

Napa-Solano Psychological Association (NSPA)

A chapter of California Psychological Association

October 2015 Volume 6, Issue 3



October-December 2015 THINGS TO DO!

1. **Renew your membership!** October 1 began our 2016 membership year which goes to 12/31/16. Go to www.napapsychologists.org to renew. Pay through Pay Pal for 2016, or print the invoice and mail it with a check to the address on last page of the newsletter. Note: About 8 people never did their online profile update for 2015, so if you paid, but it says you did not, this is why! For help, contact napiotrowski@yahoo.com

2. **Attend an NSPA networking event!** See an Evite we sent for October, or the column right. Also see the calendar page and announcements for our November Sunday networking event!

3. **Vote!** Online voting for 2016 officers starts soon. Watch your email for details!

4. **Go to a board meeting!** Next one is 11/22 Sunday 11:30 a.m. at Junction Brewery & Grill, 110 W. American Canyon Rd, Ste 7, American Canyon.

5. **Attend our Holiday Party.** Save the Date: 12/16/15. Email invites to follow. Location—*Runway Restaurant@Napa Airport!*

RSVPs to lhl@lessenger.net



Networking Dinner

Saturday **October 24, 2015**

4:00 p.m.—?

Bring a flashlight and come dressed as your favorite ghoul, psychologist, Freudian Slip, etc., BUT WEAR COMFORTABLE SHOES (zombies lurk everywhere - *and the trails are very bumpy and unpaved!*).

Join us for an early dinner at Gracie's BBQ in Vallejo. We'll meet from 4-5:30 p.m. and then drive over to NIGHT Mare Island to arrive at 167 O'Hara Court@Railroad Avenue to begin evening entertainment at the NIGHT Mare Island Preserve.

There will be a twilight hike to the Spirit ship and to see the Bay, or you can wander in the visitor center. At 6:30 p.m. the **Undertaker** will arrive for a tour of the cemetery; at 7:30 Souseekers Paranormal Research will do a little work; and then Dr. Burgundy's Electrostatic Medicine Show awaits! Bring business cards. RSVP to the host - or just materialize and see what happens. For more info on NIGHT Mare Island, see <https://www.facebook.com/events/845540315483892/>



A word from your President..

Leslie Lessenger, Ph.D.
NSPA 2015 President

We have a busy fall scheduled for NSPA and then we'll wrap up a good year with our traditional holiday dinner and white-elephant exchange. Not to be missed.

Looking back on 2015, I can appreciate a lively exchange in the listserv, through which we have attempted to keep you updated on the latest with CPA and the Board of Psychology, as well as connecting people for referrals or office space. We met monthly for an informal brunch, with attendance growing each time. We had an informative dinner meeting with Dr. Micah Altman to learn about neurofeedback. A number of NSPA members attended the Leadership and Advocacy Day in Sacramento and met with our legislators. We trained staff members of our local Solano County and California elected officials in dealing with "distress constituents." And five of our members received training in disaster mental health and initiated enrollment with the local Red Cross.

None of the above would have been possible without a group of dedicated volunteers. Nancy Piotrowski kept us technologically up-to-date, monitoring both our website and listserv, and producing our newsletter. She also filled in as treasurer AND served as LAN (local advocacy network). Micah Altman served as secretary while Catherine Mahler headed up Membership. Dana Nussbaum has been a terrific Disaster chair, arranging training for our members and other mental health professionals. We had two student members who really stepped up: Nicholas Mills and Karen Matthews. Thank you all!

I am happy that Markley Sutton has agreed to serve a President in 2016, supported by Micah Altman as President-Elect. Such continuity really helps us keep our momentum.

So....hoping to see you at the October "Nightmare Island," the November brunch which will combine membership and board meetings, and at the holiday event. Details are elsewhere in this newsletter and will be coming on the listserv.

Thanks for your support this year! It's been a pleasure.

Leslie

Leslie Lessenger, PhD
NSPA President



SAVE THE DATES!

Upcoming NSPA 2015 Events

<u>DATE</u>	<u>TIME/LOCATION</u>	<u>EVENT</u>
October 24 Saturday	4:00 meet for dinner <i>Gracie's BBQ</i> 1801 Sonoma Boulevard Vallejo, CA 5:30—? <i>NIGHT</i> Mare Island!	Members and prospective members invited RSVP <i>Nancy Piotrowski</i>
November 22 Sunday	11:30 a.m.—1 p.m. <i>Junction Brewery & Grill</i> 110 W. American Cyn Rd, Ste. 7 American Canyon, CA	NSPA Board Meeting & Networking Brunch RSVP <i>Leslie Lessenger</i>
December 16 Wednesday	6 p.m. - ? <i>Runway Restaurant</i> 2044 Airport Road, Napa Napa Airport	NSPA Holiday Party & White Elephant Exchange RSVP Leslie Lessenger

NOTE: Announcements, details about events, and other information about will be provided via our member listserv, individual emails, and updated on our website calendar.

Questions about NSPA events?

Send a note to:

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



***Thanks Dr. Altman for a stimulating
and informative presentation!***



NSPA Members [L to R] Drs. Leslie Lessenger, Micah Altman, and Dick Geisler, taking a break after a peer led discussion on neuro-feedback by Dr. Altman, September 16, 2015 at the Doubletree Hotel, Gaia Restaurant meeting space, in American Canyon, CA.



Disaster Response Update

[Dana Nussbaum, Ph.D.](#)

NSPA Disaster Response Network Chair

On October 3, 2015, two weeks following the Valley Fire and one year following the Napa Valley earthquake, 14 psychologists, MFTs, and LCSWs, from as far away as El Dorado County, spent the day learning about the mental and behavioral health side of disaster response. Together, they on-boarded with the American Red Cross so that, when they choose, they can volunteer their professional skill set to help people psychologically impacted during a disaster.

David Glaubinger, a Marin County Red Cross disaster training instructor, and I taught *Psychological First Aid*. The class came alive as the attendees used real case examples from a variety of disasters to help students understand the type of psychological needs that arise during disasters. Rich Shortall, the Volunteer Coordinator and a retired San Francisco Fire Department Chief, taught *Disaster Cycle Services* and guided the clinicians through the computer on-boarding process.

Many expressed appreciation at the stimulating collegial discussion about the different ways disaster-related stress manifests and the creative ways we can provide relief during a disaster. The day, a culmination of planning by the NSPA and the Solano Napa Lake County Red Cross Chapter, ended with students completing the main requirements needed to earn their GAP - Group/Activity/Position number - enabling them to deploy when disaster strikes.

For more information about disaster response, the Red Cross, or any of the topics described above, please contact Dana via phone or email .

Cell — [510.798.0550](tel:510.798.0550)

Email — dr.d.nussbaum@gmail.com

HEARTFELT THANKS TO

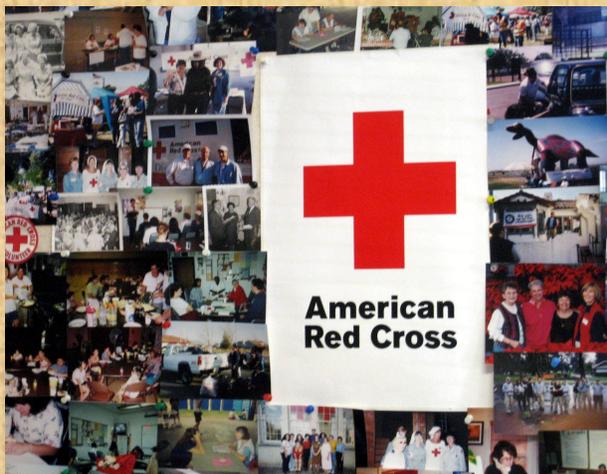
Dr. Dana Nussbaum

for planning, teaching, caring, and investing in disaster response preparation for Napa and Solano Counties!



Left [L to R] - Trainees, Leslie Lessenger (NSPA), Bobbie Nelson, and Cynthia Kohles (former NSPA member)

Right [L to R] - NSPA Trainee Sarah Miller, instructor and colleague Dana Nussbaum, and NSPA Trainee Catherine Mahler.



NSPA Student Report!

*Reminding us of all the work our students
do to become psychologists!*

[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 of Graduate Students (CPAGS) member, I attended the CPA's Division II - Education and Training session Saturday, October 17 from 8:30AM - 4:30PM. This provided me with much needed information about "Supervisees Who Worry their Supervisors." Though I do not qualify for CE, it was an early "educational" birthday present letting me know what I should know upon securing an internship. I know what is required from the perspective of my university, but it will be good to hear it from "a" horse's mouth.

As an update to those who read my news item last issue, I remain in the CPAGS mentoring program with Dr. Cuevas as my mentor. We touch base monthly. When I shared with her that I had reached out to a local psychologist, about training opportunities, she was great! She provided me with the rules and regulation that support securing internships. I had some of the information already, but it was good to have it in one place. Based on my experience, I encourage CPAGS members to participate offer these mentoring opportunities whenever possible.

I am now signed up on the Local Advocacy Network news clips listserv, which I will receive once daily. I am opting to send out the emails once per week to NSPA members, most likely on Fridays.

I really enjoyed the presentation on neuro-feedback by Dr. Altman. It also was a breath of fresh air to have Dr. Kristin Moore from JFK University!

I am volunteering at Child Haven in Fairfield, CA and have met Larry Miller and Doug Novotny. These gentlemen are in charge of the practicum and internship programs. What I found out is that they currently have a class of practicum students, but no interns. They are registered as a CAPIC site, but, due to some changes, do not have any applications for internship. In the meantime, one of my volunteer efforts will be to assist a couple of students from Palo Alto University to input data into SPSS for research being conducted on the agency. This will be good practice for me and it's only once per week for about three to four weeks. It should be a resume/CV booster.

Editors note: *Know anyone looking for a hard working NSPA student as an intern? Karen, like many graduate students, is looking! Send leads to napasolanopa@gmail.com*

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. We need a Chair for this role. You need to be a full member of CPA and NSPA and to have an interest in learning about legislation affecting all psychologists.

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 fared 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!





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.



YES, YES, YES!
LUCKY YOU!
IT'S TIME TO JOIN OR RENEW....!

USE THE WEBSITE TO RENEW



Prospective and renewing members should go to www.napapsychologists.org which is the NSPA website. CLICK the MEMBERSHIP BUTTON. You will see a place to renew or join. Click the appropriate button. If you are new, register as a NEW MEMBER, complete the application, and follow the prompts. If you are RENEWING, login with your email address that you use to receive the listserv. Your password will be whatever you chose OR if you forgot it, click the prompts on the page to have a new one mailed to you.

As a reminder, 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 the info you can put on the site, and of course you may join or renew NSPA membership online. Payments are done through PayPal or, if you prefer ground mail, sending us a 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.

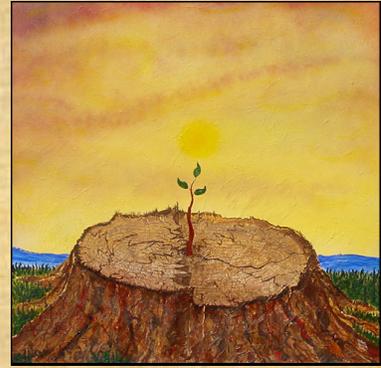
It is at www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504
- which is a link you can share with friends.

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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POSITION OPEN, *Treasurer*

POSITION OPEN

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