

Napa-Solano Psychological Association (NSPA)

P.O. Box 3743
Napa, CA 94558

May 2010
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Executive Committee 2010

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May dinner meeting:

“Everything You Wanted to Know About Brain Injuries But Were Afraid to Ask”

Richard L. Delmonico, Ph.D., Chief of Neuropsychology
Kaiser Foundation Rehabilitation Center, Vallejo, CA

This course will educate participants about mild traumatic brain injury, the cognitive, emotional and behavioral sequelae, psychological and substance issues

Date: Wednesday, May 19

Time 6:00 PM Social & Networking
6:30—8:30 PM Dinner & Presentation

Location: La Gaia, 3600 Broadway (Highway 29)
in American Canyon

Optional: 2 CE Units Dinner: No host from the menu
Cost: Members: \$10
Non-members: \$20

Please RVSP: Dr. Robin Timm
robintimm@att.net

Important Notice: Those who attend the workshop and complete the CPA evaluation form will receive 2 continuing education credits. Please note that APA CE rules require that we only give credit to those who attend the entire workshop. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive CE credits. The California Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. CPA maintains responsibility for this program and its contents. This course also meets the qualifications for 2 hours of continuing education credits for MFTs and LCSWs as required by the California Board of Behavioral Sciences. The Board of Registered Nurses recognizes courses given by CPA as hour for hour Category A CE.

Calendar

Wednesday, May 19
Dr. Richard Delmonico
Mild TBI

Wednesday
June 16
Board meeting
Open to all members

Join the
NSPA listserve
order to receive up-
to-date
information,
networking and
referral
opportunities and
connect with your
colleagues!

President's Message:



As President of the Napa-Solano Psychological Association (NSPA), on March 21-23 I attended the California Psychological Association Leadership and Advocacy Conference (LAC) in Sacramento. It was a pleasure to meet many other chapter presidents, CPA board members and staff, and GAC representatives (I also met John O'Hurley – Mr. Peterman from Seinfeld!). I learned what other chapters are doing and realized that while NSPA is small, we are efficient and mighty. Fellow NSPA members, Dr. Nancy Piotrowski and Rob Wennerberg, MA, were also in attendance and represented NSPA proudly.

The advocacy piece to the conference was surprisingly enlightening and fun, in part, because I did not know what to expect. After being trained, we met with legislators and advocated for two CPA-supported bills that are being considered in the senate and assembly. The Helmet bill (which was originally spearheaded – no pun intended – by a fellow neuropsychologist, Dr. David Lechuga) aims to make helmet-wearing mandatory for anyone under 18 who snowboards or skis. The other bill is the Mental Health Parity bill which, if passed, could affect patients and psychologists. Currently, only nine *DSM-IV-TR* diagnoses (the most severe) are covered for treatment by many insurance companies. The parity bill would allow patients with substance abuse, generalized anxiety disorder, posttraumatic stress disorder, cognitive disorder, and all other mental health diagnoses to receive necessary treatment under their insurance.

During the conference, we were asked to think about our advocacy moment – an experience or time when we got involved and fought for a cause. While I have had “advocacy moments” on various levels throughout my life, the LAC was perhaps my first psychology-focused moment. While most of us went into clinical psychology in order to effect change in patients and help relieve mental and emotional suffering, advocacy is another piece to what we do and one that can also effect change for the benefit of our patients. The definition of advocacy is the “*active support of an idea or cause that involves the act of pleading or arguing for something on the behalf of another.*” As psychologists, by becoming advocates for change, we speak for those individuals who are vulnerable and without a voice.

Thus, I encourage fellow psychologists to consider their role as advocates for their patients and for the field of psychology. Together, we are a powerful voice and one that can help shed light on the needs of our patients and the value of what we do as psychologists.

Robin Timm, Ph.D.



Meet your NSPA colleague

Mark Fry, PhD

1. What is your current practice in psychology?

I am Executive Director of Chateau III, an assisted living facility in Pleasant Hill. I also have a small private practice in geriatric primary care.

2. What is your educational background?

My BA is in Natural Science from the University of George (1981) and I received a Masters in Psychological Testing at UG in 1983. I was working at a private psychiatric hospital in Georgia when I was recruited to come out to California. I received my PhD in clinical psychology from Rosebridge Graduate School in 1997.

Continued on next page

3. What interesting jobs have you had outside psychology?

Well, I think running an assisted living facility is a bit beyond psychology, but I was also a cook to support myself during school.

4. What challenges do you see ahead for psychology?

Autonomy. We need to preserve autonomy in the field. California seems to be particularly struggling with this – we are having to work just to keep an independent Board of Psychology.

5. Why are you a member of NSPA?

I enjoy the social network, keeping up with my local colleagues. Two of the best CE classes I took last year were sponsored by NSPA – the Psychology of Trauma with Dr. Frankel and the Red Cross disaster class.

6. Tell us one other interesting thing about you.

If I could figure out a way to make a living playing either golf or the banjo, I'd do it.



Get Involved....

The Napa County Mental Health Advisory Board is looking for members. This would be a good way to become a little more engaged in the community in an effective manner and to network a bit. Follow the link below and click on Mental Health Board for more info.

<http://www.countyofnapa.org/Pages/DepartmentContent.aspx?id=4294967575>

NSPA is planning some **BIG** events in the future — perhaps a nationally-known speaker right here in beautiful Napa! Don't **YOU** want to be part of the fun? Contact President Robin Timm and let her know **YOU** want to help!

The First Annual West Coast Symposium on Addictive Disorders
at the La Quinta Resort & Club - La Quinta, CA
June 3-5, 2010

This two-and-a-half-day event dedicated to continuing education and networking in the field of addictions, is expected to draw hundreds of regional, national, and international participants, lecturers and faculty. The WCSAD combines workshops and seminars on timely industry topics with an unmatched showcase of the industry's products and services. Your presence at WCSAD will help maintain and increase your competitive edge in the addictions industry.

Information: www.WCSAD.com

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.

Use this form to renew your membership, or to update your profile on the NSPA website.

**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:(_____) _____

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

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

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