

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

P.O. Box 3743
Napa, CA 94558

January 2012
Volume 3, Issue 1

www.napapsychologist.org



NSPA CONTINUING EDUCATION EVENT



Susan D. Raeburn, Ph.D.

*Creative recovery:
Working with natural creativity to address addiction*

DATE: Thursday, February 16, 2012

TIME: 6:30-8:30 p.m.

LOCATION: DoubleTree/Gaia
3600 Broadway, American Canyon

Registration and socializing 6-6:30

Presentation and dinner 6:30-8:30

Fee: \$10 members, \$20 nonmembers

This talk will present an approach to working with addiction that is suitable for individuals who are naturally creative and/or engaged in careers that demand creativity. The special needs, talents, and challenges related to working with this population will be discussed. Additionally, novel approaches to treatment involving creative methods will be reviewed. Equal time will be spent on scholarly content related to defining key concepts; identifying critical challenges and special needs in this area of clinical practice; and outlining methods to address these needs and challenges.

Speaker bio: Dr. Susan Raeburn is a licensed psychologist in California (PSY9891) who received her Ph.D. in Social-Clinical Psychology in 1984 from the Wright Institute. She is a clinical psychologist with Kaiser Permanente and runs a private practice in Berkeley, which she has had for more than 24 years. As an experienced clinical services provider, researcher, and trainer, she has contributed to work related to behavior medicine, performing artist health programming, and drug and alcohol treatment at the Stanford University School of Medicine, Department of Psychiatry and Behavioral Sciences, John F. Kennedy University, SFSU, University of California San Francisco School of Medicine, Alameda County, and the city of San Francisco. Author of more than 20 professional papers, Dr. Raeburn also has given more than 45 presentations on topics related to addiction, with emphases on stress, health, and their intersection in creative individuals and other special populations. Her most recent work focuses on creative recovery, described in a book she co-authored with Eric Maisel (2008, *A Complete Addictions Treatment Program That Uses Your Natural Creativity*), and articles related to her work with popular musicians published in journals such as *Medical Problems of Performing Artists*.

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.



SAVE THE DATES!

NSPA 2012 Calendar

Wednesday January 18	6:30-8:30 p.m.	Board meeting
Thursday February 16	6:30-8:30 p.m.	Local CE Event
<i>Saturday</i> March 10	8:30-10 a.m.	Coffee in Napa!
Wednesday March 21	6:30-8:30 p.m.	Board Meeting
Thursday - Sunday April 19-22	All day	CPA Convention, Monterey
Wednesday May 16	6:30-8:30 p.m.	Local CE
<i>Saturday</i> June 9	8:30-10 a.m.	Coffee in Vacaville!
Wednesday June 20	6:30-8:30 p.m.	Board Meeting
Wednesday July 18	6:30-8:30 p.m.	Board Meeting
<i>Saturday</i> September 8	9 a.m. -4:30 p.m.	Local CE Event (Napa)
Wednesday September 19	6:30-8:30 p.m.	Board Meeting
Wednesday October 17	6:30-8:30 p.m.	Board Meeting
<i>Saturday</i> November 10	8:30-10 a.m.	Coffee in Vallejo!
Wednesday November 14	6:30-8:30 p.m.	Local CE Event
Wednesday December 19	6-9 p.m.	NSPA Holiday Party!

Most of these dates are on 3rd Wednesdays of the month; however, there are some exceptions noted in different type.

Location for all board meetings and local CE events will be at the Gaia/DoubleTree in American Canyon, CA at 3600 Broadway, unless otherwise noted. Specific addresses for all other events will be posted on the listserv and in our association newsletter. Direct questions about events to NapaSolanoPA@gmail.com

a Word from your President,,

Nancy A. Piotrowski, Ph.D.



Happy new year to each of you from me the NSPA Board. I would like to start the year by thanking those who agreed to serve on the board for 2012. These members include Cynthia Mitchell, President-Elect and CE Chair; Robin Timm, Past President and Chair of the Nominations, Elections and Awards Committee; Judy Speed, Treasurer; NSPA Representative to CPA, Markley Sutton; Alternative NSPA Representative to CPA and Newsletter/Publications Chair, Leslie Lessenger; Rob Wennerberg, Government Affairs Committee Chair and Webmaster; and Dick Geisler, Membership Chair.

Please note that we have an open position for Secretary for 2012. This is a vital role for the board and we seek your participation in this role. If interested, please send an email to NapaSolanoPA@gmail.com expressing your interest. Alternatively, if you want to nominate someone for that role, or otherwise get involved in working with the board, please also use this address for that purpose.

I have prepared a calendar for the year's events for the association. We will have a number of working board meetings and all are open to the membership at large. These will be held in American Canyon, as noted in the calendar. Please however, in planning for space, just let me know in advance if you plan to attend and are not already working on the board.

The calendar also includes four scheduled continuing education (CE) events. Three are the shorter, two-hour format evening CE events. The first one will feature Dr. Susan Raeburn, speaking on creative recovery, in February. In May, Dr. Barrie Glen will provide a talk. Then in November, there will be another CE on a topic TBA. There is also one longer format daylong event that will be offered in September. Based on the excellent feedback we received on the 2011 event, the event will feature Dr. John Preston. More information on these events is in this newsletter and will be presented in future association newsletters.

Please also note that this year features CPA's annual convention in April in Monterey, California. As you know, the convention usually provides opportunities for a broad variety of high quality CE. As such, we want to encourage your attendance at that event and have not planned conflicting events in April. Of particular interest may be sessions on ethics, telehealth, communications technology-related topics that address newer forms of service delivery.

As a way to outreach to the membership, I have also planned for three Saturday morning coffees during the year. These will be informal opportunities to sit down with other members, visit, and learn about each other's work. To facilitate participation by a broader number of members, each of these will be offered in different locations, spanning our two counties. One will be in Napa, another in Vacaville, and another in Vallejo. Finally, we plan to have a holiday party in December at a location to be decided.

The year will also bring some upgrades in membership services around communications matters. First, I will be launching a new interactive listserv for our members. This will use a yahoogroups list. So if you see a notice about being added to such a list in the next month, please realize this is a member benefit. Should you decide you do not want to be on the list, simply let me know. Second, we will have an announcements only list; this will serve to post information on events or organizational information that would be important for you to know. This way if you do not want to be on the discussion list, there will still be another way for us to communicate with you electronically about important NSPA information. Again, look for a notice about being put on this list as well. Finally, in an effort to identify additional ways the association can meet the needs of members, we anticipate sending out a few surveys during the year, using SurveyMonkey. We did this in December to get your votes for an award we were offering, and it worked well. Therefore, we anticipate using this method to learn more about your CE preferences, places you might suggest for meeting spots, and other emerging needs.

Again, I look forward to serving the organization this year and meeting each of you and getting to know you better. Please do not hesitate to be in touch with me or the other board members at any time.

What is CPA-PAC and why should I contribute?

Only one organization in California is making sure lawmakers who understand the importance of psychology are supported: The CPA-PAC. Anyone and everyone with an interest in psychological well being, including psychologists, psychological grad students, vendors, suppliers and consumers should donate to the CPA-PAC.

California's elected officials can and do have a major impact on our profession. In today's expensive campaign climate, where a state assembly race can cost as much as \$3 million, it's important to make sure we support candidates who are pro-psychology. Without your support they cannot pay for campaign costs such as direct mail or TV and radio ads.

A great way to build relationships with your local legislators is to attend a fundraiser for them in your area. You could also offer to help these legislators and their staff better deal with their constituents. Some of these constituents may be distressed and could create a difficult situation. CPA has published "A Legislator's Guide: Communicating with Distressed Constituents" that will assist legislators and their staff effectively communicate with these constituents. Included in this pamphlet are general guidelines for interacting with distressed constituents and suggestions for an appropriate response to six types of distressed constituents.

Do you have a bill that you would like to introduce concerning psychology or practice issues? If so, the CPA-PAC can help.

California psychologists have the largest scope of practice of any state with the exception of prescription privileges. If we are to maintain this status and to be able to do what we are specifically trained to do in the practice of psychology, we need a strong voice in Sacramento. That is where the CPA-PAC can help, but only with your donation.

NSPA has one of the highest percentage of CPA memberships — why? Because we care about our profession. Please consider increasing your impact by contributing to CPA-PAC.



NSPA members gathered in December to honor Dr. Robin Timm for her two years of service as president.

<u>Executive Committee 2012</u>	
President:	Nancy Piotrowski, PhD
President Elect:	Cynthia Mitchell, PhD
Treasurer:	Judith Speed, PhD
Secretary:	Open
Past President:	Robin Timm, PhD
CPA Rep:	Markley Sutton, PhD

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