



SAN JOAQUIN VALLEY PSYCHOLOGICAL ASSOCIATION

Newsletter

April 2012

PRESIDENT'S MESSAGE

President's Message

In January, I had the privilege of attending the CPA Spring meeting of the CPA Board of Directors. I went as a visitor, accompanying Gaines Thomas, Ph.D., our new CPA Board Representative, who is the voting member of the CPA Board and represents you, CPA and SJVPA members.

It was very interesting to hear incoming President, Craig Lareau, Ph.D., ABPP., outline his goals for the coming year, and I was struck by several thoughts/aspirations that he outlined, which I will paraphrase here. There is much discussion within CPA as to how to expand membership and better represent psychologists in California. Membership is actually quite low and perhaps CPA has been seen as representing psychologists in private practice rather than those in academia, forensics and research. Dr. Lareau will use his presidency to explore ways to expand CPAs communities and provide forum(s) to represent the professional needs of researchers in academia, psychologists working in the prisons, and those working at the cutting edge of new opportunities in psychology as health care reform goes forward.

Healthcare reform is upon us, and psychologists MUST be aware, apart of, and actively engaged in this process. CPA plans a summit on Health Care Reform later this year, and will focus on expanding and promoting integrated care and collaboration with primary care physicians. Clearly, there is a need for outreach to graduate programs to ensure appropriate training and development of appropriate internship placements.

Dr. Lareau and CPA will seek out and work with like-minded groups, both in and out of California and, of course, will monitor and educate us on emerging legislation that might affect how we practice.

Finally, another issue that should be of concern for every practicing psychologist in the state, and perhaps the country, is the expanding scope of practice among Master's prepared mental health workers, and the corresponding loss of practice opportunities for psychologists. CPA is OUR organization – best placed to fight our legislative/professional battles in California, and membership is essential. There is an urgent need to expand membership, and I challenge each of you to bring one new member into the Chapter and into CPA this year. The numbers game is important, and psychology is in danger of losing this game!!

As your President for 2012, I welcome your comments on these, and any, issues. Please contact me at lhewett@fresno.ucsf.edu, or at 559-355-9133 (cell) or 559-227-4810 (office).

In this Issue

* President's Message	1
* Continuing Education	2
* Announcements	4
* CPA Notes	5
* Clinical Corner	6
* Membership Page	8

CONTINUING EDUCATION

Continuing Education Report

The Continuing Education Committee was pleased to note that the presentation on March 12 with Susan Neece on Art Therapy was well attended and so very interesting! Discussion and thoughtful dialogue allowed for the sharing of theory and ideas for treatment that utilizes Art as an expressive outlet. I was once again reminded of the power of art and its importance (along with other expressive therapies) in the journey towards mental health. I was truly glad that I was able to make it, and hope to see more faces at our next CE. Thank you Susan for such an excellent presentation!

Please join us in two months on May 14 for the next one hour CE at the Daily Grill. This presentation will be with Dr. Pratap Narayan, a board-certified forensic Psychiatrist serving as Psychiatrist and Medical Director in the Division of Correctional Health. He will be speaking on Psychotropic Medication Abuse with Strategies in Corrections, and the magnitude of this problem that we face. It appears that often-prescribed psychotropic medications can and are being abused and also have a ready and lucrative black market on the streets. Dr. Narayan will be discussing the approach that is being utilized in the Fresno County Jail system to address the problem of abuse by inmates and the dramatic improvements that occurred with the changes that they made. Bring a friend to learn more about what is occurring in the mental health field in YOUR part of the world!

I have also been quite busy putting together information for TWO more BIG presentations.

Save the date of June 2, 2012 for Dr. Patricia Santy's in depth presentation on Dialectical Behavior Therapy (DBT). I don't know about you guys, but I have been reading about what appears to be the new wave in psychology, that of mindfulness and mind/body integration. DBT utilizes many of these components to help clients in distress find better solutions to their problems and was originally designed by Marsha Linehan to address Borderline Personality Disorder clients. Please join us for what will be a full day of information regarding this therapeutic approach that is growing in strength and popularity. Dr. Patricia Santy is the staff and emergency room psychiatrist at the Veteran's Hospital. Perhaps you remembered her short synopsis in January of this year? For this more in depth presentation, we will be at the Veteran's Administration Building with 8:30AM start date with 6 hours of CE.

AND... He's Back!!! It's the latest in the series of Dr. Teague's presentations! This one is taking us back to basics regarding Carl Jung. Save the dates June 23-24 from 9AM to 4PM at Alliant University. Another symbol filled, brain busting lecture, but going back to the basics with that ever-so-special, or shall we say amazing Dr. Ronald Teague approach. This presentation will explore basic ideas in analytical psychology and asks the question: Do You Want to Know About Depth Psychology? Well, duh, yeah.

To register for any of Continuing Education classes, please do so by logging onto www.SJVPA.org, or call: 271-1186 X 116.

Until next time, don't be a stranger! Join the group and learn more with us! The following page contains detailed information about both presentations.

CONTINUING EDUCATION

Essentials of Dialectical Behavioral Therapy

Presented by

Patricia Santy, M.D. and San Joaquin Valley Psychological Association

WHAT: A one-day course for 6 hours of Continuing Education Units

WHEN: Sat. June 2, 2012

WHERE: Veterans Administration Hospital, (Auditorium)
2615 E. Clinton Ave., Fresno

WHO: Dr. Santy is a staff Psychiatrist at the VACCHCS in Fresno with an extensive history of work through UCLA Harbor Medical Center and NASA. Please join us to hear more about this powerful therapeutic approach in a presentation that will focus upon DBT, its origins, how it may be utilized in therapy and the various components that makes it so very useful with a growing number of other mental health populations.

Do You Want to Know About Depth Psychology?

Basic Ideas in Analytical Psychology:

A Practical Approach for Mental Health Practitioners

Presented by

Ronald Teague, PhD, ABPP and San Joaquin Valley Psychological Association

WHAT: A two-day course for 12 hours of Continuing Education Credit

WHEN: Sat. June 23 and Sun. June 24, 2012

WHERE: Alliant International University, 5130 E. Clinton Way, Fresno

WHO: Dr. Ronald Teague is the Graduate Professor of the California School of Professional Psychology at Alliant University. He has founded the Fresno, Sacramento and Hong Kong Campuses. Dr. Teague is active in the China American Psychoanalytic Alliance and travels to China yearly to provide training to Chinese Psychologists, Psychiatrists and Social Workers. He is the founder of the San Joaquin Valley Psychological Association and has a full-time Analytical Psychology Practice. He is board certified in both Clinical Psychology and Psychoanalysis in Psychology by the American Board of Professional Psychology.

Registrations will be accepted beginning April 1, 2012 at www.SJVPA.org or by calling 271-1186, extension 116.

California Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. California Psychological Association maintains responsibility for this program and its content. CE approval pending for psychologists.

ANNOUNCEMENTS

Disaster Mental Health Response Network

After some years of trying to get a response from the local Red Cross office regarding local disaster mental health response efforts, a new person is in charge at the Red Cross, and the efforts of Drs. Hewett and Mortimer to get involved in this endeavor have been rewarded. Both are now registered with the Fresno Red Cross – a necessary step if one wishes to actually DO disaster response. Both have almost completed all the required classes for actual deployment, and both are certified to teach Psychological First Aid! Disaster response is not an idle task to take on! However, if you are willing to devote a relatively few hours to the training, the rewards are many. Mental health response in the San Joaquin Valley is mostly restricted to responses to fires, either residential or wild fires. The Red Cross reports that there are over 500 residential fires per year in the Fresno/Clovis metropolitan area. Of course, not all fires require a psychologist or other mental health worker to respond, but there are times when such a response is critical to the future adjustment of people involved. A license is required for a responder, but graduate students may train and respond with a licensed person and provide emergency services. Drs. Hewett and Mortimer would like to know if you would be interested in attending a 4-hour training in Psychological First Aid, a necessary skill for all of us, regardless of whether or not we become official Disaster Responders. Please contact Dr. Hewett at 559-227-4810 (office) or 559-355-9133 (cell) for more information.

Ethics Committee

We are looking for a few good psychologists to set up a new Chapter Ethics Committee. Anne Lewis, Ph.D. has resigned from the Committee after many years of handling the Ethics inquiries that come through. She was ably helped when needed by Carol Brand, Ph.D. and Kevin Shellenberg, Ph.D., and we thank them all for their willingness to step up and handle this work. However, Dr. Lewis reports that the Committee has had little work in the past few years, so it doesn't sound like an onerous job. It would be nice for two or three people to form a new Committee. The CPA Ethics Committee is very approachable and supportive of Chapter Ethics Committee members, so there is back-up and consultation is readily available. Dr. Linda Hewett will join the Committee, and would like to see one very experienced psychologist, as well as one early-career psychologist also on this team. Future plans for the Committee might include writing an Ethics column for the three Newsletters that are produced each year, not a huge burden for three or four people to handle. If you are interested, please call Dr. Hewett at 559-355-9133 (cell) or 559-227-4810 (office), or email to lhewett@fresno.ucsf.edu.

CPA NOTES

Reminder: Time to Join or Renew Your CPA Membership! Visit CPA's website at www.cpapsych.org.

The following are excerpts from the March 2012 MemberLink Notes distributed by Jo Linder-Crow, PhD, CPA Executive Director.

- We have learned that the Committee hearing to extend the Board of Psychology will be held on March 19th, and CPA will be there to give testimony about the importance of having an independent Board of Psychology. Our board has five psychologists and four public members, and this is what we need to maintain. It simply would not be good to have the licensure for the profession in the hands of a board or agency that didn't include psychologists. We will let you know if and when we need a grassroots effort on this. The Committee hearing comes first, and then there will be a "Sunset Bill" (legislation) that would need to pass both houses of the legislature and be signed by the Governor in order for the BOP to continue. We will monitor this all along the way and keep you informed.
- We look forward to seeing you in **Monterey for the CPA convention on April 19-22, 2012!** Our room block in the hotel has sold out three times, so book your room right away. At some point we won't be able to add any more rooms at the great convention rate! Registration is open on our website and all the details are found at www.cpapsych.org.
- It's been a while since I updated you on the **lawsuit CPA is waging against Anthem Blue Cross** for unfair practices related to the determination of the usual and customary fees due to psychologists for your services. This lawsuit has progressed nicely. Depositions have been taken, and although it seems slow sometimes, it is moving along. Just know that we are continuing to fight this fight!
- **The proposed changes to the MCEP program have now been approved!** This means that (1) the MCEP Accrediting Agency will cease to exist at the end of 2012, and (2) the Board of Psychology will transition to a random audit system to determine compliance with the mandated CE requirement (which won't change). Practically speaking, this means that if you will be renewing your license on or after January 1, 2013 you will need to keep track of your CE certificates yourself, and make them available to the BOP should you be selected for a random audit. This is consistent with how other regulatory boards in California work. Please watch for details and information in the California Psychologist and on our website. We will be sending out information on exactly what this means for you and for the currently approved providers.
- **If you have received a letter saying that you need to be fingerprinted, check the upcoming issue of the California Psychologist for an article with tips on exactly what you need to do.** It is true that even if you have been fingerprinted for work in another area or with another agency, you must be fingerprinted again for the Board of Psychology. This is because the Department of Justice will NOT share the fingerprints between agencies (it's not a Board of Psychology rule). There is more information on the Board of Psychology website at www.psychboard.ca.gov.

CLINICAL CORNER

David Van Nuys, Ph.D., aka “Dr. Dave”, Professor Emeritus in the **Psychology Department** at **Sonoma State University** has amassed a delightful collection of interviews with fascinating and engaging individuals who contribute to the world of psychology. These interviews have been turned into podcasts, accessible on the internet through the computer or smartphone. Many of the interviews have been transcribed by volunteers. Dr. Dave gave his permission to provide excerpts of these transcripts in the SJVPA newsletters. Continuing education units are available through Zur Institute for many of these podcasts. For more information and the complete interview go to the website www.shrinkrapradio.com.

The following excerpts are from the Shrink Rap Radio Show #214, July 30, 2009, titled Focusing with Ann Weiser Cornell, Ph.D. transcribed by Andrea Johnson.

For more than 30 years, Dr. Ann Weiser Cornell has been refining an approach to personal change that she calls “Inner Relationship Focusing”. Ann was an early student of Dr. Eugene Gendlin, the originator of Focusing. After studying and leading workshops with Dr., Gendlin, Ann went on to create her own approach to Focusing. In addition to being one of the best-known Focusing trainers in the world, Ann is the author of the bestselling book, “The Power of Focusing” as well as her latest book, “The Radical Acceptance of Everything”.

Excerpts from the interview:

Dr. Cornell’s descriptions of Focusing -

“Focusing is a process of awareness of a funny kind of inner experience called a “felt sense”. So then we need to go on and ask what a felt sense is, and that’s where it gets very interesting. When Gendlin first did the research that led to his development of Focusing, he noticed that certain psychotherapy clients were in contact, moment by moment, with something that they weren’t easily able to put into words. And yet, it was contact with this something that they could feel but not easily put into words that actually led to therapeutic change. For him, this connects to his philosophy of what it is to be human, of what change is, and that our experience is richly-textured. Words like “anger” or “sadness” can’t capture what we really are from moment to moment. And so, a felt sense is the experience of an intricate whole “more-than-I-could-say-easily-how-I-am-right-now”. And that’s what Focusing is; Focusing is attention to that.”

“Focusing is a human process. Within the therapeutic context, it’s a client process. So it isn’t something a therapist does to a client. It’s not even a technique or a method. The method would be called Focusing-oriented Therapy. But Focusing itself has been found in every culture. When you study therapy tapes of every kind of therapy, you can hear the clients doing Focusing naturally. So humans have Focusing. Now there are certainly people, who may be in therapy, who may be at a stage where being invited to do Focusing, they wouldn’t be ready for that. They wouldn’t feel safe enough. It wouldn’t be the right moment in the process for them to do it. But that’s something that we can’t categorize by a certain type of person or a certain diagnosis. No, it’s something that can be sensed in the interactional space.”

CLINICAL CORNER

“Focusing isn’t even a technique at all. So facilitating Focusing in the client would be one thing that a therapist would include in their repertoire. And yet, there’s also a way of doing any therapeutic method, any modality, in a Focusing-oriented way. You can do Focusing-oriented, cognitive-behavioral therapy. You can do Focusing-oriented, psychoanalytical therapy. By making sure of each move you make, you’ve then invited the person to check with their experiencing of that, and sense what kind of self-impact that makes. You can say Focusing is more like water - it’s essential to life, but you don’t make a meal of it. “

“Sitting with people face-to-face, needing to give them something in an hour that was worth the money they were paying me, I needed to drastically evolve the way Focusing had been given to me. I needed to adapt and change what we had been doing in Chicago, so that it was more immediately helpful to people. And the first thing I learned was people need help to have the quality of attention toward themselves that Focusing needs – that’s what’s not simple. So Focusing needs us to be non-judgmental, accepting, and have a curious, open, aware attitude, or we can’t even do the simple sensing and describing that Focusing needs. So we needed almost some pre-Focusing because so many people, as we know, are not in that state with their own experiencing at all. Instead people are evaluating how they feel. We’re judging how we feel. We’re trying to fix how we feel. And that led me to understand that what I needed to concentrate on with people was their quality of relationship with their own inner experience, and I began to call it ”Inner Relationship”. So what can I do to help people move into a relationship with themselves that’s nonjudgmental, accepting, open, and curious?”

“Presence language, five words: “I’m sensing something in me.” So we start with a phrase like, “I’m angry” or “I’m angry at her”, and then shift to “I’m sensing something in me is angry at her.” Notice what happens. Taking the emotional sense like that - “I’m sad about it”, “I’m worried” or “I’m tired” - those are sentences spoken from an identified position. You’re frozen in that position. It’s what we call merging with the part of us that has those emotions. And it feels at that moment like that’s all of you. That’s what emotions do. They narrow our focus. They’re meant to do that. From an evolutionary stance, having an emotion like anger, you need to narrow your focus so you can fight or flee, or whatever you need to do. But it isn’t helpful to stay in an emotional position if all you want to do is understand what’s going, and be able to communicate about it to the people involved.... What we need is to step back away from identification, but not through denial of it. We stay in presence with the emotional experience, and yet, identify with something larger than that. So that’s why we call this presence language... And notice what happens when you just change your language... And what often happens is you get introspective at that moment. Instead of being caught up in something and ready to act out of it, you turn toward it, and you start to get curious. This is a huge shift, one that enables us to access more of our available intelligence.”

If you enjoyed this excerpt, treat yourself by listening or reading the complete interview on www.shrinkrapradio.com!

MEMBERSHIP PAGE

Advertising Info:

Please send in advertisements, announcements, or articles of interest before the end of the preceding month to be included in the quarterly newsletter. Non-member fee for advertisements is \$25.

Send ad to: marcellepratt@gmail.com

Board and Committee Members**President**

Linda Hewett, Psy.D.

lhewett@fresno.ucsf.edu

President-Elect, Community Service

Elisabeth Ganiron, Psy.D.

559-271-1186

Lisaganiron@yahoo.com

Past President

Errol Leifer, Ph.D., APBB-CL

efleifer@email.com

Continuing Education

Nancy Doi, Psy.D.

doiwilson@aol.com

CPA Representative

Gaines Thomas, Ph.D.

Disaster Response

Linda Hewett, Psy.D.

lhewett@fresno.ucsf.edu

Information Referral and Community Relations

Mark Barnes, Ph.D.

markbarnes@sc4c.com

Membership

Jaime Howard

dr.jaime.howard@gmail.com

Newsletter

Marcelle Pratt, Psy.D.

marcellepratt@gmail.com

Professional Practice**Vacant****Secretary**

Pamela Deroian, Ph.D.

Student Board Member

Luisana Perez, B.A.

lperez2@alliant.edu

Treasurer

Kathy Sullivan, Ph.D., ABPP

559-271-1186

kathysullivan@sc4c.com

Website

Amanda Mortimer, Ph.D.

amortimer@csufresno.edu

The San Joaquin Valley Psychological Association (SJVPA) is a professional organization created by local Psychologists. It is a forum in which to discuss and present political, professional, and educational matters. SJVPA also has opportunities for professionals to earn continuing education units, an ethics board, and professional feedback opportunities. A disaster response team comprised of psychologists trained to respond to both natural and man-made disasters offers assistance to the community. SJVPA also recognizes and provides modest funds for worthy community services.