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**SAPA Digest Addendum**

1 message

**Southern Arizona Psychological Association** <admin@mysapa.org>

Thu, Sep 22, 2016 at 3:20 PM

Reply-To: "Admin, SAPA" &lt;sapaweb@gmail.com&gt;

To: SAPA Admin &lt;sapaweb@gmail.com&gt;

# SAPA Digest Addendum

January 23, 2016

There were additional announcements that should have been included in the January digest. Our apologies for the inconvenience.

## Upcoming SAPA Events

**Get 1 CE by Attending:**

**Myths and Realities about Preventing Gun Violence: How  
Psychology Can Help**

***Joel Dvoskin, Ph.D.***

***Tuesday, February 16, 2016***

***12:00-1:30***

**Description:**

In this interactive and stimulating session, Dr. Dvoskin will present facts and dispel myths about the risks of gun violence in the United States, and how a public health approach is the best way to reduce gun deaths and violent crime. He will also discuss ways that psychologists can remain safe while serving difficult clients.

[REGISTER HERE](#)

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**SAPPY HOUR!**

The SAPA Board is proud to continue offering a series of events to support Southern AZ psychologists in socializing, networking, and generally enjoying the company of colleagues.

Please join us on Friday February 5 from 5-7 at Pita Jungle (5340 E Broadway Blvd) for a Sappy Hour . Board members will be present to host and greet. We hope you can join (and feel free to bring friends)!

We look forward to seeing you there!

## Announcements/Classifieds

*Announcements and SAPA classifieds can also be found [HERE](#)*

### Practice Announcement

Hello SAPA members,

I am so grateful to be a part of this community. In the past several months as I have ventured into private practice world, so many of you have offered to meet with me, give me guidance and mentorship, and share your experiences. I have had the chance to see many of your offices, review your forms, and text you questions about business licenses and liability (Thank you Roxana and Courtney!). It's been a steep learning curve and while I have felt scared for sure, I have also felt supported.

And now, I am excited to announce that I have opened my centrally-located private practice on River and Campbell. I work with adults (individuals and couples) on issues including anxiety, relationships, depression, self-criticism, and transition/change. I especially enjoy working with college students and perinatal mothers and families. I take an experiential, empirically-grounded mindfulness and compassion-based approach with my work. I am not currently taking insurance but will slide my scale based on need. I should be on BCBS soon.

My website address is below. Please consider sharing my contact info with anyone you think I can help. Also, I truly welcome any wisdom, reflections, and inspiration about your experience starting private practice.

Deep bow of gratitude,  
Autumn

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### ***SAPA needs judges for the SARSEF Fair***

*The* Southern Arizona Regional Science and Engineering Foundation Annual Science Fair needs judges in the area of behavioral science. In the past, SAPA psychologists have been able to choose winners of the SAPA awards as well as top projects in behavioral science. Judging involves ranking projects and interviewing young scientists. Please consider supporting budding scientists in our area. Judging day is Thursday March 3rd. To sign up or get more information, please contact Alan Goldberg at [rehabpsy@aol.com](mailto:rehabpsy@aol.com). You can also find more information at [SARSEF.org](http://SARSEF.org).

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## Upcoming Events

[Myths and Realities about Preventing Gun Violence: How Psychology Can Help](#)

## Follow Us!



## Job Announcements

Hello colleagues,

I'm excited to share that Intuition Wellness Center, a small private practice specializing in counseling children, teens and families, is recruiting for a full-time LCSW, LMFT, or Psychologist licensed in Arizona. It is our mission to inspire others to live in health and joy. We are a fun and creative bunch expanding our services this year and are looking for a clinician that has experience providing counseling to young children and their families. For more information about Intuition Wellness Center or our application process, please visit: <http://www.intuitionwellness.com>

Yoendry Torres, Psy.D.  
Owner | Clinical Psychologist  
Intuition Wellness Center, PLLC  
6993 N Oracle Rd.  
Tucson, AZ 85704  
Phone: [520-419-7937](tel:520-419-7937)  
Email: [ytorres@intuitionwellness.com](mailto:ytorres@intuitionwellness.com)

### **Join Our Team:**

Sunlight Center for Change is actively looking for a Licensed Psychologist or Master's Level clinician to join our team. Our practice generally attracts child, adolescent, and adult, OCD, trauma, and court-involved cases. We have an active DBT group and also are in need of DBT therapists. Assessments of many varieties are additionally conducted. Weekly Team Meeting provides case staffing and support. Other specializations and professional interests are welcome as well!

Providers who are interested in joining Sunlight Center for Change can submit a cover letter and a resume to:

Holly Joubert, Psy.D.  
[SunlightCenterHolly@gmail.com](mailto:SunlightCenterHolly@gmail.com)  
Or mail to:  
Sunlight Center for Change  
5210 E. Pima St. #125  
Tucson, AZ 85712

## Therapy Group Announcements

*When you are ready to be the change  
you want in the world...*

**Sunlight Center for Change** is  
proud to offer



## **Outpatient Dialectical Behavior Therapy Group**

Dialectical Behavior Therapy is an exciting, dynamic, and proven treatment for people who are determined to make changes in their lives. The core of DBT is the skills group, in which members learn to:

- \* improve your awareness of yourself and the world around you
- \* help you manage feelings that now overwhelm you
- \* connect you to your highest values
- \* improve your ability to concentrate on what is most important to you
- \* reduce conflict with family and strangers - and everyone in between
- \* keep your emotions in better balance so that every day is the best it can be
- \* teach you to avoid behavioral relapse when things go wrong
- \* help you to assert your needs without hurting others - and listen to their needs without neglecting your own

Group members will meet weekly with one or more professionally trained and experienced DBT facilitators to learn and practice skills, sharing their successes and challenges in a focused and safe environment. In individual therapy with a DBT-trained therapist, clients work on skills that are particularly important or difficult for them, in a private and confidential setting.

When you are ready to be the change you want to see, call us to find if Dialectical Behavior Therapy is right for you! Classes are ongoing on weekday evenings.

5210 East Pima Street, Suite 125  
Tucson, Arizona 85712



Sunlight Center for Change, LLC

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*Click on the image for more information.*

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