

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

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Napa, CA 94558

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**NSPA CONTINUING EDUCATION EVENT**



Barrie Glen, PhD

## **Child Sexual Abuse Accommodation Syndrome (CSAAS)**

*DATE: Wednesday, May 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 educate participants about typical responses of children who are being sexually abused. These typical responses are classified as a psychological syndrome called CSAAS. Elements of CSAAS as they relate to a child's emotional functioning during sexual abuse, his/her ability to protect him/herself from abuse, and his/her capacity to report abuse will be examined. Time will be spent on scholarly content related to defining the key concepts of CSAAS. The psychological sequelae associated with CSAAS will be identified and treatment foci will be reviewed. The problems related to skepticism by caretakers and the effective prosecution of criminal cases due to CSAAS will be discussed. Additionally, forensic experts will learn the critical concepts to present in a courtroom setting.

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.



## Word from your President,,

Nancy A. Piotrowski, Ph.D.

### What are NSPA's aspirations? What is your ask?

I just got back from two advocacy-related trips. The first was a trip to Washington, D.C. to do some advocacy on Capitol Hill. The American Psychological Association (APA) Practice Directorate and APA Practice Organization (APAO) had their staff hold the annual State Leadership Convention (SLC) of Executive Directors and other leaders from state, provincial, and territorial psychological associations, as well as APA practice divisions. I attended in my capacity as the Division 50 (*Society of Addiction Psychology*) Federal Advocacy Coordinator. During the four-day meeting, we shared our concerns, received updates on important political happenings in Washington and around the country, and learned about crucial issues affecting our profession. One of the most pressing concerns included getting a permanent fix on the sustainable growth rate (SGR) formula affecting Medicare and otherwise making sure psychologists are at the “healthcare table.” The latter includes working within our full scope of practice without unnecessary medical supervision and making sure we have access to the same incentives other professionals will have to develop electronic records, as these will increasingly become required in healthcare. And on all these issues, as one of our colleagues put it, “When it comes to policy, you are either at the table or on the table!” So it was important to be there.

After several days of training, we went onto Capitol Hill in teams to visit our representatives and talk to them about issues important to psychologists. In the “Hill lingo,” they call these “asks.” *Essentially, what do we want?* Remarkably, the legislators were happy when we could tell them that we did not just want things, but that we were happy to provide them with information on topics in psychology, as well as guidance for how to deal with distressed constituents. The latter came in the form of a brochure California Psychological Association (CPA) has made available on their website and otherwise to state and federal representatives.

My second trip was to the *CPA Leadership and Advocacy Convention* (LAC) in March. The LAC features opportunities to visit legislators in Sacramento, to learn about strategies for effective advocacy, and to network with other state leaders around advocacy goals. The specific “asks” for our visits focused on the importance of psychologists (and the board of psychology) in California and of having full mental health parity for California healthcare. Rob Wennerberg, our NSPA Government Affairs Committee representative attended. He will present more information on the specifics of the meeting.

These meetings really made me think about what people have as a “list of asks.” Looking at both meetings combined, there were many discussions on why people belong to professional associations at the national and state levels and what people want from associations. Interestingly, the *Chronicles of Higher Education* recently posted a graph that indicated better futures for associations providing scholarly publications and databases. APA was one providing such services. For more information, see this link [http://chronicle.com/article/Graph-Scholarly-Groups/131408/?sid=at&utm\\_source=at&utm\\_medium=en](http://chronicle.com/article/Graph-Scholarly-Groups/131408/?sid=at&utm_source=at&utm_medium=en)

So it seems that access to scholarly information is a key ask where people vote with their feet.

These topics also made me wonder about “asks” and regional level organizations like ours. For the last couple of years, I have heard many officers of local associations talking about how big or small their organizations are, focusing on the challenges of maintaining membership numbers and growing (and growing and growing). Alas, some are still hung up on that “bigger is better” thing! Of course, your presidential trio (Robin Timm, Cynthia Mitchell, and yours truly) talked about how NSPA was small but mighty! Indeed! And I do not think any of us feels like we have to grow NSPA over night into a San Francisco or Los Angeles size chapter. Instead, we want to maintain the quality of the association, grow at a reasonable rate, and make sure that we, collectively, are meeting the needs and expectations of members as best as we can with the resources we have.

But back to “asks” – I think it is important that we, as an organization, think about these. It is mutual – what do you want (and need) from us, collectively, as an organization; what do we want (and need) from you, as members?

(Continued on next page)

NSPA wants to be there for you; to provide what you need from your local home of psychologists. I know I personally see maintaining a “there there” as very important. What I mean by this is that we simply exist, no matter what the size, so that when new psychologists or students come to our area, or when our local professional colleagues need to find us, we are there as a community to connect to and be available. You may have different priorities. So if there is something you would like to see us do or try or do again, please let us know. Call, email, or otherwise come visit at a board meeting or other professional event and we will hear you out and try to see where we can address your items and interests – or get you involved.

That said – *that’s our ask to you*: Please get involved. Right now, we need a **secretary** for our board. If we had more people willing to get involved in the board, perhaps on committees, we could do even more than we do. I mention this because time in leadership roles goes quickly. And for me, what I think about most in my office for NSPA is the future. Who will be there to help us pass the torch and keep things going? To do that, we need leadership in our pipeline and a workforce to help them. Granted, everyone is busy. But we have many dedicated leaders who are great colleagues and workers and the time spent is worth it – especially when the new folks show, or folks go through transitions in life or in their practice. It is a community that matters. So again, please get involved – I really think you will enjoy it!!

I personally would love to see us have some members from other areas of our Napa-Solano counties geographic boundaries get involved. I mentioned to the board that perhaps we need to consider other ways of having board meetings – for instance, via conference call, or held in different locations – to make it easier for folks to be involved. Let me know if this is of interest. I also will love to see us get students and those early in their career in psychology involved. There are placements for these professionals in our area and so I think it is important that we think about ways to help them connect. If you have any ideas, please let us know. Finally, if you have ideas on who can do a great CE presentation for our members (which includes being willing to work for an honorarium, dinner, and needing to travel to be with us), please share this information. The more you help us identify and engage for this purpose, the better we will do with our offerings.

So for now – those are my asks: *Let us know your ask*; and **get involved in the ways you can**. Share your ideas on how we can better meet the aspirations and expectations of NSPA members and keep the flame of our community healthy, ready for newcomers, and substantively meaningful to those who call our lovely area home, professionally or otherwise!

Oops! One more ask. If you did not **renew your membership** for 2012 (which many of you did at the time of registration for the John Preston CE event in the summer, or our last CE event), please do so now. If you are not sure if you renewed, contact Dr. Richard Geisler ([dickgeisler@aol.com](mailto:dickgeisler@aol.com)). If you know you did not, please visit our website at [www.napapsychologists.org](http://www.napapsychologists.org) and click the membership link. Once there, you can fill out the online application and then send a check to the address shown for the appropriate amount for your level of membership. Alternatively, print the application page, complete the requested info, and send that with your check to the address noted.

Going forward, we are happy to announce that Barrie Glen will be providing a 2-hour CE on ***Child Sexual Abuse Accommodation Syndrome*** on Wednesday May 16<sup>th</sup>. This will be held at our usual location at the Doubletree/Gaia in American Canyon. Meet and greet from 6 to 6:30, and then have dinner while we have the presentation through to 8:30. Remember, members get a discount! Also, thank you to everyone who came out for the February CE offered by Dr. Susan Raeburn on recovery issues and their intersection with creative pursuits and careers. We had a nice size discussion group and good evaluations from the event. Susan enjoyed meeting us and thought we had a lovely group of professionals in our association! Thanks also to Dr. Robin Timm for hosting the first of our three coffees for the year in Napa at Gillwood’s on Saturday March 10<sup>th</sup>. The next one will be on June 9<sup>th</sup> in Vacaville at a location to be decided. If you have an idea on a good place to meet, please email [NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com) and let us know!

In the meantime, keep an eye open for messages to arrive from our new **interactive listserv**. I am done populating the list, so it is now active and the old list is now defunct. This means all NSPA messages will come from yahoogroups. To post a message to the group, you must be a member. If you think you may not have your current email in our database, you can subscribe by sending a blank message to [NSPA\\_Members-subscribe@yahoogroups.com](mailto:NSPA_Members-subscribe@yahoogroups.com). Once you are approved (e.g., we verify you are a paid member), you can post a message by sending it to [NSPA\\_Members@yahoogroups.com](mailto:NSPA_Members@yahoogroups.com).

In addition, one final note – remember that there is no board meeting and no CE in April. We are instead encouraging folks to attend the CPA convention in Monterey, which will run from Thursday April 19<sup>th</sup> through Sunday April 22<sup>nd</sup>...and to attend our May CE event!

## Meet your Disaster Response Chair

Linda Napholz, PhD

1. What is your current practice in psychology?

Mainly consulting. I consult for agencies such as Adult Day Services, The Area Office on Aging, Hospice and family owned businesses. I also have a small private practice.



2. Briefly, what is your educational background?

Bachelor of Science in Nursing University of Wisconsin-Milwaukee, Master of Science in Nursing, University of Wisconsin-Oshkosh, Ph.D. in Counseling Psychology, University of Wisconsin-Madison, Certification in Family Studies from the Family Therapy Training Institute, Milwaukee, WI (two year program) and a Certifying in Corporate Consulting (two year program), University of Wisconsin-Milwaukee.

3. What interesting jobs have you had outside psychology?

Some paid and others unpaid speaking engagements in Botswana, Africa, Thailand, as well as throughout the United States. Currently I am managing a boutique vineyard, and selling my grapes.

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

Being valued for our expertise. Competing with other therapists for the market share and surviving in a managed care environment.

5. Why are you a member of NSPA?

Initially I wanted to meet other psychologists when I relocated from Milwaukee to Napa. I enjoy the networking and psychoeducational presentations that are offered. I am the Disaster Response Network Chair and with that a volunteer and volunteer instructor on disaster mental health for the Red Cross.

6. Tell us one other interesting thing about you.

I like physically working out and have run marathons in the past such as the New York and Chicago Marathons.

**To All members:** Are you opening/moving your office?

Have you read a book that would interest your colleagues?

Is there an issue in mental health that you think needs to be addressed?

Please help me make the NSPA newsletter YOUR newsletter and send me articles! [lhl@lessenger.net](mailto:lhl@lessenger.net)



## CPA UPDATE

### MCEP PROGRAM CHANGE

Next year (2013) the MCEP Accrediting Agency will cease operations. One of the most immediate repercussions for psychologists will be the Board of Psychology's (BOP) audit program and how you personally manage your record keeping. *(For the full text of these changes, please see the BOP's website.)*

Currently, the BOP audits for compliance through the Accrediting Agency. As of January, 2013, licensees will be randomly audited **directly by the BOP**. This means that all individual psychologists will be responsible for proving compliance and providing all CE documents to the BOP upon request.

### FAQ: 2013 Mandatory Continuing Education for Psychology (MCEP) Regulation Change and You

**Q: When does the change take place?**

**A:** January 1, 2013. That means if your license renewal is due in 2012, you will continue to report your CE credits to the MCEP Accrediting Agency as you have done for the past 15 years. If your license renewal is due any time on or after January 1, 2013 you will be responsible for keeping your own continuing education certificates and you will be asked to **self certify** that you have met your CE requirement on the license renewal form. Self certification means you are asserting, under penalty of perjury, that you have met the minimum requirement for continuing education during the two-year period of licensure.

**Q: What actually changes in 2013?**

**A:** The Board of Psychology will implement a random audit process to verify compliance with the CE requirement. This means that you will no longer be required to send your certificates to the MCEP Accrediting Agency. It also means that you are responsible for keeping these records in case you are selected for an audit. CPA approved CE sponsor courses can also be used (as well as APA and ACCME/CME) to accrue hours. The BOP will no longer waive the CE requirement for out-of-state licensees.

**Q: Does this mean that I am no longer required to earn 36 CE credits each licensing period?**

**A: No.** There is **no change** to the 36 hour CE requirement for license renewal.

**Q: Do I send my CE certificates directly to the Board of Psychology or send them in with my license renewal form and payment?**

**A: Neither. Do not** include any CE certificates with your renewal form or send them to the Board of Psychology until or unless you are selected to be audited. At the time of an audit, the Board will send you all the instructions to comply with their request.

**Q: What should I do with my CE records?**

**A:** It is important to keep your CE records in a safe place so you can produce them when requested to do so. You might consider using a 3rd party CE Tracking Service to maintain your records if you have concerns about record safety or ready availability.

**Q: How long do I need to keep them?**

**A:** CE records should be kept for a minimum of two to three renewal cycles (5-6 years.) If you practice in an area where a complaint could be filed at an even later date (e.g., child custody evaluators) we recommend that you keep records for a longer period of time.

**Q: Where do I go for further information or updates?**

**A:** There is more information available on the Board of Psychology's website ([www.psychboard.ca.gov](http://www.psychboard.ca.gov)), the MCEP website ([www.mcepaa.org](http://www.mcepaa.org)) and the California Psychological Association's website ([www.cpapsych.org](http://www.cpapsych.org)).



# SAVE THE DATES!

## NSPA 2012 Calendar

Thursday - Sunday April 19-22	All day	CPA Convention, Monterey
Wednesday May 16	6:30-8:30 p.m.	Local CE
<i>Saturday June 9</i>	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 September 8</i>	9 a.m. -4:30 p.m.	John Preston, PsyD All Day CE event
Wednesday September 19	6:30-8:30 p.m.	Board Meeting
Wednesday October 17	6:30-8:30 p.m.	Board Meeting
<i>Saturday November 10</i>	8:30-10 a.m.	Coffee in Vallejo!
Wednesday <b>November 14</b>	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 3<sup>rd</sup> 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](mailto:NapaSolanoPA@gmail.com)

### Executive Committee 2012

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

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Web Master: Rob Wennerberg, M.A.

Disaster Response: Linda  
Napholz, PhD

Membership Chair: Richard Geisler,  
PhD

Newsletter Editor: Leslie Lessenger,  
PhD