

2016 Fall Newsletter

The President's Message

By Alissa Scanlin, Psy.D.



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Happy Fall CCPA!

As I write this, I think and hope we are (mostly) welcoming the first rainy weekend in Contra Costa and practicing gratitude for having a warm dry place to live. Time is flying as we find ourselves more than halfway through October. Halloween is just around the corner, then comes Thanksgiving and the rush of all the other holidays! A special Shalom to our Jewish members and friends! Happy New Year as they celebrate Rosh Hashanah and wishes for God's blessings on the holy day of Yom Kippur, and throughout the coming year!

The days are continuing to shorten as we rush toward Daylight Savings Time and prepare to "fall back" and gain an hour on November 6th. By 8pm on Tuesday November 8th, I hope we will all have exercised our right and responsibility to be a part of the democratic process as we vote on the many issues that will impact us, locally and nationally. Our government may be imperfect, but I think it is important for each of us to make sure we make an effort to influence our futures.

Although the CCPA board does not meet during July and August, we are still busy. On July 21 we had a well-received CE dinner that examined what it was like to be on the 'frontlines of terrorism', from a Parisian psychologist's point of view. Her thought provoking presentation looked at the impact of terrorist events on both clients and clinicians, from both a personal perspective and the broader socio-cultural context. In about mid-September members

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of CCPA, both old and new, celebrated the end of summer with a BBQ party. I think it was a great opportunity to get together with colleagues, and I hope our newer members will continue their membership and consider the possibility of joining our board and becoming more involved in our organization.

On Thursday, October 27, from 6-9 pm, at the Lafayette Park Hotel, we will have a presentation from our Ethics and CARE chairs, Drs. Susan O'Grady and Charlotte Ferrin, entitled: *Enough About You; What About Me?* This presentation will provide Ethics CE and focus on ethical decision making when issues involve self-care. This important topic is often over-looked; see our website for a general overview. Early bird registration ends 10/23/2016, \$65 for a three course dinner and 2 CE. Please contact Dr. Howard Friedman, our program chair, ([hjfhpd@jps.net](mailto:hjfphd@jps.net)) if you need help registering. As an organization, CCPA is committed to being responsive to our members. We are a volunteer based association, and we are striving to improve our organization. Let us know how we can best serve you. We are especially hoping to involve more Early Career Psychologists and more students. Please be sure to check out Dr. Susan O'Grady's article in the summer newsletter summarizing the results of our most recent membership survey. I encourage CCPA members to come to our monthly board meetings. They are held on the second Tuesday of the month at the Oasis Center in Walnut Creek, 1844 San Miguel Dr. Ste. 311, Walnut Creek, CA 94596, from 11:30 to 12:50. Our next board meeting will be Tuesday, November 8th, The Oasis Center will also be the location of our holiday party which will also be on December 2, the First Friday in December, from 5-9. Please plan ahead and put it on your

calendar. We will also have our November First Friday event at Scott's in Walnut Creek on November 4th from 5:30-7:30.

CCPA, just like CPA and APA, is planning for membership renewals, so that information will be coming your way shortly. I hope you will decide to renew your membership with us, and if you have suggestions, concerns, or experiences to share please feel free to contact the board at ccpaboard@yahoogroups.com or me at drscanlin@gmail.com. My hope is that CCPA is, and will continue to be, a valuable asset to your professional development, as well as offering you opportunities to connect with other local psychologists. We are especially interested in your suggestions for our CE events. Your board is already planning for our annual meeting on **Friday, January 20, 2017 please save the date, from 12-4**, lunch will be included. Stay tuned for more details, but our topic will be on issues of gender diversity, and this presentation promises to be an important and enlightening event.



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Members' Corner

CCPA would like to welcome new members

Joseph Malancharuvil, Ph.D., ABPP (Clinical), M.S. (Psychopharm)
and Rupa Zimmerman, Ph.D.

Joseph Malancharuvil, Ph.D.

I am delighted to be a new member of the Contra Costa Psychological Association. Recently relocated to the East Bay from Southern California, I am looking forward to be an active participant in CCPA.

I served several years as the Chief Psychologist and Clinical Administrator of Patton State Hospital, the largest State Hospital in California. I was also a past president of the Inland Psychological Association. I had the privilege of mentoring many pre-doctoral and post-doctoral psychologists and other mental health professionals. In addition to a few peer-reviewed journal publications, I have published three psychological novels and one book on psycho-spiritual integration. The book on psycho-spiritual integration was well received and I am hoping to provide a Seminar with CE credits on this topic. I am available for case consultation, forensic evaluation, and supervision of psychotherapy. Feel free to contact me at jmalanchar@aol.com.

Rupa Zimmerman, Ph.D.

Rupa Puri Zimmermann, Ph.D., is a licensed psychologist who recently relocated to Walnut Creek from the Washington D.C. area, where she was in private practice and served as an adjunct professor at the Johns Hopkins University, teaching and supervising graduate students in the counseling program. Dr. Zimmermann earned her doctoral degree from George Washington University and completed an internship and post-doctoral fellowship in child and adolescent psychology at Brown University.

Dr. Zimmermann has extensive training in CBT, DBT, and family therapy. She recently joined Mount Diablo Psychological Services, which offers DBT treatment to individuals and families in the East Bay and Contra Costa County. She has worked extensively with suicidal adolescents and adults engaging in self-harm and high-risk behaviors. She frequently works with parents by providing parent training and consultation. She has a special interest in working with women coping with perinatal and post-partum mood and anxiety disorders. In addition, to providing mental health services, Dr. Zimmermann provides consultation, supervision, and psychoeducation to individuals or groups wanting to learn about maternal mental health complications and adolescent suicide prevention and intervention. ♦

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Diagnostic Coding Changes Coming Soon

by Elizabeth Winkleman, J.D., Ph.D.

Director of Professional Affairs | California Psychological Association

Hello CPA Members:

As of October 1, 2016 a number of changes to the DSM-5 and to the ICD-10-CM codes for mental disorders will go into effect. Please make a note of these changes for diagnostic and billing purposes. Codes are being updated for the following disorders:

- Avoidant/Restrictive Food Intake Disorder
- Binge-Eating Disorder
- Disruptive Mood Dysregulation Disorder
- Excoriation (Skin-Picking) Disorder
- Gender Dysphoria in Adolescents and Adults
- Hoarding Disorder
- Obsessive-Compulsive Disorder
- Other Specified Depressive Disorder
- Other Specified Feeding or Eating Disorder
- Other Specified Obsessive-Compulsive and Related Disorder
- Pica, in adults
- Premenstrual Dysphoric Disorder
- Social (Pragmatic) Communication Disorder
- Unspecified Obsessive-Compulsive and Related Disorder

A printable chart listing the current ICD codes for use through September 30, 2016 and the new codes for use beginning October 1, 2016 is available from the American Psychiatric Association here:

<http://psychiatryonline.org/pb-assets/dsm/update/DSM5CodingUpdates2016at-a-glance.pdf>. A more detailed DSM-5 update is available here: <http://dsm.psychiatryonline.org/pb-assets/dsm/update/DSM5Update2016.pdf>.

According to the American Psychiatric Association, which publishes the DSM, the new codes “will allow more accurate diagnostic recording, improved communication among clinicians, and better means for collecting prevalence data” (<http://alert.psychnews.org/2016/09/important-changes-in-dsm-5-to-become.html>).

General information about diagnostic coding and the ICD is available from the American Psychological Association here: <http://www.apapracticecentral.org/reimbursement/icd-10-cm/index.aspx>.

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If you have any questions about these changes and are a CPA member, please contact me at ewinkelman@cpapsych.org.

Best regards,
Elizabeth

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CPA—The Voice of Psychology in California ♦

APA Ethics Code Amendment

by Elizabeth Winkleman, J.D., Ph.D.

CPA Director of Professional Affairs | California Psychological Association

Dear CPA Member,

We want you to be aware of a change to the APA Ethics Code that will become effective on January 1, 2017. Earlier this year, in response to the APA Independent Review (Hoffman Report) and a subsequent request from the APA Council of Representatives to consider an Ethics Code revision which would address "prohibitions surrounding psychologist's participation in national security interrogations," APA asked for public comment regarding two versions of a proposed revision to Standard 3.04 of the APA Ethics Code. In response to the public comment, as stated on the APA web page announcing this upcoming revision, "the term 'torture' was defined by the Ethics Committee as 'any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person.'" APA's statement also notes that "the focus of the revision is on the behavior of the psychologist rather than on the setting in which the behavior occurs." The revision was adopted on August 3, 2016 and will become effective on January 1, 2017.

Standard 3.04: Human Relations (Avoiding Harm) currently reads:

Psychologists take reasonable steps to avoid harming their clients/patients, students, supervisees, research participants, organizational clients and others with whom they work, and to minimize harm where it is foreseeable and unavoidable.

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The January 1, 2017 revision of Standard 3.04 incorporates the current language as subsection (a) and adds a second subsection (b) as follows:

Standard 3.04 Avoiding Harm

(a) Psychologists take reasonable steps to avoid harming their clients/patients, students, supervisees, research participants, organizational clients, and others with whom they work, and to minimize harm where it is foreseeable and unavoidable.

(b) Psychologists do not participate in, facilitate, assist, or otherwise engage in torture, defined as any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person, or in any other cruel, inhuman or degrading behavior that violates 3.04(a).

To read more about this change, see the APA webpage at <http://www.apa.org/ethics/code/standard-304.aspx>.

If you have questions regarding this upcoming revision to the APA Ethics Code, please contact Dr. Mary Harb Sheets, CPA Ethics Chairperson at maryharb@me.com.

Mary Harb Sheets, PhD
Chair, CPA Ethics Committee

Elizabeth Winkelman, JD, PhD
CPA Director of Professional Affairs ♦

CPA News

SAVE THE DATE!

CPA's Annual Leadership and Advocacy Conference and Lobby Day

Monday March 13, 2017 Tuesday March 14, 2017

Citizen Hotel Downtown Sacramento

Please save the date for our annual advocacy event in Sacramento.

All Chapter Presidents, Division Chairs, and LAN Reps are invited to attend this conference and gain tools to bring advocacy back to your chapter/division.

Lobby Day is open to all CPA and CPAGS members!

Any questions? Please email me at alevy@cppasych.org

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OCTOBER LEGISLATIVE UPDATE

Final Legislative Year in Review

Another legislative year has come and gone. Let's take a look back on how we fared in 2016 and why advocacy continues to be so important for all psychologists in California. Would you believe we started 2016 with **TEN** OPPOSE bills? Through consistent messaging and on the ground lobbying, only **ONE** OPPOSE bill was sent to the Governor! CPA was instrumental in stopping or "killing" **NINE** bills that would have harmed psychologists, created unnecessary new licenses, hurt consumers, and stigmatized those living with a mental illness. The Governor had an unusually high veto rate of 15% this year; the Legislature and Governor will return to work in Sacramento in 2017. We'll expect a continuation of many of the bills vetoed or stopped earlier in the process this year.

We are also proud that many of our SUPPORT bills moved through the Legislature and onto the Governor's Desk. We are continuing to work on a variety of issues that our members have brought to us this year with the Legislature and Governor's Administration as we move into 2017. For a complete list of bills CPA supported and opposed in 2016, please visit www.cpapsych.org

Quick Highlights:

- Began year with TEN OPPOSE bills; ended with ONE OPPOSE bill.
- BOP Sunset Bill (SB 1193) signed by Governor; received a 4 year extension, tightened rules on approved schools; created retired license status.
- No new reporting requirements/mandates on psychologists.
- No new license legislation passed in 2016 (Applied Behavior Analysts and Alcohol and Drug Counselors).
- No scope expansions granted to any existing licensees (Midwives, Nurse Practitioners, Naturopathic Doctors).
- Expanded services pre-licensed psychologists can perform (AB 1808).
- CPA sponsored bill made it to Governor with no "no" votes, but was unfortunately vetoed (AB 2086).

AB 2086 (Cooley and Mathis)

Neuropsychologists in Workers' Compensation

CPA Sponsored Bill Vetoed AB 2086 would have put in statute a correct definition of a clinical neuropsychologist for purposes of participating as a QME in the Workers' Compensation system in California. For over two decades, there have been distinct categories for clinical psychologists and neuropsychologists within the California Workers' Compensation system. Last year the Department consolidated the two categories of psychologists; we were looking to make them separate again. Please [click](#) here to read the Governor's veto message.

Thank you all for your grassroots efforts on this important measure. Special thanks to Division VIII for their legislative support and expertise. We'll be regrouping, talking to our co-sponsors, and devising next steps in the coming weeks.

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SB 1193 (Hill)

Board of Psychology Sunset Extension Bill

CPA Supported Bill Signed SB 1193 will extend the operations of the Board until January 2021. The bill also contained provisions to establish a Retired Psychology License and ensured that all future applicants for licensure will have graduated from a regionally-accredited institution.

AB 1863 (Wood)

MFTs in Health Clinics

CPA Opposed Bill Signed AB 1863 adds MFTs to a list of clinicians working in Federally Qualified Health Center or a Rural Health Center for purposes of a Medi-Cal reimbursement. ♦

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.

January 15, 2017	Winter edition
April 15, 2017	Spring edition
July 15, 2017	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 ♦

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CCPA Calendar of Events

Mark Your Calendars!

CCPA First Friday

Date: November 4th &
December 2nd (cancelled) Instead
come to the CCPA Holiday Party
Time: 5:30 – 6:30ish pm
Location: Scott's in Walnut Creek,
The outdoor bar area
1333 N. California Blvd.
Appetizers will be purchased by CCPA

Enough About You, What About Me? Ethics and Self-Care

Presenters: Charlotte J. Ferrin, Ph.D.
Susan J. O'Grady, Ph.D.
Date: October 27th
Time: 6:00 – 9:00 pm
Location: Lafayette Park Hotel
3287 Mt. Diablo Blvd.
Lafayette

The Spirit of Adventure Explorations in the Craft and Ethics of Narrative

Presenter: David Epston
Date: December 2nd & 3rd
Time: 9:30 am – 4:30 pm
Cost: \$60 (CEU only)
\$225 (event registration)
CE's: 12.0
Location: Northbrae Community Church
941 The Alameda
Berkeley
Contact: Marc D. Komori Stager, Psy.D.
925-325-5022
Dr.marc@eastbayfamilytherapy.com

2016 Holiday Party

Date: December 2nd
Time: 6:00 – 9:00 pm
Location: Oasis Center
1844 San Miguel Dr. #311
Walnut Creek

Annual CCPA Meeting Topic: Transgender Issues

Date: January 20th
Time: 12:00 – 1:00 pm
Business meeting and Lunch
1:00 – 4:00 pm Presentation
Presenter: Diane Ehrensaft, Ph.D.

RSVP to: Dr. Howard Friedman, 925-933-5594 hifphd@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: Group 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: Wednesday's
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: Wednesday's
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: Wednesday's
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: Wednesday's
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's
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: Thursday's
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: Thursday's
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 Thursday's
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 Tuesday's 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's
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's
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@astound.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:	Charlotte Ferrin, Ph.D. 801-449-1432 charlotte.ferrin@gmail.com
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

Licensed Clinical Psychologists Needed

to serve as Independent Contractors in Santa Clara County.



SANTA CLARA COUNTY
Behavioral Health Services

Contractors will be called upon to perform mental health evaluations as ordered by the Superior Court of California, Juvenile Justice Division.

Compensation is \$1500 per written general evaluation.

Please submit:

- 1- Executive Summary/Cover Letter
- 2- Curriculum Vitae/Resume
- 3- A list of any lawsuits filed against you, in the past five years and the outcome of those lawsuits. Also, describe any civil or criminal litigation or investigation pending. If there are none, please state.
- 4- Three Letters of References
- 5- Two Redacted Juvenile Evaluation/Testing Reports
- 6- Certificate of Insurance
- 7- Copy of License issued by the California Board of Psychology
- 8- Copy of Doctoral Degree Diploma from an APA Accredited Institution

Please forward complete application material as stated above to:

Don Casillas, Behavioral Health Services Administration

828 S. Bascom Ave., Ste. 200, San Jose, CA 95128