

Napa-Solano Psychological Association (NSPA)

A chapter of California Psychological Association

January 2013

Volume 4, Issue 1



Soul Doctor Integrating Spirituality into Clinical Practice

Barbara Bachmeier, PsyD

**Wednesday, February 20, 2012
6:30 to 8:30 PM (Networking 6:00-6:30 PM)**

**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**



SPECIAL GIFT BASKET FOR ONE RANDOM ATTENDEE

EDUCATIONAL OBJECTIVES

- Describe boundaries between clinical psychotherapy & adjunct psycho-spiritual interventions;
- Describe the difference between important key concepts such as religion & spirituality as applied in psychotherapy;
- Present a personalized approach to discussing spirituality with clients;
- Identify relevant ethical considerations in discussions with clients about spiritual issues relevant to treatment.

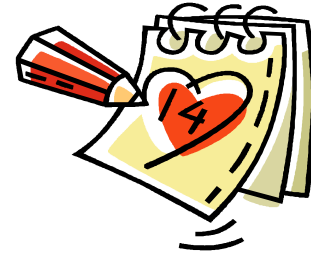
For more information/RSVP contact:

Nancy A. Piotrowski, Ph.D., NSPA 2013 Communications Chair 415.386.4923 NapaSolanoPA@gmail.com

***Important Notice:** Those who attend the workshop & 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.

SAVE THE DATES!

NSPA 2013 Calendar



<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>
Wednesday January 16	6:30-8:30 p.m.	Board Meeting
Wednesday February 16	6:30-8:30 p.m.	Local CE Event on Spirituality!
Wednesday March 20	6:30-8:30 p.m.	Board Meeting
Thursday - Sunday	April 11-14	CPA Convention, New Port Beach, CA
Wednesday May 15	6:30-8:30 p.m.	Local CE on Envy!
Wednesday June 19	6:30-8:30 p.m.	Board Meeting
Wednesday August 21	6:30-8:30 p.m.	Board Meeting
Saturday, TBD	9:00-4:30 p.m.	All Day CE event—TBA
Wednesday September 18	6:30-8:30 p.m.	Board Meeting
Wednesday October 16	6:30-8:30 p.m.	Board Meeting
Wednesday November 20	6:30-8:30 p.m.	Local CE Event TBA
December TBD	<i>Evening</i>	NSPA Holiday Party!

Most of these dates are on 3rd Wednesdays of the month; however, there are some exceptions noted in different type. Location for all board meetings and local CE events will be at the *Gaia/DoubleTree in American Canyon, CA at 3600 Broadway*, unless otherwise noted. Specific addresses for the **All Day CE** and **Holiday Party** events will be posted on the listserv and in our association newsletter as we get closer to the dates. Direct questions about NSPA events to NapaSolanoPA@gmail.com. For more information on the CPA Convention, please visit the [CPA website](#).

A word from your President,

Debra Inman, Ph.D., NSPA 2013 President

Welcome to 2013! This will be a busy year for NSPA. We will have three two-hour continuing education presentations and one all day/6 hour workshop in the fall. The latter is a major source of funding for the two \$1000 scholarships that NSPA expects to provide this year. I know of no other CPA chapter committed to a yearly scholarship award.

On Wednesday, February 20, 2013 *Barbara Bachmeier, Psy.D.* will speak on **cultural and spiritual issues in psychotherapy**. As usual, we will meet at Gaia/Doubletree. Some lucky participant will "win" a gift basket at this meeting via a random drawing. We hope to bring you a wide variety of educational opportunities this year. Remember: CE units are discounted for NSPA members.

If you haven't already renewed your membership in NSPA for 2013, don't hesitate to do so. You will feel better fast! Dull headaches, creaking joints and random anxieties will no doubt disappear. Expect friendly and gentle reminders to come your way in an effort to assist you in the pursuit of this elevated state of mental and physical well-being.

Efforts are underway to further develop our website (www.Napapsychologists.org). There are a number of ideas in the pipeline to improve this resource in order to better serve NSPA members. Your input is welcome and your presence requested at any board meeting. The next board meeting will be held March 20 (always at Gaia/Doubletree-- 6 PM social; 6:30 PM meeting).



CALLING ALL MEMBERS! Help us get the word out to students and colleagues in the area by "liking" our *Facebook* page. You can view the page without being a Facebook subscriber. All you need to do is click on this link and you can view the page.

It is at www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504
- which is a link you can share with friends.

REMINDER!

You can post a message to our listserv by sending it to NSPA_Members@yahoogroups.com . If you think you may not have your current email in our database, you can subscribe by sending a blank message to NSPA_Members-subscribe@yahoogroups.com . You must be a member to be on the list.



Report on the California Psychological Association Board of Director's Meeting, January 11-12, 2013, Los Angeles Airport Hotel

Leslie Lessenger, Ph.D., NSPA Representative to the CPA Board

Newly installed President Dr. Mark Kamena presented four goals for his leadership year:

Finances – CE Banking Services and members are critical due to the loss of MCEP monies

Distinguishing Psychology – How are we different?

Governance structure: Using technology

Update 10-year-old strategic plan

The slate of officers for election in 2013 was presented:

President Elect: Dr. Stephen Pfeiffer, Dr. Jorge Wong

Treasurer: Dr. Janet Hurwich

The new recommendations of the Governance Structure Task Force were discussed and unanimously approved. The board, as of 2015, will consist of 9 – 10 members elected by the CPA (not chapter) membership at large: officers and four “at large” directors. Elections are intended to be competitive with basic requirements screened by NEA (Nominations, Elections and Awards) committee. There will be no Executive Committee, allowing the entire board to meet monthly and take action swiftly when needed. The new Board will act also as the GAC steering committee (which will be disbanded). The Bylaws will indicate a range of membership of the Board; if more than 9 – 10 people are needed, this number can be changed. The smaller board allows more frequent (monthly) meetings. The current chapter GAC rep will be renamed Local Advocacy Representatives (LAR). A board member will be assigned to be the Legislative Advocacy Network (LAN) chair and to coordinate with the LARs. Three of the “at large” directors will be assigned to 7 chapters each. Each Director will host a quarterly teleconference meeting the representatives of the chapters (president or designated contact). Chapter representatives or liaisons can attend any Board meeting (without a vote). A more formal system of including these representatives may be developed. Chapters can request items for consideration to the Board for any of the 12 yearly meetings.

The treasurer reported that the budget is currently balanced. Loss of MCEP represents a \$312,000 loss in revenues. Plans to recoup this involve the Office of Professional Development which offers approval of CE providers (doing well) and the CE Banking Services (not so well). If the deficit is not filled, programs will be cut. The CPA Foundation has about \$70,000. About \$5000 was received during 2012, with the same amount given out in scholarships this year. The Foundation board expects to reinvigorate the foundation.

The *2013 Leadership and Advocacy Conference* is March 17 – 19 in Sacramento. The chapter president and GAC rep are sponsored to attend this event. Others may attend Sunday and Monday with a fee. All NSPA members, however, are invited for Tuesday visits to the Legislature. For information on how to attend, visit the **Advocacy** section of the CPA website (see www.cpapsych.org) or contact Ryan McElhinney (email rmcelhinney@cpapsych.org or via phone at (916) 286-7979 ext. 107). CPA remains the only organization in California solely devoted to advocating for California Psychologists. To this end, we hope you will consider attending this important event.



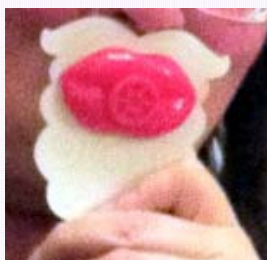
...We heard it through the grapevine...

Memories from the 2012 NSPA holiday party...!



From left to right, Judy Speed, Robin Timm, Nancy Piotrowski (in part!), Judson Thomas (Guest), Debra Inman, Bruce Ketron (Guest), Chuck Taylor, 2013 CPA President Mark Kamena, 2013 CPA Chief Executive Officer Jo Linder-Crow, Linda Napholz, Cynthia Mitchell (also in part), and behind the camera Barrie Glen and Dick Geisler.]

It was a nice party folks. A great time was had by all attending our holiday party at Zio Fraedo's Restaurant and The Empress Theater in Vallejo on Wednesday December 19, 2012. There was good food, good laughs, silly party favors, music, dancing, and lots of fun! Some members even had time to take pictures with a guest from the north pole.



[Nancy with kazoo]



[Barrie with "Nick"]



[House band the Empress]

Seeking fellow musicians...



All work and no play is not good for any of us...consequently, there are a few NSPA members who are interested in music and looking to find others who play an instrument, sing, or are learning to play an instrument.

If this is you, please feel free to send a note to Leslie (lh1@lessenger.net), who is not only our NSPA Representative to CPA, but quite musical!



Time to Renew your membership

<http://www.napapsychologists.org/page23/contact/>

Your 2012 membership ended on December 31, and so it is now time to renew your membership to NSPA. To do this, simply go to the link above and input your information. You may then send a check to our ground mail address which is noted on the first page of this newsletter and also on the top right hand side of the webpage.

If you have any questions about how to do this, please contact our 2013 Membership Chair, Dr. Robin Timm at robintimm@att.net.



Meet your Colleague

Katherine F. Hargitt, Psy.D., New Member

1. What is your current practice in psychology?

I am currently working as a psychological assistant under J. Williams Evans, M.D. in Sonoma, CA. I see a variety of clients including children, adolescents, young adults, and elders. I also enjoy working with parents, artists, and musicians. I have been doing a lot of work in the areas of acculturation, abuse, neglect, abandonment, depression, anxiety, PTSD, and grief and loss.

2. Briefly, what is your educational background?

I have an international baccalaureate which I obtained in Brussels at the International School. I also have a B.A. in Expressive Therapies from the Union Institute and University, as well as an M.A. and Psy.D. in Clinical Psychology from the California Institute for Integral Studies.

3. What interesting jobs have you had outside psychology?

I used to work as a manager for a troupe of Tibetan artists called Chaksampa. We toured across the US and internationally. Hard work, but loved it!

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

I think our field is facing serious questions about what makes a good clinician. The importance of being empathic and having presence to have a good therapeutic relationship is recognized, but somehow this is not emphasized enough in the current steps necessary towards licensure.

5. Why are you a member of NSPA?

I immediately liked the group; everyone felt very down to Earth and I enjoyed how everyone was interacting with each other.

6. Tell us one other interesting thing about you.

I'm a hiker and a sailor. I've hiked to Annapurna base camp in the Himalayas when I lived in Nepal, and I've sailed done some off-shore sailing (e.g., between Victoria, Canada and San Francisco).



Webpage that might be of interest given current events...

Responding to the Connecticut school shooting

Reaching out in your community

For materials to help psychologists respond to informational requests, see:

<http://www.apa.org/pubs/newsletters/access/2012/12-17/school-shooting.aspx>

American Psychological Association has put together a resources page to help psychologists respond to the continuing concerns and impact generated by the recent Connecticut school shooting incident.

Contributions from psychologists on topics such as trauma and recovery have been sought out by news media and others and found to be useful.

The link above will provide you with a portal to jump into this information and then to find consumer type information in the “Psychology Help Center.”



Thanks to Robin Timm for sharing this information.

If you happen to find a useful website, story, or resource to help colleague address current concerns and events, please feel free to share this information our listserv. Additionally, we are happy to receive your suggestions for items like this to be included in the newsletter. Simply sent them along to NapaSolanoPA@gmail.com nominating the item for listing.

Thanks in advance!

A Bay Area training you might like to know about...

Greater Good Conference with Jon Kabat-Zinn, Kristin Neff, and Others

Practicing Mindfulness & Compassion

When: March 8, 2013

Where: Craneway Conference Center, Richmond, CA

Will be Webcast Live!

The GGSC, in partnership with Mindful, is pleased to present this ground-breaking, one-day conference, which will explore the important connections between mindfulness and compassion.

Speakers, including **Jon Kabat-Zinn** (keynote), will discuss how to apply scientific findings to the real world, focusing on how mindfulness can deepen relationships, enhance caregiving, and build compassionate connections. Other presenters include **Kristin Neff, Shauna Shapiro, Paul Gilbert, and Dacher Keltner**.



Attendees will practice research-tested mindfulness and compassion techniques and learn from program leaders in education, health care, and beyond. **CEUs available.**

Please visit www.mindfulnesscompassion.com for more information and registration.

2013 NSPA BOARD MEMBERS

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OPEN POSITION, *President-Elect*

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OTHER IMPORTANT NSPA CONTACTS

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