

# SAN JOAQUIN VALLEY PSYCHOLOGICAL ASSOCIATION

## Newsletter

### December 2012

#### PRESIDENT'S MESSAGE

### President's Message

Well, here we are at the end of another Presidential term – a good time to review accomplishments and set goals for the year to come.

SJVPA is currently a very small chapter of CPA, although in the past it has been much bigger. One of our goals has been to increase membership, and in this we have been quite successful this year. Membership is up 50% over a year or two ago! And, while the numbers are still not large, this increase represents a concerted effort on the part of the Board to make outreach to psychologists new to the area.

In addition to licensed psychologists, we have a good number of students involved now. Since these represent the future of psychology, it bodes well for the future health of CPA and its chapters that so many students are interested in chapter activities. Our student representative, Luisana Perez, an AIU student, is to be congratulated for activating students there and taking the largest contingent of students from any chapter to Sacramento for the Legislative training and Advocacy Day that occurred in April.

We made a pledge to CPA that we would hold a Legislative Meet-and-Greet in an effort to get to know our local government representatives, and have them know something about us and the needs of the psychological fraternity in the Valley. This year we were successful in meeting this goal, and a successful event was held earlier this month at the Daily grill, where we met with staff representatives for Assemblymember Henry Perea (Nia Sibley), Senator Michael Rubio (Daniel Cisneros), and California Senator Barbara Boxer (Tom Bohigian). All were interested to hear our concerns and to learn from us. Those attending reported that they had enjoyed the session and felt it was worthwhile, so we will follow up on these connections and work hard to form



stronger relationships with these offices, and others in the future. I thank all those who worked hard to pull this event together and make it so successful, as well as those who squeezed time out of their busy schedules to attend. It is increasingly necessary that legislators know who we are, and know that we can

be a source of information for them as bills come forward that threaten our sphere of practice - and there are increasing threats.

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## PRESIDENT'S MESSAGE

Each and every psychologist in practice in this Valley should be actively aware of those threats, and actively working to avert them – by letter, fax, and telephone call – when called upon.

When I joined the Governance of SJVPA, it was as the Chair of the Disaster Response Committee. I was the only person on that Committee! And it was to my surprise that I discovered there was no organized mental health response to disaster in the County – from psychiatrists, County Mental Health, or anyone!! I am now pleased to report that Dr. Amanda Mortimer and myself are currently fully trained and registered with the American Red Cross as Mental Health Disaster Responders. Additionally, we are also approved trainers for Psychological First Aid, and have taught a class together. Although still not a large response group, it is a start. Anyone interested in this area of volunteerism is welcome to contact me at [lhewett@fresno.ucsf.edu](mailto:lhewett@fresno.ucsf.edu) for more information.

As we come to the end of the year, it feels good to reflect also on our Annual Awards Banquet, always held in November. This year, we honored two long-time psychologists – Dr. Audrey Punnett and Dr. Ronald Teague – for their life's work and services to psychology. These two eminent psychologists are now Lifetime Members of SJVPA. We also took time to recognize Dr. Anne Petrovich as our Distinguished Psychologist for 2012. Dr. Petrovich is a 'hybrid' as she called herself, who marries her social work background with her psychology training and applies her skills in her work at Fresno State in the Social Work Department, her writing and publications, and her private psychotherapy practice. The Valley is also lucky to have such inspirational practitioners. Congratulations again to all three deserving awardees.

And so – to welcome Dr. Lisa Ganiron as our in-coming President for 2013. It is her goal to continue outreach to the Valley's psychologists and to help those in academia, forensics and health psychology to see relevance in membership in SJVPA and CPA. We all come from the same roots, and we are fighting for our lives as payors seek cheaper, less highly trained practitioners, and other professionals eat away at the edges of our expertise. We will endeavor to present relevant Continuing education units for all, and invite those of you with particular expertise to step up and offer a presentation for our monthly Monday night meetings, or even for a day-long weekend training.

It has been a privilege to serve you this year, and I look forward to continued service in the future. I wish each and every one of you a Happy and Peaceful Holiday Season, and an Interesting and Prosperous New Year.

## 2013 INCOMING PRESIDENT'S MESSAGE

### Greetings Fellow Members!

A chill in the air, cascading rainbow colored leaves, and the encroaching shroud of fog signals changes across the San Joaquin Valley. And along with these elemental changes, arrives a new SJVPA Board making preparations to best serve the professional community's interests for the upcoming year. First and foremost, thank you for allowing me to take the helm as President for 2013. While I am by no means a political expert, I willingly accept this challenge to continue advocating for such a worthy profession.

Joining me on the Board this year is Marcelle Pratt, Psy.D., who along with her current duties as Newsletter Chair moved into the position of President-Elect and will begin her three year presidential commitment. Also serving on the Board is Past-President Linda Hewett, Psy.D., Treasurer Kathy Sullivan, Ph.D., ABPP, CPA Representative Gaines Thomas, Ph.D., and Student Representative Luisana Perez, M.A. With the close of the year, we sadly bid farewell to Past-President Errol Leifer, Ph.D., and Professional Practice Committee Chair Anne Lewis, Ph.D., but look forward to their continuing involvement with the organization. Thank you both for your longstanding commitment to SJVPA. Rounding out the governing circle for 2013 are your Committee Chairs: Mark Barnes, Ph.D., who heads Information/Community Relations, Continuing Education facilitator Nancy Doi, Psy.D., Membership Services Jamie Howard, Psy.D., Disaster Response Marcy Johnson, Ph.D., and Website Coordinator Amanda Mortimer, Ph.D. As of this writing, we have several vacant positions and welcome volunteers who are willing to serve the community. All it takes is a few hours of your time each month.

As incoming President, my goals for the coming year are simple. First, to keep the momentum of growth that started three years ago when this organization was on the brink of extinction. While it appears to follow the statewide and nationwide trend, the ratio of dues-paying members to licensed psychologists in the area is staggeringly low. This never fails to surprise me because any passed legislature affects us all. Why not let your voice be heard? Second, continue to build on the inclusion of all types of professionals working in the field of psychology, be it educators, researchers, forensic evaluators, private practitioners, students, and everything in between. SJVPA is here to advocate for all modalities of psychological services, not just a select few. Your concerns within your chosen field are our concerns, but we have to know about them in order to promote change. This push for inclusion also involves garnering more participation from the outlying communities. Our organization supports the *San Joaquin Valley* and not just local Fresno, hence the name change several years ago. Finally, SJVPA has provided thought-provoking, timely, relevant, continuing education opportunities over the years and 2013 is lining up to continue the tradition of excellence. If there is a topic of interest that you feel needs addressing or if you're interested in presenting on subject matter of personal interest, let us know. We welcome all suggestions and the opportunity to learn. One person's expertise may be another's limitation.

## 2013 INCOMING PRESIDENT'S MESSAGE

On behalf of the governing board of SJVPA, thank you again for the vote of confidence as we head into another year. I look forward to working with a great group of people who are dedicated to serving their chosen profession. Remember, there's always room at the table for more. If you haven't become a member yet, please consider signing up today. With the new website, it's as simple as a few clicks of the mouse. If you're already a member, thank you for your continued support and bring a friend along with you. Have a few hours each month to spare? Consider serving on a committee. Attend the General Meetings held on the second Monday of odd numbered months and earn CE credits. Better yet, share that presentation you've been dying to give with other like-minded professionals. For one hour General meetings, we'll cover your dinner. For longer workshops, seminars, and the like, we'll split the proceeds. Either way, everyone wins, because you've shared your knowledge with others and supported the professional community. If you're interested in any of the information contained in this letter, don't hesitate to contact me by phone (559) 271-1186 ext. 132, or email [elisabethganiron@sc4c.com](mailto:elisabethganiron@sc4c.com) or talk with any of the Board members.

We're looking forward to hearing from you San Joaquin Valley!

Lisa Ganiron, Psy.D.

SJPVA President 2013

## AWARDS DINNER

Fifty or more of SJVPA's supporters attended the Annual Awards Banquet to listen to Amanda Levy speak and to honor a few of our most distinguished colleagues. Linda Hewett, Psy.D., SJVPA President, opened our ceremony with acknowledgements for the growing strength of our chapter organization and encouragement for continued involvement by our members in CPA and SJVPA activities.



Amanda Levy, Director of Government Affairs for the California Psychological Association, spoke to us about some of the current issues at the state level for psychologists. Amanda discussed many items of interest to psychologists, all of which can be obtained by going to the website [www.cpapsych.org](http://www.cpapsych.org). One of the topics she discussed involved concerns about how the implementation of the Affordable Care Act would affect psychologists. Ongoing legislative action can be found on the CPA website and Governor Brown will be holding special sessions in 2013 as components of the legislation are put into place. For now, the Board of Psychology will continue to represent psychologists and no new types of mental health professionals have been approved. Amanda also briefly discussed the ongoing expansion of prescriptive authority for psychologists within the United States.



The Lifetime Achievement Award was presented to Ronald Teague, Ph.D. and Audrey Punnett, Ph.D., two of Fresno's outstanding psychologists. This award was presented to Dr. Teague and Dr. Punnett, for their contributions to Fresno throughout their professional lifetime. Both psychologists have extensive training and experience in providing psychotherapy and they have given back to our community in offering education to



psychologists and other mental health care providers. Dr. Teague was introduced by Dr. Gandolfo and Dr. Fox introduced Dr. Punnett.



Our final award, Distinguished Psychologist Award, was presented to Anne Petrovich, M.S.W., Ph.D. by Dr. Hewett. Anne stands out in our community for her involvement in many different areas of the mental health profession. She is an Associate Professor at California State University, Fresno in the Department of Social Work Education. Her areas of expertise include issues affecting the elderly, trauma, sexuality, and multicultural concerns. She has published many journal articles and most recently co-authored a book entitled "Strengthening the DSM". This book recommends and discusses the concept that the DSM should incorporate ways to "recognize and utilize an individual's resilience in the treatment of their mental disorder." SJVPA was pleased to honor such a distinguished colleague.



## CONTINUING EDUCATION

Finally! A little quiet on the Western CEU Front! We are looking forward to our next Continuing Education presenters. We plan to offer continuing education units for all presentations.

### **January 14th**

Fresno Council on Child Abuse Prevention will present California Child Abuse Mandated Reporter Training for us. Among topics covered during this training will be updates on how current California law defines child abuse and neglect, what is required of a mandated reporter, what protections the law provides mandated reporters, how to report abuse, and what happens after a report is filed.

### **March 11th**

Dr. Chris Bauer, neuropsychologist from University Neurology Associates, will be presenting on "mild Traumatic Brain Injury and Post-Concussional Disorder". This talk will include an overview of mild TBI and Post-Concussional disorder as well as assessment of the disorder and a brief overview of empirically supported cognitive rehabilitation programs. Case examples will also be examined.

### **PLEASE NOTE NEW LOCATION**

2013 general meetings will be held at **Marie Calendar's** located at 1781 E Shaw Ave, southwest corner of Shaw and Cedar. Please join us at 6:30pm to socialize and sign up, or view our website for pertinent information.

### **DISCOUNTS AVAILABLE FOR SJVPA MEMBERS**

Zur Institute and Psychotherapy.net have offered discounts for continuing education and dvds for SJVPA members. To obtain these discounts, go to the SJVPA website, [www.sjvpa.org](http://www.sjvpa.org). Login and then press the "Update My Profile" link, then page down to look under the "News and Information" heading for discount codes to use on [www.zurinstitute.com](http://www.zurinstitute.com), and [www.psychotheapy.net](http://www.psychotheapy.net).

Check out these websites and use the SJVPA discount codes when you make a purchase.

Happy 2013 to all and best wishes as we weather the DSM-V changes!

## CPA NOTES

### YOUR CPA BOARD IN ACTION October 26-27, 2012

#### PRESIDENT'S REMARKS

On October 26 and 27, 2012 The California Psychological Association Board of Directors met in South San Francisco for its end of year Board meeting. Dr. Craig Lareau, CPA President, commented on the organization's performance at this juncture in the year, and noted that CPA is moving in the right direction. He revisited the four things he established as his priorities for the year:

1. Expanding CPA's Communities to include non-practitioners.
2. Making CPA a home for all psychologists.
3. Focus on Healthcare Reform and its impact on psychology in California.
4. Supporting Existing Initiatives, including the Immigration Task Force, the RXP Task force, and Interdivisional Collaboration.

He noted that with the year not yet finished there have been many successes to reflect on.

The work of the Immigration Task Force, chaired by Dr Janet Hurwich, was very well received by psychologists, attorneys and others in the immigration field. There have been two trainings, funded by the CPA Foundation, to train psychologists who are willing to offer their services pro bono alongside attorneys who are also working pro bono in the Immigration Courts. Dr. Lareau expressed how proud we are of the people that are doing this work.

Another issue that is important is Health Care Reform. The implementation of the Affordable Care Act will impact psychologists in California, and CPA has been part of the conversation. Dr Michael Ritz, Chair of CPA's Division of Clinical and Professional Psychology (Div I) and Chair of that Division's Section on Health Psychology, organized an interdisciplinary Healthcare Summit that was held on September 29<sup>th</sup> in Los Angeles. Dr. Lareau also announced that a CPA Task Force on Healthcare Reform will be established and Chaired by Dr Ritz. The Presidential Task Force will continue under Dr. Mark Kamena's Presidency in 2013.

CPA was heavily involved in working on acceptable language for SB 1172, a bill that bans the use of Sexual Orientation Change Efforts with minors. CPA provided leadership in the mental health coalition by bringing psychological expertise to the discussion in order to ensure a bill that will not put psychologists at risk, while it protects the interests of LGBT youth.

Dr. Lareau thanked the many psychologists that volunteered their time and skills to help further protect the voice of psychology in California.

**ADVERTISEMENTS****FORENSIC PSYCHOLOGIST SEEKS OFFICE SUBLET**

Ph. D. with twenty years' experience seeks occasional office to conduct civil forensic psychological and neuropsychological evaluations (workers compensation, personal injury, fitness for duty, MBC exams, etc.). Ideal office would include private exam room and adjacent office space for patients to self-administer psychological tests (MMPI, etc.). I have been practicing in Fresno for the past five years but circumstances now require me to obtain a new office.

Fees are negotiable.

If you have space available, please contact David Pingitore, Ph.D. at 510-433-7132 or [davidpingitore@comcast.net](mailto:davidpingitore@comcast.net).

My web site is: [www.assessmentdoctor.com](http://www.assessmentdoctor.com)

**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).

## 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 Lisa Aspinwall, PhD titled **The Relationship Between Positive Psychology and Health Outcomes**. Dr. Lisa Aspinwall, an associate professor of psychology at University of Utah. She was a recipient of the Templeton Positive Psychology prize in 2000 as well as grants from the National Science Foundation and the National Cancer Institute.

### **Dr. Aspinwall:**

“[ The Templeton Positive Psychology award] was in connection with my research on optimism and also positive affect or positive mood and how people process negative information. And our interest there was whether these good expectations or good feelings are helpful or hurtful to people as they confront adversity. What we were able to show in a series of laboratory studies is that whether you take naturally occurring positive beliefs like optimism, the belief that things in general will work out for the best, or you induce positive moods in the lab it seemed to improve peoples’ ability to attend to and remember negative information that might be useful for them. “

“I think of it [positive psychology] as the scientific study of positive thoughts and feelings and how they are related to human well-being. I’d like to see that expanded a little bit to talk about things that promote positive social interactions and well-being at a community level. One criticism of positive psychology that I agree with even though my own work I’m guilty of this is that it treats positivity as a individual phenomenon that we can all individually be positive if we want to regardless of social situations or economic situations, whether we live in a stable environment, torn by war or not. To ignore social and structural contributions to well-being is a disservice.”

“That story that you individually alone can think yourself well is very damaging. It prevents people from seeking social support. It prevents people from seeking others who might acknowledge and say, “Yes, this is a terrible, terrifying, expensive, uncomfortable and painful thing.” We should acknowledge that.”

“For many of the researchers doing interventions to provide psychosocial supports to people with serious illnesses like cancer, questions of quality of life, anxiety and pain management and social functioning are important outcomes. Pinning everything on whether life is extended ... And if life isn’t extended.. Then declaring the whole enterprise a failure, I think is overreacting.”

## CLINICAL CORNER

“One point that particularly resonates with me and that I really agree with is that cancer may be the only condition where we eventually say to people that you should be able to cure yourself. That’s very dangerous and I will do anything it takes to discredit that kind of thinking because it implies that people whose illness is progressive and who don’t survive, somehow didn’t want it badly enough.”

“Let’s find out if people are optimistic about various things. You can be optimistic about life in general or about finance or romance or medical care or whatever it is and ask once those beliefs are in place what is the relationship to paying attention to bad news in the same domain. What we consistently find is that people pay more attention to bad news, potential risks and failures even when they have an equal opportunity to read only good news. It’s not the case that you bury your head in the sand when you’re optimistic. It leaves one to ask what is it about optimism that helps people manage negative events and information. Do people feel more able to handle it? Do people crave it in a more positive light? It’s not the case that optimism predicts denial of bad news.”

**Dr. Dave:** What does positive psychology need to advance?

**Aspinwall:**

“What I think the field, as a whole neglects, is that there are four or five complementary pathways. And by complementary I mean they are not mutually exclusive. That could explain a positive relationship between positive thoughts and feelings and health outcomes. Those includes things like social behavior, people’s own health behaviors and immune and neuroendocrine functions are certainly part of that. There’s coping and then there’s the appraisals of the problems that we face. I think it needs to continue to pay attention to these multiple pathways because they suggest that when you’re doing research, even on a particular illness, that there are many different kinds of thoughts and behaviors that you should be accessing to try to get a more complete picture of outcomes.”

“I would like to see it move from its individual focus on exclusive personal responsibility for wellness to include some of these more interactional properties. How do people engage with the health care system? How do people secure and maintain social support especially when they’re ill and they’re going to need it over the long run. I think that would be good. I don’t think it should be distracted by a unique focus on survival as an outcome. There’s a lot more to life than just survival.”

“I think there is one more thing I’d like to emphasize about how the field could change. I think we tend to think of positive beliefs as a property of individuals and we talked about that a little bit. It’s led to an unfortunate trend to say well then let’s only hire the happy people -- people who are high on what’s called positive affectivity. I think what that really neglects are other contributors. Some of the experimental studies that show that simply receiving a small gift or one might imagine a compliment from someone else can produce some of the same effects I think is remarkable and it means that we could continue to pay attention to the conditions in which people live and work or the conditions in which people seek and receive medical care and ask do those support positive thoughts and feelings rather than putting it all on people and saying well, some people are just happy and others aren’t.”

## 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](mailto:marcellepratt@gmail.com)

### Board and Committee Members

#### **President**

Linda Hewett, Psy.D.

[lhewett@fresno.ucsf.edu](mailto:lhewett@fresno.ucsf.edu)

#### **President-Elect, Community Service**

Elisabeth Ganiron, Psy.D.

559-271-1186

[Lisaganiron@yahoo.com](mailto:Lisaganiron@yahoo.com)

#### **Past President**

Errol Leifer, Ph.D., APBB-CL

[efleifer@email.com](mailto:efleifer@email.com)

#### **Continuing Education**

Nancy Doi, Psy.D.

[doiwilson@aol.com](mailto:doiwilson@aol.com)

#### **CPA Representative**

Gaines Thomas, Ph.D.

[gthomas@fresno.ucsf.edu](mailto:gthomas@fresno.ucsf.edu)

#### **Disaster Response**

Linda Hewett, Psy.D.

[lhewett@fresno.ucsf.edu](mailto:lhewett@fresno.ucsf.edu)

#### **Information Referral and Community Relations**

Mark Barnes, Ph.D.

[markbarnes@sc4c.com](mailto:markbarnes@sc4c.com)

#### **Membership**

Jaime Howard

[dr.jaime.howard@gmail.com](mailto:dr.jaime.howard@gmail.com)

#### **Newsletter**

Marcelle Pratt, Psy.D.

[marcellepratt@gmail.com](mailto:marcellepratt@gmail.com)

#### **Professional Practice**

#### **Vacant**

#### **Secretary**

Heather Soares, PhD.

#### **Student Board Member**

Luisana Perez, B.A.

[lperez2@alliant.edu](mailto:lperez2@alliant.edu)

#### **Treasurer**

Kathy Sullivan, Ph.D., ABPP

559-271-1186

[kathysullivan@sc4c.com](mailto:kathysullivan@sc4c.com)

#### **Website**

Amanda Mortimer, Ph.D.

[amortimer@csufresno.edu](mailto: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.