

# *Napa-Solano Psychological Association (NSPA)*

**A chapter of California Psychological Association**

*April 2013*

*Volume 4, Issue 2*



## **MEET YOUR CPA PRESIDENT AND ENJOY AN EVENING CE**

### **Breaking the rules: Treating first responders in a retreat setting**



#### **Mark Kamena, PhD, ABPP**

*President, California Psychological Association*

**Wednesday, May 15, 2013**

**6:30 to 8:30 PM (Networking 6:00-6:30 PM)**

**Double Tree-Gaia Hotel and Spa**

**3900 Broadway (Hwy-29) ~ American Canyon**

**Optional: 2 CE units (CPA-approved)\***

**Cost: Members = \$10.00; Nonmembers= \$20.00**

**Dinner: Off the menu**

#### **EDUCATIONAL OBJECTIVES**

- a. Describe three of the eight residential, first responder, treatment program components;
- b. Name two scales of the Detailed Assessment of Posttraumatic Stress;
- c. Name two reasons why first responder peers are an important component of treatment.

For more information/RSVP contact:

**Nancy A. Piotrowski, Ph.D., NSPA 2013 Communications Chair** 415.386.4923 [NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com)

**\*Important Notice:** Those who attend the workshop & 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.

## *A word from your President,*

**Debra Inman, Ph.D., NSPA 2013 President**

Greetings NSPA members (and those who accidentally forgot to join this year):

We are pleased to invite you to a meet and greet wine party **Sunday, April 28 from 2 to 4 PM** at my house (look for *Evite*). Please come by and socialize. We are looking for a wide range of input regarding membership satisfaction in the Internet age.

**Our May 15 2-hour CE features CPA President Mark Kamena** talking about a first responders treatment program that he is opening in our very own Angwin. We also have scheduled **Jacqueline Persons, Ph.D.**, founding partner of the San Francisco Bay Area Center for Cognitive Therapy, for our **Fall 6-hour CE for Saturday September 28th**. The focus will be on handling treatment failures successfully. So save the dates for these events!

Major changes are coming to the NSPA website. We are entering the 21st century in a major way with PayPal and the ability to create and update your own membership directory data. This is all thanks to the tireless efforts of Nancy Piotrowski. These changes will hopefully be in place by the end of April, or soon thereafter.

Tuesday, March 19 was CPA Leadership and Advocacy Day at the State Capitol. This event was surprisingly amusing and I recommend it to all of you for an at least once-in-a-lifetime activity. There were a large number of graduate students present, which ratcheted up the enthusiasm level. This year's lobbying issue involved opposing a bill that would require courts to release child custody evaluations without any review of the situation or the permission of any involved party. Not surprisingly, CPA was against this erosion of confidentiality protections. It sounds like a political slogan (which it is), but it turns out that "constant vigilance" is necessary in order to maintain professional identity and standards. We need your participation to help us be "at the table and not on the menu." (A borrowed concept.)

See you April 28.  
Your Humble Servant,  
Debra Inman

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**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.

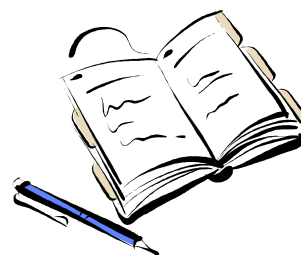
It is at [www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504](http://www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504)  
- which is a link you can share with friends.

### **REMINDER!**

You can post a message to our listserv by sending it to [NSPA\\_Members@yahoogroups.com](mailto: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](mailto:NSPA_Members-subscribe@yahoogroups.com) . You must be a member to be on the list.

# SAVE THE DATES!

## NSPA 2013 Calendar of Upcoming Events



<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>
<b>Thursday - Sunday</b>	April 11-14	CPA Convention, New Port Beach, CA
Sunday April 28	2:00-4:00 p.m.	Member Social at the home of Dr. Debra Inman**
Wednesday May 15	6:30-8:30 p.m.	Local CE with Dr. Mark Kamena
Wednesday June 19	6:30-8:30 p.m.	NSPA Board Meeting
Wednesday August 21	6:30-8:30 p.m.	NSPA Board Meeting
<b>Saturday, September 28</b>	9:00-4:30 p.m.	CE with Dr. Jacqueline Persons
Wednesday September 18	6:30-8:30 p.m.	NSPA Board Meeting
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!
<b>December TBD</b>	<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](mailto:NapaSolanoPA@gmail.com).

For information on the CPA Convention, please visit the [CPA website](#).



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

## Snapshots from Leadership and Advocacy Day 2013



Left to right, Victor Pacheco, Mark Kamena, Veronica Stone of Noreen Evans' Office, Beth Tabakin, Haleh Kishoru, Michael Pinkston, Debra Inman.



Left to right, Nancy Piotrowski, Howard Friedman, Assemblyman Jim Frazier, Ellin Sadur, Talia Holden-Brooks.



**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 other colleagues who play an instrument, sing, or are learning to play an instrument, please send a note to Leslie ([lh1@lessenger.net](mailto:lh1@lessenger.net)).



# *Time to Renew your membership*

<http://www.napapsychologists.org/page23/contact/>

Your 2012 membership ended on December 31, and so it is now time to renew your membership to NSPA. To do this, simply go to the link above and input your information. You may then send a check to our ground mail address which is noted on the first page of this newsletter and also on the top right hand side of the webpage.

If you have any questions about how to do this, please contact our 2013 Treasurer, Dr. Chuck Taylor at [psychuck1@gmail.com](mailto:psychuck1@gmail.com).



# Meet your Colleague

*Chuck Taylor, Ph.D., NSPA Treasurer*



## **1. What is your current practice in psychology?**

I work for the CA Prison/Board of Parole Hearings conducting forensic violence risk assessments/intervention of inmates with indeterminate sentences; and have a clinical and forensic private practice in Napa. Years ago I taught at Chapman and Pepperdine Universities (until I began starving on the Instructor salary), and also worked for Orange County - first in Juvenile Court Services and then in a community clinic primarily with youth in special education and their families.

## **2. Briefly, what is your educational background?**

I have a BS in Biology from Baylor U, and a MA Theology/Ph.D. Psychology from Fuller Graduate School (Pasadena).

## **3. What interesting jobs have you had outside psychology?**

I taught high school part-time, waited tables at the Hunt Club in Pasadena, and worked in a psych hospital while attending graduate school. I worked construction in high school and currently enjoy remodeling/managing my rental properties.

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

I guess I see the usual: trend towards preference for Master's level service providers; emphasis on clinical/evaluators providing services for a system/institution/company, rather than for clients per se; and the need (opportunity?) for specialization to remain competitive—with the consonant loss of opportunity to be a “GP.”

## **5. Why are you a member of NSPA?**

I'm a member of NSPA in order to have some association with colleagues, have the opportunity to discuss clinical and professional issues -including through CE classes, develop avenues for consultation/collaborative work, and socialize with similarly and dissimilarly minded others.

## **6. Tell us one other interesting thing about you.**

Hmmm. That might rather be in the eye of the beholder and beyond my purview, but perhaps that I have inexplicably enjoyed playing a consistently mediocre game of tennis for years.



## DISASTER MENTAL HEALTH

**Help!**

*Thanks to Linda Napholz for sharing this communication —*

From Dr. Cole at American Red Cross Disaster Mental Health DOC:

"Although it is not on the local news, the tornado that swept through Mississippi on Feb 10 destroyed 275 homes, inflicted major damage on at least 337 homes and have left many homeless or without essential needs for survival. As of this writing, there are openings for 24 DMH volunteers to provide support to the disaster relief operation in Hattiesburg. We are also still recruiting for Hurricane Sandy for all positions in both New Jersey and New York. Although you might think that the immediate needs have been met, the Red Cross is still providing basic services to members of the affected communities. In New York, there are many households still without power, thousands are living in hotels and other types of transitional housing and many more are in need of food on a daily basis. The disaster is no longer getting intense media attention and the excitement and adrenaline of the first few weeks has passed but the need and the satisfaction of providing a caring interaction has only increased as time has gone on...For those of you who may be wondering if this is a good time to deploy, this is a wonderful opportunity to get some experience that it would be difficult to get on other types of operations. Some advantages of deploying at this stage include: more stable housing arrangements; opportunity to be mentored and trained and to try out leadership positions; client work that is more in-depth than in the early phases; much of the current work involves advocacy and complex problem-solving; ability to plan to deploy on a specific date; flexibility in work assignments; you may be able to work in the casework activity. It is likely that the NJ operation will continue through the end of March and the NY operation may be active until May."

If you are interested in helping now or in the future, see the following registration instructions for disaster mental health trainings: Go to <http://americanredcross.webex.com> and type in the keywords "disaster mental health." Webinar course offerings will appear. Click on the date you are looking for, then click on "register" and fill in the information requested. Mental Health professionals licensed for independent practice may register. Each Red Cross DMH worker must hold an active, unencumbered license or certification to practice independently without onsite supervision in the state in which he or she lives. Licensing of mental health professionals is determined by individual states or U.S. territories whose regulations must be followed by the Red Cross. There is no distinction made among types of mental health educational degrees. You could be a clinical social worker; licensed professional counselor; marriage, child or family counselor; psychiatric nurse; psychiatrist; clinical or counseling psychologist; or school counselor or school psychologist. NOTE: A state certification is allowable as noted in criteria b shown below. In addition to the requirements above, the individual must: a. Have an independent license (license to practice without supervision) and master's degree as a clinical social worker, psychologist, professional counselor, marriage and family therapist, psychiatric nurse, or psychiatrist, or b. Have a state license or state certification and master's degree as a school psychologist or school counselor issued by a state board of education. (This is an expansion to the DMH eligibility requirements cited in 2008.), or c. Have a state license and a bachelor's degree (BSN) as a registered nurse and American Nurses Credentialing Center (ANCC) certification for psychiatric and mental health nursing to include RN-BC or PMHNP-BC or PMHCNS-BC. Exception: An individual enrolled in the DMH program prior to June, 2010 who does not meet these new educational requirements and clarified eligibility criteria (independent licensure or nurse certification) can continue to work in the DMH activity given good standing with his/her chapter and a positive performance history while working on local and/or national relief."

*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](mailto:NapaSolanoPA@gmail.com) nominating the item for listing.





## 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? This means that your work may demand a set of skills and knowledge to address their needs in the course of your regular practice.

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.

To this end, we need your help. Specifically, psychologists who work in the area of addictions treatment and training need your help. Specifically 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/>.

### *Background*

APA formally recognized Division 50, now known as the Society of Addiction Psychology (SOAP), in 1993. The division serves the needs of the field and psychologists who work in the area of addictions treatment, research, and training. Together with Division 28 (Psychopharmacology & Substance Abuse), many psychologists worked for years to establish a *Proficiency in the Psychological Treatment of Alcohol and Other Psychoactive Substance Use Disorders*. The Commission for the Recognition of Specialties and Proficiencies in Professional Psychology (CRSPPP) formally recognized the proficiency in 1993. Thereafter, the College of Professional Psychology within APA began to offer a certificate of recognition for the proficiency to licensed psychologists successfully demonstrating their knowledge and experience. To gain a certificate, an applicant needed to demonstrate stature as a licensed psychologist in any state, relevant experience, passing an exam, and maintenance of regular continuing education in the area of addictive behaviors.

The proficiency itself has been renewed on two occasions and stands through 2015. The proficiency and its need are not in doubt. Instead, what is at stake is the availability of the certificate of recognition. This is a useful tool for practitioner credibility within the marketplace and with official stakeholders such as insurance providers. It also provides psychologists with a means to have a credential developed and maintained by psychologists, appropriate to our level and field of preparation, for work in this area. This is in marked contrast to psychologists needing to see credentials from non-doctoral and non-psychological organizations, a situation that is now in place since the retirement of the certificate by APA in January of 2011.

This decision to retire the certificate took place more than two years ago, without input from Division 50 board. Since our discovery of this decision, we have engaged on numerous occasions with APA staff in person and in writing. The goal of these communications has been to determine how and who made the decision, the basis of the decision, how this affects psychologists already holding the certificate, and opportunities to reverse the decision.

What we discovered in this process is that the decision derived from financial concerns. Licensed psychologists were not signing up in sufficient numbers to support the effort needed to sustain the certificate financially. The effort to maintain an offering includes such things as staff time to address inquiries, create and manage advertising, manage records related to continuing education and certificate status, and managing processes around the offering of an exam, including maintenance of the exam as valid.

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What is important is that the division still maintains the proficiency. The proficiency itself is still recognized by APA and several states as a valid and useful credential. APA's College of Professional Psychology also is continuing to maintain certificate renewals for individuals who already have it. Additionally, however, the current state of affairs remains that there is no ability for new practitioners to get the certificate through APA.

This creates a barrier to new and seasoned practitioners in the field who seek such a credential for the current and future marketplace. This is both unfair within our profession and creates credibility problems for those who do not have the certificate relative to those who do have it.

This is also happening at a time when discussions of the need for a national credential are taking place both for clinical and even training in this area. This has been evidenced by discussions and public presentations at national meetings of addictions counselors (NADAAC) and organizations focused on addictions training at all levels of preparation (INCASE). These organizations also seek and are prepared to push for legislation to have their states require credentials to teach and practice in addictions, irrespective of any other license they may have.

#### *Action Requested*

In light of these changes to healthcare reform, particularly related to mental health and addiction parity, opportunities to provide addictions services will increase. And so psychologists need to put their best foot forward and be prepared to meet this need.

To this end, we ask you to sign our petition to the APA Board of Directors to:

1. Immediately reinstate the certificate for the recognition of the Proficiency in the Psychological Treatment of Alcohol and Other Psychoactive Substance Use Disorders;
2. Work collaboratively with the Society of Addiction Psychology (Division 50) to develop a long-term plan to maintain the utility of the certificate for licensed psychologists;
3. Work collaboratively with all current and future licensed psychologists to insure access to an appropriate credential for psychologists in addiction so that they are not at risk for having their teaching, training, and clinical work inappropriately impinged upon by standards of other professional groups;
4. Work collaboratively with the APA Council to insure no certificate for proficiency is retired without discussion by all stakeholders.

To sign, please go to: <http://www.ipetitions.com/petition/reopening/> .

Signers must be licensed psychologists or students who plan to seek licensure as a psychologist.

For more information, please send us any questions or communications through the link at the petition site.

We thank you for your attention.

- The Division 50 Board



**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 and we will be happy to have you be more involved.

**Contact Dr. Debra Inman <[bluesky@napanet.net](mailto:bluesky@napanet.net)> for more information about how you can get more involved!**

## **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*

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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*

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