

SPRING 2008

SAN MATEO COUNTY
PSYCHOLOGICAL
ASSOCIATION
NEWSLETTER

Table of Contents

President's Perspective 1
Clinical Paper Series 3
CPA Update..... 4
GAC Report 5
CLASP Update 7
Film Club Update 8
Continuing Education.... 9
Speakers' Bureau 9
Grand Rounds 10

President's Perspective

by Beverley B. Conrad, Ph.D.

Hello Again Members,
I am delighted to announce that we at SMCPA are the recipients of the 2008 CPA Outstanding Chapter Award! I have been told that it will be presented at the CPA Convention at the Disneyland Hotel. Please try to attend April 3-6 in Anaheim and celebrate with us. We have been noted as being an example of giving "exceptional service to our members." Thanks to all of you who became inspired during the "Give to Get" campaign. It "Takes a Chapter" to pull something like this off, and I am appreciative of everyone's contribution!

Change is in the air. Blossoms are blooming and spring has sprung. This year we are emphasizing in our literature and workshops the theme of "Therapist Self Care." Thanks to those of you who have adopted this mentality and are encouraging this, as well as the "Green" focus. There are many opportunities

to be "mindful" and to learn how to practice evidence-based interventions for stress reduction. I invite you to participate in this newest movement in which we watch Eastern philosophy meet Western medicine/psychology.

During this year much of our time and energy and funds will be focused on getting our website up to full speed. We have struggled for years with the Yellow Page Ad expenses and whether the cost has been justified. Recently, the SMCPA Executive Committee made the decision to go down in size in our Information and Referral ad in the AT&T phonebook. The Northern and Central San Mateo County Books will reflect the change in the June '08 book and the Palo Alto/Redwood City Book in Nov '08. This will save us about \$4,000 which will then be pumped into the worlds of "SMCPA meets the Internet" and "How to Increase Referrals."

I want to especially thank Karen Schwarz and Roxanne Norville for all of their contributions and hard work in taking us this far in our website development. Roxanne will continue to Chair the Website as we move in the direction of getting bids from other website sources so that we can determine the direction that we want to follow and thereby make the best business decision. Many other chapters already have a "Find a Psychologist" function, but I have learned that some are now reinventing themselves. I would like us to learn from other Chapters. The Presidents communicate among themselves and also with CPA. We all realize that expense is of paramount importance and look for cost/effective solutions.

Our CE Chair, Stan Friedman, is working on booking an Internet Continuing Education presentation soon so that we can gain knowledge

(Continued on page 2)

**SMCPA
BOARD MEETING**

**Friday,
12:00 – 2:00 P.M.
May 2, 2008**

**Bovet Rd.
Conference Center
San Mateo**

**Bring your own
lunch. Drinks will
be provided.
All SMCPA
members are
welcome to attend.**

**For more
information contact:
Bev Conrad
650-343-8792**

2008

BOARD OF DIRECTORS**President**

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President's Perspective, continued

for our chapter as well as for ourselves. Websites are "where it's at" and we want to remain cutting edge, if not edgy. Any feedback about our site is welcome. Along with website innovations, we will be examining liability issues. Those on the I and R have had to be CPA members and we are considering whether those that are on the Find a Psy-

chologist function should be as well. Moreover, we will be considering whether or not to charge members for this service. Ideally both the "I and R" and the "Find a Psychologist" capability would be part of our regular membership fee, thus freeing expenses to be spent on CPA membership. I truly believe we should support more fully our colleagues

who work so tirelessly in Sacramento for our livelihoods and well-being. The "Give to Get" campaign continues. Again, thanks to all of you for making us this year's best! I am especially indebted to the SMCPA Board and the Executive Committee for their sharp minds, their time and endless wisdom. Namaste!

**Congratulations SMCPA,
2008 CPA Outstanding
Chapter Award Winner.
Thanks to everyone
for all your efforts!**

**Marketing**

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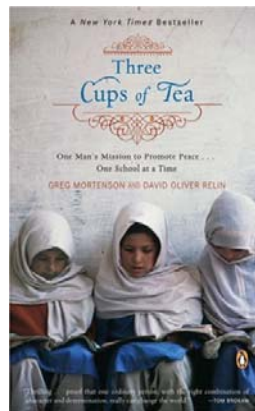
Website

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650-948-4864

Information & Referral Service

650-347-4100

www.smcpsychassoc.org



The next Book Club gathering will be April 11, at 7 p.m. at the Conrads' house.

The book selection is

Three Cups of Tea: One Man's Mission to Promote Peace,
by Greg Mortenson
and David O. Relin.

Clinical Paper Series

Individual vs. Group psychotherapy: What are the essential differences?

by Nancy Wesson, Ph.D.

- *The therapeutic alliance in group psychotherapy is with the group itself (comprised of the group psychotherapist and the group members) and not just with the psychotherapist.*
- *Different therapeutic factors are at work in group psychotherapy. In group psychotherapy, interpersonal feedback from peers is considered the most powerful therapeutic factor.*
- *The attachment process is different in group psychotherapy. The attachment is to the group itself and attachment issues are analyzed and worked through within this context.*
- *In group psychotherapy, a client participates in a plethora of roles and relationships and learns about the many complex roles and relationships that make up the fabric of life.*

In this article group psychotherapy will refer to interpersonal group psychotherapy as described by Yalom (1995).

Individual and group psychotherapy are both considered highly therapeutic forms of psychotherapy to treat psychological problems. But there are very different ways that these modalities are therapeutically beneficial to our clients. What are some of the essential differences between individual and group psychotherapy?

Significantly different Therapeutic Alliance

Individual psychotherapy is a place for a client to work through psychological issues as these

issues emerge within the context of a one on one therapeutic alliance with a psychotherapist. However, "group therapy alliance can be understood as the perception of the emotional bond held by an individual group member for the group and an agreement on the goals and tasks for the group therapy among group members with therapist" (Tasca, Balfour, Ritchie, & Bissada, 2007, p.1).

Different Therapeutic factors at work

Different therapeutic factors are at work in group psychotherapy than in individual psychotherapy. Holmes and Kivlighan, (2000) com-

pared individual and group therapy and concluded that there are different factors that reflect different processes in individual and group treatment. They found that the factors of relationship-climate and other versus self-focus were emphasized more in group psychotherapy, whereas the factors of emotional awareness-insight and problem definition-change were more important to the process of individual treatment. In his review of the literature, Yalom (1995) identified 12 therapeutic factors of group therapy. Of the 12 factors identified, interpersonal input (feedback from others) was found to be the most valuable to group members. Yalom (1995) concluded that group interaction and group cohesiveness are the power of therapy groups. This is a substantially different therapeutic process involving different therapeutic factors than individual psychotherapy.

Different working through of Attachment issues

According to Bowlby (1988), in psychotherapy, the therapist "provides

conditions in which his patient can explore his representational models of himself and his attachment figures with a view to reappraising and restructuring them" (p. 138). In individual psychotherapy the attachment process takes place with the psychotherapist and the client's therapeutic process unfolds within the safety and protection of this one on one relationship. In group psychotherapy, however, the attachment process takes place with the group and clients work through attachment issues as these issues are triggered by others in the group. McClosky (2002) comments that "at every level of group life, misattunement to affect will trigger insecure attachment patterns" (p.140). Tasca, Balfour, Ritchie, and Bissada (2007), in their study comparing group therapy vs. individual therapy with a group of patients with eating disorders, discussed the "activation of attachment strategies" in group therapy and found that the replaying of "core relational patterns in group therapy interactions" provided the opportunity for

(Continued on page 6)

CPA Board Representative Report by Evelyn J. Marchini, Ph.D.

Hello Everyone,

The CPA convention will be held Friday through Sunday, April 4-6, 2008 in Disneyland. I want to encourage all of you to attend. Hotel rooms at Disneyland are filling up rapidly and many have made hotel reservations before sending in their registration fees. You can sign up by going onto the CPA website and making your plans there.

The CPA board met on Friday-Saturday February 1-2, 2008 in Los Angeles. It was great fun to represent San Mateo County and to have Edna Esnil from

SMCPA also attending as the Board Representative from Division VII. Chuck Faltz regularly attends so SMCPA had three members at the CPA table. That's really quite a compliment for a small chapter like ours.

The meeting opened with the installation of new CPA officers. Formally installed were Miguel Gallardo, Psy. D. as President; Doris Penman, Ph.D. as President Elect; Mark Kamena, Ph.D. as Treasurer; and Dean Hadlock, Psy. D. as Secretary. In the Executive Director's report, Jo Linder-Crow,

Ph.D. reported on CPA's accomplishments in 2007. In addition to our successful legislative year, CPA's crowning accomplishment was receiving APA's Outstanding State Psychological Association Award in Support of Graduate Students. She reported that most Divisions are healthy and active. The website continues to attract more users; improvements in the

In addition to our successful legislative year, CPA's crowning accomplishment was receiving APA's Outstanding State Psychological Association Award in Support of Graduate Students.

locator service and speakers' bureau are imminent. The 2007 convention in Costa Mesa was a great success. The CPA Foundation, under the leadership of Gilbert Newman, Ph.D, is growing. Goals for 2008 include continued improvement to the CPA website and the availability of online CE. CPA is now "the voice of psychology" in California and all efforts will be made to maintain and enhance that position. Dr Richard Sherman, Ph.D., the former CPA president in 2007, had to step down from the office in order to be appointed to

the Board of Psychology. The Board of Psychology is made up of nine members. With Dr Sherman's addition, there are now five psychologists holding seats on the Board of Psychology. This is good news for us.

Sandra Harris, Ph.D., our former treasurer, reported that CPA has located and is purchasing a business condominium located at 1231 I Street, second floor. This business condominium is located five blocks from the Capitol, which will enhance and facilitate our GAC activities. CPA offered \$300.00 per square foot and this offer was accepted by the owner. We are now developing a workable plan for the space. Parking is available in a nearby parking garage. CPA's down payment is \$500,000.00, which comes from monies made from selling our prior building. CPA is now shopping for a \$800,000.00 loan amortized over a 25-30 year period. Maintenance is included for a monthly maintenance fee of \$20.00 per square foot. Money remaining in the building fund will be used for furniture, moving, and early lease termination fees. The anticipated move-in date is sometime in May

2008.

The board approved a \$1,700,420.00 budget with a \$9,082.00 deficit. The board anticipates that increased membership will wipe out this deficit. CPA currently has 863 new members and a total of 4210 members. We still have a long way to go, however, since there are over 15,000 licensed psychologists in California. Dr Brendan Pratt, Ph.D., the CPA membership committee chair, reported that CPA will send out a minimum of three promotional mailings to every licensed psychologist in their first year of licensure. CPA would be happy to share those addresses with chapters so that chapters could also recruit these new psychologists. Chapters can contact CPA directly for further help.

CPA has established a new CPA/Chapter Development task force. This task force is in its infancy but its purpose is to improve relationships between CPA and its chapters. Included under that goal is the task force's researching any help CPA can give individual chapters with their chapter websites. This is an issue close to SMCPA President Bev Conrad's

(Continued on page 7)

GAC Report by Drs. Gail M. Shak and Kathy Allard

CPA's 2008 Leadership and Advocacy day will take place on April 15th in Sacramento, and we invite each and every one of you to join us for what is always a fascinating experience. This meeting at the State Capitol offers us the opportunity to become more informed about CPA's legislative agenda, to network with CPA members from other parts of California, and to meet with our State Senators and Assembly members to express the views of psychologists on issues affecting us and our clients. If you are unable to attend, but have a legislative idea that you want to have heard, a viewpoint about how California politics affect the practice of psychology, or an idea about how to resolve a challenge that you encounter in your own place of employment, please contact us, and let us carry your opinions and your input to Sacramento when we go there on April 15th. **ADVOCACY WORKS!**

Chief among the issues facing us is the negative impact that Governor Schwarzenegger's recently disclosed 2008-2009 State budget is bound to have on the practice of psychology. Virtually all Medi-Cal Optional Adult Benefits, *including psychological ser-*

vices, have been targeted for significant cuts. The importance of this elimination of Optional Benefits is that *these services will no longer be accessed through the Medi-Cal Program*. In addition, a 10 % reduction in reimbursement rates for all providers is being proposed. CPA is determined to oppose the elimination of these psychological services as an Optional Benefit, the proposed 10% reimbursement cut, and the cuts to important county mental health programs. We ask for your vigorous support in this urgent matter. **ADVOCACY WORKS!**

Now, for an update on AB 1367, the Alcoholism and Drug Abuse Counselor Bill. This bill was HELD, for fiscal reasons, in the Assembly Appropriations Committee at the end of January. Prior to the vote, CPA was prepared to take a NEUTRAL position on this bill, in an effort to encourage a licensing process for independent practice which would require a higher standard of education, training, and supervision. In response, the sponsors of the bill have advanced a proposal for a narrower scope of practice, a higher level of supervision, and a requirement that counselors planning to practice

independently obtain a Master's degree. **ADVOCACY WORKS!**

Lastly, the California State Senate Committee on Health failed to pass AB X1 1, the health care reform bill. Last year the Assembly had passed this bill, a health care reform package that was a combination of expansion of existing private managed care plans and increased eligibility for public programs, (e.g., Medi-Cal, Healthy Families). The proposal was to fund the \$14 billion plan with a tobacco tax, a hospital tax, employer contributions,

and increased federal funds. If the Senate had passed the measure, it would have been decided by the voters on the 2008 ballot. However, since the plan had already qualified for placement on the 2008 ballot, the Senate was unable to make any changes, requiring that the Senate vote for the bill with no alterations. Among other concerns, was that of the Senate Health Committee that the State of California could not afford to fund such a large expansion program at this time.



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Individual vs. Group psychotherapy, cont.

(Continued from page 3)

group members to display dysfunctional patterns and then to experiment with “new ways of being with others and the self” (p.12). They concluded that group psychotherapy provides more material to work with than individual psychotherapy.

The opportunity to learn about many types of roles and relationships in group psychotherapy

Individual psychotherapy requires an intense focus on the individual client and the therapeutic work proceeds in terms of insight gained from the understanding of patterns that have emerged from unmet developmental needs or in more of a problem-solving psychotherapy, then individual problem solving strategies are developed within the context of the client-psychotherapist relationship. The group client is not center stage but must share that stage but with 6-10 other psychotherapy clients. In order to be “cured” the client must work within the community of people that comprises a group and it is the group itself, not the psychotherapist or psychotherapist-client relationship, that is the primary healing agent.

(Yalom, 1995).

The group psychotherapy client participates in a plethora of relationships: with the psychotherapist as well as with other group members. Each member also experiences, through observation and involvement in the group, the therapy of other group members. “In group psychotherapy in comparison with individual psychotherapy, there are more people to learn from, identify with, disclose to, and with whom to form significant therapeutic relationships” concluded Holmes & Kivlighan. (2000, p. 483).

The complexity of participating in group psychotherapy mirrors the complexity of living in the world of relationships. The therapeutic work in group psychotherapy frequently takes place along many levels at the same time. The group psychotherapy client must learn to be both client and psychotherapist and also to negotiate with others in getting his/her needs met. For example, one depressed and anxious client in group was actively learning how to express his emo-

tional needs in the group, working through trauma issues that were triggered by the memories of another group member, participating in a discussion of the group process, and assisting his fellow group members by providing support, observations, and insight. A lot to do? The development and cultivation of healthy relationships requires that we are fully “present” in many roles, often at the same time.

In both individual and group psychotherapy, clients learn about the “work” and “joy” of being in relationships that have honesty and emotional depth. Group psychotherapy requires by its very nature that clients learn about a sense of community and participate fully in all of the many complex roles and relationships that make up the fabric of life.

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Nancy Wesson, Ph.D. (PSY9621) has led two weekly psychotherapy groups for the past 18 years, is the author of several articles, and has given several professional presentations on group psychotherapy. Dr.Nwesson@sbcglobal.net. www.wespsych.com.



CLASP Update

by Drs. Carol Carlson and Shirley Waldrum, Co-chairs

The mission: Colleague Assistance & Support Program's mission for 2008 is to increase the development and enhancement of a healthy work-life balance for psychologists. The four points of focus are as follows:

1. CLASP is about Wellness and Self Care--- Developing balance in our personal and in our professional lives is at the core of this mission.

2. CLASP is dedicated to educating ourselves and our colleagues on the ways of developing healthy work-life balance.

3. CLASP's purpose is to facilitate healthy well being and self care at a holistic level as well as identify and begin to work through obstacles that interfere with psychologists' engaging in these processes.

4. CLASP's goal continues to be to promote, support, and execute programs, information, and dialogues about work-life balance; to enhance the collaborations between chapters, committees, the board, and other psychological associations to facilitate

CLASP goals; to develop a supportive community across California at both the local and state levels; and to de-stigmatize health seeking behaviors.

SMCPA will contribute to CLASP's mission by planning to present programs to address the challenges of creating a healthy, balanced life style. All input is welcomed for issues that would be of interest to you.

CLASP offers an I & R Service which is monitored by the CPA CLASP Committee. The toll free number is 800-262-

8293---this service is confidential.

You may also become a CLASP Provider and have the opportunity to receive referrals in your practice, with the client or consultee being a psychologist. Once you receive a referral, you would work within your own policies and procedures, free structure and limits of confidentiality.

If you have any questions please contact either Shirley Waldrum 650-367-7331 or Carol Carlson 650-525-9555.

CPA Update, cont.

(Continued from page 4)

heart. Help is on the way but it will take a while for the taskforce to get organized. Carol Falender, Ph.D. is the Task Force chair for 2008.

The CPA board unanimously passed the following policies to steer our GAC efforts: 1. Every legislative proposal for healthcare coverage should include a mandate for full mental health parity. 2. Every legislative proposal for healthcare coverage should include a mandate for patient direct access to psychological services (no PCP referral required). 3. Every legislative proposal for health-

care coverage should include a mandate for funding of psychological services in primary care settings, requiring the psychologists serve as equal partners in primary care treatment. 4. Psychologists should be allowed to serve to the full extent of their scope of practice in state institutions, including both state hospitals and prisons. 5. Psychologists, with appropriate training, should be allowed to prescribe psychotropic medications. Our GAC team will do their best to get legislation in Sacramento that includes these five policies.

CPA has been instrumen-

tal in getting the Board of Psychology to agree that 27 out of 36 units for our license renewals can be by individual study. Many of us are already enjoying this flexibility. Now CPA can report another success. The Board of Psychology, with CPA urging, has decided that providers of MCEP courses need only to be approved as MCEP providers. No longer do they have to have each course they teach approved by the board. This will make things easier and simpler for MCEP providers.

Michael Donner, Ph.D., CPA ethics chair, announced that the CPA eth-

ics committee is in the process of finalizing a listserv established to coordinate the CPA Ethics Committee with those of local Chapters. At the present time approximately 10 chapters have expressed a desire to join the Ethics listserv.

The board approved a three-year joint venture between APAIT and CPA. This is the first time CPA has endorsed one malpractice insurance carrier over another. The agreement contains the following provisions. CPA members who are currently not APA members and are not currently in-

(Continued on page 9)

Film Club Update by Nancy Marx, Ph.D.

I wanted to thank Nanette and her husband Gary for their wonderful film club presentation of the movie *Water* at their home on Sunday. Nanette had prepared a series of slides from the film along with her own commentary. In addition, they presented scenes from their own re-

cent excursion to India which served to enrich our experience in showing another version of India, at times in sharp contrast to the film.

There was a lively discussion from the crowd of about twenty film goers. We enjoyed sumptuous repast of Indian food brought by the guests. I look forward to upcoming film club events. Shirley offered to present the classic film *Ground Hog Day* and people were enthusiastic about the idea of presenting a summer film festival which would involve a group of related films.

We welcome
Diane Leroi, Ph.D.,
to the
position of
Marketing Chair.

CPA's Colleagues Assistance and Support Program (CLASP)

CLASP is committed to preventive resources that will support us as professionals in maintaining and enhancing our general health and mental well – being through out the developmental spectrum of our personal and professional lives.

1. Call CPA's CLASP confidential I & R Line (888-262-8293) for materials on self care and resiliency, educational programs, and information. Referral to a psychologist or community resource available upon request. This service is available to all California psychologists.
2. Check out our website for additional resources ~ <http://www.cpaclasp.org>
3. Join our I & R (no fee) and become a provider to work with other psychologists.

SMCPA CLASP Co-Chairs:

Shirley Waldum, Ph.D

Waldumx@aol.com - (650) 367-7331

Carol Carlson, Ph.D. (650) 525-9555

The Film Club

Shirley Waldrum will present
at the next
Film Club
Gathering on
April 27.

The next film
is *Ground
Hog Day*, as
seen from a
Buddhist
perspective.



ONGOING PSYCHOTHERAPY GROUPS

Small mixed psychotherapy groups: Interpersonal approach

In this dynamic psychotherapy group experience, clients explore relationship patterns and learn in vivo about developing connection with others. Issues such as depression, dating, shyness, codependency, ACOA, self-esteem, and recovery from divorce, are worked on in the group with the nurturing, support, and feedback of peers.

Clients who are considering joining a group can call (650) 965-7332 and press 2# to hear a recorded description of the groups

Nancy Wesson, Ph.D.

is a Licensed Psychologist (PSY9621, MFT13013) with over 20 years of clinical experience specializing in shyness and relationship issues and is a past president of Santa Clara County Psychological Association. Dr. Wesson has led two weekly psychotherapy groups for the past 15 years and is the author of several articles on group psychotherapy.

FOR INFORMATION, CALL: (650) 965-7332

or email: dr.nwesson@sbcglobal.net

www.wespsych.com or www.shynesshelp.com

CPA Update, cont.

(Continued from page 7)

insured with APAIT can have \$76.00 of their first year APA membership paid for by APAIT if they purchase an APAIT malpractice policy. CPA members who are APA members but are currently not insured under APAIT can have \$76.00 of their CPA dues paid for by APAIT if they purchase an APAIT malpractice policy. And for APA members who are not CPA members and who are not insured under APAIT, can have \$76.00 of their first year CPA dues paid for by APAIT if they purchase an APAIT malpractice policy. If a CPA member is

currently insured by another carrier, he/she would receive a 10% switchover premium discount for the first year of coverage. Dates for the start of APAIT coverage would be coordinated with current insurance dates so that the psychologist would have seamless coverage. Further the CPA member would receive a 5% premium discount for obtaining 4 hours of CE credit from an APA approved sponsor and would benefit from all other risk management discounts. Finally the CPA member would have access to the free and confidential risk management consultation services

from APAIT. If you are currently not insured with APAIT, you may want to consider switching. You will find more information on the APA website.

Last but not least, the board was very pleased with the job Jo Linder-Crow, Ph.D. has done as Executive Director for CPA in the last three years. It is now time to renew her contract and the board decided to offer her a five-year contract. She received a standing ovation and seemed very pleased. She will now negotiate this further with President Gallardo. Dr Linder-Crow was recognized not only by the CPA

Board but also by The Council of Executives of State and Provincial Psychological Associations (CESPPA) by being elected President-Elect of that organization. This is truly a great honor because she was chosen by her fellow executive board directors in the United States and Canada as their future president. Way to go, Jo!!!

That's it for now.

Evelyn J. Marchini, Ph.D.
Your CPA Rep



Continuing Education Update

by Stan Friedman, Ph.D.

We have two very interesting continuing education events in the works. Sometime in mid to late April we will be sponsoring a four hour seminar on the development of personal websites for therapists, as well as addressing how we might use internet services more effectively for our clinical practices, research, continuing education, and other purposes. The instructor, Sean Armstrong, has a background in both marketing and in computers/software. He most recently presented for

CAMFT to excellent reviews.

Also, in April or May, Francine Toder will be giving a two-unit continuing education course on Positive Psychology. This work is originally based on the learned optimism research of Martin Seligman and can be applied as an augment to almost any theoretical orientation. Francine's presentation will be coordinated with an evening of socializing over dinner. Details on each of these events to be forthcoming.

Speakers' Bureau

by Lori Luft, Ph.D.

As many of you know, a Speakers' Bureau was established last year by our San Mateo County Psychological Association. I have now been asked to take over the leadership of this service, and I would like to expand and further publicize our services. Any group in the community can request a psychologist to speak, and I will help match our members with the requests. On our website, you can get a feel for some of the topics that have already been suggested by our members.

Please visit the website at <http://www.smcppsychassoc.org/speakers.htm> to consider adding your name to the list. Of course, in addition to providing valuable services to our community, the opportunity may afford you further exposure for your practice.

Please let me know by March 15 if you are interested in participating and what topics you might like to offer. If you are already included, please also review your entry for any updates. I hope to

(Continued on page 10)

Speakers' Bureau, cont.

(Continued from page 9)

offer our community a significantly expanded list of participants and topics. Once our list is updated, I plan to prepare a flyer to distribute to community organizations publicizing this service. If you have suggestions of places to publicize our service, please send me names and addresses of the organizations. I

will greatly appreciate your participation and ideas for making our professional association of even greater service to our local community.



INFORMATION / RATES

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NEXT DEADLINE TO SUBMIT ARTICLES FOR NEWSLETTER: May 10, 2008

"COMBINED PSYCHIATRIC GRAND ROUNDS"*

Mills-Peninsula Health Services
Department of Psychiatry
1783 El Camino Real, Burlingame, CA 94010
Sierra Rooms (650) 696.5813
1st & 3rd Tuesdays 12:15-1:45 p.m.

County of San Mateo
Mental Health Services, Mental Health Building
225 W. 37th Avenue, Multipurpose Room 100
San Mateo, CA 94403 (650) 573-2530
2nd and 4th Tuesdays 12:15-1:30 p.m.

March 18

"Tips for Treating Asian Americans"

presented by Jacquelyn Chang, M.D.
Private Practice, Burlingame, California; San Francisco Bay Area Co-Chair, Committee of Asian American Issues; Northern California Psychiatric Society Vice Chair, Committee of Asian American Psychiatrists, American Psychiatric Association

April 1

"Normal Cognitive Aging"

presented by Simon Tan, Psy.D., ABPP-CN
Staff Neuropsychologist, Adjunct Clinical Instructor of Neurology, Stanford University Medical Center, Palo Alto, CA

April 15

"Cardiac Disease & Mental Health"

presented by Tak C. Poon, M.D., FACC
Private Practice (Cardiovascular Associates of the Peninsula), Burlingame, California

***Psychologists attending these courses may report up to 1 1/2 hours to the CPA accrediting agency.**

March 11

"Recent MRI Studies in Major Depression"

presented by Alan F. Schatzberg, M.D.
Kenneth T. Norris, Jr., Professor and Chairman
Department of Psychiatry and Behavioral Sciences
Stanford University School of Medicine, Stanford, California

March 25

"Mental Health in Minorities"

presented by Stanley Sue, Ph.D.
Distinguished Professor of Psychology and Asian American Studies; Department of Psychology, UC Davis, Davis, CA

**APRIL 8TH GRAND ROUNDS WILL BE HELD AT:
San Mateo Medical Center-Education Classroom
One, Second Floor. 222 W.39th Ave San Mateo**

April 8

"Child Forensics: Maladaptive Aggression-it's diagnosis and treatment"

presented by Hans Steiner, M.D.
Professor of Psychiatry and Behavioral Sciences
Child and Adolescent Psychiatry and Child Development
Stanford University Medical Center, Stanford, California

April 22

"Update on Interpersonal Psychotherapy"

presented by Jonathon E. Lichtmacher, M.D.
Health Sciences Associate Clinical Professor of Psychiatry
Director, Adult Psychiatry Clinic, University of California, San Francisco, San Francisco, California