

2017 Winter Newsletter

The President's Message

By Alissa Scanlin, Psy.D.



IN THIS ISSUE

| | |
|--|------------------|
| <i><u>The President's Message</u></i> | <i><u>1</u></i> |
| <i><u>Member's Corner</u></i> | <i><u>3</u></i> |
| <i><u>Enough About You, What About Me?</u></i> | <i><u>4</u></i> |
| <i><u>Letter from the Editor</u></i> | <i><u>7</u></i> |
| <i><u>Changes to the Psychology Licensing Laws in 2017 from the California Psychological Association</u></i> | <i><u>8</u></i> |
| <i><u>Calendar of Events</u></i> | <i><u>9</u></i> |
| <i><u>List of Groups</u></i> | <i><u>10</u></i> |
| <i><u>2017 Board of Directors & Committee Chairs</u></i> | <i><u>12</u></i> |

Happy New Year CCPA!

I enjoyed celebrating with many of you at the Holiday Party in December! This is my last newsletter as president, and I have enjoyed my role and learned a lot during the past two years. I look forward to my continued involvement as past president, and since my offer of being program chair for the coming year was approved, I will still be quite active in CCPA. As you read this, I hope you will renew your membership, come to our January 27 annual meeting/3CE event (more info below) AND **consider becoming more involved in our local group. Our board has room for you!** We are losing several board members. Dr. Howard Friedman, our past president and program chair, who has been involved with CCPA in many capacities for decades, is stepping down from the board (but we know where and how to find you, Howard ☺!). Unfortunately, our most recent board member, Dr. Charlotte Ferrin, our CARE (Colleague Awareness and Resources Education) chair, has had to relocate. She will be missed, and her position is currently open. Our wonderful newsletter editor, Dr. Sarah Wood is also stepping down after working in that capacity since Spring of 2009. Dr. Wood sent out an announcement to the membership about her decision, and I am hopeful that we will have a replacement soon! Most board positions are not particularly demanding, and they provide an opportunity for input into the activities of our local association. Involvement can be minimal, or not, depending on each individual's wishes.

2017 Winter Newsletter

Our monthly board meetings are held on the second Tuesday of the month at the Oasis Center in Walnut Creek, 1844 San Miguel Dr. Ste 311, Walnut Creek, CA 94596, from 11:30 to 12:50, (except during July and August) and board members should try to attend the majority of those meetings. Our next board meeting will be Tuesday February 14th. Please thoughtfully consider joining us to find out more! On another positive note, I would like to take this opportunity to welcome our newest board member, Dr. Alexis Smith-Bauman. She will be chair for Early Career Psychologists & Community Outreach, and we are happy to have her energy and enthusiasm on the board.

Our membership renewal period is drawing to a close. Our dedicated membership chair, Dr. Marc Kamori-Stager sent out a reminder to renew on Dec 12 (here's the link [Renew Now](#) –membership will increase to \$120 after Jan 31, 2017).

At \$100 our membership is a good deal:

- *CCPA provides you with legislative updates so you can keep abreast of the changes that affect your work

- *Our quarterly meetings provide an opportunity to hear experts share ideas and receive CE units in a collegial setting

- *Our newsletter and list serve allow members to stay up-to-date with our professional community; to find out about the association's events and provides a forum to ask for advice, share information or even find an office.

Joining CCPA makes it possible to network with other psychologists who practice in Contra Costa County. You will have a presence on CCPA's website, making it easier for the public and your colleagues to find you, and allowing you to update any demographic information that may change. For a one-time fee of \$50, you can join the CCPA *Find a Psychologist* list and be included in a searchable database that Contra Costa County residents may access to avail themselves of

your clinical expertise; in addition you and your colleagues can use to find appropriate referrals for your clients. Please contact myself or Dr. Marc Kamori-Stager at Dr.Marc@eastbayfamilytherapy.com for membership questions. **New member Enrollment:** <https://www.123signup.com/enroll?Org=cocopsych>

Please plan to attend the CCPA Annual Meeting - **Friday, January 27, 2017, at the Lafayette Veteran's Hall from 12-4**, (lunch, 12-1 is included) and our 3 CE presentation What's Your Gender? Gender Affirmative Model for Working with Youth. (**Event Registration:** <https://www.123signup.com/calendar?Org=cocopsych>) This presentation on issues of gender diversity promises to be an important and enlightening event. Early bird registration ends 1/23/2017 Please contact me at drscanlin@gmail.com if you need help registering. You can pay at the door for membership and the event, but please register so we have sufficient seating and food. Also at that meeting, Dr. Hengameh Maroufi will officially move into the president's role. I am excited to have her leadership at the helm of CCPA!

CCPA is committed to being responsive to our members and a valuable asset to your professional development. Currently, 123Signup is our main database for membership, but we are looking forward to some important changes in the near future. Stay tuned and let us know how we can best serve you. Finally, please plan ahead for the February First Friday event at Scott's in Walnut Creek on February 3rd from 5:30 – 7:30. I look forward to seeing you soon! ♦



2017 Winter Newsletter

Members' Corner

CCPA would like to welcome our new member
Alexis Smith-Baumann, Psy.D.

Alexis Smith-Baumann, Psy.D.

CCPA would like to welcome new member, Alexis Smith-Baumann, Psy.D.. Dr. Smith-Bauman is also the newest member of the CCPA Board. She will be taking over the Early Career Programming and Community Outreach chair.

Dr. Smith-Bauman introduces herself:

"I am pleased to join the CCPA Board as Early Career Programming and Community Outreach Chair. I am currently in private practice in Walnut Creek, where I provide psychological assessments and treatment of pediatric and adult populations. I answer questions related to cognitive functioning with neuropsychological, forensic, and psycho-educational assessment. I also treat mood, anxiety and adjustment disorders using cognitive behavioral therapy. I earned a doctorate in clinical psychology from the Wright Institute in 2014 and have been licensed since early 2016. My studies emphasized evidence-based treatment of mental illness and psychological assessment. I completed my pre-doctoral internship at Anka Behavioral Health, which is accredited through the Association of Psychology Postdoctoral and Internship Centers. There, I focused on the treatment of adolescents and their families, as well as formerly homeless adults with substance use disorders and serious, persistent mental illness. My postdoctoral training was completed at the Wright Institute Assessment Service, where I provided low-fee neuropsychological assessment to adults and children and trained graduate students learning to do assessments. I am looking forward to meeting new and established clinicians and exchanging knowledge about practice building. I hope many of you will join me in reaching out to the community and being of service as psychologists."



Alexis Smith-Baumann, Psy.D.

Alexis Smith-Baumann, Psy.D.
1855 San Miguel Drive, Suite 23
Walnut Creek, CA
www.bay-assessment.com ♦

2017 Winter Newsletter

Enough About You, What About Me? Ethics and Self Care

By Susan O'Grady, Ph.D.
Chair, Ethics and Professional Relations

Most of us came to this profession because we get deep satisfaction from helping people. But who helps the helpers?

What about us, anyway? We sit for hour after hour, year after year, listening to our patients' troubles. We help them make sense of what brings them to our office. We help them deepen their understanding of themselves, working with them to bring meaning and healing. But as psychologists, our training is not very conducive to our taking care of ourselves. The doctorate alone requires years of study, often at great expense, to say nothing of the 3,000 hours of unpaid or poorly pay internships, post-docs, and fellowships. It doesn't end there; paying back debt and building a practice all take a toll on our self-care.

And of course, while dealing with these stresses, we must be effective and ethical therapists, even when clients may be testing our limits, perplexing us, or causing us worry.

A therapist's most valuable tool is the therapist's own self. We need to model a healthy self to our patients, and this is where self-care comes in. In fact, self-care is an ethical obligation to maintain our competence as psychologists. Caring for ourselves as well as others is an inherently integrated and reciprocal process. When we "more readily realize the false demarcations between ourselves and our clients, self-care becomes both an ethical imperative, and a humanistic one."

So as a therapist, don't forget to ask "What about me?" Issues that can challenge self-care include:

- Balancing our own and clients' needs
- Countertransference reactions such as envy or erotic feelings
- Confidentiality

For example, let's take envy, a problem that can loom large in this time of widening income inequality or for any therapist working with wealthier patients. No one likes to admit to these feelings, but denial is never a good strategy.

And this can especially be a problem if we feel stalled in our own lives. We're in the trenches; meanwhile, we're helping others live fuller lives. They write books, get fit, flourish. Good for them—but here we sit, with unfinished books, unexercised bodies, unexplored possibilities.

2017 Winter Newsletter

Here's an example from practice. I had a patient with a lucrative professional job who came to me for anxiety. His wife was leading my dream life, one of my unlived lives: owning, showing, and riding horses. I thought "Damn, she is lucky." I felt impatient with his problems and had to stop myself from telling him his wife should get a job. Because we have lots of training in recognizing when our reactions are countertransference, I was able to see my envy at the moment so as not to let it interfere with my client's process.

Or again, I authorized a patient's disability leave. He got four months of paid time off, lost 20 pounds, got a personal trainer, went on a luxurious retreat, and returned looking 15 years younger. Good for him again, but I was seeing 30 patients a week and couldn't help contrasting my responsibilities with his fortune. For those of us in private practice, taking time off is tricky. We lose income, and our clients may have a hard time without the continuity of their therapy.

When our patients improve and surpass us, how do we deal with that? That's our goal, after all, to help them attain full lives and be the best selves they can. It's not their fault we haven't achieved the same goals. We must move forward in our own lives if we're going to maintain ethical principles and standards.

Another challenge can be secrecy. Keeping patients' secrets is an ethical imperative, but not always easy. A very famous person came to me for something highly scandalous, something I was dying to tell—but even married to a psychologist, I could only mention broad strokes, no name, no identifying information, and certainly no juicy details. It'd be a great story to tell at parties, but I have to keep all such secrets locked in a vault. It's a peculiar situation to know more about the inner world of a very famous person than anyone else and not be able to tell a soul, but as an ethical psychologist, I can't.

Heal Thyself, Know Thyself

The arduous, never-ending self-scrutiny and inner work required by our profession is like no other. Gaining deep intimacy with our clients requires us to be just as deeply familiar with our own feelings. As therapists, we're already familiar with the value of therapeutic lifestyle changes in areas like exercise, nutrition, rest and relaxation, maintaining good relationships, and service to others. We recommend these to our clients, so we should also practice them ourselves, along with helpful interventions like apps to help monitor diet, movement, and sleep. To that list, we should add personal therapy, consultation, and development for ourselves, not just clients.

This is because our work depends on the personal/professional therapeutic bond. In turn, this largely reflects and depends on the therapist's interpersonal skills and capacities, which must be developed in the therapist's personal growth. The link between ethics and self-care is professional competence, which is necessary to protect our patients. Clients' experiences of the therapeutic relationship—the respective interpersonal capacities of the client and therapist—are among the strongest predictors of outcome in psychotherapy. Those of us who are reluctant to practice self-care techniques should remember that we are decreasing our competence as therapists.

2017 Winter Newsletter

More information on these principles can be found in the American Psychological Association's "Ethical Principles of Psychologists and Code of Conduct."

Taking care of ourselves

When we say we're not taking care of ourselves, what does that mean? Examples include overbooking or double-booking clients and working late; taking no breaks; being distracted, impatient, or bored; giving clients the same exercise as last week; talking about your problems instead of the client's; or falling asleep. As you can see, these actions affect clients as well as ourselves. If we're not getting our needs met, we may look to our clients to meet them, a violation of their boundaries.

Occupational hazards

In our jobs, occupational hazards include isolation, demands on body and psyche, frustration, and never-ending self-scrutiny. Burnout, compassion fatigue, secondary traumatic stress, suicidal patients or our own suicidal feelings, depression, anxiety, boredom, conflicts with co-workers, practice logistics, insurance company hassle, money problems, personal losses—these can all add to professional stress. To cope, we need inner strength, self-soothing skills, and awareness of our own strengths and vulnerabilities.

Even when we're well aware of the damages we've suffered, we can fall into the mistake of projecting all such woundedness onto patients, and claiming the role of healer—and healed—for ourselves. Self-knowledge helps prevent this trap. It's also important to seek peer support through professional groups and other networks, social support from friends, and develop coping methods like cultivating humor and a positive attitude.

Occupational Privileges

As psychologists, we live a life of service. We are always growing and our work protects us from stagnation. As Irvin Yalom states in his book *The Gift of Therapy*, we daily transcend our personal wishes and turn our gaze toward the needs and growth of the other. We take pleasure in the growth of our patients and also in the ripple effect--the salutary influence our patients have upon those whom they touch in life.

Viewed the right way, the very stresses of our job help prevent stagnation. Continual growth and self-examination help us to see the world, ourselves, and our patients for what they are, making us better able to help—which is what brought us into this field in the first place.

The result of my exploration on this topic is that I am taking a sabbatical during the month of January. I plan to write, read, and spend more time deepening my self-care.

References

In pursuit of wellness: The self-care imperative. Barnett, J. E., Baker, E. K., Elman, N. S., & Schoener, G. R. (2007). *Professional Psychology: Research and Practice*, 38(6), 603–612. <http://doi.org/10.1037/0735-7028.38.6.603>

2017 Winter Newsletter

What Therapists Don't Talk About and Why: Understanding taboos that hurt us and our clients. Kenneth S. Pope, PhD, Janet L. Sonne, PhD, and Beverly Greene, PhD Second Edition, APA Books, second edition, 2006.

Ethics, self-care and well-being for psychologists: Reenvisioning the stress-distress continuum. Wise, E. H., Hersh, M. A., & Gibson, C. M. (2012). Professional Psychology: Research and Practice, 43(5), 487–494. <http://doi.org/10.1037/a0029446>

The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients by Irvin D. Yalom
Ethical principles of psychologists and code of conduct. The American Psychologist, 57(12), 1060–1073. <http://doi.org/10.1037/0003-066X.57.12.1060> ♦

Letter from the Editor

The CCPA Newsletter is a forum for sharing information.

We invite submission about:

- 1) Groups that you offer
- 2) Reviews of workshops you have attended or book that you have found useful
- 3) A variety of topics relevant to the community.

Occasionally, we 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 us. 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 we must have your submission. Thank you in advance!

| | |
|------------------|----------------|
| April 15, 2017 | Spring edition |
| July 15, 2017 | Summer edition |
| October 15, 2017 | Fall 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 listserve for CCPA members.

2017 Winter Newsletter

Changes to the Psychology Licensing Laws in 2017 From the California Psychological Association

By Elizabeth Winkelman, J.D., Ph.D.
Director of Professional Affairs

Hello CPA Members:

A new law (SB 1193 Healing arts) extending the authority of the Board of Psychology to January 1, 2021 and making several substantive changes to current requirements went into effect on January 1, 2017. This law, which CPA supported, includes changes relating to psychological assistants, educational institutions, continuing education and retirement. The full text of the law is available at

https://leginfo.ca.gov/faces/billTextClient.xhtml?bill_id=201520160SB1193.

Key Features

Psychological Assistants will now have only one registration number with the Board of Psychology.

This registration number will be used in all settings in which the psychological assistant works. New applicants and renewing psychological assistants will submit their own applications/renewals directly to the Board. There is no longer a restriction on the types of settings that can employ psychological assistants.

Educational Institutions will need to be regionally accredited in order to provide qualifying degrees towards licensure as a psychologist. This requirement will be phased in gradually. Applications for licensure submitted on January 1, 2020 or later will require evidence of an earned doctorate from a regionally accredited institution, unless otherwise exempted. For details on requirements during the phase-in period, please see the Legislative Advisory at http://www.psychology.ca.gov/laws_regs/sb1193.shtml.

Continuing Professional Development will be required for licensure renewals. The language of Bus. & Prof. Code §2915 has been changed to require 36 hours of “continuing professional development” instead of 36 hours of “continuing education” every two years. Continuing professional development is defined as certain continuing education learning activities approved in four categories: professional, academic, sponsored CE coursework and Board certification from the American Board of Professional Psychology. *Please note: This change is merely a change in the terminology. Substantive changes will not become effective until the Board adopts regulations that further define the new professional development requirements. CPA will keep you posted!*

Retiring psychologists will be eligible for a retired license category, which will allow them to use the title “psychologist, retired” or “retired psychologist.” CPA supported this change to offer an option to having a license listed as “delinquent” when it was not renewed or placed on inactive status following retirement. *Please note: Retired licenses will not be available until the Board adopts regulations that further define the requirements and procedures for obtaining and for re-activating a retired licensee.*

2016 Fall Newsletter

Useful Resources

- **Legislative Advisories** with additional details about these new laws and their implementation are available from the Board of Psychology at http://www.psychology.ca.gov/laws_regs/sb1193.shtml.
- **A Summary of Changes Related to Psychological Assistants**, including "Action Required" for psychological assistants and their supervisors is available from the Board of Psychology at http://www.psychology.ca.gov/laws_regs/sb1193_summarypa.shtml.

If you have any questions and are a CPA member, please contact me at ewinkelman@cpapsych.org.

Best regards,
Elizabeth

Elizabeth Winkelman, JD, PhD
Director of Professional Affairs | California Psychological Association
1231 I St, Suite 204 | Sacramento, CA 95814
ewinkelman@cpapsych.org | (p) 916-662-3792 | (f) 916-286-7971
www.cpapsych.org | [facebook.com/cpapsych](https://www.facebook.com/cpapsych)

CCPA Calendar of Events

Mark Your Calendars!

CCPA First Friday

Date: February 3rd March 3rd April 7th
Time: 5:30 – 6:30ish pm
Location: Scott's in Walnut Creek, The outdoor bar area
1333 N. California Blvd.
Appetizers will be purchased by CCPA

Annual CCPA Meeting

Topic: Gender Affirmative Model for Working with Youth

Date: January 27th
Time: 12:00 – 1:00 pm Annual Business Meeting and Lunch
1:00 – 4:00 pm Presentation
Presenter: Diane Ehrensaft, Ph.D.
Location: Lafayette Veterans Memorial Center
3780 Mt. Diablo Blvd.
Lafayette, CA 94549

RSVP to: Dr. Howard Friedman, 925-933-5594 [hjfhpd@jps.net](mailto:hjfphd@jps.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.)

2016 Fall Newsletter

List of Groups Currently Available

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: 6-7:30pm
Group Leader: Bruce H. Feingold, Ph.D.
Contact Number: 925-945-1315

Mindfulness-based Cognitive Therapy

Meeting Day: Group meets for 8 weeks
Meeting Time: 5-7:00pm
Group Leader: Susan O'Grady, Ph.D.
Contact Number: 925-938-6786
Email: susanogradyphd@gmail.com
Website: www.ogradywellbeing.com

Dialectical Behavior Therapy Group (ages 19+)

Meeting Day: Wednesday's
Meeting Time: 9:30-11:00am
Group Leaders: Elizabeth Rauch Leftik, Psy.D.
Sarah E. Wood, Ph.D.
Contact Numbers: Dr. Rauch 925-314-6354
Dr. Wood 925-680-1844
Website: mtdiablopsychologicalservices.com

List of Groups Currently Available

Dialectical Behavior Therapy Group (ages 19+)

Meeting Day: Wednesday's
Meeting Time: 5:30-7:00pm
Group Leaders: Elizabeth Rauch Leftik, Psy.D.
Sarah E. Wood, Ph.D.
Contact Numbers: Dr. Rauch 925-314-6354
Dr. Wood 925-680-1844
Website: mtdiablopsychologicalservices.com

Interpersonal Psychotherapy Group: Co-ed

Meeting Day: Wednesday's
Meeting Time: 5:00-6:30pm
Group 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 - 2:00pm
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com

Grief Integration Therapy

Meeting Day: Tuesday's
Meeting Time: 5:10-6:10
Group Leader: Nurit Mussen, Ph.D.
Contact Number: 510-912-2740
Email: n.mussen@gmail.com

2016 Fall Newsletter

List of Groups Currently Available

Psychotherapy Group for Psychotherapists

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

Psychotherapy Group for Pre-Licensed and Early Career Therapists

Meeting Day: Thursday's
Meeting Time: 9:00 - 10:30 am
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com
Website: www.PsychotherapyTools.com

Mother's Group

With emphasis on parenting, relationships and
balancing work and family life

Meeting Day: Alternate Thursday's
Meeting Location: Walnut Creek
Meeting Time: 12:10-1:40pm
Group Leader: Fran Krieger-Lowitz, Ph.D.
Contact Number: 510-841-2007

List of Groups Currently Available

Women's Group

For women in their 20's and 30's with emphasis
on mental health challenges, intimacy,
professional identity and moving forward in their
lives.

Meeting Day: Alternate Tuesday's in Meeting
Location: Rockridge, Oakland
Meeting Time: 5:40-7:15pm
Group Leader: Fran Krieger-Lowitz, Ph.D.
Contact Number: 510-841-2007

DBT 102 Skills Group

For adults who have already completed a full
course of DBT skills

Meeting Day: Monday's
Meeting Time: 6:30-8:00pm
Group Leader: Patricia Zurita Ona, PsyD
Contact Number: 925-956-4636
Email: ebbehaviortherapycenter@gmail.com
Website: www.eastbaybehaviortherapycenter.com

Relationships 101

Group for teens who have already gone through a
DBT curriculum

Meeting Day: Wednesday's
Meeting Time: 4:30-6:00pm
Group Leader: Patricia Zurita Ona, PsyD
Contact Number: 925-956-4636
Email: ebbehaviortherapycenter@gmail.com
Website: www.eastbaybehaviortherapycenter.com

2016 Fall Newsletter

2017 Board of Directors & Committee Chairs

| | |
|---|---|
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