

## 2014 Summer Newsletter

### The President's Message

By Howard Friedman, Ph.D., ABPP



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Having just returned from vacation, I have to admit that it's hard to wrap my head around work responsibilities – some of which involve writing this column! But of course, there are commitments both professional and personal to which I must pay attention. This topic relates to the recent presentation we had which was supposed to focus on how we manage our stressors and problems. We all have complicated lives when we consider all of our responsibilities. Some of us – I guess I am referring to myself - sometimes have a hard time saying “no” and think only in terms of “I can do it.” But there's always the reality check of “Is this feasible?” “Can I take on another appointment or client...another commitment?” My answer is “When can I go on vacation again?” Given the nature of my work, which is probably not unique in terms of demands, vacation means working like crazy for a few weeks – then what a relief to take time off!

Mentioning the BBQ shifts my attention to a more serious matter. Although our BBQ is a social gathering, we do have an important aspect to the event: our notable guest, Senator Mark DeSaulnier who is now a Democratic candidate for Congress to fill the seat held by George Miller. DeSaulnier has served the Bay Area in public office for more than 20 years. Since his start in the Senate in 2008, he has taken a leadership role on issues including government reform, labor, transportation, the environment, health care, local government, and public safety.

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As part of our political networking, we extended the invitation to Senator DeSaulnier to meet with us, as he has certainly been a friend to psychology in the State Legislature, and it is important that we maintain strong relationships with him as he enters Congress. Obviously, at the federal level, he can have an impact on policies that affect our scope of practice and reimbursement.

We need to have a solid turnout at the BBQ to show him that we are an important constituency. Several of

us have previously met with him, and I guarantee he is a very interesting person to hear.

So given our summer season, this is where my thoughts have been. I hope all of you have a great summer, and that I will see each of you at our Post-Labor Day BBQ on September 7. ♦

### Awards of Honor CPA Convention April 2014

CPA annually honors psychologists and others for their commitment to the betterment of the Association, the profession and public mental health. These awards were presented at the CPA Annual Convention on April 10, 2014. This year, two CCPA members were honored and, as their chapter, we wanted to acknowledge their commitment and hard work.

#### *Division of Diversity and Social Justice (VII)*

#### **Award for Distinguished Service**

**Hengameh Maroufi, PhD**

#### **Award for Distinguished Contribution to Psychology**

**Rhoda Olkin, PhD**

**Congratulations Drs. Maroufi and Olkin!**

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### Progress Notes July 2014

#### How many psychologists are licensed in the United States?

News from APA's Center for Workforce Studies

June 2014, Vol 45, No. 6

Although licensure laws vary from state to state, becoming licensed as a psychologist is typically the culmination of earning a doctoral degree in clinical, counseling or school psychology, accruing postdoctoral clinical hours and passing the Examination for Professional Practice in Psychology.

#### **An estimated 106,500 psychologists possess current licenses in the United States.1**

California (17,890) New York (12,020) and Pennsylvania (5,620) have the most licensed psychologists, while Wyoming (170), South Dakota (190) and Alaska (190) have the fewest.

#### **Approximately 33.9 psychologists are licensed per 100,000 population in the United States.1,2**

-The District of Columbia (173.3) and Vermont (100.5) have the highest representation of licensed psychologists per 100,000 population, while Mississippi (11.9) and South Carolina (13.0) have the lowest.

-The South (24.0) has the lowest representation of licensed psychologists when compared with the Midwest (30.6), West (37.5) and Northeast regions (54.2).1,2,3

*Aunré Hamp, MEd, MPH, Karen Stamm, PhD, Peggy Christidis, PhD, Andrew Nigrinis, PhD, of APA's, Center for Workforce Studies.*

1-American Psychological Association (2014). 2012 APA state licensing board list. [Unpublished special analysis]. Washington, DC: Author.

2-U. S. Census Bureau. (2012). Annual estimates of the Resident Population for the United States, Regions, States, and Puerto Rico: April 1, 2010, to July 1, 2012. Retrieved from [http://www.census.gov/popest/data/historical/2010s/vintage\\_2012/state.html](http://www.census.gov/popest/data/historical/2010s/vintage_2012/state.html)

3-Data were collected from state boards of psychology and de-duplicated internally by the American Psychological Association. U.S. Census region definitions were utilized to define regional per 100,000 population rates. [http://www.census.gov/geo/maps/data/maps/pdfs/reference/us\\_regdiv.pdf](http://www.census.gov/geo/maps/data/maps/pdfs/reference/us_regdiv.pdf)

4-Jenks natural breaks classification method was utilized to determine map intervals.

#### **New California Workers Compensation Physician and Non-physician Practitioner Fee Schedule Effective for Services Rendered on or after January 1, 2014.**

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PROGRESS NOTES is providing updated information from the California Department of Workers Compensation for the convenience of its readers. Thanks to Dr. Marilyn Jacobs for her reporting these recent changes in Workers Compensation regulations to PROGRESS NOTES.

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"Physician" includes physicians and surgeons holding an M.D. or D.O. degree, psychologists, acupuncturists, optometrists, dentists, podiatrists, and chiropractic practitioners licensed by California state law and within the scope of their practice as defined by California state law. Rules related to paper medical treatment billing and electronic medical treatment billing are posted on the DWC website.

The information is available online at:

[http://www.dir.ca.gov/dwc/FAQ/RBRVS\\_Faqs.html](http://www.dir.ca.gov/dwc/FAQ/RBRVS_Faqs.html)

[http://www.dir.ca.gov/dwc/FAQ/RBRVS\\_FactSheet.pdf](http://www.dir.ca.gov/dwc/FAQ/RBRVS_FactSheet.pdf)

### **DMHC Launches Probe of Anthem, Blue Shield Provider Networks**

California health regulators have launched an investigation into the accuracy of provider lists provided by Anthem Blue Cross and Blue Shield of California for plans offered through the state health insurance exchange, the Orange County Register reports.

Since January, consumers have filed 115 complaints against Anthem and 97 complaints against Blue Shield related to provider lists.

On Friday, state Department of Managed Health Care Director Shelley Rouillard said many consumers complained after selecting a health plan that included a specific doctor and then finding that the doctor was not actually covered by the plan's network. Dr. Charlepadpa@pacbell.net

### **Details of Investigation**

As part of the investigation, health officials will contact providers in every county who are included on provider lists for the two insurers' exchange plans in search of potential violations of the law. Officials then will compare provider lists with contracts and providers' responses to surveys (Perkes, Orange County Register, 6/21).

DMHC spokesperson Marta Green said the agency's "preliminary investigation gave us good cause to believe there are violations of the law."

She said the investigation is expected to take about 60 days. Findings will be sent to the insurers, who will have 45 days to respond (Terhune, Los Angeles Times, 6/20). Officials said findings from the investigation likely will be released publicly by Nov. 15 (Orange County Register, 6/21).

### **Reaction From Insurers**

Darrel Ng, spokesperson for Anthem, said that the insurer's database was found to have some inaccuracies earlier this year but that Anthem "continually works to improve the accuracy of [its] provider directory" (Orange County Register, 6/21).

Ng added that the insurer is working to fix any inconsistencies "with a priority placed on the regions with a higher number of inquiries" (Rauber, "Bay Area BizTalk," San Francisco Business Times, 6/20).

Blue Shield spokesperson Steve Shivinsky said, "We are redoubling our efforts to inform physicians and our customers as to what the network makeup is," adding, "If some corrective action is necessary as a result of the

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state survey, we will do that" (Los Angeles Times, 6/20).

California Psychological  
Association  
1231 I Street  
Suite 204  
Sacramento, CA ♦



### CCPA Colleague Resource Group

Who do you ask about psychiatric referrals? Insurance company questions? How to build a practice?  
Who would you turn to if one of your clients killed herself?

Wouldn't you like to have the support of your peers in place before you needed it?

I recently had a patient commit suicide which deeply affected me. Thanks to conversations with caring colleagues, I am working through and learning from this experience. I have been surprised by how many of my colleagues have also lost a patient to suicide but dealt with it alone. I'd like that not to happen to you.

Let's build a resource group for ourselves now, one that is as diverse as we can make it so we can support and mentor each other. We can share expertise, expand our professional network and help each other through the various phases of our careers, exploring issues related to changing populations, diversity, the stresses of our often demanding field and how careers in psychology are changing.

As CCPA's CARE Chair (Colleague Assisted Education and Resources), I'll take the lead on forming the group. I suggest we meet for lunch one Friday a month, probably at my office in Lafayette. I hope to have our first meeting in mid-September.

Please email me a [bethferree@comcast.net](mailto:bethferree@comcast.net) to let me know you are interested in attending. ♦

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### Letter from the Editor

The CCPA newsletter is a forum for sharing information. I invite submissions 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, 2014 - Fall edition  
January 15, 2014 - Winter edition  
April 15, 2015 - 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 CCPA members.

Email submissions by the deadline to [sarahewoodphd@hush.com](mailto:sarahewoodphd@hush.com) ♦

### Calendar of Events

Mark Your Calendars!

#### Annual Fall CCPA Barbeque with Special Guest, Senator Mark DeSaulnier

Date: September 14, 2014  
Time: 4:30 – 7:30 pm  
Where: Walnut Creek  
Directions to follow on the listserv

**RSVP to: Dr. Alissa Scanlin 3468 Mt Diablo Blvd, Ste. B203, Lafayette, CA 94549 PHONE: (925) 283-3902**

**EMAIL: [drscanlin@pacbell.net](mailto:drscanlin@pacbell.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

#### **Breakthrough Weight Loss and Maintenance Group**

Meeting Day: Thursday’s  
Meeting Time: 6:00 - 7:30 pm  
Group Leader: Candia Smith, DMH  
Contact Number: (925) 254-7823  
Email: candia.smith@comcast.net

#### **Introduction to Meditation for Stress Reduction Group**

Meeting Day: 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month  
Meeting Time: 6:00 -7:00 pm  
Cost: Free, small donation asked for rent  
Group Leader: Candia Smith, DMH  
Contact Number: (925) 254-7823  
Email: candia.smith@comcast.net

#### **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 Stress Reduction Class**

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

#### **Dialectical Behavior Therapy Group (ages 19 +)**

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

Website: www.mtdiablopsychologicalservices.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

#### **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

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### List of Groups (cont'd)

#### **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](http://www.DrSteiner.com)  
Website: [www.PsychotherapyTools.com](http://www.PsychotherapyTools.com)

#### **DBT Skills Group for Adults in Orinda**

Meeting Day: Friday's  
Meeting Time: 3:00 - 4:30 pm  
Location: Orinda  
Group Leader: Amanda Gale, Ph.D. and  
Katherine Schulz, LCSW  
Contact Number: Dr. Gale at (415) 295-1549 or  
Katherine at (925) 465-7474  
Email: [AmandaGaleSF@gmail.com](mailto:AmandaGaleSF@gmail.com) or  
[therapy@katherineschulz.com](mailto:therapy@katherineschulz.com)

#### **DBT Skills Group for Parents and Teens in Lafayette**

Meeting Day: Wednesday's  
Meeting Time: 4:30 - 6:00 pm  
Location: Lafayette  
Group Leader: Patricia E. Zurita Ona, Psy.D.  
Contact Number: 619-578-3974  
Website: [www.eastbaybehaviortherapycenter.com](http://www.eastbaybehaviortherapycenter.com)

#### **Anger: "Becoming Curious Instead of Furious"**

Meeting Day: Monday's  
Meeting Time: 5:30 - 7:00 pm  
Location: Lafayette  
Group Leader: Patricia E. Zurita Ona, Psy.D.  
Contact Number: 619-578-3974  
Website: [www.eastbaybehaviortherapycenter.com](http://www.eastbaybehaviortherapycenter.com)



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# 2014 Board of Directors & Committee Chairs

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