



# Contra Costa Psychological Association

Quarterly Newsletter—Spring 2008

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[www.cocopsych.org](http://www.cocopsych.org)

## President's Message

By Karyn Goldberg-Boltz, Ph.D.

How do you like CCPA? What would you change to improve it? As leaders of our professional organization, the Board of Directors is working very hard to keep our chapter at the cutting edge. In fact, twelve of those dedicated Chairs carved an additional four hours out of their schedules this month to attend a working retreat. We discussed ways to make our chapter more efficient, revised our mission statement, and established new goals and program objectives.

But in order to plan events and programs that meet your needs and increase participation, we need your help. We have created an online survey to assess the needs and interests of our membership. The survey can be found at:

[http://www.surveymonkey.com/s.aspx?sm=bEPWk\\_2bZOmK71hWSEv\\_UWitQ\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=bEPWk_2bZOmK71hWSEv_UWitQ_3d_3d)

Please take a few moments to complete the survey to offer your opinion about how our resources should be spent, and to express your interest in participating on various committees, community service, and collegial groups and events.

We are also striving to improve and update the communication network in our community. Our main channel of communication with members is through our list-serve. The list-serve includes lively discussion and professional networking, as well as messages from the Board and me concerning legislative and CPA news and alerts, invitations to programs, and other pertinent CCPA information. If you are not receiving e-mails from our list-serve, please contact our Membership Chair, Shendl Tuchman, and ask to be placed on the list-serve so you can get connected.

You will also find many CCPA resources on our Website. We post our four annual newsletters, links to various professional agencies and resources, membership list and program schedule on the Website. Most importantly, you can use our Information and Referral (I & R) search engine for your own referrals and encourage others to use it as well.

Our online Find-A-Psychologist has been quite successful at generating excellent referrals for I & R Network members. We are planning to upgrade the site and

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## EYE ON THE ASSOCIATION

*By Dr. Knows E. Shrink (alias Candia Smith)*

Our own Dr. Susan Snyder, Ph.D. was a featured speaker April 6<sup>th</sup> at the 2nd Annual LENS conference in Los Gatos. She gave a case presentation on the Anxiety Panel – Recognizing Underlying Functions and Physiology.

Your roving reporter caught up with Dr. Snyder in her comfy Moraga home between her duties as busy Mom and clinician.

***How did you become interested in being a psychologist?***

By the time I was a teenager, I knew I wanted to be a psychologist. By age 15, I was working on a crisis line and serving as a Teen Health Counselor. I never wavered and have enjoyed the ongoing challenges of my profession.

***Where did you do undergrad and graduate schools?***

My undergraduate years were divided between UC Davis and UC Santa Barbara. Living overseas after college, I completed a Master's with Boston University and after working several years, attended the University of Oregon for my doctorate, which I completed in 1986.

***Any significant mentors/teachers?***

While at the Palo Alto VA for my internship, I was inspired to study gero-psychology by a mentor and dear friend Antonette Zeiss and have enjoyed the work I have done with the elderly. I also bridged my years of training

in dynamic psychology with the cognitive-behavioral world and have found the combination very useful.

***How did you decide to take EMDR training?***

Healing the wounds of trauma has been a long-standing interest. I trained with Francine Shapiro in the early 1990's and continue to use EMDR as a powerful tool to heal trauma, especially combined with neurofeedback.

***And how did neurofeedback training enter in?***

Being on the CCPA board with Len Ochs, I listened with interest and curiosity/disbelief as he talked about his Low Energy Neurofeedback System. It wasn't until a close friend and colleague learned traditional neurofeedback to help her daughter that it really caught my attention. I began my research into the different forms of neurofeedback and chose the LENS as the most powerful and efficient system. I have been using LENS for over two years now and love what it has done for my work. I use it in combination with therapy with the great majority of my therapy clients and I see clients who seek LENS treatment alone or at the suggestion of their psychotherapist. I find that my therapy clients make better use of our sessions when they are also receiving neurofeedback, and I enjoy the variety of having clients with whom I only do NF.

***How would you describe NF to someone who had never heard of it?***

Neurofeedback, a form of biofeedback, works directly with the brain wave (EEG) activity. A noninvasive procedure, it involves monitoring and analyzing EEG signals, and using the EEG information to guide the feedback, which is a mild electromagnetic pulse (less than the FM-radio signals surrounding us). This signal produces a measurable reaction in the brain wave activity without conscious effort from the individual receiving the feedback and restores the brain's self-regulatory capacity. Once the self-regulatory capacity has been restored, the brain has shown startling capacity to restore its own clarity, sense of ease, ability to initiate activities, to organize, to reduce muscle paralysis after stroke, and to regulate depression, explosiveness, and anxiety.

***Is there a 'most interesting' case in which you used NF that you would describe briefly?***

There are many interesting and exciting outcomes with LENS. One, a middle aged man with severe PTSD, depression and anxiety, disabling chronic fatigue syndrome, conflicted and unhappy marriage, etc. Not making progress with medications or other forms of therapy. Referred to me by his psychiatrist for a consult. I suggested we use LENS and EMDR and cognitive-dynamic psychotherapy. Less than 2 years later, he is functioning at a very high level free of depression, anxiety, PTSD and chronic fatigue. He

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# CLASP: WHAT IS IT AND WHAT DOES IT DO?

By Barbara Peterson, Ph.D.

CLASP Co-Chair

When Ellin Sadur and I first considered joining the board as co-chairs of the Colleagues Assistance and Support Program (CLASP) committee, we asked these two questions: What is CLASP and what does it do? We had a vague notion about colleague assistance programs and their role in helping impaired colleagues, but were largely unaware of the scope of CLASP activities. I attended a meeting of the county CLASP chairs and the CPA CLASP Executive Committee last year and was impressed by the spirit and dedication of the psychologists who have devoted enormous amounts of time and energy to developing a statewide system of support for all psychologists.

Colleague assistance programs in the field of medicine developed in the 1970's, following legislation which offered a therapeutic alternative to discipline for physicians impaired by psychiatric, substance abuse or medical conditions. By 1980, all but 3 of the 54 U.S. medical societies of all states and jurisdictions had implemented impaired physicians programs. Today, all states have programs providing many different levels of service to physicians in need.

The APA first recognized the need to develop assistance for distressed and impaired psychologists in the 1980's. Initially the focus was on psychologists whose work was impaired by alcoholism or substance abuse, and occasionally

addressed the "wounded healer" (Sherman, 1996). In subsequent years, efforts to provide assistance to distressed colleagues have broadened to include attending to issues of professional competence, strengths and resilience, and capacities that foster recovery from stress and life challenges. The APA Insurance Trust's recent publication on assessing and managing risk recognizes that critical elements in accurately calculating risk of a given clinical activity are *both* the skill set *and* the well-being of the psychologist. Today, self-care, prevention and early intervention have become the priorities of colleague assistance programs at the national, state, and local chapter level.

The professional work of psychologists, while stimulating and rewarding, is also inherently stressful. Numerous studies have documented that the vast majority of psychologists report feeling moderately or very stressed, at times, as a result of their jobs (CAP Monograph, 2006). Approximately 60% of psychologists have reported working under distress that affects the therapeutic relationship at some point in their career (Pope, Tabachnick and Keith-Spiegel, 1987). Working with people struggling with emotional difficulties over time can, and often does, lead to symptoms of burnout. Work-related stressors for psychologists include "characteristics of clients, excessive workloads, professional self-doubt and poor management". (Hannigan, Edwards and Bur-

nard, 2004). Other reported stressors are related to economic concerns, sense of responsibility, time pressures and external constraints on practice. However, only rarely does the experience of these stressors cause significant impairment in professional functioning such that patients receive inadequate care. Impairment rates for psychologists have been estimated at 5-15%, which are comparable to rates in other professional groups (i.e. physicians and nurses). (CAP, 2006) Some signs that stress may be impeding work are: emotional exhaustion and fatigue; impulsive and reactive behaviors; not writing notes or returning calls; muscle tension or headaches; intrusive thoughts or feelings; relationship difficulties; alcohol or substance abuse.

Fortunately, psychologists often feel deeply satisfied in their work, and appreciated by their patients. Professional accomplishments can be enormously rewarding, and one would hope to be able to minimize the stress, and maximize the rewards. Well-being among psychologists has been found to be associated with having strong social relationships (peers, partners, friends and others), high levels of self-awareness, self-monitoring, and a balanced life (Coster and Schwebel, 1997). Numerous authors have documented that having a strong personal life goes a long way toward mitigating the negative effects of our professional demands. Bennett et al (2006) note that "It is a pleasant paradox that those psychologists who are most able to distance themselves from work and immerse themselves in family, friends, or avocations are most able to return to work with curiosity, vigor, and a sense of optimistic challenge." Helpful self-care strategies include social ac-

tivities, attending cultural events, participating in various forms of physical exercise, engaging in hobbies, traveling or reading for pleasure (Mahoney, 1997). Successfully managing professional and personal life demands is not automatic. It often requires deliberate efforts to create and maintain communities of support in both those arenas

In California, the CPA CLASP began in the in the mid-90's with primary missions to provide preventive resources to assist psychologists in "maintaining and enhancing" health and well-being throughout their careers, as well as fostering referral and support for psychologists experiencing distress and/or impairment. CLASP services are available to any psychologist or graduate student in California. The program sponsors a support and referral line, offers educational programs, and publishes articles promoting self-care and stress-reduction on the CPA website, as well as in The California Psychologist. A recent focus of this program is to develop, through collaboration with APA, a survey about psychologists' needs and general self-care habits. A major goal is to destigmatize help and health seeking behaviors in the profession. We are hoping to arrange an educational program this fall from an executive committee member on a CLASP related topic.

Belonging to CCPA is a great way to reduce the sense of isolation that often accompanies our practice, and interact with colleagues in both formal and informal settings. Our board has been working hard to create an inclusive, supportive environment among our organization

members. Increased social activities (the summer picnic!) and CE programming focused on both professional development and self-care assist us in preventing burn-out and moderating the stresses inherent in our work. If you have other ideas for activities we would love to hear about them!

CPA CLASP Executive Committee Member Diane Bridgeman, Ph.D. offers the following self-care tips for health care professionals:

- Accept support from others.
- Adjust your work schedule for a healthy balance of challenging clients with less demanding ones.
- Develop creative outlets, activities unrelated to work &/or volunteer time.
- Take pride in your craft as a professional, as well as in your personal development.
- Put balance and nurturing into your ongoing schedule. Consider variants of mindfulness meditation, relaxation, yoga.
- Value the importance of empathy and going beyond yourself, and appreciate that these concepts can co-exist with good self-care.
- Accept appropriateness of boundary setting as none of us can, nor should, be present for others at all times.
- Further tips on resilience and self-care throughout our careers is available on the CLASP page on the CPA website at :

<http://www.cpaclasp.org>.

The information and referral ser-

vice may be reached at: 888-262-8293.

As an assessment psychologist, I enjoy questionnaires of all sorts. The following is a self-care and lifestyle balance inventory developed by the Headington Institute. It is a quick and easy way to evaluate our self-care practices, and identify ways to increase our resilience. Enjoy!

Bennett, B.E. et al. (2006) Assessing and Managing Risk in Psychological Practice: An Individualized Approach, The Trust.

Advancing Colleague Assistance in Professional Psychology, American Psychological Association Monograph, 2006.

Coster, J.N., & Schwebel, M. (1997). Well-functioning in professional psychologists.

*Professional Psychology: Research and Practice*, 28, 5-13.

Hannigan, B., Edwards, D., & Burnard, P. (2004). Stress and stress management in

clinical psychology: Findings from a systematic review. *Journal of Mental*

*Health*, 13, 235-246.

Mahoney, M.J. (1997). Psychotherapists' personal problems and self-care patterns.

*Professional Psychology: Research and Practice*, 28, 14-16.

Pope, K.S., Tabachnick, B.G., & Keith-Spiegel, P. (1987). Ethics of practice: The beliefs and behaviors of psychologists as therapists. *American Psychologist*, 42, 993-1006.

Sherman, M. (1996). Distress and professional impairment due to mental health problems among psychotherapists. *Clinical Psychology Review*, 16, 299-315.

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has made significant changes in his life and is optimistic about his future for the first time ever. As I said, presenting this case at a recent conference, this is why I do the LENS!

LENS is very useful with TBI (traumatic brain injury) and attentional issues. I have treated numerous people with a history of traumatic brain injury – some severe, some thought to be insignificant to people until they start to feel better. Post TBI, people often suffer from mental foggi-ness, sleep disturbance, and mood disorders. With mild cases, I have seen people gain energy, cognitive clarity, improved sleep and decrease in anxiety and depression in as little as 6 sessions. With more severe cases, treatment can take longer but can return them to high levels of functioning.

With attentional issues for children and adults, focus and concentration can improve, emotional regulation improves, and oppositional issues decrease. With my

elderly population, I have had good success in mediating long-standing depressions and in facilitating improved functioning in people with progressive dementias.

While nothing works for everyone and everything, when the CNS has been affected, neuro-feedback can improve functioning with increased clarity and energy, and decreased anxiety and lability.

*How long have you been in CC Country and how are you adjusting? ;-)*

I moved to the Lamorinda area in 2001, after living in Seattle for 15 years. It was hard to relocate from a well-established practice, especially in the midst of raising young children. As a native to this area, it is great to be living near family and in this beautiful area. It has taken time to get connected with colleagues and CCPA has been a great help to me.

We're certainly happy to have you here!

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make it even more user friendly, making it even more competitive with other therapist advertisement sites. Remember, all qualified members are invited to join the I&R Network (in November) and post a practice page. The page describes their practice, clinical training and experience, and can include a picture and an internet address link which appears like a website (mine is on my e-mail signature). We feel this is a vital membership benefit....do you?

I look forward to hearing your responses and seeing you at upcoming programs.

Enjoy the Spring!

Warmly,

Karyn

### Advertisements

**Walnut Creek Office Available:** This is a large (221 square foot) office in a lovely 2-office suite with waiting room and floor-to-ceiling windows. Beautiful, Class A building in South Walnut Creek with on-site cafe, easy freeway access, and ample free parking. Available immediately full-time for \$1,100/month or part-time for 250/day/month. Please contact Dr. Meg Thayer at (925) 855-0459, 1600 South Main Plaza.

**Lafayette Office Available:** Lovely Lafayette office with plenty of parking available Tues, Thurs, Fri, and weekends. Suitable for family and groups. \$150/day/mo. with discount for multiple days. Please contact Pam Rudd at (650) 348-8829.

# Planning for the Unexpected: Why Every Therapist Needs a Professional Will

By Ann Steiner, PhD

It's never too early to plan for the unexpected. We all get sick occasionally or have family emergencies, and eventually will no longer be able to or wish to continue practicing. The ethical and clinical importance of planning has been neglected as have techniques for skillfully handling expected or unexpected absences. Most clinicians aren't aware that their Ethics Codes require that they have a plan in place for the disposition of their practice in the event of an unplanned absence.

## What is the Therapist's Professional Will?

The Will is a document detailing your wishes for the continued care of your clients in your absence, whether planned or unplanned such as serious illness or death. It is designed to reduce the trauma and impact on your clients, colleagues and yourself when you are unavailable. For example in an unexpected absence:

What would happen to your practice?

Who has access to your office keys, client contact information and other

details needed in an emergency?

Who has your voice mail access code and appointment schedule?

Who would cancel or refer your clients?

How do you want your clients and their records handled?

While the concept of a creating a Will resonates with most helping professionals, the prospect of putting one in place can seem daunt-

ing. By making the commitment to create your own Will, you will have done every thing possible to assure the continuity of care for your clients, and at the same time given yourself peace of mind.

## Being Proactive about Unexpected Absences

The process of creating your own Therapist's Professional Will builds community and eases the stress and burden on our family members, colleagues and others during a difficult time of crisis or perhaps loss and grief. Putting together your own Professional Will removes the guesswork, confusion and headaches that often accompany an unexpected event in our lives that would make us unavailable to our clients.

The first step is to put together your own Emergency Response Team, a group of trusted colleagues who will follow your wishes and help you and your clients cope with your unexpected absence. Most of us have someone who covers for us when we go on vacation, so you may already

have colleagues who can form the core. Perhaps you would be on each other's "emergency response teams" and agree to meet regularly to help each other in developing Professional Wills.

How 'bout starting now? Take 10 minutes to list 3 colleagues you would be comfortable discussing these ideas with and commit to meeting to discuss how you can get started. This will move you one big step closer to creating one of the best gifts you can give your clients, loved ones and yourself. Completing your own Professional Will can be a challenging yet do-able, rewarding and important process.

## ABOUT THE AUTHOR:

*Ann Steiner, Ph.D., MFT, CGP, Certified Group Psychotherapist, has been treating clients for 26 years, lectures at professional meetings nationally and locally, writes for consumers and therapists. She maintains a full time private practice in Lafayette, where she supervises, trains and provides consultation to therapists.*

*Dr. Steiner is an Associate Clinical Professor, Department of Psychiatry, University of California Medical School, S.F., on the faculty of The Psychotherapy Institute's Group Therapy Training Program, is a Fellow of the American Group Psychotherapy Association, was a founding member of the*

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## Advertisements

**Walnut Creek Office Space Available** at 1600 South Main Plaza in Walnut Creek: 1) Two hundred fifty square foot corner office sublet mornings until 2:00 pm, five days per week with Saturdays optional. This office has two full walls of windows looking out into a creekside setting with views into old oak trees; 2) Two hundred square foot office sublet Tuesdays and/or Wednesdays, full days, with west view into creekside setting and old oak trees; 3) One hundred ninety square foot office sublet Tuesdays with southern view into old oak trees; 4) One hundred twenty square foot interior office available full- or part time.

All sublet offices are beautifully furnished. The full- or part-time office is unfurnished. Creekside Therapy Center is in a Class-A building with an exquisite large reception room, on-site cafe, available parking, and easy freeway access. Please contact Dr. Juliann Kauffman, 925-274-1477.

# CALENDAR OF EVENTS

## SPECIAL ETHICS CEU EVENT

May 16<sup>th</sup>, 2008

12:00 – 4:00

4 CEU's

Ann Steiner, PhD

Professional Wills

Lafayette Veteran's Hall

Lunch included

## JUNE QUARTERLY MEETING

June 3rd, 2008

Sondra Altman, MD

Women and Menopause

Lafayette Park Hotel

6:30 – 7:00 No Host Cocktail  
Hour

7:00 – 8:30 Dinner and Speaker  
1.5 CEU's

6:30 – 7:00 No Host Cocktail  
Hour

7:00 – 8:30 Dinner and Speaker  
1.5 CEU's

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*National Registry of Group Psychotherapists, and was president of Northern California Group Psychotherapy Society.*

*She has published over 20 articles on the topic of preparing for illness, death, relocation and retirement. Her work has been cited in the Wall Street Journal and her latest article was published in The New Therapist, a South African journal distributed in South Africa, New Zealand and Australia.*

*Dr. Steiner gives keynote addresses,*

# GROUP FOR TEENAGERS WITH EATING DISORDERS

**Place:** Concord Therapy Center  
1868 Clayton Rd, Suite 230  
Concord, Ca 94520

**Phone:** 925-682-4891

**Time:** Mondays: 6:00 pm to 7:30 pm.

**Cost:** \$40 per session which is covered by most insurance companies.

**Facilitator:** Deirdre Moriarty, Ph.D,

**Dr. Moriarty, a Certified Eating Disorder Specialist, has been leading this therapy group for 20 years. She has assisted hundreds of girls through with their recovery from Anorexia, Bulimia and Binge Eating.**

**Please call for more information. Parental permission is required for participation in this group.**

*leads workshops and provides consultation to clients, organizations, therapists, attorneys, and medical professionals. She gives a wide range of talks, workshops and keynote addresses to consumers and mental health professionals throughout the United States and other countries. She recently led a workshop in Costa Rica for the International Human Learning Resources Network and presented an Open Session and Workshop again for the American Group Psychotherapy Association in Washington DC. Her new CD, "The Therapist's Professional Will: The Complete Guide," demystifies and simplifies this all-too often delayed practice necessity. For further information check out her website: [www.PsychotherapyTools.com](http://www.PsychotherapyTools.com). She can be contacted directly at [Info@PsychotherapyTools.com](mailto:Info@PsychotherapyTools.com).*

## WELCOMING NEW CCPA MEMBERS

### Robin Yeganeh, Ph.D.

Dear CCPA group members, I would like to introduce myself as a new member. I am a licensed clinical psychologist and organizational consultant with a decade of experience in cognitive behavioral therapy and mindfulness/acceptance based treatments for adults, adolescents, and children. I obtained a Ph.D. in clinical psychology from the University of Maryland and have trained in psychological treatment development at the National Institute of Mental Health, the Maryland Center for Anxiety Disorders at the University of Maryland-College Park, the University of California San Diego, and the San Diego Veterans Affairs Healthcare System. I have been in my current practice at Bishop Ranch in San Ramon for a little over a year and I am really enjoying the Bay. My other professional interests involve organizational consulting, peer reviewing for clinical research journals, and employee wellness/conflict resolution. For more information about my practice, other services available, or just to say hello, please visit [www.cbthealth.com](http://www.cbthealth.com), call 925.984.8337 or email [dr@cbthealth.com](mailto:dr@cbthealth.com). I look forward to getting to know members of our community!



## Contra Costa Psychological Association Quarterly Newsletter

We invite you to utilize the CCPA newsletter as a format for sharing your knowledge and information with your colleagues, and thereby with the community at large.

The following dates are the newsletter submission deadlines for articles:

September 7, 2007 (Fall Newsletter)  
January 25, 2008 (Winter Newsletter)  
April 4, 2008 (Spring Newsletter)  
June 6, 2008 (Summer Newsletter)

Submission deadlines for articles must be firm in order to insure prompt mailings. Late article submissions may be posted on our web page and printed in the next newsletter. Short ads or notices may be submitted up to one week before mailing.

The following prices are in effect for advertisements:

1/4 page ad	\$30.00	1/2 page ad	\$60.00
3/4 page ad	\$90.00	Full page ad	\$100.00

Advertisements for office space free to CCPA members.

Mail submissions to:

Susan Snyder, Ph.D.  
1884 Joseph Drive  
Moraga, CA 94556  
(925) 388-2001  
[susansnyderphd@comcast.net](mailto:susansnyderphd@comcast.net)