

Napa-Solano Psychological Association (NSPA)

A chapter of California Psychological Association

July 2013

Volume 4, Issue 3



SAVE THE DATE FOR A FULL DAY CONTINUING EDUCATION EVENT!

Handling Treatment Failure Successfully

Jacqueline B. Persons, Ph.D.



Saturday, September 28, 2013

9:00 a.m. to 4:30 p.m. (Registration 8:30)

Napa Valley College

6 CE units (CPA-approved)*

Treatment failure is common; all clinicians, even the most skilled, encounter it. Dr. Persons will offer strategies that can help therapists prevent, identify, overcome, and accept treatment failure (when efforts to conquer it fail). Dr. Persons will describe and distribute scales that clinicians can use to collect feedback from the client and monitor progress at every session. She will help therapists identify and use these tools. She will teach skills for having a collaborative discussion with the client, and for systematically developing and evaluating hypotheses about the client's lack of progress in treatment. These strategies can lead to interventions that turn a failing therapy into success. Dr. Persons presents video role play demonstrations and her own case examples, including video material from one of her clients, and will lead participants in practice exercises. She asks participants to bring at least one example of a client who is not making progress in therapy to work on, and to come prepared to participate in role play exercises.

***Important Notice:** Those who attend the workshop & complete the CPA evaluation form will receive 6 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.

(continued next page)

CONTINUING EDUCATION EVENT INFORMATION

EDUCATIONAL OBJECTIVES

By attending this talk, participants will be able to:

- Strategies to maximize chances of treatment success;
- How and why to use tools for monitoring process and progress at every session;
- A systematic strategy for developing and testing hypotheses about the causes of treatment failure;
- Tips for initiating a discussion with the patient about lack of progress in treatment;
- The importance of using the case formulation to understand and overcome treatment failure;
- To identify attitudes about clinical work that make it difficult and easy for the therapist to accept that a treatment has failed and refer the patient to another provider

LOCATION: Napa Valley College, McCarthy Community Room, College Library
2277 Napa Vallejo Highway, Napa, CA
[This is located on the southern end of campus]

Free parking on campus on Saturday!

***Networking luncheon, snacks,
& coffee, and other beverages included***

	<u>Registration through 9/8/13</u>	<u>9/9/13 forward</u>
New/Renewing Members (includes dues for 2014)	\$135	\$155
Nonmembers	\$120	\$135
Students	\$40	\$40

Late and door registration will be accepted on a space available basis only.

For registration questions contact NapaSolanoPA@gmail.com

Cancellation Policy

Cancellations are subject to a \$50 processing fee and must be requested by 9/8/13

No refund for cancellations after 9/9/13

Return Check Policy

There will be a \$35 charge for all returned checks.

For more information contact:

Nancy A. Piotrowski, Ph.D., NSPA 2013 Communications Chair 415.386.4923 NapaSolanoPA@gmail.com

MAIL –IN REGISTRATION FORM NEXT PAGE

CONTINUING EDUCATION MAIL –IN REGISTRATION FORM

Handling Treatment Failure Successfully

September 28th, 2013

ALL REGISTRANTS PROVIDE THIS INFORMATION

Circle Y if you want that info posted @NSPA Website (**New/Renewed Members only**).

Name:	_____	Y
License Type and #:	_____	Y
Degree:	_____	Y
Street:	_____	Y
City, State/Zip:	_____	Y
Phone:	_____	Y
E-Mail:	_____	Y

Circle the FEE you are paying:

	<u>Registration through 9/8/13</u>	<u>9/9/13 forward</u>
New/Renewing Members (includes dues for 2014)	\$135	\$155
Nonmembers	\$120	\$135
Students	\$40	\$40

How will you pay?

- ☐ I will email this form to NapaSolanoPA@gmail.com and pay by PAYPAL upon email invoice from NSPA
- ☐ I will send a check payable to **NSPA** and mail it with this form to **P.O. Box 3743, Napa, CA 94558**

New or renewing NSPA Member for 2014? Complete this information below.

I am applying for: ☐ Full Membership * ☐ Associate Membership **

Graduate School: _____ Year of Graduation (if applicable): _____

Professional License Type: _____ License #: _____

Issues treated: _____

Professional Memberships (circle those applicable): APA CPA

Signature: _____ Date: ____/____/____

* **Full Members** shall have: (1) a Doctorate in Psychology from a regionally accredited institution, or (2) a license as a psychologist in the State of California, or (3) a Diplomate of America Board of Professional Psychology, or (4) eligibility for Member status in APA or CPA.

** **Associate Members** shall have: (1) a Masters Degree in Psychology (or an equivalent degree in the behavioral sciences) from a regionally accredited institution, or (2) eligibility for Associate status in APA.

*** All members must be approved by the Executive Committee

ALL REGISTRATIONS WILL RECEIVE AN EMAIL RECEIPT (OR PHONE CALL IF NO EMAIL) CONFIRMING REGISTRATION.

A word from your President,

Debra Inman, Ph.D., NSPA 2013 President

Greetings NSPA members!

We had a wonderful CE presentation on May 15, 2013, in which CPA President (and NSPA member) Dr. Mark Kamena presented on the one-of-a-kind program he cofounded to treat first responders in a brief residential program. This program is now headquartered in Angwin (in Napa County). The first session in that location took place on July 1. There are opportunities there for volunteers at virtually any level of commitment. Please contact Dr. Kamena at markkamena@comcast.net for more information.

On May 30, Dr. Linda Napholz and I presented NSPA's \$1000 scholarship to a student in the mental health field. This scholarship (and another \$1000 scholarship to Solano County College) is given yearly from the proceeds of NSPA's all-day CE event. This year's NSPA workshop features Dr. Jackie Persons and will be held in the Community Room at the Napa Valley College library. As always, there will be abundant goodies, lunch, and an opportunity to combine workshop fees with 2014 NSPA renewal. The workshop date is September 28. Save the date!



GOOD NEWS! Any day now, you will be able to login to the new NSPA website. We've done a major overhaul of the site. The new site will feature a find a psychologist locator service, listing of useful resource, board contact information, and collections of NSPA newsletters. Additionally you will have control over what kind of



information you can put on the site and you'll be able to join or renew NSPA membership online, paying through PayPal or check. Eventually we will have events registration set up through the site as well. **NOTE:** Use of the website will require your use of a password. We will be in touch with you about how to login as we get closer to the launch of the new site.

CALLING ALL MEMBERS! Help us get the word out to students and colleagues in the area by "liking" our *Facebook* page. 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

- which is a link you can share with friends.

REMINDER!

You can post a message to our listserv by sending it to NSPA_Members@yahoogroups.com.

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. You must be a member to be on the list.

IN THE NEWS AND MAKING US PROUD!

SPEECH OF
HON. MIKE THOMPSON
OF CALIFORNIA
IN THE HOUSE OF REPRESENTATIVES
WEDNESDAY, APRIL 10, 2013

Mr. Speaker, I rise today to recognize Dr. Markley Sutton, who is retiring after 31 years of service to the Sonoma Developmental Center.

Dr. Markley Sutton served in several different capacities at the Sonoma Developmental Center, most recently as the Senior Supervising Psychologist from 2003-2011. In this role he not only solved issues that arose with residents with behavioral problems, but also acted as a mentor and friend to the psychologists he supervised. He was always ready to pass on his considerable knowledge, and has taught at many universities on a range of topics centering on clinical issues, behavior concerns, and psychopharmacology for those with multiple diagnoses.

Dr. Sutton has received awards for his leadership including the Superior Accomplishment Award Supervisory Bonus Program from the State of California in both 1986 and 1992. He received the Outstanding Leadership Pioneer Award in 1998 and the Who's Who in California award in 1982, 1988 and 1989.

Dr. Sutton has a long and distinguished career in working with individuals with mental illness, developmental disabilities, and individuals with some of the most challenging behavioral problems. Yet it is his ability to remain engaged, curious and always ready to pitch in when needed that most exemplifies him. There is no issue too challenging, no resident too difficult, nor any task beneath him.

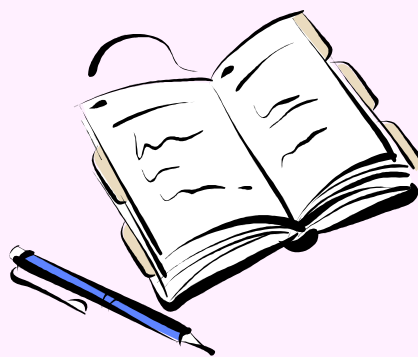
Mr. Speaker, Dr. Sutton has a long and distinguished career of service to others, most notably to the developmentally disabled population at Sonoma Developmental Center and those who seek his support in his private practice. It is therefore appropriate that we acknowledge Dr. Sutton today and wish him well in his retirement from Sonoma Developmental Center.

Congratulations!



SAVE THE DATES!

NSPA 2013 Calendar of Upcoming Events



<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>
Wednesday July 24	6:30-8:30 p.m.	NSPA Board Meeting
	Summer break!	Meeting moved to 4th Wednesday!
Wednesday August 21	Summer break!	No board meeting this month!
Wednesday September 18	6:30-8:30 p.m.	NSPA Board Meeting
Saturday, September 28	9:00-4:30 p.m.	CE with Dr. Jacqueline Persons
Wednesday October 16	6:30-8:30 p.m.	NSPA Board Meeting
Wednesday November 20	6:30-8:30 p.m.	Local CE Event on Envy!
December TBD	<i>Evening</i>	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 evening CE events will be at the *Gaia/DoubleTree in American Canyon, CA at 3600 Broadway*, unless otherwise noted.

The **All Day CE** will be at Napa Valley College and the location for the **Holiday Party** will be posted on the listserv and in our association newsletter as we get closer to the date.

Direct questions about NSPA events to NapaSolanoPA@gmail.com.

CPA BOARD UPDATE

Leslie Lessenger, Ph.D., NSPA Representative
California Psychological Association Board of Directors

The CPA Board met electronically on Saturday, June 1. Here are the highlights:

1. BPA Bylaw changes were approved to conform to the new Board structure. The new board, starting in 2015, will consist of nine members elected by the total CPA membership. These will include officers and four “at large” members. There will no longer be a “CPA Representative” designated by each chapter. However, each Board member will be assigned to act as liaison with a group of chapters.
2. The CPA Convention in Newport Beach was very successful. The even better news is that next year the convention returns to Monterrey. Plan to attend – it is a great venue!
3. CPA budget was the big item – there is a major deficit this year and anticipated for next year without action. This is primarily due to the loss of MCEP as a revenue source. The “CE Bank” was not a success, with only 8% of expected enrollments coming through. The Bank is still open if you are interested in CPA keeping track of your CE credits and reporting to the Board of Psychology should you be audited. (There was also a suggestion that this should be a free benefit of CPA membership – what do you think?)

Several ideas were floated about revenue sources: please spread the word that CPA receives \$\$ if you enroll in an APA course through the Clinician’s Corner as a CPA member.

However, most important is expansion of CPA membership. New members were recruited to serve on the membership committee, including your CPA Rep (Leslie Lessenger, PhD). If you are not currently a member of CPA, expect a phone call!--
-CPA is YOUR voice in Sacramento, looking after YOUR license.

If you have comments or ideas about any of the above, or about our CPA involvement in general, please contact me at 707-751-0289 or lh1@lessenger.net.



...We heard it through the grapevine...

May 2013

Napa Valley College



Congratulations to our 2013 NSPA Scholarship winner, Mr. Eduardo Ceballos-Corro. He is pictured here at the awards ceremony with his very proud mother! We wish him good luck in the future!



April 2013



Spring Social



We had a lovely social for members at the home of our president. Lovely views, good conversation, and a nice opportunity to just kick back and catch up—as well as get a few hugs from some puppies!



Lend me your ear and I'll sing you a song and I'll try not to sing out of key...

NSPA members interested in music and looking to find colleagues who play an instrument, sing, or are learning to play an instrument, please send a note to Leslie (lhl@lessenger.net).

Meet your Colleague

Pam Van Allen, Ph.D., MSCP



1. What is your current practice in psychology?

I work in the Department of Pain Management at Kaiser Permanente in Stockton.

2. Briefly, what is your educational background?

I received my PhD in Clinical Psychology with an emphasis in Behavioral Medicine in 1982 from the University of Memphis, staying around Memphis until 1999, when I came to the Promised Land (California) to work for Kaiser. I completed a Master of Science in Clinical Psychopharmacology at CSPP Alameda (now AIU San Francisco) in 2002.

3. What interesting jobs have you had outside psychology?

I'm a one trick pony.

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

Unless we expand our scope of practice, including but not limited to prescriptive authority, we will likely be squeezed out of the therapist job market by master's level practitioners. The increasing shortage of psychiatrists and primary care physicians will make it more and more difficult for our clients to get access to medications when needed. Unfortunately, when clients do see a physician for a psychiatric condition, they are inevitably prescribed one or more medications, because that is what physicians know how to do. Despite the superiority of psychotherapy over meds for many conditions, most clients get medication instead of psychotherapy. Prescribing psychologists can prescribe when needed, not prescribe when not needed, and provide psychotherapy when needed, as well as refer to their physician colleagues.

5. Tell us one other interesting thing about you.

I will be retiring to West Sonoma County in the next 3-5 years, at which time I will build an energy-efficient house, let my hair grow, add to my wine collection and sow a native plant garden.



DISASTER MENTAL HEALTH

Help!

Thanks to Linda Napholz for sharing this communication —

As it is the time of year for wildfires, you may find these resources from APA useful.

Tips for Managing Your Distress Related to the Wildfires

<http://www.apa.org/helpcenter/wildfire-tips.aspx>

APA Psychology Help Center

Recovering from the Wildfires

<http://www.apa.org/helpcenter/wildfire.aspx>

APA Psychology Help Center

Wildfire – Are you prepared?

http://www.usfa.fema.gov/citizens/home_fire_prev/wildfire/

FEMA

Wildfires

<http://www.ready.gov/wildfires>

Ready.gov

Parent Guidelines for Helping Children Impacted by Wildfires

http://www.nctsn.org/sites/default/files/assets/pdfs/parents_wildfires.pdf

National Child Traumatic Stress Network

Wildfires: Tips for Parents on Media Coverage

http://www.nctsn.org/sites/default/files/assets/pdfs/Wildfires_media.pdf

National Child Traumatic Stress Network

Disaster Distress Helpline (24/7 phone and text)

<http://disasterdistress.samhsa.gov/about.aspx>

Substance Abuse Mental Health Services Administration

Recovering Emotionally

<http://www.redcross.org/find-help/disaster-recovery/recovering-emotionally>

American Red Cross

Building Your Resilience

<http://www.apapracticecentral.org/outreach/building-resilience.aspx>

American Psychological Association

PSYCHOLOGISTS WORKING IN ADDICTION NEED YOUR ACTION

Are you a licensed psychologist or a student working towards getting licensed as a psychologist? Did you realize that many of your current and future clients are likely to have problems related to alcohol and substance use? The good news is that health care reform related to parity for mental health and addiction will facilitate clients presenting for such care. It is also good news that the government and insurers want to see the quality of care in this area of treatment improve. The bad news however is that psychologists are without a credential to support their proficiency in this area of work. We used to have one, but it was retired in 2011 without adequate stakeholder input and we need it back. We NEED you to alert appropriate stakeholders to sign a petition to alert the Board of Directors of the American Psychological Association (APA) to a problem that needs attention: The certificate for the Recognition of Proficiency in the Psychological Treatment of Alcohol and Other Psychoactive Substance Use Disorders needs reinstatement. To sign go to <http://www.ipetitions.com/petition/reopening/>. Signers must be licensed psychologists or students who plan to seek licensure as a psychologist.



ANNOUNCEMENTS FROM COLLEAGUES!

Josh Slater, Psy.D. wrote, “.. in July of 2013 I am moving my psychotherapy practice to 3260 Beard Road, Suite 4. While my practice will remain small, this move will afford me increased flexibility as I continue to see adults in individual psychotherapy. Additionally, as Dr. Meghan Tiedemann-Fuller is graciously allowing me to share her space, this allows me to further collaborate with other psychoanalytically oriented clinicians here in Napa. My practice is grounded in psychoanalytic theory, particularly self psychology and object relations approaches, and I have training and experience in both traditional psychoanalytically oriented psychotherapy and short-term psychodynamic interventions. I can be reached at (707) 812-1259, and welcome referrals and opportunities for consultation.”

Catherine A. Mahler, Ph.D. wrote, “As of June 2013, I am expanding my practice to Napa. I am sharing space with another clinician in Napa, as well as continuing to have my primary office near downtown Sonoma. I specialize in working with children ages 3-12 and their parents. I offer play therapy, parenting, and sandtray. I am currently accepting referrals for both offices. I can be contacted at (707) 815-3522.”

A webpage that might be of interest given current events...



STRESS IN AMERICA

APA recently released their 2012 results for a national survey regarding stress in the United States. This is part of an ongoing series of surveys they have completed since 2007.

<http://www.apa.org/news/press/releases/stress/>

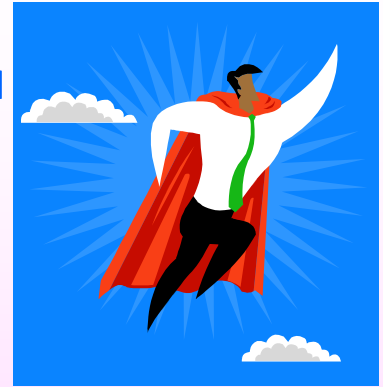
Information is presented in English and also in Spanish. Resource materials are provided as well, along with varied facts and figures you may find useful about this topic.

If you happen to find a useful website, story, or resource to help colleague address current concerns and events, please feel free to share this information our listserv. Additionally, we are happy to receive your suggestions for items like this to be included in the newsletter. Simply sent them along to NapaSolanoPA@gmail.com nominating the item for listing.





YOUR ASSISTANCE PLEASE!
**Consider getting more involved
with NSPA!**



There are many options:

- ◆ You might like to write an article for the newsletter on a topic important to you or that you think will be of interest to the membership;
- ◆ You might like to write a review of a psychology-related book or movie to share with the membership;
- ◆ You might like to help with advocacy efforts by attending events where you can represent psychologists in Napa and Solano County, such as in district office visits with legislators;
- ◆ You might like to help NSPA respond to local requests for training, such as on stress management or dealing with difficult communications;
- ◆ You might like to help out a current officer or committee chair;
- ◆ You might like to volunteer to help at one of our CE or other events;
- ◆ You might like to work as a board member.

Whatever your interests, let us know. **Contact Dr. Debra Inman via email at bluesky@napanet.net for more information about how you can help!**



2013 NSPA BOARD MEMBERS

Debra Inman, Ph.D., *President*

bluesky@napanet.net

OPEN POSITION, *President-Elect*

Nancy A. Piotrowski, Ph.D., *Past-President*

napiotrowski@yahoo.com

Judith Speed, Ph.D., *Secretary*

[judyspeed@sbcglobal.net](mailto:judy speed@sbcglobal.net)

Chuck Taylor, Ph.D., *Treasurer*

psychuck1@gmail.com

Leslie H. Lessenger, Ph.D., *NSPA Representative to CPA*

lhl@lessenger.net

OPEN POSITION, *Membership Chair*

Nancy A. Piotrowski, Ph.D., *Communications Chair*

NapaSolanoPA@gmail.com

OTHER IMPORTANT NSPA CONTACTS

Linda Napholz, Ph.D., *Disaster Response Network*

lnapholz@aol.com

Katherine F. Hargitt, Psy.D., *Government Affairs Chair*

drkhargitt@vom.com

Greg Benitz, Psy.D., *Webmaster*

See Communications Chair

***P.O. Box 3743
Napa, CA 94558***

www.napapsychologist.org