

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



P.O. Box 3743
Napa, CA 94558

October 2011
Volume 2, Issue 5

www.napapsychologist.org

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

NSPA
Members only
Private Practice Forum
Wednesday, October 19
6 PM Social Hour
6:30 no-host dinner

Open discussion about building a
successful private practice.

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

RSVP: Robin Timm, PhD
robintimm@att.net



GET INVOLVED!

New board being formed!
Contact Dr. Nancy Piotrowski
napiotrowski@yahoo.com

Awards being planned!
Contact Dr. Dick Geisler
Dickgeisler@aol.com

Holiday gathering being
developed!
Contact Dr. Robin Timm
robintimm@att.net

Board meeting
Wednesday, November 16
6 PM Social
6:30 PM no-host dinner
Double Tree-Gaia Hotel and Spa
3900 Broadway (Hwy-29)

a Word from your President.,,

October 2011

NSPA Members:

I was told that autumn started, but what a heat wave! This past summer NSPA heated it up with our annual all-day CE workshop with the ever-so dynamic Dr. John Preston who presented on “*Balance the Brain, Mend the Mind: The Neurobiology of Anxiety, Depression, and Traumatic Stress Implications for Therapy.*” This event was held at the Napa Valley College and was an all around success. I would like to acknowledge all of those on the planning/set-up committees: Dr. Leslie Lessenger, Dr. Nancy Piotrowski, Dr. Judy Speed, Dr. Cynthia Mitchell, Dr. Dick Geisler, Dr. Barrie Glen, Dr. Linda Napholz, Dr. Debra Inman, Dr. Markley Sutton, Dr. Rob Wennerberg, and Bruce Ketron. Your dedication and efforts made this event rock – THANK YOU!

Proceeds from the 2010 all-day event went to two scholarships for students majoring in a mental health field. One scholarship went to Napa Valley College (Shondela Spencer) and the other one was granted to Solano Community College (Christine Carlisle). We congratulate these hard-working students who will someday be contributing professionals serving those with mental health needs. We hope to provide scholarships again in 2012 with proceeds from the 2011 all-day CE event.

On October 19th 2011, we will have our annual “Private Practice Forum” at Doubletree (Gaia) in American Canyon. A flyer and email will be sent out for this event which is for members only who want to discuss and learn about private practice.

Speaking of members, we have many new members. We warmly welcome all the new members and encourage you to get involved with NSPA; we would love to get to know you.

A great way of getting to know NSPA members is to attend our annual holiday event. We will be emailing/sending out invitations. Our holiday planning committee is in the process of firming up the plans, and we will let members know the date and venue as soon as possible.

Another way to get involved as a new member is to volunteer to work on committees. In November we will be holding elections for 2012 board members. If interested, contact our 2012 president-elect, Dr. Nancy Piotrowski.

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



Napa Valley College students were invaluable assistants at the Preston event.



NSPA president Dr. Robin Timm enjoys a moment with presenter Dr. John Preston.

Meet your Webmaster

Dr. Rob Wennerberg



1. What is your current practice in psychology?

Currently I work for the UC Davis EAP as a post-doctoral intern. I sit on the workplace violence committee doing threat assessments with a team of other professionals, and I provide departmental consultations and debriefings as necessary.

2. Briefly, what is your educational background?

I have a BS in Cellular Neuroscience from Tulane University in New Orleans, an MA in Forensic Psychology from the University of Denver, and a PsyD from Pepperdine University in Malibu

3. What interesting jobs have you had outside psychology?

One job I've had for ten years and continue to have is as a Wedding Photographer and Floral Designer. I have my own business and I travel all over the United States doing weddings, from Chicago, to Baltimore, and this summer even up into Canada. It's a very fun and interesting job and it provides a good balance for some of the heavy work we do as psychologists. Another interesting job was as an EMT in New Orleans for 3 years. You get to see a lot of raw trauma as an ambulance driver in such a town.

4. What challenges do you see ahead for our profession?

Now there is a big question. The easy answer is that I see we will continue to have turf wars regarding MA vs. Dr. level trained professionals. The Psychologist field appears to be the shrinking middle, as psychiatrists expand their offerings into therapy and more and more managed care plans prefer to pay an MA level therapist less for the same work. I think the field of Dr. level psychology really needs to take a strong role in advocacy, policy making, leadership, and substantive research. We also need to provide more international outreach and expand our humanitarian footprint. I laugh when people ask what I want to do because I want to do everything!

5. Why are you a member of NSPA?

Because the people are cool. But really, because it provides me an outlet for creativity (the website) an ability to work with psychologists that have been in the field much longer than myself, because I'm a natural "go-getter" and because of policy and leadership opportunities with CPA.

6. Tell us one other interesting thing about you.

I have helped birth a baby in the back of an ambulance... it was never on my bucket list but it's pretty interesting. Maybe also that I have a significant other that is being deployed to Afghanistan in January which is a new experience and I'm learning a great deal about the experiences military families go through.



Resumption of NSPA's Annual *Outstanding Contribution to Mental Health Award*

By Richard Geisler, Ph.D. and Robin Timm, Ph.D.



In the Executive Board meeting on 9-21-11, the suggestion was made that NSPA resume our “annual” award presented to the person and/or entity that has made a significant and impactful contribution to the mental health of our community. This award, known as NSPA’s *Outstanding Contribution to Mental Health Award*, was last given in 2004, when it went to the Drug Courts of both Napa and Solano Counties. In a crowded ceremony at the former River City Restaurant, Judge Richard Bennett accepted the award for the Napa Drug Court, and a judge from Solano County accepted the award for that county. We presented a handsome plaque to each county, and the Napa plaque hung conspicuously in the front foyer of the Criminal Courts Building for six years!

So, do you know someone or an entity/institution that deserves this kind of recognition? We want to hear from you! Heretofore, the awards consisted of a plaque and some good publicity for the recipient (also for NSPA!). This year, however, we may be able to “amp-up” the award a little bit, thanks to a little surplus in our coffers! Your Executive Committee approved \$500 for the award (either in cash or equipment), to be given in 2012.

We need your nominations for this award! Please email your nominations/suggestions to Dick Geisler (dickgeisler@aol.com) or Robin Timm (robintimm@att.net).



At a ceremony on September 25, NSPA awarded \$1000 to Christine Carlisle, a 4.0 student at Solano Community College. She is currently majoring in psychology at Sacramento State. She plans to go to grad school and be an MFT.

Earlier this year, NSPA also presented \$1000 to a student at Napa Valley College who is pursuing a career in mental health.

Funds for these scholarships came from the all-day CE event with Dr. John Preston on August 20. That event was a great success! Please support the conference next year!



Comments from August 20 workshop attendees:

“I got my license in 1975, so I’ve been to a lot of workshops. Yours was among the best.”

“Excellent presentation and the entire event was well-organized and managed.”

Save the Date
CPA’s 2012 Convention will be in Monterey, April 19-22

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.

