

*Napa-Solano Psychological
Association (NSPA)
A chapter of California Psychological Association*

P.O. Box 3743
Napa, CA 94558

*January 2011
Volume 2, Issue 1*



**Napa-Solano
Psychological Association**

"Private Practice Forum"

Date: Wed. Jan. 19

Time: 6:00 PM (networking)
6:30 PM (dinner off the menu
and discussion)

Location: Gaia Hotel and Spa
3600 Broadway (Highway 29)
in American Canyon

Facilitator: Dr. Fred Jones

Please RSVP if you plan to attend:

Robin Timm, Ph.D., President
robintimm@att.net



This event is for NSPA members only.
(Now's a great time to renew your
membership.)

CE Dinner Event:

"Laura's Law"

Date: Wed. Feb. 16

Time: 6:00 PM (networking)
6:30 PM (dinner off the menu
and discussion)

Location: Gaia Hotel and Spa
3600 Broadway (Highway 29)
in American Canyon

**Jo Robinson, MSW
SF Dept of Public Health**

Please RSVP if you plan to attend:

Robin Timm, Ph.D., President
robintimm@att.net



CE hours pending.

Executive Committee 2011

President: Robin Timm, PhD

President Elect: Nancy Piotrowski,
PhD

Treasurer: Judith Speed, PhD

Secretary: Cynthia Mitchell, PhD

Past President: Leslie Lessenger,
PhD

CPA Rep: Markley Sutton, PhD

Web Master: Rob Wennerberg, M.A.

Disaster Response: Linda
Napholz, PhD

Membership Chair: Richard Geisler,
PhD

Calendar

2011

Jan. 19

Private Practice Forum

Feb. 16 "Laura's Law"

Jo Robinson, MSW, SF Dept
of Public Health

March 16 Board meeting

April 20

Dinner meeting, TBA

May 18 Board meeting

June 15 "Mindfulness"



Happy Holidays to All NSPA Members!

“Tis the season to be jolly” and to have “visions of sugar plums dancing in our heads.” As a group of psychologists, we are likely to analyze and diagnose base on these symptoms. However, my wish is for each of you is to have a very happy holiday season, good health in 2011, and happiness – even if it means a few visions of sugar plums.

First, I want to thank of you who helped with the 2010 holiday party (Dr. Lessenger, Dr. Mitchell, and Dr. Piotrowski) and those who attended. The Cuban food and service at Havana Sol were superb and the gift exchange was fun. Dr. Debra Inman received the new annual member recognition award for the many years she has served as NSPA’s treasurer.

As we approach 2011, our new executive board will consist of Dr. Leslie Lessenger (Past President and Newsletter Editor/Media Chair), Dr. Nancy Piotrowski (President Elect/Chair of CE Committee), Dr. Judy Speed (Treasurer), and Dr. Cynthia Mitchell (Secretary). Dr. Richard Geisler will continue as our Membership Committee Chair, Dr. Linda Napholz will be our Disaster Relief Committee Chair, and Dr. Markley Sutton will our CPA representative for another year. Dr. Rob Wennerberg has agreed to be our Government Affairs Representative and will continue as our web master.

My visions for the NSPA in 2011 are several. We will be finalizing the changes in our association’s bylaws, which will be more aligned with CPA’s guidelines. The Private Practice Forum will be implemented 2-3 times a year instead of annually after receiving feedback from our interested members. Our forum in August 2010 was quite a hit and helped attendees understand the nuts and bolts of private practice and develop professional resources.

In addition to continuing our successful evening CE series every other month, I would like to see NSPA collaborate with other local psychological/professional groups and community agencies and provide educational lectures to the Napa-Solano community.

In the year to come, I welcome feedback and ideas. Every contribution, small or large, is essential to the perpetuation and growth of the NSPA in 2011.

Robin Timm, PhD, NSPA President



Did you miss the NSPA holiday dinner at Havana del Sol? You have our sympathy. The food, company and fun were great!

It's time to renew your NSPA membership!

See form on page 7

Meet your NSPA colleague



Rahima Schmall, PhD

1. What is your current practice in psychology?

I have a private practice in St Helena (California Center for Families & Illness, Inc) where I work with adults and couples with general psychological concerns (bipolar, addiction, depression, anxiety, life changes, PTSD), but I have a special expertise in helping people who are living with chronic or life threatening illness or problems of aging, as well as their families. I combine my medical knowledge from being a registered nurse, my training in meditation and a variety of body-mind-spirit techniques, training in clinical psychology and my own healing journey to provide a safe space and practical tools to help people travel through the terrain of illness and healing. I also specialize in providing continuing education to health care professionals on how to integrate psychology and spirituality.

2. Briefly, what is your educational background?

I have a BS in Nursing from the University of Wisconsin, a MA in marriage, family counseling from California Institute of Integral Studies and a PhD in clinical psychology from California Institute of Integral Studies. In addition, I have over 20 years of training in Buddhist meditation practices and 11 years of training in Sufi meditation and healing practices.

3. What interesting jobs have you had outside psychology?

As a VISTA volunteer in my 20s, I helped start some neighborhood projects including a community food coop, a community health center and a school for high school drop outs.

4. What challenges do you see ahead for our profession?

I recently read that in drug studies, placebos are showing a higher rate of efficacy than previously because as a society we have become so convinced that medication is the answer to all our problems. This holds a significant challenge for psychologists who want to help people work through the underlying issues involved in their symptoms rather than just medicate them away.

5. Why are you a member of NSPA?

NSPA offers me an opportunity to know the other psychologists who are practicing in our community and learn about their contributions.

6. Tell us one other interesting thing about you.

I will be going to Vienna in a few weeks to study Sufi healing techniques.

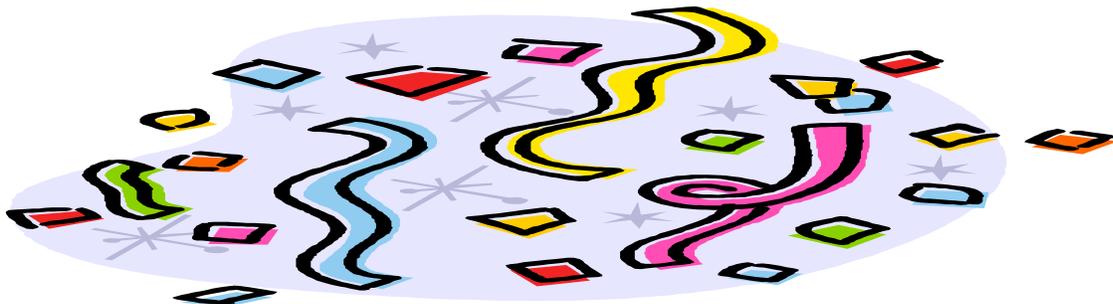


Announcements

CPA members are now eligible for group health insurance!

*This insurance is offered through HealthNet, with approximately 23 plans to choose from! This is **guaranteed issue, with no health questions**--and is available to any active CPA member who works 20 hours or more a week (excluding pro bono work) and who lives in California. Solo practitioners are eligible for these plans, at group rates! CPA is working with R.L Wells & Associates in Sacramento offer this new member benefit. If you have a group practice, you can extend this to your employees (with a 15% discount for groups of 6-50). All information is available on the CPA website to get you started (www.cpapsych.org).*

Give an Hour™ is a nonpolitical organization whose current project focuses on the mental health needs of military personnel and their families. We are offering a range of mental health services in order to address a variety of needs for the individuals seeking services. Our definition of “family” is quite broad and includes but is not limited to the following: spouses, children, parents, siblings, extended family members, and unmarried partners. We are offering our services to anyone who is or has been affected directly or indirectly (through a relationship with someone in the military) by the current conflicts in Iraq and Afghanistan. This includes members of the National Guard and Reserves who have not yet deployed. More information here: <https://www.giveanhour.org>



NSPA member Dr. Karen Greenspan is looking for for an office to either sublet or rent. She'd also appreciate a lead on a job! Contact her at : dr.karengreenspan@gmail.com.

Speaking of jobs, La Clinica de la Raza is still looking for bilingual (Spanish) Behavioral Medicine Specialists for their non-profit primary care clinics in Oakland, Pittsburgh and Vallejo. It's fast-paced, rewarding, and NO after hours calls. For more information, contact Dr. Leslie Lessenger at lhl@lessenger.net.

News from CPA

The CPA Board of Directors met in LA on October 30th. Among the issues discussed was the critical role of CPA in protecting the parameters and future of our profession. Here are a few things that would happen if we (psychologists) did not have CPA working for us:

Our scope of practice would be reduced by competition from other mental health professional groups and organizations.

The Board of Psychology would either not include psychologists, or be eliminated or morphed into a mental health umbrella group.

Psychologists working in state hospitals and facilities would not be able to practice to the full extent of the law in California.

Local chapters (NSPA included) would be unaware of issues and changes at the state level.

There would not be any lobbying in Sacramento with legislators (including the governor) to protect our profession, our rights as psychologists, our patients rights, and our visibility.

CPA is a 501c(6) trade organization; it functions like a union in protecting our profession. NSPA dual members (NSPA and CPA) subsidize these protections for NSPA members who are not CPA members. Support our profession— join CPA.

P.S. Besides the legislative advocacy CPA provides, CPA has recognized an important need of many private practitioners— the opportunity to purchase affordable group health insurance. Great news—they have now been able to negotiate a program with Health Net. Look for more information to come on the CPA website at www.cpapsych.org.

Your CPA representative Markley Sutton, Ph.D. will continue to provide you with relevant updates based on information from CPA leaders.

In addition, we had a request from the Ventura Chapter re publicizing the 6-month free CPA membership in their membership drive to new Ventura Chapter members. Dr. Kamena's answer is as follows:

Anyone who joins a chapter who is not a current member of CPA will receive a free CPA membership for six months. Then, if they decide to pay dues to CPA for 2012, they will get the remainder of 2011 for free. So, in essence, by joining your chapter they get six months membership in CPA plus six months membership in a Division of their choice for simply the cost of dues for your chapter. This is dependent on all of our Divisions agreeing to fund our grant request. The deadline is November 8th for the Divisions to sign up so if you support this idea, I also suggest that your members let their Divisions know (many of us are members of both a chapter and a division). Let me know if you have other questions and thanks for spreading the word.

Welcome to the NSPA listserve

Note: The NSPA listserve is for NSPA members only. Please see the application for membership on the next page.

Subscribing to the Listserv:

1. Go to the website http://napapsychologists.org/mailman/listinfo/members_napapsychologists.org
2. Fill in the "Subscribing to Members" section.
3. Don't forget to hit "Subscribe" when you're finished.
4. Once this is complete you have to be patient and wait. You will receive an e-mail within 24hrs from members-request@napapsychologists.org with a huge long title like... "confirm 8c0c8d7242a258fd90e8a8e0197315206c4825d0"
7. All you need to do when you get the e-mail is reply to it. The system will verify that you were not erroneously added to the list and voila! You're done.
8. If you have any trouble please do e-mail Rob Wennerberg at rob.wennerberg@napapsychologists.org

Sending an e-mail to the list:

1. To send an e-mail to the list. You just have to send an e-mail to members@napapsychologists.org the e-mail will then be sent to anyone who has subscribed.
2. All e-mails will be sent with "NSPA List (Title of e-mail)" so that if people wish to sort their e-mail into files, the e-mails from this group will always have that.
3. To respond to a post it is important to remember "reply all" will send the e-mail to the entire list "reply" will send it to just the individual that posted the comment. So be careful with this and please use back channels whenever it's not pertinent to the entire group.

Membership Application
Napa-Solano Psychological Association
A Chapter of the California Psychological Association
P.O. Box 3743, Napa, CA 94558

I am applying for: Full Membership* Associate Membership** Student Membership***

NAME: DEGREE:

OFFICE ADDRESS:

MAILING ADDRESS (if different):

Work Phone#: Home Phone #:

Cell Phone #: FAX #: E-mail

EMPLOYER: Self (Private Practice) Other::

GRADUATE SCHOOL(S): YEAR:

LICENSED? NO YES Type: License #: State: Year issued:

OTHER LICENSES:

AREA(S) OF INTEREST:

PROFESSIONAL MEMBERSHIPS: APA CPA OTHER:

Other things you would like NSPA to know about you:

(Please attach additional sheets if you run out of space.)

Annual dues are \$55.00 for Full Members, \$45 for Associate Members., and \$20 for Student Members. Please make checks payable to NSPA. Mail application and dues to the address above or give them to a member of the NSPA Executive Committee. (Although optional, a Curriculum Vitae would also be appreciated.)

Signature _____ Date _____