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Announcer CPA

THE CLEVELAND PSYCHOLOGICAL
ASSOCIATION NEWSLETTER

CPA News: Message from the President

By Kathleen Ashton, CPA President

2009 has moved very quickly for me, and CPA has been continuing its work into the fall season.

We have hosted continuing education programs, including Medical Child Abuse with Sandy McPherson and a Night with the Speaker with Armand Budish on November 9. It is fabulous credit to Lois Rose, our program chair, that we have offered CPA members two chances this year to earn their ethics credits and will offer a total of 15 CE credit offerings during the 2009 year.

CPA members also continue to be involved in volunteer activities, including possible opportunities with “At Home Within” and the Greater Cleveland Volunteers. CPA has also been represented at local health fairs, including the Cleveland Clinic Minority Men’s Health Fair and the Out of the Darkness Suicide Prevention Walk.

I am very excited by our upcoming annual meeting on

December 7th. The meeting will host our first ever student research poster session. We expect to have at least 12 student posters, and hope that CPA members will be able to give constructive feedback and mentorship to these students early in their psychology careers. In addition, we will be holding a CE meeting on “Complex Presurgical Psychological Evaluation” with Lynne Rustad, Jill Mushkat, and myself as speakers.



I would also like to take a line or two to single out the excellent work that the board has done this year. Each member has contributed something unique: Karen Tien has held membership steady in a very trying economic year and worked very hard to educate nonmembers about the potential benefits of CPA. (cont on pg 6)

Mark your Calendars!

- Annual Meeting: December 7th 2009 Embassy Suites Beachwood, Ohio
- First Annual Student Poster Session, tapas style dinner, and “Complex Surgical Cases”

CPA Events

CPA Participates in 2009 Cleveland *Out of the Darkness* Community Walk

CPA was represented at the 2009 *Out of the Darkness* Community Walk to benefit the American Foundation for Suicide Prevention on October 3rd at Wallace Lake Metropark in Berea. Team members Cathy Gaw and Kathy Ashton raised \$450 toward local suicide prevention intervention and research. Many CPA and OPA members contributed to their efforts. The walk was inspiring, with most walkers being family survivors of suicide. Many told their stories. CPA provided APA materials on stress management and how talking to a psychologist can be helpful to mind body help. To continue to make donations, go to the website <http://www.outofthedarkness.org/> or try this link <http://afsp.donordrive.com/index.cfm?>

First Annual CPA Student Poster Session:

Undergraduate and graduate students in NE Ohio will be invited to present research in a poster session at our December annual meeting on December 7th. "The session will take place prior to the CPA meeting, and members will have one hour to walk through poster session while enjoying an appetizer menu. Kathy Ashton, TJ McCallum, and Nikki Wagner will be among the judges for the event. Presenters will be eligible for free student memberships, and a meritorious abstract award will be given. 12 submissions have been accepted, and we hope CPA members will be able to provide constructive feedback and mentorship to these budding psychologists.

Membership Activities: July 2009 to the Present

Karen J. Tien, Ph.D.

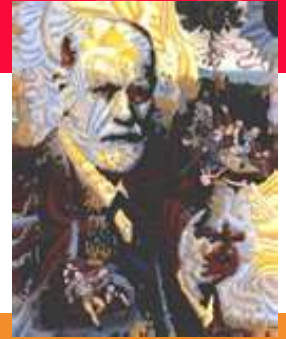
The past 5 months have been active for membership. We are delighted to welcome the following new regular members since July: Catherine Brandon, Psy.D., John Harshbarger, Ph.D., Nancy Huntsman, Ph.D., Patricia Klaas, Ph.D., and Bridgette Wiggers, Ph.D. We also are excited about our two new student affiliates since our last issue of *The Announcer*, Megan Kimbrell and Joyce Kubik. Our total number of members to date is 205. This number represents an increase compared to the 2008 year, which is noteworthy in these difficult economic times especially. Thank you to all those who have stayed or gotten involved with CPA!

Some of the above members joined CPA in response to our summer initiative to reach out to all Northeast Ohio psychologists who were not members of CPA by mail and educate them about current benefits of CPA. All recipients of the mailing were invited to attend our September educational program and be entered into a raffle, with the winner receiving a free year of membership in 2010. Six new psychologists attended, several joined CPA, and of course, one of these individuals, Patricia Klaas, Ph.D., received a free year of membership. Raffles such as these likely will be repeated in the future.

To increase the racial diversity of our membership, the board has been discussing building connections with the Association of Black Psychologists (ABPsi) and other associations and individuals devoted to racial minority interests. This membership chair and two active members of ABPsi have been communicating regarding ways in which CPA and ABPsi may benefit one another. One idea is to offer a discounted membership fee to individuals who are members of both CPA and ABPsi. We also aim to co-sponsor a program on diversity in 2010.

An additional project that we hope will be of benefit to membership is to clarify and consolidate our membership application and renewal form. Ultimately, we hope that this effort will result in greater ease and speed to complete the form each year!

Annual Meeting
Dec 7, 2009



Lifetime Achievement Award: A longtime CPA psychologist will be honored at the December 7th Annual



CPA Brings Psychology to the Public

The CCF Minority Men's Health Fair also cancelled due to the H1N1 virus and rescheduled for **09/24**. **Megahn Kimbrell** and **Kathleen Ashton** represented CPA at this event which provides free men's health screenings. They provided APA materials on stress management and mind-body help to approximately 50 minority men and their families.

Changes to CPA's Referral system

The board has shared some concerns about CPA's website referral system. Members can check off as many practice areas as they desire which is not necessarily as helpful in narrowing down providers for referrals. A disclaimer statement on website has already been added indicating that "CPA does not warrant the accuracy, completeness, or timeliness of the information contained in the CPA "Find a Psychologist" Service." We would like to explore ways to make the referral system more beneficial and appropriate. Please contact **Jill Mushkat** with any suggestions. Language will be added to the CPA membership renewal form to remind members to only include areas that they are competent to provide services that match with what the State of Ohio Board of Psychology has on file.

Cleveland Psychological Association 2009 Officers

President:	Kathleen Ashton, Ph.D.
Past President:	Amnon Shai, Ph.D.
President Elect:	Nicole Wagner, Ph.D.
Secretary:	Michelle Drerup, Psy.D.
Treasurer	Rita Politzer, Ph.D.
Trustee at Large:	T.J. McCallum, Ph.D.
OPA Representative:	Cathy Gaw, Psy.D.
Ethics :	Jill Mushkat, Ph.D.
Membership Chair:	Karen Tien, Ph.D.
Parliamentarian:	Barry Gordon, Ph.D.
Long Range Planning:	Rick Schiller Ph.D.
Technology Chair:	Kurt Jensen, Psy.D.
Marketing Chair	Howard Hall, Psy.D., Ph.d.
Announcer Editor:	Michael Leach, Ph.D.
Program Chair:	Lois Rose, Ph.D.

Ethics by Jill Mushkat

Instead of an article on a topic in ethics in this issue of The Announcer, I wanted to take a moment to note that since I assumed the Ethics Chair of CPA a number of years ago, I have received several requests each year for assistance regarding ethical issues. For the first time this year there have been no inquiries, so I thought it might be an optimal time to remind members that this is a service available to CPA members at no cost and that efforts will be made to address any questions you may have and connect with whatever resources may be necessary to provide a response to the concern. At times there may be no exact answer, just some thoughts on options and a sounding board to address the dilemma. All calls are of course confidential. You may connect through the CPA office or my confidential voice mail at 216 491-6314.

I remember.... Toaru Ishiyama, Ph.D. by Michael Leach

Toaru Ishiyama, Ph.D. was a psychologist and administrator, chief of psychology and director of the former Cleveland State Hospital, one of many psychiatric facilities in Ohio that did not survive the movement for community mental health in the early 1970's. He was one of my mentors and a model of a skilled and caring psychologist.

Dr. Ishiyama, or "Ish" as he was known to his colleagues and students, was American-born of Asian descent. Despite being a natural-born citizen, he spent his childhood interred in a concentration camp that the U.S. Government had built as its misguided response to the Japanese invasion of Pearl Harbor. Ish would speak heroically about his experiences there with a mixture of sadness and bitterness. Clearly, this experience shaped his dedication to the marginalized and downtrodden. He understood the feelings of the people he saw every day who were institutionalized against their will; he was once one of them.

In the early 1970s, Ohio passed comprehensive legislation to overhaul the mental health system and a meeting was held for hospital and outpatient administrators to inform them of the implications of the new law. I went there as representative of the community mental health center where I worked and, when I spotted Ish in the room, I sat next to him. The discussion was angry and heated, with administrators complaining, "They don't understand mental health. How can they expect us to do these things? It's impossible to pay for them."

One of the issues was that the new law mandated privacy in the patients' living areas and restrooms. Mental hospitals at that time all had rows of toilets with no dividers between them. Now, the administrators were mandated to install stalls and doors. The administrators were incensed. They argued that giving patients a modicum of privacy posed a security risk. Besides, what's the big deal? The patients don't feel degraded by the current system. Nobody's complaining about a lack of personal privacy. What's more, "where will we get the money to do the renovations?"

Ish smiled and whispered an idea he had to me. Then he encouraged me to stand up and present the idea. In his position as hospital director, he couldn't very well make the modest proposal himself.

I stood and quietly made his suggestion: "There's a way we can comply with the State's mandate and it won't cost a penny. Just switch the signs between the staff restrooms and the patient's restrooms."

OPA Report by Amnon Shai

- OPA celebrated its 60th Anniversary at the Annual Convention in October
- There were several celebration events including a talent show, living history, and programs reflecting on the past 60 years
- OPA has continued to be financially strong despite concerns about deficits midyear due to the financial crisis
- Board members started their appointments in fall and are being oriented to the financial and committee work
- Amnon will continue to represent CPA at OPA board meetings. He will share his reports electronically through a new board portal where board members are expected to exchange information. This will help to keep board meetings more concise.
- If CPA members have important questions for the board or information about Cleveland area concerns that they would like shared, they should contact Amnon at [amnon1@roadrunner.com]

*OPA will
celebrate
our 60th
anniversary
in 2009.*



Book Review: *Hidden Minds, Lost Souls* by Martha Sugar, Ph.D.

Reviewed by Lois Rose, Ph.D.

Hidden Minds, Lost Souls is a recently published paperback book by one of our own, Martha Sugar, Ph.D. Dr. Sugar, who received her doctorate in Marriage and Family Counseling from Kent State University, specializes in the treatment of reactive attachment disorder. This very readable and compelling book documents her work with many individuals diagnosed with this difficult to treat disorder and in her words “a message of hope is provided for thousands of beleaguered parents and caregivers.”

Attachment disorder features “markedly disturbed and developmentally inappropriate social relatedness in most contexts that begins before the age of five years and is associated with grossly pathological care.” (DSM-IV)

Dr. Sugar begins by describing her early exposure to a holding technique that therapists allowed her to watch with their clients. She experienced both fascination and horror witnessing the grueling physical interactions which were considered necessary to break through to these children. Her own personality led her to attempt a less confrontational approach which she reveals little by little in the book.

As she describes client interactions, she reveals how her own understanding of how best to interact developed. The descriptions of individual sessions are vivid and interesting, but Dr. Sugar’s insights are equally gripping. The controversial nature of her conclusions was refreshingly presented. For example, she speculates that each infant probably has a specific window of opportunity for attachment. For some it could be several days for achieving bonding and for others only a half an hour.

The interaction of an adult with the infant might need to be intense or not at all.

The description of an intensive therapy session is fascinating. Its purpose is to provide the child with a second opportunity to bond with a loving caregiver.

The vignettes of sessions are cleverly staged to build in additional insights and to introduce increasingly complex theories about why and how the disorder occurs and why and how the technique is or is not effective.

The short but pithy chapters, interspersed with theory and history, make for a very appealing compilation. This book will have a wide appeal to laypersons as well as for professionals.

CLASSIFIEDS

Classified Title

Office Space East

Classified Description

Cedar and Green first floor office space available 2 to 3 days per week. Inner office with window and waiting area. Very reasonable with hourly to monthly rates.

Contact Name

[Ken Gerstenhaber](#)

Contact Phone

216-409-0882

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Applications now being accepted for Postdoctoral Fellowship in adult clinical health psychology available September, 2010 at Cleveland Clinic, a World Class academic medical center rated among the top 4 hospitals in America. Generous residents' benefits include: individual and family medical/vision/mental health insurance, 3 weeks paid vacation, \$46K stipend with cost of living increase in second year, individual and group supervision (toward licensure, if applicable), extensive weekly didactics, travel stipend to national meetings for presentation of CCF research, free gym membership and wellness program, with dental insurance available in second year. ****Candidate must have completed all requirements for graduation from their APA-accredited Clinical/Counseling Ph.D./Psy.D. program by August 31, 2010 due to required attendance at the mandatory fellowship orientation week in early September, no exceptions.**** Completion of APA-accredited predoctoral internship in clinical or health psychology required; health psychology experience a must, no exceptions. Objective personality assessment and Exner Rorschach experience a plus, but not required. Fellowship currently has 3 tracks/major rotations to which students may apply. These include: bariatrics/weight management, headache/chronic pain, and biofeedback with chronically ill medical patients (cardiac and other).

Minor rotations include: primary care, biofeedback, sleep disorders, medical school teaching, research, and outpatient psychotherapy/testing clinics. Rotations assigned based on goodness of fit, with one major rotation assignment per fellow per year of this 1-2 year fellowship program. Abundant opportunities for teaching and research exist. To date, all fellowship graduates have successfully secured employment in academic/VA medical centers upon completion of the program. APPIC-approved; currently in process of application to APA for fellowship accreditation, although we cannot guarantee our eventual accreditation. Please submit electronically your CV and letter of intent/interest to Dana Brendza, PsyD at brendzd@ccf.org by January 1, 2010. (note: letter of intent/interest must specify applicant's first choice of the three major rotations for which you would like to be considered - please specify a second choice, if applicable). Applicants invited for interviews to be held in late January/early February will be asked to submit one packet containing paper copies of the following to Dr. Brendza by January 10, 2010: applicant's updated CV, letter or intent/interest containing description of applicant's desire for training in the major rotation chosen, official graduate transcript, 3+ letters of recommendation, clinical work sample, and a letter from the doctoral program training director (attesting to applicant's completion of degree requirements including dissertation defense by August 31, 2009 as the fellowship's mandatory orientation week begins the first week of Sept. 2010). We subscribe to the Uniform Notification Date set for February 25, 2010. Please visit our website at www.clevelandclinic.org/psychiatry/education/fellowship.htm and our APPIC listing at <http://www.appic.org/>.
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President's Message (cont from pg 1)

Nikki Wagner has helped develop a brochure on CPA that will be used for letting the public know about CPA at events such as health fairs as well as to recruit new members. Michelle Drerup has done excellent work in her first year as secretary, and we value her new voice on the board. Kurt Jensen has worked to help secure a laptop for Jeanne to use at meetings and for the continued technological advancement of CPA. Cathy Gaw has been an exemplary OPA representative, and we are excited to have her represent the Cleveland area as the OPA president elect. Amnon Shai has worked hard to develop volunteer opportunities within CPA, and Rita Politzer has kept our books balanced and up to date. Barry Gordon continues to be our "parliamentarian" and offer excellent advice; and Rick Schiller's smiling face is always welcoming at both board and member meetings. Jill Mushkat continues to be our ethical compass of the board, and Michael Leach, despite health difficulties, has worked on bringing the Announcer to the membership electronically. TJ McCallum has been a valuable academic addition to the board, and has been helpful in developing the student poster session. I would be remiss not to recognize Lois Rose, whose tireless work on developing programs is one of the foundations of CPA, and Jeanne Ryan, whose organization, wisdom, and patience keep the heart of CPA beating.

However, it is really you, the membership, that are the lifeblood of CPA. Without your participation in CE meetings, CPA events, and involvement, CPA has no function. So thank you for your work this year, and your continued membership in CPA in the years to come.

Kathleen Ashton, Ph.D. CPA President
216-444-3438 (W) 440-285-8503 (H) ashtonk@ccf.org

Diversity Committee Seeks Volunteer Opportunities for CPA Members by Amnon Shai

The Board of CPA and its **Diversity Committee** are in the midst of exploring venues for CPA members to volunteer in the community under the mission of "**Giving Back to the Community**". Two potential venues are being reviewed:

The Greater Cleveland Volunteer Organization: A non profit organization connected to 200 non profit organizations including schools. The Greater Cleveland Volunteers Organization will serve as link to local schools or other organizations in providing volunteer opportunities for CPA members.

" **A Home Within** ": a national organization that helps foster children and adults who were foster children.

After several years of managing a successful project at the Shaker Schools, the Diversity Committee and the Board are looking for new activities.

The Diversity Project at the Shaker Schools addressed racial issues, aggression, bullying, and other social issues with both parents, students, teachers and other school personnel. The project was funded by a grant and came to its successful conclusion recently.

The CPA Board will meet in its next Board meeting on 11/18/09 with representatives from the Greater Cleveland Volunteer Organization, to hear about volunteer opportunities. Following this presentation the Board will discuss ideas to be presented to the members of CPA.