

# Analyze This!



www.SGVPA.org

The Official Newsletter of the  
San Gabriel Valley Psychological Association



AN OFFICIAL CHAPTER OF THE CALIFORNIA PSYCHOLOGICAL ASSOCIATION

Mar/April 2016

## SPECIAL JANUARY JUBILEE EDITION

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**CARE**  
Open  
**Ethics**  
Open

### Upcoming Lunch Meetings



**Date:** Friday, March 11, 2016  
**Topic:** Evidenced Based Psychotherapy: critical evaluation  
**Speaker:** Enico Gnaulati PhD

**Date:** Friday, April 18, 2016  
**Topic:** Poetry & Psychoanalysis  
**Speaker:** Leslie Maxson, PhD

**PLEASE RSVP NO LATER THAN THE FIRST MONDAY OF THE MONTH TO YOUR INTERNET EVITE, OR TO THE SGVPA MAIL BAG INFO@SGVPA.ORG.**

#### CE credits available for Psychologists, LCSWs and MFTs

Monthly luncheons are held on the second Friday of the month at the Women's City Club, 160 N. Oakland Avenue, Pasadena, from 12:00 to 1:45 p.m.

#### Members Costs:

Luncheon, Service, and Parking Privileges...\$22  
CE credits...\$20  
Audit...\$10

#### Non-Member Costs

Luncheon, Service, and Parking Privileges...\$27  
CE credits...\$25  
Audit...\$15

Please note: Unclaimed lunch reservations will be billed to the individual--So please claim them!

### PRESIDENT'S MESSAGE



Dear Colleagues:

I recently visited with my 90 year-old grandmother, whose health is failing her, although her Muhammed Ali-like spirit is still fighting. When spending time with elderly people I love, I become acutely aware of the possible finality of the visit. I wondered if she understood how comforting it was to me to hear her speak of her life, and of the different trials she has made her way through. For her, I think it was

revisiting experiences that she'd somehow rather forget, even as I am making my way through such experiences right now. But I also suspect she feels deep gratification at having her stories heard, and seeing that her wisdom will be received and respected by a younger generation.

Visiting with her was a portal into that part of me that longs to hear from those who have gone before me into the complicated arenas of life. As psychologists, we grow through phases in our careers, parallel to growing in life experience. The younger ones feel the weight of uncertainty (How will my career develop? What learning must be learned?) and the longing to be mentored, spoken into. On the other hand, the seasoned psychologist perhaps feels the weariness of all that work, and maybe like my grandmother, may feel meaning in sharing experiences and remembering from whence they came.

And there are all the in between places, and stages. I'm calling to you experienced ones,

*(continued on p. 2)*

my professional “grandmothers.” I’m inviting you to come and be more visible in our association, to know and feel the way you are valued. I’m talking to those of you who have been practicing for 20, 30, 40 years. You are a treasured part of our association and I hope to see more of you.

Shifting gears to an issue to which none of us can afford to be only a passive audience, let’s consider political advocacy for our profession. Every year, while we toil away in our offices, new legislation is proposed and passed that decisively affects our worlds. You may not hear about it until it is already a done deal. But CPA is always reviewing and advocating on the behalf of Psychology. This is a daunting job, since there is only a small staff that attends to a huge amount of work. Honestly, CPA needs our involvement and financial support.

There is an upcoming event that offers you a chance to learn and participate in the legislative process. This event is the annual Leadership and Advocacy Conference in Sacramento, on March 7 and 8. It has been encouraging to see a great turnout of students at these events, but psychologists across the professional spectrum are welcome. Every year a contingent from SGVPA takes part—Join us! This is a time you can learn how CPA interacts and impacts state legislation every year. March 8 is a lobby day, filled with visits to Senators and Assemblymember offices. You would get the chance to speak to legislatures about bills that affect psychology (after being fully briefed by CPA of course!). Please consider joining us this year. It will be truly invigorating and informing for you, and your involvement will strengthen Psychology in California.

Warmly,  
Ellen Miller Kwon, PsyD  
SGVPA President

## SGVPA Events Calendar

Friday & Saturday,

3/7/& 3/8 16—CPA Leadership and Advocacy Conference in Sacramento

Friday, 3/11/16 — *Monthly CE Luncheon — 12:00 noon*

Evidenced-Based Psychotherapy:

A Critical Evaluation

Dr. Rico Gnauti

11:45—Registration

12:00—Presentation begins

Wednesday, 3/16 TBA— *Newly Licensed Clinicians Celebration*

Friday, 4/1/16—Deadline for Submissions to Analyze This!

Friday, 4/8/16 — *Monthly CE Luncheon — 12:00 noon*

Poetry & Psychoanalysis

Dr. Leslie Maxson

11:45—Registration

12:00—Presentation begins

Wednesday, 4/16 TBA— *New Member Celebration* (event for all members)

Wednesday, 4/16 TBA—The Multicultural Psychologist Diversity (panel event)

Wednesday, 4/16 TBA—Internship Decompression Happy Hour for Students



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# Highlighted by a Professional Hero: This Year's January Jubilee

By Tiffany Shelton, MA  
SGVPA Student Representative-Elect



It was with excitement and curiosity I finally arrived at my first January Jubilee. Serving on the Board as the student representative-elect for several months, I'd heard many wonderful sentiments about past JJ's; however, I was thrilled that I finally had the chance to experience it for myself. In a profession that can be somewhat isolating, it's relatively rare to be able to come together with other professionals and experience each other on a more social and personal level. It was clear that this event had been carefully planned with an eye to making socializing as comfortable and easy as possible.

The event was held at a beautiful restaurant called Luminarias, and the ambiance was definitely set to impress, including a stunning view of the San Gabriel Valley. The cocktail hour was set in an excellent space—a spacious room that made moving about easy—and the mood was set perfectly by the live guitar music playing in the background. I really enjoyed the icebreaking cocktail hour, as it brought a friendly and inviting energy to open the event.

As we moved into the dinner portion of the evening, I was delighted by the food selection as well. The dinner was full of flavor, with just the perfect amount of decadence. As a student member, it was a delight to share in an experience that was more formal and luxurious than most events we attend as graduate students. The attention to detail was certainly appreciated.

During this portion of the evening I had the pleasure of meeting and conversing around the table with seasoned professionals that were kind enough to share tips from their professional success stories. This kind of chatting and information sharing with SGVPA professionals, and hearing about their careers, again illustrated to me the supportive nature of the SGVPA community that I have so grown to cherish.

President Dr. Ellen Miller Kwon opened the formal program by introducing the Board of Directors, and thanking the wonderful January Jubilee Committee, chaired by Dr. Elisse Blinder, for its efforts. She

highlighted the important legislative advocacy work championed by SGVPA, CPA, and APA. It was nice to be reminded of the many legal and ethical concerns that SGVPA has kept us abreast of and involved with throughout the year.

However, the most moving part of the program was the presentation of the annual Distinguished Member Award, in honor of the late Dr. Paul W. Clement. President Miller Kwon introduced the award and recipient, detailing his many contributions to the field of psychological, including prodigious writing, teaching, and serving as president of local, regional, state, and national professional associations. Not having had the chance to ever meet Dr. Clement, before I even heard his family speak, I was impressed by his obvious dedication to the psychological field, and became enamored with a man I didn't even know. Dr. Clement's wife, Cathy, accepted the award on his behalf, and gave the most touching acceptance speech. Her words truly captured the essence of this unique man, and how many lives he had touched, how diligently he had worked, and what a gift he was to us and our field. As she further detailed his numerous professional accomplishments, noting his scholarly and professional success, it was her obvious love for him as a husband, father, and grandfather that stood out the most to me. His long-time friend and business partner, Dr. Jeff Prater, also had the opportunity to speak about Dr. Clement's integrity, success, and compassion. By the end of this moving presentation, for me Dr. Clement went from a man I'd never met, to a man I deeply wish I'd known.

After the program, the evening continued with more socializing and yummy desserts. I relished the chance to reconnect with familiar faces, and it was a pleasure to see other students, and have a chance to relate to each other in a more relaxed setting than classes and studies. Many drifted to the dance floor in the adjacent club, while others carried on chatting and connecting into the evening. As I reflect on the party—with all its elements of fun, learning, networking, and dining—I would have to say my first time attending the January Jubilee was a special treat, and one I hope to revisit next year!

*Tiffany Shelton, MA, can be reached at [tshelton1@alliant.edu](mailto:tshelton1@alliant.edu).*

# Sighted at the January Jubilee



Cathy Clement, Ellen Miller Kwon,  
Jeff Prater & Martin Hsia



Joe Dilley, Jocelyn Levitan  
& Carrie Dilley



Cherylynne Berger, Brenda  
Shorkend & Rick Lyons



Salina Ho, Mark De Rosa, Anthony Cecere,  
& Alex Wong



Elisse Blinder



Ellen Miller Kwon, Elisse Blinder,  
Cherylynne Berger, & Mark Baer



Brenda Shorkend, Leine Delker, Karin Meiselman  
& Randi Friedland



Martin Hsia, & Dustin Plattner



Nicole Pickering &  
Alice Cheng



Susan Park & Amy Samuels



Paul Clement Family



Ellen Miller Kwon & Karissa Burnett



Ameé Valsco, & Julie Jackson



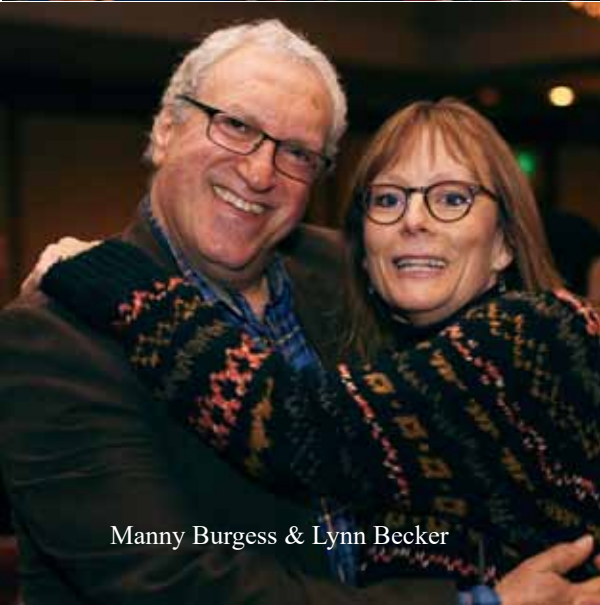
Ellen Miller Kwon & Laurie Nougier



Randi Friedland & Colleen Warnesky



Jonathan Perez & Luis Guzman



Manny Burgess & Lynn Becker



Wayne Kao, Greg Bohall, Joseph Atanasio, Alex Wong, & Anthony Cecere



SGVPA Board



Mark De Rosa & Salina Ho



Christie Tcharkhoutian & Kate Truitt

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# Distinguished Member Award

## Dr. Paul Clement

### Acceptance Remarks by Cathy Clement and Dr. Jeff Prater

#### Excerpts

*Mrs. Cathy Clement:* I was in awe of Paul for some of the reasons you are honoring him tonight... We met in 1976, and in the 1980's worked together at Fuller's Psychological Center— so well that sometimes students asked me, "What do you think Paul means when he says...?"

If you knew him well, you knew that he always meant precisely what he said. What you saw was what you got with Paul. There was never a hidden agenda.

Paul was consistent and reliable in everything he did—as a professor, psychologist, friend, father and husband. An example you might appreciate—he missed only one APA convention in his entire 38-year career. I attended 25 and all the sessions with him. Can I get an honorary doctorate?

Paul rode a motorcycle, skied black diamonds, played sleep. We built an airplane together, which he flew. He did the laundry, marketing and taxes. And, yes,

*Dr. Jeff Prater:* I first met Paul in the Fall of 1976 at Fuller Seminary. He was my training. After I completed the program, Paul and I worked together at Fuller's Psychological Center, and later when he joined the private practice that I had started in 1984. He was a mentor, a colleague, and a cherished friend.

Paul certainly had a distinguished career. Here are a few highlights: He was a full Professor of Psychology at Fuller Seminary's Graduate School of Psychology, where he served for 22 years. He published over 85 articles, books, 200 grant proposals. He was elected a Fellow of the Psychological Association. He served as president of the California State Psychological Association, Psychological Studies, and the National Council of a founding member and a president of this, our



Dr. Paul Clement

handball, and rocked our 10 grandchildren to sleep. And crashed. He cooked dinner every night, and women asked me if he had a brother.

1976, when I entered the Graduate School of Psychology, where he served for 22 years, first at Fuller's private practice that I had started in 1984. He

just a few highlights: He was a full Professor of Psychology, where he served for 22 years, first at Fuller's private practice that I had started in 1984. He was local professional organization, twice.

As a testament to how important Paul was to the field of psychology in this country, the editor of the *American Psychologist*, one of our premier professional journals, contacted me and asked if I would write an obituary for Paul, so that he could be honored by psychologists around the country much like we are honoring him heretoday. This obituary recently appeared in the December 2015 issue.

And here's the other inspirational part. Paul was, above all, loyal... to his family, his friends, and, as we are acknowledging tonight, to his colleagues who shared his profession. He attended nearly every monthly meeting of our local organization since it was founded in the 1970's, and he often showed up at new member events to welcome newly-minted therapists to our professional community. He mentored one student a year, for a full year each, in our private practice, for 25 years. He consulted with clinicians across the country, and especially in our local area (many of you are here tonight), on difficult cases, sharing his insight and experience for free.

He openly shared the results of his therapeutic interventions, his successes and his failures, in presentations and in a series of three published articles summarizing 26, 40, and 45 years of client outcomes in his private practice. He was working on an updated meta-analysis of 50 years of his practice at the time of his death. Our profession, this organization, and you and I as individual psychologists are better because of Paul and his contributions to us. I hope that by his example he has inspired you to pass it along, to give back to our shared profession and in turn, through your efforts, to make others better psychologists too.

*Cathy Clement:* To honor Paul's commitment to research and outcomes, exceptional clinical care, and person authenticity, we have established a scholarship to support students in the Graduate School of Psychology at Fuller. We are halfway to our goal of funding the first ever full scholarship. And we would welcome your participation at any level.

Thank you.

*To obtain information about the Paul W. Clement, PhD Scholarship,  
or to make a contribution,  
please contact Dr. Jeff Prater by phone at (626) 403-3500, ext. 101 or by email at psychsax@earthlink.net*

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# Hearing the Call from the Client's Better Self

By Enrico Gnaulati PhD  
Distinguished Member 2015



Potent psychotherapy sometimes involves the therapist using his or her authoritativeness to lovingly call clients out and push them beyond themselves; to help them get unstuck with their frequent bad habits and poor judgments; and, to shake them out of their emotional slumber, or counteract what Freud meant by the “death instinct”—the expectable inertia we all encounter resisting actively existing.

By authoritativeness I mean the therapist feeling a degree of responsibility for the client's well-being and betterment. That is, the therapist extrapolating from his or her intimate knowledge of the client, as well as acquired clinical knowledge and life philosophy, to wholeheartedly say something to the client that is a stimulus for action. What we are talking about here is the therapist hearing the call from the client's better self, and speaking up on it's behalf. Thus, at key moments, the therapist can be the steward of the client's better self, and act judiciously in its defense.

Along these lines, Maurice Friedman, whose 1977 book, *The Healing Dialogue in Psychotherapy*, presaged many issues raised by contemporary, relationship-oriented psychotherapists, asserted: “The therapist may have to wrestle *with* the patient, *for* the patient, and *against* the patient.” Yet, in these declarative moments we therapists still have to be *sensitively* assertive. The distinguished psychoanalyst Irwin Hoffman aptly captures this: “...whether we like it or not, we are inevitably involved in some measure as mentors to our patients...We also have to try to act wisely even while recognizing that whatever wisdom we have is always highly personal and subjective.” Some examples will illustrate this concept.

George, a 46 year-old lawyer, who was prone to being overly dutiful and perfectionistic in his work habits, mentioned to me that if his supervisor refused to give him Thanksgiving week off, he would unilaterally decide to go out on sick leave. I replied, with good humor:

Maybe this is your way out of saying that because you work so hard you deserve time off on your terms. But hold on! This seems to be one of those occasions when you risk morphing into your mother—stepping

on toes, putting your foot in your mouth, and possibly getting yourself in hot water at work. You don't need to come out swinging like your mother, just be persistently assertive, stand your ground about needing Thanksgiving week off, persist, insist...use your good lawyer skills

In another example, Francesca, a 40 year-old homemaker with three children who caught her husband having an affair, felt compelled to immediately file for divorce. Francesca tended to be impulsive and action-oriented, and when hurt, go on the offensive. She was no stranger to betrayal and infidelity in her life. She had a brother who led a drug-addicted lifestyle with a trail of denial, lies, stealing, and failed promises being excused by her parents. Her father took off suddenly, but briefly, with another woman when Francesca was a teenager. Several key boyfriends had also been unfaithful. I softly, if not solemnly, proposed:

Francesca, I think it's premature to file for divorce. I know Alan betrayed you and this is especially devastating because he knows your history. But this has to be bringing up old hurts and injuries, and you and I need to take all the time necessary to sort this out emotionally before you make any life altering decisions. From what you have told me, Alan typically is trustworthy, and you have had a solid marriage up to this point. Filing for a divorce may make you feel powerful, refusing to put up with lies and betrayal, and having an out, like you didn't have as a kid. But, I think it's premature.

All too often, our therapy models and manner of practicing presume that clients should be their own source of motivation, communicativeness, and behavior change. To rely on the therapist for motivational energy, communicative finesse, and input about advantageous changes is viewed as a form of unhealthy dependence. This harkens back to the Freudian notion that inside us all, at an unconscious level, is a greedy infant, holding out to have our needs met by others whereby we can avoid growing up and taking independent initiative regarding our needs and wants. This falsely pathologizes any adult need for outside reassurance or encouragement. It belies how even self-reliant clients with a strong inner compass still need their therapist to weigh in on behalf of their better self, to prompt a less destructive, more wholesome course of action.

*Dr. Enrico Gnaulati will be speaking at the March Monthly Luncheon, and can be reached at [enrico@гнаulati.net](mailto:enrico@гнаulati.net).*

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# Integrating Self and Culture

## One Man's Struggle

By Wayne Kao, PsyD  
Diversity Chair



I often hear the statement when speaking with colleagues and students, “I’m such the perfectionist.” I have to admit that I’m guilty of using this phrase as well. However, the idea of being a perfectionist is to believe in a fallacy; an unattainable goal, or more importantly, a lie. More than anything, it is a goal that has long since been made impossible the first time you obtained an imperfect exam score. Yet, why do we still hold on to this need to attain perfection?

For me, the burden of seeking perfection lies in my growing up—not just with the father that I had, but with the culture that I grew up in. By now, many of you have heard of the “Asian F,” meaning that anything below an A grade or a perfect score is considered failure. The shame and guilt associated with such a “failure” has permeated almost every level of my life. I vividly remember coming home with a 96% on an exam when I was 9 years old, and telling my father... I was not met with praise or encouragement to keep working hard, but with criticism for having missed 4 percentage points. It didn’t matter that my grade was the best in class, it only mattered that I failed to get a perfect score. And even when I did obtain a perfect score, it was only worth praise if I obtained the only perfect score in the class.

Graduation from high school and college were expected, not celebrated. It didn’t matter that I graduated with a bachelor’s degree in three years instead of the typical four, as according to my Chinese culture, this achievement is invalidated by the fact that I attended a UC about which my parents could not boast to their friends and family. Even though I believe myself to be an emotionally healthy individual, the form of “tiger parenting” I received causes me to look down upon myself whenever I achieve anything other than perfection. If a client ends therapy prematurely, the voice in my head blames me for their termination. If students do not perform well on an exam, the voice in my head blames me for their poor performance—because my

teaching was faulty. If I unintentionally offend someone, I’m a racist/sexist/horrible human being for life, never to be redeemed. At what point is this my own struggle, or a culturally-driven self-appraisal? Do I really believe that I’m egregiously flawed, or does my culture and the larger society believe that, and I’ve just taken on their beliefs as my own?

However, here’s the irony: Imperfection and at worst, failure, is how we learn. It’s how we grow, how we understand and integrate perseverance, resilience, and maturity. Learning and recovering from our mistakes and imperfections is what pushes us to be better versions of ourselves. I’m a better psychologist because I learned from interventions implemented in poor timing. The entire premise of being a student is that at one point, I had no idea what being a psychotherapist was, how to say what, and when I was supposed to say it. If I haven’t failed before, I won’t know how wonderful it feels when I’ve succeeded. Or even better, when I’ve helped a client find success in their life.

In being a professor and supervisor, I have trainees and students who have needed to take the EPPP multiple times. Does that mean that they will always be less than someone who passed on their first try? If you know me and believe me to be competent, would it negatively impact your view of me if I told you that I also needed multiple attempts at the EPPP before passing it? In taking this exam multiple times, instead of internalizing shame, I believe that it’s a more important lesson to know what it’s like to persevere, only to succeed in the end. Do we learn how to ride a bike without falling off five to ten times, maybe more? If we wouldn’t chastise a child for falling off their bike, why would we chastise ourselves for doing the same? What if these are not failures, but simply part of the learning and growing process? As I grow, I’ve learned to enjoy the fact that I fail until I succeed, or— pardon the bluntness— I enjoy being stupid until I’m not stupid anymore (which in a sense is never to be fully achieved). As I grow, I’m not only realizing the fallacy of perfection and the excessive pain it brings, but the beauty in imperfection.

*Dr. Wayne Kao can be reached at [dr.waynekao@gmail.com](mailto:dr.waynekao@gmail.com).*



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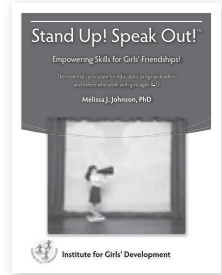
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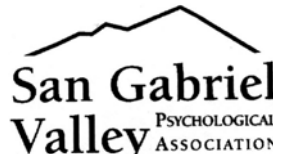
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