



CONTRA COSTA PSYCHOLOGICAL ASSOCIATION



The President's Message



By Susan O'Grady, Ph.D.

School is out. Swim season is in full swing. From my home I hear the loud speaker blasting from the community pool. Cheers erupt at regular intervals. Minivans and SUVs line the streets in the blocks adjacent to the swim club. Like many parents residing in the suburbs, I enjoyed, sometimes endured, the annual ritual of Swim Team. My daughters were only briefly interested in the glory of winning. Mostly, they loved the Cup-of-Noodles and the ice-pops, and talking to their friends under cover of gigantic towels. Engagement in children's activities is a good thing. But often parents go too far in the direction of over-involvement. Psychologists have studied the repercussions of what happens when parents are too attentive to their kids. We describe this as enmeshment.

Focus on children's activities often dominates family life in much of our county. We live in a child-centered era. In the July 2 issue of *The New Yorker*, the article, 'Spoiled Rotten', Elizabeth Kolbert, profiled several families from diverse cultures. How do parents of different cultures train young people to assume responsibilities? Ms. Kolbert reports that the Matsigenka children from the Peruvian Amazon spontaneously help with a variety of chores, taking pleasure in their independence and helpfulness. The Matsigenka culture prizes self-sufficiency and hard work. They tell stories that reinforce these values. The characters in their folklore are undone by laziness.

French kids will sit calmly through a three-course meal, while their American counterparts are throwing food before the main course arrives. UCLA sociologists Carolina Izquierdo and Elinor Ochs assessed children's participation in household responsibilities in a cohort of Los Angeles children. They found that no child routinely

performed household chores without being instructed to. Even when begged to do a chore, the vast majority still refused.

Here in the US, many well-meaning parents have inadvertently shaped their children to become dependent, manipulative and lazy. As psychologists, we are often called to help restore harmony and balance to families in which kids rule the roost.



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Summertime is often the most trying time for families. Frayed nerves, bored kids, too much time playing video games and watching TV, lead to thankful anticipation of the start of school for both parents and kids. The comfort of daily routines is a welcome relief after a long, hot summer.

Inevitably, the return to structure and routine brings its own battles over homework and academics, in addition to the social strain of school. There are ample opportunities for more squabbles and nagging, whining and complaining. As the New Yorker article points out, parents often take the path of least resistance and do too much for their kids rather than face tantrums and meltdowns.

The fallout of raising over-indulged kids has led to a 'failure to launch' for many young adults. We have added this concept to our training and it is all too familiar in our practices. Family therapy with adult children is now common. While the economic troubles of the last three years have undoubtedly contributed to the large numbers of unemployed college graduates, that is only part of the phenomenon. As Hara Estroff articulated in *Psychology Today*, hovering "helicopter parents" are progressing to "jet-powered turbo attack model." The pressures of getting accepted at a good college (especially given this economy,) combined with SAT preparation and extra-curricular activities, cause yet more parental involvement. With this degree of pressure, it is common for parents to let kids off the hook for chores and family commitments.

Teaching children to tolerate frustration, empathize with others and to persist in work is essential to raising independent young adults. As psychologists, we help our clients to establish appropriate expectations for their kids and know when to step in to help and when to leave kids on their own. In the next month, our clients will be transitioning from summer schedules to back-to-school routines.

CCPA will also be transitioning back to our autumn schedule. Our board will resume monthly meetings the second Tuesday of each month starting September 11. Dr. Alissa Scanlon will host the annual Summer BBQ held in September again this year.

Our association is strong. Our coffers are full, and we continue to add new members. The 'Find a Psychologist' function is a great benefit to membership as it gives each psychologist a web profile. The list-serve is a great way to make referrals, ask professional questions to other members, and to stay in touch with issues that affect our field.

We welcome anyone interested in joining our board to come to a meeting this fall. We anticipate several openings in January 2013. The BBQ would be a wonderful way to talk with current board members about what is involved in being on the board, both the benefits, and the (very few) hassles. I thank all our board members for the work they have done this year. I feel a deep appreciation for their commitment to our organization.

Susan O'Grady, Ph.D. ♦





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The Internet and the Practice of Psychology

 By Sarah E. Wood, Ph.D. 

“Imagine walking through a mall where every store, unbeknownst to you, placed a sign on your back. The signs tell every other store you visit exactly where you have been, what you looked at, and what you purchased. Something very close to this is possible on the Internet.” (Berman, J. & Mulligan, D.,1999)

This article is a review of some relevant information on the topic of privacy in the age of technology. As far as I can tell, everything that I have written is accurate. However, my purpose is not to be an authority on these subjects (since I am not) but to raise awareness and remind all of us to ask a lot of questions. For those of you interested in digging deeper, please check out the links below for more in-depth coverage. If anyone has any contradicting information or simply more insight into any of the topics that I have covered, I would welcome feedback. I will print it in subsequent newsletters so that the membership has accurate and current information.

As a part of the 2009 American Recovery and Reinvestment Act, the Health Information and Technology for Economic and Clinical Health Act (HITECH) was devised. The HITECH act created huge incentives for the healthcare industry to increase its use of electronic technology in the provision of patient/client care. The HIPAA Security Rule, written into the HITECH act, deals with electronic Protected Health Information (ePHI) and essentially defines compliance in terms of information technology standards and best practices. The Security Rule requires practitioners to safeguard protected health information that is transmitted or stored in electronic form, which may include patient notes, e-mail with or about patients, and insurance or financial records with identifying patient information. The Security Rule outlines the steps a psychologist must take to protect confidential information from unintended disclosure through breaches of security.

In order to comply with the Security Rule, practitioners must conduct an assessment of potential security risks related to electronic protected health information in their practice.

Some initial strategies for increasing protection might include establishing password protection for or encrypting confidential data, installing virus protection on your computers, and removing confidential data from computers before disposing of them. Make your passwords strong. Store passwords in a secure place. Consider using anti-theft precautions like laptop tracking and recovery software for whatever electronic device on which you access PHI. There are also a variety of ways to lock your laptop. If you sell or recycle a computer, bear in mind that, even if you have deleted everything, information is easily retrievable, so be sure to have your hard drive overwritten. For disposing of smart phones and notebooks/iPads, take similar precautions as your e-mail lists and texts can all be retrieved.

With regard to virtual security, I will first discuss texting with or about clients. Essentially, it is not secure and is generally not a great idea. In addition to not being secured, keep in mind that every text is stored either on the server of your cell phone provider or on the flash memory or SIM card of your phone (and on the recipients' phones) even if you have deleted them.



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One source recommends docBeat, which is a free application that allows you to send unlimited HIPPA compliant secure text. In addition, through docBeat, you can receive a telephone number. The application routes your calls to your cell phone or to any other number of your choosing. Calls can be routed based on your real time status and schedule.

As many of you probably know, messaging on Social Networking sites such as Twitter, Facebook, or LinkedIn is definitely not secure.

Through most e-mail service providers, e-mail is not encrypted and so is not secure. When clients send or receive e-mails, they may expect that it is a confidential communication. So, if you use e-mail, it is important to have a clear informed consent policy that explains the risks and limitations. The disclaimer can also be a footnote on each e-mail. It is recommended that psychologists educate their clients about what information is appropriate to discuss via e-mail. Generally, when ePHI is involved, the consensus seems to be to use non-encrypted e-mails exclusively for scheduling appointments and perhaps brief follow up messages.

If you want to use e-mail and wish to avoid the risks altogether, you might want to look into [ciphersend](#) or [hushmail](#). Both use encryption. Basically, the way both work is that you sign up and set up an account with them and, voila, you have a new e-mail address.

For, Ciphersend, the cost is either \$40 or \$80 per year (depending on the level of service.) Hushmail has a free service but also has upgrades that allow you to do more, such as use e-mail servers like Outlook, Windows live mail and Thunderbird. When a client or patient sends you a file, it is sent via a secure connection to a secure server. An email - along with any message from the sender - is forwarded to your secure email address. If the recipients are not members of CipherSend, I believe that you need to supply them with a password that they will need in order to open the file. An alternative is to have clients and colleagues sign up with CipherSend in order to more easily use e-mail to share protected information.

Be cautious about interacting via e-mail with people who find you through such websites as Psychology Today. Initial contact with clients via e-mail can trigger legal and ethical responsibilities if, for example, the perception of a therapist-client relationship arises. An example of the latter might simply be that the client sends you a great deal of information about themselves. The safest response would be to cite your policy about the use of e-mails in your practice and provide telephone contact information for further communication.

Dr. Keely Kolmes publishes a very comprehensive Informed Consent form that she uses regarding Social Media. It is available free for downloading at <http://www.drkkolmes.com/docs/socmed.pdf> On the subject of telepsychology, I found quite a few secure websites that connect potential clients and therapists. Using these services, the client can self-refer to one of the therapists who have joined the service.

If you wish to video conference with your own client, however, the secure options are slim. Based on my research, Skype and IChat don't appear to be secure. In fact, FaceTime, which is only usable on newer Macs, I-Pads and I-Phones, was the single application that appears fairly secure. You can apparently use it not only for video chatting but e-mail as well.



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For cloud storage, there are a quite a few secure services. Some sources say that, to be HIPAA compliant, a cloud storage company must have such things as anti-virus protection, backup and disaster recovery, redundant firewalls, documented policies and encryption. This is not an exhaustive list.

Keep in mind that HIPAA is, at times, quite vague about electronic security and that they are vague because what is considered secure right now won't be in a year. So, for now, what we have to do is try and stay fairly well informed. What we also need to do is to take "reasonable measures" to ensure that confidential data won't be accessed by anyone who shouldn't have access to it. We all need to decide whether we store our client files in a safe deposit box at a bank or whether a locked file cabinet in the garage is enough?

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2012 Summer Newsletter



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, 2012 -Summer edition
- October 15, 2012 -Fall edition
- January 15, 2013 -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

Advertisement

Office Space

Newly designed office in downtown Orinda with private deck, double insulated walls, wheelchair access, elevator, underground parking. Large waiting room can also be used as a group room seating 12. Office (16 x 12) has it's own kitchen, private client notification system and other office amenities. \$900 /month; \$190/day or \$100/half day. If interested call Ken Breslin @ 925-285-0399.



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Calendar of Events



Mark Your Calendars!

Annual CCPA Barbeque

Date: September 9, 2012
Time: 4:00 – 7:00pm
Place: Watch for details on the Listserv

Workshop – Prodromal Signs of Schizophrenia

Date: October 10, 2012
Time: 6:00 - 6:45pm Social Hour
6:45 – 8:45pm Presentation
Place: Lafayette Park Hotel
Presenter: Dr. Dale Watson
RSVP to: Dr. Allissa 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.)

CCPA Annual Business Meeting

Date: January 2013
Details: TBA

Professional Networking Group

Date: 3rd Friday of every month (see listserve 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: 5:00 – 6:00 or 6:30pm
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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