

## *Napa-Solano Psychological Association (NSPA)*

A chapter of California Psychological Association

November 2013

Volume 4, Issue 4



### SAVE THE DATE

## Trauma: Healing The Hidden Epidemic

Peter M. Bernstein, Ph.D., DAPA, MFT, CMT

Wednesday, November 20, 2013

6:30 p.m. to 8:30 p.m. (Starts promptly at 6:30)

Doubletree, 3600 Broadway, American Canyon

2 CE units (CPA-approved)\*



#### THE FLOOD IS COMING! HOW DO WE HANDLE IT?

Trauma is truly the hidden epidemic of our time. Our practices will soon be flooded with returning service members and veterans from our recent military actions in Afghanistan and Iraq. Shock, developmental, and secondary traumas, however, continue to affect persons across all levels of our society. Financial disaster, abuse, neglect, and impoverishment - as well as military trauma - can all add to the complex causation puzzle leading to stress, burnout, PTSD, relationship conflicts, substance use, and other dysfunctions. Would you like to better discern the contribution of trauma, in all its guises, to your client's or patient's personal, behavioral, and life issues? Dr. Peter Bernstein has spent his career specializing in all areas of emotional and physical trauma. Dr. Bernstein will help demystify and illuminate our culture's pervasive trauma epidemic so you can define types of trauma, enhance your therapeutic toolkit, and prepare more effective treatment plans for post-deployment reintegration services for returning service members and their families.

RSVP: 415.386.4923 or EMAIL [NAPASOLANOPA@GMAIL.COM](mailto: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 DATE

## NSPA 2013 HOLIDAY PARTY

WEDNESDAY DECEMBER 11, 2013



### LOCATION

Los Compadres Rio Grille  
505 Lincoln Avenue, Napa, CA



### TIME

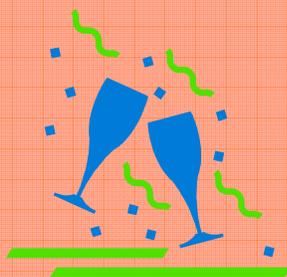
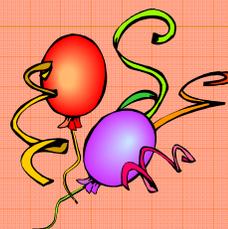
6:00 P.M. ARRIVAL  
6:30 P.M. DINNER

### DINNER COST

\$25 PER PERSON

INVITATIONS TO FOLLOW VIA EVITE!

RSVP TO Dr. CHUCK TAYLOR: [psychuck1@gmail.com](mailto:psychuck1@gmail.com)





Debra Inman, Ph.D., NSPA 2013 President

*A word from your President,*

Greetings NSPA members!

Two more events are scheduled for 2013. Our final two hour CE will be Wednesday, November 20 at 6:30 PM – 6 PM for socializing. The topic is "Trauma: Healing the Hidden Epidemic" and the speaker is Dr. Peter Berstein. As always, the location will be the Gaia Doubletree in American Canyon. Please join us—the speaker is very enthusiastic about his work. Books will be available!

The Christmas party will be at Compadres Rio Grille, 505 Lincoln Avenue in Napa. We are holding this event on Wednesday December 11 with arrival 6 PM and dinner and festivities to follow. Compadres has a full bar and members can bring wine. There will be menu choices included in the \$25 cost.

This year's all-day CE event, held September 28, was in the beautiful Community Room at the Napa Valley College library. Dr. Jacqueline Persons led a lively discussion about when and how to refer/terminate therapy clients. She spoke about the process of forming and following through with goal-based treatment.

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**THE NEW NSPA WEBSITE IS NOW OPEN FOR BUSINESS!**

You may login to the new NSPA website. It features a find a psychologist locator service, listing of useful resources, board contact information, and collections of NSPA newsletters. Additionally you have control over what kind of information you can put on the site and may join or renew NSPA membership online, paying through PayPal or via check.

Eventually we will have events registration set up through the site as well.

NOTE: Use of the website requires use of a password. If you need help getting started, send an email to [napiotrowski@yahoo.com](mailto:napiotrowski@yahoo.com) and Nancy will help you get on the site! Otherwise watch the listserv for directions.



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**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.

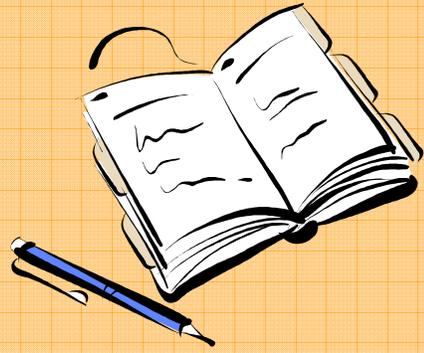
It is at [www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504](http://www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504) - which is a link you can share with friends.

**REMINDER!**

You can post a message to our listserv by sending it to [NSPA\\_Members@yahoogroups.com](mailto: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](mailto:NSPA_Members-subscribe@yahoogroups.com) . You must be a member to be on the list.

# SAVE THE DATES!

## NSPA 2013—2014 Calendar of Events



<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>
Wednesday November 20	6:30-8:30 p.m.	Local CE Event on Envy!
<b>Wednesday December 11</b>	<b>6:00 p.m.—?</b>	<b>NSPA Holiday Party at Los Compadres Rio Grille!</b>
Wednesday January 15	6:30-8:30 p.m.	Board Meeting
<b>TBA February</b>	<b>Evening</b>	<b>A CE Salon Discussion! Host, Chuck Taylor</b>
Wednesday March 19	6:30-8:30 p.m.	Board Meeting
<b>Thursday - Sunday</b>	<b>April 10-13</b>	<b>CPA Convention, Monterey, CA</b>
<b>Wednesday May 21</b>	<b>Evening</b>	<b>A CE Salon Discussion! Host, Nancy Piotrowski</b>
Wednesday June 19	6:30-8:30 p.m.	Board Meeting
Wednesday August 21	6:30-8:30 p.m.	Board Meeting

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We will have additional events beyond August and TBA events updated in future newsletters, on the new website calendar, and via the listserv. NOTE: Most of these dates are on 3rd Wednesdays of the month and at *Doubletree in American Canyon, CA at 3600 Broadway*; however, there are some exceptions noted in **bold type** above.

Direct questions about NSPA events to [NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com).

## CPA BOARD UPDATE

**Leslie Lessenger, Ph.D., NSPA Representative**

**Nancy A. Piotrowski, Ph.D., NSPA Alternate Representative**

California Psychological Association Board of Directors

The CPA Board met in San Francisco on Friday and Saturday October 25th and 26th. Nancy attended on Friday for NSPA and Leslie attended on Saturday for NSPA. Here are the highlights:

1. Election results were shared: Steve Pfeiffer is CPA President-Elect for 2014 and Harold Slater is CPA Treasurer-Elect for 2014.
2. CPA current financials and budget for 2014 were discussed – Review of all accounts was presented for an inventory of cash on hand and set aside monies. Budget adjustments were made to projections for membership and income from the CE banking service; discussions on enhancements to the latter were discussed; efforts to balance the budget centered on examining savings policy and retainer agreements to close most of the anticipated budget gap for next year. Membership renewal will be key to success. Ideas are welcome for developing new streams of income.
3. Legislative wrap up for the year—The status of bills of interest was discussed. A key target was keeping pressure on for next year to make sure that reviews of mental health parity compliance happen often enough, as pursued by SB22 (Beall). Legislation to reduce gun violence (AB33, Skinner) was passed, with CPA helping move language in the bill to a neutral position. AB33 becomes law in January. Additionally resource materials related to the Affordable Care Act were reviewed. These are presented later in the newsletter for your information.
4. Monterey convention—Discussed the schedule and setting for the meeting. Many feel this is one of the best locations to draw participants.

If you have comments or ideas about any of the above, or about our CPA involvement in general, please contact me at 707-751-0289 or [lh1@lessenger.net](mailto:lh1@lessenger.net).



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



## October 2013 Solano College

Congratulations to Solano College 2013 NSPA Scholarship winner Ms. Natali Ruiz. She is pictured here (right) receiving her award on October 4! Drs. Inman and Piotrowski were at the ceremony to wish her good luck in the future. Ms. Ruiz will pursue further education in social sciences at University of California, Berkeley.

## September 2013 CE

Hats off to Dr. Linda Napholz for her assistance and leadership in helping us to hold another successful CE event at Napa Valley College! Her technical and room management skills were much appreciated.



We had a lovely day with Jackie Persons. Dr. Persons did a superb job of teaching a skilled group of clinicians some new techniques! Here she is pictured (center) with Drs. Nancy Piotrowski (L) and Judy Speed (R) prior to giving her talk....



**Lend me your ear and I'll sing you a song and I'll try not to sing out of key...**

NSPA members interested in music and looking to find colleagues who play an instrument, sing, or are learning to play an instrument, please send a note to Leslie ([lhl@lessenger.net](mailto:lhl@lessenger.net)).

# Meet your Colleague

*Dr. Your Name Here*



1. What is your current practice in psychology?
2. Briefly, what is your educational background?
3. What interesting jobs have you had outside psychology?
4. What challenges do you see ahead for our profession?
5. Tell us one other interesting thing about you.

We love getting to know our members, new and old!

Consider submitting your answers to these questions, along with a headshot to us and we will list your information in one of our upcoming newsletters. It's a nice way to put some information out about your practice, dissertation, etc. Send inquiries to us at [NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com)



## **PSYCHOLOGISTS WORKING IN ADDICTION NEED YOU!**

Are you a licensed psychologist or a student working towards getting licensed as a psychologist? Did you realize that many of your current and future clients are likely to have problems related to alcohol and substance use? The good news is that health care reform related to parity for mental health and addiction will facilitate clients presenting for such care. It is also good news that the government and insurers want to see the quality of care in this area of treatment improve. The bad news however is that psychologists are without a credential to support their proficiency in this area of work. We used to have one, but it was retired in 2011 without adequate stakeholder input and we need it back. We NEED you to alert appropriate stakeholders to sign a petition to alert the Board of Directors of the American Psychological Association (APA) to a problem that needs attention: The certificate for the Recognition of Proficiency in the Psychological Treatment of Alcohol and Other Psychoactive Substance Use Disorders needs reinstatement. To sign go to <http://www.ipetitions.com/petition/reopening/>. Signers must be licensed psychologists or students who plan to seek licensure as a psychologist.

**\* \* \***

## **ANNOUNCEMENTS FROM COLLEAGUES!**

**Moving your office?**

**Looking to sublet space?**

**Looking for a consultant?**

**Offering a new service to clients?**

**Do you have a job announcement to share with colleagues?**

If so, please let us know. We are happy to post practice announcements and other items here in the newsletter to help supplement the information we share and access via our listserv. Simply send the information you would like listed to [NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com) and we can let you know the next date for the newsletter.

We hope this is useful!

## *Webpages that might be of interest ...*



### *Learn about the Affordable Care Act*

These two sites below provide information related to health insurance under the Affordable Care Act. The one linked to [healthcare.gov](https://www.healthcare.gov) features frequently asked questions and also presents information in Spanish. The one linked to CPA ([cpapsych.org](http://www.cpapsych.org)) provides information of general interest and then also specific interest to psychologists navigating the system of changes.

<https://www.healthcare.gov/health-insurance-marketplace/>  
<http://www.cpapsych.org/displaycommon.cfm?an=1&subarticlenbr=452>

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](mailto:NapaSolanoPA@gmail.com) nominating the item for listing. Thanks in advance!





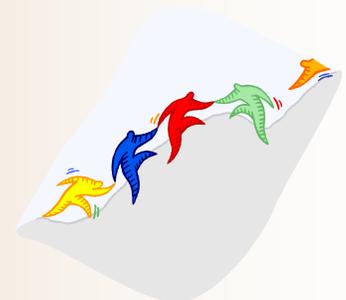
**YOUR ASSISTANCE PLEASE!**  
**Consider getting more involved  
with NSPA!**



### **There are many options:**

- ◆ You might like to write an article for the newsletter on a topic important to you or that you think will be of interest to the membership;
- ◆ You might like to write a review of a psychology-related book or movie to share with the membership;
- ◆ You might like to help with advocacy efforts by attending events where you can represent psychologists in Napa and Solano County, such as in district office visits with legislators;
- ◆ You might like to help NSPA respond to local requests for training, such as on stress management or dealing with difficult communications;
- ◆ You might like to help out a current officer or committee chair;
- ◆ You might like to volunteer to help at one of our CE or other events;
- ◆ You might like to work as a board member.

Whatever your interests, let us know. **Contact Dr. Debra Inman via email at [bluesky@napanet.net](mailto:bluesky@napanet.net) for more information about how you can help!**



## **Napa Mental Health Board: Small Acts of Kindness**

*Robin Timm, Ph.D.*

When you think about volunteer work, you might think about how you could help others and contribute to your community. While volunteering helps organizations and the individuals being served, little did you know that volunteering could have a positive effect on your psychological well-being, physical health, overall life satisfaction, and longevity. Yes! Volunteering can reduce depression and chronic pain, and increase overall physical and psychological well-being. Studies have also suggested that people who volunteer live longer!

Why is this? Volunteer work gives you a sense of purpose, keeps you physically active, and introduces your brain to novel activities – all of these are ingredients for keeping your brain healthy and cognitive abilities well-oiled. Volunteering also helps develop social connections, a social role identity, and a sense of belonging; without social outlets, we as human beings do not flourish. Social support networks developed from volunteering can act as buffers against potential stress since high levels of stress have long been known to contribute to poor psychological and physical health.

For the past three years I have volunteered as a member of the Napa County Mental Health Board (MHB). Members of the MHB are appointed by the Board of Supervisors to review and respond to mental health issues in the community. The MHB provides education on mental health issues within the community and advocates for these issues to the State. The Board also reviews and evaluates the mental health programs of the Napa County Health and Human Services Agency. The Board is ideally comprised of approximately equal numbers of mental health consumers, family members of consumers, and interested citizens.

As the current MHB Chair, I encourage NSPA members to consider getting involved: attend a MHB meeting (held on the second Monday of each month from 4:00 to 6:00 p.m. at Napa County Health & Human Services, 2261 Elm Street, Building K); apply for an open position on the Board; or encourage your patients to apply for one of our consumer positions. Currently, we are very interested in getting consumer members for the Board. For more information on the Napa County MHB, please call Napa County Mental Health Administration office Monday through Friday 8:00 a.m. to 4:30 p.m. at (707) 299-2101 or email: [napamhboard@gmail.com](mailto:napamhboard@gmail.com)

Instead of considering volunteering as something you do for people less fortunate than yourself, begin to think of it as a small act of kindness and an exchange of goodwill. While others benefit from your help, you are enhancing your own well-being.

*Dr. Timm is a Clinical Neuropsychologist with U.C. Davis Medical Center in Sacramento, and Sutter/Alta Bates in Berkeley, and has a clinical neuropsychology practice in Napa. She is the 2013-2014 Chair of the Napa County Mental Health Board.*

*“If you want others to be happy, practice compassion...”*

## **2013 NSPA BOARD MEMBERS**

Debra Inman, Ph.D., *President*

[bluesky@napanet.net](mailto:bluesky@napanet.net)

**OPEN POSITION**, *President-Elect*

Nancy A. Piotrowski, Ph.D., *Past-President*

[napiotrowski@yahoo.com](mailto:napiotrowski@yahoo.com)

Judith Speed, Ph.D., *Secretary*

[judyspeed@sbcglobal.net](mailto:judyspeed@sbcglobal.net)

Chuck Taylor, Ph.D., *Treasurer*

[psychuck1@gmail.com](mailto:psychuck1@gmail.com)

Leslie H. Lessenger, Ph.D., *NSPA Representative to CPA*

[lh1@lessenger.net](mailto:lh1@lessenger.net)

**OPEN POSITION**, *Membership Chair*

Nancy A. Piotrowski, Ph.D., *Communications Chair*

[NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com)

## **OTHER IMPORTANT NSPA CONTACTS**

Linda Napholz, Ph.D., *Disaster Response Network*

[lnapholz@aol.com](mailto:lnapholz@aol.com)

Katherine F. Hargitt, Psy.D., *Government Affairs Chair*

[drkhargitt@vom.com](mailto:drkhargitt@vom.com)

Greg Benitz, Psy.D., *Webmaster*

*See Communications Chair*

***P.O. Box 3743  
Napa, CA 94558***

**[www.napapsychologist.org](http://www.napapsychologist.org)**