

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

P.O. Box 3743
Napa, CA 94558

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**Mindfulness Meditation in
Psychotherapy Practice—
An Introduction**

**Wednesday, June 15, 2011
6:30 to 8:30 PM (Networking 6:00-6:30 PM)**

MARK D. LEVINE, M.D.
Community Psychiatry Associates

**Double Tree-Gaia Hotel and Spa
3900 Broadway (Hwy-29) ~ American Canyon**

**Optional: 2 CE units (CPA-approved)*
Cost: Members = \$10.00; Nonmembers= \$20.00
Dinner: Off the menu**

- ◆ Overview of the technique of mindfulness meditation
- ◆ History of the use of meditation as a therapeutic strategy
- ◆ Didactic lecture and experiential exercises

For more information/RSVP** contact:
Dr. Robin Timm, NSPA 2011 President
Phone: 707-225-5462 or E-mail: 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.

Executive Committee 2011

President: Robin Timm, PhD
President Elect: Nancy Piotrowski, PhD
Treasurer: Judith Speed, PhD
Secretary: Cynthia Mitchell, PhD
Past President: Leslie Lessenger, PhD
CPA Rep: Markley Sutton, PhD

Web Master: Rob Wennerberg, M.A.
Disaster Response: Linda Napholz, PhD
Membership Chair: Richard Geisler, PhD

Coming Soon.....

**Balance the Brain,
Mend the Mind:**

The Neurobiology of Anxiety, Depression,
and Traumatic Stress —
Implications for Therapy


John Preston, Psy.D. ABPP

8/20/11

9:00am--4:30pm

8:30 Registration

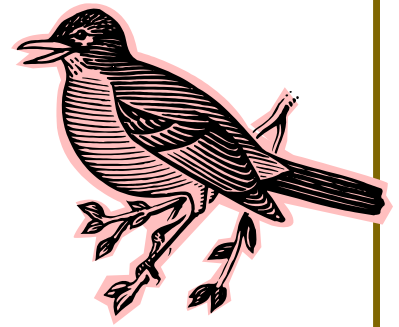
Napa Valley College

 Register by August 6
for \$135,
which **INCLUDES** your 2012
NSPA DUES

Download the brochure at
www.napapsychologists.org

Please forward the brochure to
your colleagues!

a Word from your President.,,



Is spring here? What is with the rain, snow, and hail? Despite the unpredictable weather, I hope all the NSPA members are planning exciting and relaxing vacations this summer. We are continuing to have exciting presentations sponsored by NSPA. Thus, it seems appropriate that on June 15, 2011, Dr. Mark Levine will be our evening presenter, talking about “Mindfulness Meditation in Psychotherapy Practice: An Introduction.” Join us for an evening filled with good food, interesting colleagues, and relaxation.

Later in the summer on Saturday, August 20, 2011, we will offer our annual all-day CE workshop with Dr. John Preston who will present on “Balance the Brain, Mend the Mind: The Neurobiology of Anxiety, Depression, and Traumatic Stress — Implications for Therapy.” This event will be held at the Napa Valley College from 9AM to 4:30PM (come early to register and get a good seat) and includes a catered lunch (see the napapsychologists.org web site for the registration form).

Proceeds from last year’s all-day event went to two scholarships for students majoring in a mental health field. One scholarship went to Napa Valley College and the other one was granted to Solano Community College.

Robin Timm, PhD

An Update from the Leadership and Advocacy Convention in Sacramento

Nancy A. Piotrowski, Ph.D.

The California Psychological Association (APA) held its annual Leadership and Advocacy Conference (LAC) from March 20-22, 2011 in Sacramento. Leaders from CPA chapters, such as presidents, government affairs committee representatives, and chapter representatives to the CPA board attended. Additionally leaders from divisions and CPAGS attended, learning about advocacy at the state level. I attended in my role as Co-Chair of the Government Affairs Steering Committee for California Psychological Association (CPA). In this role, I collaborated with my Co-Chair, Dr. James Peck, CPA President Dr. Sallie Hildebrandt, and CPA staff, including Drs. Jo Linder-Crow and Charles Faltz, Amanda Levy, and Ryan McElhinney, as the main planning group for the meeting. Division 1 of CPA was also integral to the success of the meeting, underwriting some of its costs and providing some travel stipends for student leaders to attend.

Fifty-eight individuals spent Sunday and Monday together training on advocacy issues. Activities on Sunday were varied. They included a 15-minute round robin, one minute per person speed-networking opportunity, as well as a more extended mentoring opportunity to network with people serving in similar roles, but living in different parts of the state. Drs. Linder-Crow and Hildebrandt gave a talk on obligations that chapters and CPA expect from one another and CPA’s current membership campaign. Dr. Hildebrandt provided a recap of nationally relevant issues affecting psychologists and healthcare that were discussed at the APA State Leadership convention. Dr. Peck and I introduced a discussion on “advocacy

moments” – those experiences that motivate us all to speak out on behalf of important issues affecting our clients, our students, our colleagues, and our professions. Then Division IV representatives, Drs. Victor Pacheco and John Faull, presented an update on issues of importance in California state hospitals and in the California Department of Corrections and Rehabilitation. There was then a welcome dinner for all.

On Monday, Dr. Peck, Ms. Levy, and Mr. McElhinney provided a talk on the importance of political giving. There also was discussion on the value and “how to” of fundraisers, meet and greets, and relationship building with legislators. All chapters were encouraged to develop advocacy goals for the remainder of the year focusing on these activities and otherwise energizing members around advocacy issues. There were also some visitors – including an expert panel of legislative staffers, moderated by Ms. Levy, and a keynote talk by California Insurance Commissioner Dave Jones.



Dr. Robin Timm, Dr. Nancy Piotrowski and Smokey.

Later in the day, Ms. Levy did more “how to” training with attendees, helping them to understand the structure and rhythm of state government and what legislative receptions, fundraisers, and meetings are like. Following a wrap up with questions, and then a brief break, attendees participated in a legislative meet and greet, with varied staffers and state legislators visiting us to learn more about psychology, our interests, and to share their current work.

The final day of the convention is the Leadership and Advocacy Day (LAD). LAC participants were joined by additional chapter representatives, student leaders, and other CPA members. As this was my third year to attend this meeting, it was nice to see old friends. For some it is an annual pilgrimage they make each year to Sacramento to give back to the CPA community and represent us as a group in the Capitol. Together 108 individuals joined forces to lobby in the state capitol on behalf of the interests of California psychologists. They spent the morning learning about the priorities for lobbying that our Government Affairs Steering Committee has identified for our work in the Capitol. They also received a good dose of how to have a successful visit with legislators. From there it was time for lunch and then Mr. McElhinney organized attendees into teams based on where they lived. This allowed constituents to be able to speak to the appropriate legislators.

The teams then went to the capitol to conduct 89 visits Mr. McElhinney had painstakingly scheduled with legislators. The visits focused on helping legislators learn about CPA and understand what psychologists in California do; and learn a bit about how they can successfully deal with distressed constituents (through a resource guide CPA makes available for free). They also heard from us on Senate Bill (SB) 105 that mandates children under the age of 18 wearing helmets while skiing or snowboarding. They also heard from us on Assembly Bill (AB) 154 on state level mental health parity, which would bring full mental health parity in California. AB105, which is being championed by Senator Yee, was identified as important because of its contribution to public health, particularly in regards to how it will reduce problems (and costs) related to head injuries. The bill did well last year, but needed an extra push this year. AB154, which is being championed by Assembly Member Beall, essentially closes gaps in current California and national parity laws.

Overall, our visits were very well received. As these issues progress through the legislative process this calendar year, you will hear more about them and may be asked to act to support them further via a phone call or letter. This will most likely happen via our listserv – so keep an eye open for requests for your help!



per member funding drive!!

What does the CPA Political Action Committee really do for me? This is a question I have asked as a new therapist. I'm a member of APA and NSPA, so what does involvement at the state level do for me? The real answer, is quite a lot. CPA acts as my direct conduit to legislature in the state. They act as my voice as a psychologist, and give our group a face at the capitol.

This face allows us to push for greater health care parity, helps us lobby for increases in insurance reimbursement, that from some insurance companies haven't increased in over 15 years, and maintains our profession by highlighting differences among Psychiatrists, MFT, LCSW, and Psychologists.

The big "but" comes now: CPA doesn't have a rich benefactor. That's us. No one multi-millionaire, but instead a collection of 17,200 members. However in comparison to our counterparts in other fields we approach the idea of fund raising with apathy. I was shocked to hear how much the CPA Political Action Committee (PAC) raises each year; \$2.61 per member. I just spent more than that on the double soy latte from Starbucks that sits on my desk as I write this.

So you ask, what do other groups contribute to their political power. Well, let's take the field of psychiatry in California. With 5000 members they raise \$6.44 per member, more than twice what we do. And, don't even ask about the medical field; they raise on average \$16.48 per member. Why can't we do better? The insurance companies certainly do. They pour in millions each year into lobbying against change. With a stronger funding base the PAC could more heavily support not only psychologists, but our clients.

I'm a student technically until the end of the summer, and then a post-doc for a year after that, which we all know is the American form of slave labor. I don't have a lot to give but I propose that each member of NSPA give \$20. If we can each do that, I can go back to the leadership conference and leverage our achievement against that of the bigger groups like Los Angeles and San Diego. If each member of CPA on average could contribute just \$20 per year it would increase the PAC funding from \$45,000 to over \$300,000. I'm throwing down the gauntlet, starting the funding drive with my own \$50. If I can do that I certainly hope others will be able to as well. Remember \$20 = 5 Lattes, half a tank of gas, two lunches at Chipotle, or the future of our field in psychology!

Dr. Rob Wennerberg, GAC Representative

Thank you from Shondalei Spencer, student and vocational nurse at NVC, for \$1000 scholarship from NSPA:

"I am truly blessed and honored by this financial blessing given to me. It will help me achieve my goals..."

Welcome to the NSPA listserve

Note: The NSPA listserve is for NSPA members only. Please see the application for membership on the next page.

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.

