

*Napa-Solano Psychological  
Association (NSPA)  
A chapter of California Psychological Association*

P.O. Box 3743  
Napa, CA 94558

*July-August 2010  
Volume 1, Issue 4*



**Executive Committee 2010**

President: Robin Timm, PhD  
President Elect: Nancy Piotrowski, PhD  
Treasurer: Debra Inman, PhD  
Secretary: Cynthia Mitchell, PhD  
Past President: Leslie Lessenger, PhD  
CPA Rep: Markley Sutton, PhD  
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Web Master: Rob Wennerberg, M.A.  
Disaster Response: Linda Napholz, PhD  
Membership Chair: Richard Geisler, PhD

**Calendar**

Planning meeting for Dr. Levenson, August 1, 12:30 PM, Jonesy's at Napa Airport

Private Practice Forum, August 19, 2010 at 6:30 PM at Gaia Restaurant

Dr. Hanna Levenson, September 25 at Napa

**Congratulations to  
Jennifer Alice  
Alcantar**

**Recipient of the 2010  
NSPA Napa Valley  
College scholarship**

**S A V E   T H E   D A T E !**

**NAPA-SOLANO PSYCHOLOGICAL ASSOCIATION**

**ANNUAL CE EVENT**

*Time-Limited Psychodynamic Therapy  
An attachment –based, emotionally-  
focused, interpersonal approach*



**Dr. Hanna Levenson**

**Date:** Saturday, September 25, 2010

**Time:** 8:30 (registration); 9:00 AM to 4:30 PM

**Location:** Napa Valley College, Napa California

Price of event will include a catered lunch and continental breakfast.

Approval for 6 CE hours by the California Psychological Association is pending.

Please see page 3 for more information on Dr. Hanna Levenson.

## President's Message:



The first half of 2010 has already come and gone. NSPA has seen a change in venue at the Gaia Hotel and Spa. Feedback is that the food and service is quite good. We had exciting presentations earlier this year by Dr. Nancy Piotrowski and Dr. Richard Delmonico.

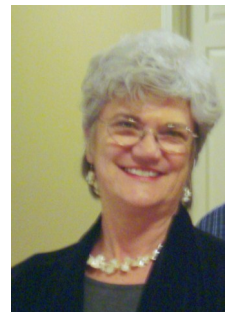
On August 19, 2010, the NSPA will be hosting a *Private Practice Forum* that will be held at Gaia Hotel and Spa. Dr. Rahima Schmall and Dr. Josh Slater initiated and organized this event.

On Saturday, September 25, 2010, we will be hosting an all-day CE event at Napa Valley College with Dr. Hanna Levenson as our guest speaker. She will lecture on "*Time Limited Psychodynamic Therapy: An Attachment-Based, Emotionally-Focused, Interpersonal Approach.*" Registration will be at 8:30 with a continental breakfast; the lecture begins at 9AM and ends at 4:30PM. The price of the event will include a catered lunch, beverages, and an afternoon snack. We are hoping to use the proceeds for another NVC scholarship.

We are also exploring new and exciting options for our holiday event this year. If any member has an idea of a location and activity, please let me know. We welcome other members who have the time and interest to join any of the existing committees.

Robin Timm, Ph.D.

## Meet your NSPA colleague



### Leslie Lessenger, PhD

1. What is your current practice in psychology?

I work as a Behavioral Medicine Specialist at La Clinica de La Raza in Pleasant Hill and Vallejo. This is a primary care clinic. I provide brief interventions and referrals for patients with chronic illness and psychological, psychiatric or psychosocial needs.

2. What is your educational background?

I received my BA in psychology from Occidental College (where President Obama spent his first year of college) and a Masters in Social Work from UCLA. I was an LCSW and then received my PhD from California School of Professional Psychology in Fresno (now Alliant University).

3. What interesting jobs have you had outside psychology?

I taught English at a private language institute in Guadalajara, Mexico, I was Director of Big Brothers/Big Sisters of S. Tulare County, and I owned and managed a fine-dining restaurant.

4. What challenges do you see ahead for psychology?

I see a need to distinguish ourselves from Masters level therapists. As one example, psychological testing can offer so much, but getting paid for it is another issue.

5. Why are you a member of NSPA?

When I came to this area in 2007, I was excited to have the opportunity to get to know fellow psychologists. I am the only psychologist at my work site, so I still enjoy that interaction.

6. Tell us one other interesting thing about you.

I direct a handbell choir called the Rolling Tones.



## Nearby Events:

Join the **Couple's Communication Enrichment Program** for a fun and romantic night for couples with Dr. Craig West, founder of PSYCHWEST Clinical and Forensic Psychology and director of the Couple's Communication Enrichment Program, as he hosts a private dinner and seminar in effort to educate couples in communication and raise money for WEAVE, Women Escaping a Violent Environment. **Please join us on July 28, 2010 at Piatti Ristorante & Bar in Sacramento, 6:30pm - 8:30pm, 571 Pavilions Lane, Sacramento, CA 95825.** One event ticket includes a 3 course meal for two and a couple's interactive communication seminar. A portion of the proceeds will be donated to WEAVE. Call for more information today at (916) 788-1060.

**EMDR Training for Clinicians.** Complete training over four weekends in Santa Rosa, Fridays and Saturdays Sept 10/11; Sept 24/25; Oct 22/23; Nov 19/20, 2010. Training site is the beautiful Flamingo Conference Resort and Spa conveniently located just one hour north of San Francisco's Golden Gate Bridge. (707) 579-9457. [www.SonomaPTI.com](http://www.SonomaPTI.com)

### NSPA Private Practice Forum August 19, 2010 at 6:30 at Gaia Restaurant 3600 Broadway St, American Canyon

Napa Solano Psychological Association will be hosting a forum on setting up and maintaining a private practice. The intention is to bring together new as well as experienced practitioners to share experience and discuss issues that will be useful to all. Some possible topics include - do you build a "niche" market or general practice, what about trying something new, consultation, outreach, networking and marketing, operating in a small community, bartering, fees, sliding scale. We would like it to be a sharing from all for all.

Josh and Rahima would like to hear from you in advance, with your wants, needs and contributions. Their email addresses are: [rahimaschmall@yahoo.com](mailto:rahimaschmall@yahoo.com); [joshuraslater@comcast.net](mailto:joshuraslater@comcast.net)



### About Dr. Levenson

For 20 years, Dr. Levenson was Director of the Brief Therapy Program at the San Francisco VA Medical Center.

Since 1991, Dr. Levenson has taught brief therapy at California Pacific Medical Center. In 2004, Dr. Levenson joined the core faculty at the Wright Institute in Berkeley. She also maintains a private practice in Oakland and San Francisco, where she sees couples and individuals. Dr. Levenson is a certified therapist and supervisor in Emotionally Focused Couple Therapy (EFT). Through the Levenson Institute for Training (LIFT), she provides in-depth training in integrative, focused therapy for therapists.

Dr. Levenson's special areas of expertise are on attachment theory and brief dynamic, emotionally-focused, relational psychotherapy. She is the author of over 75 chapters and papers, and three books, including the Concise Guide to Brief Dynamic and Interpersonal Psychotherapy (American Psychiatric Press, 2002), and Time-Limited Dynamic Psychotherapy: A Guide to Clinical Practice (Basic Books, 1995; Spanish edition, 1997). Her forthcoming book, Brief Dynamic Therapy, is part of the American Psychological Association's (APA) Expert Therapists-Theories of Psychotherapy Series.

Do you want to be part of the planning of this event? The next organizational meeting is Sunday, August 1 at 12:30 PM at Jonesy's at the Napa Airport. Please join us.

# Welcome to the NSPA listserve

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## **Subscribing to the Listserv:**

1. Go to the website [http://napapsychologists.org/mailman/listinfo/members\\_napapsychologists.org](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](mailto: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](mailto: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](mailto: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](http://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***