

Analyze This!



www.SGVPA.org

The Official Newsletter of the
San Gabriel Valley Psychological Association



AN OFFICIAL CHAPTER OF THE CALIFORNIA PSYCHOLOGICAL ASSOCIATION

July/August 2015

CPA's Outstanding Newsletter for 2015!

BOARD OF DIRECTORS

President

Ellen Miller Kwon, PsyD
(626) 807-5451
ellen@drmillerkwon.com

Past President

Stephanie Law, PsyD
(626) 354-5559
stephanie@drstephanielaw.com

Secretary

Martin Hsia, PsyD
(818) 547-2623 ext. 4
martinhsia@gmail.com

Treasurer

David Lorentzen, PsyD
(818) 523-4628
davidlorentzen@gmail.com

Newsletter Editor

Suzanne Lake, PsyD
(626) 795-8148
DrSuzanneLake@aim.com

Membership Chair

Laurie Nougier, PhD
(626) 755-5622
drnougier@yahoo.com

Program & Continuing Education

Larry Brooks, PhD
(818) 243-0839
drbrooks@drlarrybrooks.com

Early Career Professionals

Daniel Linscott, PsyD
(626) 765-7647
drdlinscott@gmail.com

Website Management

Dustin Plattner, PsyD
(626) 344-2310
dr.plattner@gmail.com

Special Interest Groups

Laurie Nougier, PhD
(626) 755-5622
drnougier@yahoo.com

Local Advocacy Network

Brett Veltman, PsyD
(626) 263-7528
drbrettveltman@gmail.com

Representative to CPA

Dustin Plattner, PsyD
(626) 344-2310
dr.plattner@gmail.com

Diversity Liaison to CPA

Wayne Kao, PsyD
(626) 940-8670
dr.waynekao@gmail.com

CARE

Brett Veltman, PsyD
(626) 263-7528
drbrettveltman@gmail.com

Student Representatives to CPA

Christin Fort
(248) 763-4517
Christinfort@fuller.edu

Jeremy Cernero, MA
(317) 507-9790
jeremycernero@fuller.edu

Upcoming Lunch Meetings



Date: Friday, July 10, 2015
Topic: The Myth of the Midlife Crisis
Speaker: Diann Wingert, LCSW

Date: NO AUGUST MEETING

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

PRESIDENT'S MESSAGE



Dear Colleagues,

I ask myself, what unifies us? It cannot be a singularity of opinion on any matter—psychologists are trained, encouraged, and guided into independent critical thought. In addition, we are trained to listen for nuance and complexity in issues, so that when any particular issue is presented, it is often not possible for all of us to arrive at the same opinion. Recent controversies regarding the BOP, APA, and prescription privileges for psychologists illustrate this. I applaud the dialogue that takes place when our members debate many-faceted issues. Why not risk more of this, folks?

In the wake of addressing the issue of alleged psychologist involvement in torture practices in Guantanamo, I can tell you that it is not without strain that the Board puts forth any “group” statement on behalf of SGVPA. We simply work together on a such a statement, knowing that it will be imperfect. So if we cannot find unity in perspective then where else can we? Unity for us cannot be represented by an all-encompassing vision of our profession. Psychologists work in such varied settings—we all experience different realities as to what it means to “go to work.” We also argue with one another about where we should go as a profession in terms of scope of practice. No, no unity there.

Neither can there be one theoretical viewpoint for our work. Psychologists often work for years on finding, and then honing, an understanding of their personal theoretical vision. These journeys often include discarding and adopting various stances, but the point is that our theories are fluid,

(continued on p. 2)

contradictory, complicated, and sometimes controversial. Even my husband, a business man, nervously jokes with me about the CBT vs. Psychodynamic debate when we have a dinner guest from the “wrong side of the issue.” He tells me to be nice; and I try to be. But the truth is that well-meaning people can honestly disagree with vigor.

Students often voice confusion in the process of learning apparently contradictory or incompatible approaches. I have heard heartfelt confusion from supervisees in deciding how to tackle an issue with a client— tossing several ideas about working on a behavior, working on being quiet and tolerating felt pressure, working on insight, etc. And, these supervisees find that different supervisors approach a problem in very different ways. Theory does not encourage unity, it encourages division.

I think that if we are to have any unity as a profession, we will have to fight for it. We will have to seek it, name it, and pursue it. One area I suggest we do this in is professional development. For example, we all have a professional trajectory. We all have to endure being a student, push through to be an early career, persevere into middle career, and hopefully revel in being “established.” In order to find unity in this, we will have to connect with our support of one another in the difficulties and joys of each stage. We are all students, whether in memory or in practice. We are all seasoned, whether in hope or in reality. We need each other. So please dear folks, know that you all belong, regardless of your opinions. You are all needed in this association.

An event for “early career” is an event for all. A speaker at our luncheon that speaks from an alternative theoretical viewpoint, which you find problematic, could nevertheless teach you something. Come to our events, share, and be open. Talk with those you do not know and do not be intimidated when you have a different thought on an issue. Dialogue is healthy, and welcome. Hope to see you at many events coming up. They are all for you.

Respectfully,
Ellen Miller Kwon, PsyD
President

POSITION STATEMENT

We, the San Gabriel Valley Psychological Association (SGVPA) Board of Directors, issue this statement in response to allegations about the American Psychological Association (APA) and its involvement with torture practices during the Bush administration. Psychologists are under an ethical obligation never to harm anyone we treat. Any involvement by any psychologist, and certainly the involvement of the APA, in torture is unethical and concerning. Harmful acts need to be accounted for and subjected to a process of investigation. At the same time, we believe it is important to allow time for accusations to be validated, and for evidence to be confirmed.

There is concerning evidence, presented by journalist James Risen, that APA knowingly sanctioned the involvement of psychologists in the “enhanced interrogation” program during the Bush administration. It alleges that, “The APA secretly coordinated with officials from the CIA, White House, and the Department of Defense to create an APA ethics policy on national security interrogations which comported with then-classified legal guidance authorizing the CIA torture program.” (You can read Risen’s article by going to the New York Times website, and search using key words: American Psychological Association Collaborated.)

Risen has also authored a book titled, *Pay Any Price: Greed, Power, and Endless War*, in which he further details the accusations involving APA’s involvement in the “enhanced interrogation” program. This program has now been discontinued.

The American Psychological Association has issued a press release denying Risen’s allegations, and has called for an independent review of them. The review is currently being conducted by attorney David Hoffman, and is promised to be made available in its entirety, after review by an APA special committee. (APA’s press release can be found by searching the APA website with the keywords: James Risen Allegations.)

The Board of SGVPA supports the decision to have an independent investigation, and calls for complete transparency and accountability with the matters at hand. If our colleagues have participated in actions that directly contradict the ethics of our profession and/or made efforts to evade responsibility and accountability for such violation, we are deeply disappointed and concerned. We join with our fellow psychologists nationwide in our hope for efforts to illuminate and rectify this situation.

If you would like to take action by urging APA to release the findings, and to measure disciplinary steps to any found guilty of ethical violations, there is a petition that is being circulated by Psychologist United that you may sign. To access this petition, go to Change.org and search for the petition using keywords: APA Complicity.

CPA Annual Convention

An Awarding Experience For SGVPA

By Ellen Miller Kwon, PsyD
President

This year's CPA convention in April in San Diego was a great success. CPA reported that over 500 people attended, breaking the prior record. I loved running into friends from circles I don't interact with regularly, and meeting new people as well. Several highlights—outside the regular convention roster of excellent speakers—included the CPA-PAC dinner, which had 130 psychologists and graduate students in attendance, making it one of the largest fundraising dinner groups ever. Ten members of SGVPA attended the dinner, and it was encouraging as well to see many students present at the dinner.

Also I would like to thank those members who sponsored others to attend, including: Dr.'s Manny Burgess, Ted Cosse, Wayne Kao, Suzanne Lake, Stephanie Law, Keith Valone, and Colleen Warnesky. Such a generous group of professionals... and I hope we can all feel inspired to give just a little to the CPA-PAC. This is the only lobbyist group in Sacramento representing psychologists!

During the PAC dinner, Assemblymember Rocky Chavez, spoke to us about his family's personal fight with mental illness, and how his awakened awareness of mental illness has shaped his legislative focus. On Saturday night, our chapter newsletter, *AnalyzeThis!*, received an award for Outstanding CPA Chapter Newsletter—which is the second time we've been honored as the best chapter periodical in the state! Our long time and excellent editor, Dr. Suzanne Lake, accepted the award. She deserves much credit for the excellence of our newsletter. My thanks also to SGVPA member and newsletter columnist, Mark Baer, Esq., who made a special trip to be present when the award was received. I was much gratified personally to see our newsletter honored publicly, knowing that it is a labor of love, as well as a showcase for our community's varied professional perspectives, and that many of you have contributed your own ideas to our newsletter. Please continue to do so!

Additional awards were received by SGVPA members at the convention. Dr. Keith Valone was also honored with the CPA's Chuck Faltz Advocacy Award, for his work in Division V (Clinical Psychopharmacology), and generally in our field. Dr. Rick Williamson was honored by Division II (Education and Training) with the Award for Distinguished Service. Dr. Williamson is a former supervisor of mine while I was Fuller Seminary accruing Post-Doctoral hours, so I personally know his heart for service.

Well done and congratulations to you all.



Clockwise from upper left: Conventioneers Ellen Miller Kwon, Colleen Warnesky, Lauren Bunnell, Luis Guzman, Amber Blews, Allison Hefley, Bobbi Carlson and Alison Johnson.



Editor Suzanne Lake, with columnist Mark Baer, accepts the award for Outstanding Newsletter from CPA President Stephen Pfeiffer and CEA Jo Linder-Crow.



Keith Valone accepts his Chuck Falz Advocacy Award.



Rick Williamson received the Award for Distinguished Service.

It All Started With An Email ...

One Student's Revelation

By Luis Guzman, MA



A few months ago I decided to respond to an email from Dr. Ellen Miller Kwon to join SGVPA at the annual CPA-PAC dinner in San Diego. As a graduate student going on internship in a few months, I had many thoughts going through my head as I tried to decide whether I wanted to join future colleagues for a nice dinner,—but have to drive a couple of hours to get there. The alternative would be taking the opportunity to relax after a busy week. I admit thinking that adding one more thing to my plate was the last thing I wanted to do. I also figured this PAC dinner wasn't really for me because I was still a graduate student. Nevertheless, I ultimately decided to accept the invitation with an open mind, and enjoy my first experience with members of SGVPA and CPA.

I arrived shortly before the dinner was to start, not sure what to expect. As soon as I walked in, however, I thought my worst fears were coming true as I immediately felt out of place. I couldn't see a single familiar face. The minutes seemed to turn to hours as I walked around the room casually looking for someone I knew. As I continued to scan the room, I couldn't help but notice how comfortable most attendees were with each other as they talked and laughed in their small groups. I finally gave up my search and sat down at SGVPA's table, feeling awkward and unsure that I'd made the right decision to come at all. However, it wasn't long before a sense of relief washed over me as other members began to join us.

During the course of dinner, I realized how diverse the SGVPA members' background and professional interests were; yet all shared the common goal of advocating for the profession, their clients, and the communities they formed a part of. In that moment I knew that CPA, through events such as this one, was doing something amazing by protecting, promoting, and generally looking out for our profession. As I heard the stories about CPA members, and the dedication they have shown to advocating for psychologists across the state, I felt that I had found a missing puzzle piece in my developing

professional identity. Through personal connections and mentorship, CPA and SGVPA were offering me a way to continue growing, both as a psychologist and future advocate. Gone were my fears of not fitting in with the room full of accomplished psychologists, and of having come to an event that was largely irrelevant for this stage of my career. My initial fear were now replaced with an overall excitement about meeting fellow students and psychologists actively involved in helping determine policies and laws that affect us.

One of the speakers was a state lawmaker who shared his personal experience of dealing with mental illness in his family. At the conclusion of his speech, he urged the audience to stay involved, and to encourage others to become involved with the work of advocating for laws and policies that support and protect psychologists and their patients. His story reminded me of the importance of the work that psychologists do in communities across the state. Through this experience, I'm beginning to see the necessity of continuing to reach out to people across the state to inform them of the amazing work that psychologists are doing.

Shortly before dinner concluded, a group of students from the California Psychological Association of Graduate Students (CPAGS) introduced themselves to those of us who were new and shared how excited they were to have new students involved. Their warmth and friendliness towards the new students in attendance, such as me, erased any lingering doubts I might have had about joining SGVPA, and going to CPA's for annual dinner. As I drove home later that night, two questions reverberated in my head: "What if more licensed psychologists across the state would reach out to students such as myself, and introduced them to events such as this one?" and "What if more students decided to reach out to their local CPA chapters, such as SGVPA, and get involved in advocacy?" What a profound difference these efforts might make in the future of psychology.

And it all started with an email from Dr. Miller Kwon... which culminated in a new-found passion and commitment to further improving the lives of others through legislative advocacy work.

Luis Guzman can be reached at lguzman11@apu.edu.

The Interpersonal Triangle:

The Three Dimensions of the Interpersonal World

Part I of a Series



The Interpersonal Triangle is a concept I've been developing over the course of years in my professional life, and which I would like now to introduce to *AnalyzeThis!* readers. To start with, I will present what I've come to conceptualize as the Three Dimensions of the Interpersonal World.

Although there is now empirical support, the idea of the *Interpersonal Triangle* is originally based on independent theoretical propositions by put forth by Karen Horney and Wilfred Bion. Horney enhanced the psychological world with her classic book, *Our Inner Conflicts*, where she introduced the three primary modes in which people move in any relationship: we *move toward*, *move against*, or *move away* from others. Meanwhile, across the Atlantic in England and independently of Horney, Bion designated three distinct terms to describe how we emotionally “link” or connect to each other. He said that people interpersonally connect either through *love*, *hate* or *knowing*.

Although their terms differ, in essence these two psychoanalytic giants correctly identified three fundamental interpersonal dynamics. Horney's concepts echo Bion's: *moving toward* is the same as *love*; *moving against* is the same as *hate* (or as I prefer, *power*), *moving away* is fundamental to *knowing*.

Over the years, I have relied on these tripartite concepts to guide me as a therapist, a teacher and an organizational consultant. And as I have worked with these concepts, I've gradually developed a meta-model to illustrate them. Although separate, these interpersonal dimensions are interconnected to the extent that we cannot truly understand one outside the context of the other two. Therefore I connect them graphically with lines, creating a triangle—an *Interpersonal Triangle*, if you will.



Versions of the Interpersonal Triangle, by the way, are found throughout psychological literature as well as other places, such as in systems theory, biology, organizational psychology literature, and even pop culture. I will mention just one particular place that I found the Triangle: *The Wizard of Oz*. In my interpretation, the Tin Man (who wanted a heart) represents moving toward, or love; the Lion (who desired to rule) epitomizes moving against, or power; and finally, the Scarecrow (who sought a brain) embodies moving away, or knowing. For Dorothy, part of her hero's journey was to integrate the three positive aspects of the metaphorical characters in order to become a woman. (This perspective on Dorothy's three companions actually became the centerpiece of my book, *Follow the Yellow Brick Road: How to Change for the Better When Life Gives You Its Worst*.)

I suggest that just as there are three dimensions to the physical world, there are three dimensions of the interpersonal world. One could say that moving against/power is akin to height; moving toward/love is similar to width, and moving away/knowing is parallel to depth.

Please note that the Triangle does does *not* denote personality styles. Rather each interpersonal dynamic operates on a discrete axis, comprising together a triad of possible ways we relate to others.

All of the foregoing is merely a brief introduction to the three-dimensions. Here are a few of the finer points I hope to illuminate:

- The *Interpersonal Triangle* is a meta-model, and applies to any and all theoretical orientations.
 - Each dimension can be positive or negative in its relational impact. For example, co-dependency is a form of a negative moving toward. Similarly, the ability to set healthy boundaries is an example of positive moving against.
 - Moving against/ Power, in its positive manifestation, is akin to what cognitive behavioral therapists call self-efficacy or agency.
- Moving toward/Love, in its positive manifestation, takes into account everything we know about attachment theory.
- Moving away/Knowing, in its positive manifestation, abides in the prefrontal cortex, and is aptly described by the mindfulness movement.

Hopefully this brief survey of the meta-model has introduced you to a new way of thinking about your own clients, and how you interact with them in a session. In Part II, I will use the Interpersonal Triangle to describe mental health and pathology.

Dr. Sam Alibrando can be reached at Sam@apc3.com.

Dreaming in the 21st Century: Dream Tending

Part III of a Series

By Larry Brooks, PhD
Program & Continuing Education Chair



If dreams are messages from the inner-beyond, and possess an intelligence beyond our intelligence to grasp, how do we optimally approach them? *Dream tending* is a way of working with dreams developed by Stephen Aizenstat. It is a non-interpretive approach that creates an imaginal space, a theater for the

dream to enter the waking world.

Two principles are foundational to dream tending: How the dream images are regarded, and the disposition of the dream tender. Aizenstat says, “Dream images are not representations of our personal nature only, but are also informed by the subjective inner natures of the things and creatures in the world.” They exist “in the wild place of dream time, and have their own intelligence.” According to James Hillman, “Dreaming is a source of imaginal information from a psyche that is not merely mine, attached to my brain and within my skull,” but connected to the *anima mundi*, an intrinsic connection between all living things on the planet.

Dream images have a dual existence, a semi-autonomous presence that exists beyond the parameters of the individual mind. The dream image is like a boat moored to a dock. The image reveals itself, individuates, when it is unmoored and allowed to drift. Hillman states, “Dreams call from the imagination to the imagination and can be answered only by the imagination.”

Dream tending is more a way of being than a rubric. It prioritizes the importance of the dream tender’s personal dream practice. The term was chosen to emphasize a relationship to the dream characterized by a quality of caring. Dream tending is quintessentially improvisation, a playing with images guided by an attentiveness to affect, an overarching curiosity, and vigilance to the ever-present machinations of the ego. The dream tender is encouraged to meet the dream with patience and the curiosity of a tourist in a foreign country; to attend to the dream with “soft eyes,” and deep listening that empties the mind of pre-conceptions.

Dream tending builds on the techniques of association, amplification, and animation. Animation is the heart and soul of dream tending. It is a process that utilizes

expressive and enactive techniques to bring the dream image into the present so that it can be observed and interacted with, so that the images can individuate and reveal their multidimensionality.

An individual in a dream tending workshop presented the following dream to me: *There are six qualities intense and deep, forming a rectangle, with someone standing with each one. I am standing with Death. There is a sense that all these qualities are about to be infused into David from the TV show Six Feet Under. He is standing across from me. I understand that this is whole-making. That this is making David whole.*

She strongly identified with the character of David. The show is about a family of undertakers who live in a large craftsman house in Pasadena that serves as funeral parlor and their dwelling. After collecting associations, I asked her to imagine David in the room. She did this easily. After a while, she said, he was different than in the TV show. He had an edge of aggression. In the show he was sensitive. He conveyed the feeling that he could take care of himself. She talked about how difficult it was for her to integrate aggression in her life. She said, “It was like a rock that my ship kept breaking on.” She described feeling very stuck and sad. I asked her to imagine telling David her struggle with aggression. She took a long time. I was impatient and I asked what she was noticing. She said with an edge to her voice. “I am getting to it, but it’s taking time.” I backed off, struck by the atypical sharpness of her tone. She imagined a discussion where he conveys to her not with words but a “sense image” that aggression is part of nature. She then noticed that he was changing and taking on the personality of Walt Whitman. At a funeral in the show, a section of Walt Whitman’s *Leaves of Grass* was read.

The dream was not interpreted. An imaginal space was created that encouraged the dreamer to interact with the dream image of David. Animation brought into the present an emotional engagement with aggression that represented a stuck point in her life. Animating the image facilitated openness to a new experience of aggression. Had we talked about her conflict, there would have been less of a transformative experience.

Dr. Larry Brooks can be reached at drbrooks@drlarrybrooks.com.

Under the Influence: Your Brain on Hormones

By Diann Wingert, LCSW, BCD



Anyone over 40 probably remembers the highly successful drug awareness advertising campaign that began running in the late '80's intoning, "*this is your brain on drugs,*" while featuring a sizzling egg in a frying pan. I am reminded of that commercial when I reflect on just how much of a woman's life is determined by her hormones and how we are literally "under the influence" of those hormones for most of our lives.

In the highly popular book, *The Female Brain*, neuropsychiatrist Louann Brizendine presents an explanation of the multiple ways that a woman evolves during mid-life. Our priorities, preferences, and even personalities are shifting during this time, as a direct result of both changing conditions in our lives, and changing chemicals in our bodies and brains. Dr. Brizendine believes that hormones, not life experiences or personal choice, are primarily responsible for most of the behavioral changes of mid-life. Her chapter on *The Mature Female Brain* resonated with my own experiences, and those of many of my clients, which has caused me to rethink my assumptions about this age and stage.

Many of my mid-life clients come to therapy in their late 40s or early 50s, either for the first time, or returning to therapy after a long absence. They complain of not being able to sleep, snapping at their husbands and kids, feeling sluggish and mentally slow, and saying that they just don't feel like themselves anymore. They wonder if they are depressed and think their stress levels and anxiety just can't be normal. We explore their feelings about their children growing up, their concerns about their marriage and their fears about their parents' declining health. I teach them stress reduction and mindfulness and often suggest they make an appointment with their gynecologist to have a hormone panel drawn. Some opt for hormone therapy, either bio-identical or standard, and I have seen it literally save marriages and lives.

Understanding how each of the major hormones functions during peri-menopause and menopause, and the roles they play in mood, energy, sleep and sex drive has

helped me better understand the challenges my clients face at this stage of life, while bringing greater clarity to my own experiences. I'm grateful to the client who recommended *The Female Brain*, and it's become one of my most frequently recommended titles to clients.

A woman's hormones begin to fluctuate during perimenopause, a period which begins in the early to mid-40s, and can last up to ten years. Wildly erratic shifts in estrogen, progesterone, and testosterone result in worry, anxiety, depression, insomnia, stress eating, increased consumption of alcohol, fatigue, irritability, weight gain, and loss of libido. For a woman who has grown accustomed to managing her family, her job and her life with relative success, these disruptions can cause tremendous stress and overwhelm, as well as a feeling that she is "losing it." Many women haven't informed themselves about menopause, or are in denial that this is what is happening. Our mothers typically didn't talk about it, and our youth-obsessed culture can make us feel stigmatized for experiencing a natural biological process. No wonder the symptoms get misdiagnosed or minimized.

By the time we are post menopausal several years later, our urge to take care of everyone (but ourselves) and our frenzied need to fix and manage during our 30s and 40s have been replaced by the desire to remain healthy, embrace new adventures, and figure out who we are now and what we want to do about it. These changes are not a result of an empty nest, aging parents or the limitations of Botox, but the influences of estrogen, progesterone, testosterone and how their new balance shifts our brain chemistry.

I'd like to think that I simply decided to start my private practice, embrace a new spiritual path and begin a serious commitment to fitness in my early 50s, but I've since come to the conclusion that it was probably my hormones leading the way, and I'm okay with that. In contrast to the rocky ride of peri-menopause, a woman in her mid 50s who is post menopausal is likely to find that she is beginning the most productive, creative, fulfilling and happy time of her entire life as her hormones are finally leveling out. I'm more than happy to embrace that possibility, and see what the next phase of life has waiting for me, now that I'm no longer under the influence.

Diann Wingert, LCSW can be reached at diannwingertlcsw@gmail.com.

Introducing the SGVPA Future of Psychology Scholarship

By Ellen Miller Kwon, PsyD
President

I'm thrilled to announce that SGVPA is launching a scholarship dedicated to the "Future of Psychology." This \$500 grant will be available yearly, by application, to one deserving member from among our *early career professionals*, that is, psychology students in their third year of graduate school, through the first five years following licensure.

The scholarship must be used to finance attendance, and other related fees, for the winning ECP to go to a specific conference, workshop, or other professional event in the year 2016. As you know, every year there are numerous significant, stimulating, and enriching professional events mounted in the greater Los Angeles area. Unfortunately, many ECPs feel unable to go to them, due to financial constraints. The Future of Psychology Scholarship is aimed at clearing the path so that some of them might go.

As a professional organization, SGVPA is dedicated to offering a variety of ways for individual practitioners to become and remain connected with the greater community of psychology—locally, statewide, and nationally. The winner of the scholarship each year will be able to participate in a significant professional program, and will in turn be expected to share his or her experience with the organization. In this way, not only the individual scholarship winner, but the whole of our organization, will benefit.

Some suggested events for the coming year are the CPAGS conference (Jan/Feb 2016), CPA Leadership and Advocacy Conference (March 2016), CPA Annual Convention (April 2016), and the CPA-PAC Fundraising Dinner (April 2016.) Of course, there are also many other important events which would be considered appropriate possibilities for the scholarship. Applicants would be invited to specify an event that they would like to attend, and make a

statement describing its value to them personally, as well as any broader value to the profession.

If you are a more established psychologist, the SGVPA Board is asking that you consider the value of the next generation of psychologists becoming engaged and active in the profession of psychology, and the importance of our doing what we can to make sure this happens. We are planning on funding the Future of Psychology Scholarship with donations from you generous *seasoned* psychologists! Don't be surprised if you receive a phone call or an email asking for support.

Any SGVPA member early career psychologist (3rd year graduate student through five years post licensure) may apply. Please submit a 750 word (maximum) essay by December 31, 2015 in which you describe your hopes for the future of psychology, and your aspirations for your own career. Please also submit a separate, brief description of the event that you are proposing participating in with the funds available in the scholarship. You must also express your commitment to submitting a follow-up article for the SGVPA newsletter, *AnalyzeThis!*, in which you will share your experience of the event, and what you learned as a result of attending it. Finally, the Board requests two brief letters of recommendation from psychologists, and one letter from your school's Director of Clinical Training (if you are a student), to verify your standing and enrollment in school. If you are already licensed, we only request a copy of your license instead. Your submission should be sent directly to me, and will be considered by a Scholarship Committee composed of Board members and other psychologist members of SGVPA.

I encourage all of you eligible to consider applying! Please don't hesitate to contact me with any questions you may have. Good luck!

Dr. Ellen Miller Kwon may be reached at Ellen@DrEllenMillerKwon.com.

Integrating Self and Culture

One Man's Struggle

By Wayne Kao, PsyD
Diversity Chair



Today, I'm going to speak of someone that you were all supposed to meet, but due to circumstances outside of our control, will never be able to. On March 22, 2015, Kimberly Grace, PhD, passed away from an enlarged heart. She was 29 years old.

Dr. Grace was a recently licensed psychologist. On December 29, 2014, she earned her license to practice psychology independently, less than 3 months before her untimely passing. In recruiting her to work with me, she had told me that she was looking for a position that would give her the opportunity to provide quality therapeutic services, and also allow her to live the life that she wanted to live. In fact, she was interested in becoming a member of SVGPA, and was looking forward to meeting all of you. I strongly believe that each of you would have been proud to know her. However, she will not have worked long enough to be remembered by the larger psychological community. She will not be able to accomplish all she set out to accomplish.

I met Dr. Grace through one of my psychological assistants, who suggested she would be a good fit for my training program. She was correct. As I told Dr. Grace at the time, she was the final puzzle piece in completing my treatment team. She informed me that she had some loose ends to tie before transitioning to work with me. She had not been home to Ohio to see her family in over a year, and had asked if she could make the visit before starting. She also planned a trip to Jamaica.

If any of you have ever worked in non-profit community based services, you understand that the job can consume your life, leaving you unable to spend time with your loved ones or take the trips that you've wanted to. I promised Dr. Grace that this would not be the case in working with me, and encouraged her to make these trips prior to her new job. I was not aware that these would be her final, farewell trips, that it would be the last time that she saw her family.

Since these events, my team and I have been racking our brains, trying to understand why something like this would happen. How does someone who has the whole world in front of her simply pass away—just as she begins to experience the “fruits of her labor?” I had only worked with her for three weeks, but had immediately found her to brighten up the patients that she worked with as well as her colleagues. Her personality was quite cheerful and infectious.

I can only understand it this way: Dr. Grace, for whatever reason, was slated to pass away. There was no knowable intervention to be conducted. What I know is that she was unhappy with her previous job, having felt overworked and underappreciated, and that she was not able to be the psychologist that she wanted to be there. She had not seen her family in over a year, and had not taken any meaningful trips that would enrich her life. If she had stayed at her previous job, she would have passed away not having seen her family, not having taken any trips. She would have passed away in a job that did not appreciate her, and therefore, perhaps would have led her to feel that she had chosen the wrong career. Maybe she simply needed time and space to say goodbye to her family, to see a part of the world outside of her daily grind, and to see what her career could truly offer her. I'm not sure how you make sense of these kind of events, whether through spiritual, religious, or cultural contexts, but I choose to believe that I met her to give her time to say goodbye, and be in a happier context, albeit shortly.

In the coming year and beyond, I am choosing to remember Dr. Grace by continuing her work in some capacity. I will be starting a membership fund in her name through SGVPA. This way, she will continue to positively influence the field that she loved and worked so hard to be a part of. She will continue through providing opportunities to her colleagues. For her and many others out there, this is how her community will continue to carry out her plans.

Dr. Wayne Kao can be reached at Dr.WayneKao@gmail.com.

ADVERTISEMENTS

OFFICE SPACE

PASADENA

- Office space for rent in suite. Beautiful building near Old Town Pasadena. Parking included, plus waiting room, call light and kitchen. Rent \$1,050 per mo. Call Carol Maskin, 818-606-2353.

Stephanie Law, PsyD

Clinical Psychologist (PSY22190)

Specialties:

Trauma, Grief/Bereavement, Bipolar, Substance Abuse, Cross Cultural Issues, Psychological Screenings for Egg Donor & Surrogacy Candidates

Phone: 626-354-5559

16 S. Oakland Ave, Suite 216

Pasadena, CA 91101

www.drstephanielaw.com

Email: stephanie@drstephanielaw.com

Twitter: @drstephanielaw

institute for *girls'* development™

A Psychological Corporation



Empowering girls, families & their circles of community — through hardiness skills, mindfulness, self-discovery, & growth-fostering connections

PSYCHOLOGICAL SERVICES

- Individual, Family & Couple Therapy
- Group Therapy (*girls, teens & adults*)
- Dialectical Behavior Therapy Comprehensive Program (*teens, parents & adults*)
- Young Women's Program (*women in their 20's and 30's*)
- New and Young Families Program
(*individual, group & family therapy for new and expanding families*)
- Selective Mutism Program (*assessment, groups, and individual therapy*)
- Comprehensive Individualized Assessment
(*cognitive, educational, psychological, and neuropsychological*)



*Celebrating 10 Years
as an Industry Leader!*

WORKSHOPS & TRAINING

for Girls, Parents & Professionals:

Empowerment Workshops
*for elementary, middle
& high school girls*

Parent Workshops
*for expectant parents,
& parents of children & teens*

Training Institute
*for mental health professionals,
educators, school counselors,
& others who work with girls*

Check our website for schedule.

New publication by Dr. Johnson:
Stand Up! Speak Out!™
*Empowering Skills for Girls'
Friendships*

www.InstituteforGirlsDevelopment.com | 626.585.8075, ext. 108 | Pasadena, CA | **Melissa J. Johnson, Ph.D.** (PSY13102)

DIVORCE MEDIATION
 Avoid Costly Fees and Court Appearances

Mediation can:

- *save money - up to 80% of an attorney battle
- *save time- average case settles within 6 sessions
- *benefit children - by reducing conflict

Mediation works for:

- *separation and divorce
- *custody and visitation
- *child and spousal support
- *domestic partnerships

Lydia S. Glass, Ph.D.

Over 25 years experience mediating divorces

200 E. Del Mar Blvd., Suite 210 Pasadena, CA 91105
 (626) 792-4153 www.lydiaglass.com lydia_glass@msn.com



COME ADVERTISE WITH US!

Members and others are encouraged to take advantage of the opportunity to advertise to nearly 200 SGVPA folks!

Members receive 1 complimentary classified ad in the newsletter per calendar year! Here are the rates:

**Advertising Rates
 for our Bi-monthly Newsletter**

	1 edition	3 editions (Half year)	6 editions (Full year)
Quarter Page Ad or Copy of Business Card	\$30	\$75	\$150
Half Page Ad	\$60	\$150	\$300
Whole Page Ad	\$100	\$250	\$500
Insert	\$120	\$300	\$600

Classified Ads are \$. 50 per word

Be sure to include your license number. Ads should be emailed to Mary Hannon at maryhannon123@gmail.com. Payment must be made *before* publication and mailed to: Mary Hannon, 1122 Avon Pl., South Pasadena, CA 91030, phone (626) 354-0786.



Bravo!

Please join the SGVPA Board in Celebrating our Chapter Newsletter

Analyze This!

Which was voted by the California Psychological Association
as

Outstanding Newsletter for 2015

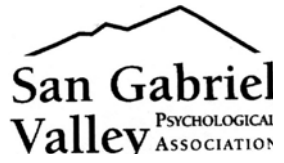


Newsletter Editor
 Dr. Suzanne Lake
 Accepted the Award
 At the Annual CPA Convention
 President's Reception &
 Award Dinner
 Saturday, April 25, 2015

Celebrate!
 Keep Reading! Keep Contributing!
 And Be Proud!



Disclaimer: The opinions and views expressed in this publication do not necessarily reflect those of the San Gabriel Valley Psychological Association.



**c/o Suzanne Lake, PsyD, Editor
2810 E. Del Mar Blvd., Suite 10A
Pasadena CA 91107**