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**SAPA Digest [date]**

1 message

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**Southern Arizona Psychological Association** <admin@mysapa.org>  
Reply-To: "Admin, SAPA" <sapaweb@gmail.com>  
To: SAPA Admin <sapaweb@gmail.com>

Thu, Sep 22, 2016 at 3:20 PM

SAPA Digest  
May 1, 2016

## SAPA NEWS

### Fresh New Website Coming Soon

The communications committee is working on revamping and updating the SAPA website. Please stay tuned for a fresh new design and improved navigation, as well as social media integration. If you have any comments or features you would like to request for the new SAPA website, please send to [sapaweb@gmail.com](mailto:sapaweb@gmail.com) or simply reply to this email with your feedback, comments, or requests.

### New Mailing Address

In case you missed last month's digest... SAPA has a new mailing address and we want to share it with you. The new mailing address is:

Southern Arizona Psychological Association  
PO Box 43552 Tucson, AZ 85733

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## SAPA COMMITTEE NEWS

### Membership Update

Refer a friend, enter to win!  
SAPA would like to encourage you to invite psychologists to join our wonderful association. If you refer someone and they join, you will be entered in a drawing to win a gift certificate to a Tucson restaurant.

Thank you in advance for spreading the word about SAPA to the Tucson Psychology community! Know lots of people you think would

### Upcoming Events

#### **2016 AZPA-SAPA Annual Meeting**

Please join the AZPA and SAPA boards this Friday, May 6th at 3-5pm at Union Public House in Tucson.

### Follow Us!

[Facebook](#)

like to join? GREAT! The more people you refer, the better your chances to win!

### **Communications Update**

Last digest we sent out a request for votes/preferences from SAPA membership regarding keeping current manual SAPA monthly digests vs a moderated listserv in which SAPA members can freely send referrals emails, job postings, office space, coming trainings/workshops, and other professional information to membership with the communications committee having to manually review and send those emails.

Six total members sent in an email with their vote/preference (n=6 out of nearly 180 members). All six respondents express support for the proposed moderated listserv. Although the results are in support of the moderated listserv, I'm not sure we can confidently make this transition unless we hear from a majority of the membership. As a result, we would like to request that those who have not sent in their vote/preference, please do, so we can make an informed decision based on data.

Please read below for a brief description about the current and proposed processes of member-to-membership communication and let us know which you would prefer. Please send your votes/pereference to [sapaweb@gmail.com](mailto:sapaweb@gmail.com) or simply reply to this email with your preference.

**Currently:** SAPA members can currently send an email to [sapaweb@gmail.com](mailto:sapaweb@gmail.com) for it to be manually included into a monthly (sometimes biweekly) digest or for it to be sent out manually by communications committee to the membership.

**Proposed:** A moderated listserv in which SAPA members can freely send referrals emails, job postings, office space, upcoming trainings/workshops, and other professional information to membership without the communications committee having to manually review and send those emails. SAPA members would be able to select digest options from daily digest to weekly digest to reduce the amount of daily email. In addition, because the list would be moderated, permission to send out to membership can be limited to any listserv member consistently sending out inappropriate emails in order to keep listserv for professional matters and reduce unwanted emails in out inboxes.

Please send your votes/pereference to [sapaweb@gmail.com](mailto:sapaweb@gmail.com) or simply reply to this email with your preference.

Thanks! Yoendry Torres, Psy.D.

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## SAPA UPCOMING EVENTS

### **2016 AZPA-SAPA Annual Meeting**

Please join the AZPA and SAPA boards this Friday, May 6th at 3-5pm at Union Public House (4340 N Campbell Ave, Unit 103, Tucson, AZ 85718) for our annual AZPA-SAPA meeting. Come meet the board members and network with other fellow psychologists. [To register on eventbrite click here.](#)

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## SAPA MEMBER NEWS

### **Sunlight Center For Change**

Sunlight Center for Change is excited to be offering positions for psychologists or master's level clinicians or post docs. We offer services to youth and adults in an outpatient setting for both clinical and court-related populations. FT/PT. Competitive pay. Please contact us with a letter of interest and a resume.

[www.SunlightCenterForChange.com](http://www.SunlightCenterForChange.com)

[www.sunlightcenterholly@gmail.com](mailto:www.sunlightcenterholly@gmail.com)

Holly Joubert, Psy. D.  
Licensed Psychologist/Owner  
Sunlight Center for Change, LLC

Phone: (520) 344-0056 Fax: (520) 795-3575

Web: <http://www.sunlightcenterforchange.com/>

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### **Intuition Wellness Center Open House**

We believe all families deserve happiness. Intuition Wellness Center is a group counseling practice and training program focused on improving the quality and accessibility of services for children, teens and families.

We are excited to share that we are moving into a larger office that will allow us to implement externship and internship training programs and expand our services to include a variety of groups including Taekwondo Wellness, Yoga Therapy, Fatherhood Group, and other parenting groups.

We warmly invite you to meet our [3 new team members](#) and tour our new office location. We are having an [Open House Reception on Saturday, May 14, 2016 at 1-3pm](#). Snacks and light refreshments will be served.

Gratefully,

Yoendry Torres, Psy.D. & Brandy Baker, Psy.D.

#### **INTUITION WELLNESS CENTER, PLLC**

5675 N Oracle Rd, Suite 3101  
Tucson, AZ 85704  
Phone: [520-419-7837](tel:520-419-7837)

### **Taekwondo Wellness Therapy Group Starting May 24, 2016**

Our team at Intuition Wellness Center have news about new Taekwondo Wellness therapy groups for kids, teens, and adults ages 7 and up that will be starting on May 24, 2016. We are currently accepting referrals for kids, teens, and adults who may benefit from an alternative approach to overcoming emotional, behavioral, and social challenges. The cost will be \$35 per 60 minute group session. We are a provider for BCBS insurance and group therapy services may be billable. Please note that this can be an adjunct to current counseling services or a standalone service for clients.

Please direct clients who are interested to call [520-333-3320](tel:520-333-3320) to register or visit us online at [www.intuitionwellness.com](http://www.intuitionwellness.com) to learn more about Taekwondo Wellness therapy groups and other services we provide. Attached to this email are two flyers, one for [kids TKD](#) and the other for [teens and adults TKD](#). Please feel free to email ([ytorres@intuitionwellness.com](mailto:ytorres@intuitionwellness.com)) or call me directly ([520-419-7837](tel:520-419-7837)) if you have any questions about Taekwondo Wellness therapy groups.

What sets Taekwondo Wellness apart from your typical Taekwondo school? We incorporate three distinct services into our classes that are aimed at helping youth, adults and their families improve their mental health and family and peer dynamics. The first key component is psycho-education, which teaches [psychological hygiene](#), coping skills, and social skills. The second key component is parent coaching that helps families improve their communication and interactions with their kids and others. Mindfulness meditation is the third key component, which is incorporated into each session to take advantages of its many benefits such as improved attention span, pain relief, and decreases in anxiety to name a few.

Gratefully,

Yoendry Torres, Psy.D. & Brandy Baker, Psy.D

**[INTUITION WELLNESS CENTER, PLLC](#)**

5675 N Oracle Rd, Suite 3101

Tucson, AZ 85704

Phone: [520-333-3320](tel:520-333-3320)

**Business & Ethics Consultation Meeting**

Hello colleagues,

I am sending out this invite to any clinicians who are seeking consultation from other behavioral health professionals about the business and ethics of starting, running, and expanding a successful private practice. Some topics discussed have been requirements for starting a private practice, developing a training site, ethics of marketing your practice, hiring employees, ethical and legal issues in private practice among many others. This consultation group is free and has been meeting on a monthly basis since fall 2015 on the second Friday of every month at a local restaurant to enjoy a meal together while consulting.

If you are interested in being added to the invite list, please email me directly to let me know.

The next meeting will be Friday, May 13, 2016 at 6-8pm at La Hacienda Mexican Restaurant at 3225 N Swan Rd, Tucson, AZ. The reservation is under Dr. Torres.

Also please visit my newly created "Private Practice Blog" at [www.ytorres.com](http://www.ytorres.com) to get some tips and download useful resources.

Thanks much and hope to see you then,

Yoendry Torres, Psy.D.  
Owner | Clinical Psychologist

We moved!!!

**[INTUITION WELLNESS CENTER, PLLC](#)**

5675 N Oracle Rd, Suite 3101

Tucson, AZ 85704

Phone: [520-333-3320](tel:520-333-3320)

*(Sapa neither sponsors nor endorses the following events, but provides the information as a service to our members.)*

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