
SAPA Digest 3-12-14

SAPA
Southern Arizona Psycholo...

|March 12|



|2014|

A MESSAGE FROM

SAPA

CALL FOR COMMENTS ON PROPOSED BYLAWS REVISION

Dear SAPA members,

The Executive Committee, with input from the Board of Directors, has been working on a revision of our 2010 Bylaws. At this point, we would like to request input from the membership on the final draft of the proposed amendment. You can find the proposed amendment, as well as the current 2010 Bylaws, by going [HERE](#) and entering in your member password: *mysapa2014*. Click on "Proposed Bylaws Revision" for the full documents.

Please submit your comments, questions, or general feedback by Monday, April 14, by emailing Marisa Menchola at menchola@email.arizona.edu.

Thank you,

SAPA 2014 Executive Committee

Richard Wagman, Ph.D., President
Marisa Menchola, Ph.D., Past-President
Glenn Marks, Ph.D., President-Elect
Linda Leiphart, Psy.D., Treasurer
Alana Wyatt, Ph.D., Secretary



Dear SAPA friends,

Please join SAPA's team for the 2014 National Alliance on Mental Illness (NAMI) Southern Arizona Walk. There are multiple ways in which you can support the walk:

1. Walk with us!

The Southern Arizona NAMI Walk is on **Saturday, March 29 at the Kino Veterans Memorial Stadium** (2500 E. Ajo Way). The walk starts at 9am. There are 3K and 5K walks.

To join our team, visit our team page at <http://namiwalks.nami.org/SAPA>, and click on "Walk with Us." SAPA will be providing t-shirts to all walkers, so please send an email to menchola@yahoo.com with the number of people what will be joining us for the walk.

2. Make a donation

You don't have to walk to make a donation! Just go to our team page at <http://namiwalks.nami.org/SAPA> and click on "Support Us." If you prefer to mail your donation, please email menchola@yahoo.com for details.

Please help SAPA make a strong contribution to NAMI Southern Arizona. If you have any questions, email me at menchola@yahoo.com.

See you on the 29th!

Marisa Menchola
SAPA's NAMI Walk Team Captain

CE Committee Update:

The SAPA CE Committee is looking for more members! We need your help with planning and organizing the CE events for our organization. The committee meets monthly about 8 times per year, typically via conference call. Ability to attend at least 50% of the CE events is preferred. If you have about 2-4 hours per month to help out, please consider joining the CE Committee. For more information, contact Patti Beldotti (drbeldotti@aol.com) or any member of the CE Committee.

- **Saturday, May 3rd: SAPA Research Day** - This will include assorted poster and oral presentations. Jane Hamilton is contact person for applications (info@ranchobosque.com). Information about the call for research is at sapaonline.org.

SAPA Membership Committee:***SAPA Happy Hour***

SAPA would like to invite you for an evening of good food, new friends, networking, and fun on April 4th, 2014. Bring your appetite, business cards, and any prospective new SAPA members.

Location: Old Pueblo Grill

Time: 5:30 - 7:30

Provided: Appetizers and a cash bar

This year SAPA is focusing on not only building our SAPA community but also getting more involved in our Tucson community!

For more information and to RSVP, simply click [here](#).



Upcoming SAPA Events

Find these and all other events on our [SAPA Calendar](#).

Youth Psychiatric Diagnosis and Treatment

***Tuesday, March 18th from 12:00 to 1:30 at the
Arizona Inn***

Don't miss out on this CE Luncheon presentation by **Sandy Stein, MD**. This presentation will focus on common youth psychiatric diagnosis and treatment interventions inclusive of ADHD, ODD, CD, Depressive and Anxiety Disorders.

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Treatment of PTSD – Dr. Donald Meichenbaum

Tuesday April 8 from 8:30 to 4:00 at the Arizona Inn

Don't miss this event co-sponsored by SAPA. SAPA members receive a discount. This is a rare opportunity to see one of the founders of CBT present in Tucson. Dr.

Meichenbaum will be presenting on The Treatment of Individuals with PTSD, Complex PTSD, and Comorbid Disorders: Ways to Bolster Resilience.



Do you have information for the Digest? Send it to

sapaweb@gmail.com

Other Events

Sapa does not sponsor or endorse the following events.



Building Emotional Muscle in Children and Parents Presented by Jack Novick, PhD and Kerry Kelly Novick

March 21, 2014, 7:00 pm - 8:30 pm

Grace St. Paul's Episcopal Church, 2331 E. Adams St. Tucson, AZ United States

For More information, go [here](#).

The Power of Perversion presented by Jack Novick, PhD and Kerry Kelly Novick

March 22, 2014 from 9:00 am to 4:00 pm

Hacienda del Sol, 5501 N. Hacienda del Sol Rd., Tucson, AZ



IAEDP Tucson Education Event

Nicole Siegfried, PhD, CEDS

Matters of Life and Death: Eating Disorders and Suicide

Date: Wednesday, April 9, 2014

3.0 CE credits will be provided by Sierra Tucson

AZ Meditation Research Interest Group, Upaya Sangha of Tucson and Tucson Community Meditation Center are co-sponsoring a visit in 2014 with SHARON SALZBERG.

MARCH 14: "Real Happiness at Work"

MARCH 16: "Compassion"

Click [HERE](#) for more information.

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