

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

P.O. Box 3743  
Napa, CA 94558

*April 2011*  
*Volume 2, Issue 3*



**"It's NOT Just Baby Fat:  
Psychology and the Juvenile  
Obesity Epidemic"**

Edward E. Abramson, Ph.D.

**Date: Wednesday, April 20, 2011**

**Time: 6:30 to 8:30 P.M. (Networking 6:00-6:30 P.M.)**

**Location: Double Tree-Gaia Hotel and Spa**

**3900 Broadway (Hwy-29) ~ American Canyon**  
**Optional: 2 CE units (CPA-approved)\***

**Cost: Members = \$10.00; Nonmembers = \$20.00**

**Dinner: Off the menu**



This 2-unit CE course will address issues relative to childhood obesity and treatment including the health consequences of obesity, the effects of dieting, the development of eating disorders, and practical solutions for clinicians working with parents of overweight children including the development of eating and exercise behaviors. Information from this presentation can help psychologists learn effective methods to promote healthy eating without diets and strategies to increase physical activity.

**About the Presenter:** Dr. Edward Abramson obtained his Ph.D. in clinical psychology from Catholic University of America and has been a licensed, practicing psychologist since 1973. Dr. Abramson is currently a Professor Emeritus with Chico State University and maintains a private practice. He is experienced in the fields of child development, eating disorders, and weight management. In addition to his clinical work with children and adolescents, Dr. Abramson has taught extensively, has conducted research, and has published 6 books with the recent being *"It's NOT Just Baby Fat!: 10 Steps to Help Your Child to a Healthy Weight"* (2011). Lafayette, CA: Bodega Books.

**For more information/RSVP contact:**  
**Dr. Robin Timm, NSPA 2011 President**  
Phone: 707-225-5462 or E-mail: [robintimm@att.net](mailto:robintimm@att.net)  
<http://www.napapsychologists.org/>

**\*Important Notice:** Those who attend the workshop and complete the CPA evaluation form will receive 2 continuing education credits. Please note that APA CE rules require that we only give credit to those who attend the entire workshop. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive CE credits. The California Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. CPA maintains responsibility for this program and its contents.

**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**

**April 20**

**Dinner meeting**

**It's Not just Baby Fat**  
**Edward E. Abramson,**  
**Ph.D.**

**May 18 Board meeting:**

**Double Tree**

**6 PM Networking**

**6:30 no-host dinner and**  
**business meeting**

**Get on board — be part of**  
**the planning — come to**  
**the Board meeting — all**  
**members are welcome!**

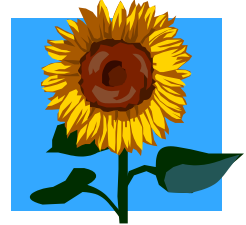
**June 15 "Mindfulness"**

**Mark Levine, MD**

## a Word from your President.,

NSPA Members:

This coming spring the Napa-Solano Psychological Association has scheduled a number of innovative and thought-provoking continuing education events. On April 20, 2011, we have Dr. Ed Abramson talking about *"It's Not Just Baby Fat: Psychology and the Juvenile Obesity Epidemic."* On June 15, 2011, we have Dr. Michael Levine presenting on "mindfulness."



As a follow-up to the very successful Private Practice Forum, which was attended by 11 members and guests in January 2011, we plan to have another such venue either this summer or in the fall.

The NSPA Board of Executive Officers is proud to announce that our organization has donated a \$1000 scholarship to Napa Valley College and a \$1000 scholarship to Solano College in support of students studying in the field of mental health for the year 2011.

On March 20-22, I, along with our GAC representative, Rob Wennerberg, will be attending CPA's Leadership and Advocacy Conference in Sacramento. It is not too late to sign up, especially for Tuesday, March 22<sup>nd</sup> when we storm the capital and commiserate with legislators. We will be focusing this year on SB-105 (Yee)-Mandated helmets for skiers and snowboarders under age 18 and AB-154 (Beall)-Full mental health parity in California. Participation in the LAC is a great way to learn how to effectively advocate on behalf of our field of psychology. For more information and registration, see the CPA web site.

Robin Timm, PhD

## A Note from CPA:

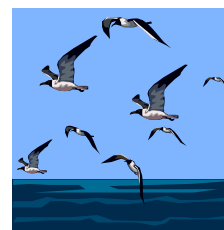
I am writing to invite you and members of your Chapter to participate in the 2011 CPA Convention. The convention will be held April 7-10 and located at the Hilton Resort at Mission Bay (San Diego area). At Convention, participants will have the opportunity to earn up to 18.5 continuing education credits (more should you attend the Thursday Institute programs) or the APA Insurance Trust workshop.

The line up for educational programming is considered to be outstanding – including Keynote Speakers; Master Lecturers; Institutes; Workshop; Interactive Roundtable Discussion Groups. Please review the convention program at [www.cpapsych.org](http://www.cpapsych.org). Presentations will focus on vehicles to integrate psychologists into primary health care; tools that can be implemented into your clinical practice; and suggestions as well as roadmaps to travel upon more creative professional adventures.

Networking opportunities to renew professional contacts as well as to form new friendships are also an integral part of the convention. Receptions have been scheduled for Thursday and Saturday evening and will include live music for your pleasure. Luncheon programs and an interactive exhibit area will facilitate camaraderie. Poster Sessions and our premier Speed Mentoring Program will allow you to interface with our student members who represent the future of our profession. The beautiful resort setting will foster adding relaxation into your convention experience. The resort is offering free shuttle service to Old Town and Downtown on Friday and Saturday evenings respectively.

I look forward to our meeting in San Diego next month.

All my best,  
Michael Ritz, Ph.D., Chair, 2011 CPA Convention.



## ***Meet your ~~Colleague~~ CPA Representative***



*Markley Sutton, PhD*

1. What is your current practice in psychology?

I currently work at Sonoma Developmental Center as the Senior Supervising Psychologist. I teach psychology for Brandman University in their MFT program. I also have a small private practice. I generally am focused on people with extreme, complex and difficult behavioral difficulties and diagnosis.

I am currently the NSPA representative to the Board of Directors for California Psychological Association.

2. Briefly, what is your educational background?

BA - UCLA German and Psychology

MA & PHD - UC Riverside - Psychology

Fellowship in Serious Mental Illness and Psychopharmacology

I began work at Napa State Hospital (supervised by David E. Loberg, PhD) for five years, then moved to Sonoma Developmental Center on 1/1/80.

3. What interesting jobs have you had outside psychology?

Ancient history: Before college I worked on a chicken farm. Worked through UCLA in various jobs including the Dermatology Lab with pathogenic fungi. (I washed the jars) and in the kitchen at the dormitory. As a graduate student I was a Resident Assistant and I worked for the Riverside County Probation Department (Juvenile Division) and the Purchasing Department during different summers.

I taught psychology through graduate school at several community colleges and Chapman University where I continue now.

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

There are many challenges that I see. I think that there have been too many factions within psychology; the profession is not inclusive and supportive of all of its iterations. Psychology needs to be infused in all aspects of life as a positive support. It should be integral to education and the many decisions that are made in our society. Psychology should be a resource for government, (local and federal and global). There should be a manner in which psychology could be looked at and respected for more than mental health issues alone.

I also see prescription privileges in the future for psychology.

5. Why are you a member of NSPA?

I believe that by belonging to psychology associations you fulfill the ethical principle that you are aware of the "community standards" and have a readily available contingent of people with whom to consult. NSPA and CPA are groups that assist in maintaining my knowledge. I also am friends with many members and it is a group that is a lot of fun. The newsletters keep me abreast of the changes to our community. You can even get your CEs through these associations.

6. Tell us one other interesting thing about you.

I am an Air Force brat. I dabble in gourmet cooking. I like to assist people, especially getting answers to their questions. I am looking forward to retiring from state service and entering the exciting next phase of my development. (That's scary!)

# Announcements

Part-time Psychological Assistantship available in psychoanalytically-informed private practice. Emphasis on psychological testing and assessment of children and adults, with additional opportunities for psychotherapy cases. Qualified candidates must meet the criteria set forth by the Board of Psychology for Psychological Assistants and have completed relevant coursework in psychological assessment. Location: Napa, CA. Please contact Meghan Tiedemann-Fuller, PhD at (707)556-2356 or [meghan@northbaypsych.com](mailto:meghan@northbaypsych.com).

Looking for office space in Napa or Upvalley; full or part time. Please contact Joy Stephenson Kolker PhD, [dr.joy@comcast.net](mailto:dr.joy@comcast.net) or 257-7900.



## Emotion and Transformation: Changing Individuals, Couples and Communities

with Peter T. Dunlap, PhD and Jim Matto-Shepard PhD  
Community Institute for Psychotherapy  
A Study Class for Professionals

Through a series of presentations and experiential practices we will examine the use of emotion both in psychotherapy and more broadly in our daily lives as friends, neighbors and citizens.

Date: Saturday, March 26, 2011 Time: 9:00 to 4:00 Cost: \$120 or \$140 after March 12, 2011

Location: Town Center, 770 Tamalpais Drive, Corte Madera — Community Room

To reserve a space, please call 415-415-5999 x101. Cancellations must be received in writing 10 days prior to the first session. We will refund the fee minus a \$10 administration fee.

---

## Clinical and Ethical Issues for Clinicians Using Social Media

San Mateo County Psychological Association  
Mary 14,, 2011 1:00 to 4:00 PM  
at Mills Peninsula Hospital, 100 S. Mateo Drive, San Mateo  
Presenter: Dr. Keely Kolmes, Psy.D



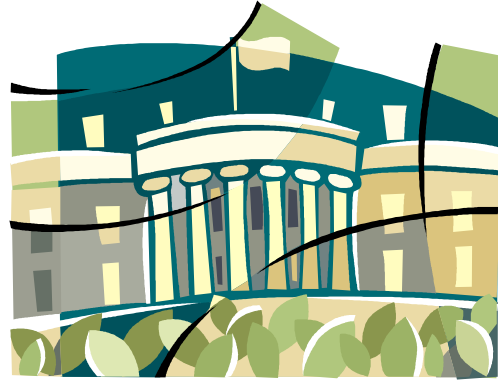
---

Thanks to the success of past CE events, NSPA is able to award **TWO \$1000 scholarships** to students from Napa Community College and Solano Community College. The winners will be students who intend to pursue studies in the field of mental health.

## **An Update from State Leadership Convention in Washington DC**

*Nancy A. Piotrowski, Ph.D.*

The American Psychological Association (APA) held its annual State Leadership Conference (SLC) from March 12 -15, 2011 in Washington, DC. Leaders from state and territorial psychological associations all over the United States and many practice divisions within APA attended, sharing issues and concerns about psychological practice and how to use advocacy to address these matters. I attended in my role as Co-Chair of the Government Affairs Steering Committee for California Psychological Association (CPA) and as a Federal Advocacy Coordinator for Division 50 (Society of Addiction Psychology).



As a group, we spent the weekend listening to reports on contemporary political issues relevant to psychological practice. Additionally, we reviewed strategies to preserve health care reform and discuss bills related to mental health care. There also were opportunities to meet some California leaders who were honored during the convention. Highlights included State Senator and psychologist Leland Yee receiving the APA State Legislator of the Year award. Additionally, former Speaker of the House and current Minority Speaker, Congresswoman Nancy Pelosi was honored at the APA State Leadership Banquet. She spoke about the historic passage of the Wellstone/Domenici Parity Bill, outlining the importance this bill has had for millions of Americans and the impending battle to maintain the gains in health care reform. California Congresswoman Judy Chu, also a psychologist, was present at the banquet and addressed the work she has done with CPA and her commitment to psychology. Meeting these leaders was very inspiring, not only because two were psychologists, but because of the value each recognized related to supporting our work as psychologists and mental health as a vital part of overall health.

Last but not least, the final day of the convention was dedicated to visiting our elected representatives and senators on Capitol Hill. The visits focused on helping legislators understand what psychologists do; consider why it is beneficial to have psychologists defined as physicians under Medicare; encourage extension of the restoration of outpatient mental health reimbursement cuts by the Center for Medicaid/Medicare Services; and making psychologists eligible for the HITECH Act Incentives available to other professionals. As these issues progress through the congressional calendar year, we may hear more about them and be called to act to support them further.

# 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](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](mailto: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](mailto: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](mailto: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.

