

2015 Summer Newsletter

The President's Message

By Alissa Scanlin, Psy.D.



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Happy Summer CCPA! I wish I could say “Summertime and the livin’ is easy”, to some degree I hope that is true, but the recent issues about the APA and the newly reported evidence about psychologists involved in torture sponsored by the US Department of Defense is disturbing. I hope everyone took the opportunity to read the letter Susan O’Grady, our Ethics Chair, sent to members on July 11, 2015. Here is a link to the report: <http://www.apa.org/independent-review/APA-FINAL-Report-7.2.15.pdf> and although it is very long, I encourage us all to read it in order to understand for ourselves the details about this issue. Also in this newsletter, you can read, if you have not already, the apology put out by the APA and the response of CPA’s Board of Directors to the APA Independent Review.

While this issue paints a picture of psychologists that is far from positive, it is important to realize that it can give us, individually and collectively, an opportunity to act in ways that can provide a more accurate and constructive view of psychologists and the work we do. To that end, Northern California chapter presidents and LAN representatives have been discussing the concept of a ‘Doing Good List’ to highlight positive contributions of our local associations. We also anticipate creating a fall event (probably in October) that will focus on “the good of psychologists and psychology”. Your Board knows that many of our members participate in a variety of ‘projects’ that are helpful in many different ways. These might include presentations to the public or colleagues, or volunteer work with local community agencies, just to mention a few possibilities. Please let us know (email: drscanlin@gmail.com) about any activities that you may

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be involved in that can highlight the 'good' psychologists do. Our Association is also looking for ideas that might be part of the fall project being planned as a way to focus on how psychology and psychologists are a positive influence in our community. I realize that our plates are very full, but this is a very important time for our profession, and I hope you will give some thought to how our Association could contribute to the fall event. Please feel free to send me your ideas, and I will share them with the Board at our September meeting.

Your Board has two new members that I would like to officially introduce: Romi Mann, PhD, our new Website chair and Theresa Schuman, PhD our new Disaster Response (DR) Chair. Dr. Mann comes to us with a wealth of knowledge about technology from his earlier career in the field of IT. We are happy to have his expertise as part of our Association. Dr. Schuman has already attended the general meeting for the Disaster Response Network (DRN) and will be keeping us informed about upcoming issues in this important area. If you are interested in finding out more about helping out when disaster strikes, please reach out to Dr. Schuman at tmschumanphd@sbcglobal.net. Finally, our CARE (Colleague Awareness Resources and Education) chair, Dr. Beth Ferree, is stepping down from that position in the near future. This is a great opportunity to participate more in CCPA. This is particularly important in light of the BOP CE changes that will be taking effect Jan.1, 2017. If you have not seen the latest information about this from CPA, look for the update in this newsletter. Briefly, traditional CE will be limited to 27 of the 36 required hours, and the BOP will be clarifying how 'other' required hours will be documented.

First Friday is back and the free food (appetizers, provided by CCPA) seems to be encouraging attendance! Our summer party is scheduled for September, stay tuned for details! And finally, on October 8, Drs. Betsy Braunstein and Lindsay Patton will be the presenters for our dinner meeting. Their topic: "Ethical Dilemmas in Treating Divorcing Families". Stay tuned for more details about earning those ethics hours! ♦



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California Psychological Association

CPA's Board of Directors Responds to APA Independent Review

To our Members,

The CPA Board of Directors, like you, has spent the last few days reviewing the independent report provided to the APA Board of Directors by Mr. David Hoffman, a partner in the law firm of Sidley Austin in Chicago, IL. APA requested that Mr. Hoffman address the question of whether APA officials colluded with the Department of Defense, CIA, or other government officials "to support torture." Mr. Hoffman reports that APA fully cooperated with the investigation. The 500+ page report is extraordinarily detailed and thorough and is available in its entirety at www.apa.org. Our response is based on this profoundly important report.

We are appalled and disheartened at what the report reveals. The findings reveal not only an initial collusion between APA officials and those from the Department of Defense, but a continuing pattern of deceit that was aimed at misleading APA members and the public about this collusion. The report does not conclude that APA or anyone within it promoted torture. However, in its extensive effort to "curry favor" with the Department of Defense, APA lent support to the Department's interrogation program and thereby contributed to abuse by DoD and the CIA. It is disturbing and repellant to learn that our parent organization contributed to these abhorrent acts. The report describes a motivation to maintain intentionally "loose and porous" ethical constraints that allowed psychologist to participate in enhanced interrogations in the manner that DoD preferred, and to present a positive image to the public at the same time, during what was admittedly a very difficult and frightening time in our country. This was a violation of their responsibility and a betrayal of APA members and of our profession. These actions do not reflect who we are or our values as psychologists.

Our profession has a crucial role in society. CPA members and leaders share in the responsibility to ensure that our national organization safeguards the ethics of our field. We will watch, with you, to see how the APA Board of Directors moves forward with the recommendations included in their response to the report. Those of us who trusted the leaders of APA learn from this report that our trust was, in many cases, wholly misplaced. To the critics of APA, including CPA members, Chapters, and particularly our Monterey Bay Chapter that pushed tirelessly for accountability, we extend our humble thanks.

CPA will be submitting editorial comment to the news media to assure California consumers that psychology is a profession that values human dignity and human rights. CPA will also be communicating these same thoughts to APA in a letter that

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will be shared with our members.

Actions of central figures within APA over the past decade have wounded all of us. It is now incumbent on APA to move forward in a manner that will restore the integrity not only of APA but of our profession.

The CPA Board of Directors

Stephen Pfeiffer, PhD, President

Jorge Wong, PhD, President-Elect

Robert deMayo, PhD, ABPP, Past-President

Harold Slater, PhD, Treasurer

Cheryl Bowers, PhD, Director-at-Large

April Fernando, PhD, Director-at-Large

Janet Hurwich, PhD, Director-at-Large

Paul Marcille, PhD, Director-at-Large

Alyssa Aguilar, MA, CPAGS Representative to the Board

Jo Linder-Crow, PhD, CEO, Staff ♦



Release of the Final Report of the Special Investigator From the APA Governance Affairs Office

By governance@apa.org

Dear Members,

The APA Board of Directors commissioned Mr. David Hoffman of Sidley Austin to do a thorough and independent review related to allegations of a relationship the APA and Bush Administration related to the use of abusive interrogation techniques during the War on Terror. The report was recently received confidentially by Council who were in the process of providing recommendations to the Board when it was leaked to the New York Times. We had planned on a public release this coming week after Council's input, but we have now posted the complete report on the APA website along with a press release that includes the Board's initial recommendations. The supporting documents will be made available on our website this weekend.

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The conclusions of the Independent Review report are deeply disturbing. Mr. Hoffman found evidence of an ongoing pattern of collusion between a small group of APA representatives and the Department of Defense. The Hoffman report states that the intent of the individuals who participated in the collusion was to "curry favor" with the Defense Department, and that may have enabled the government's use of abusive interrogation techniques. As a result, the 2005 PENS report became a document based at least as much on the desires of the DoD as on the needs of the psychology profession and the APA's commitment to human rights. Mr. Hoffman did not find evidence of collusion with the CIA or in the 2002 change to our Code of Ethics.

The Hoffman report clearly writes a difficult chapter in our organization's history. We sincerely apologize for the actions, policies and lack of independence from governmental influence detailed in the report. Our members, our organization, our profession, and the public expected and deserved better. We have announced a series of corrective actions related to policies and procedures to strengthen our organization and demonstrate our commitment to ethics and human rights. We realize it is a lengthy document, but encourage you to read the full report. Although the Executive Summary thoroughly overviews the findings, the specific details that provide the background (emails and interview data) are in the actual document. Reading the full document will help you to better understand how Mr. Hoffman came to his conclusions.

As troubling as the findings are, it is important that they have come to light so we can address them in a systematic and thoughtful way. As a result of the report, there will be significant changes in the organization, in terms of both policies and procedures. Dr. Stephen Behnke is no longer an employee of APA as a result of the findings in the Hoffman report, and other personnel actions are under consideration.

APA as an organization is a tremendous force for good in the world. Our members and our staff include so many talented, committed, and ethical psychologists. Our task now is to use what we have learned to ensure that something like this can never happen again, to return to a focus on our core values in everything we do, and to work to regain the trust of both our members and the public.

The months ahead will be very challenging for the association. We have much work ahead of us to address the findings of the report and to move toward healing. Nothing will ever undo what was done in the past, and we cannot deny that it is a stain on the honor of "Psychology," but we must and we will return to our roots to rebuild a new organization of which all of us can be proud. With your patience, support and engagement, we truly believe that we can come through this painful time an even stronger organization.

Sincerely,

Drs. Nadine Kaslow and Susan McDaniel

The APA Independent Review's Special Committee

Link to the complete article <http://www.apa.org/independent-review/APA-FINAL-Report-7.2.15.pdf> ♦

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Action Alert – BOP Opens Comment Period on Final Changes in CE Regulations

By Jo Linder-Crow, PhD, CEO

Hello Everyone,

The Board of Psychology has issued the most recent 15-day notice for comment on the proposed Continuing Professional Development regulations. **The deadline for comment is July 22, 2015.**

The first link here is the notice itself. It has information about where to send comments, and the deadline.

http://www.psychology.ca.gov/laws_regs/third_15_notmod.pdf

The second link is the proposed language itself.

http://www.psychology.ca.gov/laws_regs/third_mod_prop_reg.pdf

In summary, at the most recent BOP meeting, they approved the regulations with a 27 CE credit limit (for “sponsored” or “traditional” CE). They also delayed the implementation date for one year (from January 1, 2016 to January 1, 2017). This delay is good since it will give us ample time to work with the BOP on clarifying many areas and will give us time to provide information to our members about the new regulations.

Please remember that comments should be directed only to the changes you see in the document (a few minor edits and the implementation delay). Those are the only comments the Board is required to consider. The number of credits allowable via traditional CE did not change with this version and so that is no longer open to comment according to the regulatory process the BOP is required to follow.

Please let me know if you have any questions.

Best regards,

Jo ♦

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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 or 3) a variety of other 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!

October 15, 2015 – Fall edition

January 15, 2016 – Winter edition

April 15, 2016 – Spring 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 listserv for CPPA members.

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

Office for Rent

This sunny large office is located in Central Lafayette, seconds from the freeway, walking distance from BART in the beautiful Corporate Terrace complex. The suite has 4 offices plus a waiting room and is handicapped accessible. The office has two sliding glass doors opening onto two large decks. Views are of hillsides and trees. The office is available on Fridays and weekends. Rent is \$190 per month with a year to year lease. If interested please contact Sarah E. Wood, Ph.D. at 925-680-1844 or sarahewoodphd@hush.com.

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Calendar of Events

Mark Your Calendars!

CCPA First Friday

Date: August 7, 2015
Date: September 4, 2015
Date: October 2, 2015
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

Annual Fall CCPA Barbeque

Date: TBA
Time: 4:00 – 6:30 pm
Where: TBA

Ethical Dilemmas in Treating Divorcing Families

Date: October 8, 2015
Time: 6:00 – 6:45 pm Social Hour
6:45 – 8:45 pm Presentation
Where: Lafayette Park Hotel
Presenter: Lindsay Patton, Ph.D., Elizabeth Braunstein, Psy.D.
RSVP to: Dr. Howard Friedman, see below

RSVP to: Dr. Howard Friedman PHONE: 925-933-5594

EMAIL: hjfpd@jps.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

“Women’s Group” for Women in their 20’s and 30’s with emphasis on Mental Health Challenges, Intimacy, Profession Identity and Moving Forward in their Lives

Meeting Day: Alternate Tuesday’s
Meeting Time: 5:40 – 7:15 pm
Meeting Location: Rockridge, Oakland
Group Leader: Fran Krieger-Lowitz, Ph.D.
Contact Number: (510) 841-2007

Men’s Group

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

Men’s Group

Meeting Day: Wednesday’s
Meeting Time: 6:00-7:30 pm
Group Leader: Bruce H. Feingold, Ph.D.
Contact Number: (925) 945-1315

Mindfulness-Based Cognitive Therapy

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

Psychotherapy Group for Pre-Licensed and Early Career Therapists

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

Psychotherapy Group for Psychotherapists

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

Dialectical Behavior Therapy Group (ages 19+)

Meeting Day & Time: Tuesday’s 5:30 – 7:00 pm
And
Meeting Day & Time: Wednesday’s 9:30 – 11 am
Group Leaders: Elizabeth Rauch Leftik, Psy.D.
(925) 314-6354
Sarah E. Wood, Ph.D.
(925) 680-1844
Website: www.mtдиablopsychologicalservices.com

Interpersonal Psychotherapy Group: Co-ed

Meeting Day: Wednesday’s
Meeting Time: 5:00-6:30 pm
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 - 2:00 pm
Group Leader: Ann Steiner, Ph.D., MFT, CGP
Contact Number: 925-962-0060
Website: www.DrSteiner.com

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“Mother’s Group” with Emphasis on Parenting, Relationships, and Balancing Work and Family Life

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

Relationships 101 Teen Group – For Teens Who Have Already Gone Through a DBT Curriculum

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

DBT 102 Skills Group – For Adults Who Have Already Completed a Full Course of DBT Skills

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

Multi-Family DBT Group for Parents and Their Teens

Meeting Day: Saturday's
Meeting Time: 10:00 – 11:30 am
Group Leader: Jonah Lakin, Psy.D.
Contact Number: 925-956-4636
Email: ebbehaviortherapycenter@gmail.com
Website: www.eastbaybehaviortherapycenter.com

Multi-Family DBT Group for Parents and Their Teens

Meeting Day: Wednesday's
Meeting Time: 5:00 – 6:30 pm
Group Leader: Stefanie Neidermann, LPCC
Contact Number: 925-956-4636
Email: ebbehaviortherapycenter@gmail.com
Website: www.eastbaybehaviortherapycenter.com

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2015 Board of Directors & Committee Chairs

Contra Costa County Psychological Association

President:

Alissa Scanlin, Psy.D.
925-283-3902
drscanlin@pacbell.net

Past President:

Howard Friedman, Ph.D.
925-933-5594
hjfpd@jps.net

President Elect:

Hengameh Maroufi, Ph.D.
510-757-1122
drmaroufi@hotmail.com

Secretary:

Barbara Peterson, Ph.D.
925-939-4147
bpetersonphd@pacbell.net

Disaster Response Chair:

Theresa Schuman, Ph.D.
925-283-6030
tmschumanphd@sbcglobal.net

Treasurer:

Marley Middlebrook, Psy.D.
925-352-1038
marleym@earthlink.net

CARE Representative:

(open)

Membership Chair:

Marc Komori Stager, Psy.D.
925-325-5022
dr.marc@eastbayfamilytherapy.com

Newsletter Editor:

Sarah Wood, Ph.D.
925-680-1844
sarahewoodphd@hush.com

Program Committee Chair:

Howard Friedman, Ph.D.
925-933-5594
hjfpd@jps.net

Website Chair:

Romi Mann, Psy.D.
925-508-7664
romi@drromimann.com

**CPA Representative &
Government Affairs:**

Ellin Sadur, Psy.D.
925-831-0341
ellins@comcast.net

Ethics Chair:

Susan O'Grady, Ph.D.
925-938-6786
susanogradyphd@gmail.com

Historian:

Andrew Pojman, Ph.D.
925-944-1800
apojman@pacbell.net

Diversity:

Hengameh Maroufi, Ph.D.
510-757-1122
drmaroufi@hotmail.com

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CCPA Board Position:

Colleague Awareness Resources and Education Chair

Principle A of our Ethics Code reminds us that, "Psychologists strive to be aware of the possible effect of their own physical and mental health on their ability to help those with whom they work." To address this complex issue, the California Psychological Association designed the CARE program "to provide education and access to referrals, and increase awareness of issues of diversity, compassion fatigue, secondary traumatization, prevention and early intervention." The CPA president appoints the state CARE Chairperson annually. The CCPA Board elects a county CARE Chair with the following responsibilities:

1. Attend monthly Board meetings;
2. Collaborate with other CARE Chairs in our region;
3. Participate in quarterly phone conferences called by the State CARE Chair;
4. Coordinate a biannual CE program for our members on a related topic such as vicarious trauma, compassion fatigue, and self-care principles.

I am completing my third year as CCPA's CARE Chair and it is time for me to move on. This position requires little time but is very satisfying. The Board meets monthly on Tuesdays from 11:30am to 12:45pm and provides a great forum for interacting with professionally active colleagues and becoming better informed of current professional issues. I especially encourage an early career psychologist to consider this position as a way to expand his/her network and to help the Board better address the needs of our younger members. If you have questions about the position, please contact me at bethferree@comcast.net.

