

## 2013 Spring Newsletter

### The President's Message

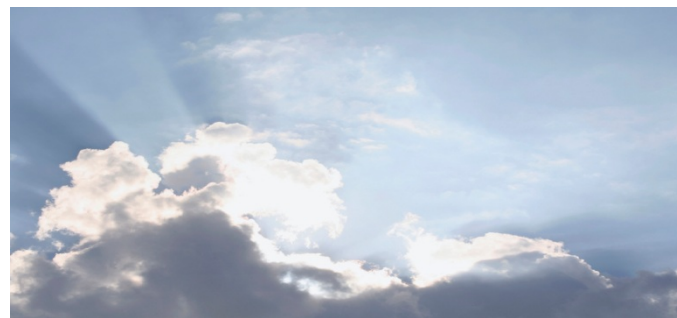
By Howard Friedman, Ph.D., ABPP

Having recently attended CPA's "Leadership and Advocacy" meeting in Sacramento, I am reminded again of the critical importance of advocating on behalf of our field.

Our presence in Sacramento provides core input on pivotal issues that protect and advance psychology. Last year, a major mental health bill arose and we ensured that it would be written in alignment with statewide needs, as the bill to prohibit sexual re-orientation therapy was approved. The sexual reorientation therapy ban, SB1172 authored by Sen. Ted Lieu (D-CA), was signed into law by California Governor Brown prohibiting therapy that claims to change the sexual orientation of minors. This type of controversial therapy is also known as reparative or conversion therapy. CPA worked with legislators to change the wording – in one of the biggest successes last year.

We have a public and professional responsibility to engage in these kinds of initiatives, even if we are not always able to achieve the desired results. On another front, the multi-year effort to advance public safety for children on ski slopes made it through the legislature, but we were unable to successfully lobby Governor Brown who had different priorities, unfortunately stating that "every good idea doesn't need a law."

We have an ethical responsibility to expand our efforts beyond individual practices, as we serve a much larger community in implementing mental health services that



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meet emerging psychological needs. Realistically, each of us may not have time to engage fully, but we can leverage and support our professional associations to make the most impact in the legislative sphere.

Some of the most effective actions you can take:

- **Join** us in Sacramento in March 2014 to lobby legislators at the Leadership and Advocacy Day;
- **Sign and send** our letters to legislators; you will periodically receive emails with form letters to send to legislators regarding specific bills. The number of letters matters - it doesn't matter that they have the same content; and
- **Contribute** a nominal amount of money annually to our political action committee (PAC) which supports our full-time lobbyist and our statewide voice.

On a personal note, CPA and CCPA underwrote Ellin Sadur and me to directly lobby legislators in Sacramento from March 18-19 this year. Our PAC supports a variety of key initiatives; whether we like it or not, money has a major impact in the legislative hallways. Our chapter also contributed some money to the student arm of CPA so that they could underwrite a student to attend the Leadership and Advocacy Conference. There were dozens of students - representing the future of our profession - in attendance from schools around the state.

In 2012, CPA was pleased with some issues related to increased public service aspects of psychology. Other issues directly affect our income potential by focusing on the scope of our practice. Last year, the extended psychology licensing law avoided a potential lack of representation on the CPA board. Governor Brown tried to merge our licensing board into a broad mental

health/behavioral sciences board. We would have been overwhelmed on the board by MFTs, as there likely would have been only one psychologist representative. We can all imagine the in-roads other professions would have then made on our scope of practice. Instead, the law was extended for five years, the longest possible time period.

Critical practice and mental health issues such as these make it more imperative than ever to actively participate in CPA, as we continue to advocate on behalf of our profession.

Locally, as you know, we continue to put on high quality continuing education programs, some of which are in the planning stages for June and early fall. We also anticipate putting together a program and advocacy get-together with some neighboring chapters, again in the fall. Plus, we have our annual BBQ in September. This is just a heads-up regarding future events; I hope to see you at those events.

Lastly, I am pleased to announce that we have a new member of our board, Hengameh Maroufi, Ph.D., with offices in San Ramon. Dr. Maroufi has graciously volunteered to chair a committee on Diversity for our chapter. She is already co-chairing the CPA Division VII on Diversity and Social Justice, so we are fortunate that she can bring her statewide knowledge and connections on this topic to our local chapter. Dr. Maroufi will be coordinating some ideas with her Division and will suggest topics regarding diversity issues - such as working with clients of different cultural backgrounds - that we can offer as a continuing education topic in the near future. So, welcome and thank you to Dr. Maroufi.◊

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### The California Psychological Association's 2013 Leadership & Advocacy Conference

March 2013, Sacramento, California

By Ellin Sadur, Psy.D.

This year's Leadership and Advocacy Conference, held on Sunday March 17 through Tuesday March 19 in Sacramento, California, was a lively, educational, and inspirational time. Howard Friedman, Ph.D., CCPA President, and myself, Ellin Sadur, Psy.D. GAC representative, interfaced with the leaders of CPA, other county Presidents and GAC representatives, enthusiastic graduate students (80 in number), and various legislators. The conference and meetings with the legislators (over 100 meetings were scheduled) were organized by the CPA Director of Government Affairs, Amanda Levy, and the CPA Grassroots and PAC Manager, Ryan McElhinney. They both did an excellent job in disseminating pertinent information to us and guiding us in our own "lobbying" on behalf of CPA.



*From left to right- Nancy Piotrowski, Ph.D., Howard Friedman, Ph.D., Assemblyman Jim Frazier, Ellin Sadur, Psy.D. and Talia Holden (Graduate student member)*

The first day of the Leadership meeting was spent reviewing the importance of the CPA-PAC (political action committee) and discussing ways in which to increase donations to the PAC from our members. As a profession, psychologists are among the lowest in terms of amount of donations to our PAC when compared to others professional organizations and their contributions to their respective PAC's. In our state, there are approximately 18,000 licensed psychologists, 4000 of whom are members of CPA. Of our 4000 members, approximately 25% contribute to the PAC, approximately translating to a \$3.61 contribution per licensed psychologist. We are outmatched in contributions by dentists, podiatrists, nurse anesthetists, and many other health care providers, meaning these professions will

have more clout available to protect their respective organizations.

In light of our needs and goals as a profession to increase both awareness of and contributions to our PAC, we had chapter breakout sessions to brainstorm and strategize how to achieve these goals. Dr. Friedman and I, representing CCPA, joined Alameda, Marin, and San Francisco county chapters to form a Northern California consortium whereby we could combine our efforts to help our PAC grow. Our respective GAC leaders are

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working on more specific plans to have a gathering in the fall with exact dates and locations to be announced. We are also planning to invite Napa/Solano County to join our consortium and bring our message to as many psychologists at once. We hope to reach out to those psychologists who are not aware of the function and importance of our PAC as our sole voice in advocating for our profession. Don't worry; we are planning to throw in some fun to the activities while we write checks to support our PAC!!!!

The second day of the conference focused on direct Advocacy to our legislators. Our CPA lobbyist, Amanda Levy, stressed that our main objective in meeting with our legislators is to build a relationship, especially with the forty (40) new members this year. Our lobbying group was comprised of Dr. Friedman, Dr. Nancy Piotrowski, Talia Holden-Brooks (Wright Institute student), and myself. We met with four legislators and/or their staff, including Assembly member Joan Buchanan, Assembly member Susan Bonilla, Assembly member Jim Frazier (first time assembly member), and Senator Mark DeSaulnier.



*From left to right- Howard Friedman, Ph.D., a student who was able to attend due to financial support by CCPA, and Ellin Sadur, Psy.D.*

The first agenda item we discussed with the legislators was Bill AB 958 (Jones) Board of Psychology Investigations. Essentially, AB 958 would REQUIRE a court to send a confidential child custody report upon the request of a licensing board, without the documented consent of any interested party or consumer, whether good cause exists or not. Currently, a licensing board staff can request a custody report by filing a petition or subpoena with the court and if good cause is shown, the report is released by the court. Historically, the courts have almost always released requested custody reports to the licensing boards that have requested them. Therefore the need for this bill is questionable as the current procedure is working.

CPA is opposed to this bill based on a number of reasons. First, this bill undermines the critical privacy protections in current law for the parties involved in a child custody dispute. Second, this bill strips parents from controlling their privacy and the privacy of their children by bypassing their consent. Third, this bill could encourage improper use of the licensing complaint process in pressuring the custody evaluator to slant their report to avoid having an unhappy party file a complaint. In the contentious atmosphere of a custody proceeding, it is crucial that evaluators remain as free as possible from unwarranted threats created by a party willing to misuse the licensing complaint process to influence the professional judgment and candor that is needed to be represented in the custody report. Fourth, this bill undermines the sense of trust patients feel in psychologists' offices that their confidentiality will be protected. Therefore, we asked our legislators to

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protect the existing protection of confidentiality for consumers and OPPOSE this bill should it come up for vote in the future.

The second agenda item we discussed with our legislators was introducing them to the Guide to Dealing with Distressed Constituents. CPA has developed a booklet and training program designed to help legislators and their staff communicate with various types of constituents, such as verbally aggressive or violent individuals. This is an excellent way for our legislators, each of whom was enthusiastic to receive these booklets, to learn more about the functions of psychologists and how we can have a mutually beneficial relationship with each other.

The third agenda item we discussed with the legislators was the Psychologically Healthy Workplace Award, sponsored by CPA. This award recognizes employers who understand the link between employee well-being and the bottom line. The program addresses rising healthcare expenditures and how healthy workplaces can alleviate those costs. CPA recognizes employers who excel in employment involvement, work/life balance, recognition, employee growth and development, health, safety and security. The process allows the legislators to nominate one or more businesses in their district who meet the criteria as a psychologically healthy workplace. The winners of the CPA awards are then competing at a national level at APA with other state winners. The legislators were excited about this award and viewed it as another way both to connect with their community/constituents as well as to gain national recognition for our state as being healthy and possibly promoting growth in their areas.

After two days of collaborating with fellow psychologists, brainstorming strategies to help our CPA PAC, and lobbying our legislators, we felt tired but optimistic about our efforts. We not only worked on deepening our relationship with other county chapters, especially our new northern California consortium, but also with developing a positive relationship with our current legislators. We look forward to our continued work to protect our profession of psychology and will keep you all posted on our efforts.◊



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### CCPA Website News

#### CCPA Website Board Meeting Minutes Now Posted

Check out how hard CCPA's board works for you! We now have the minutes of our board meetings posted on the CCPA Website in the Members Only log-in. When you click the link it will take you to the notes from the most recent board meeting. Should you wish to look at archived meetings, click on the drop-down menu and you can see any month from the last two years. If you have any interest in joining our board, these minutes will give you an idea of what happens during the monthly meetings. You can see what our committee chairs do, and what we discuss from month to month.

**Find a Psychologist:** We have 44 psychologists listed on our Find a Psychologist page on the website. Given that we have over 100 members in our association, it is clear that not all of you have taken advantage of this opportunity to promote your practice and to create a web presence. You do not have to have a personal website because this will create a page with your practice information, and your photo. If you do have a website, you can link it to CCPA and CCPA will link your site. If you have not checked it out, go to <http://www.cocopsych.org/iandr/search.php> to see how this public service works. It is a wonderful way for the community to search for psychologists by zip code, insurance accepted, and areas of specialization. Many of us use the FaP to search for referral sources.

**Resources and Links:** I frequently look up numbers and other contact information for community services to give clients. We have a complete and useful list of agencies such as low-fee and sliding scale clinics, support groups, crisis services, and many other resources. Please check it out and if you know of resources that should be included, let me know.

If you have questions please feel free to contact me:

Susan O'Grady, Ph.D., Past-president  
Website Chair  
[susanogradyphd@gmail.com](mailto:susanogradyphd@gmail.com)  
925-938-6786

<http://www.cocopsych.org/index.php>

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### CPA Progress Notes

The current issue of CPA's progress notes is worth reading if you are interested in what is happening on the Medicare front. The articles are full of useful information and well worth reading. Due to their length (25 pages in total,) however, we are providing instructions to access them rather than re-printing them in this newsletter.

First, go to [www.cpapsych.org](http://www.cpapsych.org) and sign in to the Members Only section. Go to Professional Resources, click on Progress Notes and then on the Current Issue, dated January 23, 2013. The index of articles is listed below.

**\*\*\*\*SPECIAL EDITION OF PROGRESS NOTES\*\*\*\***

EDITOR: Charles Faltz, Ph.D. [cpadpa@pacbell.net](mailto:cpadpa@pacbell.net)

PRODUCTION EDITOR: Ryan McElhinney [rmcelhinney@cpapsych.org](mailto:rmcelhinney@cpapsych.org)

In This Issue:

\***Introduction to Medicare's Physician Quality Reporting System**

\***A Primer on Participation in Medicare's 2013 Physician Reporting System (PQRS)**

\***Medicare's Physician Quality Reporting System: Medicare's Unique Approach to Quality Assurance**

\***Sample Health Insurance Claim Form** ♦

### Corrections to Casadaban

Corrections to Casadaban, A.B. (2013) *Updates on Evidence for Trauma vs. Fantasy Models of Dissociation Involving Dissociation*, CCPA Newsletter.

"The citation for the Abstract from the Psychological Bulletin article was omitted. Here it is: Dalenberg, C. J.; Brand, B. L.; Gleaves, D. H.; Dorahy, M. J.; Loewenstein, R. J.; Cardeña, E.; Frewen, P. A.; Carlson, E. B.; Spiegel, D. (2012). Evaluation of the evidence for the trauma and fantasy models of dissociation. *Psychological Bulletin*, 138(3), 550-588.  
doi:10.1037/a0027447.

The first sentence of paragraph four should have read: Dissociation is "a regulatory response to fear or other extreme emotion with measurable biological correlates." (from abstract). "

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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!

July 15, 2013 - Summer edition

October 15, 2013 - Fall edition

January 15, 2014 - Winter 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](mailto:sarahewoodphd@yahoo.com) ♦

### Office Available in Pleasant Hill

The space is available for full time at \$650/month (or part-time at \$125/day per month.) It is a small room (about 9x9) with one window. It is part of an office suite with a waiting room, bathroom and kitchenette shared among a total of three therapy rooms. It has a private, secure entrance that opens onto a beautifully landscaped courtyard. It is also literally seconds from the freeway (or several minutes, depending on the direction.)

If interested, please e-mail me at [sarahewoodphd@yahoo.com](mailto:sarahewoodphd@yahoo.com), or call 925-872-6945. Thanks.

Sarah E. Wood, Ph.D.  
91 Gregory Ln, Ste 19  
Pleasant Hill, CA 94523



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### Calendar of Events

Mark Your Calendars!

#### Ethics in the 21<sup>st</sup> Century

**Presenter:** Bram Fridhandler, Ph.D., CPA Ethics Committee Chair

**Date:** June 5, 2013

**Location:** Lafayette Park Hotel

**Time:** 6:00-6:45 Social hour  
6:45-8:45 Presentation

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

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

**EMAIL:** drscanlin@pacbell.net

**Please:** 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/Time:** (see listserv for specific dates and times)

**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. Nicole Sucre (415) 999-3264

*Any suggestions for topics and speakers can be sent to:  
ccpaboard@yahoogroups.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: 7:00 – 8:30 pm  
Group Leader: Shendl Tuchman, Psy.D.  
Contact Number: 510-201-3435  
Email: dr.tuchman@earthlink.net

#### **Breakthrough Weight Loss and Maintenance Group**

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

#### **Introduction to Meditation for Stress Relief Group**

Meeting Day: 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month  
Meeting Time: 6:00 -7:00 pm  
Cost: Free, small donation asked for rent  
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

#### **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 Stress Reduction Class**

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

#### **Dialectical Behavior Therapy Group (ages 19 +)**

Meeting Day: Tuesday's  
Meeting Time: 5:30-7 PM  
And  
Meeting Day: Wednesday's  
Meeting Time: 9:30 – 11 AM  
Group Leaders: Elizabeth Rauch Leftik, Psy.D.  
(415) 531-7638  
Sarah E. Wood, Ph.D.  
(925) 680-1844  
Website: www.mtdiablopsychologicalservices.com

#### **Interpersonal Psychotherapy Group: Co-ed**

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

#### **Psychotherapy Group for Psychotherapists**

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

#### **Women in Sobriety**

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

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### List of Groups (cont'd)

#### Psychotherapy Group for Pre-Licensed and Early Career Therapists

Meeting Day: Thursdays  
Meeting Time: 9:00 - 10:30 am  
Leader: Ann Steiner, Ph.D., MFT, CGP  
Contact Number: 925-962-0060  
Website: [www.DrSteiner.com](http://www.DrSteiner.com)

#### Dialectical Behavior Therapy Skills Group for Parents & Teens

Meeting Day: Wednesday's  
Meeting Time: 4:30 – 6:00 PM  
Location: Lafayette  
Group Leader: Patricia E. Zurita Ona, Psy.D.  
Contact Number: (619) 578-3974  
Website: [www.eastbaybehaviortherapycenter.com](http://www.eastbaybehaviortherapycenter.com)

### The Diversity Committee: CCPA's Latest Addition

Chaired by Dr. Hengameh Maroufi, Ph.D.

My name is Dr. Hengameh Maroufi and it is my pleasure to introduce myself to Contra Costa Psychological Association members as the new Chair, Diversity Committee. I am also the current Chair of CPA's Division VII (Diversity and Social Justice). I was born in Iran, raised in England and have spent almost twenty-five years in the United States. The experience of living in three countries and two states has given me a unique perspective of viewing the world and the people I meet. I truly value the experience of having immigrated twice. I live in San Ramon where I have a small private practice. I conduct assessments for The Bodin Group in Lafayette as an independent contractor. For the past four years I have been active in state psychological associations. First with the Nevada Psychological Association as Treasurer (Southern Board), Diversity Delegate and Chair of the Diversity Delegate and later with California Psychological Association's Division VII. I am now very excited to begin my involvement at the county level.

I would like to tell you a little about Division VII. The mission of Division VII is to advance the diversity initiatives of CPA by promoting a social justice perspective to the issue of diversity. We are psychologists who embrace our role as global citizens and active agents of change. The division focuses on clinical issues relevant to culture including racial/ethnic diversity, LGBTQ community, gender, HIV/AIDS disabilities, and social issues. One of our primary aims is to decrease mental health disparities in the state of California by increasing psychologists' cultural competence. Another is to ensure diversity in the pipeline from student to licensed psychologist. In collaboration with CCPA, we would like to offer workshops and offer members tools and information about working with diverse populations. It is also very important that we reach out and connect with psychologists with diverse backgrounds both at the state level and at the county level, inviting them to join our organization. I look forward to my work with CCPA and would love to speak with you individually regarding any thoughts, ideas or suggestions you may have. You will be hearing from me soon!

Hengameh Maroufi Ph.D.  
Licensed Psychologist  
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# 2013 Board of Directors & Committee Chairs

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