

Napa-Solano Psychological Association (NSPA)

A chapter of California Psychological Association
August 2015 Volume 6, Issue 2



August-October 2015 THINGS TO DO!

1. **Renew your membership!** January 1 began our 2015 membership year which runs to December 31. Renew at www.napapsychologists.org You may then pay through Pay Pal for 2015, or you print the invoice and mail it with a check to (address on last page of the newsletter).
2. **Attend an NSPA brunch!** See p. 8 for our events calendar. We have a brunch on 8/16!
3. **Come hear a talk and join us for dinner!** Join us Wednesday September 16 at 6:30 p.m. in American Canyon at the Gaia Restaurant, Dr. Michah Altman, our board secretary, will give an informal talk on neurofeedback. Social 6-6:30 p.m.
4. **Attend a disaster response training with the Red Cross especially for NSPA members** on 10/3 in St. Helena (see p. 4 for details!).
5. **Attend a board meeting!** Immediately after the training above at 4 p.m., the board will meet in St. Helena for dinner (location TBA).

RSVPs to lhl@lessenger.net



Sunday Brunch

Sunday **August 16, 2015**
11:00 a.m.—1 p.m.

- *Bring business cards/brochures*
- *Meet NSPA members in practice*
- *Talk about your practice & goals*
 - *Local professional networking*
- *Discuss recent professional events*

**RSVP to save a seat, or
we'll squeeze you in!**

bluesky@napanet.net

Chardonnay Golf Club
2555 Jamison Canyon Road,
American Canyon Jefferson, CA

**"The greatest discovery of my
generation is that human beings
can alter their lives by altering
their attitudes of mind."**

—William James (1842-1910)

A word from your President..



Leslie Lessenger, Ph.D.
NSPA 2015 President

We have a busy fall planned for NSPA – please read the entire newsletter to get details. For those who can't make Sunday brunches, in September we will offer an evening meeting at GAIA in American Canyon. The Red Cross training will happen Saturday, October 3 – be ready to respond “next time.”

Very important: Hopefully everyone has been following the Board of Psychology changes in CE requirements for license renewal. There was some disappointment when the Board maintained the decision to limit traditional CE credits (i.e. in-person or on-line courses) to 27 of the 36 credits needed. On the other hand, this may open new OPPORTUNITIES for our local chapter. How can we serve our members -- by creating consultation groups? A road trip to attend a BOP meeting? How about getting on the NSPA board and giving a few hours toward local activities? The change has been pushed to 2017 and clarification of the various opportunities is forthcoming, so we have time to plan. Please be a part of this planning. We'll start the conversation at the Board meeting in St. Helena after Red Cross training and will likely continue to monthly brunches or other get-togethers. EVERYONE is WELCOME!

The local chapter is vital to the health of CPA and to our profession. This is where you can receive referrals through the website or from colleagues. You get the latest from CPA and have an opportunity to affect local politics as needed. In order to survive, the local chapter (that's us!) needs leadership. Please give some thoughts to becoming involved – time commitment is minimal. About half the board meetings are via conference call. And it's a great group of people to work with. Contact me when you are ready to get on (the) Board. And enjoy the rest of your summer!

Leslie

Leslie Lessenger, PhD
NSPA President



SAVE THE DATES!

Upcoming NSPA 2015 Events

<u>DATE</u>	<u>TIME/LOCATION</u>	<u>EVENT</u>
August 16	11:30 a.m.—1 p.m. Chardonnay Golf Course 2555 Jamison Canyon American Canyon, CA	Monthly networking social RSVP Debra Inman
September 16	6:00 greet; 6:30—8 p.m. meet Gaia Restaurant 3600 Broadway American Canyon, CA	Members and prospective members invited RSVP to save a seat! Leslie Lessenger
October 3	9 a.m.—4 p.m. Lunch included 1474 Oak Street <i>St. Helena, CA</i>	Red Cross Training Napa County RC Office Pre-registration Required RSVP <i>Dana Nussbaum</i>
October 3	4 —6 p.m. Location TBA Happy Hour & Dinner	NSPA Board meeting RSVP Leslie Lessenger

NOTE: We will have additional events as the year proceeds. Announcements and other information about these events will be provided via our member listserv and updated on our website calendar and in the next newsletter.

Questions about NSPA events? Send a note to:

[Dr. Leslie Lessenger](mailto:Dr.LeslieLessenger) or to NapaSolanoPA@gmail.com .



The Usefulness of Neurofeedback

Micah Altman, Ph.D.

By now most Psychologists have heard of neurofeedback but may not really know what it is and how it is utilized. The aim of this brief article is to provide the you with an overview of neurofeedback .

Neurofeedback, also called Neurobiofeedback or Brain Wave Therapy, is a form of biofeedback . In the case of neurofeedback, brain wave activity, which is generally considered involuntary, is brought under conscious control. Neurofeedback is similar to other forms of biofeedback in that some measure of body function is displayed on a screen or monitor. Seeing a display, for example body temperature, on the monitor allows one to actually see a representation of biological function in order that one might affect a change (i.e., raise or lower her body temperature at will). In the case of neurofeedback, it is the production of particular brain waves in specific areas of the brain which is being displayed and brought under conscious control. Improved functioning is achieved through improved brain stability. Brain wave activity is correlated to mood, sensation, cognition, and behavior. These functions are driven by the electro-chemical system in the brain.

While psychotropic medications intervene with this system chemically, neurofeedback works through the electrical aspect of this system. Added to the complexity of brain wave functioning are issues related to the speed of neurons firing and the relationship of different parts of the brain with each other. For example, the production of slow wave activity is crucial for sound sleep. But the production of slow waves during an activity which requires sharp focus and concentration, results in very poor functioning. The aim of neurofeedback, therefore, is flexibility or neuroregulation (Othmer, 2009) and, in turn, improving the ability of the brain to fire at the appropriate speed in the appropriate area of the brain and at the appropriate time.

What does a neurofeedback session actually look like? Electrodes are attached to the client's head with paste. Feedback is provided via a computer monitor and speakers in the form of video games or movies. Some programs provide tactile feedback.

Successful brain wave production is rewarded with an attractive or interesting display. For example, there are video games, in which the player is able to control the game only when she is meeting the therapist-prescribed parameters of brain wave production. One favorite game, Inner Tube, allows the client to fly a spaceship through a tunnel and out into space. When the client is producing the desired brain waves he receives feedback in the form of sound volume, brightness, speed, and direction or aim. If the client is off track, the program inhibits such production , in this example by having the spaceship spin around aimlessly while the screen and music fade momentarily, until the client self-corrects, usually in a matter of a second or two.

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CPA Update!

Leslie Lessenger, Ph.D.

A conference call was held with all chapter presidents/Board liaisons and CPA Board Member Janet Hurwich on Saturday, July 25.

Report on July 11 CPA Board meeting:

Focus on Hoffman Report: CPA Board has responded with a Letter to Members and an Opinion Piece to the Sacramento Bee. APA will be making recommendations re: further action. These will be sent to CPA Board and most likely to CPA listserv and to individual CPA members for feedback.

Membership: Summer special is on – half-price. Membership is at 90% of projections for renewing and 65% for new members. This is concerning – revenue will fall short; expenses have been cut so that end of year will likely be in the black. Jo is keeping track of what people call CPA about – how does CPA meet member needs.

Treasurer's Report: Money has been saved due to smaller board meetings. Revenue from convention exceeded projections. The Director of Professional Affairs probably will be filled by end of the year.

Legislative:

Visit <http://ctweb.capitoltrack.com/public/publish.aspx?session=15&id=21ca9b4a-4253-48ae-88df-27bb52fe2416> to see CPA positions on current bills. The Board recently changed position on a bill to allow payment to MFT services at Federally Qualified Health Clinics from Neutral to Oppose.

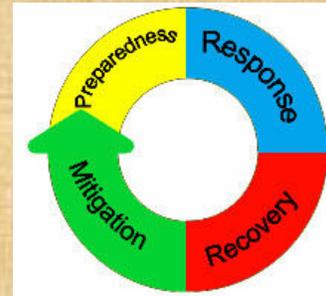
The Board is seeking ways to promote the LAN (Local Advocacy Network) position in the chapters to encourage member feedback regarding legislation.

What does CPA do for You? Click the link below to see approximately 100 bills CPA is following in Sacramento— Here's the link: <http://www.cpapsych.org/?page=385>
You can also access on the homepage under **Advocacy CPA Legislative Positions**

Training!

Disaster Response Update

Dana Nussbaum, Ph.D.



Special training for NSPA MEMBERS!!
SATURDAY OCTOBER 3—9 A.M. TO 4 P.M. IN ST. HELENA

A Disaster Mental Health Team Training & On-boarding will be held Saturday, October 3rd, from 9am - 4pm in the Napa County American Red Cross Office at 1474 Oak Street, St. Helena.

This will include a working lunch, which will be hosted by the Red Cross.

There is no fee to attend and can accommodate only 15 trainees, so register early.

Clinicians with licenses free and clear who attend the day of training and on-boarding will have only two straightforward requirements left to fulfill: DMH Orientation (a 30 minute online introduction) and Disaster Mental Health Fundamentals (taught as a 3 hr Webinar - no CEs, or in-person class - 3 CEs). Then the psychologist receives a G/A/P: Group /Activity/Position assignment (our activity is DMH) and ID#, and you are good to go, for any disaster assignments, near or far.

Bring your laptop if available.

Please contact Dana via phone or email to RSVP with questions or for more information!

Cell — [510.798.0550](tel:510.798.0550)

Email — dr.d.nussbaum@gmail.com

NSPA Student Report!

What's up at CPAGS

[Karen Lynne Matthews, M.S.](#)

Walden University

The logo for "student minds" features the word "student" in a bold, orange, sans-serif font above the word "minds" in a similar font. The text is set against a white rectangular background.

As a California Psychological Association Graduate Student (CPAGS) member and a student member of the NSPA, I am taking advantage of the CPAGS Mentoring Program currently underway. This past May, a call for participants was made to CPA Division Chairs and Presidents as well as CPAGS involved in CPA Advocacy events. I was also notified by both CPA and our NSPA President Leslie Lessenger of the call for participants. At the beginning of June, the CPAGS Chair at the time, Eric Samuels notified me that I had been selected and that mentor/mentee pairings were being made. I have the fortune of being assigned mentor, Dr. Michelle Cuevas. Dr. Cuevas is based in Southern California and has been practicing for over 20 years. Criterion stipulates that mentors and mentees develop a program that works for one year. Main program details are noted below:

"Mentors and mentees will work together for a one-year period beginning in June 2015 and will commit to connecting at least 6 times throughout the year.

Students and professionals will be matched based on interests, experiences, and goals. Priority matching is given to applicants' interest areas, with CPA division membership being given primary consideration. Professionals interested in serving as mentors must be current members of CPA and of at least one CPA Division and hold a doctoral degree in psychology".

So far my mentor and I have had two direct conference calls (June, July). Calls are held the first Thursday of each month. We touch base via text or email on a weekly basis which fits into the criteria for contact. The main goal is for me to focus on finding a viable internship. Dr. Cuevas has been providing me with tips. Some of those tips include contacting various organizations, going ahead with the APPIC application program that I had nixed as my school is Non-APA. She suggested groups that may be more available (i.e. criminally insane). She also volunteered to critique material that I am compiling for APPIC 2015/2016, as well as my resume and CV. She also provided me with a reference, Dr. David Fortman who has had similar fieldwork experiences as I. I had a long conversation with him and he, too, was very helpful with suggestions, tips and support. This guidance is extremely important during a time when issues can feel unsurmountable and completing one's program feels lonely and unsupported. As mentor, Dr. Cuevas has provided a lifeline to the discipline of psychology that helps renew my enthusiasm as a doctoral student. I encourage clinical psychology students to apply for the 2016 program when applications become available in April. For more information about the Mentoring Program contact *the CPAGS Mentoring Committee* at CPAGSMentoringProgram@gmail.com .

Press Release from APA

<http://www.apa.org/news/press/releases/2015/08/psychologist-interrogations.aspx>

APA Council Bans Psychologist Participation in National Security Interrogations *Calls for blue-ribbon panel to review ethics processes*

You may read the full article at the link above—and see recommended additional readings. Below is an excerpt from this item that may be useful.

TORONTO — The American Psychological Association’s Council of Representatives voted overwhelmingly today to prohibit psychologists from participating in national security interrogations.

The measure passed by [a vote of 157-1*](#) (PDF, 87KB), with six abstentions and one recusal. [The resolution](#) (PDF, 302KB) states that psychologists “shall not conduct, supervise, be in the presence of, or otherwise assist any national security interrogations for any military or intelligence entities, including private contractors working on their behalf, nor advise on conditions of confinement insofar as these might facilitate such an interrogation.”

The new policy does allow for psychologist involvement in general policy consultation regarding humane interrogations. The prohibition does not apply to domestic law enforcement interrogations or domestic detention settings where detainees are under the protection of the U.S. Constitution.

The council also voted to create a blue-ribbon panel to review APA’s ethics policies and procedures, and issue recommendations to ensure the policies are clear and aligned with best practices in the field.

*The original vote of 156-1, with seven abstentions and one recusal, changed when one representative changed an abstention to a vote for the resolution.

The American Psychological Association, in Washington, D.C., is the largest scientific and professional organization representing psychology in the United States. APA's membership includes more than 122,500 researchers, educators, clinicians, consultants and students. Through its divisions in 54 subfields of psychology and affiliations with 60 state, territorial and Canadian provincial associations, APA works to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives.

A special email address has been set up to collect your recommendations: IRFeedback@apa.org. In addition, there is a comment section on the APA website at www.apa.org/independent-review/index.aspx. Moreover, APA has received many requests for APA to provide a space for people who have been mentioned or otherwise have personal knowledge about the events discussed in the Independent Review report to respond based on the facts presented or to provide their own account of issues pertaining to them. The page for this can be found off of their main IR page: www.apa.org/independent-review/index.aspx.

GOVERNMENT AFFAIRS ITEMS



A Rose is a Rose...Announcing: The Local Advocacy Network

The California Psychological Association (CPA) leadership has decided to change the name of the formerly known Government Affairs Chair role to the new Local Advocacy Network Chair. This is to reinforce that the goal of the person in the role is to participate in local advocacy and develop an advocacy network at the chapter level. At the present time, Nancy Piotrowski is serving in this role. Assisting Nancy is student member Nicolas Mills. Nicolas has been gracious enough to send out CPA news blurbs on a semi-regular basis after screening through the daily blurbs sent by CPA's Amanda Levy.

Psychologically Health Workplace

Each year the American Psychological Association recognizes businesses exemplifying best psychological practices in the workplace and provides an award to one business that is identified as best in the nation on the most practices. The last two years, California businesses have faired very well. CPA has helped make this happen by offering state level awards and asking legislators and CPA members to identify businesses doing a great job. If you know of a business that should be nominated, talk to Dr. Jo Linder-Crow at CPA. You also may like to read about the APA program by visiting

<http://www.apa.org/practice/programs/workplace/>.

Helping Distressed Constituents—Want to Volunteer?

CPA developed a “distressed constituents guide” for legislators. The guide is nationally recognized for its value. CPA encourages chapters like NSPA to offer trainings in our towns, counties, and districts to those legislators who may like to have their staffs briefed on how to use the guide. To see the guide online, go to <http://www.congressfoundation.org/storage/documents/Distressed-Constituents-Guide-APA.pdf> .

We currently have a training planned for January in Solano County. If you are interested in helping or observing, please let us know. And if you'd like to help with providing a training, please email napaso-lanopa@gmail.com .

District Visits

The CPA leadership also asked chapters to do more visits and advocacy related events in their regions. If you are interested to go on visits, please also email us. One of our new student volunteers is interested in setting up some district visits in the near future—we need you to help make that a great experience!



Please if you have any questions about any of these items, or a pressing issue needing advocacy develops, please contact [Nancy Piotrowski](#), your LAN Chair , so she may provide assistance.

Markley S. Sutton, Ph.D.

DC Representative to the Board of Division IV CPA

*Regarding: SB 479 = Licensing of ABA by BoP
Specific encroachment into areas of Licensed Psychologist through
DDS Vendor Regulations*



SB 479 continues on its journey through the Legislature with little discussion or argument. It will establish the license for the ABA - Applied Behavior Analyst under the Board of Psychology. My concern has been that the BoP basically has abrogated any responsibilities by basically allowing the independent BACB to certify the skills through an examination, individuals would have to belong to the BACB through certification and do 36 units of CEU through their certified instructors. There are provisions that limit their scope to ABA only and specify that this would not impinge in any way on the scope of practice of licensed psychologists.

My concerns are that they have impacted the practice of psychologists already. In a bill several years ago the Department of Developmental Services changed its vendor regulations for the class of Behavior Management Consultant to require that psychologist, teachers, social workers, and others could only be the BMC if they completed 16 semester units of ABA. On the face of this it is an encroachment on the practice of licensed psychologists. I am aware of at least three psychologist who lost contracts due to this provision and had been doing the work for many years.

Furthermore, if the state of California is to close the Developmental Centers, all of the well trained and expert psychologists who believe that they can move to the community and provide professional services to I&DD individuals with behavioral issues may be prohibited from providing that service. They have unceremoniously been prevented from the ability to provide service in behavioral therapies that do not necessarily rely only on ABA principles, thus leaving the clients with out the resource of such psychologists and the psychologist is forced to move to other areas.

Amanda Levy (at CPA) and I have met several times and we have discussed several ways to approach the DDS in order to right this wrong.. At a recent meeting where DDS was developing potential requirements of a new category of enhanced behavior homes, they indicated that they would require the use of ABA professionals as consultants. When it they were reminded that ABA professionals are not professionally prepared to provide for all of the aspects of behavioral approaches and other issues such as neuro-psych issues, psychopharmacology issues , sensory processing issues, they had no response.

I certainly believe that ABA is a critical and crucial area of behavioral psychology and therapy and it has been shown to be very effective and valuable. I also am not opposed to a license by the BoP of California. I oppose the wholesale deference to the BACB as the monitoring of the individuals and the slippery slope of encroachment into areas not covered by their license.



Your name here!

Meet your colleague

- 1. What is your current practice in psychology?**
- 2. Briefly, what is your educational background?**
- 3. What interesting jobs have you had outside psychology?**
- 4. What challenges do you see ahead for our profession?**
- 5. Tell us one other interesting thing about you.**

***New to NSPA? Recently updated or changed your practice activity?
Interested in being a featured member?***

Compose answer the five questions above, send us a picture, your current title at NSPA and/or at your employment setting, and we will be happy to post that information here in a future newsletter!

Send all materials to napasolanopa@gmail.com.



Neurofeedback (continued from p. 4)

While the original research on neurofeedback was done by Barry Sterman on epileptic cats thirty some years ago (Sterman, 2000), today there is wide application. Neurofeedback is used successfully with everything from ADHD to Peak Performance. Applications include treatment of migraines, attentional disorders, depression, brain injury, addictions/substance abuse, anxiety, bipolar disorder, autism spectrum disorders, seizure disorders, specific learning disabilities, PTSD and fibromyalgia. To date there have been many significant outcome studies done on the use of neurofeedback, indicating clinically validated successes in a number of these areas.



Fifteen years after the “decade of the brain,” we have gotten used to the fact that much of what is experienced and learned is mediated by a part of the brain which is not necessarily amenable to verbal interventions. We know now that this is not necessarily due to a lack of cooperation on the client’s part, or because of defects in personality. Rather, it may be a matter of verbal therapies falling short of the neurological mark (Teicher, 2000). Now, through neurofeedback we have a new tool which can begin to address some of the problems in mood and behavior which are dictated by the non-verbal areas of the brain.

As with any other branch of therapy, the field of neurofeedback is not without controversy from without and within. Neurofeedback practitioners differ as to what they deem appropriate in terms of assessment and treatment. For example, some clinicians would not dream of treating without first administering a QEEG (Qualitative Electroencephalogram) for the purpose of assessment, while others only use this costly tool when treatment isn’t going as otherwise expected and they feel more information is needed to help clarify why. Likewise, therapists vary widely in the way in which they administer neurofeedback, as to the wave length at which they train and the area of the brain. Practitioners vary as to which type of the many available types neurofeedback equipment they prefer. Also, because neurofeedback is not the bailiwick of any particular license or discipline, differences in session format abound. At one extreme one can find clinics in which there are roomfuls of kids hooked up in a row with their parents chatting and watching on the other side of a one-way mirror, while one or two interns flutter around the treatment room. At the other end of the spectrum, there are licensed mental health professionals who integrate neurofeedback into individual psychotherapy sessions and treatment plans. Case vignettes may prove useful.

The first case is of an 11 year old girl who presented with a high level of anxiety and obsessive compulsive behaviors such as peeling the skin off the bottoms of her feet until well after they had begun to bleed. While she was an excellent student, she was also impulsive at times, and often uncooperative and angry at home. Further, she reported often feeling distracted or like she was in a day dream or spaced out, especially in school. Initial neurofeedback sessions were marked by dramatic improvements in mood and behavior, followed by continuity of cessation of symptoms and additional, less dramatic gains. Specifically, while she was at times still impulsive, she no longer dissociated, was much more thoughtful and compliant, less anxious, better able to attend and concentrate, and no longer picked her feet. After a period of being ill with the flu and physical exhaustion, she experienced

continued next page...

Neurofeedback (continued from p. 12)

another dramatic change immediately following a neurofeedback session. The following week, her mother exclaimed that her daughter came home from that session "the daughter I knew a year ago; happy, cooperative, energetic and fun to be around". On six month follow up she continued to do extremely well in all areas of functioning.

The second case is of a 52 year old woman who was very anxious and phobic and who experienced periods of moderate depression. She had a successful career out of the home but did not feel comfortable going out to socialize. She found herself avoiding social activities such as getting together with friends and family. She was easily stressed and had difficulty identifying the source of the stress. When thusly upset, she typically drank alcohol in excess. While she did make gains in more conventional psychotherapy, core issues did not really change. She agreed to try neurofeedback and found immediate improvement in her overall sense of well-being and a decrease in the fear which kept her from stepping out socially. She began to initiate social engagements with friends and family and noticed a decrease in alcohol consumption. Interestingly, she also began to notice and question many of her core assumptions. For example, she spontaneously stated, "drinking makes everything worse" when discussing her decreased consumption. On follow-up she reported overall decreased anxiety and depression and stated that the neurofeedback gave her an overall feeling of greater contentment.

As research and clinical discoveries continue to unfold, and the technology improves, our clients stand to greatly benefit from the complementary addition of neurofeedback to their treatment plan.

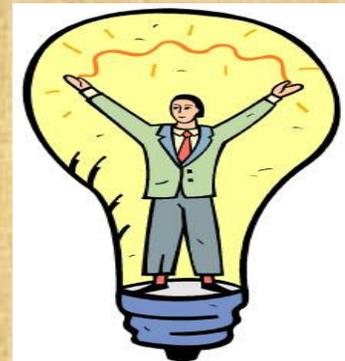
References

- Othmer, S., Othmer, S. (2009). Infra-low frequency training. *EEGInfo Newsletter*. Serman, M.B. (2000). Basic concepts and clinical findings in the treatment of seizure disorders with EEG operant conditioning. *Clinical Electroencephalography*, 31(1):45-55.
- Teicher, M.H. (2000). Wounds that won't heal: the neurobiology of child abuse. *Cerebrum (Dana Press)*, 2(4), 50-67.

**For additional reading about neurofeedback,
Dr. Altman suggests the following books.**

Biofeedback for the Brain by Paul G. Swingle

ADD: The Twenty Hour Solution by Mark Steinberg, PhD and Siegfried Othmer, PhD



REMINDER: HAVE YOU RENEWED?



USE THE WEBSITE TO RENEW

Prospective members and those not yet renewed should go to the new NSPA website, CLICK MEMBERSHIP, and fill out an application. Register as a NEW MEMBER. Do this even if you have been a member in the past. This is our second year using the new website, so even former members have to JOIN as NEW to renew.

The website features a find a psychologist locator service, listing of useful resources, board contact information, and collections of NSPA newsletters. Additionally you have control over what kind of information you can put on the site and may join or renew NSPA membership online, paying through PayPal or via check.

NOTE: Use of the website requires use of a password AFTER your membership has been processed. First time users do not need one. Instead, for first time users, after you join, pay, and have your application processed, you will be emailed a password to get you started. If you have already been on the website and started a membership, but are having trouble getting your password, or otherwise need help getting started, send an email to napiotrowski@yahoo.com and we will help you get on the 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.

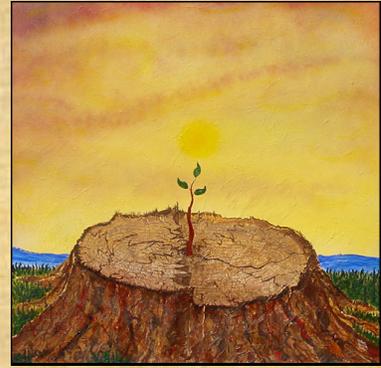
REMINDER!

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.

Help support a TRADITION

Help build a LEGACY



- **Donate to our local scholarship fund**

NSPA has generously supported local community college students each year with \$500 or \$1000 scholarships, depending on what our budget can sustain. Please consider a direct contribution to this effort. For more info, email napasolanopa@gmail.com



- **Consider getting more involved with NSPA!**

Host a salon discussion about *California Psychologist* articles at your home/office in an area of your expertise and lead a discussion, helping others get continuing education credit!

Write an article for the newsletter on a topic important to you or that you think will be of interest to the membership;

Write a review of a psychology-related book or movie for the newsletter;

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;

Help NSPA respond to local requests for training, such as on stress management or dealing with difficult communications;

Help out a current officer or committee chair or for an event;

You might like to work as a board member.

Contact us via email at napasolanopa@gmail.com for more information about how you can help!



2015 NSPA BOARD MEMBERS

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OPEN POSITION, *President-Elect*

POSITION OPEN

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www.napapsychologist.org