

2016 Winter Newsletter

The President's Message

By Alissa Scanlin, Psy.D.



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Hey, Hey CCPA Welcome to a New Year!

I hope your holidays were filled with many good things; family, friends, and fun, as well as some time for rest and relaxation amid the hustle and bustle of the season. It was wonderful to see so many people at our Holiday Party in early December! It is always a great opportunity to connect with colleagues.

During 2015 CCPA, began using 123 signup for our dinner meetings, and we have moved our membership to this platform as well. Hopefully that transition has not created any difficulties, but implementing new procedures can sometimes be challenging. Please let me drscanlin@gmail.com or Dr. Marc Komori Stager, our membership chair Dr.Marc@EastBayFamilyTherapy.com know if you have any questions or concerns about membership. Since it is a new system, we will be extending the membership sign-up at the regular fee until January 31, 2016. If you signed up and paid the late fee, we are working on a way to apply that fee to a dinner meeting during the coming year. We are still working out the details on how to make this happen, but feel free to contact me if you need assistance.

We have some exciting programs in the works for this year. Our Annual Meeting will be Friday, January 22, 2016. From 12-1, during the lunch hour, you can enjoy a box lunch from Morucci's of Walnut Creek, known for their delicious sandwiches☺, and we will also be voting on an amendment to the CCPA Bylaws to clarify a membership definition. The program for the day will begin at 1pm. For this three CE event, we are pleased to

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present Dr. Danielle Ramo-Larios, an assistant professor at UCSF who works in the Department of Psychiatry and at the Helen Diller Family Comprehensive Cancer Center. She directs the Research on Addictions and Digital Interventions ("Readi") lab, and her topic will be: "Marijuana Use and Medical Marijuana: Clinical and Legal Issues".

We are also planning some other interesting CE events during the coming year including presentations on treatment for couples and issues involved in providing psychological 'first aid' when disaster strikes. We welcome your suggestions for other presentations that would be of interest to you.

CCPA is **your** local organization, and we encourage your participation. Currently, the board is still looking for a CARE (Colleague Awareness Resources and Education) representative. This position highlights the importance of self-care for psychologists, as well as addressing issues relevant to early career psychologists. It is a great opportunity for becoming more involved with CCPA. Interested psychologists are encouraged to attend several of our monthly board meetings, which are held the second Tuesday of the month (except during July and August) from 11:30 to 12:50, at the Oasis Center in Walnut Creek, in order to find out more about CCPA.

CCPA also works with other local Northern California psychological associations and our state organization, CPA, to help strengthen and support the profession of psychology. CCPA will be participating in the Leadership and Advocacy Day in Sacramento on March 8. Representatives from associations throughout the state gather to speak to our local elected representatives about legal issues that are important to psychologists. Stay tuned for more information about this important

event. CPA is the voice of psychology in California, and there will be a Board of Directors meeting on January 30 in San Jose, so if you have concerns you would like us to bring up, please contact myself or Dr. Ellin Sadur drellinsadur@gmail.com.

Finally, you are now able to update your contact information via 123signup, so please be sure we have your most up-to-date information. Wishing everyone a wonderful year ahead for 2016! ♦

GRIEF INTEGRATION THERAPY

I offer a therapeutic process for grieving parents and for grieving siblings. - The process looks at ways to make life worthwhile after the terrible loss. It is geared to each individual person's unique needs even when within a couple therapy and within a group.

I offer the process to individuals, couples, and to groups.

Group:	Tuesday
Time:	5:10 - 6:10 pm
Group leader:	Nurit Mussen, Ph.D
Tel:	510-912-2740
Email:	n.mussen@gmail.com

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Our Ethics and Professional Affairs Committee

By Susan O'Grady, Ph.D.
Ethics and Professional Affairs Chair

As your Ethics Chair, I invite you to contact me if you have questions about an ethical issue, or would like to discuss a situation that you have in your practice. If I don't know the answer, I will find someone who can help me so that I can help you. I have compiled a resource list of attorneys who specialize in consulting with psychologists about ethical issues. Please contact me if you would like that information. Our discussions are confidential.

CCPA is a chapter of the state organization, California Psychological Association (CPA.) The country chapters are required to adhere to the APA Ethical Principles of Psychologists and Code of Conduct. Our bylaws, policies, activities and budgets are consistent with those of CPA.

Our bylaws state that:

"The Ethics and Professional Affairs Committee shall educate and advise the membership on professional and ethical issues regarding the practice of psychology. This shall include the contribution of educational articles to the CCPA Newsletter, and telephone consultation to the membership. The Ethics Committee also shall make recommendations to the CCPA Board of Directors (Board) regarding professional and ethical issues of general relevance to CCPA members, shall refer individuals with a complaint against a member to the appropriate regulatory agencies, and shall consult with the Board on matters regarding professional ethical conduct."

Susan O'Grady, Ph.D.
Ethics and Professional Affairs Chair
susanogradyphd@gmail.com
925-451-5037

Membership Survey Coming Soon

In February you will receive a membership survey. Please take 10-minutes to let us know how CCPA can improve. We'd like your suggestions for continuing education programs, including speakers and topics you think would be valuable to our membership. We are also interested in your ideas for professional development and networking, and social activities you'd like us to offer. I will be creating a survey in the new few weeks, so send me an email if you have questions you would like to include in the survey of our members. Our last survey was in 2010 so it will be interesting to see what has changed in our practices in the last six years.

Susan O'Grady, Ph.D.
susanogradyphd@gmail.com

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Letter from the Editor

The CCPA Newsletter is a forum for sharing information.

I invite submission about:

- 1) Groups that you offer
- 2) Reviews of workshops you have attended or book that you have found useful
- 3) A variety of topics relevant to the community.

Occasionally, I include an interview with a CCPA member, so if you would like to respond to a list of questions about yourself and your practice, please contact me. It is a great way to be better known within the organization. Please consider contributing to future newsletters. The following dates are deadlines by which I must have your submission. Thank you in advance!

April 15, 2016

Spring edition

July 15, 2016

Summer edition

October 15, 2016

Fall edition

The following **prices** are in effect for advertisements:

¼ page ad \$30

½ page ad \$60

¾ page ad \$100

Note: Advertisements for office space are free to CCPA members.

All professional advertisements are free on the listserve for CCPA members.

Email submissions by the deadline to sarahewoodphd@hush.com ♦

CCPA Calendar of Events

M a r k Y o u r C a l e n d a r s !

CCPA First Friday

Date: February 5, 2016 & March 4, 2016

Time: 5:30 – 6:30ish pm

Where: Scott's in Walnut Creek, the outdoor bar area
1333 N. California Blvd.

Appetizers will be purchased by CCPA

RSVP to: Dr. Howard Friedman
925-933-5594 hjfphd@ips.net

Include your Name, Address, License#, Phone and Email (All event locations are wheelchair accessible. Please let me know if you need any special accommodations.)



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List of Groups Currently Available

Men's Group

Meeting Day: Monday's
Meeting Time: 7:30 -9:00pm
Group Leader: Bruce H. Feingold, Ph.D.
Contact Number: 925-945-1315

Men's Group

Meeting Day: Wednesday's
Meeting Time: 6-7:30pm
Group Leader: Bruce H. Feingold, Ph.D.
Contact Number: 925-945-1315

Mindfulness-based Cognitive Therapy

Meeting Day: Groups meets for 8 weeks
Meeting Time: 5-7:00pm
Group Leader: Susan O'Grady, Ph.D.
Contact Number: 925-938-6786
Email: susanogradyphd@gmail.com
Website: www.ogradywellbeing.com

Dialectical Behavior Therapy Group (ages 19+)

Meeting Day: Wednesdays
Meeting Time: 9:30-11:00am
Group Leaders: Elizabeth Rauch Leftik, Psy.D.
Sarah E. Wood, Ph.D.
Contact Numbers: Dr. Rauch 925-314-6354
Dr. Wood 925-680-1844
Website: mtdiablopsychologicalservices.com

List of Groups Currently Available

Dialectical Behavior Therapy Group (ages 19+)

Meeting Day: Wednesdays
Meeting Time: 5:30-7:00pm
Group Leaders: Elizabeth Rauch Leftik, Psy.D.
Sarah E. Wood, Ph.D.
Contact Numbers: Dr. Rauch 925-314-6354
Dr. Wood 925-680-1844
Website: mtdiablopsychologicalservices.com

Interpersonal Psychotherapy Group: Co-ed

Meeting Day: Wednesdays
Meeting Time: 5:00-6:30pm
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com

Chronic Medical Illness Group

Meeting Day: Wednesdays
Meeting Time: 12:30 - 2:00pm
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com

Grief Integration Therapy

Meeting Day: Tuesday
Meeting Time: 5:10-6:10
Group Leader: Nurit Mussen, Ph.D.
Contact Number: 510-912-2740
Email: n.mussen@gmail.com

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List of Groups Currently Available

Psychotherapy Group for Psychotherapists

Meeting Day: Thursdays
Meeting Time: 12:30 - 2:00pm
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com

Psychotherapy Group for Pre-Licensed and Early Career Therapists

Meeting Day: Thursdays
Meeting Time: 9:00 - 10:30 am
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com
Website: www.PsychotherapyTools.com

Mother's Group

With emphasis on parenting, relationships and
balancing work and family life

Meeting Day: Alternate Thursdays
Meeting Location: Walnut Creek
Meeting Time: 12:10-1:40pm
Group Leader: Fran Krieger-Lowitz, Ph.D.
Contact Number: 510-841-2007

List of Groups Currently Available

Women's Group

For women in their 20's and 30's with emphasis
on mental health challenges, intimacy,
professional identity and moving forward in their
lives.

Meeting Day: Alternate Tuesdays in Meeting
Location: Rockridge, Oakland
Meeting Time: 5:40-7:15pm
Group Leader: Fran Krieger-Lowitz, Ph.D.
Contact Number: 510-841-2007

DBT 102 Skills Group

For adults who have already completed a full
course of DBT skills

Meeting Day: Monday
Meeting Time: 6:30-8:00pm
Group Leader: Patricia Zurita Ona, PsyD
Contact Number: 925-956-4636
Email: ebbehaviortherapycenter@gmail.com
Website: www.eastbaybehaviortherapycenter.com

Relationships 101

Group for teens who have already gone through a
DBT curriculum

Meeting Day: Wednesday
Meeting Time: 4:30-6:00pm
Group Leader: Patricia Zurita Ona, PsyD
Contact Number: 925-956-4636
Email: ebbehaviortherapycenter@gmail.com
Website: www.eastbaybehaviortherapycenter.com

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2016 Board of Directors & Committee Chairs

President:	Alissa Scanlin, Psy.D. 925-283-3902 drscanlin@pacbell.net
Past President:	Howard Friedman, Ph.D. 925-933-5594 hjfhpd@jps.net
President Elect:	Hengameh Maroufi, Ph.D. 925-791-5402 drmaroufi@hotmail.com
Secretary:	Barbara Peterson, Ph.D. 925-939-4147 bpetersonphd@pacbell.net
Treasurer:	Marley Middlebrook, Psy.D. 925-352-1038 marleym@earthlink.net
Program Committee Chair:	Howard Friedman, Ph.D. 925-933-5594 hjfhpd@jps.net
Membership Chair:	Marc Komori Stager, Psy.D. 925-325-5022 dr.marc@eastbayfamilytherapy.com
Newsletter Editor:	Sarah E. Wood, Ph.D. 925-680-1844 sarahewoodphd@hush.com
Diversity Chair:	Hengameh Maroufi, Ph.D. 925-791-5402 drmaroufi@hotmail.com
CARE Representative:	Open
CPA Representative & Government Affairs:	Ellin Sadur, Psy.D. 925-831-0341 ellins@comcast.net
Website Chair:	Romi Mann, Psy.D. 415-508-7664 romi@drromimann.com
Historian:	Andrew Pojman, Ed.D. 925-944-1800 apojman@pacbell.net
Ethics Chair:	Susan O'Grady, Ph.D. 925-938-6786 susanogradyphd@gmail.com
Disaster Response Chair	Theresa Schuman, Ph.D. 925-283-6030 tmschumanphd@sbcglobal.net

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Marriage Prep 101 Is For Sale!

After 15 years, some 120 workshops and over 1900 couples, it is time to pass the torch to a new professional couple who will carry the success of Marriage Prep 101 forward.

That couple could be you!

Presenting Marriage Prep 101 workshops in the SF/Bay Area have been a highlight of our careers in psychology. Engaged and newlywed couples are motivated to learn and eager to make their relationship a success. These workshops are fun to present, highly lucrative and lead to private practice referrals.

We invite you to learn more about this opportunity by visiting our website and reading more info about this sale at:

www.MarriagePrep101.com/marriage-prep-101-fact-sheet

If interested in proceeding, contact Patrick Gannon at
415/751-8927 or via email at drpatrickgannon@gmail.com