



CCPA NEWS

The Contra Costa Psychological Association Newsletter

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President's Message

By Marc Komori-Stager, Psy.D.

I am writing this just before our annual meeting, but you won't be reading it until afterwards. I will save you from the torturous "Future Semiconditionally Modified Subinverted Plagal Past Subjunctive Intentional" verb tense and instead tell you, one, that a good time was had by all, and, two, tell you to consult Dr. Dan Streetmentioner's excellent

[Time Traveler's Handbook of 1001 Tense Formations](#)

(No APA-Style-Guide-formatted reference here, just click the link).

We have several events occurring in the Simple Future, a verb tense which means you can still attend without the aid of time travel. Dr. Feinberg, our LAN representative, says we have one opening for the Leadership and Advocacy Conference Sunday, March 15 through Monday, March 16. Please talk with him and read his article in this issue to see if you might like to go.

Dr. Alexis Smith-Baumann hosts our monthly Early Career group. The next two dates for the Practice Building Group are Fridays, 2/21 and 3/27. The meetings are from 1:00 to 2:30 pm at her office. This group has been the biggest draw for new members, so please spread the word.

We also have our First Friday event at the bar at Scott's Seafood Restaurant. This is a casual way to meet with other psychologists.

We would like to fill our Diversity Chair board position. As you can guess, CCPA needs all the help it can get with diversity. This means you can have lots of freedom on how you go about doing this position. Please talk with any board member or Dr. Hengameh Maroufi, the immediate past chair, about the possibilities serving as our Diversity Chair offers.

We are lining up several speakers for our quarterly meetings. If you have a CEU topic you feel strongly about, please let Dr. Scanlin, our Program Chair, know.

Sincerely,

Dr. Marc, your humble CCPA President.



CCPA EVENTS

- *Upcoming CE Event*
April 16th from 6-9pm.

Details to come

- *First Friday at*
Scott's

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CCPA Programs

CCPA Programs -The Year in Review



Hey, hey CCPA - Happy New Year, Happy New Decade! Welcome 2020! The Program report for this newsletter will look back at all the programs CCPA has sponsored during the past year, but [scroll to the end to see upcoming events!](#)

(USUALLY) From about 5:30 to 8pm, during almost every “first Friday”, each month, CCPA meets, on or near, the patio at Scott’s in Walnut Creek. (*Look for the white paperweight with stars and a white rose*) CCPA pays for appetizers, and each person pays for their own alcoholic drink/s! Our only scheduling change is for the few exceptions that may happen on special occasions (See our Holiday Party below).

CCPA hosts several CE events each year. During the early part of the year, CCPA planned a longer CE, attached to our annual meeting and luncheon. Our event on February 23, 2019, with Dr. Thomas Joiner, was a day long, 6 CE program entitled “The Interpersonal Theory of Suicide: New Developments, Ethical Considerations and Clinical Implications”. It addressed the topic of suicide and met the CA BOP update for suicidality training; a special licensing requirement that became effective as of January 2020. It also provided ethics CEs and was a very well attended event held at JFK. It was co-sponsored by the Contra Costa Crisis Center and we were able to donate over \$800 to them as a result.

At our CE dinner meeting on May 30, Deer Hill Vineyard hosted Dr. Candia Smith who presented a workshop on “Alternative Treatments for Psychological Conditions”. Examples of a variety of non-traditional treatment options were covered, including her specialty of neurofeedback. We learned about a lot of interesting alternative treatment options and enjoyed catering from Buckhorn Grill.

Our next event was our Summer Party held on Sunday September 8, which took the place of our September First Friday. This annual end of summer event is always fun, the weather cooperated, and the gathering was a great opportunity for CCPA members to chat and enjoy a tasty BBQ meal catered by Bonehead’s BBQ.

On October 3 CCPA hosted a dinner meeting and workshop at the Lafayette Library and Learning Center. This program was “Introducing the Internal Family Systems Model (IFS): An Individual Treatment Modality”, and the food was catered by Havana. During this presentation, Dr. Nancy Morgan gave us an overview of IFS and how the model looks at various parts of the individual and the interaction patterns of those parts as a way to heal psychological distress.

The final event of 2019 was our annual Holiday Party, held on the First Friday in December. Hosted by CCPA and the Oasis Center in Walnut Creek, this fun event was catered by Wilma Lott and provided a relaxing evening of casual conversation, an opportunity to connect with colleagues and an enjoyable and tasty kick off for the holiday season.

Our first CE event of 2020 was on Friday, February 7 was on **The Neuroscience of Implicit Bias: A Guide to Ethical Decision Making** by Dr. Alexis Abernethy from the Fuller Theological Seminary in southern CA where she is Associate Provost for Faculty Inclusion and Equity from their Graduate School of Psychology.

Hope to see you all in future 2020 events.





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Lobby Day 2020

LAN Representative

Jonathan Feinberg

The annual California Psychological Association's annual Leadership and Advocacy Conference and Lobby Day are scheduled for Sunday, March 15th and Monday, March 16th. This opportunity is available for all CPA members, and is a fantastic opportunity to meet Contra Costa's state representatives and advocate for upcoming legislation that impacts psychologists and other mental health providers in California. Additionally, this is an opportunity to meet psychologists from around the state. As the CCPA LAN Representative, I will also be attending the conference.

The first day of the conference provides information about how to communicate effectively with legislators, as well as how CPA has been giving a voice to psychologists at the state government level. The second day is lobby-day itself, and psychologists from around the state attend meetings with state legislators to provide information about CPA and to provide support or opposition to upcoming legislation.

You can register for one or both days of the conference. For more information about the Leadership and Advocacy Conference and Lobby Day registration, please visit-

<https://www.cpapsych.org/page/LobbyDay>

If you have any questions, please email me at dr.jonathan.feinberg@gmail.com.





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Practice Building Group

If you are interested in talking about a variety of issues related to owning a private practice, building a private practice, or being a psychologist in private practice you can always join us once a month to dialogue about these issues. The next 2 meeting dates are 2/21/20 and 3/27/20.

We have discussed a variety of issues involving finances, taxes, setting boundaries, taking vacations, self-care, sharing resources, and many more. As much as we discuss the details of building and running a private practice, we offer one another a space to support one another and normalize each other's experiences in private practice.

Many thanks to Alexis Smith-Baumann, Psy. D for organizing and spear-heading this group!



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