

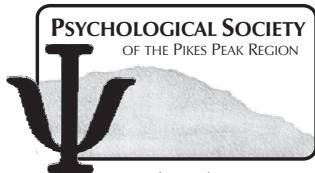
### Members' Corner *(cont. from page 2)*

**Dr. Eric Curton** spent a month in Germany helping out on a military post doing short term counseling and triage work for military families overwhelmed and stressed by multiple deployments. He reported "our military families are under a great deal of stress from all the deployments. But, as always, they display incredible resilience and offer each other tremendous support." His experiences there were a stimulus for the Psychological Society to offer the fall seminar "Trauma and Treatment and its Impact on our Community" (see enclosed flyer).

We would love to hear about conferences, presentations or other activities that you would like your colleagues to know about. We want to hear what you are up to and spread the word about your work or travel. Submit to Dr. Kathleen S. Ricker, PhD at [ksricker@aol.com](mailto:ksricker@aol.com) for the next newsletter.

### Supervision Opportunities

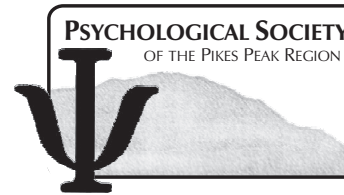
The CU Aging Center in Colorado Springs is looking for licensed psychologists willing to donate an hour or so a week as clinical supervisors for graduate students in the psychology program at UCCS. While we are not able to offer any financial compensation, we do offer adjunct faculty status at UCCS, which provides a university email and library account. The library account includes free home access to many literature databases, including Academic Search Premier, DSM-IV-TR Library, PsycArticles, PsycCritiques, and PsycInfo, Medline, and Scopus. If you are interested in helping nurture the next generation of psychologists, or would like more information, please contact Mike Kenny, PsyD, at [mkenney@uccs.edu](mailto:mkenney@uccs.edu) or at 471-4884, ext. 102.



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# psych speak

October 2007

*The mission of the Psychological Society of the Pikes Peak Region is to uphold psychology as a science and a profession and to promote its appropriate and ethical applications in the interest of human welfare.*

### ◆ President's Corner

Greetings colleagues! I'm privileged to be serving as your PSPPR President this year. I am following in the footsteps of Eric Curton who did an exceptional job last year helping to increase membership, continue in our educational mission, and making sure we all had much fun in the process! Thank you Eric for your leadership last year and I will strive to live up to the high standards you've set.

I have lived in Colorado Springs for the past 4-1/2 years with my husband, Mitch and 2 children. Mitch is a native of Colorado Springs, and graduated from Coronado H.S. (go Cougars...). I am from Central Illinois, but found Colorado when I attended graduate school in Counseling Psychology at the University of Denver, and knew this was the place we wanted to raise our family. Prior to attending graduate school I attended the University of Illinois, Champaign and then worked in an HMO and pharmaceutical sales for about 5 years. I realized my desire to pursue psychology while taking classes toward a Management degree, so I quit my high paying job and went into crazy debt to become a psychologist (I'm sure some of you can relate). I attended Notre Dame for my Masters and then made the move West and have never looked back. I am a former Navy psychologist and currently work at the VA doing compensation and pension evaluations. I also work at the Center for Creative Leadership as an executive coach/adjunct faculty member. I love spending time with my family and we enjoy spending time in Cuchara, Colorado--as many weekends as we can manage--(if you have not yet discovered this little known secret I strongly encourage you to take a weekend and see what you're missing).

This year is going to be great! We have several new members on our board as well as a number of seasoned veterans, all of whom serve enthusiastically. We are looking forward to putting together some great programs for you. As usual we will have three programs and end the year in May with our annual dinner. Given the density of military personnel in Colorado Springs, and the high operational tempo due to the ongoing war, I'm sure many of you are experiencing an influx of clients dealing with trauma as well as family problems related to frequent deployments. In an attempt to be sensitive to this, our first meeting will be in

*by Julianne Wright, PhD*

the area of assessing and treating trauma and PTSD. At our program on November 16<sup>th</sup> we have the honor of having world renowned Drs. Bob Tinker and Sandra Wilson present their research on EMDR. We will also have a round table discussion with a panel of experts, including Fort Carson providers, to discuss relevant issues in working with clients with PTSD and their family members experiencing deployment related stressors.

As you may (or may not) have heard, PSPPR now has a website! As a member you have the opportunity to have your own web page on the site. We decided as a board last year to pay for 70 individual member pages in advance. Currently we have over 40 people listed. Please join soon to take advantage of this opportunity to market yourself and your practice. Check out the site at [PSPPR.com](http://PSPPR.com). You can now submit your membership application and pay by credit card online (or download the membership application and website forms and submit payment by mail if you choose).

Also, did you know that PSPPR is the largest regional group of mental health professionals in Colorado? We are continuing to try to increase our membership and reach out to private practitioners in particular. We know how busy you are and are hopeful that you will take time out of your busy practice to come and network, learn and share what interests you. Our meetings offer a social time before the presentations so that we can get to know each other better. If you have suggestions on how the organization can better meet your needs please call me or another board member or submit comments/suggestions on the website.

It is such a pleasure to be a member of PSPPR alongside so many gifted professionals. If you are interested in becoming more involved or becoming a board member, please let us know. We are interested in hearing from you. If you have expertise in an area that you believe others would find useful and/or interesting and would like to present at one of our meetings please let me know! Feel free to contact me by phone or email (494-4453 or [jcwright5@yahoo.com](mailto:jcwright5@yahoo.com)). It is going to be an educational and FUN year. I look forward to meeting new friends and reconnecting with others at the first meeting in November!

## ◆ APA 2007 - San Francisco

by Jim Oraker, PhD

*Following is a brief report on two of the presentations. There will be more later telling the rest of the story featuring additional presenters.*

Several of our colleagues and students attended the 2007 APA Convention in San Francisco and found the trolley cars still running and Tony Bennett still singing about leaving his heart... A good time was had by all, and Colorado was well represented.

One very interesting, well attended symposium was put together by Dr. Randi Smith, a colleague and Assistant Professor of Psychology at Metropolitan State College. Randi is also a member of the State Board of Psychologist Examiners. In addition, Dr. Smith has been a strong advocate for student involvement in professional activities encouraging them to research, present, publish and get involved in associations relevant to their interests.

The topic of the symposium was "Student Self-Care and Self-Disclosure: A Precarious Balance". On the panel were 4 students, one from COSPP (now the University of the Rockies). The student, Emily Roby, reported on information from her dissertation regarding student stress and self-care. She also discussed the role of the professor to monitor self-disclosure in the classroom. You will find this area defined under section 7.04 in our 2002 Code of Conduct: **Student Disclosure of Personal Information:**

*Psychologists do not require students or supervisees to disclose personal information in course- or program-related activities, either orally or in writing, regarding sexual history, history of abuse and neglect, psychological treatment, and relationships with parents, peers, and spouses of significant others except if (1) the program or training facility has clearly identified this requirement in its admissions and program materials or (2) the information is necessary to evaluate or obtain assistance for students whose personal problems could reasonably be judged to be preventing them from performing their training- or professionally related activities in a competent manner or posing a threat to the students or others.*

I had the privilege of being moderator and discussant for the panel presentation. These were bright and well prepared students and the audience enjoyed interacting with them. My conclusion is that our profession is in good hands. Thank you Dr. Smith, Emily and students for an interesting and relevant symposium. Should you be interested in the Tips for Instructors and/or the Tips for Students regarding self-disclosure in the classroom, let me know.

A second presentation was given by Drs. Len Tamura and Jim Oraker. The title of their Symposium was "Incidents Affecting Psychologists' Competency to Practice and Barriers to Seeking Help". The presentation was in two parts:

Part I: The emergence and history of Colleague Assistance beginning in 1980 with a statement from APA acknowledging the existence regarding distress and impairment in the profession, through today with the strong suggestion that Licensing Boards, Colleague Assistance Committees and Ethics Committees collaborate in efforts to assist both the public and the profession; and

Part II: A report on research indicating a need for Colleague Assistance Programs, and the variety of reasons Psychologists resist getting treatment when they know they are at risk of practicing below standards of care.

On October 21, Drs. Tamura and Oraker will be presenting on the topic: "Psychologists with Personal and health Issues: Assistance for Psychologists and a Proposed Resource for Regulatory Boards." Their presentation will be at the Annual Meeting of the Association of State and Provincial Psychology Boards in Colorado Springs.

Dr. Oraker is the current Chair of The Advisory Committee on Colleague Assistance, and Dr. Tamura is the incoming Chair.

## Members' Corner

Our members were busy this summer with presentations, work abroad and seminars in wonderful places around the world.

**Dr. Bob Tinker** gave the Keynote Address at the International Conference of EMDR entitled "Children Around the World" in Paris, France this July. He presented his talk to an audience of 1,000 professionals from 35 countries (40 professionals attended from the U.S.) and received a standing ovation! Congratulations Bob!... PS. You can hear Dr. Tinker present at our very own Psychological Society's Fall Seminar Nov. 16<sup>th</sup> at the Garden of the Gods Country Club -- not Paris but it will be a stimulating presentation and a beautiful setting to hear him right here at home!

**Drs. Stephen Witty and Cheryl Straus-Witty** attended an international conference on Jungian psychology in Capetown, South Africa in August. Dr. Cheryl Straus Witty reported that meeting a woman psychologist from South Africa who had been part of the Truth and Reconciliation Commission was both fascinating and stimulating, and the highlight of the conference for her. Dr. Stephen Witty related that he was impressed that the conference took on the task of studying the psychological aspects of the Truth and Reconciliation Commission. He found the focus on cultural aspects with Jungian perspective from all over the world exhilarating. The couple also enjoyed a safari to Kruger National Park.

(See *Members' Corner*, cont. on page 4)

## ◆ Spring Programs Bring Out Members

The Psychological Society held two programs in the spring that were well attended and highly acclaimed by those attending.

In April the Society sponsored a workshop entitled "Healing the Whole Person," featuring speakers, Joel Klein, MD and Martha Rosenau, RD. Dr. Klein presented ideas about health and sickness not often heard from the medical community and actually quite radical! He talked about the digestive tract being the key to our immune system and the site where serotonin is produced, stating, "The gastrointestinal tract is where it all happens." Dr. Klein went on to present arguments about how the physical, mental, emotional and spiritual parts of us are interconnected and interact uniquely in each individual. Therefore, he stated, he treats the "whole person," not just the symptoms. Dr. Klein described holistic medicine as "Miracle Maximization" - the integration of diet and lifestyle and getting at the underlying physiological and psychological characteristics that are affecting a patient's health. Dr. Klein discussed the relationship between cortisol, stress, and weight gain, another idea not often heard in your doctors office as you step on the scale each visit. Dr. Klein stated that when a person is under stress, the body produces an abundance of cortisol, which causes the body to retain sugar instead of breaking it down. As a result, the sugar is then converted to fat rather than metabolized and used as energy for the body (as is the case when the body is not overproducing cortisol).

The audience was riveted as he spoke of ideas and concepts that are familiar to us as psychologists, yet not often heard from the medical community. Dr. Klein stressed the need for health care professionals to work together to heal people and collaborate in a preventative way to promote healthy lifestyles.

Ms. Rosenau, a licensed dietician started her presentation by distinguishing for the audience the difference between a licensed dietician and nutritionist. That difference is an important one to be aware of when referring patients for that kind of help, as a licensed dietician is more highly educated and trained and the requirements for licensure are regulated by the state. She was also extremely helpful in describing how and when to refer patients to her and what her role can be in a total treatment plan. She stated that she prefers to work as part of a continuum of care and consults regularly with the referring physician or psychologist. Ms. Rosenau is also an expert in the natural products industry and herbal medicines, and is a cooking instructor and writer for a natural foods producer in the southwest. She gives free talks in our community and will be glad to put you on her mailing list for her upcoming talks if you would like to call and give her your e-mail address.

## Spring Banquet a Success!

Over 75 members attended the annual banquet of the Psychological Society of the Pikes Peak region, May 11 at the Cheyenne Mountain Resort center. Dr. Eric Curton was the host for the evening as the outgoing President and did an excellent job summarizing the society's work during the past year. Dr. Julianne Wright, incoming president, gave a short presentation about our success in getting a web site established for our members. It has been rewarding for the society to establish the website and have a place where members can post their credentials, background, treatment specialties for the purpose of collaboration among members as well as for educating the public. Dr. Wright explained that when you renew or join the society for the first time, you must complete the full membership questionnaire which will then be posted on the website.

Outstanding Students of the Year Awards were presented to students from UCCS and the Colorado School of Professional Psychology. Dr. Dan Segal presented the UCCS award to Shannon Foster, and Dr. Barbara Fly-Dierks presented the COSPP award to Lisa Meeks.

Each year, the Cornelia Sabin award is given to a psychologist or lay person in the community who, following in the tradition of Cornelia Sabin, has contributed greatly to the science of psychology or to the mental health of our community in some way. Dr. Michael Gavin first gave a short introduction about Cornelia Sabin and her contributions to psychology in the region as a practitioner, teacher and mentor especially to women in the psychology profession. She taught for years at Colorado College even after her retirement and was an inspiration to her students.

Drs. Peggy Hicks and Jon Eggert from the Colorado Mental Health Institute at Pueblo introduced this year's recipient, Dr. Robin McCann. Dr. McCann is a nationally recognized researcher and author and has gained respect for her clinical programs and work at the Colorado Mental Health Institute at Pueblo with patients with severe diagnoses.

A highlight of the evening was the Keynote Address by last year's Cornelia Sabin award winner, Dr. James Oraker. Dr. Oraker spoke about the evolution of Colleague Assistance in Colorado. He traced its history and gave an informative speech about a subject that is important to our profession.

The evening also featured Dr. James Ungvarky as Dr. U "The Good" doing magic tricks and warming the audience with his humor and smile.

Dr. Eric Curton performed the last official act of the evening, turning the gavel over to Dr. Julianne Wright and thanking the Board members for their service.

Don't miss the enclosed flyer regarding our upcoming fall seminar:

**"Trauma and Treatment and Its Impact on Our Community"**