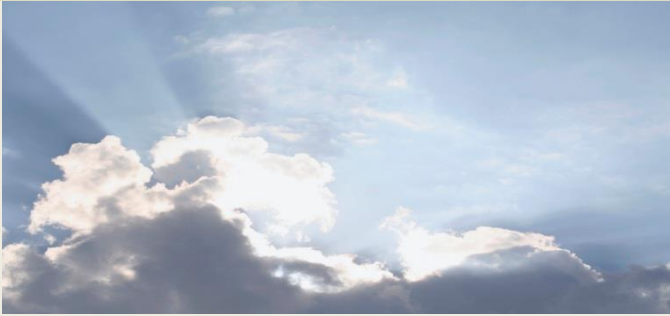


2017 Fall Newsletter

The President's Message

By Hengameh Maroufi, Ph.D.



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Dear Colleagues,

I hope you have all had a wonderful summer and are ready for all the Fall brings with all the wonderful holidays. It was great to see those of you who attended the end of summer BBQ. It really is a wonderful time to see some familiar faces as well as meet some new ones. I would like to thank Dr. and Mr. Scanlin for opening their beautiful home to us once more. I hope more of you will be able to come to our events such as our quarterly CE dinners, First Fridays at Scott's, the Holiday party and our annual training and business meeting. I know the CCCPA board and I would love to meet more of you at our events. All of these events are excellent opportunities for networking.

I am sorry to say that since our last newsletter, we have had more tragedies and turmoil such as the protests in Charlottesville, the Las Vegas shooting and the NFL player protests. These all bring to the forefront two of the issues that have divided our country; gun control and racism. It has been very difficult to see our country so divided this year and I wonder everyday how we can change that for ourselves. I know I try hard to see what people with opposing views from mine are trying to get across. I have to admit it has been a challenging task as I find myself with opinions that are too different and sometimes feel that we are all worlds apart. So the work continues. What heals some of

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that pain is going to my son's school and seeing American children of Indian, Chinese, Afghani, Iranian, Russian, Mexican, Filipino and Turkish descent playing with the Caucasian American children so beautifully. That vision is priceless. That is the America I love and that gives me hope. The bottom line is I hope you are all taking care of yourself during these stressful times. We simply have to focus on what brings us together.

On a personal note, I wanted to share with you all that I have been in the process of closing my private practice. The decision to leave private practice was a very difficult one. Initially, I did not think it was that it was worth a discussion in the newsletter but a dear colleague encouraged me to do so and share my thoughts about this major change of direction in my professional life as midcareer psychologist. One of the realities of private practice these days is working with insurance companies. Overall, this was really a difficult experience both in terms of the low reimbursement rates and the amount of time lost trying to communicate with them. It was not an empowering situation for me which led me to do some soul searching. I realized that I was always a happier and better employee than I was as a professional in private practice. I realized I truly missed being a member of a clinical team. However, in my job search, I found that hospital and clinic based facilities did not see my private practice experience as an asset. They prefer to hire someone who is coming directly from another organization who they know has been part of a

team and had a boss. They were seeking an applicant is a team player and easy to supervise. While I believe I have both of those qualities, it is not something that came across on the resume based on my last few years of work. My ego took a hit as I began to feel that I had to prove myself once again. As a first step, I decided to accept a contract with a correctional facility. It was something that was not my first choice but somehow felt right as new beginning. As it turns out it was a very good decision. I love being a member of the team at the California Health Care Facility, in the inpatient psychiatric unit, in Stockton. I began to see how isolating private practice had been. I love seeing that psychologists have a major role in the treatment of inmates. While psychiatrists are part of the team, I feel it is us psychologists who have "ownership" of their clinical cases. It is a very sad environment and given the demographics of the inmates, I see first-hand many of the social justice issues I have always been active in talking about in action. That is in itself is turning out to be a very important experience. Lastly, I don't mind acknowledging the importance of a steady income which I feel lacks for those who are not yet established in their private practice. Interestingly, many of the younger clinicians at the facility talk about leaving to start a private practice. The bottom line is one really has to think about which professional path is a better fit given an individual's personality.

I would like to take this opportunity to thank our board for their commitment to CCCPA. It would not

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be possible to keep CCCPA going without the hard work of Dr. Scanlin, Dr. Mann, Dr. Komori-Stager, Dr. O'Grady, Dr. Peterson, Dr. Pojman, Dr. Middlebrook, Dr. Sadur, Dr. Schuman and Dr. Smith- Baumann. We have several unfilled board positions. If you have a small amount of time to contribute and are interested, please contact one of us for further information. We would love to talk to you about the positions! As always, please know that I would love to hear from you regarding any

suggestions you might have for CCCPA and how it might serve its members best. In particular, if you have suggestions for events, speakers or opportunities for community engagement please contact any of us.

Regards,
Hengameh ♦

CCPA Programs

By Alissa Scanlin, Psy.D.

I hope the year is going well for you, or at least this year will soon be over, and hopefully 2018 will bring fewer disasters and traumatic events. During 2017, CCPA has sponsored several CE meetings and social events. Here is a brief recap. Members of our group continue to enjoy meeting for conversation and some tasty appetizers at our monthly First Friday gathering. We meet at Scott's in Walnut Creek from about 5:30 to 7:30 on the First Friday of the month. Our next meeting will be Friday November 3, please plan to join us. The First Friday in December, December 1st, which is just around the corner, will be our annual Holiday Party. It will once again be hosted by the Oasis Center; be on the lookout for the evite in November. **Please save the date of December 1 for our Annual Holiday Party!** On September 10, it was great to have so many of you at the Annual End of Summer BBQ. This year we had delicious BBQ courtesy of Bonehead's in Lafayette.

On the CE side, there have been some interesting presentations. At our January 27th, Annual meeting, Diane Ehrensaft, Ph.D., presented on a "Gender Affirmative Model for Working With Youth". It was an excellent and informative presentation. On April 27th, Rhoda Olkin, Ph.D. presented on the topic of the "California End of Life Options Act-A Primer for Psychologists". This event provided valuable information on recent changes to rules on this issue that are important for psychologists to know about. Finally, we will be having a dinner meeting presentation on October 19th from Virginia Picchi, Ph.D. Her topic will be "Contemporary Challenges in the Digital Age". I look forward to seeing many of you there.

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If you have ideas about a topic for our upcoming January 2018 annual meeting (planned for Jan 26th, 2018) please reach out to the board with your ideas. We are thinking about a presentation on 'Disaster First Aid'; it would provide information that would allow psychologists to be mostly prepared to volunteer in times of disaster (an online orientation would also be required to be fully prepared). Please contact the board to let us know if this topic is of interest to you or if you have other ideas. I look forward to seeing you at CCPA events in the future.

Thank you,
Alissa Scanlin, Psy.D.
Programs Chair, CCPA ♦



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!

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: ebbehaviorthrapycenter@gmail.com
Website: www.eastbaybehaviorthrapycenter.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: ebbehaviorthrapycenter@gmail.com
Website: www.eastbaybehaviorthrapycenter.com

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2017 Board of Directors & Committee Chairs

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Ethics Chair:	Susan O'Grady, Ph.D. 925-938-6786 susanogradyphd@gmail.com
Disaster Response Chair	Theresa Schuman, Ph.D. 925-283-6030 tmschumanphd@sbcglobal.net
Early Career Chair	Alexis Smith-Baumann, Psy.D. 925-324-1593 dr.asmith@hotmail.com