

# SAN JOAQUIN VALLEY PSYCHOLOGICAL ASSOCIATION

## Newsletter

August 2012

### PRESIDENT'S MESSAGE

#### President's Message

As my Presidency winds down, I am thinking more and more about our profession and what the future might hold for us. As a nation we seem stuck, both politically and economically, and as a profession we have some significant challenges. Dr. Mortimer has written about her concerns regarding the lack of sites for students to finish their training, and indeed, this is a serious problem that should concern us all. As Director of a training site, I too worry about the quantity and quality of the training afforded the next generation, but have been pleased recently by some of the changes being put in effect at Alliant/CSPP here in Fresno. There are many ways to socialize students to the art and science of psychology, and we all leave the hallowed halls of our schools and Universities with heads full of theory. However, real life is busy and frequently moves us away from our theoretical foundations as we negotiate the more pressing problems of billing and insurance requirements. Although guided by theory at some level, unless we're teaching or writing a book, we may lose sight of the underlying theoretical foundations of what we practice. And theories wax and wane, making it a challenge to keep abreast of new ideas and find time to get away to gain proficiency in new skills. With this in mind, I was pleased to learn of a new endeavor at Alliant/CSPP is a colloquium wherein psychologists from the community are invited to meet with students and present a theory-based discussion about their particular area of practice and expertise. This is a wonderful opportunity to bring oneself back to the basic underpinnings of what one does day in, day out, and to pass along the wisdom of years of practice to students eager to benefit from the things one has learned along the way. I urge you to consider joining this effort. Contact Dr. Jack Kahn [(559) 253-2237; [jkahn@alliant.edu](mailto:jkahn@alliant.edu)] or Dr. Raymond Garcia [(559) 253-2225; [rgreer@alliant.edu](mailto:rgreer@alliant.edu)] for more details and to offer your self for this good cause. For those of us involved in training, the supervision of students necessitates keeping up, at least in our own field. The potential isolation of private practice, not to mention the up-front costs of conferences and the time away from the office, all pose threats to ways to keep up. SJVPA is YOUR Association, composed of like-minded professionals keen to provide CEUs that are interesting and present ideas at the cutting edge of our field. We have had great opportunities this year, with offerings to appeal to psychologists of diverse interests, and to give us insights into areas of psychology in which we may not have much interest. Keeping our audience interested and finding speakers is not easy, and we are very grateful to those among you who offer your talents to fill the need. We also appeal to you, our membership, to step up and volunteer to present at one of our CE meetings, to keep our offerings fresh and interesting, and to keep our community of psychologists energized at the cutting edges of our profession. I invite you all to save the evening of November 12th in your schedules. At this time, we will have our Annual Banquet, present our new President, and honor some community psychologists for work well done over the years. Please be sure to join us.

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## CONTINUING EDUCATION

### Continuing Education Report

Hello SJVPA members, it is I, your continuing education mastermind! Hope you've been enjoying your summer and the various CE classes that have been presented during this sweltering season... I know I've been busy putting our applications out to CPA and they are wondering why we are so lucky to have so many wonderful presentations in our little community? Many thanks to our previous summer presenters which included Dr. Teague talking about Jung, Dr. Santy presenting on dialectic therapy and Dr. Hong Ni presenting on the issues that challenge students of various cultures.

You ask me what is going to happen next??? Of course with baited breath and eyes open with curiosity, next, we will be sponsoring two back to back presentations.

**On Sunday, September 9th, Dr. Doreen Ann Samelson** will present **"The Psychologist's Role in Treating Obesity Related Eating Disorders and Evaluating Appropriateness for Surgical Treatments of Obesity"**.

This class examines obesity and one form of medical treatment, bariatric surgery. This 6 hour workshop will cover the diagnosis of obesity related eating disorder as well as the Psychologist's role in determining appropriate patients for surgical treatments.

This class will be presented at Kaiser Permanente, 3rd Floor Tioga Conference Rm. 7300 N. Fresno St., Fresno, CA. 93720, 9/9/2012, 8:30 registration, 9AM presentation-4PM. Sign up now for \$180 at [www.SJVPA.org](http://www.SJVPA.org)!! Students \$90.

And...on **Monday, September 10th**, it is our bi-monthly Daily Grill meeting. We are honored to have **Dr. Jack Kahn, Ph.D.** of Alliant University join us to present on **the Crisis of Men**. This discussion will examine the difficulty that males have in today's society that males as a social group appear to be experiencing. Problems such as educational attainment, violence towards self and others, difficulties with managing health, medical problems, nutrition, etc. The source and potential solutions of this crisis are still being debated. Dr. Kahn will be discussing his text, "An Introduction to Masculinities" and will examine three different perspectives with regard to this crisis to assist in the finding of solutions for males struggling with these issues.

Please join us for these informative and timely presentations! Hope to see you soon.

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.

## COMMUNITY SERVICE

### Put on Your Walking Shoes or Open Your Wallets!

Let's just be honest from the get-go: I hate politics. I hate anything remotely political in nature. We vote for someone who promises to further our causes, but in reality often sides with big money. These days, it's difficult to imagine the last time anything good came out of the political system. It seems futile to say the least. But my thoughts on government policy were challenged last March during attendance at the California Psychological Association's Leadership and Advocacy Conference (LAC) in Sacramento. Don't get me wrong, I still hate politics; it's just that I've learned the importance of speaking up when necessary. As I type this letter, the California Board of Psychology is up for renewal. Should the legislative body by whom this agency is governed no longer find it relevant, the concept of a licensed psychologist will cease to exist. Yes, you read it correctly; no more licensing board means no more license. While my checkbook would be highly appreciative, my ethical-being would be distressed. Who will then oversee the training of thousands of budding psychologists? What would prevent my local hair dresser and bartender from adding norm-referenced evaluation to their current therapy services? Who would ensure that consumers of our trade would be free from harm or have recourse in the event it occurs? The ramifications are endless! But I digress; my story is about survival. It's about standing up for our profession because if we don't, there may be no profession for which to advocate. This was the true take-home lesson of the LAC. Many of us, me included, have operated under the assumption that if we belong to one professional organization, we're protected from harm at any level. Unfortunately, it's not entirely accurate. APA is a wonderfully supportive association, but their interests reside at the federal level, leaving California primarily alone on home front battles. That's where CPA comes in; they advocate for California psychologists. In addition to providing a variety of necessary services, CPA also employs two full-time lobbyists who unrelentingly knock on doors at the Capitol raising awareness of the profession's needs, our needs. Having served as a temporary lobbyist that weekend, I am 100% confident in saying that I belong in my office doing play therapy and not at the State Capitol. But for one day each year, I will become overtly political to fight for what I believe, and that's my chosen profession. And because I still dislike politics, I will gladly pay yearly dues to support those who enjoy and are willing to lead the political battle because our professional associations are in danger. Indeed, our local chapter would have collapsed three years ago without the dedication and sheer determination of a few individuals. As an early career psychologist, I shudder to think what this profession could become without ongoing support from within. If you have no interest in being at the forefront of this fight, at least be willing to support the cause monetarily. Join CPA and SJVPA. Sure, it will cost you a few bucks, but it's a lot cheaper than finding a new career path. Bring a colleague along for the ride too. Come to a General Meeting and hear great speakers. Enroll in a Continuing Education class. As President-Elect, your concerns are my concerns and I want to hear from you ([elisabethganiron@sc4c.com](mailto:elisabethganiron@sc4c.com)).

Maybe next March, you'll even join me as we make the rounds at the Capitol. Tell the legislators Lisa sent you!

## CPA NOTES

**ADVENTURES ON THE ELECTRONIC FRONTIER:  
ETHICS AND RISK MANAGEMENT IN THE  
DIGITAL ERA  
TWO LOCATIONS!**

**Saturday, September 15th in Newport Beach**

**Saturday, December 8th in San Francisco**

This workshop will provide an overview of the evolution of regulatory policy for psychologists interested in using telepsychology and those who are less prone to use this new technology and will provide a method of identifying risks and a process for developing a risk management strategy. This workshop qualifies for a discount on liability insurance offered by the Trust and meets the CE ethics and law requirement.

**Early registration discounts are available so register soon!**

CPA is approved by the American Psychological Association to sponsor CE for psychologists. CPA Maintains responsibility for this program and its content; program offers 6 CE credits. For learning objectives, instructor credentials, and/or refund/cancellation policy please contact CPA.

## 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](http://www.shrinkrapradio.com).

The following excerpts are from an interview with Maggie Phillips, PhD. dated June 1, 2012, titled **Freedom From Pain**. This interview was graciously transcribed by Sami Ruokamo. Maggie Phillips, PhD is a licensed psychologist and has a full time private practice in Oakland, California. She is the director of the California Institute of Clinical Hypnosis, and is past president of the Northern California Society of Clinical Hypnosis. She has authored numerous papers and articles in the areas of Ego State Therapy, Redecision Therapy, and the treatment of post-traumatic conditions, and is the co-recipient of the 1994 American Society for Clinical Hypnosis (ASCH) Crasilneck Award for excellence in writing and of the Cornelia B. Wilbur Award for the International Society for the Study of Dissociation (ISSD). Dr. Phillips is co-author of “Healing the Divided Self” and author of “Finding the Energy to Heal and Reversing Chronic Pain”. She is also a Fellow of the International Society for the Study of Dissociation (ISSD), and a Fellow of the American Society of Clinical Hypnosis. She is the coauthor with Dr. Peter A. Levine of the 2012 book, *Freedom from Pain*.

**Dr. Phillips:**

“Pain itself is a signal that something is wrong. You could say that it's a sign of danger in the body. And it's very valuable to alert us, to the fact that we need to pay attention to whatever might be going on, and correct it! The problem is ...when it persists long after the healing structurally has taken place. So the person's X-rays may show a big difference, or the CAT scans or MRIs may show that, you know, there's no sign of injury anymore. But, it persists because of the dynamics of trauma and how they work in the nervous system. ... So, the person will have an injury of some kind. For example I saw a man just - seeing him now - and he has got a back problem from the car accident. And the car accident itself did not seem very severe, which is why he didn't understand why his back pain was persisting, long after, you know his treatments, and his treatment providers said - you know, you're fine, you know there's nothing more we can do for you. But still, in fact he got - not only did he have pain but he got worse and worse. And he went through all kinds of modifications to try to stay working, including getting a special dispensation, so he could lie on the floor to work, he could stand up to work, and that soon failed because the pain was too much. ... So I talked to him, and I said, well you know it's kind of mystery to me, why you would still be suffering like this, when the car accident that you described, doesn't sound like it's that severe. He said: “I know I don't understand that either, and nobody I've talked to has been able to explain this to me.” And I said: “Well, you told me the pain started five years ago, what happened in your life during that year?”... And he thought for a moment and he said: “Well I had this terrible bike accident.”... So that's a clear example of how trauma can, you know, pile on top of each other in your nervous system, and if it is not released, it is just being

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held in the body. And a lot of the times it is held by fear, which causes bracing in the body, it causes us to constrict and tighten against the threat of more pain or more injury. “

“ Trauma does not, you know, affect people differently based on what kind of trauma it is. We have the research now that shows that it's absolutely universal. So cultural trauma will create the same kind of effects as somebody who falls off a ladder, or somebody who has a car accident or a terrible illness - or loses a loved one, or loses a series of loved ones would be, you know, more likely. .. And the same effects, you see, are fight, flight and freeze - we keep coming back to that, because that's the hallmark of trauma in the body. And what we've learned is, unlike many approaches who say: “Oh well you know, you just change your beliefs”, or “You learn to clear your emotions or work with those”, or “They're not so severe.” Basically that doesn't do the whole job. And the reason why, is because, the body and especially the more primitive responses of the brain stem really get activated by trauma. And if the approaches do not reach that level, then the person doesn't get permanent recovery, regardless of what kind of trauma it is. And so we understand that the hallmark of the primitive brain stem, which really is responsible for our survival. So it's a very simple but profound system - it governs our heartbeat, our breathing, you know every system in the body is regulated by the brain stem. “

“ But what really reaches that part of the brain, and the nervous system that it is connected to, is rhythm. You know, the rhythm of survival and daily life is; we wake up, we go to sleep. We're active, then we rest. It's a very dichotomous, kind of a pendulum rhythm . . . this is what Peter (Dr. Levine) has - is in one of his contributions - is helping people understand the way the nervous system works, because it's always been sort of mysterious, you know, we can label it, we have these diagrams that most people don't understand. Well, how does that relate to me, you know, what does that have to do with the kind of pain I'm feeling right this minute. And so Peter really has bridged that gap. And being able to talk about the pendulum rhythms of the nervous system, and how we can work with those to shake off the trauma, and release it so that we can—like animals - go about our way as if nothing had happened. “

“ Self regulation is the cornerstone of our approach, because it leads to empowerment.... So what we think is that everyone can learn to regulate their emotional, physical, psychological, spiritual pain - whatever it might be. And they're all combined, because by the way, the pain pathways that pain travels in the body, whether it's grief or rage or fear, or if it's a terrible, excruciating nerve pain. These pathways are the same, the brain doesn't really discriminate very much between, you know, emotional and physical. So we know that there's a universal sort of ground level aspect of pain, that we need to help the person with. And once they learn, that they can use some - or just stay with breathing for a minute - it's not all that teach people but it's one of the tools. And there's this special kind of breathing that we - actually several kinds - that we work with. Once they can learn to use that, so they get reliable relief, and it has to be reliable - it takes a little practice to get to that point. Then, because they have confidence that they can regulate the pain with the tools that they have, they feel empowered. And that is a huge part of what healing is all about. “

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“ And so dissociation is part of pain, because even if the person doesn't dissociate in relation to the event that caused the pain - which usually happens - often the pain becomes so traumatizing after a while, that they dissociate from the pain! And what that means to them of course, is that they may escape feeling a little bit of pain in the moment, or maybe a lot of pain in the moment. The downside of that is, they cut themselves of body resources that can help them resolve the pain. It they can't focus on their body experience, they can't really release the pain. And so that's - our message is that you need to learn how to focus in a certain way, that is gentle, and isn't overwhelming to you. And we give a lot of guidance about that in our programs. “

“... probably the underlying commonality is that we're always working with energy when we're working with the body - when we're working with emotions, when we're working with our experience in the moment with mindfulness. No matter what you're work - you're focusing on, there - the energy level of it is always there and is always impacted. And, you know, we talk about energy in Somatic Experiencing. It's just, you know, it's a little bit different in that we're talking about the energy that is, sort of wound up in freeze - staying in the freeze respond, where at some level you're still in shock from what happened to you and your body is just really in major lockdown. So there's energy that's being - a lot of life energy - that's being held in that constriction. And, so we're, you know, of course looking at how to release that. ...But, you know, in Somatic Experiencing work we're - we're using primarily breathing and awareness of body - specific body sensations, and how they change instead of that, to get to the same place, which is to be able to release what is blocking the energy system and the mind-body system, so that we're back at optimal health again.”

“ Well, actually there are studies now, especially with Fibromyalgia, that show the high correlation between childhood trauma, usually, and the Fibromyalgia that develops later on. ... So in other words, what will happen to a Person who has it, is that they - their nervous system has been dysregulated. In some cases from birth actually, if somebody has had a birth trauma, a known birth trauma - the dysregulation of the nervous systems can start right there. And then, somehow - is that they may not have been given a proper care, or they just "grew out of it", but then they encountered another type of trauma, like abuse, or loss. And it just kept on coming, it's like waves, and waves, and waves of trauma. We also talk about everyday, "little t" trauma. For example, living with a parent who is relentlessly critical, and often devaluing and even shaming. ... And what we have found again, is that when we work with these - the tools, such as the breathing work that we do, which is very gentle, and very - it's, it's - most people will describe it - I did it for the first time with somebody yesterday, and she said: "This is the first time I've been out of pain in months, if not years."“

Again, the complete interview in podcast and transcript form is located on Dr. Dave's website [www.shrinkrapradio.com](http://www.shrinkrapradio.com) .

**ADVERTISEMENTS****JOB OPENING**

Kaiser Permanente has an opening for a full time, licensed psychologist.

This position is divided between the adult outpatient program and the intensive outpatient program.

Those interested should contact Dr. Michael Petrovich at 448-4739.

**FREE!**

I have study material for the EPPP that was purchased in 2008. If this would be of interest to you, please email me at [marcellepratt@gmail.com](mailto:marcellepratt@gmail.com).



## MEMBERSHIP PAGE

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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.