
SAPA Digest 6/9/15

1 message

Southern Arizona Psychological Association <admin@mysapa.org>

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Reply-To: SAPA Admin <sapaweb@gmail.com>

To: SAPA Admin <sapaweb@gmail.com>

SAPA Digest

June 9, 2015

SAPA Announcements

Consider supporting **Give an Hour™**



Give an Hour, a national nonprofit providing serving the military community since 2005, is recruiting licensed mental health professionals to join its network and donate

an hour of their time each week to provide free mental health services to members of the military, veterans of Iraq and Afghanistan, their loved ones, and their communities.

Give an Hour's services range from one-on-one counseling to marital and family services and from post-traumatic stress or grief counseling to substance abuse treatment, addressing the many needs of the individuals and families of the armed services. Give an Hour providers are also available to consult to other organizations about the mental health issues affecting those who serve. And they are available to give presentations at community gatherings and reintegration events. The approximately 7,000 licensed mental health professionals working with Give an Hour have contributed over 155,000 hours in support of our troops and their families. These volunteers include psychiatrists, psychologists, social workers, pastoral counselors, and other mental health professionals. Providers are located across the country—in all 50 states, Washington, D.C., Puerto Rico, and Guam.

Licensed mental health professionals who are interested in volunteering their time on the Give an Hour network should visit www.giveanhour.org for more information.

New Psychotherapy Groups

Pathways to Peace

Mondays, 7:00 - 8:30 p.m.

Start Date: June 15, 2015

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Dr. Mitstifer will be facilitating "Pathways to Peace," a closed 6 week group for adults which allows members to explore issues of **grief and loss** through various mediums.

Pathways to Peace is appropriate for those experiencing grief, loss or current hardships such as cancer, infertility, separation, etc. Six sessions will focus on providing a supportive roadmap through the land of grief. Sessions will provide tools to assist one with the roadblocks they may encounter on this particular path in their life journey.

For an intake please call the front desk at **Sunlight Center For Change** at: [\(520\) 344-0056](tel:(520)344-0056)

Dialectical Behavior Therapy (DBT) Adults

Thursdays, 5:30 - 7:30 p.m.

DBT is a form of psychotherapy originally developed by Dr. Marsha Linehan to treat Borderline Personality Disorder. It's effectiveness with other populations including trauma-survivors and addictions has been demonstrated. DBT combines traditional Cognitive Behavioral Therapy (CBT) with hands-on, relevant approaches to real-life situations. The four modules include Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance.

SCC's group requires an intake for admission. Participants must also be engaged in concurrent treatment with an individual therapist - either at SCC or elsewhere. For more information or for an intake please call the front desk at **Sunlight Center For Change** at: [\(520\) 344-0056](tel:(520)344-0056)

Continue to send your practice announcements, group openings, and other member related info to sapaweb@gmail.com. Find past announcements on our [Classifieds](#).

[Upcoming SAPA Events](#)

SAVE THE DATE! Friday, August 28

The SAPA Social Issues and Diversity Committee will be presenting a seminar on mental health issues in Muslim communities. More information will be available shortly.

SAVE THE DATE! Saturday, September 19

David Lisak, Ph.D. will be doing a full-day presentation for SAPA on trauma (6 CE's). Sponsorship opportunities are available for this event. For more information, click [here](#).

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