

2017 Spring Newsletter

The President's Message

By Hengameh Maroufi, Ph.D.



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Dear Colleagues,

Happy Spring! It is my great pleasure to write to you all for the first time in our newsletter. First of all, I would like to thank Dr. Alissa Scanlin for her leadership during the past two years. I would also like to thank our wonderful board for the great work they do. I am very fortunate to be part of such a great team of professionals. It has been an exciting start to the year with the Leadership and Advocacy Day in Sacramento as well as The CPA Annual Convention in San Francisco. Both of those events have left me very energized. There are so many exciting things going on in our field. There is also so much that is troubling in terms of legislation. At the Leadership and Advocacy Day, I was very inspired by the work that California Psychological Association is doing on behalf of our profession in Sacramento. However, they remain limited by funds and lack of members. This is where we all can play a role by remaining involved. If you are not a member of CPA, please consider doing so. They work hard on our behalf. I hope you have had a chance to read Dr. Ellin Sadur's updates from the Capitol. Dr. Sadur and I will both continue to keep our membership informed about all that is happening in the legislature and what we all can do to advocate for our profession. If you have ever doubted if your letter or phone call to a legislator's office matters I am here to tell you it really does. Every legislator we met with in Sacramento urged us to contact their office more. Each letter or phone call is logged and represents your voice. The elected officials need to be able to quote the number of people who have contacted them.

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The CPA convention was a great opportunity to attend some great workshops and connect with colleagues. It was wonderful to see some of you there. I would like to acknowledge our own Dr. Bruce Feingold who gave a wonderful presentation at the CPA Convention this year on "The Effect of Gender on Male Depression and Suicide". I was also on a panel as part of the Division VII Diversity Town Hall which was an absolute privilege. I will be sharing more about that experience later in the newsletter. The most moving presentation for me was one where three amazing panelists each spoke about their way of becoming engaged in their community and creating change. Many presenters highlighted the challenging times we are in in terms of the future of healthcare and social justice issues.

Much like CPA, our challenge remains the recruitment of new members. It is truly an honor to be part of such a wonderful association. We have a core group of committed, active and loyal members we can count on. However, our goal remains to reach out to more professionals. I welcome any ideas you may have for how we may increase our membership. I ask each of you to talk to colleagues about our association. Recently, we have heard about a couple of incidents where a psychologist did not know we even exist! On that note, one of my goals is to make us more visible to other professionals and to community members. I believe we have a duty to be more involved in our community. One project we are working on is to organize a showing of the documentary of the movie "Screenagers" at a middle school. CCPA would be donating the fees associated with the viewing and offer a panel discussion on the effects of electronics and technology on the lives of teenagers. We will keep you updated as to when

and where will be scheduling that. I am really looking forward to our association making that happen. One of our other goals is to establish a relationship with our colleagues and students at JFK University which will be a great way of engaging some of the new generation of psychologists.

On another, I hope many of you were able to attend our CE dinner meeting "California's End of Life Options Act – A Primer for Psychologists" on April 27th. It was a great opportunity to learn more about this topic.

Finally, I would like to take a moment to remind our members that we have some board positions that are vacant. We would welcome any of you who are interested in becoming more involved. None of the positions are too time consuming and I hope you would be joining a board that works very well together. Please contact me for more details about the positions and time commitment. The monthly meeting takes place on the second Tuesday of every month in Walnut Creek from 11:30-1 at the office of Dr. Pojman.

I look forward to seeing you all soon at our events such as the dinner meeting on 4/27 or First Friday on 5/5. Please remember I always welcome any ideas you may have on how to make our already great organization even better!

Regards,
Hengameh ♦

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Report from CPA Leadership and Advocacy Conference 2017

May 13-14, 2017 | Sacramento, California

By Ellen Sadur, Psy.D., LAN Representative, CCPA

Dr. Hengemeh Maroufi, President of Contra Costa Psychological Association, and myself, Local Advocacy Network (LAN) Representative, attended this two day conference in Sacramento, California, along with our counterparts from many other Psychology Chapters in our state. We spent two days discussing a variety of issues pertinent to our profession as Psychologists and sharing ideas with each other to help our growth on both the county and state levels. It was a wonderful opportunity to network, exchange ideas, and renew enthusiasm for contributing to the efforts to further our profession on a number of levels.

The first day was spent reviewing updates about the Executive Board of CPA, prescriptive authority for psychologists, and the role of CPA-PAC in Advocacy. Dr. Jo Linder-Crow, CPA CEO, discussed the state of CPA that is "hurting" from the decline of membership. An important issue is the aging population of psychologists who move to a lowered dues category of "inactive" and less new, full paying members joining. Currently there is approximately 19,000 licensed psychologists in our state and less than 25 % are members of CPA. Additionally, most of the county chapters reported a decline in their membership as well. Consequently, the staff at CPA has been reduced from 12 to 8, many of them performing 2 positions.

Dr. Andris Skuja, Division V Chair (Clinical Psychopharmacology) updated us on the state of prescriptive authority for psychologists. CPA has been a leader in this area and for the past 20 years has attempted various legislation to enable us to have prescriptive authority. Unfortunately, these bills have yet to be passed, primarily because of prejudice on the part of sitting legislators. Division V is working on increasing contribution to the CPA-PAC so they can hire contract lobbying firms and media strategy advisors. The climate of the legislators is changing to be more positive about this issue and we need to build relationships with them before reintroducing a new bill. Several other states are now seeking prescriptive authority as well (New Mexico, Louisiana, Illinois, and Iowa).

In closing, Dr. Skuja stated that psychologists in California have the largest scope of practice when compared to other states. Here is a review of what California BOP currently allows psychologists to do with their patients:

- 1) Discuss medications with a patient
- 2) Suggest to a physician a particular medication to be prescribed by a physician
- 3) Engage in a collegial discussion with a patient's physician regarding the appropriateness of a medication for the condition being treated

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- 4) Take primary responsibility to monitor the patient's progress which includes assisting in noting changes which may be attributable to the medication in the patient
- 5) Maintain a close consultative relationship with physician care givers in order to assure appropriate overall treatment of the patient

As you read this list, I imagine that many of you already follow these guidelines and feel they are an integral part of our treatment. We are still hoping that we move towards prescriptive authority in the near future.

The second day of the conference is "Lobby/Advocacy" day where we go to the Capital and discuss several bills with our legislators and develop relationships with these individuals and their staff. Our advocacy "team", made up of myself, Dr. Maroufi, 4 additional psychologists and 3 graduate students met with 3 legislators from Contra Costa County. We visited Senator Steve Glazer, Assembly member Timothy Grayson, and Assembly member Catharine Baker. These individuals and their staff were all receptive to our visits and interested in promoting relationships with our chapter.

Amanda Levy, CPA Lobbyist, reviewed over 2000 Bills coming up for votes and, along with the Executive Board, selected two bills to discuss with our legislators that were deemed to be integral to our profession as psychologists. The first bill we presented AB 89 (Levine D) Psychologists: suicide prevention training. We asked our legislators to OPPOSE this bill.

Here's a review of what this bill does: All applicants for licensure as a psychologist with the Board of Psychology (BOP) must complete a minimum of six hours of coursework and/or applied experience in suicide risk assessment and intervention. The requirement could be met by providing proof that this training was offered in the graduate training programs or by taking a course. This applies to license renewals as well.

There are a number of reasons we suggest this bill be Opposed. First, this bill targets ONLY psychologist, even though we have the most extensive training of any behavioral health professionals. Second, a previous similar bill that targeted ALL mental health professionals was opposed by the board of Psychology in 2015 and vetoed by the Governor when it reached his desk. At that time the BOP conducted a survey to determine the level of training in the area of suicide risk assessment and preventions in our graduate and post-doctoral programs. The results overwhelmingly showed that psychology graduate students were being taught these necessary principals of suicide prevention and assessment in both coursework and experiential learning settings, including supervised practicum and pre/post-doctoral internships. Over 95% of the training programs examined had more than sufficient training to fulfill the requirements of this bill.

This is an extremely emotional bill pushed forward by several families who had experienced the tragedy of suicide. We recognize the crisis that suicide has become in our state and nation, especially on our college campuses. (By the way, approximately 80% of college students who either have suicidal ideation or attempt suicide never consulted a mental health professional.) Therefore, we want to put our energy toward strategies

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to address preventing suicide by looking at target populations, access to primary and mental health care, and funding. This bill clearly does not address these issues in any effective manner. The Levine Bill will be heard in the Assembly Business and Professions Committee in late March. I will keep you apprised of the status.

The second bill we discussed with our legislators was SB 374 (Newman D) Health insurance: discriminatory practices: mental health. We asked that our legislators SUPPORT this bill. This bill requires individual and group health insurance policies under regulation the Department of Insurance (DCI) to comply with Federal Mental Health Parity laws. If this bill passes, ALL state regulated health insurance policies and health service plans would be subject to enforcement of the federal requirements. Current Federal law requires health insurers to comply with the Federal Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA). Current STATE law grants the Department of Managed Health Care (MHC) authority to enforce the federal provisions but the Department of Insurance does not have express statutory authority to enforce MHPAWA in all market segments (a clear gap in the law).

These consumer protections include: same co-pay amount for mental health visit as physical health visit; same annual-out-of-pocket limits, lifetime limits, non-quantitative limits like extra paperwork to justify health treatment. DMHC plans comprise 80% of the insurance market (HMO'S). The Department of Insurance regulates the other 20% of plans, or PPOs. The PPO plans are NOT Subject to state enforcement of the federal mental health parity requirements. Without strong state enforcement, all enforcement authority will be carried out by the federal government. With a changing federal landscape, we want to ensure California regulators can enforce current law. This bill is set for hearing in the Senate Health Committee on Wednesday March 29, 2017. I will keep you up to date on the status.

As always, these two days attending the CPA Leadership and Advocacy Conference in Sacramento is energizing, exciting, informative, as well as exhausting. It is a wonderful opportunity to network and collaborate ideas and efforts to promote the profession of Psychology. Our profession is always changing and growing and we need to keep our eye on how we integrate ourselves in the current social and political environment. As your LAN Representative of Contra Costa Psychological Association, I'll try to keep you informed regarding updates of important, pertinent issues.

Thank you,
Ellin Sadur, Psy.D.
LAN Representative, CCPA ♦



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Diversity Corner

By Hengameh Maroufi, Ph.D.

Earlier this month, I was honored to be part of the Division VII's Diversity Town Hall at the CPA Convention. CPA's Division VII is the Division of Diversity and Social Justice. The theme of the town hall was "Diversity of our American Soul". All three participants, Dr. Jorge Wong, Dr. Theopia Jackson and I are all Division VII board members. The aim of the town hall was for us to engage in a healing dialogue to counteract divisiveness, bigotry and racism. We wanted to create a space where the healing process could begin after an unprecedented presidential election that left out community deeply wounded and divided. We wanted to "celebrate and bear witness to the rich colorful threads that weave the strong cultural fabric we call the soul of American diversity." A great effort was made to create a forum where we could learn to have a "courageous dialogue" with those who think differently from us.

What resulted was a very powerful discussion. Each presenter spoke of their own personal and professional experience with a specific cultural group. Dr. Wong spoke of his experience with the Asian American Community, Dr. Jackson spoke of the experience of the African American community she works with and I spoke of the experience of the Middle Eastern immigrant population I work with as well as my experience with my Transgender clients.

I was blown away by how different and powerful each of our perspectives were. Each of us were clearly very passionate about social justice yet approached it from a different angle. Several audience members connected with the discussion and shared stories about their own clients. There were tears and laughter as we discussed this topic. In the end, what matters is that the discussion created a connection between those present, those ready to have the "courageous dialogues". It is my hope that we will all welcome more of these dialogues. ♦

CCPA Calendar of Events

Mark Your Calendars!

CCPA First Friday

Date: May 5th
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

RSVP to: Dr. Howard Friedman, 925-933-5594 [hjfpd@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.)

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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!

July 15, 2017	Summer edition
October 15, 2017	Fall edition
January 15, 2018	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 listserve for CCPA members.



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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

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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

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2017 Board of Directors & Committee Chairs

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