

The California Psychologist



Spring 2015 ■ Volume 48 ■ Number Two



**Legislative and
Political Advocacy**

American Professional Agency, Inc.
"We've got you covered"



The company with a proven reputation
that cares about protecting you and your practice

The Premier Choice For Psychologists Professional Liability Insurance

- ✓ Many Discounts including: First Time applicant, New Graduate, Continuing Education, Part-Time and Risk Management
- ✓ Superior protection provided by Allied World Assurance Company rated "A" (Excellent) by A.M. Best Company
- ✓ Access to our Risk Management Team during business hours, and 24 hours daily through our hotline should an emergency arise
- ✓ Telepsychology coverage and Forensic Psychological Services are included
- ✓ We offer many association discounts (*Including California School of Professional Psychology and American Board of Professional Psychology*)
- ✓ Interest-Free Quarterly Payments/Credit Cards accepted



Providing over 40 years of excellent service
to over 100,000 Insureds



American Professional Agency, Inc.

AmericanProfessional.com • (800) 421-6694
psychology@americanprofessional.com





THE CALIFORNIA

Psychologist

ISSN 0890-0302

Editor

Valerie B. Jordan, PhD, editor@cpapsych.org

Managing Editor

Patricia VanWoerkom

Designer

Debbie Pate-Newberry, Communications by Design

Advertising Manager

Lance Lawhon

Editorial Review Board

Carol Falender, PhD

Chuck Faltz, PhD

Bram Fridhandler, PhD

Kilanne Kimball, PhD

Judi Larson, PhD

Jo Linder-Crow, PhD

Kirwan Rockefeller, PhD

Jeff Tirengel, PsyD, MPH

The California Psychological Association

1231 I Street, Ste. 204

Sacramento, CA 95814

Tel 916-286-7979 ■ Fax 916-286-7971

www.cpapsych.org

The California Psychologist

The California Psychologist is an official publication of the California Psychological Association, a non-profit professional association of psychologists in California. Please see submission guidelines and editorial policy on CPA's website at www.cpapsych.org. The California Psychologist is published bi-monthly by Communications by Design, 4607 Fenu-greek Way, Sacramento, CA 95835.

Disclaimer

The opinions expressed in the articles appearing in The California Psychologist are those of the authors and do not necessarily represent the position of the California Psychological Association. Publication of an advertisement does not imply approval or endorsement of the advertiser, the product, or the service being advertised. Advertisers of continuing education workshops may guarantee credits toward Mandatory Continuing Education for Psychologists only if they include the official language required by accrediting bodies recognized by the California Board of Psychology. Advertisers of graduate schools of psychology that are not regionally accredited may not assure licensure eligibility in states other than California.

© 2015 CPA. All rights reserved. The contents of this publication may not be reproduced by any means, in whole or in part, without the prior written consent of CPA.

Cover Photo: Steve Pate-Newberry, SPN Photography






TABLE OF CONTENTS



2015 CPA CONVENTION

22 Education, travel and registration information


FEATURE ARTICLES

- 8 Psychologists as Advocates 
Judy Chu, PhD, US Congresswoman
- 10 Your Future is in Your Hands 
Brian Baird, PhD, Former US Congressman
- 12 I Back the PAC: Do You? 
Joel Lazar, PhD
- 14 Same Song, Second Verse 
Jo Linder-Crow, PhD
- 16 Fifteen Years Later... A Report from the Education Advocacy Front Line 
Gilbert H. Newman, PhD and Anatasia Kim, PhD

FEATURE COLUMNS

- 27 "What Can I do?"
Gabrielle Johnson, MS, Psychology Predoctoral Intern; Michi Fu, PhD and Beth Jenks, PhD
- 28 Self-Care Through Advocacy
Kammy K. Kwok, MA, Toni Li and Jorge Wong, PhD
- 30 The Board of Psychology, Continuing Professional Development and You
Jo Linder-Crow, PhD
- 34 Seeking a New Definition of Self-Care
Pearl Werfel, PhD

IN EVERY ISSUE

- 5 FROM THE EDITOR
Advocacy: Doing one more 'something'
Valerie B. Jordan, PhD
- 6 FROM THE PRESIDENT
Joe the Psychologist: The Importance of Political Action by Psychologists
Stephen M. Pfeiffer, PhD
- 7 FROM THE CEO
Always Look Both Ways
Jo Linder-Crow, PhD
- 24 ETHICS CORNER
My Client, My Follower: Multiple Relationships on the Internet 
Keely Kolmes, PsyD
- 25 LAW FOR PSYCHOLOGISTS
Are Child Molesters Necessarily Mentally Ill? 
Harsh Cross-Examination of Expert Psychologists is Permissible
Jack P. Lipton, PhD, Esq.
- 35 NEW MEMBERS
- 36 CHAPTER & VERSE
- 38 CLASSIFIEDS



Dr. Charles A. (Chuck) Faltz

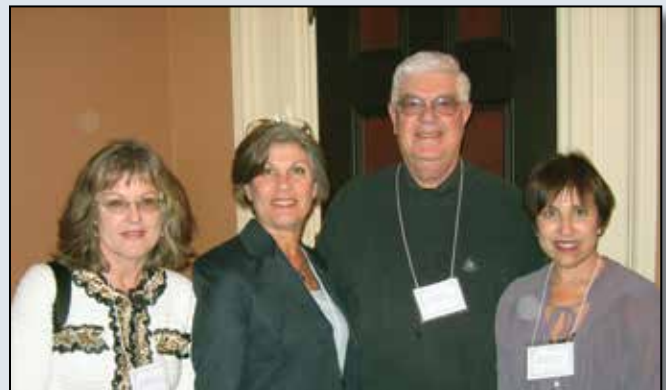
a clinical psychologist, native Midwesterner, longtime Palo Alto resident and loyal 49ers fan passed away on January 19, 2015.

Chuck served as Chief of Forensic Mental Health Services with the San Mateo County Courts and Corrections, and after retiring from that position he served as the Director of Professional Affairs for the California Psychological Association for more than 20 years. It was in this role that he made what he considered to be his greatest contributions to psychology. He was a passionate advocate for the profession. He worked tirelessly to force state-operated institutions to allow hospital privileges for psychologists, as prescribed by law. He was a champion for patient confidentiality, and he was a strong supporter of prescribing privileges for psychologists. His knowledge was broad and deep on all topics related to psychology, especially those related to the laws and ethics that guide practice. In his role as Director of Professional Affairs he provided consultation and advice to a multitude of California psychologists, and he was an integral component of CPA's advocacy on behalf of all psychologists in California. Over many years he influenced policy related to psychology at both the national and state level, and he earned the respect of his colleagues, and his occasional adversary, because of his authenticity and integrity.

Chuck was the recipient of many awards during his career that were a reflection of the respect and esteem felt by his colleagues. These awards included the CPA Silver Psi award for service and the CPA Lifetime Achievement Award, CPA's Division of Clinical and Professional Practice (Div. I) Distinguished Service Award, the APA Division of State, Provincial, and Territorial Psychological Association Affairs

(Div. 31) Distinguished Service Award, and APA's prestigious Heiser Award for Advocacy. He also received a Presidential Citation from the American Psychological Association for his "Herculean efforts" on behalf of psychologists across the country. The CPA Division of Clinical Psychopharmacology is renaming their distinguished award in his name, and CPA has created the Chuck Faltz Spirit of Psychology award that will be given to a psychologist who exemplifies Chuck's passion for psychology and his spirit of kindness and generosity in mentoring so many psychologists throughout his career.

Chuck was known for his modesty, but his colleagues will concur that he was a "rock star" in psychology. We at CPA are gratified by so many kind expressions of sympathy. Chuck is survived by his wife of 53 years, Judy, and his 4 children and 4 grandchildren. We share their loss, we continue to miss him, and we will always remember the singular role he played in the history of the CPA. ■



Advocacy: Doing one more 'something'

Valerie B. Jordan, PhD

So much has been written here and elsewhere about the necessity of advocacy for our profession that I feel uncertain about writing something new that has not already been said so eloquently by so many esteemed colleagues. I hope this issue inspires you to personally examine what this topic means to you and what one thing you can do differently from this day forward that starts or expands the advocacy path you are on. My pathway has evolved gradually as I imagine it has for many, from uncertainty to occasional hopelessness to now clarity about the reality that something must be done; a stance must be taken on behalf of our beloved profession as well as for the greater good.

This issue examines this topic from leaders on the advocacy pathway both at the state and national level. First we hear from Dr. Judy Chu's first hand experiences as a member of Congress and her accomplishments at both the state and national level that directly impact psychologists. Next Dr. Brian Baird shares his Congressional experience and perspectives as to what activities psychologists might engage in that really matter to elected officials. Dr. Joel Lazar tells his story of becoming involved with the CPA Political Action Committee. Next Dr. Jo Linder-Crow describes the importance of financial support for the CPA-PAC in California, given the realities of the costs of political office at the state level and the necessity of protecting psychologist's interests in California. Finally, Drs. Gilbert Newman and Anastasia Kim provide a historical perspective on California advocacy efforts over the past 15 years and the accomplishments these efforts have inspired and produced.

While it is sometimes discouraging when we are reminded of colleagues who do not belong or contribute to CPA or the PAC, I prefer to focus on what those of us who do can do more of to further the advocacy path we have chosen. So I am going to start doing at least one more thing – whatever that might be – today and during this year, and continue to do so onward. I hope you will too! ■

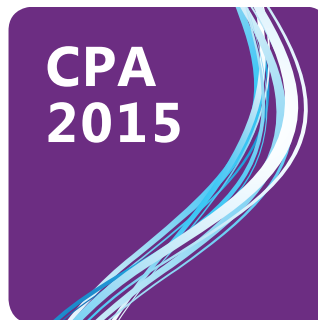
FROM THE EDITOR



Valerie B. Jordan, PhD

(editor@cpapsych.org) is Emerita Professor of Psychology at the University of La Verne from which she retired after 30 years of graduate teaching, program administration and clinical supervision. She served on the CPA Ethics Committee and is currently on the CAPIC Board of Directors.

BE SURE TO CHECK OUT



Page 22

Advanced Level Institutes (pre-convention) Three days of Master Lecturers, Keynotes, CE sessions, Posters, Networking and more in sunny San Diego.

Continuing Education Regulations

Page 30

Jo Linder-Crow, PhD, CPA's Chief Executive Officer, updates you on recent actions by the Board of Psychology and what proposed changes might mean to you.

Joe the Psychologist: The Importance of Political Action by Psychologists

Stephen M. Pfeiffer, PhD



Stephen M. Pfeiffer, PhD

(stephen@pfeifferphd.com) is in private practice for more than 30 years in La Jolla, Marin, and Berkeley, California. Dr. Pfeiffer has worked as a consultant to corporate clients, as a forensic psychologist, and psychotherapist. He was President of the San Diego Psychological Association in 1993, and is the 2015 President of the California Psychological Association.

YOUR MEMBER RESOURCES

Need fast answers?

Check out the Professional Resources tab on the CPA website, especially the Ethics On-Call link.

CPA FEATURED PARTNER

Zur Institute

You have a 10% discount waiting for you for more than 140 online courses. Enter **CPA88** as your code when registering. Find more CPA Partner organizations on CPA's website under Member Benefits.
www.cpapsych.org

CPA is a TRUSTED RESOURCE

FREE CE CREDIT

- Includes Ethics and Law updates
- 12 hours per year
- See page 18 of this magazine

Most CPA members are comparatively sophisticated about the importance of legislative and political action. The following is offered to assist you in disseminating the message to those of our colleagues who have not, as yet, gotten "on board."

I know that some of you may believe that involvement in the political process is offensive or distasteful. Some may even think that politics has no impact on your life. Below is a snapshot of parts of a typical day in the life of a "cynical-about-political-involvement" psychologist: "Joe the Psychologist," not to be confused with "Joe the Plumber."

Joe gets up at 6 a.m. and fills his coffeepot with water. The water is safe to drink because avid political activists fought for minimum water quality standards. He then takes his daily statin. His medications are safe because zealots in Sacramento fought to insure their safety and their effectiveness. Joe dresses, walks outside and takes a deep breath. The air he breathes is clean because environmentalists fought for laws to stop industries from polluting our air. You get the picture?

Joe drives to his office where his practice has grown despite the fact that his income has flattened in recent years. He is able to practice without need of a psychiatrist supervisor because a relentless group of psychology leaders fought for the right to practice independently in the '70s. He can bill his patients' health insurance for services he provides because a similar group of psychologist activists fought to establish a law requiring inclusion of psychology treatment benefits in third party payor health plans. Beginning some 25 years ago, providing psychology services to his elderly patients became a covered benefit under Medicare because of the battles fought by psychologists in the late '80s. Of note, psychologists had been excluded as providers when Medicare was first enacted in 1964 due to the narrow mindedness of the APA dominated by non-practitioners at that time.

On his drive home from the office, Joe listens to a radio talk show. The radio host is ranting about the perils of government involvement in our lives. Joe agrees and believes that: "big government is ruining our lives! There's no need to get involved in politics whatsoever because, everyone should take care of themselves, just like I do."

Regrettably, Joe is not alone among the ranks of our non-CPA colleagues in these beliefs. I remind you that 16,000 of the 20,000 licensed California psychologists are NOT members of CPA. Ironically, survey data reveals that "advocacy for the profession" is one of the highest valued activities among the membership of most professional associations.

Effective advocacy for psychology in Sacramento requires three operating components: 1) an energized grass-roots network at the local level (CPA's Legislative Area Network), 2) an effective professional lobbying team in Sacramento (Amanda Levy ably leads this team), and 3) a political giving arm to allow greater access to Sacramento lawmakers (CPA-PAC serves this purpose).

This issue of the CP focuses on the broad topic of Advocacy in hopes of enlisting you to become more fully engaged in the advocacy process. About 50% of all healthcare is currently paid for by the government. Psychology can't afford not to be at the table when healthcare debates take place. It requires very little effort to reach out to non-CPA member colleagues to bring them into the "fold." ■

Always Look Both Ways

Jo Linder-Crow, PhD

We all know that flexibility and adaptation are good and necessary things. Things change in life and without the ability to adapt to change we are left mired in what was and what is, to the detriment of what can be. I am typically good with change; it keeps things exciting and creates opportunities for creativity.

I have to say, however, that when we lose someone like Chuck Faltz it creates a change that changes things in ways we hadn't wanted. Chuck was, I know, familiar to so many of our members. He provided consultation and wise counsel to so many of you over the years, and he was a sturdy presence in so many aspects of CPA's work on your behalf. We will adapt, of course, but it won't be the same without him. We honor him in this issue, and we will announce an award in his name at the upcoming CPA convention, an award that will honor his spirit and his many contributions to CPA and to psychology.

Other changes, and much less significant in comparison, are the changes to the CE requirements proposed by the Board of Psychology. As with many controversial matters there are two sides to the coin. The changes would open up many more opportunities for psychologists to meet their CE requirements for re-licensure by allowing CE credit for many things you are already doing in your professional life. That is an attractive feature for many of our members and responds to years-long requests that activities such as case consultation and convention attendance be acknowledged as having value in professional development.

Looked at another way, the proposed regulations are viewed by some as being restrictive by imposing a limit on the number of credit hours that would be allowed through what we think of as traditional CE courses. Viewed through this lens, some of our members feel that the requirement to engage in additional activities other than traditional CE courses is an unwelcome mandate that will be hard to meet.

The final decision is still to come by the Board of Psychology. The article on page 30 provides the background and the details of the proposed changes, and CPA will continue to keep you informed about the evolution of this change.

Thank you for your continued support with you membership. I hope to see you in San Diego at the CPA convention. Please stop and say hello! ■

FROM THE CEO



Jo Linder-Crow, PhD

(jlindercrow@cpapsych.org) is the Chief Executive Officer of the California Psychological Association. You can follow her on Twitter at <http://twitter.com/jlccpa>. You can "like" CPA on Facebook at www.facebook.com/cpapsych, and join the CPA Linked-In group at www.linkedin.com.

SAVE THE DATE!



Upcoming Risk Management workshops in the fall ...

"Sequence VI"

September 26 ~ Southern CA

October 3 ~ Northern CA



Psychologists as Advocates

Judy Chu, PhD, US Congresswoman



Judy Chu, PhD

(<http://chu.house.gov/>) earned her doctorate from the California School of Professional Psychology and taught clinical psychology in the Los Angeles Community College District for 20 years. Dr. Chu served as the mayor of Monterey Park for three terms before representing California's 49th District in the Assembly. She was elected to the

U.S. House of Representatives in July 2009. She represents the 27th Congressional District, which includes Pasadena and the west San Gabriel Valley of Southern California.

I have served in government for 30 years now, having gone from Mayor to Assemblymember and now to Member of Congress. But the role that I have most valued over my lifetime is that of psychologist. Because of my background, I know that there are many demands on today's professional psychologists. There are medical, ethical, academic, and often business obligations. Psychologists face a vortex of responsibilities to patients, their families, and peers. But today, one of the most important roles that California psychologists can take is that of advocate.

Having been on both sides, I understand and depend upon the voices of experts in shaping and enacting good policy. As the quality and delivery of health care dominates our political discussions, psychologists are uniquely positioned to ensure an integrated model of care, which includes mental health care. That requires speaking up.

While serving in the California State Assembly I came to understand the challenges that psychologists face in being treated equally in the mental health system. Psychologists poured out their stories of frustrations to me. They told me about trying to release a patient early from an involuntary hold, and how they would have to wait for a psychiatrist to sign off on their decision. A psychologist in a prison mental facility talked about having to put the whole unit together and administer it only to have to wait for a psychiatrist to okay an early release of a patient in prison. It delayed the decision, yet they had a desperate need of beds.

It is because of these stories that I agreed to carry a bill to allow psychologists to release a patient from an involuntary hold. It faced incredible hurdles, particularly from psychiatrists who questioned the qualifications of psychologists to make such judgments. But we persevered and persuaded, and walked up and down the halls of the State Capitol to make convincing arguments. Finally, the bill passed. Today, California psychologists can release patients from an involuntary hold.

Now that I'm in Congress, I want to make sure psychologists are treated equally not just in California, but throughout our nation. Today, clinical psychologists deliver around 40% of Medicare outpatient mental health services. But they are the only doctoral-trained Medicare provider not included in the Medicare definition of a physician. Podiatrists, dentists, optometrists and chiropractors are included, but not psycholo-



Insurance Programs for Psychologists:

- Professional Liability
- Student Liability
- Research & Academician Liability

We can help you choose the right coverage:

- Income Protection (*Disability Income Insurance*)
- Group Term Life Insurance
- Auto, Homeowners & Renters Insurance
- Long Term Care Insurance
- Business Office Insurance
- Office Overhead Insurance
- Retirement Plan Services

Tailored for Psychologists by Psychologists

www.trustinsurance.com

gists. It is not right that the clinical psychologists who provide so many Medicare services are singled out as the ones who have to be supervised by psychiatrists. This must change. That is why I was an original cosponsor of a bill that would include psychologists in the Medicare physician definition. This change is crucial to increasing access to mental health services for Medicare patients at affordable costs.

I am also working to get more mental health resources to our schools. Currently, there are about 1,000 students for every school psychologist. The situation is even worse in low-income areas, where there can be an even greater need for mental health services. And yet when there are budget cuts, many times these employees are the first to be laid off.

This is why I introduced the Partnership for Achieving Student Success (PASS) Act in Congress. The PASS Act would create a competitive grant program to foster partnerships between low-income Local Education Agencies (LEAs) and schools that offer graduate programs in school counseling, school social work, school psychology, or psychology. The goal is to increase the number of graduates in the fields of psychology and social work who will go on to work in high-poverty school districts.

These are a few of the initiatives in Congress that would elevate our profession. But, Congress must hear from the psychologists at the front lines. Given that the CPA is the only organization that speaks for this profession in California, your

“

When it comes to shaping policy and creating a better health care system, your stories matter, and your experience matters.

”

voices are so important. Your work is critical to moving the issues of mental health and psychology forward. When it comes to shaping policy and creating a better health care system, your stories matter, and your experiences matter. Your advocacy can result in change, just as it did years ago when those psychologists told me about being second-class citizens regarding involuntary holds. I encourage you to be in touch with Members of Congress and State Legislators, and to participate in the political activities of the CPA. Together, we can protect the rights of psychologists while building a better health care system for all. ■

Mobile Therapy
mobiletherapy.com

Mobile Therapy empowers clinicians by collecting data on clients between therapy sessions.

View insightful reports & take notes

Clients track well-being in-between visits

Provide faster diagnosis and better care

www.mobiletherapy.com

Your Future is in Your Hands

Brian Baird, PhD, Former US Congressman



Brian Baird, PhD

(brianbairdphd@gmail.com) a clinical psychologist with more than two decades of professional experience, served six terms in the United States Congress, representing Washington State. Currently the President of Antioch University Seattle, Dr. Baird also consults and does public speaking on policy, communication, education, energy and other topics.

Think of three things that you would like to change to improve psychology or your professional work. Now, take a moment to consider how public policy decisions can play a role in helping bring about the changes you identified. The fact is, nearly everything you do in your profession as a psychologist is in some way the result of or impacted through policy advocacy by other psychologists.

It's worth thinking about that for a moment. Professional education and training, the research that informs your practice, health insurance (whether public or private), licensure, all this and much more are the result of advocacy. Realizing this is a little like having driven a car for many years without really pausing to consider all the pieces and parts, who made them and how they were assembled so you could get to where you want to be.

At the risk of overextending that simile, the ability of our profession to continue to function and the possibility of making things even better depends on you. That's where advocacy comes in and why it's important to you both personally and to the profession that all psychologists be involved.

As a psychologist who spent 12 years serving in the U.S. Congress, I cannot overstate how important it is that psychologists are active participants, not just passive observers or recipients of policy work.

The level of involvement is of course up to you, but if you ask yourself, "What's the least I could do?" consider this. Given the essential importance of advocacy to your work and our profession, would it be too much to ask each psychologist to dedicate at least one quarter of one percent of your time to advocacy?

For most psychologists, that would mean a total of just eight hours each year to advocacy – not all that much when the future of the profession and the well-being of the people we serve is at stake.

How would that time be spent? There are many possibilities. What matters most is to first make the commitment to yourself and your colleagues, then choose something that is most meaningful, interesting and suits your talents.

Here are some suggestions that I know from personal experience can make a real difference:

1. Identify an elected official or candidate for office who you respect, then volunteer to support his or her campaign with your time and money. If you want to volunteer, there are multiple avenues, ranging from phone banks to doorbelling and all the other 'on the ground' campaign work. Another exceptionally important activity is being involved in fundraising, either by donating personally, hosting events with colleagues, or otherwise raising money. Believe me, I understand this is difficult and we urgently need to change campaign finance, but for the present it is how the system works and we have to be effective within that system.

2. Select an area of policy that you have some knowledge or expertise in, then follow what policy relates to that and what new initiatives are being considered, or perhaps should be considered by policy makers. One key caveat about this. Often, psychologists believe their biggest contribution should be not their time, money or support for policy makers but, rather, an academic white paper. The assumption behind this seems to be that what policy makers need most is more information. The truth is, most policy makers are overwhelmed by too much information, not too little. In addition, even with the very best information, a policy maker can't do anything constructive with that unless they are in office. If you want your information to have an impact, first make sure people who will care about it are actually in office and vice versa. That takes you back to number 1 above.

Finally, work with and support your state and national associations. You may not have time or expertise personally to track issues or interact with candidates but the associations do. They need your help in advocacy and you need theirs. The good news is that positive change can and does happen for psychologists and the people we serve. You are an essential part in making that change a reality. ■

BARANOV & WITTENBERG, LLP
Attorneys at Law

Representation of Psychotherapists in Board
of Psychology Investigations and Hearings

Legal/Ethical Consultations

General Civil Litigation

Business Litigation

Corporate Formation and
Business Transactions

Selective Personal Injury Litigation

*Gary Wittenberg, Esq. is a former Deputy Attorney General
and a frequent lecturer on legal ethics in psychotherapy.*

1901 AVENUE OF THE STARS, SUITE 1750
LOS ANGELES, CA 90067
310-229-3500 • 310-229-3501 fax

WEBSITES MADE EASY.

EASY. AFFORDABLE. EDITABLE.
TherapySites gives you all the online tools that
you'll ever need - for one low monthly price.



- SEARCH ENGINE OPTIMIZATION
- HOSTING & EMAIL ACCOUNTS
- ONLINE APPOINTMENT REQUESTS
- UNLIMITED DESIGN CHANGES
- CREDIT CARD PROCESSING

Why wait? Log on now &
build your FREE website!
www.TherapySites.com
30 DAY MONEY-BACK GUARANTEE

ONLY \$59
per month
ALL-INCLUSIVE
with taxes covered

therapysites.com
WEBSITES FOR THERAPISTS. MADE SIMPLE.
THERAPYSITES.COM | 866.597.2674



STEP 1:
Select design



STEP 2:
Customize



STEP 3:
Preview, Edit



STEP 4:
Launch Site

Money Back Guarantee on Live Webinars
and Home Study Videos

Approved by APA, ASWB, and NBCC
6 CE's for \$79, 3 CE's for \$49

We Want To Be Your Source for Continuing
Education



Go to www.tzkseminar.com

You can talk to the CEO, Keith Hannan,
Ph.D. at (410) 707-0100

Sign up for our email list at the bottom of
our home page to hear about sales and free
webinars.

Try us for free. Use the promotional code **tzk** to register for "The All-or-None Phenomenon in Borderline Personality Disorder (1.5 CE's)." The code will work for the Live Webinar or the Home Study Video.

Great Topics-Ethics, Mindfulness, Trauma, Cybersexual Addiction, Working with African Americans, CBT, Sleep Disorders, Reward Deficiency Syndrome, Supervision, Hoarding, DSM-5, Delinquent Youth, Risk Management, Working with Arab Americans, Countertransference, Psychopharmacology, Addiction, Sports Psychology, Therapists in Court, Forensics

Great Speakers-Each of our speakers has spent the bulk of their careers focused on the area on which they present. CV's are online. They are real clinicians, who are engaging and also know the research.

Live Webinars-When you register, we email you a receipt with a link to the webinar. Just click the link. It's so easy, we offer a money back guarantee. We bring you live CE with expert speakers for half the price of PESI. Our 6 CE webinars are only \$79. PESI charges \$179. Earn your CE from a comfortable chair at home, not a hotel conference center. No travel.

Home Study Videos-Recorded webinars you watch in your own time. Watch in one sitting or numerous sittings. Access via our website. Don't wait for the other guys to send you a DVD. Watch your video right away. Same low prices.

If you're serious about continuing education, but would like to spend less money, go to www.tzkseminars.com. Sign up for our email list at the bottom of our home page to hear about sales and free webinars.

I Back the PAC: Do You?

Joel Lazar, PhD



Joel Lazar, PhD
(doctorj7989@gmail.com) is a licensed psychologist in San Diego and is a member of APA, CPA and SDPA. He has taken leadership positions in CPA and SDPA, particularly regarding his specialty area, Men's Psychology. He has a private practice where he treats adults, teens and children in individual, couples and family therapy, and utilizes humor to help clients cope with stress in a more light-hearted manner.

The calendar read 1/2/10 and I went through a mental checklist. APA membership renewal? Check. CPA renewal? Check. SDPA renewal? Check. I looked at my bank statement and thought "That's a lot of checks."

I noticed that as part of my CPA and SDPA renewals I could also include a voluntary donation to the CPA-Political Action Committee (CPA-PAC). At the time I thought the PAC duplicated the actions of CPA and I passed on donating. Later on I discovered that the majority of CPA members also choose not to donate.

Skip to 2011 and as the President of the San Diego Psychological Association I attended the CPA Leadership and Advocacy Convention. I don't recall what else they served, but the Kool-Aid was amazing ☺. It was so intoxicating that I am now proudly one of nine state-wide CPA-PAC Trustees.

I learned how important it is to get face time with California legislators and support the campaigns of those who advocate for the interests of psychologists and our clients. I learned that CPA is not legally allowed to do this: only Political Action Committee donations can directly support candidates for political offices. Our scope of practice is determined at the state level. California legislators control the public's access to our services, as well as the existence of the California Board of Psychology. It is important for the public to understand the rigorous training required for a doctorate and that we bring a level of expertise that differs from Masters level mental health providers. There is strength in numbers, and the CPA-PAC is the only organization that advocates to legislators on behalf of California psychologists. I heard someone observe that if you are not present at the table of decision makers, you are probably on the menu!

I encourage you to meet our lobbyist, Amanda Levy. With limited resources, she brings our concerns to legislators with an engaging mix of intelligence and enthusiasm. Some bills result from her combining forces with lobbyists from other mental health professional groups, while others involve raising awareness among legislators when bills are introduced that would limit psychologists' ability to practice at the full extent of our training. Recent battles have addressed the role of psychologists in hospitals and the prison system, and regarding the diagnosis of mental illness and holding leadership positions. CPA-PAC donations also allow us to encourage

Receive Quality Training in the Application of EMDR Therapy

40 CE Credits



- Effective and efficient treatment for trauma and other adverse life experiences
- Empirically validated in over 24 randomized studies
- Recommended in both domestic and international treatment guidelines
- Recommended by the World Health Organization for the treatment of PTSD in children, adolescents, and adults

California 2 Part Basic Trainings

San Francisco

1-Jan 30-Feb 1, 2015
2-May 1-3, 2015

San Diego

1-May 1-3, 2015
2-Sep 18-20, 2015

Visit www.emdr.com for further information domestic & international schedules research & referrals media publications

EMDR Institute
PO Box 750
Watsonville CA 95077
inst@emdr.com
831-761-1040



legislators to introduce bills that could improve community safety and well-being. A neuropsychologist and CPA member encouraged a recent bill to require minors to wear a protective helmet when skiing or snowboarding, which is already the law when they bike or skateboard.

Given the dearth of donations, I can only assume that the majority of psychologists believe as I did. If I am well-trained and do good work, the community will want me to contribute all I can and reimburse me well for my services. Wouldn't that be nice! Sadly it is not the case, so I am reaching out to you to join me in donating to the CPA-PAC, and as generously as you can. Even \$25 or \$50 helps, and I encourage each licensed psychologist to consider donating an amount equal to the lowest amount you currently accept for one session of therapy or one hour of your time. Also, San Diego will host the CPA convention starting April 23, with the annual CPA-PAC fundraising dinner occurring April 24. I strongly encourage you to support the PAC by buying a ticket and attending. It is always a night to celebrate our field, and you are bound to leave with a warm feeling of optimism. If you are unable to attend but would like to support the PAC, you can facilitate an early career psychologist or student member to attend by making a donation of any size towards the dinner through the CPA website or your local Psychological Association. On behalf of the Trustees and Amanda, thank you for considering making a donation and for your support. We welcome you to contact any of us if you have any questions. ■

Law Offices Of

MICHELE H. LICHT

Representation of Mental Health Professionals for 20 years

- Licensing Board Actions
- Legal and Ethical Consultations
- Reporting Requirements
- Executive Coaching
- Surviving Subpoenas

*Recipient of Honors by CPA, CAPP, SCSW,
LACPA, OCPA and SCPA
Frequent speaker on ethics and law*

(818) 348-2394
michelelicht@aol.com



Earn a Postdoctoral Certificate in NEUROPSYCHOLOGY Without Relocating

Fielding's neuropsychology certificate program is designed for licensed psychologists who want to expand their practice, increase their income, and become eligible for board certification without having to relocate.

- Neuropsychological foundations
- Hands-on experience
- Renowned faculty members
- Eligibility for board certification

*Call us or attend a free
Information Session to learn more.*

WWW.FIELDING.EDU/CPA



FIELDING
Graduate University

805-898-4026

Same Song, Second Verse

Jo Linder-Crow, PhD
 Chief Executive Officer, California Psychological Association



Jo Linder-Crow, PhD
 (jlindercrow@cpapsych.org) is the Chief Executive Officer of the California Psychological Association and Executive Director of the CPA Foundation. Previously, as the Associate Executive Director for Education at the American Psychological Association, she was responsible for APA's Continuing Education Program. She is past Chair of the Council of Executives of State, Provincial, and Territorial Psychological Associations and is a current member of the APA Committee for the Advancement of Professional Practice (CAPP). She serves on the Board of Directors of the California Society for Association Executives and currently chairs the CalSAE Professional Development Committee.

*Just because you do not take an interest
 in politics doesn't mean politics
 won't take an interest in you.*

Pericles

It's a challenge to approach another article on advocacy. We talk about it so often, and I accept the fact that you might want to move on to the next article because you have "heard it all before." On the one hand, it seems a bit obvious. To practice as a psychologist you must have a license. The scope of practice granted by that license is dictated by the California legislature. Other groups can challenge that license by suggesting that they should be able to do exactly what you do, or even by suggesting that a distinct psychology license isn't that necessary (remember the idea a few years before of just one big mental health board?) Someone needs to protect your interests so that bad things don't happen to your license and therefore your livelihood. You're busy – you're a psychologist and you work hard. So who is going to watch your back? CPA, of course. Does anyone else do that? No – just CPA.

You get it, and so you join CPA (and we're grateful for that). Your dues help support CPA's day to day operations so that we can focus full-time on fighting for you, answering your questions, and making sure you get what you need when you call on your professional organization. You feel good that you are doing your part by supporting your profession with your membership dues. Many of you also take the extra step of offering us your time as a volunteer, which means the world to us.

And then it happens. A colleague asks you to donate some of your hard-earned money to the CPA Political Action Committee (PAC), or maybe they are asking you to take the time to attend a political fundraiser. You might be surprised that we even have a PAC, and maybe you think that this is not really what you want to be spending your money on. It's possible you have never been to a fundraiser, and maybe even possible that you have never spoken to a legislative candidate or elected of-

BRUCE W. EBERT, Ph.D., J.D., LL.M., ABPP

Law Offices of Bruce W. Ebert & Associates
 300 Harding Blvd., Suite 116
 Roseville, CA 95678
 (916) 781-7875
www.lawpsychologyethics.com

Former Board of Psychology President

...

ABPP in Clinical & Forensic

...

Advanced Law Degree in Health Law

...

22 Years Legal Experience, 37 in Mental Health

License Defense
 Practice Consultation
 Law & Ethics Consultation
 Writs & Appeals

ficial. So you pause, and in the end you say no as politely as you can. And that moment, when you say no, represents one of the biggest challenges we have as we try to position psychology as a more powerful presence among mental health practitioners and other independent non-MD providers in California.

There are two components of the political system that impact you as a psychologist and that require CPA's consistent efforts on your behalf. The first is our daily work to ensure that the elected officials in Sacramento know what psychology is, what you do, and why what you do is different from other mental health professionals. We visit them, we educate them, and when necessary we lobby them on issues that are vital to the profession. This ongoing responsibility is one that we take very seriously; we can't let up because there is always another challenge around the corner.

The second component is political giving. That is why we have a Political Action Committee; it's the legal mechanism we use to contribute to political campaigns. It's naive to think that we exist outside the political system. The truth is that we need the help of elected officials to ensure that the interests of psychology, psychologists, and the clients you serve are on their minds when they are making important policy decisions. After all, it is those policy decisions that play out in very real ways in your everyday life as a psychologist. Protections that you enjoy as an expert witness or child custody evaluator, confidentiality of patient information, and the broadest scope of practice in the country (with the exception of states with prescribing authority) are there because at some point in time legislators listened to us and voted our way.


Money is a vehicle; it's the coin of the political realm. An Assembly race in California can top \$4 million. Candidates reach out for support, and when we offer that support we have an opportunity to introduce ourselves and talk about the great work that psychologists do. We teach the candidates about our issues, and we cultivate relationships with individuals who learn to understand and respect the profession. These same individuals, we hope, will later be willing to stand up for those policy decisions that we believe in. Naturally we're not the only profession who wants to be heard, so we need to strongly position ourselves.

We need to fully participate, as a profession, in the political process. Things might not always go our way, but we need the resources to stay the course. The CPA-PAC raised \$60,000 in 2014, and although that's the highest amount the PAC has ever raised it's a small amount com-

“ *The truth is that we need the help of elected officials to ensure that the interests of psychology, psychologists, and the clients you serve are on their minds when they are making important policy decisions.* ”

pared to some other healthcare professions. Less than 10% of licensed psychologists in California have ever made a donation to the CPA-PAC, and we rank near the bottom of per capita giving among the healthcare professions. If just 25% of all licensed psychologists in California gave \$25 each we would raise \$112,500. Think about how that would increase psychology's visibility!

An investment in advocacy is an investment in your profession. When that phone call comes asking for a contribution, say yes! When you are offered the opportunity to attend a local political fundraiser, say yes! Give a little or a lot, with your money or your time, but please give. Your participation does make a difference! ■



Courses on
Mythic Stories
in Depth Psychology

Law & Ethics –in-person throughout California.
A refreshingly uplifting series. Learn through stories.
Now offering a new course every two years.

Continuing Education that Renews and Encourages with
Jonathan Young, PhD Psychologist 10231,
Founding Curator, **Joseph Campbell** Archives
and **Anne Bach**, M.S. MFT 38891.

Center for Story and Symbol
folkstory.com • 805.687.7171 • center@folkstory.com

Fifteen Years Later...

A Report from the Education Advocacy Front Line

Gilbert H. Newman, PhD and Anatasia Kim, PhD



Gilbert H. Newman, PhD

(gnewman@wi.edu) is Dean at the Wright Institute. He is an APA Federal Education Advocacy Coordinator; a medical staff member at Contra Costa Health Services; and an APA Commission on Accreditation member occupying the Board of Educational Affairs (BEA)/National Council of Schools and

Programs of Professional Psychology seat. He was President of CPA (2006); Chair, BEA (2007-2008); Chair, Committee of State Leaders (2010), and recently served on the APA Good Governance Project Team and the Implementation Work Group.



Anatasia Kim, PhD

(akim@wi.edu) is an Associate Professor at the Wright Institute. She is the current President of Alameda County Psychological Association (ACPA) and chair of CPA Immigration Task Force. She is also the CPA Diversity Delegate and participates in federal lobby day through APA State Leadership Conference. She previously served as chair of ACPA Governmental Affairs Committee and member of CPA Governmental Affairs Steering Committee. She has taught an Advocacy and Public Policy course at the Wright Institute.

ously served as chair of ACPA Governmental Affairs Committee and member of CPA Governmental Affairs Steering Committee. She has taught an Advocacy and Public Policy course at the Wright Institute.

In 1999 the first author published his first articles for *The California Psychologist* (Bani-Taba & Newman, 1999; Collins & Newman, 1999; Ferguson & Newman, 1999). These articles promoted student advocacy and called for public recognition of student service contributions through their training experiences. At that time, there was widespread concern about psychology losing ground in public mental health. This was underscored by the imminent defunding of a major psychology internship in San Francisco. In response, students and faculty worked together staging a graduate student rally in San Francisco. The event featured many speakers including the student founders of the newly organized California Psychological Association (CPA) of Graduate Students (CPAGS), graduate programs and internships faculty, CPA, the American Psychological Association (APA), local congressional districts, State assembly members, San Francisco Supervisors, and the Mayor of San Francisco, Willie Brown, who offered the following (personal communication, 1999):

Someone... told me... there had never been an occasion when there was actually a public acknowledgment of the level of your service and your participation. I am here to tell you that you may not have heard the voices of those of us who make public policy, those of us who do the appropriating and who do the budgeting... I can assure you, however, that some of us are fully and completely conscious of what you do, and each time we make our decisions we know we're making it with a group of essential volunteers that are invaluable and totally necessary... when I served in the legislature I spent a lot of time... advocating on behalf of psychology and the science of psychology as a part of the delivery system... and at whatever point we get to where the training component of which you speak becomes as equally recognized as has been the training component of the medical delivery system, it will be because you have left the consultation room with the patient and commenced to consult with the real patient, those of us who make these decisions that leaves that component out. Increased political activ-



Show Your Support!

Become a CPA Sustaining Member

Sustaining members receive public recognition for their increased support of CPA, along with a special membership pin and CE discounts.

Contact our membership department at 916-286-7979, ext 122.

ism must become a part of your portfolio. I know that that adds an additional responsibility, but I also know that your limit of assuming responsibility has frankly never been reached.

Mayor Brown skillfully acknowledged the rally – made everyone feel noble about our work – encouraged us to advocate, but in the end, straightforwardly asserted there was no money for training. The rally was not able to save the internship or improve public funding for psychology training. However, the event sparked a movement boosting student involvement in organized psychology advocacy.

At APA's request, rally organizers staged a similar event the following year on the West steps of the US Capitol (<http://www.apa.org/monitor/oct00/rally.aspx>). Psychologist and Congress member Ted Strickland (D-Ohio), who later became Governor of Ohio, was the featured speaker. In preparing the rally, students from the American Psychological Association of Graduate Students (APAGS) and organizers fanned out through the Capitol meeting with congress members to extol the importance of psychology training and the benefits of student services in meeting the needs of the public. The advocacy and lobbying that continued through the following year was an important grassroots component leading to the passage of the Graduate Psychology Education Program (GPE), a competitive federal

grant program available to APA accredited programs established in 2002. The GPE is the only line item of the US budget solely devoted to the education and training of psychologists. The program is unique in featuring the two-for-one value of bolstering psychology training and simultaneously furnishing psychology services to underserved public populations.

The organizing effort to establish the GPE program also inaugurated the Federal Education Advocacy Coordinators Network (FEDAC), the grassroots advocacy arm of the Education Public Policy Office of APA. FEDAC has been involved in advocating for GPE, National Health Service Corps, Minority Fellowship Program, Garrett Lee Smith Campus Care and Counseling, and more. This year, the GPE program grew from a tepid \$2.1 million dollars to \$7.9 million (<http://www.apa.org/about/gr/education/news/2014/gpe-increase.aspx>).

In March 2011, the APA Board of Educational Affairs (BEA) affirmed "that graduation from an APA/CPA [Canadian Psychological Association] accredited doctoral and APA/CPA internship training program must be a prerequisite for licensure for independent practice as health service psychologists" (retrieved February 3, 2015 from <http://www.apa.org/monitor/2011/06/soe.aspx>). Separately, throughout the last 15 years there has been a significant shortage of accredited APA internships. Inspection of APPIC match statistics over the past 15

A. Steven Frankel, Ph.D., Esq.

PSY 3354 Cal. Bar: 192014
D.C. Bar 1009135

3527 Mt. Diablo Blvd., Lafayette, CA 94549
Phone: (925) 943-6175; Fax: (925) 944-8889

Along with all of the typical, ordinary, extraordinary and downright scary interfaces between psychology & law, we cover your ethico-legal requirement to prepare for unanticipated terminations of practice due to death or disability in ways that protect your patients/clients, your families and your colleagues.

Practice-Legacy Programs, LLC® does it all for you, because you've not responded well to professional wills.

www.Practice-Legacy.com
info@practice-legacy.com

COUNSELING CLINICS OF LA JOLLA

A PRIVATE PRACTICE CONSORTIUM

Your Source For Turn-Key Private Practice™

- LOWER YOUR OVERHEAD COSTS
- INCREASE YOUR CLIENT CONTACT HOURS

COUNSELING CLINICS OF LA JOLLA offers private practice mental health professionals, all-inclusive clinical support services in our fully furnished, therapeutically designed facility.

Private Workrooms Treatment Rooms Group Rooms
Full Reception Beverage Service Fully Equipped Expressive
Therapies Room Referrals Lounge and Library Testing Materials
HIPAA Records Room ADA Accessible

Flexible Service Plans to Meet Your Needs

Childcare for your clients' children in our supervised play area is always included!

At COUNSELING CLINICS OF LA JOLLA, you are in PRIVATE PRACTICE where you decide the terms of your services. This is NOT a group practice, and percentages are never taken from your fees!

For more information or a tour of our facilities, please call or visit our website.

www.counselingclinics.com

See us on YouTube 

Like us on Facebook 

1150 SILVERADO STREET LA JOLLA, CA 92037 858-222-8800

years indicate increases in the number of programs and positions, as well as both the number of matched and unmatched applicants between 2000 and 2014 (<http://www.appic.org/Match/Match-Statistics>).

The internship shortage is health service psychology's most pressing concern. APA's Commission on Accreditation (CoA) has set a minimum standard for doctoral programs to send 50% of their students to accredited internships. Informal conversations with colleagues at many California APA-accredited doctoral programs indicate some variability at this time with this APA guideline. In support, the APA Council of Representatives approved a \$3,000,000 internship stimulus fund, for

shovel ready internships to receive a \$20,000 grant to support program costs in becoming accredited. Looking at the match rates above suggest evidence that this fund has had a positive impact. However, there is growing concern that doctoral programs that have not been involved in the match will soon begin participating and raise the number of students seeking internship by perhaps hundreds.


One of the most compelling reasons for BEA and CoA to take the stand they have is related to changes in health care. The Patient Protection and Affordable Care Act (2010, Patient Protection and Affordable Care Act, 42 U.S.C. § 18001) creates an expectation that the health care workforce will be qualified and to a greater degree, credentialed. Similarly to when accreditation in psychology was established following World War II, the federal government wants to assure the public that healthcare workers are skilled and competent. Accreditation is the mechanism they use to assess quality. Furthermore, this is a standard used by federal grant makers such as HRSA and SAMSHA to assure that funding is provided for the development of a qualified workforce. This helps to explain, to some extent, the change in designation – where we once referred to ourselves as professional psychologists, the current trend is to identify the duty of our doctoral training as preparation of health service psychologists. The Health Service Psychology Education Collaborative (2013), an APA taskforce, writes:

[H]ealth service psychology (HSP) is an overarching conceptual framework that encompasses a number of the recognized specialties in professional psychology... The term reflects the reality that most of the accredited doctoral education and training currently conducted in professional psychology is for health care services, including those for prevention, early intervention, treatment, and rehabilitation (p. 413).

Though GPE and the other federal reauthorizations will remain a focus of FEDAC and education advocacy, there is an emerging issue likely to occupy the attention of psychology education advocates for years to come. In many jurisdictions and service settings, the work performed by psychology interns has not been eligible for Medicaid funded reimbursements. For example, psychology interns working in Federally Qualified Health Centers (the roughly 9,000 public primary care clinics throughout the nation) cannot generate billings for their services. Therefore, since there is no revenue generated for their service, there are fewer incentives for an FQHC to invest in doctoral internship training. This has been a concern in the education and training community for many years. Recently, the BEA authorized \$250,000 of the internship stimulus funds to create a congressional fellowship aimed at initiating a state-by-state effort to allow interns' work to be reimbursed.

In many ways, the issues today are similar to 1999. So,

Are You Taking Advantage of the FREE CE Credits in this issue?

CPA Members: Read the **Ethics Corner** and **Law for Psychologists** articles and all articles marked with a  on the table of contents to earn 3 CE credits. From www.cpapsych.org select the Free CE option on the Continuing Education menu and follow the directions.



HELPING TO BRING
EMPLOYERS AND
PSYCHOLOGISTS
TOGETHER.

THE CPA CAREER CENTER: CALIFORNIA'S ALL-NEW ONLINE RESOURCE FOR MAKING CAREER CONNECTIONS IN THE FIELD OF PSYCHOLOGY.

Where can employers and job seeking professionals in psychology go to find one another and make that perfect career fit? The California Psychological Association (CPA) has created the CPA Career Center to help you find the jobs and the candidates that you're looking for. A member of the Psychological Career Network, CPA represents a talent pool of qualified psychologists, and where better to find the people you need than the association that represents them?



CPA CAREER CENTER
<http://careers.cpapsych.org>

1231 I Street, Suite 204 • Sacramento, CA 95814-2933 • (916) 286-7979

where do we go from here? How do we ensure future advocacy for doctoral training and the invaluable services provided by doctoral students? Simply, doctoral programs must begin teaching and educating students about the vital importance of legislative advocacy to our profession and the communities we serve. Currently, such opportunities to increase awareness and develop skills are sorely lacking in most psychology doctoral programs. The following offer some suggestions for integrating legislative advocacy education and participation in graduate training: (a) offer a course on legislative advocacy / public policy and require students to develop and/or get involved in an advocacy/policy project; (b) increase awareness of and participation in existing education/training and activities – e.g., CPA Legislative and Advocacy Conference and Lobby Day, CPA county chapter’s Local Advocacy Network; (c) encourage and provide incentives for faculty members to get trained and involved in advocacy/policy activities – we need role models; (d) finally, organize/host fundraising events for the CPA Political Action Committee – political giving is critical to the protection of our profession and the communities we serve. ■

REFERENCES

Bani-Taba, F. & Newman, G. H. (1999). Host your own psychology student day. *The California Psychologist*, 32 (8), 26-27.

Collins, W. J. & Newman, G. H. (1999). Psychology Graduate Student Day: Psychology students serving the needs of California. *The California Psychologist*, 32 (8), 22-23.

Ferguson, L. & Newman, G. H. (1999). Student advocacy: The power of individual action. *The California Psychologist*, 32 (8), 24.

Health Service Psychology Education Collaborative (2013). Professional Psychology in health-care services: A blueprint for education and training. *American Psychologist*, 68, 411-426.

**Psychologist (Health Facility-Clinical-Safety)
Department of State Hospitals-Atascadero**



Licensed: \$97,440 - \$108,768
Pre-Licensed: \$82,548 - \$89,748

Requirements include:

Graduation from an APA Accredited Doctoral Program, with an APA or APPIC Pre-doctoral Internship and at least 6 months experience working with severely mentally ill patients.

Psychologists work as members of a multidisciplinary treatment team providing services to mentally ill men in our Forensic Hospital.

Excellent benefits including retirement and health plans, paid holidays and paid education leave.

If interested, contact:

Department of State Hospitals-Atascadero
Employment Office
P.O. Box 7005 • Atascadero, CA 93423
(805) 468-3384

For more information you may also contact the Medical Staff Office at (805) 468- 2188 or visit our website at www.ash.dsh.ca.gov.



**Los Angeles County
Psychological Association**

27th Annual Convention

October 24, 2015

**DoubleTree by Hilton
in Culver City**

Featured Afternoon Speaker



DAVID H. BARLOW, PH.D., ABPP
“The Nature, Diagnosis, and Treatment of Emotional Disorders: Back to the Future”

**Call for Presentations:
Deadline May 6, 2015**

**Call for Posters:
Deadline June 12, 2015**

ADVERTISING

**Brochure Deadline:
June 10, 2015**

**Day Program Deadline:
September 17, 2015**

**Exhibit Tables and
Sponsorships Available**

**lacpa1@gmail.com
818-905-0410**



Assesses a wide range of **social, emotional, behavioral, and academic concerns and disorders** in youth aged 6 to 18 years.



CONNERS
Comprehensive Behavior
Rating Scales™



Updated to include
a new scoring option
for the DSM-5
Symptom Scales.*

©MHS

*DSM-IV-TR scoring still available for online and software options.

A multi-informant tool that assesses youth across academic, school, and social settings. **The Conners CBRS®** assists in the diagnostic process, development and monitoring of intervention plans, and the identification of students for potential eligibility in special education programs.

- Direct and clear links to the Diagnostic and Statistical Manual of Mental Disorders: Fifth Edition (DSM-5) and the Individuals with Disabilities Education Improvement Act 2004 (IDEA 2004)
- Straightforward administration, scoring, and reports available in online and software formats
- Excellent reliability and validity
- Spanish versions are available for parent and self-report forms



Earn Continuing Education (CE) Credits with the Conners CBRS.

It is easy to earn CE credits quickly and online. Just study the manual, pass the online questionnaire, and a certificate is created for you!

Learn more at [MHS.com/CE](https://www.mhs.com/CE)

[MHS.com/ConnersCBRS](https://www.mhs.com/ConnersCBRS)

MHS
ASSESSMENTS

Multi-Health Systems Inc.
USA Tel: 1.800.456.3003 / CAN Tel: 1.800.268.6011
[mhs.com](https://www.mhs.com) • customerservice@mhs.com



Learn Center



Earn Continuing Education Credits From the Comfort of Your **Home** or **Office**.

The **MHS Learn Center** makes it easy for you to earn CE credits quickly and online. This user-friendly online tool allows you to satisfy your CE Requirements right from your computer, tablet, or smartphone!

Just study the assessment manual, pass the online questionnaire, and a certificate is created for you. Submit your certificate to the American Psychological Association as required for CE credits or to associations that recognize APA CE credits.



The above CE Online Manual Quizzes are now available.

Visit **MHS.com/CE**

to learn more or to start earning your CE credits.



MHS Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. MHS Inc. maintains responsibility for this program and its content.

Still time to attend!
Details online at www.cpapsych.org.

CPA Convention 2015

Paradise Point Resort and Spa ~ San Diego, California

April 23-26, 2015

Explore • Experience • Engage • *Enjoy!*

Friday Opening Keynote



Friday, April 24, 2015

8:30 a.m. to 10:30 a.m.

Forced to Choose, I'd Hitch My Wagon to Mindfulness

Emiliana Simon-Thomas, PhD

Dr. Simon-Thomas will discuss how mindfulness, from simple breath-awareness iterations to its richest wisdom-and-compassion infused form, may be the most promising means to support the trajectory towards wellness across life domains.

Emiliana Simon-Thomas, PhD is the Science Director at the Greater Good Science Center at UC Berkeley. She earned her PhD at Berkeley, studying the interplay between emotions and thinking, then shifted her scope towards pro-social states. Dr. Simon-Thomas currently focuses on how connecting with others, being kind, grateful and cooperative improves health, well-being and psychosocial functioning.



Hotel Information

Enjoy a little bit of Paradise in San Diego! **The Paradise Point Resort and Spa** has the feel of a tropical resort with grounds lush with flowering plants and four pools.

Make hotel reservations by calling **1-800-344-2626** or online at www.paradisepoint.com.

Sunday Closing Keynote



Sunday, April 26, 2015

10:00 a.m. to 12:00 noon

Friendship with a Twist: Forging a Relationship, Negotiating a Psychosis

Stephen H. Behnke, JD, PhD, MDiv and Elyn R. Saks, JD

Professor Saks and Dr. Behnke will explore the meaning of psychosis in a relationship such as theirs and examine how their professional lives and training affected the dynamics of an illness that is a focus of their academic work. The format of the program will be a moderated discussion followed by audience questions and comments.

Stephen H. Behnke, JD, PhD, MDiv earned his JD from Yale Law School, his PhD in clinical psychology from the University of Michigan, and his MDiv from Harvard Divinity School. In 1996, Dr. Behnke was made chief psychologist of the Day Hospital Unit at the Massachusetts Mental Health Center, a position he held until 1998, when he was named a faculty fellow in Harvard University's program in Ethics and the Professions. In November of 2000, he assumed the position of director of ethics at the American Psychological Association.

Elyn R. Saks, JD is Orrin B. Evans Professor of Law, Psychology, and Psychiatry and the Behavioral Sciences at the University of Southern California Gould School of Law; Adjunct Professor of Psychiatry at the University of California, San Diego, School of Medicine; and Faculty at the New Center for Psychoanalysis in Los Angeles. She has degrees in Philosophy from Vanderbilt and Oxford Universities, a law degree from Yale, and a PhD from the New Center. Professor Saks has written five books and over 40 articles on mental health law and ethics. Her memoir, *The Center Cannot Hold: My Journey Through Madness*, powerfully describes her struggles with schizophrenia and has won widespread acclaim.

Preconvention Advanced Level Continuing Education Institutes

Thursday, April 23, 2015

10 a.m. to 5 p.m. (6 CE Credits) ~ Separate registration fee required.

Detailed content and presenter information at www.cpspsych.org.

Ethics, Law, and the Board of Psychology: Navigating the Complexities of Practice



Bram Fridhandler, PhD has been a member of the CPA Ethics Committee since 2006 and is in his third year as Chair. He is an Expert Reviewer for the California Board of Psychology.



Elizabeth Jenks, PhD has been the Director of Training for two APA-accredited internship programs in Southern California. She is currently the Director of Clinical Intern Training at Pacific Clinics, a large community mental health agency in Southern California.



Stephen C. Phillips, JD, PsyD is one of the five licensed members of the California Board of Psychology. He was appointed by Governor Brown in 2013. Dr. Phillips is a licensed psychologist and member of the State Bar of California. He maintains a private practice in clinical and criminal forensic psychology in Beverly Hills.



Ellen Stein, PhD is Vice-Chair of the CPA Ethics Committee and provides Law/Ethics CE trainings across the State. She maintains a private practice in San Diego as a forensic/clinical psychologist, providing expert witness testimony in Civil, Criminal and Courts Martial matters, as well as Board complaint consultation.

Integrating Neuroimaging in the Practice of Clinical Psychology and Neuropsychology: Contemporary Methods of Analysis



Erin David Bigler, PhD is a Professor of Psychology and Neuro-science at Brigham Young University where he also serves as Director of the Magnetic Resonance Imaging Research Facility. He is Board Certified in Clinical Neuropsychology by the American Board of Professional Psychology and co-directs the clinical neuropsychology sub-specialty training in BYU's APA-approved clinical psychology PhD program.

Engaging Male Withdrawers in Couple Therapy using Emotionally Focused Therapy



Scott R. Woolley, PhD holds the rank of Distinguished Professor in the Couple and Family Therapy Masters and Doctoral Programs in CSPP at Alliant International University. He is a founder and Director of the San Diego Center for Emotionally Focused Therapy and the Training and Research Institute for EFT affiliated with Alliant.

Master Lectures

Friday, April 24, 2015



Enchantment: A Sparkplug for Therapeutic Growth

11:00 a.m. to 12:30 p.m. (1.5 CE Credits)

Erving Polster, PhD, Director, Gestalt Training Center-San Diego and Associate Clinical Professor, Department of Psychiatry of the School of Medicine, University of California, San Diego



Creating Lasting Change: Emotionally Focused Therapy

2:00 p.m. to 3:30 p.m. (1.5 CE Credits)

Scott R. Woolley, PhD, Distinguished Professor, Couple and Family Therapy Masters and Doctoral Programs, CSPP at Alliant International University; founder and director of San Diego Center for Emotionally Focused Therapy

Saturday, April 25, 2015



Contemporary Threat Assessment: Psychologists' Response to a World at Risk

8:30 a.m. to 10:00 a.m. (1.5 CE Credits)

Reid Meloy, PhD, Clinical Professor of Psychiatry, University of California, San Diego, School of Medicine and faculty member, San Diego Psychoanalytic Institute



Ethnic Minority Differences in Mental Health: Is Everyone Equal?

10:30 a.m. to Noon (1.5 CE Credits)

Stanley Sue, PhD, Distinguished Professor of Psychology and Co-Director the Center for Excellence in Diversity at Palo Alto University, CA

Look what is included...

- Welcome and President's Receptions
- Exhibit hall with refreshments
- Conversation with CPA President and CEO
- 16 CE credits from 32 sessions

And so much more...

My Client, My Follower: Multiple Relationships on the Internet

Keely Kolmes, PsyD



Keely Kolmes, PsyD

(drkkolmes@gmail.com) is in private practice in San Francisco. She writes, does research, and provides consultation and training on clinical and ethical issues related to social networking. Her Social Media Policy has been taught and cited internationally across health disciplines.

She has published a *New York Times* Op-Ed

on online consumer reviews of mental health services. Her website is www.drkkolmes.com and Twitter: @drkkolmes.

One of the more nuanced aspects of the APA Ethics Code (2010) is the section on multiple relationships, which invites us to think critically about the type of relationship we have with a person.

On the Internet, it can be tricky to distinguish what exactly is a multiple role or whether such a relationship has the power to exploit or harm another person or influence our judgment. There are subtle ways in which adding psychotherapy clients as contacts on social media sites can blur the lines of our professional role(s) with them. Here are two examples:

1) Adding clients as contacts or friends allows them to connect and network with the other people in our social network. This means if we have other patients, friends, or family members as part of our connections, our clients can forge connections with those people on our Walls or via direct email. They may have no ill intent, but if we do not enforce online boundaries, we may be surprised to discover the relationships that blossom when we accept such requests.

2) On a site such as LinkedIn, it is common for people to request introductions to people in your network so that they may seek a job at their company. It could threaten confidentiality and boundaries if one of your close friends asks for an introduction to your client so that she can seek employment at his company.

Not connecting to your clients on social media is a quick and easy way to avoid getting into potentially harmful multiple roles with them.

Another interesting digital dilemma is when clinicians have

someone in their social media network contact them for therapy. Some of these people may be loose connections such as a person we met many years ago and added to our network. The APA Ethics Code does not distinguish between online and offline multiple roles but it does require us to consider to impact of entering into such roles.

People with this dilemma may wish to have a chat with the interested client and think through together whether their social proximity could cause problems. It may be worth noting “If we agree to work together clinically, we will need to disconnect from one another on social media, to avoid blurring of boundaries.”

Another way a clinician can manage this is to tell the prospective client, “If we work together, it will preclude a friendship or business relationship, and I want to explain why. So why don’t you choose what feels best for you? I can refer you to someone else if you’d prefer to keep a social or business connection with me.” This takes into account the General Principles of autonomy and self-determination encouraged in the Preamble of the Ethics Code, while also educating potential clients about the boundaries of the psychotherapy relationship.

An especially challenging point of online overlap is when we find that we share space with a client on a personal or professional listserv. Here, we have not added or accepted a request, but just happen to co-exist in community. We may not even know of this overlap for some time if one or either party doesn’t frequently post. Participating on listservs with clients may or may not be feasible. You may wish to shift what you share, or come to an agreement with the clients in your practice about how you will both inhabit such online spaces. The literature on working in rural communities (Schank, Helbok, Haldeman, & Gallardo, 2010) offers some applicable approaches to managing such overlap whether the list you share is a professional listserv or a local list for cycling enthusiasts. ■

REFERENCES

- American Psychological Association. (2010). Ethical principals of psychologist and codes of conduct. Retrieved from <http://www.apa.org/ethics/code/>
- Schank, J. A., Helbok, C. M., Haldeman, D. C., & Gallardo, M. E. (2010). Challenges and benefits of ethical small-community practice. *Professional Psychology: Research and Practice, 41*, 502-510

Are Child Molesters Necessarily Mentally Ill? Harsh Cross-Examination of Expert Psychologists is Permissible

Jack P. Lipton, PhD, Esq.

In the case of *People vs. Shazier*, the California Supreme Court reaffirmed that being subjected to cross-examination as an expert witness can be a rough experience for psychologists. This case involved competing psychological expert testimony regarding whether Daniel Shazier, a convicted sex offender, had a “diagnosed mental disorder” and thus could be categorized as a Sexually Violent Predator (SVP), as defined in law. Within this context, the California Supreme Court ruled that harsh cross-examination of a psychologist testifying as an expert witness was legally permissible.

Is Shazier a Sexually Violent Predator?

Shazier had an extensive history of sexual misconduct with post-pubescent boys, often involving violence. Shazier was repeatedly imprisoned, released on parole, and returned to prison after he engaged in sexual misconduct in violation of parole.

There was no question that Shazier was a repeat offender, having been convicted numerous times of sex offenses. But after he completed his prison sentences, the question was whether Shazier was an SVP, as defined in law, who should be confined involuntarily in a state hospital as a danger to others.

The law is quite specific as to how to categorize an offender as an SVP. The designation refers to a person not only who has been convicted of a sexually violent offense, but in addition, is one who has a **diagnosed mental disorder** that makes the person a danger to the safety of others in that it is likely that he will engage in sexually violent criminal behavior. The SVP law specifically defines a “diagnosed mental disorder” as including “a congenital or acquired condition affecting the emotional or volitional capacity that predisposes the person to the commission of criminal sexual acts in a degree constituting the person a menace to the health and safety of others.” Also, there must be “probable cause to believe that the individual ... is likely to engage in sexually violent predatory criminal behavior.”

Psychological Expert Testimony

The stage was set in Superior Court for the jury trial to determine whether Shazier is an SVP with a diagnosed mental disorder who is likely to engage in sexually violent predatory



Jack P. Lipton, PhD, Esq.

(jlipton@bwslaw.com) is an attorney and a Senior Partner at the law firm of Burke, Williams & Sorensen, LLP, with offices throughout California, focusing on representing psychologists and other mental health professionals, as well as public and private educational institutions. As an undergraduate at UCLA he majored in psychology; he earned his law degree from the University of Arizona, and his PhD in Psychology from the University of California, Riverside. He is also an adjunct faculty member at the Graduate School of Education and Psychology at Pepperdine University and at Southwestern Law School.

criminal behavior. Central at the trial were psychological expert witnesses on both sides. Two psychological experts testified for the prosecution including Dr. Craig Updegrove. Dr. Theodore Donaldson testified on behalf of the defense.

Dr. Updegrove diagnosed Shazier with Paraphilia “Not Otherwise Specified” (“NOS”), characterized by the court as “a lifelong disordered sexuality that can be controlled, but not cured.” Dr. Updegrove agreed that individuals who have molested children do not necessarily have mental disorders, as is required for the SVP designation. However, he indicated that Shazier’s history revealed a “singular, intense, and long-standing pattern of compulsive behavior” such that Shazier has acted on his attraction repeatedly even after suffering severe and repeated penal sanctions for doing so. Such persistent, compulsive, and manipulative behavior, Dr. Updegrove opined, demonstrates a “disordered sexuality and an impairment of volitional control that predisposes Shazier to reoffend against the target group.”

Testifying for Shazier, Dr. Donaldson disputed the conclusions of the prosecution’s expert. His testimony stressed his view that Shazier does *not* have a diagnosed mental disorder as is necessary for commitment as an SVP. Dr. Donaldson asserted that, for purposes of categorization as an SVP, the offender must have some sort of paraphilic disorder that predisposes the person to sexual violence, and must also have serious difficulty

in controlling his or her behavior, and according to Dr. Donaldson, Shazier exhibited neither characteristic. Although Shazier may have a personality disorder, Dr. Donaldson indicated that this did not predispose Shazier to sexual violence. Nor, Dr. Donaldson suggested, is there evidence that Shazier was specifically aroused by violence or by his victims' non-consent. And Dr. Donaldson generally criticized the diagnosis of Paraphilia NOS saying that it was an attempt to "shoehorn" mere criminal rapists into a category of committable mental disorder.

Dr. Donaldson emphasized that, from a mental health standpoint, a sexual behavior is not "deviant," and thus a sign of mental illness, simply because it is illegal, immoral, or in violation of current societal norms. Dr. Donaldson insisted that Shazier exhibited no evidence of internal conflict or dysfunction, and he saw no sign of a compulsive attraction and no indication that Shazier "was disturbed by his behavior, that it bothered him."

Cross-Examination of Expert

The prosecution tried to demonstrate that Dr. Donaldson was not a credible witness. On tough cross-examination, Dr. Donaldson conceded that he had been terminated from the expert panel because he was then "outside the mainstream" of professional opinion, and that he had since testified "hundreds of times," solely on the defense side. The prosecutor focused on such prior cases where Dr. Donaldson had consistently testified that a particular defendant was not an SVP, asking Dr. Donaldson about various prior cases, such as where: (1) an offender, after serving a prison sentence for raping a hitchhiker, tried to rape an 11-year-old girl in her home while her mother was absent, and then, after serving a sentence for that crime, met and married a woman upon whose two children he committed five counts of molestation; (2) an offender was accused of "molesting every child in his apartment complex, including his own 3½-year old son"; and (3) an offender who engaged in a "forcible rape where several weapons were used, including a baseball bat that he shoved up a victim's rectum, that he used guns, that he pistol-whipped a victim."

Pressing home his point, the prosecutor asked Dr. Donaldson whether it was "fair to say" that "it wouldn't have mattered in any of these cases for your opinion, or in any SVP case, how absolutely repulsive the conduct is because that's just describing their criminality. It really just doesn't show that they have any sort of mental disorder." Dr. Donaldson replied that it was "true that criminal behavior does not identify a mental disorder."

In closing argument to the jury, the prosecutor made this statement about Dr. Donaldson: "He has a streak that would make Cal Ripken jealous. Cal Ripken the baseball player ... [who] played in something like 4,000 straight games. Dr. Donaldson's streak of 289 straight times testifying exclusively for the defense. ... His brilliance has yet to be fully appreciated by this society. It is appreciated by defense attorneys who pay him and he comes in, and 289 straight times testified for the defense." The prosecutor further commented that Dr. Donaldson was "completely biased and unhelpful."

The jury found Shazier to be an SVP. Shazier appealed on various grounds, including that the prosecution's comments about and cross-examination of Dr. Donaldson constituted prosecutorial misconduct.

Appeal to Court of Appeal

On appeal, the California Court of Appeal determined that the prosecutor did commit misconduct such as by questioning Dr. Donaldson about the facts of other cases in which he had testified that the defendants were not SVPs. The Court of Appeal reasoned that this line of inquiry was irrelevant and was thus calculated simply to inflame the jurors by placing before them the incendiary facts regarding other cases.

The Court of Appeal relied heavily on the prior case of *People v. Buffington* where Dr. Donaldson testified for the defense. In that case, Buffington was sent to prison after a spree of violent rapes. At Buffington's SVP trial, two psychologists testifying for the prosecution diagnosed him with Paraphilia NOS. Dr. Donaldson, though, denied that Buffington had a diagnosed mental disorder or was likely to re-offend. The prosecutor cross-examined Dr. Donaldson regarding his expert testimony in other cases, and the Court of Appeal in the Buffington case ruled that this line of questions was impermissible.

The Court of Appeal ruled in favor of Shazier.

Further Appeal to Supreme Court

The California Supreme Court, however, disagreed with the Court of Appeal, and affirmed that the original determination of Shazier as an SVP was not incorrect, finding that there was no prosecutorial misconduct because "The scope of cross-examination of an expert witness is especially broad." The Supreme Court further ruled that "the prosecution is entitled to attempt to discredit the expert's opinion." Moreover, a psychologist's testimony "in prior cases involving similar issues, is a legitimate subject of cross-examination when it is relevant to the bias of the witness." The Supreme Court thus concluded that the prosecutor's remarks, "though harsh and colorful, were fair comments on the evidence, and they validly assailed the witness' impartiality and professional credibility."

Conclusion

Within the context of a "battle of the experts" regarding whether a convicted sex offender had a diagnosed mental disorder, the opposing attorney was legally permitted to engage in harsh cross-examination of a psychologist testifying as an expert, including questioning him regarding details of prior cases in which he had testified. ■

REFERENCES

- People v. Buffington* (2007) 152 Cal.App.4th 446.
- People vs. Shazier* (2014) 60 Cal.4th 109.
- Sections 6600 et. seq. of the *California Welfare & Institutions Code*.

“What Can I do?”

Gabrielle Johnson, MS, Psychology Predoctoral Intern; Michi Fu, PhD and Beth Jenks, PhD

From events within cohorts to events on the evening news, interns are increasingly asking, “What can I do?” to advocate for their communities. Gabrielle Johnson shares her thoughts regarding the question:

“Internship is a very transitional period. No longer students in the traditional sense, we are also not yet psychologists. As with most transitions, it’s difficult to immediately know how to successfully navigate our new roles. This has been particularly true for me with regard to advocacy. As a student, I was often too fearful to ask what it really means to be a community advocate. A secondary rotation with Pacific Clinic’s Statewide Prevention Projects has afforded me opportunity to work directly with, and be supervised by, community advocates. My understanding of advocacy has grown tremendously as I’ve attended statewide forums for reducing mental health disparities and been mentored by community psychologists. I’ve found two ways to address the question posed: What can I do?”

Tell the Truth

It sounds simple, yet telling “the truth” can be one of the most difficult actions to take as a student. Fear of backlash or negative past experiences can cripple students from being honest with supervisors. Being honest and transparent with my supervisor about my perceptions of oppression and bias has led to systemic change, as well as allowed me to consider countertransference issues.

Use your Platform

All internships have required activities. Use those platforms to advocate! I chose to share in our diversity journal club articles about racism (Holoien & Shelton, 2012; Neville et al., 2013) in response to the racial inequalities we had seen on the news. I engaged my cohort in a difficult conversation concerning psychologist actions that may diminish the African American experience/engagement in therapy.

Although these are just two of many ways in which students can be community advocates, I have found them to be most rewarding. After years of wondering what it really means to engage in advocacy work, I finally feel like I am advocating for communities in need.”

Dr. Fu reflects on her journey to become a community advocate supervisor. “My first opportunity to engage in advocacy as a mental health professional was as a practicum student at a community mental health center in Boston’s Chinatown. We were to lead our consumers to the state capitol steps and chant “no justice, no peace!” in unison. For reasons still unknown to me, my supervisor asked me to lead the chant using a megaphone. It was scary, exhilarating and my introduction to using my voice on behalf of others. Years later, I participated in the Okura Mental Health Leadership Fellowship, resulting in a one-week crash course in Washington, DC. I was again encouraged to consider how I could speak on behalf of others by utilizing my education and experiences. Nowadays, I’m well-aware of the need to support students to find their own voice as a community/mental health advocate. As such, I teach a course regarding advocacy, resulting in students lobbying during the Cali-



Gabrielle Johnson, MS

(gjohnson@pacificclinics.org) is a predoctoral psychology intern in Pacific Clinics’ APA-accredited internship pro-

gram. She has held leadership positions within the National Association of Black Psychologists while a PhD counseling psychology student at Oklahoma State University. She recently served as a panelist discussing the Black Lives Matter Campaign at NMCS 2015.



Michi Fu, PhD

(drmichifu@gmail.com) is the Statewide Prevention Projects Director of Pacific Clinics, working on projects aimed at reducing

mental health disparities. She is also Associate Professor in the Clinical PhD program of Alliant International University. She is a Public Education Campaign committee member and immediate past-Secretary of the California Psychological Association.



Beth Jenks, PhD

(Bjenks@pacific-clinics.org) has been the Director of Training for two APA-accredited internship programs. She is now Director of Clinical

Intern Training at Pacific Clinics, a community mental health agency in Southern California. She is Chair-Elect of Division II and also serves as a member of the CPA Ethics Committee.

Continued on page 32

Self-Care Through Advocacy

Kammy K. Kwok, MA, Toni Li and Jorge Wong, PhD



Kammy K. Kwok (kkwok@paloalto.edu) is a 3rd year PhD Clinical Psychology student in the Child and Family emphasis at Palo Alto University.

She is currently a trainee in the Family and Children Division at Asian Americans for Community Involvement. Her interests include working with children, adolescents and their families, community mental health and diverse populations.



Toni Li (toni.li711@gmail.com) is a 3rd year PsyD student at the Wright Institute in Berkeley, and is currently a trainee at Asian Americans

for Community Involvement, Center for Survivors of Torture. She is interested in community mental health, trauma, psychological assessment, and multicultural research.



Jorge Wong, PhD (jogiewon@yahoo.com) is the Director of Clinical and Regulatory Affairs at Asian Americans for Community Involvement,

Trustee and Clinical Faculty at Palo Alto University, Immediate Past President of the San Francisco Psychological Association, Chair of CPA Division VII Advocacy and Social Justice, and CPA President-Elect.

Psychologists advocate for clients and we embrace this practice as part of our professional identity. Yet we do not advocate for ourselves. If we do, we do so poorly as compared to other professionals (Shadish, Pereira, & Wong, 2013).

The Mental Health Services Act Workforce Education and Training (MHSA WET) Five-Year Plan (2014-19) is the blueprint for the development of mental health service providers in California’s public mental health systems (PMHS) (Office of Statewide Health Planning and Development (2014). The career ladder for psychologists is limited, even when “California’s PMHS suffers from a critical shortage of qualified mental health personnel to meet the needs of the diverse population they serve” (p. 3).

	Budgeted	% of Total \$114.7 m
Psychologists	\$1.8 m	1.5
Marriage & Family Therapists	\$12.4 m	10.8
LCSWs	\$13.6 m	11.8
Psychiatrists	\$9 m	7.8
Psychiatric Nurse Practitioners	\$6 m	5.2

**MHSA WET Four-Year Plan career ladders for qualified mental health professionals*

It is time for psychologists to advocate professionally for ourselves or we will be squeezed out of the PMHS. Limiting the availability of licensed psychologists imposes access barriers to care and exacerbates the existing public healthcare disparity. If psychologists are complacent, we diminish the principles of our ethics code that expects psychologists to improve the condition of individuals, organizations and society (Preamble) and “...recognize that fairness and justice entitle all persons to access to and benefit from the contributions of psychology (Principle D) (APA, 2002).

The modest level of professional advocacy in psychology is alarming and can negatively impact the future of the profession. Psychologists are unaware that the amount of time, work, and dedication they invest in their degree might be jeopardized by this disinterest in advocacy (Fox, 2008). To help increase the advocacy activity of psychologists, early intervention at the doctoral training may be essential (Fox, 2008). Developing an ethos of advocacy may not be an easy feat, but is necessary to preserve the future of psychology (Fox, 2008; Lating, Barnett, & Horowitz, 2010). The first step in the journey to advocacy is to instill in doctoral students an attitude or mind-set of advocating for the profession (Lating et al., 2010), early and throughout their training. Implementing advocacy training, providing mentorship and opportunities for advocacy throughout their professional training program may help increase their motivation and acceptance that advocacy is vital to the future of the profession (Fox, 2008; Lating et al., 2010).

As psychologists, we treat clients who struggle not only to have their mental health care needs met, but also their basic needs. While arguably other mental health professionals could also advocate for our clients, psychologists are exceptionally trained in research and evaluation, evidence-based practices, neuropsychological assess-

ment, and outcome measures. Such education and roles come with expectations that psychologists will receive on-going training, and provide interventions supported by current research. With this highly specialized set of skills and knowledge, why do such a small percentage of psychologists advocate for the protection of these roles (DeLeon, Loftis, Ball, & Sullivan, 2006)? If psychologists are phased out of the changing health care workplace that favors less-expensive masters-level clinicians, our expertise in the psychological science and practice will be denied to those who need it most. If we cannot distinguish ourselves from other providers, what jobs will exist for psychologists? The journey to becoming a psychologist is most rewarding and also arduous. We cannot afford to not advocate for ourselves. Advocacy is our professional self-care! ■

REFERENCES

- American Psychological Association. (2002). Ethical principles of psychologists and code of conduct. *American Psychologist*, 57, 1060-1073.
- DeLeon, P. H., Loftis, C. W., Ball, V., & Sullivan, M. J. (2006). Navigating politics, policy, and procedure: A firsthand perspective of advocacy on behalf of the profession. *Professional Psychology: Research and Practice*, 37, 146-153. doi:10.1037/0735-7028.37.2.146
- Fox, R. E., (2008). Advocacy: The key to the survival and growth of professional psychology. *Professional Psychology: Research and Practice*, 39, 633-637. doi:10.1037/0735-7028.39.6.633
- Lating, J. M., Barnett, J. E., & Horowitz, M. (2010). Creating a culture of advocacy. In M. B. Kenkel & R. L. Peterson (Eds.), *Competency-based education for professional psychology* (pp. 201-208). Washington, DC: American Psychological Association.
- Office of Statewide Health Planning and Development (2014). *Mental Health Services Act Workforce Education and Training Five-Year Plan*. (2014). Retrieved from <http://oshpd.ca.gov/HWDD/pdfs/WET/WET-Five-Year-Plan-2014-2019-FINAL.pdf>
- Shadish, K., Pereira, S. & Wong, J. (2013). Professional advocacy: Improvement in the quality of care. *The California Psychologist*, 46(6), 25-27.

Presented by Lifespan Learning Institute

Disorganized Attachments: Understanding and Treating Early Life Development and the Effects of Trauma

Mary Main, PhD

Daniel Siegel, MD

Erik Hesse, PhD

with Paula Thomson, PsyD, Frances Nkara, Bonnie Goldstein, PhD

In this three-day, one of a kind workshop, participants will be able to dive deeply into both the science and the clinical implications of attachment research, in dialogue with the leading pioneers in the field, Mary Main, Erik Hesse and Daniel Siegel. We will focus especially on the development and outcomes of those with disorganized attachment, elucidating how to deeply understand its etiology and approaches to healing this form of developmental trauma.

May 15 - 17, 2015

Crest Theater, West Los Angeles

Earn up to 21 CE Hours



lifespanlearn.org

310.474.2505

G. JUNG INSTITUTE OF LOS ANGELES

CURRENT TOPICS IN ANALYTICAL PSYCHOLOGY

A Certificate Program
in Jungian Studies
For Clinicians
Beginning Fall 2015

Now accepting applications
www.junginla.org/CP

THINKING ABOUT TRANSFERENCE

A full-day conference
for clinicians

May 16, 2015
[www.junginla.org/
Transference](http://www.junginla.org/Transference)

BOOKSTORE AND LIBRARY

Jungian
and General Psychology,
Mythology, Symbolism,
and Assorted Gifts

For descriptions of our
**CONTINUING
EDUCATION**
offerings for Psychologists
or to sign up to receive
our weekly newsletter,
please visit
www.junginla.org

10349 West Pico Boulevard
Los Angeles, CA 90064
310-556-1193
www.junginla.org

The Board of Psychology, Continuing Professional Development and You

Jo Linder-Crow, PhD



Jo Linder-Crow, PhD

(jlindercrow@cpapsych.org) is the Chief Executive Officer of the California Psychological Association and Executive Director of the CPA Foundation. Previously, as the Associate Executive Director for Education at the American Psychological Association, she was responsible for APA's Continuing Educa-

tion Program. She is past Chair of the Council of Executives of State, Provincial, and Territorial Psychological Associations and is a current member of the APA Committee for the Advancement of Professional Practice (CAPP). She serves on the Board of Directors of the California Society for Association Executives and currently chairs the CalSAE Professional Development Committee.

The recent proposed changes to the CE requirements by the Board of Psychology have galvanized CPA members and have generated a significant discussion about what the proposed changes might mean for psychologists in California. As we go to press with this issue of *The California Psychologist* the Board of Psychology has requested public comment on the latest draft of the CE regulations, with a deadline of March 24, 2015. The Board is required to consider any negative comment on the proposed language when they meet on May 14-15 in Los Angeles. Following discussion about those comments they will make a decision on whether to make more changes in the regulations or to send them forward for review by the Office of Administrative Law, and final approval.

Background

In June 2001, the Association of State and Provincial Psychology Boards (ASPPB) published their Guidelines for Continuing Professional Education. In 2009, in light of the competency movement and other recent developments in the field, the ASPPB Board of Directors determined that the Guidelines should be updated. The Board appointed a task force on the Maintenance of Competence and Licensure (MOCAL) and asked the task force to (1) Revise and update the 2001 ASPPB Guidelines for Continuing Professional Education with input

from member boards and other interested stakeholders, (2) Study the role that regulatory bodies in psychology can have in assuring that licensed/registered psychologists maintain their competence, and (3) Make recommendations to regulatory bodies on how to implement maintenance of competence/licensure procedures.

The task force produced the *ASPPB Guidelines for Continuing Professional Development* in August 2014. In the introduction, the guidelines state:

“These Guidelines address the broad concept of Continuing Professional Development (CPD). Not only is it expected that psychologists will continue to update their knowledge throughout their careers, but also that they will maintain and enhance their existing knowledge, skills and professional competencies. Further, it is anticipated that psychologists will maintain their competencies based on published advances in theory, practice and empirical research. Participation in continuing education is one way that psychologists maintain and enhance their knowledge and skills; however, it is not the only way, nor is it necessarily the most effective way.” (p.2)

The term Continuing Professional Development, as described in the ASPPB Guidelines, describes a process intended to continue and update the training of psychologists in their current areas of practice (rather than the development of competencies in new areas (e.g., from general clinical to neuropsychology). According to the Guidelines, CPD is intended to maintain and build on existing competencies throughout a psychologist's career, and to keep knowledge and practice up-to-date.

The ASPPB Guidelines, upon completion, were distributed to all licensing jurisdictions in the United States and Canada, including the Board of Psychology in California. Each jurisdiction was asked to consider the guidelines, but each licensing entity was free to determine whether or not it wanted to pursue changes to their current Continuing Education requirements.

What Did the California Board of Psychology Decide to Do?

The California Board of Psychology (BOP) has been discussing the ASPPB guidelines for the past two years and made the

decision to move forward with the new model described by ASPPB. CPA was invited to be a part of the discussion, and attended committee meetings of the BOP during the development of the proposed regulations. During the 2012 CPA convention, Dr. Jo Linder-Crow, CPA's CEO, participated in a session with Dr. Jackie Horn (now a member of the BOP and then on the Board of ASPPB) that provided an overview of the ASPPB guidelines and how they might be used in California. Input from that session was shared with the Board of Psychology during their subsequent discussions. Ultimately, the BOP agreed with ASPPB that CPD could be seen as a broader concept that offered a new path to developing the multi-faceted competencies needed for quality professional performance in one's area of practice.

What is the Status of the Proposed Changes?

Following significant discussion at BOP meetings, and using the ASPPB guidelines as a starting point, the BOP proposed regulatory changes that would move from the Continuing Education (CE) model to the Continuing Professional Development (CPD) model of ensuring continued competence. Proposed changes were posted for public comment at various stages by the BOP, as required by law, and changes were made based on comments that were received. The BOP received very few comments when they posted the document for comment following revisions made in November 2014. However, subsequent to the January 19 deadline for comment, the Board received many comments, and they agreed to reconsider the proposed changes at their meeting in February 2015. At that meeting the BOP made a change to the proposed "cap" on the number of CE credits that could be earned through traditional ("sponsored") CE, and raised the limit to 27 credit hours (from the 18 proposed earlier).

On March 9, 2015, these latest revisions were made available for public comment. CPA alerted our members to the open comment period and kept the membership informed about the deadline for comment and about the regulatory process that the BOP is required to follow.

What Are the Changes?

The current requirement of 36 hours per licensure period will not change. Currently, licensees may accrue all 36 hours through traditional CE courses. The proposed CPD model has four (4) ways a licensee may complete the CPD requirements for renewal of his or her license, and the new model would require that a licensee complete CE/CPD from at least **two** (2) of the **four** (4) CPD areas. There are also limitations on the maximum number of credit hours a licensee may use in each category, including the limit of 27 credit hours that could be earned through traditional CE courses.

The four areas described in the proposed regulations are (1) Professional Activity (Peer Consultation, Practice Outcome Monitoring (POM), Professional Activities, Conferences/Conventions, Examination Functions); (2) Academic (Academic

Courses, Academic Instruction, Supervision, Publications); (3) Sponsored Continuing Education Coursework (including Independent/Online Learning); and (4) Board Certification (ABPP).

Practically speaking, a psychologist would have the option of utilizing any two of the four areas to accrue the required 36 credit hours for re-licensure. If the choice was to accrue the maximum number of hours allowed through traditional CE courses (27, as proposed), the other nine credit hours (over a two year period) could be accrued through peer consultation, conference attendance, or a combination of any of the other options available.

The maximum number of credit hours allowed in each sub-area is outlined in the matrix below. Psychologists would also be required to certify that they have received a minimum of four (4) credit hours in both Ethics and Law and in Cultural Diversity, but these are not course requirements. These hours can be included in the required 36 hours and can be earned by attending a course or by attending a conference specifically targeting these content areas. For example, you were to take the CPA/Trust sponsored Risk Management course it would count as six CE credits (traditional CE) and you could also use it to meet your Ethics and Law requirement.

It should be noted that all of the details regarding implementation have not been fully detailed by the Board of Psychology. They stated at the February meeting that they would continue to examine the definitions and descriptions of the

Child Sexual Abuse

LAW OFFICES OF
JOSEPH C. GEORGE, PH.D.

Licensed Psychologist
(PSY 7480)

Attorney At Law
(SBN 119231)

Legal Representation of Injured Victims and Survivors

1-800-700-8613

Available for Referral of Clients and
Free Consultation Throughout California

www.psyclaw.com



Online Clinical Psychopharmacology Postdoctoral MS Program

Our Postdoctoral Master of Science program provides in-depth, systematic training in clinical psychopharmacology to licensed or license-eligible psychologists.

- Classes start January 2016
- Delivered entirely online
- Classes meet approximately every third weekend for 28 months

psychopharm.alliant.edu



CSPP
CALIFORNIA SCHOOL OF
PROFESSIONAL PSYCHOLOGY

Alliant International University is a private institution accredited by the Western Association of Schools and Colleges. Alliant is an equal opportunity employer and educator.

various areas of CPD as they develop an implementation plan for monitoring compliance with the requirements.

When Will These New Regulations Become Effective?

The proposed regulations, if they are approved as currently written, would become effective on January 1, 2016. The new regulations would allow a phase-in period. Anyone whose license was active through November 2017 would be allowed to accrue the required credit hours by using either the current or the new system.

What Does This Mean for Me?

CPA will keep our members informed about the BOP actions taken at the meeting on May 14-15 in Los Angeles. As the regulations are currently written, you would still be required to earn 36 credit hours of continuing professional development during the license period. You would be able to earn 27 credit hours by attending “traditional” or sponsored CE courses if you utilized that option, but you could also choose to meet your requirements through any of the other activities such as conference attendance, teaching, publications, volunteer service in a psychological association, or organized case consultations you might attend. While there would be limitations on the number of credit hours you could earn in any one area, you would not be *required* to participate in any particular activity. The flexibility you would have in choosing the activities you want to use to meet the requirements would be accompanied by a requirement that you participate in at least two types of activities rather than solely earning your credit hours through traditional courses.

Please contact Dr. Jo Linder-Crow with any questions about the details of the proposed regulations at jlindercrow@cpapsych.org. ■

The full text of the proposed regulations can be found on the Board of Psychology website at http://www.psychology.ca.gov/laws_regs/ce_proplang.pdf

The full text of the ASPPB Guidelines for Continuing Professional Development can be found at http://c.ymcdn.com/sites/www.asppb.net/resource/resmgr/guidelines/asppb_guidelines_for_continu.pdf

“What Can I do?” continued from page 27

California Psychological Association’s Leadership Advocacy Day and writing op-ed pieces on current events to educate the public on how to apply our research to societal issues (e.g., effects of violent video games). At Pacific Clinics’ Statewide Prevention Projects, doctoral interns have the opportunity to learn how to pull together legislative briefings and write press releases. One day hopefully, advocacy will be integrated as a mandatory part of graduate school curricula. Until then, I look forward to working with interns who choose our statewide platform to contribute to the larger community.”

What can you do? ■

REFERENCES

- Holoien, D. S., & Shelton, J. N. (2012). You deplete me: The cognitive costs of colorblindness on ethnic minorities. *Journal of Experimental Social Psychology, 48*(2), 562-565. doi:<http://dx.doi.org/10.1016/j.jesp.2011.09.010>
- Neville, H. A., Awad, G. H., Brooks, J. E., Flores, M. P., & Bluemel, J. (2013). Color-blind racial ideology: Theory, training, and measurement implications in psychology. *American Psychologist, 68*(6), 455-466. doi:<http://dx.doi.org/10.1037/a003328>

CONTINUING EDUCATION (CE)/aka CONTINUING PROFESSIONAL DEVELOPMENT (CPD) SUMMARY VERIFICATION FORM

Please do not submit any CE documentation with your renewal. If you are selected for an audit, you will be notified; at that time, you will submit these logs and documentation to the Board.

CPD Category	Max Hours Allowed	Description of Activity(ies) Completed	Date Completed	# of Hours Awarded (Not to exceed max allowed)
<u>A. Professional Activity</u>				
Peer Consultation	18			
Practice Outcome Monitoring	9			
Professional Activities	12			
Conferences/Conventions	6			
Board Meeting Attendance (Full Board or Committee)	12			
Examination Functions	12			
<u>B. Academic Activity</u>				
Academic Courses	18			
Academic Instruction	18			
Supervision	18			
Publications	9			
<u>C. Sponsored Continuing Education</u>				
Sponsored Continuing Education Coursework	27			
<u>D. Board Certification</u>				
ABPP Certification	36			
"Senior" ABPP Certification	18			

Seeking a New Definition of Self-Care

Pearl Werfel, PhD



Pearl Werfel, PhD

(pwerfelphd@gmail.com) is Chair of the CARE Committee (care@cpapsych.org and www.care.cpapsych.org). She is a licensed psychologist practicing in San Francisco specializing in pain, stress and anxiety mitigation, wellness, chronic illness and self-care for professional helpers. She has presented at CPA conventions, local psy-

chological associations, universities and businesses on self-care and stress reduction from diverse perspectives.

Our complex world provides multiple opportunities for joy, connection and stress. Working in our amazing and challenging field of psychology brings additional unique opportunities and stressors. Awareness of stressors and how to mitigate their effects is a significant component of being an effective and content psychologist.

As our work can put us at risk for depletion, psychologists can benefit from special attention to self-care. Dr. Charles Figley, among others, noted the emergence of Secondary Traumatic Stress and Compassion Fatigue among professionals working with traumatized people. Secondary Traumatic Stress can result from knowing about a traumatizing event, repeated exposure to traumatizing material or helping or wanting to help a suffering person (Figley, 1995; 2002). Compassion fatigue is the experience of short-term exhaustion and traumatic stress reactions associated with exposure to the suffering of others (Figley, Boscarino, & Adams, 2004). Even if exposure is indirect, compassion fatigue can diminish our capacity to function in both our personal and professional lives.

Fortunately, there are antidotes: resilience, compassion satisfaction and self-care. Compassion Satisfaction is derived from experiencing the suffering of others and succeeding in helping to relieve their suffering in some way (Figley, 2002). Additionally, APA defines resilience as “the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress” (APA, n.d.). This, in turn, increases our ability to weather life’s more common stressors. Furthermore, the opportunities that our profession offers for fulfillment and inclusion as a valued member of an affiliation group can be potent stress relievers. However, the potential stressor of collegial relationships within our diverse profession is increasingly being discussed.

Although the stressors and pleasures inherent in collegial relationships are not unique to the profession of psychology, who better to research and address it? In one illustration of problematic collegial relationships, the APA OEMA handbook *Surviving and Thriving in Academia* (1998) states that, “As in every part of society, many people in academia, faculty members and students alike, hold stereotypical role expectations based on gender, ethnicity, race, national origin, and all the other socially constructed identities of our culture.” Of course, this can extend into our offices and professional associations.

It can be stressful to be the only one like you in the room most of the time. However, mutually beneficial relationships can develop when colleagues seek to value, appreciate, learn from one another and build bridges. Conversely, when colleagues fail to respect personal and cultural differences, it increases the stress for everyone in the environment. Therefore, self-care for us as a profession includes prioritizing collegial camaraderie.

What might personal self-care look like? Norcross and Guy (2007) gifted us with self-care strategies for psychologists that include valuing the person of the psychotherapist, refocusing on the rewards, nurturing relationships, creating a flourishing environment, undergoing personal therapy, cultivating spirituality and mission, and fostering creativity and growth. However, these pertinent strategies require some commitment to self.

Let’s explore some misconceptions about self-care: “I need to make big changes, have a different body, or more time, money or energy.” Seemingly supporting this perception, a Google search on self-care revealed images of young, thin, light-skinned women in yoga poses, fruits and vegetables with a tape measure and beautiful vacation spots. While no one can argue the benefits of exercise, a balanced diet and vacation, this narrow definition is exclusive, alienating and disempowering.

Self-care is not a one-size-fits-all proposition. Your self-care endeavors need to fit your shape, ability, age, culture, sexuality, budget, ethnicity, personality, time constraints and needs. Our self-care, as psychologists and students, may include energizing and restorative down-time activities, community and ally-building, advocacy and personal and professional development.

What does a sustainable and robust self-care plan look like for you? I invite you to explore the possibilities with some colleagues. ■

Complete references for this article can be found at www.cpapsych.org – select *The California Psychologist* from the **Professional Resources** menu.

WELCOME TO OUR NEWEST MEMBERS

Full Members

Tom Bekeny, PhD, Albany, CA
John Brentar, PhD, Redwood City, CA
Merle Canfield, PhD, Fresno, CA
Preston Davis, PsyD, San Francisco, CA
Marita Grandovskis, PhD,
Burlingame, CA
Jonathan Grayson, PhD, Pasadena, CA
Robert Jenkins, PhD, Palo Alto, CA
Robert Moody, PhD, Modesto, CA
Carrie Morrison, PsyD, San Diego, CA
Sadia Najmi, PhD, San Diego, CA
Marian Oppenheimer, PhD, MEd, MA,
Santa Monica, CA
Meredith Parker, PsyD, Stanford, CA
Shelly Royalty, Carlsbad, CA
Kimberely Tilley, PsyD, San Diego, CA
Judy Van Der Wende, PhD,
Simi Valley, CA
Ismail Yassai, PhD, Tustin, CA

Early Career Members

Danen Adelson, PsyD, Sacramento, CA
Emery Ayers-Greenidge, Oakland, CA
J Brandon Birath, PhD, Torrance, CA
Shannon Curry, PsyD, Balboa Island, CA
Brett Donnelly, PsyD, Santa Barbara, CA
Lorna Foster, PhD, Belmont, CA
Shelia Khaleghian, PsyD,
Los Angeles, CA
Lauren Lowe, PsyD, Mill Valley, CA

Richard Pomfret Jr, PsyD, San Rafael, CA
Nicole Preiss, PsyD, Tracy, CA
Diane Rogers, PhD, Newport Beach, CA
Claire Scott, PsyD, Fremont, CA
Ariela Shalev, PsyD, Berkeley, CA
Rainie Tabish, Folsom, CA
Jarrett Takayama, PsyD, Tracy, CA

Laura Torissi, PhD, Seaside, CA
Judy Wong, PhD
Jennifer Zimmerman, PhD,
Los Angeles, CA

Student Members

Rosanna Aijian, Long Beach, CA
Fatin Alhadi, MA, West Roxbury, MA
Katie Bloom, San Francisco, CA
Alonie Butler, Oakland, CA
Heather Cacciatori, MS, Oceanside, CA
Crystal Faith Cajilog, Hayward, CA
Alinna Card, Bakersfield, CA
Nicole Chow, Rancho Palos Verdes, CA
Tara Collins, San Francisco, CA
Matthew Daube, Oakland, CA
Charla Davis, MS, Torrance, CA
Nilo Diaz Jr, Los Angeles, CA
Tara Donoghue, MA, Porter Ranch, CA
Kristen Eliason, Whittier, CA
Khashayar Farhadi Langroudi,
San Francisco, CA
Jeremy Allan Fowler, La Mirada, CA
Christina Girlando, PsyD, North Hills, CA

Cierra Gromoff, PsyD, Oakland, CA
Erin Haven, PhD, Camarillo, CA
Gary Hennemuth, San Francisco, CA
Valesia Ho, San Leandro, CA
Corrisa Jacomini, Folsom, CA
Nicholle Johnston, La Habra, CA
Jami Kerr, MS, Thousand Oaks, CA
Charlene Kobayashi, Sunnyvale, CA

Michelle Kuranishi, MA,
Granada Hills, CA
Alina Kurland, BA, Sunnyvale, CA
Lisa Lemmons, Clovis, CA
Toni Li, PsyD, San Francisco, CA
Kara Lyne, Pasadena, CA

Amalia Martinez, MS, San Diego, CA
Emmie Matsuno, Santa Barbara, CA
Tyrone Miller Sr, MA, Aberdeen, NC
Beverly Ranken, Novato, CA
Stefani Rios, BA, Oakley, CA
Ashley Rubio, Alhambra, CA
Erica Sanborn, Pacific Palisades, CA
Dana Schmidt, MA, Ventura, CA
Justin Schrottenboer, Escalon, CA
Taylor Ashley Seaholm, MA,
Los Angeles, CA
Bahram Edward Shahrokh, MA,
Sherman Oaks, CA
Hannah Singer, Sherman Oaks, CA
Eunice Song, MDiv, MA, Los Angeles, CA
Catherine Strom, Berkeley, CA
John Talaga, San Bruno, CA

Baharak Tavafifard, PsyD, Temecula, CA
Rebecca Weinstein, Berkeley, CA
Angela Zartuche, MSW, San Diego, CA

Student Associate Members

Kristen Anderson, MA, Pismo Beach, CA
Marie Atallah, El Cajon, CA
Maxwell Berlyant, San Francisco, CA
Kaleen Carimbocas, BA, Oakland, CA
Kristina Choreva, San Francisco, CA
Teri Engle, MA, LMFT, El Segundo, CA
Katie Flanigan, Los Angeles, CA
Sydney Flores, San Clemente, CA
Denise Hinshaw, BA, MA, Fresno, CA
Anthony Iacono, BA, Monterey, CA
Samantha Jackson, Walnut Creek, CA
Iamee Kling, Orange, CA
Elizabeth Kus, MA, Madera, CA
Kammy Kwok, MA, Palo Alto, CA
Diana Le, Fresno, CA
Manuel Malek, Corona, CA
Shannon McHugh
Linda Placencia, MA, Covina, CA
Jennifer Prescott, MA, Alameda, CA

Sustaining Member

Hugh Pates, PhD, San Diego, CA

Contributing Members

Lynnette Beall, PhD, Berkeley, CA
Frederick Rozendal, PhD, Novato, CA

To learn more about becoming a sustaining or contributing member, please visit:

www.cpapsych.org

Please note: These members joined CPA between 11/23/14 to 2/23/15. As a CPA member, you may access other member's contact information online in our Member Directory under the Members Only section of our website or by contacting CPA's central office at (916) 286-7979, ext 122.

CHAPTER AND VERSE

Alameda County Psych Assn In 2015 ACPA will be offering: (a) free CE workshops and ethics consultations; (b) more opportunities to get connected through our new website; (c) annual awards members recognizing their professional contributions including the Janet Hurwich Award for Service and Leadership; (d) doctoral student dissertation awards; (e) monthly Shrink Drinks especially for early career psychologists; (f) spring BBQ and an end of year holiday party; (g) diversity related resources; (h) self-care / colleague assistance resources; (i) legislative advocacy and public policy news; (j) news about disaster response activities and training; (k) recruitment and membership drives; and (l) resources for doctoral students.

Central Coast Psych Assn Earlier this year we sponsored the Journey of Hope, a community event to increase awareness and decrease stigma of mental health issues. Dr. Victor Silva-Palacios, as Chair of the CARE Committee, organized support and consultation groups for CCPA psychologists. CCPA members attended two “Members Dine Out” to enhance community involvement and networking. CCPA continues to be involved with CPA by attending the CPA Leadership and Advocacy Conference in March. Our membership continues to grow and we have plans to keep growing membership. DBT training is also planned to take place later this year.

Contra Costa Psych Assn Our January 2015 Annual Meeting was also a CE event, co-sponsored with the Alameda County Psych Assn and The Wright Institute. Former APA President Dr. Carol Goodheart spoke on *ICD-10 and DSM V Changes: A New Horizon*, presenting helpful information for the October transition to new coding. This collaboration was a great way to foster interaction among psychologists in our area. We will be creating more and new opportunities for our members to earn CE credits based on the regulation changes planned by the CA Board of Psychology. We are looking forward to increased opportunities for psychologists to interact.

Los Angeles County Psych Assn's 2015 theme is “Complexities of Culture.” Various committees, Special Interest Groups (SIGs), and clubs continue to highlight the importance of integrating issues of diversity and social justice in the mainstream of our thinking. LACPA's community outreach efforts, through Mirrors of the Mind for the past three years, have been well received by the mental health community at large. The CE Committee has a great line up of presenters on subjects of wide interest. Apart from the intellectual, advocacy and networking related activities; LACPA is addressing the self-care needs of the members through hiking, book and film clubs.

Marin County Psych Assn has been very busy with four highly successful events. Our student event, organized by Gig Pagani, MA presented *Supervision: Collaboration or Conflict*

with noted supervisory expert Joan Sarnat, PhD. Dr. Sam Jinich offered a special opportunity to learn EFT in a joint offering with The SF Center for EFT. Our March CE event featured Daniel Sonkin, PhD discussing *Boosting Attachment Security: Clinical and Neurobiological Perspectives*. Last but not least, MCPA hosted a series of mini-networking events (4-5 members each) offered by MCPA board members to encourage our members to discuss their practices in small and relaxed settings such as cafes.

Napa Solano Psych Assn invites you to our 4th Sunday networking brunches; locations vary, so visit our website (www.napapsychologists.org) and click “events and courses” for details. Recently two of our members provided *Distressed Constituents* training to county supervisor and state legislator staff members. NSPA worked with Alameda, Contra Costa and SF Psych Assns to host an informational meeting with students at JFK University. Future plans include a disaster mental health training in collaboration with the Red Cross. Check our calendar or email Napa-SolanoPA@gmail.com for more information!

Orange County Psych Assn works to educate both the people who need our services and the legislators who affect CA licensure requirements. Jaqueline Horn, PhD, and Carol Webb, PhD (both have served as Presidents of their state's licensing boards, and as Presidents of ASPPB) launched our 2015 efforts with an inspiring presentation in January. OCPA helps its members form and maintain professional alliances. We hold social hours with both pediatricians and psychiatrists, so that we can collaborate to make high quality mental health care available. Please join OCPA, and attend OCPA's Convention. Information can be found on our website, www.ocpapsych.org.

Pacific Cascade Psych Assn hosted “Mental Health Matters Week” in February. We offered workshops to assist students, faculty and staff locate free and low cost mental health services at CSU-Chico and in the surrounding community. In March, we partnered with the Brain Injury Coalition to present a CE workshop: Dr. Roland Ruff presented *Effective Psychotherapy for Individuals with Brain Injury*. PCPA is a small but growing chapter. We are looking to attract new members, especially colleagues in Humboldt, Del Norte and the many counties between Chico and the Oregon border. We have a new website under construction: www.pcpapsych.org.

San Diego Psych Assn Our 2014 Member Survey is prompting change this year. Survey results showed that our membership consists of a bimodal distribution of senior clinicians and early career professionals; so we will respond to our changing membership needs. We are currently planning a Fund-raiser party, and CE course offerings are centered on practice building, coding changes, and evidence based practice docu-

mentation. Our 2015 Fall Conference will focus more on these changes, including the new CE requirements we have been given by the BOP. We are an active chapter with involved Ethics and CE Committees, and over 500 members.

San Francisco Psychological Association is excited to expand its traditions of active networking, socializing, and CE opportunities. To both add value and increase our membership, this year's focus is on the interests of those not yet amongst us. Our goals include developing innovative ways of engaging our constituency by strengthening each member's sense of being a part of a professional community, increasing interest in the chapter's activities, and developing new traditions. SFPA's Past-President, Dr. Jorge Wong, is CPA's current President-Elect, and we are looking forward to sharing his talents with the larger community of psychologists throughout California and beyond.

San Gabriel Valley Psych Assn held our annual January Jubilee honoring Dr. Enrico Gnautati as our Distinguished Member of Year. Advocacy was forefront in our minds, as SGVPA had a strong showing at the Leadership and Advocacy Day in Sacramento in March. We continue to focus on building strong professional networks with several events for early career and students including: social mixers, movie night with discussion, new member event welcoming event, and celebration of newly licensed psychologists.

Santa Clara County Psych Assn We are busy: In January, we held our new member welcome and networking luncheon and the Professional Development Book Study for both SCCPA and SMCAPA met. In February, we hosted a networking get together at a local hospital and we held our annual leadership retreat. SCCPA also offered the workshop: *Procrastination for Psychotherapists* – led by Fabrice Nye, PhD in February. Our annual awards gala is April 17th where, among other awards, Dr. Paul Marcille will be honored as psychologist of the year and Dr. Chuck Faltz will be honored posthumously for his Outstanding Contribution to the Practice of Psychology

Division I (Division of Clinical and Professional Practice) reinstated a newsletter which provides a feature article, clinical tools, and legislative updates to our members. We also provided a free 6 hour CE conference on *Integrated Health Care*, as well as a series of webinars. This year, in concert with CPA, we will continue to offer webinars and CE events on relevant critical issues. The one hour complimentary attorney consultation remains a highly utilized member benefit. We have added new sections that not only provide homes for clinicians practicing in unique and niche areas, but also reflect the diversity of our profession. Please join us.

Division II (Education and Training) held a conference for Training Directors in February titled *Supervisees who worry their supervisors: Ethical, culturally responsive, and strategic approaches for working with supervisees who do not meet professional competence requirements*. The keynote speakers were Nadine Kaslow, PhD, ABPP, 2014 President of APA and Stephen Behnke, PhD, JD, MDiv, Head of the Ethics Office of APA. The focus of the day was to identify and problem-solve approaches to prevention and remediation of competence problems, with special attention to context, ecological framework, ethical aspects, and processes. We are also working on a consultation program and developing webinars relating to training and supervision.

Division III (I/O Psychology and Consulting) We are very pleased that our division recently sponsored a webinar by Ken Nowack, PhD titled *Ouch That Hurt! The Neurobiology of Giving Feedback*. We also held a no-host social event this quarter in Northern California. We are planning an event in So Cal for later this year – stay tuned for details. We want to continue to grow our Division and welcome any suggestions for future events. We also encourage you to join our listserv to network, ask questions, and learn about the field. (for more information, please email me at eric@prenskyconsulting.com or reach out to any of our division leaders).

Division V (Clinical Psychopharmacology) Our mission: (1) educate psychologists in the scope and limits of psychopharmacology for collaborative treatment models and (2) work toward the development of a bill for prescriptive authority. For the first goal we delivered a cutting-edge conference on the psychopharmacology of addiction and are planning a February 2016 conference on psychopharmacology and severe mental disorders. At the CPA Convention we will present on the ethical application of psychopharmacology through collaborative models for diverse populations. We continue to work on implementing the strategy necessary to introduce a bill that would expand our scope of practice. We are working on specific targets of funding to support those efforts.

Div VIII (Neuropsychology) Erin Bigler, PhD will present an Institute at CPA's convention. His topic is Integrating Neuroimaging in the Practice of Psychology and Neuropsychology: Contemporary methods of analysis. Dr. Lin Nelson and Dr. Bob Tomaszewski created a program designed to motivate students from diverse backgrounds to enter neuropsychology and neuroscience. We are funding select students to participate in events, such as CPA's convention. We have been fortunate to have Dr. Nancy Hoffman and Dr. Delia Silva on our board and we thank them for their contributions. Dr. Hoffman helped start our Division. Dr. Silva provided us with social media tools that have contributed to our robust infrastructure.

California Lutheran University

Graduate School of Psychology

IMPROVING LIVES

Applying relational and individual centered approaches to inform clinical and research activities

Small classes

Caring faculty and staff

State-of-the-art facilities and technology

- MS in Counseling Psychology
Marital and Family Therapy Training
- MS in Clinical Psychology
Emphasizing Research
- PsyD in Clinical Psychology
Integrating Practice and Research
- Community Counseling Centers
Oxnard and Westlake Village

CalLutheran.edu/gsop



CLASSIFIEDS

OFFICE SPACE

Newport Psychology Center located between 405 and 73 has affordable office space. Beautifully furnished, secure waiting room, call light system, separate entrance/exit, handicap accessible, fax/copier/printer. Available February 1, 2015. Call: 949-887-4166. Email: Drvaneck@gmail.com

OPPORTUNITIES

Licensed psychologist to join private psychiatric group in Orange and LA County. F/T avg. salary 7.5K/mo. Includes a client base and all administrative services. Fax resume to 562-693-1184. www.cbehaviormedicine.com

Licensed psychologist position in Pasadena, California. Join an established private practice group with outstanding opportunities for expansion and professional development. Base Salary of \$100,000.00/year for full time with benefits. A client base with infinite ongoing referrals provided as well as all clerical and administrative support. Email your resume to debritopractice@gmail.com.

Licensed psychologist with specialization in cardiac psychology to join clinical health psychology practice in Orange County. Emphasis on collaborative care with physician providers. Contact Kristin Kleppe, PsyD at DrKleppe@OCHealthPsych.com or 949-528-6300. See our website for other career opportunities in clinical psychology at www.OCHealthPsych.com.

Advertise your space or service

Contact Lance Lawhon, Advertising Manager
Lance@solafidei.com

Handy Hint...

To make your license renewal easier

Clip out the Psychology and the Law article and the accompanying Ethics Corner article for each issue of *The California Psychologist* magazine and file them to create instant documentation of your ongoing training in professional psychology ethics and law.

Additionally, annually go to the Board of Psychology's website (under the Laws and Regulations tab) and print out the Recent Legislation section. Review and file that in the same folder.

CTSC | law

CALLAHAN THOMPSON SHERMAN & CAUDILL, LLP

O. Brandt Caudill, Jr. Esq. &
Christopher J. Zopatti, Esq.

Representing Psychologists and other Mental Health Professionals in civil and administrative litigation and business matters for over 30 years.

2601 Main Street Suite 800, Irvine, CA 92614
(949) 261-2872

YOUR CALIFORNIA LAWYERS

Irvine | San Diego | San Francisco |
Sacramento | Fresno

WWW.CTSCCLAW.COM PHONE: (949) 261-CTSC



TherapyNotes™

Online Practice Management for Psychologists and Behavioral Health Professionals



11:30AM Appt with Kyle
Called in to say he may be a little late

12:00PM Appt with Susan
Remember books she borrowed

Create a Progress Note for your appointment on 9/29.

Evaluation
Progress Note
Treatment Plan

Diagnosis: DSM Code Description

Presenting Problem:

Treatment Goals:

Electronically Sign this Note

http://www.therapynotes.com/

Patient Billing
Patient Balance: \$150.00

Scheduling & To Do Lists

Streamline your practice management and workflow. Past appointments are automatically added to your To Do List. Sync your calendar to your iPhone. Great multi-clinician scheduling features.

Patient Notes & EMR

Our form-based system makes it easy to keep up with your notes. Templates were designed specifically for mental health and therapists. Also upload any files to your patient records.

Electronic Billing

Easily submit claims electronically with TherapyNotes EDI! Track balances, view revenue reports, and generate CMS forms, superbills, and patient statements all from within TherapyNotes.



Appointment Reminders

- Automatic text, phone, and email reminders
- Reduce no shows and decrease expenses



Fully Integrated Credit Card Processing

Swipe or enter patient credit cards



My experience with TherapyNotes this past month has been fantastic!

Firstly, the system is easy to navigate, thorough, flexible, and extremely clinically intuitive. Secondly, technical and customer support has been efficient, fast, and very personal. I am leaving another EHR system for TherapyNotes... gladly. I'm very happy that you've created such a quality product. Thank you!

Dr. Christina Zampitella, FT, Licensed Clinical Psychologist

Just want to say that I truly love the system!

It takes all the guesswork out of tracking paperwork. Being able to schedule appointments and then have the system take over and track what is due for each client is wonderful.

Kathleen Bremer, PCC-S

[Many more stories on TherapyNotes.com!](http://www.therapynotes.com)

...AND MANY MORE FEATURES!

Special Offer!

Just for California Psychological Association Newsletter Readers!

Sign Up And Receive Your First

2 Months Free!

Use Promo Code: **3CA15**

Offer Expires: 4/1/2015



View Features and Sign Up Today at www.therapynotes.com



CALIFORNIA
PSYCHOLOGICAL
ASSOCIATION

1231 I Street, Ste. 204 • Sacramento, CA 95814

PRSR STD
US Postage
PAID
Permit No 1841
Sacramento CA



Trust Sponsored Professional Liability Insurance is now available to **ALL** psychologists!

Coverage at every stage of your career

The Trust has you covered when you're providing psychological services – as a student, in supervised post-graduate work, in research and education, in professional practice... in every way, you get an entire risk management program.

- No association membership required to apply
- Broad coverage at affordable rates
- Free risk management consultations
- Excellent customer service
- A variety of premium discounts
- Optional Business Office insurance

Move your coverage to The Trust and save 10%

If you're insured by another carrier, it may be time to switch! It's easy and affordable, and you can make the transition with no gap in coverage. For details, call us at 1-877-637-9700.

For Psychologists By Psychologists



www.trustinsurance.com • 1-877-637-9700

Endorsed by the California Psychological Association

* Insurance provided by ACE American Insurance Company, Philadelphia, PA and in some jurisdictions, other insurance companies within the ACE Group. The product information above is a summary only. The insurance policy actually issued contains the terms and conditions of the contract. All products may not be available in all states. Surplus lines insurance sold only through licensed surplus lines producers. Administered by Trust Risk Management Services, Inc. ACE USA is the U.S.-based retail operating division of the ACE Group, a global leader in insurance and reinsurance, serving a diverse group of clients. Headed by ACE Limited (NYSE: ACE), a component of the S&P 500 stock index, the ACE Group conducts its business on a worldwide basis with operating subsidiaries in more than 50 countries. Additional information can be found at www.acegroup.com/us.