

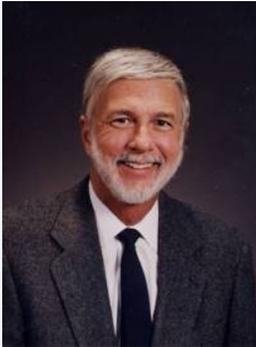
*Napa-Solano Psychological Association (NSPA)  
A chapter of California Psychological Association*

P.O. Box 3743  
Napa, CA 94558

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# Diagnosis and Treatment of Bipolar Spectrum Disorders

John Preston, Psy.D. ABPP

**Saturday, Sept. 8, 2012 (9 AM – 4:30 PM)**

Registration 8:30 AM

**Napa Valley College**

**Download brochure and registration: [www.napapsychologists.org](http://www.napapsychologists.org)**

For learning objectives, instructor credentials and/or refund/cancellation policy please contact NSPA.

	Before 8/6/11	After 8/6/11
New and Renewing Member (includes 2012 NSPA dues)	\$135	\$155
Non-member`	\$120	\$140
Student	\$40	\$40

- Develop enhanced diagnostic skills
- Understand new diagnostic criteria for children and adults
- Pinpoint specific issues that may account for poor response to treatment
- Address the role of non-pharmacologic approaches as adjuncts to medical treatment
- Understand standard and alternative pharmacologic strategies and thus be better able to effectively collaborate with psychiatrists and primary care physicians

**For more information contact:**

**Dr. Nancy Piotrowski, NSPA 2012 President**

**Phone: 415.386.4923**

**E-mail: [NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com)**

The California Psychological Association (CPA) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. CPA maintains responsibility for this program and its content. The California Psychological Association (CPA) is an approved provider of continuing education by the Board of Behavioral Sciences (BBS). The CPA provider number is PCE 5015. The Board of Registered Nurses recognizes courses given by the California Psychological Association as hour for hour Category A CE. Those attending the workshop and completing the CPA evaluation form will receive 6 hours of continuing education credits. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive credits.



## Word from your President,,,

Nancy A. Piotrowski, Ph.D.

### The President's Column: Keeping the Flame Alive...!

Nancy A. Piotrowski, Ph.D.

We have had a busy spring. The board (including our new 2012 Secretary, Dr. Debra Inman!) has been busy planning our big event for the year – a **September CE Event featuring Dr. John Preston** speaking on the diagnosis and treatment of bipolar spectrum disorders. A feature page in the newsletter gives you all the information on the event; but just in case you need to find the brochure, it is on our website at <http://www.napapsychologists.org/resources/CE-EVENT-2012-v3.pdf>. Please also remember that it is one of the best deals going! Not only do you get six CE for a great price, but you also get continental breakfast, a buffet lunch, afternoon refreshments, and an opportunity for heavily discounted yearly membership dues for NSPA for 2013. Oops – almost forgot: And a portion of the proceeds supports our two local NSPA scholarship funds for Napa Valley College and Solano Community College. I personally think it is the best deal going by any CPA chapter in the state. *Please invite colleagues.* We would love to have another full house this year!

Speaking of CE, we had a successful event in May. Thanks to Dr. Barrie Glen for presenting. I also appreciated the member interest in our Vacaville coffee. In between those two events, we presented a scholarship at NVC. We then presented the outstanding contribution to mental health award in June. Then early in July, we launched a **Facebook page** so we have an additional way to be found on the web. You can view the page without being a Facebook subscriber. All you need to do is click on this link and you can view the page. It is at [www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504](http://www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504) - which is a link you can share with friends. In addition, if you go there, please “like” our page! Again, it was a busy spring! Thanks to all the board and chapter members who helped make these events successful.

To this end, I want to encourage all of you to chip in as you can to our events and planning. We need volunteers to help with things from time to time; and we need more sustaining volunteers in terms of meeting board obligations. Please also let your students and more junior colleagues know about NSPA.

When I first met the board members of NSPA a few years ago, I thought to myself, “How lucky I am to have this wonderful group of professionals here in my back yard keeping an organization alive for psychologists in the area to find community.” Nowadays I feel the same way – lucky to have such a nice “home group” of psychologists – and even more appreciative of their efforts, seeing what it takes to do this work in our community.

Truly, it is an important thing for us to be a “there” for young, new, transitioning, and relocating psychologists to find here in our back yard. I hope you will agree too because the plain fact is that it takes our commitment and work to keep it going. Just like in the Olympics, we need a succession of flame carriers to make this happen over time. More to the point, I want to encourage each of you to **consider how you might be able to lend a hand to NSPA**. Maybe you like tinkering with numbers and Excel sheets and can consider being a treasurer in the future? Are you a good note taker who likes organizing information? Consider being a secretary! Do you enjoy meeting and connecting people? If so, perhaps you are a future membership chair or president-elect. Policy wonk? You can be a government affairs rep! Even website skills can help – again, you can help with our web tasks. And do not fret if you have only limited time or technical skills– perhaps you can help organize a CE, or give us

*President's column continued*

some leads on speakers you enjoy? All of these activities are valuable to us. Each helps keep that flame going. So, in a month or two when I announce a call for nominations for future officers for 2013, please consider getting involved with the board. We need you. But more importantly, the professional folks coming to our counties in future years need you as their community.

Anyway, again, it was a busy spring. We will have a **board meeting in July at Gaia on the 18<sup>th</sup>**. Please join if you would like. We meet at 6 p.m. and start the meeting at 6:30 p.m. Also, if you have not renewed yet for 2012, please do. 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. Finally, to post a message to the **interactive listserv**, you must be a member. **Nonmembers will be removed by July 15<sup>th</sup>**. 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). And any questions or complaints – just send ‘em to me at [NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com) !

### **NSPA recognizes VOICES for Outstanding Contribution to Mental Health**

The Napa Solano Psychological Association (NSPA) named VOICES (Voice Our Independent Choices for Emancipation) as the 2012 awardee for outstanding contribution to mental health in the local community. VOICES, located in both Napa and Santa Rosa, provides services for young adults emancipating out of foster care, group homes, mental health, and probation. Founded and staffed by former foster youth, VOICES provides access to a variety of services which allow youths to successfully transition into independent adulthood with a place to call home. In a state where a third of “aged out” foster youth wind up homeless within months, and many develop substance use problems and/or involvement with the adult legal system, VOICES has stepped in with a one-stop, drop-in services model that addresses the mental health needs of these individuals with remarkable success.



Pictured here on June 11 at VOICES in Napa are Youth Program Assistant Andres Cantera, Program Director Matt Bailey, Youth Program Assistant Nasser Sallam, and NSPA President Dr. Nancy A. Piotrowski.



Josh Slater, PhD

## Meet your Colleague

1. What is your current practice in psychology?

My primary practice is at Napa State Hospital, where I serve as a Senior Supervising Psychologist. My primary responsibilities include supporting, mentoring, and developing the psychologists involved in our trial competency restoration program, but also include trial competency assessment, clinical reviews and consultation for risk management and other purposes, program development, and other clinical duties. I also serve as on the hospital's psychology internship advisory committee, and as the director for the APA accredited continuing education program. Outside of the hospital I maintain a very small private practice providing individual psychotherapy for adults on Monday evenings.

2. Briefly, what is your educational background?

I spend my undergraduate years at Harvard University where I obtained my B.A. in psychology. I proceeded to obtain my doctorate at Rutgers University's Graduate School of Applied and Professional Psychology, authoring my dissertation on psychologists' knowledge of and attitudes towards sexually violent predator laws.

3. What interesting jobs have you had outside psychology?

My professional life has been spent in psychology and related professions, but when I was younger I spent several years teaching a year-long Sunday school course on the Holocaust for Jewish youth involved with the Workman's Circle, a non-religious, socialist, Jewish cultural organization. This was a departure from my prior religious school work as a teacher for students preparing to become b'nai mitzvah.

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

Psychology has an enormous tent, and beneath it is an amazingly heterogeneous population, and a largely fractured one. We struggle to appreciate and understand each other's epistemological perspectives and values. If we are going to be effective as a profession we are going to need to do a better job of understanding our common links and values, focusing on those things that are universally held among us to help us know if there really is a "we" here that we can construct, as opposed to a number of separate poorly related subgroups. Focusing only on clinical psychology for a moment, one question where an attempt to achieve some consensus may be difficult but important will one of our relationship with medicine. To what degree do we wish to align with medicine, in doing so adopting its funding streams, disease model, cost-benefit analysis, etc.? And, to what degree do we wish to elaborate a different, contrasting view of the value that we provide and in doing so have to negotiate a distinct contract with society?

5. Why are you a member of NSPA?

Being part of the psychological community is extremely important to me. Even as professional and family responsibilities often get in the way of my attendance at meetings, being part of NSPA helps me to stay connected. It gives me an opportunity to seek and provide consultation (I remain part of an ongoing psychoanalytic consultation group that was born in part through NSPA), to provide strong referrals to people who call me in need, and to stay abreast of local happenings. I hope that we can continue to find ways to use our listserv and other online spaces to connect and interact more regularly.

6. Tell us one other interesting thing about you.

While it recedes farther and farther into the temporal distance, my former life as a middling-decent high school and collegiate rugby player remain an important part of my identity. Memories provided by rugby include playing in a curtain-raiser before a U.S. Eagles test match, hoisting the cup at Yale, and providing security for campus visits by Julia Roberts and Mel Gibson.



from NSPA.....

NSPA Disaster Response Chair, Dr. Linda Napholz received a plaque from the Napa Red Cross on June 12, 2012. The award was "In appreciation for the unselfish giving of time to make Napa County a safer place to live by volunteering countless hours to teach Psychological First Aid and Foundations of Disaster Mental Health." Hooray and congratulations to Linda!



Dr. Linda Napholz



On May 24, 2012 NSPA Officers Drs. Debra Inman, Judy Speed and Nancy Piotrowski attended the Annual Napa Valley College (NVC) Awards Ceremony and Reception at the NVC Performing Arts Center. Cody Corin Westfall was selected by NVC as the 2012 NSPA scholarship recipient. Ms. Westfall is interested in psychology as a career. She received a \$1000 scholarship to support her future studies.

Pictured left to right are Dr. Nancy Piotrowski, Ms. Cody Corin Westfall, and Drs. Judy Speed and Debra Inman.

**Office space exchange:** I have a beautiful office in St Helena. I just moved to Napa. If you have an office in Napa and would like to be in St Helena one day a week, let's do an exchange. Rahima Schmall, Ph.D. rahima236@gmail.com. 707 318 4470.

## YOUR CPA BOARD IN ACTION June 2, 2012 Board meeting

### President's Remarks

On June 2, 2012 The California Psychological Association Board of Directors met electronically via web and phone conference for its mid year Board meeting. Dr. Craig Lareau, CPA President, commented on the organization's performance at mid-year, and noted success on several fronts including the CPA 2012 convention in Monterey, the Leadership and Advocacy Conference, the continued work of the Ethics Committee and Government Affairs Committee, and the continued work of the other CPA Committees and Divisions. He thanked the RxP, Governance Structure and Immigration Task Forces for their work as well. Those reports that were submitted can be found in the CPA Board Agenda Packet here. Dr. Lareau also noted that the "Presidents' Chats" (for Chapter Presidents) will continue, as well as the quarterly calls with Division Chairs that are moderated by Dr. Sallie Hildebrandt.

### Convention Report

Dr. Mark Kamena, who served as the 2012 Convention Program Chair, reported that the convention in Monterey was a huge success, offering our members a beautiful location and venue in which to learn and network. Registration numbers were higher than previous years, and we anticipate that after the final tally the convention will show a profit this year of over \$40,000.00! Dr. Kamena thanked everyone who attended the convention, and noted that the 2013 convention will be April 11-14 in beautiful Newport Beach, CA.

### Treasurer's Report

CPA Treasurer, Dr. Betsy Levine-Proctor, reported on CPA's financial status. She briefed the Board on her conversation with the accounting firm of John Waddell and Company, who conducted an independent financial review for the 2011 fiscal year. Dr. Levine-Proctor explained to the Board that the accounting firm commented on the high quality of the financial records at CPA, and that they did not recommend any changes to CPA's accounting procedures. Dr. Levine-Proctor commented on the excellent work of CPA Director of Accounting, Ms. Pat Jaspin, and thanked her on behalf of the Board. She followed that report with a review of the financial statements as of April 31, 2012, noting that we will continue to watch the dues revenue for the year, as it is a bit lower than the total projected for the year. Other areas of revenue and expenditures were reported to be in line with the budgeted amounts.

### Executive Director Report

CPA's Executive Director Dr. Jo Linder-Crow reported on the status of CPA membership and gave an update on the upcoming changes in MCEP. Overall the membership is growing, with a total current membership of 4046. Regarding MCEP, Dr. Linder-Crow reminded the Board that the accrediting agency will be eliminated at the end of this year due to regulatory changes by the Board of Psychology. The regulations do allow for CPA to develop a provider approval system, which CPA plans to launch in the Fall. A workgroup has met with staff to write the criteria for the program, and the staff is currently developing the application to be used for potential CE providers. Another program under consideration is a CE tracking system to assist psychologists in maintaining records of their earned CE credits. This program will be developed after the Provider Approval System is activated.

### Government Affairs Report

One bill that has been of particular interest is SB 1172 (Lieu), which would ban the use of an approach called Sexual Orientation Change Therapy (SOCE) with minors. CPA currently has an "Oppose Unless Amended" position on the bill due to concerns about the broad definition of SOCE and the concerns about the precedent this bill would set with regard to the Legislature dictating clinical practice. CPA has been working for weeks with the mental health coalition to offer amendments to the Author, and will continue to work to improve the bill as it moves to the Assembly after having passed out of the Senate. Dr. Linder-Crow noted that Ms. Levy has done an outstanding job on this bill, and the Board expressed appreciation for the frequent updates from CPA on the reasoning behind the CPA position on this complex bill.

# SAVE THE DATES!

## NSPA 2012 Calendar

Wednesday July 18	6:30-8:30 p.m.	Board Meeting
<i>Saturday</i> September 8	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</i> November 10	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: Debra Inman, PhD

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