

Napa-Solano Psychological Association (NSPA)

P.O. Box 3743
Napa, CA 94558

www.napapsychologist.org



*Flagship Edition
December 2009*

★ **You Are Invited!**

★ **Come Celebrate!**

Napa-Solano Psychological Association



Party



Date: December 10th
Time: 12:00 noon
Place: La Strada
Address: 6240 Napa-Vallejo Hwy
American Canyon



You are invited to the ★
NSPA end-of-the year
"holiday" luncheon that
is being held in honor of
our outgoing president

★ of 2 years:

Dr. Leslie Lessenger



Lunch is off the menu.



Please RSVP

Dr. Debra Inman
bluesky@napanet.net



Executive Committee 2009

President: Leslie Lessenger, PhD

President Elect: Robin Timm, PhD

Sec/Treas: Debra Inman, PhD

Web Master: Rob Wennerberg, M.A.

CPA Representative: Markley Sutton, PhD

Disaster Response: Linda Napholz, PhD

**Join the
NSPA
Listserve
See page 4**

**Renew your
membership
See page 5**

President's Message

It has been my honor to serve as NSPA president for the past two years. NSPA welcomed me to the community 3 years ago and I have thoroughly enjoyed my association.

NSPA has accomplished many things in the past years with the help of many:

Rob Wennerberg brought us into the 21st century with a new website; Markley Sutton kept us informed of national and state issues affecting psychologists, Linda Napholz coordinated the Disaster Relief Network and spear-headed our successful Psychology of Trauma workshop; Debra Inman kept our books and hosted last year's holiday party; Robin Timm secured speakers and provided publicity; Dick Geisler and Dave Loberg provided support in many areas; newcomer Nancy Piotrowski contributed enthusiasm and great ideas. I'm sure I've forgotten someone, but you get the idea.

In the coming year, under the leadership of Dr. Robin Timm, we expect to continue to grow in membership and in technical sophistication. Our listserve is up and running (see next page) and there are plans for a consultation group to better serve our members. We are looking for ways to reach out to those who are newly licensed and to those who may be winding up a career. We would like to expand public awareness about psychology and service to the broader community. I encourage you to join in and make a difference.

*Sincerely,
Leslie Lessenger, PhD*



2010 Presidential Statement

Happy Holidays to All NSPA Members!

As we approach the year 2010, we are sadly bidding farewell to our dedicated president, Dr. Leslie Lessenger. Over the past two years, Dr. Lessenger has gently nudged the NSPA into the 21st century with our beautiful and user-friendly web site that was designed and implemented by the very talented web master, Rob Wennerberg. We have had wonderful guest speakers providing useful clinical knowledge during our evening CE events. These events went without a hitch, mostly because of Dr. Lessenger's quiet and determined nature and ability to get the task done with little or no assistance. Along with a committee deftly led by Dr. Linda Napholz, Dr. Lessenger supported and helped to implement a very successful all day CE workshop held at the Napa Valley College in September 2009. In October 2009, a forum was offered to members interested in private practice ventures and it focused on general information, resources, and support from experienced practitioners. Taken collectively, these are outstanding accomplishments, but cannot even touch upon the grace and professionalism that Dr. Lessenger radiated throughout the past two years as our president.

How does one follow Dr. Lessenger? Who is this incoming president? I am a clinical neuropsychologist by training and work at U.C. Davis Medical Center in Sacramento and Alta Bates in Berkeley where I provide assessment and therapy services to children

and adults and supervise/train doctoral students. I am also the neuropsychological consultant for Easter Seals in Sacramento and Eskaton Adult Health Care Center in Carmichael. Before becoming a psychologist, I worked in rehabilitation for many years as a certified rehabilitation counselor and vocational evaluator, and taught for the psychology department at Sonoma State University. Perhaps the most interesting part of my life is that I was born and raised in the Napa Valley, and as such, I take great pride in being asked to lead a hometown organization.

My visions for the NSPA in 2010 are several. They include a list-serve that, as I write this, has already taken shape and form, and will likely prove to be a useful networking system for our members where we can share ideas, research, and resources. I would also like to see our organization establish an annual private practice forum such as the one held in October. The newsletter will be taking on a new appearance. Dr. Markley Sutton will continue to be our incisive government affairs reporter while Dr. Lessenger will be editor of a newsletter focusing on local and CE events, member-written articles, ads, practice announcements, etc. As proposed by one of our valued members, Dr. Josh Slater, we hope to establish a professional discussion group in which participants can staff clinical cases and receive guidance from one another.

Most importantly, I hope to re-tool the infrastructure of the NSPA board to include working committees that involve more of our members and their input. Currently, we have the very knowledgeable Dr. Richard Geisler chairing the newly established "Membership Committee." I anticipate other committees including Disaster Relief, Continuing Education, and Ethics to take shape early in the year.

In addition to continuing our successful evening CE series every other month, I would like to see NSPA collaborate with other local psychological/professional groups and community agencies and provide educational lectures to the Napa-Solano community.

I realize that the vision I have of the direction that NSPA may take in 2010 cannot happen alone. NSPA is a community within a community and needs to include your voice. In the year to come, I welcome feedback and ideas. I will be contacting many of the members that we rarely see or hear from and finding ways for them to participate. I want members to consider getting more involved, attending board meetings and evening events, joining committees, giving the board input via the list-serve, and expressing their visions for this organization. Every contribution, small or large, is essential to the perpetuation and growth of the NSPA.

*Robin Timm, Ph.D.
2010 President, Napa-Solano Psychological Association*

Announcements

Looking for a 2 bedroom furnished unit near Napa available during January and February of 2010. Contact Nancy Piotrowski, PhD napiotrowski@yahoo.com.

Furnished psychotherapy office needed for sublet on Tuesday or Wednesday afternoon and evening in Napa. Furniture suitable for an adult practice. Please call Dr. Michelle Frisch, 707-927-5899.

Final scheduling for the **2010 CPA convention on April 15-18th (Hilton Costa Mesa)** is underway. Check your November/December issue of the California Psychologist for information on Master Lecturers, keynote speakers, and special advanced level institutes that will held on Thursday prior to the convention. Great location, great room rate, great program! Registration will be open around mid-November on the CPA website--but mark your calendar now!

Welcome to the NSPA listserve

Subscribing to the Listserv:

1. Go to the website http://napapsychologists.org/mailman/listinfo/members_napapsychologists.org
2. Fill in the "Subscribing to Members" section.
3. Don't forget to hit "Subscribe" when you're finished.
4. Once this is complete you have to be patient and wait. You will receive an e-mail within 24hrs from members-request@napapsychologists.org with a huge long title like... "confirm 8c0c8d7242a258fd90e8a8e0197315206c4825d0"
7. All you need to do when you get the e-mail is reply to it. The system will verify that you were not erroneously added to the list and voila! You're done.
8. If you have any trouble please do e-mail Rob Wennerberg at rob.wennerberg@napapsychologists.org

Sending an e-mail to the list:

1. To send an e-mail to the list. You just have to send an e-mail to members@napapsychologists.org the e-mail will then be sent to anyone who has subscribed.
2. All e-mails will be sent with "NSPA List (Title of e-mail)" so that if people wish to sort their e-mail into files, the e-mails from this group will always have that.
3. To respond to a post it is important to remember "reply all" will send the e-mail to the entire list "reply" will send it to just the individual that posted the comment. So be careful with this and please use back channels whenever it's not pertinent to the entire group.

As the holidays begin, please remember that **if you are shopping at Amazon.com** we ask you to **go to the CPA website first, and click on the Amazon "button" on the right hand column.** Why? Because when you go to Amazon through our link it generates non-dues revenue for CPA—at no extra cost to you! It's a very easy way to help CPA!!

NAPA-SOLANO PSYCHOLOGICAL ASSOCIATION MEMBERSHIP APPLICATION

2010

Please note, most business communication, surveys, information sharing, and the Newsletter will be done through e-mail or through the website: www.napapsychologists.org

Please indicate information you want listed on our website by checking the box to the left of the category.

- ☐ Name: _____
- ☐ License _____ Are you a member of CPA? ☐ Y ☐ N
- ☐ Mailing Address: _____

- ☐ E-mail address: _____ @ _____
- ☐ Phone Number: (____) _____

Adolescents	A
Addictions	AD
Anxiety-Panic Disorders	AP
Behavioral Medicine	BM
Behavioral Therapy	BT
Borderline Personality	BP
Children	CH
Cognitive-Behavioral Therapy	CB
Consulting – Business	C
Consulting-Business-Family	CBF
Depression/Affective Disorders	D
Disability Evaluations	DE
Drug-Alcohol Dependency	DA
Employee Assistance Programs	EAP
Family Therapy	FT
Forensic Psychology	F
Gay-Lesbian Issues	GL
Geriatrics	G
Gestalt Therapy	GE

Group Therapy	GT
Hospital Practice	H
Hypnosis HP	HP
Illness-Chronic	I
Marital/Couples Therapy	MT
Neuropsychology	NP
Organizational Psychology	O
Pain Rehabilitation	PR
Parenting Issues	PI
Play Therapy	PT
Psychodynamic Therapy	P
Police Psychology	PP
Psychodynamic Therapy	P
School Psychology	SP
Sex Therapy	ST
Spanish Language	S
Stress Disorder	SD
Victims of Abuse	VA
Women's Issues	WI

Please note specialty codes to be included in “Find A Psychologist” listing on NSPA website (you may list more than one): _____

Annual dues = \$ 55.00 Associate dues = \$45.00 Student = \$20.00

Please complete and return this form and send it with your check to NSPA and send it to:

NSPA Treasurer PO Box 3743 Napa, CA 94558