

CCPA NEWS



The Contra Costa Psychological Association Newsletter

President's Message

The Annual BBQ will be held at Drs. Susan and David O'Grady's house from 5pm to 8pm on **Sunday September 8th**. CCPA will cater the event (that is we are hiring caterers) so there is no need to bring anything. However, if you would like to share a culinary talent with an appreciative group, you are welcome to bring a treat along. The BBQ is a time for us to gather informally, see professionals we talk with only rarely, so please plan to attend.

Please, please, please upload a photo of yourself for our Find a Psychologist listing.

Dr. Hengameh Maroufi has stepped down as our Diversity Chair. She wrote the following to say a bit about what the position brought to her and what she was able to do by being the diversity chair.

The primary benefit from being the Diversity Chair is to be part of a wonderful group of people who make up the CCPA board. Being on the board as diversity chair opens up the door to meeting many people and attending meetings as well as other opportunities that are presented by other county associations and CPA. I really enjoyed sharing articles with the membership which they always appreciated. I was able to present the membership with diverse viewpoints. As diversity chair I was able to take the opportunity to check in with presenters to see if they were including a diverse perspective in their presentations. I also made recommendations for speakers that would focus on diversity topics. There is also flexibility to build into the role new ideas. It would be important in this role to think about ways in which we can increase diversity in the membership and the board.

The board is pushing to get speakers lined up and committed earlier so that you can plan ahead to attend our dinner events.

On **October 3rd** from 3pm to 9pm CCPA will host Dr. Nancy Morgan who will talk to us about Internal Family Systems.

For our annual meeting in **January 2020** we will have Dr. Alexis Aberneth share her talk on Neuropsychology and Racism.

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Upcoming, we have our monthly Practice Building Group. Please contact Dr. Alexis Smith-Bauman for details.

We have our very casual way to connect with each other at our First Friday's. We gather on the patio at Scott's Restaurant in Walnut Creek on the first Friday of every month. Please contact Dr. Alissa Scanlin for details. (Note we won't gather for First Friday in September, as we will all meet each other at the BBQ.)



CCPA Program Notes Summer 2019

By Alissa Scanlin, PsyD

Hey, hey CCPA here are some of the most recent program highlights and upcoming events.

On May 30, Dr. Candia Smith presented a CE on Alternative Treatments for Psychological Conditions at our dinner meeting. She identified a wide variety of options, from acupuncture to chiropractic and even discussed the use of entheogens – chemicals, usually from plants ingested to produce a non-ordinary state of consciousness, such as psilocybin. She included discussion of some cultural alternatives, such as Aruvedic practices in India and Soul Calling of the Hmong. Her own practice focuses on Neurofeedback, so she explained the early development, as well as current best practices in that treatment modality. Dr. Smith also presented her own research on the use of a vagal reset protocol to help individuals who have experienced various traumas. This was a great opportunity for us to learn more about non-traditional approaches to dealing with many of the issues our clients experience, and Dr. Smith was able to explain some of the more technical aspects of the use of Neurofeedback. Her presentation was informative and well received.

We continue to celebrate First Friday! On the First Friday of the Month, CCPA members and their guests gather at Scott's in Walnut Creek for conversation and refreshments. CCPA covers appetizers and people can purchase their preferred beverage. It is a casual opportunity to connect and relax. Attendance varies, but our July 5th gathering was quite small. It has been a great opportunity for members new and old to meet and discuss a wide variety of topics. We **will be meeting, Friday August 2 at about 5:30**; HOWEVER, we will **NOT** be meeting on Friday September 6 because we will have our Annual End of Summer Party on Sunday, September 8. This year it will be from 5-8pm at the home of the Drs. O'Grady. Be on the lookout for the evite with all the details coming soon!

Also - **PLEASE SAVE THE DATE** - Thursday, October 3, 2019, 6-9 pm. **CCPA is thrilled to offer a 2 CE dinner meeting with Nancy L. Morgan, PhD: Introducing the Internal Family Systems Model**. In this absorbing and insightful workshop, Dr. Morgan will introduce the IFS model and demonstrate some practical techniques for working with a range of symptomatic presentations. Dr. Morgan is a Certified Internal Family Systems therapist and the director of the Behavioral Health Training Program at LifeMoves, Northern California's largest agency dedicated to breaking the cycle of homelessness

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In this capacity, Nancy is advancing the way graduate psychology students are learning to become therapists. Licensed in both California and Oregon, Nancy also holds certifications as a Certified IFS therapist, a Board-Certified Telehealth Provider, and she maintains a limited private practice in Mountain View, California. Please go to our website for more details, and if you want more information about IFS please check out <http://www.selfleadership.org/about-internal-family-systems.html>

Finally, if you are interested in family therapy and Virginia Satir's work, one of our members, Dr. Ann Steiner, has shared valuable information about an upcoming week-long conference in San Diego in October. This conference is offered by the International Human Learning Resources Network (IHLRN), an organization begun by Virginia Satir in 1970 to foster human growth and development by means of a conference. IHLRN is a place where you can experience the Satir model first hand; where Satir comes alive, with friendly, warm, open people and lots of interaction. More information is available at the website: IHLRN.org.

Please join us for some or all of these wonderful opportunities! 😊 ✨



Note from the Newsletter Editor Board Member Highlight Catherine Chan, PhD

Greetings CCPA. I have been a part of the Board for about 1.5 years now and it has been an eye-opening experience to learn the processes of all the behind the scenes work that happens to make CCPA run and serve its members. I joined CCPA about 2 years ago after opening my private practice in Concord and have been incredibly thankful for CCPA. The CE events, social gatherings, and early career group have all been foundational in helping me feel connected and supported in developing and maintaining a private practice. CCPA is always looking for new ideas and suggestions to continue serving its members with diverse, applicable, and relevant CEs and resources, and welcomes any and all feedback, ideas, and newsletter submissions. If you have been looking for a way to get involved, consider joining the Board through one of our open positions: Treasurer, Diversity, Website Chair, and Membership Chair.

Random Fun Fact: I love baking cookies and am trying to learn how to bake macarons. ✨

2019 Board of Directors & Committee Chairs

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Past President: Alissa Scanlin, Psy.D.

Secretary: Paige Leopold, Ph.D.

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Program Committee Chair: Alissa Scanlin, Psy. D.

Membership Chair: Marc D Komori Stager, Psy.D.

Newsletter Editor: Catherine Chan, Ph.D.

Diversity Chair: (Vacant)

CARE Representative: (Vacant)

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Website Chair: Romi Mann, Psy.D.

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