



SAPA Digest

May 15, 2014

Get Involved in SAPA

Have you been thinking about getting involved with SAPA activities or committees but don't want to get overextended?

Are you looking for a way to network with other SAPA members but only have limited time?

The SAPA CE Committee is looking for SAPA members (or student members) to assist with very specific CE Committee roles/tasks. This allows you to be involved with only a limited time commitment.

Individuals may join the CE Committee to fulfill only the specific tasks they are interested in, rather than be expected to help with all tasks. Of course, individuals may be involved with more than one role if they wish, but it is not required. We hold 6-8 CE events per year. Attendance at all CE events is not required although it is desirable to attend some of the events.

Please take a look at the specific roles we are recruiting for below. If you are interested or would like more information, please contact the CE Committee Chair, Patti Beldotti (drbeldotti@aol.com) or any of the

current CE Committee members (Jac Carlson, Jane Hamilton, Andy Bernstein, Jennifer Dvoskin).

Event Planning Group:

- Meet periodically to brainstorm possible presenters/ topics & solicit topic or speaker ideas from membership as needed
- Reach out to potential speakers and determine interest in participation
- Provide SAPA CE Guide/Application to potential speakers for completion
- Receive and review completed applications.
- Determine general CE schedule for the season, including mix of luncheons, evening, or Saturday events.
- Number of people recommended: 4-8

Event Check-in & Check-out:

- Assist with signing people in for CE events, included pre-registered attendees and walk-ins
- Collect payment from walk-ins
- Give out name tags
- Distribute handouts and evaluation forms
- At end of event: collect evaluation forms and name tags / give out CE certificates
- Plan to arrive at designated event 30 min before start
- Number of people recommended: 2-4 (so can alternate events as available)

A/V Assistance:

- Attend events as able and be available to help set up any needed A/V equipment as needed for presenter; troubleshoot any problems as needed; track down assistance from venue staff if needed/available; break down equipment at end of event.
- Plan to arrive 30 min before event
- Number of people recommended: 2 (1 per event)

Brochure Preparation:

- Develop Spring and Fall brochures that include brief, pertinent information about the pending CE events. Templates are available. The content will be taken from presentation application forms. After review by CE Committee Chair to ensure that APA requirements are met, these brochures will then be given to our printer to have printed and mailed out. These can also be emailed out.
- Develop a more detailed flyer for each individual event that includes all required details. These are then posted on the website as pdf's and emailed out as needed. Templates are available.
- This is done 2-3 times per year.
- Number of people recommended: 1-2

Event Form Preparation:

- Prepare evaluation forms, CE certificate forms, sign-in sheets, and other handouts for CE events as needed.
- Templates are available for these forms.
- Attendance at CE events is not required.
- Number of people recommended: 1-2

Preparation of Evaluation Results Summary:

- After CE events, enter data from completed evaluation forms in order to determine average scores for each item, category, and an overall score for each event.
- An Excel file has already been prepared for this data entry.
- Number of people recommended: 2 (so that people can take turns)

SAPA Research Day Planning Group:

- Meet periodically to plan the annual SAPA Research Day event, to be held each May.
- Plan event, including venue, format, application forms, refreshments, event promotion, obtaining any needed equipment, etc.
- Community outreach to attract presenters and attendees
- Invite speaker for a 60-min presentation to meet the requirements for 1 CE (coordinate with Planning Group to ensure it will meet APA requirements, etc.).

- Coordinate with SARSEF judges and winners as needed
- Number of people recommended: 4-6

Office Space Available

Psychotherapy office in quiet psychotherapy suite for rent two days a week to a licensed and/or board certified professional. Available September 1, 2014 Office is full service with very low rent and is located in a highly desirable, beautifully landscaped neighborhood with ample parking. Internet available. Please call Dr. Luanna Bozzolo 520 404 8716 , Dr. Patricia Strasberg 520-247-0064 or Nan Rubin 520 270 8828 for more information.

Information for the Digest?

The Communications Committee is actively working on ways to improve how we interact with our members as well as provide information to the public. If you have information that you would like included in this digest, a referral request, or a general question, please send those requests to sapaweb@gmail.com. On our website, you can find an updated calendar of events, links to event registrations, a local Find a Psychologist list, and other useful links. Find us at www.sapaonline.org.

EFT Externship

Dear Colleagues -

Having been through the EFT Externship and then the experience of training with Drs. Kaupp and Palmer-Olsen, I think this is an incredible model for couples therapy. I highly recommend this externship opportunity. Please feel free to contact me directly if you have any questions regarding this externship experience in Scottsdale.

Laura S. Schnaps, Ph.D.

Licensed Clinical Psychologist

1050 E. River Road, Suite 102

Tucson, AZ 85718
(520) 696-0422

The AZEFT Community is proud to announce that our annual Emotionally Focused Couple Therapy Externship will be held in Scottsdale on June 25-28, 2014. The EFT Externship is the basic, beginning workshop of EFT theory and skills and is the prerequisite for more advanced training in the model. The Externship is a combination of teaching, demonstrations including live sessions with couples, and experiential practice.

We are very fortunate to have Drs. Lisa Palmer-Olsen and Mark Kaupp as our EFT Trainers in AZ. They are warm and approachable in their style and provide a safe atmosphere for the participants as they share their expertise in EFT. They bring a lot of fun to their teaching as their humor and chemistry together is always alive and present in the room. In their demonstrations and videos of their work with clients, participants, and volunteers like myself, are in awe of their ability to attune to their couples and move them to a deeper, vulnerable place with each other. It is amazing to watch the healing that takes place in these sessions. It is a true demonstration of the power of EFT to transform distressed relationships. More info on the extensive research and high success rate of EFT can be found at: <http://www.iceeft.com/images/PDFs/EFTResearch.pdf>

We would love to have you join us on this journey. If you know of therapists or students who would be interested in this training, please pass this info along to them. If you have any QUESTIONS, please don't hesitate to contact me at pam@pamsolemweser.com or 480-529-5934.

EFT Externship will be held at
Franciscan Renewal Center
5802 E. Lincoln Dr.
Scottsdale, AZ 85253

**UPCOMING
EVENTS****Other Events**

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

Please help spread the word! CFR is proud to offer The Grrrls Project free workshops for middle school girls this Summer. Workshops begin May 31! ALL GIRLS aged 11-15 can participate in these empowering workshops to get skills and knowledge to plan for a better future. The program is called Go Grrrls, and girls who join learn about reproductive health, healthy relationships, decision making, self esteem, communication, positive body image ... all while connecting with other girls and a professional facilitator whose goal is to empower them with skills for life! The first session is a pizza party! Girls who participate receive snacks and small prizes each day of the program, and those girls with perfect attendance receive a special gift on the last day.

Workshops will be held:
Saturdays 1:30-3:30pm
May 31-July 26, 2014 at Child & Family Resources
2800 E. Broadway, Tucson, AZ 85716

Participants are required to pre-register, which they can do anytime, including right before the first workshop on Saturday, May 31st. Please refer to the attached flyer for details, and if you have questions call (520) 881-8940 or email grrrls@cfraz.org.



Saturday June 7, 2014
Registration 8am
Presentation starts at 8:30
Ends at 4:30
COST: \$90- includes LUNCH

Using the DSM-5 to Stimulate New Clinical Perspectives: Improving Your Practice Through Advanced Dimensional Assessment with Jason King

Meets the Arizona Board of Behavioral Health Examiners requirements for licensure:
CEUs sponsored by Sierra Tucson- APA credit will be given. 3 Hours of Ethics will be included in this presentation

At the beautiful Redemptorist Renewal Center

DSM-5 Training with Jason King

DSM-5® is applicable in a wide diversity of contexts and is intended for use among clinicians and researchers practicing in academic, inpatient, outpatient, residential, partial hospital, private practice, primary care, clinical, community, and consultant settings. This seminar meets the pressing needs of these professionals as they are required to facilitate more accurate diagnosis of mental health disorders and strive for more common language to communicate with patients and to promote measurement-based care. The DSM-5® represents a fundamental shift in how disorders are conceptualized and diagnosed. The seminar provides an overview of the manual's new organization and other innovations such as spectrum disorders. Changes to major psychiatric diagnostic groups are reviewed and participants have the opportunity to practice using the new system.

Location: Redemptorist Renewal Center

The Redemptorist Renewal Center, located in Picture Rocks, is a beautiful retreat center with desert views and a quiet, relaxing atmosphere. Rooms are available for overnight or weekend bookings. For more information about the center or accommodations, call (520) 744-3400 or visit DesertRenewal.org

RSVP by May 30th, 2014 to Mary Straus at
marystrauslpc@gmail.com

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