

The Contra Costa Psychological Association Newsletter

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President's Message

Dear CCPA Psychologists,

We have a pressing need for board members. Your psychology board is transitioning with many board members stepping down or wishing to step down once a replacement member joins. Most of our current board members have been in their positions for over a decade—they have served their community and it is now time for them to move on and time for others to step up.

The board is a tight group of CCPA members. By joining the Board you will get to be a part of a close community of psychologists, who provide support, referrals, and friendship. We meet monthly for 10 months a year for about 1½ hours each month. Each board position comes with some commitments outside of the meetings.

It would be ideal for seven people to volunteer and serve on the board by the time of our annual meeting on February 23rd. Seven people is half of our board—thus you can see the severity of our need. Between now and our annual meeting, please speak with board members if you have any interest in joining the board, or want to see how your specific interest can be utilized within CCPA.

All are welcome to attend board meetings. The next and only meeting before our annual meeting, is on Tuesday, February 12th at 11:30 am at the same office where we hold our holiday party. Come see what we do, how we do it, and imagine yourself doing it too.

If you have not yet marked your calendars, please do so for February 23rd as we will have the wonderful opportunity to hear Dr. Joiner speak at our annual meeting. He is an expert in the psychological treatment of suicidal behaviors. Plus, as an added benefit, attending this presentation counts quadruple for CEUs - it counts as standard CEUs, in-person CEUs, suicide CEUs, and ethics CEUs.

Also, at the official part of our annual meeting we will be conducting one bit of important business. We need to elect a new president to our board. The board has recommended me to that position. Which is also why I am writing this quarter's President's Message. I hope to see you all at our annual meeting and look forward to partnering with you in serving CCPA and Contra Costa County.

Sincerely,

Marc D. Komori Stager, PsyD

Membership Chair

30th Annual CPA Lobby Day

March 17th—18th, 2019

Join Jonathan Feinberg, Ph.D. as he attends CPA's Lobby Day to learn and advocate for issues that impact psychologists and clients. Meet with legislators and staff at the Capitol and connect with fellow California Psychologists.

dr.jonathan.feinberg@gmail.com

Annual Meeting and CE Event with Dr. Thomas Joiner

Developer of the “Interpersonal Theory of Suicidality”

February 23rd 8:30AM-4:00PM

John F. Kennedy University – Room 209 South
100 Ellinwood Way, Pleasant Hill

This 6 CE presentation entitled “The Interpersonal Theory of Suicide: New Developments, Ethical Considerations, and Clinical Implications” will meet the new BOP requirements for psychologist’s training about suicide and will also meet the ethics requirement.

Dr. Joiner proposes three factors that mark those most at risk of death: the feeling of being a burden on loved ones; the sense of isolation; and, perhaps chillingly, the learned ability to hurt oneself. He tests the theory against diverse facts taken from clinical anecdotes, history, literature, popular culture, anthropology, epidemiology, genetics, and neurobiology. He examines facts about suicide rates among members of many diverse groups – including factors of gender, ethnicity, occupation, and a wide variety of other variables.

Dr. Thomas Joiner went to college at Princeton University and received his Ph.D. in Clinical Psychology from the University of Texas at Austin. He is the Robert O. Lawton Distinguished Professor in the Department of Psychology at Florida State University (FSU). Dr. Joiner’s work is on the psychology, neurobiology, and treatment of suicidal behavior and related conditions. Author of over 625 peer-reviewed publications, Dr. Joiner is the Editor-in-Chief of the journal *Suicide & Life-Threatening Behavior* and was awarded the Guggenheim Fellowship. He received the Dublin Award for career achievement in suicide research from the American Association of Suicidology, as well as research grants from the National Institute of Mental Health and Department of Defense (DoD). The Lawton Professorship and the Dublin Award are the single highest honors bestowed, respectively, by FSU and the American Association of Suicidology. In 2017, he was named a Fellow of the American Association for the Advancement of Science. He was a consultant to NASA’s Human Research Program and is the Director of the DoD-funded Military Suicide Research Consortium, a \$30 million project which was recently extended for a second five-year phase at a similar funding level.

Dr. Joiner has authored or edited eighteen books, including *Why People Die By Suicide*, published in 2005 by Harvard University Press, and *Myths About Suicide*, published in 2010, also with Harvard University Press. The book *Mindlessness: The Corruption of Mindfulness in a Culture of Narcissism*, came out in 2017, from Oxford. Largely in connection with *Why People Die By Suicide*, he has made numerous media appearances, including two appearances on the Dr. Phil Show. He runs a part-time clinical and consulting practice specializing in suicidal behavior, including legal consultation on suits involving death by suicide.

Register now <https://www.cocopsych.org/content.aspx?>

DISASTER RESPONSE NETWORK

UPDATE

As we are all well aware, in the past two years or more, disasters in both Northern and Southern California have been in the headlines and have captured our attention. We were all impacted either directly or indirectly by the fires even living outside of the fire zone. As distressing as it has been to hear accounts of the many, many people who lost loved ones or all of their possessions, we were directly impacted by the air quality in the Bay Area, which was so poor, that many chose to leave the area for relief.

The CPA-DRN had an annual meeting in September in which representatives from Napa and Solano Counties, Santa Barbara County Psychological Association, and the California Disaster Mental Health Coalition spoke about their efforts to provide Mental Health Services during recent disasters. This required a coordination of an extensive volunteer network to respond during and after the catastrophes. It was estimated that 30-40 percent of the population that go through a disaster are vulnerable to mental health issues.

Santa Barbara County was impacted by the smoke and debris flow that followed the Thomas Fire in Ventura that destroyed homes, property, businesses, and the only hospital in the Santa Barbara Area. The University shut down. Evacuees were often confused about where to go or what to do. The Santa Barbara Psychological Association (SBPA) activated a team, assembled volunteers, did outreach to social media, TV, and the news in order to reach people directly affected. The Association joined with other organizations for a community bucket brigade that removed 2 million buckets of disaster materials from homes. The celebrity response, such as Ellen and Oprah, got the word out and was helpful. Challenges encountered included duplication of services, difficulty accurately assessing needs, and difficulty sustaining interest in psychologist members over time. The needs of the effected people go beyond the event, therefore, requiring longer-term mental health access. SBPA collaborated with the county, CAMFT, hospice, Jewish Family Services and other agencies to establish a community wellness team to address the long-term mental health issues.

Napa County representatives described a cycle they observed in the 2017 Napa Fire Complex. First there is the warning of a threat, the impact/destruction the disaster makes on the community, heroic feats to save lives, the community cohesion in response, triggering events that result in disillusionment in the aftermath, and reconstruction which includes working through grief. They found that ninety days after the disaster, the need for services spiked. The community suffered an anniversary reaction this past fall, one year after the fires. As compared to the Napa earthquake in 2014, which ended quickly, the fires continued for days without knowledge of when they would be sufficiently contained. They implemented strategies for improving disaster preparedness that included annual training for staff, making agreements ahead of time around the chain of command, deployment of community based resources, and interfacing with medical providers to determine designation of 5150 authority and training in brief crisis intervention. Trauma informed care is the skill set needed for disasters.

A major issue for any of the major disasters is that the immigrant population, especially undocumented workers, and those who are non-English speaking have difficulty obtaining services. In the Napa Fires, screening was done in the parking lot of a community college because evacuees were fearful of registering with FEMA due to its close association to ICE. In Santa Barbara, many of the household workers were displaced with few resources and a similar reluctance to reach out.

The California Disaster Mental Health Coalition recruits organizations like CPA to use private sector resources to complement other agencies. The American Red Cross is probably the most well-known and recognizable entity that responds to disasters. However, there are several more agencies that also utilize volunteers and some (CDP) provide free training in prolonged exposure and crisis intervention. It is possible to volunteer some hours in the privacy of your office without going to a disaster site.

The time to become acquainted with the various agencies and become trained is prior to the next disaster striking. If you are interested in volunteering, please check out the following resources or call me.

American Red Cross: <https://www.redcross.org/volunteer/volunteer-opportunities/disaster-volunteer>

Medical Reserve Corp: <https://mrc.hhs.gov/HomePage>

Disaster Healthcare Volunteers Site:

<https://www.healthcarevolunteers.ca.gov/>

Center for Deployment Psychology West Healthcare Alliance:

www.deploymentpsych.org

Terry Schuman, PhD, Disaster Response Chair. 925-283-6030

Board Member Highlight

Dr. Susan O'Grady

Ethics and Professional Relations Chairperson

This committee educates and advises the membership on professional and ethical issues regarding the practice of psychology. In addition to attending monthly Board meetings, duties include: Contribution of educational articles to the CCPA Newsletter, providing telephone consultation to the membership, making recommendations to the CCPA Board of Directors regarding professional and ethical issues of general relevance to CCPA members, referring individuals with a complaint against a member to the appropriate regulatory agencies, and consulting with the Board on matters regarding professional ethical conduct.

As Chair of the Ethics and Professional Relations I am available to members of CCPA and other chapters who wish to consult about concerns that involve clinical issues that raise ethical questions. I often receive several calls a month about a range of topics and the consult is completely confidential. If after speaking we decide that a legal consultation is recommended, we will talk about the best ways to do so. This consultation is an opportunity to discuss a case where you may feel uncomfortable or have questions.

Topics that have come up in the last few years tend to cluster around the following:

Tricky terminations: What constitutes abandonment, how to transfer a case when your countertransference is making treatment difficult, and erotized transference

Questionable Quandaries: Role confusion including conflict of interest, who is the intended patient, dual relationships, and coordination with allied professionals

Examining Expertise: Areas of competence and when and how to refer

Recommended by CPA, it is an opportunity for a quick case consultation without charge or judgment. It has been utilized for folks that are not in a group practice and may not have someone to consult with about a case. It is available to anyone. Contact susan@drsusanogradey.com

#THERAPYISCOOL

A MENTAL HEALTH ACTION CAMPAIGN

On October 10th, 2018 (World Mental Health Day), Dr. Christina Iglesia launched the #therapyiscool mental health action campaign. The purpose of this mental health action campaign is to create a community of people dedicated to raising awareness and combating the stigma associated with mental health disorders. The



#therapyiscool mental health action campaign is a call to action on two fronts. One brings attention to the matter of mental health and removes its stigma. The other provides much needed funds for mental health treatment. The proceeds from the purchase of each official #therapyiscool tote goes to mental health organizations that directly offer treatment services to a broad cross-section of those in need.

From professional athletes to actors to international mental health advocates, people are actively participating in this campaign through social media platforms such as Instagram and Facebook. Since its launch 12 weeks ago, the campaign has led to #therapyiscool totes being shipped to over 173 cities in 44 states and 10 countries!

2019 CCPA BOARD OF DIRECTORS

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