



SAN JOAQUIN VALLEY PSYCHOLOGICAL ASSOCIATION

Newsletter

December 2013

President's Message

Parting Thoughts!

2013 is quickly drawing to a close and it's time for me to say goodbye from the President's chair. I'd like to thank the entire board and membership for their dedication during my year at the helm of SJVPA and welcome our newest Board members, President-Elect Jennifer Fanzo, Psy.D., and Student Representative Casey Cauble, M.A. while President-Elect Marcelle Pratt, Psy.D.

begins her reign. I am also saddened to bid farewell to Luisana Perez, M.A., who served many years as Student Representative and to Linda Hewett, Psy.D., our Past President who is spending retirement wisely and exploring the world through the windows of an Airstream trailer.

As the Board transitions and prepares for the coming year, it's time to reflect on our recent accomplishments. Although small in quantity, our Continuing Education events this year upheld the tradition of quality presentations. We learned about traumatic brain injuries, how to negotiate the legal system as an expert witness, how to best work with the Hispanic population, and the latest statistics on child abuse. In addition, our Jungian-based treatment series continued with other psychotherapists being the focus of treatment. We met several bright future psychologists who shared their research interests, and threw a party that was well attended and included dignitaries from CPA. Some of us attended the State Convention to gain valuable knowledge and rub elbows with other psychologists and others spent the weekend in Sacramento learning to lobby for our profession and putting that newfound knowledge immediately to use at the Capitol.

It seems like we've accomplished quite a bit, yet, I had hoped for more. Maybe that's just the overachiever in me. While membership numbers did increase in 2013, it still saddens me that so many in our profession are apathetic to our local efforts to keep our chosen profession relevant and viable. There are several hundred licensed psychologists and registered psych assistants in our catchment area, yet only a handful are SJVPA members. As I have said in the past, I have a limited understanding of the political arena, let alone have any desire to become a politician. But as a psychologist, I feel it's my obligation to preserve and protect my profession. Just last year, we were in danger of losing the Board of Psychology and being lumped in with all mental health providers. In the coming months, the Affordable Care Act takes effect and we have a very limited understanding of its impact on our livelihood. And don't even get me started about the DSM-V implications. I worked hard to make it through graduate school and get licensed. I have a job that I love and that brings me a level of personal fulfillment and accomplishment that could only be surpassed by finding the cure for cancer. Why, oh why, would I leave the fate of this profession in the hands of legislators that don't even have a clue what I do each day?

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People who aren't even aware of any differences between a psychologist, psychiatrist, counselor, MFT, or LCSW? Legislators that are meant to represent their constituents, but know little about those people? People who believe that what I do with my clients mirrors the insanity portrayed on prime time television? Allowing this to happen when I can speak up and make an impact, to me, is madness. I will not sit idly by allowing these uninformed legislators to govern my profession. I may be one small voice, but when single voices join together, their message is heard!

I'd like to think that a philanthropic streak within me is driving me to help my fellow psychologists, but the reality is, I do this for selfish reasons. I love what I do for a living and I would hate for "business as usual" to change into something less enjoyable and rewarding without any input coming from me. Their decisions affect me, therefore, it behooves me to speak up. I am proud of my professional accomplishments and have no desire to change my proven methods just because it might save a governmental agency a buck or two. I fight for me and for my clients, because that's what's important and right, at least in my world. And if I am unable to do the advocacy work myself, I part with, albeit grudgingly at times, a few bucks to support those that are willing to fight the good fight. I wonder if more people participated, would the fees be reduced? Are the few supporting the many? Personally, I am uncomfortable with others shouldering my sharing of the responsibility. Paying \$80 for a yearly membership in SJVPA truly is a lot of money. Shelling out \$300 plus for membership in CPA is quite taxing on my personal financial picture. But having to find a new profession would be much more costly. Those monthly student loans don't pay themselves. So I pay these fees to support people willing to stand up for psychology. I'm hoping in the coming year, you'll feel a little selfish too. And maybe you can bring along a friend.

New Board Members

Casey M. Cauble, M.A. is the Student Representative for the San Joaquin Valley Psychological Association. She is a fourth year graduate student at Alliant International University, Fresno. Casey is set to graduate in 2015 and hopes to become licensed shortly thereafter.

Casey was born in Fresno, CA and graduated from Sanger High School. She earned her Bachelor's Degree in Psychology from California State University, Fresno and her Master's Degree in Clinical Forensic Psychology from Alliant International University. Casey is currently working on her Ph.D. in Clinical Forensic Psychology at Alliant International University, Fresno.

In addition to being a full time graduate student, Casey works as a Teaching Assistant at California School of Professional Psychology, is an active member of the Student Government Association and Latino Student Psychological Association on campus.

When she isn't trying to finish her schoolwork, Casey spends time playing fetch with her two dogs, volunteering with Circles of Support and Accountability (COSA), and planning her wedding.

You can reach her at ccauble@alliant.edu.

Greetings SJVPA,

My name is Jason Christopherson, Psy.D. and I am the new Website Administrator for the Association. First of all I want to thank all of you who weathered the stresses and difficulties of transitioning our website to a new service provider. I know you got numerous emails from me, and there were many difficulties with registration, making payments, and keeping up to date with the SJVPA news. So, I wish to offer my sincere gratitude at the patience you all displayed with my efforts as I know it impacted many of you.

With that, I wanted to take some time to discuss the new website. When the old service provider was bought out by a new company the association took the opportunity to explore possible alternative solutions. With respect to the size of our organization, our old service provider was the equivalent to a Lamborghini when all we needed was a Honda Civic. So I was brought on board originally to investigate potential alternatives for our website and membership management service. The board unanimously voted to change providers to a Canadian company called Wild Apricot. This company is experienced at offering membership management software to small non-profit organizations such as ours.

The new website is not only more cost effective, it is also much more user friendly with respect to administrating the organizations technological needs such as managing membership, facilitating mass communication, and organizing our events and continuing education opportunities. In late September of this year our website was fully functioning. We have already begun to experience the numerous advantages to the change.

You, as members, will also notice some changes. First, it looks a little bit different. We tried to keep the look and feel of the website as similar as possible to the old website in order to minimize the shock of the changeover. If you have not already logged in I encourage you to do so. If you are having trouble logging in, feel free to contact me at the email address below.

Unfortunately you will also need to take some time to update your professional information on the website again. The unfortunate problem with the change in website providers was we weren't able to just copy and paste all the information from one to the other. While we salvaged as much as possible, you will still need to login and fill out the information on your profile page. There are easy to follow instructions for the information you are being asked to provide and the information that is not displayed publically will be kept completely confidential.

While we are constantly making minor changes with the way the SJVPA uses technology to communicate with you, the members, we continue to appreciate your patience and involvement in the organization. We anticipate this new website will assist us in growing to become a stronger and more involved group within the San Joaquin Valley and the State of California.

Jason Christopherson, Psy.D.
SJVPA Website Administrator & Government Affairs Committee Chair
jasonchristopherson@sc4c.com

Continuing Education

Please join us for our General Meeting on January 13th at Marie Calendars on the corner of Shaw and Cedar (1781 E Shaw Ave .) Meeting starts at 6:30pm with presentation at 7pm.

Pornography in Therapy

Steve Castro, PsyD will present his dissertation research and lead a discussion regarding the therapeutic “taboo” pornography. This lecture will introduce research regarding pornographic issues addressed in the therapeutic setting, followed by a discussion of the clinical implications. The purpose of this presentation is to create a dialogue regarding this increasingly relevant topic that has received limited scrutiny via empirical research.

Educational Objectives:

1. Participants will be exposed to research addressing disclosure of pornographic issues in the therapeutic setting and therapist’s opinions regarding the utility of pornography, as it pertains to mental health.
2. Participants will identify and explore potential thoughts/feelings/biases, both personal and professional, regarding pornographic material.
3. Participants will engage in a discussion regarding specific strategies to address and integrate potential issues related to pornography into their practice.

Upcoming Events

Dr. Nancy Doi, Continuing Education Chairperson, is putting together workshops and presentations for 2014. She has commitments from Eric Hickey, PhD. , Dean of the California School of Forensic Studies at Alliant International University. He will be presenting at our March General Meeting as well as lead a six hour workshop on topics including the latest research related to sex offenders and sexual predation.

Sherry Walling, PhD., assistant professor at Fresno Pacific University has agreed to present at one of our general meetings on PTSD and trauma treatment.

Other events are being planned and will be announced throughout the year.

Annual Awards Dinner

On November 11th, we gathered together for our annual awards dinner. This year SJVPA presented the Charitable Giving award for a non-profit organization that promotes psychological health of the community. This year's award was presented to Break The Barriers's Executive Director, Deby Hergenrader. Deby presented a video of her organization which described the organization's history and mission to promote ability awareness, outreach, and education throughout the world. The emphasis of Break The Barriers is to provide exceptional programs that enhance the gifts and abilities of all people.



This year the Kyle Coleman award was presented to a graduate level psychology student who showed dedication and commitment to the profession. Melissa Wagner, M.A. received this honor this year with her paper titled "Risk Factors of Child Homicide".

We also had the opportunity to listen to a presentation given by Mark Kamena, PhD who is President of California Psychological Association. He introduced himself and discussed his role at CPA. A return visit from CPA CEO, Jo Linder-Crow, Ph.D. provided us with updates on current concerns of CPA. She encouraged us to reach out to other psychologist to educate them about CPA and enlist their support in helping CPA represent psychologists interests in the government.



Corner of Interpersonal & Neurobiology

#3

The embodied brain, the major organ of adaptation, is in constant exchange of information with the body, and along with the sensory input system, in constant exchange of information from the external environment, begins upon one's birth to form patterns representing sensory/body experiences and representations of the experiences of life. Such representations or neuronal mappings commence a process leading to non-linguistically somatically/affectively encoded experiences that will eventually establish early object relationships and self paradigms. The most influential environmental exchanges for the infant are with the qualities, positive/negative, of its caretaking experiences. Currently these qualitative exchanges are being conceptualized within the attachment processes.

Experiential positive experiences are embedded in caretaking actions that by their timing, pace and intensity produce a neurological/affective response along the pleasurable portion of the experiential somatic/affective continuum for the specific infant.

As the infant's own neurobiology is highly reactive to somatic/body need experiences and the impact upon it from the nature of the sensory environment surrounding it, the modulation and regulation of sensory/somatic/affective experience is notably dependent upon and influenced by the quality of caretaking provided the infant.

“Good” caretaking experiences for the infant are characterized by voice, prosody, touch and movements that can stimulate and excite and calm and restore, without prolonged exposures to notable overstimulation or under stimulation, and which are for the infant along the negative portion of the experiential continuum and produce stress and eventually overwhelmed states constituting trauma.

Such “good” interpersonal patterns of experience directly impact unfolding dendritic connections, dendritic pruning, establishment of cortical networks that eventually produce greater capacities for self-regulation, modulation of limbic system activities, positive initial object and self representations, along with enhancements in prefrontal cortex functional capacities operative in later developmental stages.

These patterns of positive experience are now being recognized as the basis for trauma resistance, functional resiliency and enhanced coping as life unfolds for the infant.

Errol F. Leifer, Ph.D.
December 15, 2013

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 quotes are excerpted from an interview with Zurich-trained Jungian analyst , Jame Hollis, Ph.D. who has a private practice in Houston, TX as well as being Director of the Jungian Studies doctoral program of Saybrook University of San Francisco. His latest book *Hauntings: Dispelling The Ghosts Who Run Our Lives* is the focus of this interview which is # 377 on www.shrinkrapradio.com.

“To ordinary consciousness, we seem to be corporeal bodies, mostly, fixed by gravity and stitched by pain and mortality to this gravid earth. But we are, rather, systems, energies, exchanges, projections, programs, force fields, and continuous enactments of tenebrous scripts both conscious and unconscious. What animates this assemblage of matter that we inhabit when we are born? What blows spiritus into the lungs of the bawling infant? That spiritus – esprit – respiration, in-spiration is energy, a force field blowing, blowing through eternity into time-bound bodies whose curving trajectory brings them inexorably back to earth. Even as plummet-bound bodies, decaying, dying as we lurch through life, we remain nonetheless force fields of energy, dancing on the grave of history and aflame with eternal fires.”

“The subject about the first half of life is about ego development; ‘I have to develop a sense of who I am and I’m able to deal with my parents and ultimately have enough strength and capacity to leave them and enter the world and deal with the tasks that work and relationships and citizenship and parenting bring to us and so forth.”

“So I think one of the issues of the second half of life is really not so much ‘how do I build the ego?’ That’s the task of the first half. It’s more ‘to what value, or task, should this ego now be in service?’ Or putting it another way ‘what really is my service to life or what wants to enter the world through me?’

“I chose the phrase ‘hauntings’ because I realized that, as the novelist Faulkner said once, ‘the past isn’t dead, it’s not even past.’ And it’s not that we are, from a standpoint of psychology or depth therapy, preoccupied with the past, the point is it’s not past. It’s constantly present in our gestures and our agendas and so to talk about history, is to say history is always in us, it’s charged with energy and those charges are what are called complexes.”

“Because with every cluster of history there is a script, there’s a message and there’s a, Jung called it a splinter personality and when that rises up, we become that dependent child or frightened, fugitive individual or angry aggressive person or whatever the case may be. And so the knowledge of complexes is really to say ‘what are the engines or agencies that are generating the patterns in our lives?’”

“So we could say ‘where are the places in my life where I’m chronically avoidant and as a result consequences pile up?’ Or ‘where are the places where I find myself accommodating other people’s wishes and over time do so at the expense of my own legitimate self interest and even integrity?’ And then ‘when are the times I get caught in power complexes and so forth?’ So those are examples of categories of complexes we all have because for example, one message we all got, which is true, as infants and children and that was ‘the world’s big and you’re not’ and ‘the world’s powerful and you’re not, now figure out how to manage that for the next few decades’ and we only have – you know we have unlimited variants of behaviours but there’re three basic choices – in the face of the powerful other, stay out of harms way. So we all develop patterns of avoidance and there are tons of those, ranging from procrastination to disassociation, patterns of the power complex getting evoked where we try to get in charge of the other and thirdly, patterns of accommodation, to give the environment, or the demanding other, what they wish in order to buy out of the conflict. So the key would be, if you stop and look at the patterns of your life, particularly the ones that you can see are not in your interests, or that have undermined your intentions, or represent values other than those you wish to consciously endorse, you could say they’re coming from these very deeply programmed places within us that were once protective and today may also still be protective but often at a cost, such as the cost of our integrity, or the cost of doing what’s really best for ourselves. So the complex is a way of talking about that which our ancestors might have described as ghosts because they too, historically and this goes back as far as recorded history, recognize the presence of what they might call spirits, or ghosts, or states of possession because they realise that people could be in a situation where they might do something, or fail to do something, that on another occasion they would be perfectly capable of sorting through. So they would attribute this to the evil people across that boundary, or to the presence of malevolent spirits and so forth. So, it’s not that the observation of the presence of the past in this moment is new it’s that our way of understanding and approaching it is different. And so today we would have to say from a psychological standpoint, rather than attribute this to the presence of evil spirits out there, or malevolent deities or whatever, we could say ‘this material’s coming from me. I’m the one enacting this and it’s material that’s heretofore been dissociated from the ego,’ meaning the ego is either not aware of it, or has enough power to stay outside the ego’s sphere of management. And that which was once disassociated, our ancestors called ghosts for example, or spirits and today we would say ‘are these clusters of history or hidden agendas?’ For example a person might not be happy consciously to be addressing his or her vanity, or his/her power complexes and aggression and so forth but as a human being those are parts of our personality, so then they’re going to show up as these transient states of possession, where we wind up doing something that we wouldn’t have consciously intended or endorsed but there it is. And that’s a part of our history, so the accounting for the various hauntings in our psychic life is one way of being accountable for our life and accountable for our choices and our history and in doing that we have a greater chance of making that more available to consciousness and therefore the potential of being less it’s prisoner.”

“We recognize these complexes or tendencies inherent in each of us, they don’t go away. Consciousness alone is not enough. It takes a continued dialogue with and a kind of resolve to address these things within ourselves or we will inevitably wind up with repetitions. Freud saw that and he called it the repetition compulsion – the inner compulsion to repeat our patterns even when they’re harmful in their outcome.”

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

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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.