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UPCOMING LUNCHEON MEETINGS!



Date: April 13th *Please note this is the 2nd Friday of April!*
Topic: Adjunctive Parent Work in Child and Adolescent Therapy Practical Reflections

Speaker: Enrico Gnaulati, Ph.D.

Date: May 5th
Topic: Building a Private Practice: Learning from the Successes and Experience of Others

Speakers: Linda Bortell, Psy.D. Alan Karbelnig, Ph.D.
Enrico Gnaulati, Ph.D. Mona Kumar, Ph.D.

Monthly luncheons are held the first Friday of the month at the University Club, 175 N. Oakland Avenue, Pasadena, 12:00 p.m. to 1:45 p.m. Lunch \$15 members, \$20 nonmembers, \$5 auditing fee for those who attend without lunch or need CEUs; MCEP units: SGVPA psychologists \$15, non-SGVPA member psychologists \$25; SGVPA MFT/LCSWs \$10, combined \$20; non-SGVPA member; MFT/LCSWs \$20, combined \$30.

RSVP NO LATER THAN FIRST WEDNESDAY OF THE MONTH TO SGVPA VOICE MAIL (626)583-3215. CEUs available for Psychologists, LCSWs and MFCCs

PRESIDENT'S MESSAGE



This month, there are so many SGVPA items of interest that I think it will be most useful for me to present them as bullets!

- Please take note (above) that our meeting for April will take place on the SECOND Friday, April 13, due to the Easter holiday weekend. Similarly, our July meeting will take place on the SECOND Friday, July 13, in deference to Independence Day.
- Please be reminded that SGVPA is now offering any new member in 2007 a free year of membership! About 20 professionals have taken advantage of this great opportunity so far. Please think about which of your friends and colleagues might enjoy membership with us, and invite them to join! Applications are available at our website, SGVPA.org.
- For renewing members, please note that the absolute deadline for renewals is April 15 (that's right—Just like taxes!). Please take a moment and send in your renewal materials if you haven't renewed yet. Again, applications are available at SGVPA.org.
- As an extra incentive for both new and old members, participation in the creation of our 2007 MEMBERSHIP DIRECTORY! The directory is in the works, and should be available in hard copy and on-line at SGVPA.org within the next few months! The directory will provide a valuable resource for referrals, as well as for advertising your practice to your colleagues and beyond. (In the case of the on-line directory, of course, you will be advertising your practice practically to the universe!!) Many thanks to Dr. Stephanie Law, our new and intrepid Membership Committee chair, who is compiling the information.
- One of the benefits of membership is our bi-monthly newsletter. As a member, you are especially invited to submit articles on topics which may be of interest to

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GETTING TO KNOW ANOTHER OF YOUR SGVPA COLLEAGUES DR AMANDA HAN

by Suzanne Lake, Psy.D.



Amanda Han joined SGVPA last year, and plunged right in by offering to take over the management and development of our website (sgvpa.org). A graduate of CSPP-LA (Alliant International University), and recently licensed, Amanda has already accumulated a variety of areas of specialized experience, including diagnosing and managing students with learning disabilities, family therapy, dual diagnosis care, and teaching psychology to community college students at the Pasadena City College.

Perhaps most importantly, Amanda has developed a specialty treating Asian American/Pacific Islander (AAPI) clients. "I find that the majority of my clients have only a limited knowledge of and resources for psychotherapy, in addition to the language barrier. They often come in with an impression that psychotherapy is for 'weak people.' A lot of my work focuses on educating people about mental health services." She adds, "In my experience, the AAPI clients respond best to time-limited, solution-focused cognitive-behavioral therapy. However, I also find insight therapy fascinating and it can be very helpful for clients who are prepared to dive into their unconscious."

Amanda's doctoral project focused on "Parachute Kids" — Children from Asia and the Pacific Islands that are sent to the U.S. for educational and other opportunities. These children may be as young as 8 years old when they arrive, sometimes to stay with distant relatives, but just as often, to stay with foster parents from the Asian community. "They face very unique challenges in acculturating here, due to their minimal coping skills dealing with ethnic identity in a new country, and other rapid physiological, psychological, and cognitive changes in the new environment. I've presented at various local and state conferences addressing the important clinical implications related to Taiwanese Parachute Kids."

Amanda herself is a Parachute Kid, having arrived from Taiwan at the age of 14. "I always wanted to be an American, and I always wanted to be a professional," she explains. Originally focused on medicine, she soon found out (at UCLA) that psychology was her real passion.

Besides English, Amanda is fluent in three Chinese dialects (Mandarin, Cantonese and Taiwanese). She uses a unique combination of personal experiences and an innate cultural sensitivity to build and maintain rapport with clients from many diverse backgrounds. "Best of all," she declares, "I love what I do."

Dr. Han's general practice office is at 95 N. Marengo Ave. Ste 205, Pasadena, CA 91101, and she can be reached at 626.589.6155, or at ayhan@pasadena.edu.

AMANDA'S SENTENCE COMPLETION INTERVIEW!

My childhood ambition was...	"... becoming a housewife."
The fondest memory of my life so far is...	"... getting my 5-week old Boston Terrier.
The biggest challenge I've ever faced was... culture in the United States."	"... adjusting to the new lifestyle and
The biggest challenge I face now is...	"... balancing work and life."
My favorite movie of all time is... "Because..."	"Pretty woman. "I love the happy ending."
Outside of psychology, one of the things I'm most passionate about is...	"...raspberry chocolate cake."
Whenever I have free time, I like...	"... spending time with family, and my puppy at home."

MAKING A PERSONAL CONNECTION WITH OUR EARLY CAREER PROFESSIONALS: THE LAUNCH OF THE SGVPA MENTORING PROGRAM

by Monica Sandowitz, Ph.D.



New to the practice of psychology, eager to jump in and get your feet wet, or perhaps they are already wet but you'd like some company, you've decided to join a professional affiliation. Yay! So now you are a member of SGVPA, and if you are reading this article, are making good use of your membership newsletter.

But now what? How do you get involved? How do you cross the sometimes difficult and awkward hurdle of getting to know and be known in your new group of colleagues? As an early career psychologist, entering into the community of more "seasoned" professionals can be intimidating, especially if it is a well-established, formal kind of clan, where everyone knows everyone else, except you. Well, not at SGVPA! In our efforts to encourage connections between our well-established members and early career folks, the Early Career Professionals Committee is developing the SGVPA Mentoring Program.

What is mentoring, you ask? New "early career" members will receive a personal welcome call from one of our more "seasoned" members (volunteers anyone????) and an invitation to lunch or coffee to answer questions about SGVPA, networking, how to get more involved in SGVPA, etc... "Mentors" will remain available to new "early career" members as a familiar face and helpful resource, to help them make a smooth and enjoyable entry into the SGVPA family.

Aside from the personal connection and "helping hand", the Mentoring Program will offer benefits to early career members and mentors alike. Networking opportunities exist for both parties. Also, becoming a mentor is a wonderful way for well-established members to "give back" to the profession and provides a rewarding opportunity to share your expertise and knowledge with the next generation of psychologists!

As an early career psychologist myself, I have truly enjoyed the warm, collegial relationships I've made with several of SGVPA's veteran members, and have benefited from their knowledge and sharing of their personal experiences in developing their practices. Moreover, sharing with them my professional practice and expertise has increased my exposure in the professional community.

SGVPA members interested in becoming a mentor, please contact me. We hope to get our Mentoring project underway within the next month. Early career members, you can expect a phone call from one of our veteran members in the near future. And of course, participation in this program is completely voluntary—no pressure, really! Just one new avenue we are building to connect with our early career members.

President's Message

(continued from page 1)

our membership. One such article is contained in this issue, by Dr. Amanda Han, describing the psychological issues of Asian "parachute kids" in the U.S. Please consider writing for the newsletter yourself!

· Finally, as announced in our March monthly meeting, we will begin adding a charge of \$5 for lunch in the event you have not made a prior reservation. While the University Club has always extended itself graciously to accommodate our members, we realize that we have been placing a heavy burden on their staff. We hope to encourage timely RSVP's and demonstrate respect to the Club with this new policy, which will take effect beginning with the April meeting.

I hope that all of you are now inspired to pick up the phone and make your reservations for lunch next month! And, I hope to see you all soon, and that you enjoy the rest of this issue.

Submitted with thanks to all of you who participate, and contribute to making SGVPA a valuable and rewarding organization,

Suzanne Lake, Psy.D.
President



He Said, She Said

Notes from Our Most Recent
Monthly Meetings



by Suzanne Lake, Psy.D.

Our January presenter was our own SGVPA member, Dr. John Wayne, who spoke on the topic "Who Is The Freud We Learn?" He described a discrepancy between the Freud most students of psychology — even students of psychoanalysis — are taught, and the Freud who may be best be understood through the prism of Lacanian thought. The first Freud is a kind of biologist of the mind, and author of a closed text. The alternative is the Freud whose text remains open, locates human subjectivity in a gap within consciousness, and discovers a method whereby one could assume an implicit (though unspoken) knowledge located in that gap.

In particular, Dr. Wayne spoke of a way of listening to our patients that is akin to the reading (or, analysis) of written text, which opens up what the therapist and patient might hear in the latter's discourse. This way of listening could, in time, make a fundamental difference in their subjective position in the world. It is a way of listening that is based on Freudian/Lacanian attention to speech and language (or, signifiers), even though it does not require one to be either a Freudian or a Lacanian to practice it.

In February, we were pleased to hear Susan Warren Warshow, LCSW present the fundamentals of Experiential Dynamic Therapy, in her talk, "Penetrating Defenses to Awaken the Self: The Art and Skill of Reaching Affect." Ms. Warshow has developed expertise on this model, which is derived from precepts established by Dr. Habib Davanloo. The model identifies a triad of inhibitory affects — anxiety, toxic guilt, and shame — which give rise to defenses. Building a strong therapeutic alliance, the therapist clarifies the emotions that result in defenses, and the cost of using them to block underlying affect. In theory, the gradually strengthened observing ego enables the patient's self to turn against the defenses and inhibitory affects, ultimately rendering them ego-dystonic. This process engenders hope, and the will to fact underlying feelings, in partnership with the therapist.

Ms. Warshow's techniques were illustrated with a fascinating video presentation of her work.

Psychology Licensure & Renewal: New Regulations Approved by the Board of Psychology

Effective December, 2006, psychologists may earn up to 75% (27 hours) of the required 36 hours of Continuing Education through Independent Learning (previously called distance learning). This change in the regulations applies to anyone with a license expiration date of December 31, 2006 or later.

Effective January, 2007, there is a change in the BOP's ethics and law requirement to allow more flexibility to psychologists in meeting the intent of the original requirement — to stay abreast of changes in law, regulation, ethical standards and standards of practice in their specialty area. The new approach to the law and ethics requirement requires the use of professional judgment — it is not a prescribed, one size fits all formula. Although psychologists may still choose to take the traditional continuing education courses to fulfill the requirement, other options are now open.

*For more information on both these new regulations, please visit cpapsych.org.

SGVPA MONTHLY PROGRAM SCHEDULE 2007

Date: May 5th

Topic: Building a Private Practice: Learning from the Successes and Experience of Others

Speakers: Linda Bortell, Psy.D.
 Enrico Gnaulati, Ph.D.
 Alan Karbelnig, Ph.D.
 Mona Kumar, Ph.D.

Date: June 1st

Topic: Psychodynamic Reflections on Internet Pornography

Speaker: Alan Karbelnig, Ph.D.



ATTENTION ALL SGVPA MEMBERS!



Do you ever feel the urge to get to know your colleagues in a setting that's not related to business, CEU requirements, or committee responsibilities? An exciting new opportunity is coming your way! A SGVPA sponsored MOVIE NIGHT will soon be announced. You'll get a wonderful chance to socialize with friends and comrades, get to know new members, dine on delectable snacks (including some wine perhaps), and enjoy the discussion of a fascinating movie.
Look for details in the next newsletter.

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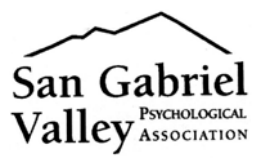
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SGVPA NEWSLETTER ADVERTISING COSTS

Members and guests are encouraged to submit articles and advertisements by the 15th of the month. Please be certain to include your license number in your ad copy. Members receive two complimentary ads each year on a space available basis.

Otherwise the cost is as follows:

Classified ads - \$.50 per word
Quarter page - \$	30.00
Half page - \$	60.00
Whole page - \$	100.00
Insert - \$	120.00



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