

Those tendencies can strain psychologists' abilities to meet their family obligations, the survey found. Nearly three-quarters of respondents reported that an overly challenging work/life balance was interfering with their optimal functioning as professional psychologists — a worry that topped even dealing with insurance companies and managed care.

On the flip side, 96 percent of respondents reported that maintaining balance between their personal and professional lives was their most effective strategy for coping with that stress.

Patricia A. Rupert, PhD, an associate psychology professor at Loyola University Chicago, has found similar results in her own research on the interplay of work and family life among practicing psychologists. In a paper published in 2009 in *Professional Psychology: Research and Practice* (Vol. 40, No. 1), for example, she and her co-authors found that work/family conflict was associated with burnout among the 487 practitioners they surveyed. They also found that family support — having someone to talk to and help out at home when work demands increased — may help prevent burnout.

"Work/family conflict is associated with greater emotional exhaustion at work," says Rupert. "It's also associated with lower levels of family satisfaction." Rupert's data also suggest that conflict is associated with lower life satisfaction overall.

Advice to Clients

Psychologists' research also points to ways both individuals and organizations can help reduce conflict and its consequences. Here's a sampling of their findings:

Know your style. The traditional literature on work/family issues makes it sound like there's a one-size-fits-all approach to resolving conflict, but there isn't, says psychologist Ellen Ernst Kossek, PhD. Kossek, a professor in Michigan State University's School of Human Resources and Labor Relations and co-author of "CEO of Me: Creating a Life That Works in the Flexible Job Age" (Wharton School Publishing, 2010), argues that people shouldn't blindly follow advice like "Don't do work on vacation."

"Two people can do the exact same thing — take a work call while on vacation in Hawaii, for example — and one feels awful about it and one feels great," says Kossek. According to her research, that's because different people have different "flexstyles." Some people are "integrators" who mix work and family life all the time, texting their family while they're at work and bringing work back home. Others are separators who erect rigid boundaries between the different spheres of life. Still others are "volleyers" who alternate between periods of integration and separation depending on the season or year.

None of these is the "right" way to manage work/life issues, Kossek emphasizes. "What determines whether your style is good or bad is whether you feel in control and whether what you're doing fits your values," she says. To find out if your style is working for you, Kossek recommends doing what she calls a "life bucket analysis" — assessing how much time you're spending each week on working, commuting, family time, sleep and so on. "If there's a mismatch between how you're spending your time and what you value most," she says, "then you need to start making a change."



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Take advantage of (the right) work/family policies. Are flexible work arrangements help or hype? The answer is, "It depends," according to University of South Florida psychology professor Tammy D. Allen, PhD.

In a meta-analysis she's conducting, Allen has found the answer differs according to the type of flexibility you're talking about. "A flexible schedule appears to be better for reducing work/family conflict — both work interfering with family and family interfering with work — than does flexibility in terms of place," she explains. "Telecommuting does not appear to be really helpful in terms of reducing work/family conflict." In fact, she says, it may actually increase conflict, thanks to family members' increased access to someone who's supposed to be at home working. And working at home doesn't necessarily translate into increased flexibility. "You might be expected to log into your computer at 8 a.m. and not log off until 5 p.m., leaving you pretty much chained to your computer," says Allen.

Plus, she says, there is some evidence to suggest that flexibility benefits the employer more than the employee. While the research on how such initiatives affect work/life balance is inconsistent, she says, the evidence shows that they are associated with greater productivity, more favorable job attitudes and reduced absenteeism. "In trying to help organizations change and become more family-supportive, you have to make the 'business case,'" she says. "What's been overshadowed is the human case."

Formal policies aren't enough in any event, adds Allen, pointing out that workplace culture affects whether or not people actually take advantage of policies. "The policies may be on the books, but if you use them, you may be considered a B player rather than an A player," she explains. APA's Psychologically Healthy Workplace program and *Working Mother* magazine's annual list of employers can help would-be employees find a family-friendly workplace, she adds.

Seek help from the boss. Supervisors often face pressure to meet financial goals regardless of the human costs to their employees. That's a short-sighted approach, especially among workers who may not share their supervisors' belief that work always comes first, says Leslie B. Hammer, PhD, a psychology professor at Portland State University in Oregon. The result? Poor attitudes and high turnover.

Fortunately, says Hammer, managers can be trained to be more supportive about work/life issues. In a study soon to be published in the *Journal of Applied Psychology* (in press), she and Ellen Kossek assessed the impact of an intervention designed to make supermarket managers behave in ways more supportive of employees' work/life struggles. The training consisted of a one-time, one-hour, self-paced computer tutorial followed by a 75-minute group discussion. The managers then tracked their use of four kinds of supportive behaviors over the next two weeks: behaviors related to the provision of emotional support, behaviors aimed at helping employees reduce scheduling problems, behaviors that modeled healthful integration of work and family and behaviors related to creative solutions that would benefit both employees and the organization.

The simple, inexpensive intervention made a big difference to the 117 employees who worked under the 39 supervisors who received the training. In post-intervention surveys, they revealed that they were more satisfied with their jobs, less inclined to seek jobs elsewhere and more willing to comply with safety programs than a control group of 122 employees. In addition, overall health — including factors such as pain and psychological problems — improved, especially for those who had previously had the greatest work/life conflict.



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"What we found is that workers are saying, 'I just want my manager to ask how I'm doing and ask how my family is,'" says Hammer. "Even just paying attention to workers and checking in can be beneficial."

Take care of yourself. Work/family conflict is associated with depression, anxiety, emotional strain and general dissatisfaction with life, says psychologist Jeffrey H. Greenhaus, PhD, a professor of management at Drexel University's LeBow College of Business in Philadelphia. But conflict can also have a serious impact on physical health, he and co-authors found in a literature review published in "Employee Health, Coping and Methodologies" (Elsevier, 2006).

Researchers have found that work/family conflict is associated with high blood pressure and high cholesterol levels, for instance. Other researchers have found a relationship between conflict and unhealthy behaviors, such as lack of exercise and poor dietary choices.

The key, says Greenhaus, is to make yourself more resilient to stress through good nutrition and sleep. But don't stop there. "Try to get at the situations that are producing the stress in the first place," he emphasizes, adding that negotiating with supervisors, clients and family members can often yield solutions you might never have thought of. A client might agree that you could make fewer but longer trips to a job site as a way of reducing disruptions to your family life, for example.

Keep your expectations realistic. With each passing generation, expectations about work/family balance are becoming more unrealistic, warns psychologist Jean M. Twenge, PhD, a psychology professor at San Diego State University and author of "Generation Me: Why Today's Young Americans Are More Confident, Assertive, Entitled — and More Miserable Than Ever Before" (Free Press, 2007).

In a 2010 paper in the *Journal of Management* (Vol. 36, No. 5), Twenge and colleagues examined generational differences in attitudes toward work and leisure. Drawing on nationally representative data from high school seniors in 1976, 1991 and 2006, they discovered that the centrality of work has declined steadily while the importance of leisure has increased from the Baby Boom generation to Generation X through what Twenge calls "Generation Me," also known as the Millennials. "There's been a shift where there's more importance being placed on having a life outside of work," says Twenge, adding that the desire for more work/life balance is apparent even among young people without children.

That could mean bad news for workers now and in the future, says Twenge. "The Generation Me group probably has more work/life conflict in some ways because they have a desire to work less," she says. "Yet with the recession, people are being asked to work more." Her research has found that young people also place a greater emphasis on making money than their older counterparts. Combined with their desire for more time off, says Twenge, that's a recipe for disappointment. More realistic expectations can help forestall frustration.

"Sometimes," she says, "there has to be a trade-off in life."

Rebecca A. Clay is a writer in Washington, D.C.

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Join Us at the Coast

Northern California Group Psychotherapy Society's Annual Training Institute at the fabulous Asilomar Conference Center, minutes from Monterey, June 10-12. Excellent learning environment for group therapists at all levels. Choice of 15 groups including: Psychodynamic, Redecision, Psychodrama, Jungian, Self Psychology, Systems Centered, and Somatically Oriented -- all led by Master group therapists. Each participant becomes a member of a 12 person group for 2 and 1/2 days providing a unique opportunity for intensive experiential and cognitive learning, plus time for walking on the beach, socializing and networking. 12 CEUs. Go to www.NCGPS.org, or Geraldine Alpert, Ph.D, palpert@pacbell.net (415) 453-8969. This is a great training opportunity. If you have questions please contact me at apojman@pacbell.net or call me on my cell (925)457-3179. Andy Pojman ♦



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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

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
Website: www.PsychotherapyTools.com

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

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
Website: www.PsychotherapyTools.com

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

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
Website: www.PsychotherapyTools.com

Mindfulness-Based Stress Reduction Class

Group Leader: Susan O'Grady, Ph.D.
Contact Number: 925-938-6786
Website: www.ogradywellbeing.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
Website: www.PsychotherapyTools.com

Women in Sobriety

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



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Dialectical Behavior Therapy Group (age 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

Dialectical Behavior Therapy Group (ages 13-18)

Meeting Day: Wednesdays
 Meeting Time: 5:00-6:30 PM
 Group Leaders: Gertrudes Hernandez, Ph.D.
 Sarah E. Wood, Ph.D.
 Contact Numbers: Dr. Hernandez (510)301-8655
 Dr. Wood (925)680-1844



CPA



CPA Report on Government Affairs

By Howard J. Friedman, Ph.D., ABPP

On Monday and Tuesday, Dr. Susan O'Grady and myself had the opportunity to attend the California Psychological Association's Annual Leadership and Advocacy Program. As a part of this, there was a Storm The Capitol Day. Many of the attendees included chapter presidents and governmental affair coordinators from the various chapters, along with a large number of graduate students in psychology. Many of these students were part of an advocacy course from the Wright Institute. We were trained on how to do direct advocacy with our legislators and particularly informed about a couple of bills that CPA was promoting. On Tuesday we had scheduled appointments with our three local legislators, State Senator Mark DeSaulnier, Assemblywoman Joan Buchanan and Assemblywoman Susan Bonilla. We were promoting two bills which were the Mental Health Parity Bill and the Helmet Bill for skiing/snowboarding.



From left to right: Grad student, Roxanne Untal; Senator Mark DeSaulnier; Dr. Susan O'Grady, Dr. Howard Friedman, Grad student Kerstin Moore

The Mental Health Parity Bill would establish parity in payment for all mental health conditions rather than the few designated as major psychiatric problems. A goal of our support would be to limit disparity in coverage, utilization review, authorization, length of treatment and payment across mental health diagnoses and in relationship to medical conditions. Each of the legislators we talked to indicated their support for this bill.

The Helmet Bill would require that children and teenagers have to wear helmets on the ski slopes. CPA has seen this bill as a public interest measure even though it does not directly benefit psychology. However, part of the thinking is that we do have a public responsibility to promote health and well-being within the scope of our field, and this requirement



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would certainly prevent brain injury in a high risk activity. There is also recognition that as we work with legislators in promoting this bill we cement our relationships to enhance our connections with other areas of advocacy. As a part of our discussion with the legislators on this bill, we presented arguments that they could use to counter opponents of the bill who might state this is another "nanny" law. We pointed out that there is economic benefit to the state in preventing serious injury, and that this type of requirement is consistent with existing law regarding helmets for children with bicycle riding and with motorcyclists. On the day after our advocacy this bill was approved by the Senate Health Committee on a vote 8-1. All of the democrats on the committee voted AYE along with 2 of the 3 republicans. The bill will move on to the full Senate as well as to the Assembly committees and the full Assembly. Expectations are that the Governor will also sign it into law.

One disappointing statistic to emerge out of the workshop was the fact that only 1% of psychologists contribute to our advocacy efforts by donating to our Political Action Committee. The PAC is what directly funds our ability to host legislators and attend their functions. The PAC contributions are distinct from our membership in CPA. CPA pays many of the salaries of the people doing these activities such as our lobbyist or governmental affairs coordinator. However, the attendance at events is underwritten by the PAC contributions and the two sources of money have to legally remain separate.

In California, psychologists contribute, on average, \$2.61 to PAC, which places us far below states such as Pennsylvania and New Jersey which contribute in the range of \$17-\$20 per psychologist. This also puts us well below other mental health professions such as MFT's and psychiatrists who contribute, on average, almost \$6.50. It also puts us well below the insurance companies such as with Blue Shield and Blue Cross contributing almost \$3 million dollars. Money talks in Sacramento, and Sacramento is the locus of control over the scope of our practice and the potential of achieving parity regarding reimbursement. Our lobbyists not only need an adequate amount of money to promote our advocacy, it is also necessary that there be a substantial number of people listed as contributing. When only 1% of psychologists are listed as contributing, legislators have a hard time believing that the issues that we promote are truly important to psychology. It is necessary that we have more names listed as contributors even if the contribution is not that great. CPA suggests a \$25 contribution as a means of pumping up our contributor list to make it look more robust and substantial.

As part of our continuing advocacy efforts, our Chapter will be planning on inviting some of our legislators to events locally so that they can meet us and we can meet them.

Howard J. Friedman, Ph.D., ABPP ♦

CCPA Calendar of Events..... SAVE THE DATE!

JUNE 2nd

Topic: Author's in Conversation

6:30-8:30 Presentation

Appetizers and Beverages will be provided

Location: TBA

SEPTEMBER

Topic: Collaborative Assessment

Caroline Purves, Ph.D.

October 7th, Noon - 4pm

Location: TBA

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.)