



From the Editor...

PAVEL SOMOV, PhD

IDEALLY, so goes this editor's fantasy, summer newsletter issues cool, autumn issues reminisce, winter issues comfort, and spring issues energize. Talking about what was, or what will be, is poor form for this mindfulness-oriented practitioner. So I can only, editorially, attest to what is: I am, in fact, energized by this spring issue. Instead of stale book reviews of the yore (mostly penned by yours truly), we have two movie reviews. *Exciting!*

We have announcements galore: of a partnership between GPPA and a federal credit union; of a peer consultation group; of an intrigu-

ing CE ecopsychology program through Chatham; and of a plethora of other upcoming continuing education events. *Informationally rich!*

We have a bit of a theme of self-care in the issue – both from the vantage point of someone who is just entering the field and from a seasoned veteran of the field. *Enticing contrasts!*

Finally: I, your reclusive editor, get to brag a bit and toot my own horn as well. How provocative, huh! In sum, nothing less than Her Majesty Spring is upon us. And my modest hope is that this issue will tactfully assist with the process of thawing out your minds.

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A Letter from the President

VICTOR BARBETTI, PhD, LICENSED PSYCHOLOGIST

Dear Members of GPPA,

HAPPY SPRING! It was good to see so many of you at our recent **Legacy Award** dinner, honoring the work of Dr. Michael Flaherty. We've included a few of photos from that evening (see page 4), taken by Dr. Teal Fitzpatrick. Thank you, Teal! And thanks to Dr. Shannon Edwards and Angie Phares for their help in coordinating such a wonderful evening.

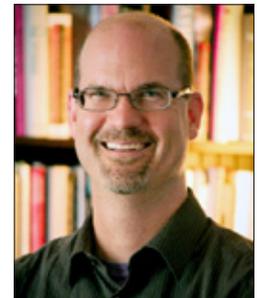
And thank you to everyone who took the time to renew their 2016 dues, and especially to those of you who indicated an interest in participating in one of our committees. The Board is currently working on an update to the Association Bylaws, and to the Committee structure, with the hope of making GPPA more inclusive, and ultimately more relevant to our work. Please note that changes to the Bylaws will require approval in the form of a vote, so be on the lookout for this information this summer as we'd like your input on any changes, and your participation in the voting process.

If you aren't on the **GPPA listserv**, I encourage you to sign up by sending Angie an email at GPPAPittsburgh@gmail.com so that you can join our regional discussions. Another opportunity for collegial support are the **Peer Consultation Groups** (see page 6). Thanks to Dr. Lisa Strauch Scott for her efforts in coordinating these gatherings.

We are now taking nominations for the **Board election**, which will be held in April. There are two slots up for election this year. If you're interested in nominating yourself or another colleague, please refer to page 7 for instructions.

Due to member demand, we've developed a fun schedule of **events and socials** for the spring and summer (see page 7). Thanks goes to our Social and Networking Committee Chair Dr. Shannon Edwards for her help with coordinating these events. Come join members of the Board as well as your colleagues from GPPA in a relaxed atmosphere where we can share ideas and converse on all things psychological (or otherwise!). Note that we'll be honored to have **Congressman Tim Murphy** join us at the April 22nd meeting to discuss HR 2646 Helping Families in Mental Health Crisis. And finally, our annual spring social, which is coinciding with Cinco de Mayo, will take place at Casa de Barbetti on Thursday evening, May 5th. More details about this fun event will be announced via email in the near future.

Victor Barbetti, PhD
President, GPPA



AS A DOCTORAL CANDIDATE who is beginning to transition out of the student role and will soon be embarking on the internship year, I feel confident in my skills at this point in my training. I have attended course lectures, wrestled with the human condition, conducted research, and engaged in numerous clinical hours – expected aspects of training that I embraced. While these activities have undoubtedly made me a better clinician, there was one activity that I had a difficult time implementing: self-care.

As an introverted person who has previously excelled in self-care and pacing myself, I was shocked to find myself drowning in expectations, those of my own and of others, and stopped taking care of myself. I was in a world where everything was new, everything was exciting, and I wanted to do it all! While my academic work and research advanced, my personal health and relationships started to suffer. It wasn't until I experienced a personal family loss that I thought, "What am I doing?" I made myself take a couple of days off and had some very difficult conversations with my family, my mentors, and myself. I have since spent a lot of time thinking about my own barriers to self-care and the push-pull between the stress and self-growth that comes from taking on more responsibilities. I know that this reflection will, and should, continue through-

out my professional journey but so far I have realized three things to be already true.

First, mentors and supervisors have been irreplaceable. I have been incredibly fortunate to have mentors who have not only encouraged my academic growth, but also my growth as a person and a global citizen. I have been grateful to learn that supportive, empowering people do exist and that seeking out such people and giving back to them will help me to grow in my clinical and personal life. Second, it is OK to say "no" even if it is difficult to do so. I have also learned that prioritizing can help prevent me from having to say "no" to a great opportunity. Third, if I feel passionate about something, I can create opportunities to forward these interests. For example, I have previously conducted research on mentoring and I am looking forward to shifting this research to focus on how mentors can assist in professional concerns, including modeling, teaching, and encouraging self-care.

I am so thankful that my mentors have instilled in me the importance of viewing self-care as an ethical imperative, as opposed to a frivolously indulgent aspiration. I am excited by the opportunity to pass these important realizations along to those that I myself supervise and mentor.

FOCUS ON SELF-CARE: Two Books, One Belt and a Box

TERRY WOLINSKY McDONALD, PhD

THE ITEMS LISTED IN the title are items I "accidentally" left in my car and for which I had to go back to retrieve. It wasn't a big deal but it got me thinking about the clients in therapy with medical complications and medical issues that we, as psychologists, must increasingly understand in order to positively engage with an aging population of baby boomers. Many older professionals may themselves be struggling with their own ailments and health concerns – often chronic in nature. There is no doubt that both health problems and the medications used to treat them may affect how people think and process information, especially as they get older. As healthcare-affiliated professionals, we – the mental health clinicians – know full well that cognition can and does change due to fatigue, mood, nutrition, lifestyle, illnesses, medications and age.

So not all of these seemingly "senior citizen moments" are "senior citizen moments." Both age- and health-related cognitive decline – whether it is acute or progressive – has to be factored into how we approach a given clinical case. When necessary, a therapist might need to be more concrete and patient, letting the client's comfort level determine the speed with which a therapeutic intervention should proceed.

Most of us are so used to multi-tasking that we take it for granted. Many of us and the clients I am talking about will eventually have difficulty with multitasking and will need help learning to focus on one thing at a time. At a certain point, it just no longer works. "Normalize" this for your clients. Let them know that this is okay without patronizing them, and believe me, they will recognize patronizing.

This is when we need to help retrain ourselves and our clients. This retraining begins with awareness. How many times have you had the Weather Channel or something equally droning going on in the background (sometimes for hours) and could not tell anyone anything about it? It becomes like "white noise." Join the club. Cultivating awareness is easier said than done, but very doable. Awareness – when we catch ourselves attempting multi-tasking – is the first step and a big one. After that, it is a matter of prioritizing of doing one thing at a time, and if possible, doing it mindfully versus mindlessly. Being on fast-forward with all of our automatic thoughts, emotions and behaviors is how our society keeps moving; jumping ship or slowing down and being more aware of our actions and thoughts will always lead us to the most physically and emotionally healthy way of "being" in the world. This more mindful, one-thing-at-a-time way of being can start in your office, both for you and your client, and then be generalized.

While I was able to fairly easily retrieve my books, belt and box from the car, the entire incident seemed annoying and totally unnecessary. I did, however, learn an important lesson: I was trying to do too many things and too fast. Just like my clients I continue to evolve with the knowledge of my own illnesses. Ultimately, we are the ones in the driver's seat. The adaptation to age and health-related challenges is up to us. I am fully cognizant of that and intend on remaining so. It's okay to slow down. Slowing down has added more quality of life to my own journey. I feel more rested, happier, more in control and more relaxed. If I ever need a reminder and a permission to myself to slow down, I just think about those three B's – the **books** the **belt** and the **box**.

MOVIE REVIEW

CHARLES BONNER, PhD

“INSIDE OUT”: PSYCHOLOGY GETS ANIMATED!

I HOPE THAT MANY of you have already seen this miracle of an animated movie, released by Pixar in June 2015 and now available on DVD and streaming services. I will always remember the first time I saw *Inside Out* in the theater. For the first 10 minutes, I sat slack jawed with joyful surprise at its visual splendor, heartfelt humor, and sophisticated storytelling. The main character is Riley, an 11 year old girl who grew up mostly happily in Minnesota. Her father gets a job with a start-up company in San Francisco, and Riley is uprooted as she moves with her parents to a very different world than her childhood home.

Yet, the main character really isn't Riley. Rather, the true stars are the cast of characters inside Riley's mind. The 5 main characters correspond to personified versions of her emotions. They are named Joy, Sadness, Fear, Disgust, and Anger. They inhabit a room called Headquarters, which includes a console control panel where they jostle for influence over Riley's mood, actions and memories. Joy has been in charge most of Riley's life, but with the loss of her childhood home and the challenges of her new life, Sadness is wanting to have more of a say – which includes her touching the golden orbs that symbolize Riley's happier memories and turning them literally blue. Joy tries to exile Sadness to a specific area in Headquarters, drawing a circle around her to keep her in her place. Sadness, however, is too stirred up by Riley's struggles and losses, causing Riley to cry in her first class at her new school. This experience creates a blue core memory orb that Joy is desperate to prevent from being transferred to the long term memory storage system. In an ensuing tussle with Sadness they both get swept up through a transparent tube into the visually stunning space where the memory orbs are either preserved on storage shelves or discarded into the memory dump, where they eventually decay and are permanently lost.

MOVIE REVIEW

PAVEL SOMOV, PhD

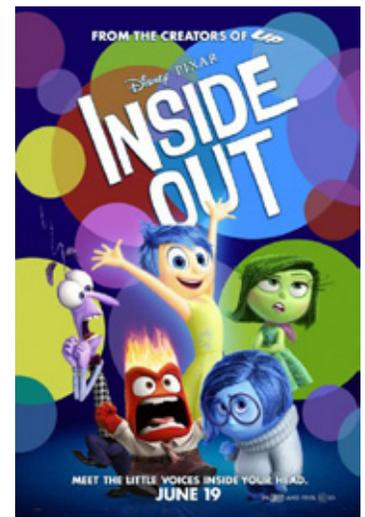
“INSIDE OUT”: THE BUDDHISM OF MODERN DAY NEUROSCIENCE

I HAVE NEVER WATCHED a movie more than twice. I have by now watched *Inside Out* probably on the order of 10 or so times. Now to a large extent, this perseveration of mine has to do with the developmental perseveration of my 3-year-old daughter. But truth be told, as I keep re-watching this movie, I keep discovering psychological, neuropsychological and existential pearls. My daughter and I initially watched this movie on a big screen and my first reaction was that she might be too young for it. But then it occurred to me – as a civilization – might be too young for this movie. It tells us too much about ourselves, to be precise, about our... non-existent selves.

You see, the modern-day neuroscience drives home an old Buddhist point: there is no “I” – there is no fixed self – we are *composite* creatures, made up of fluidly rearranging aggregates. The name for this proposition in Buddhist philosophy is the Sunyata doctrine of “emptiness” and the Anatman doctrine of “no-self.” As a civilization, we still think of our respective selves as some kind of solid “I.” The reality, however, as the movie *Inside Out* so vividly demonstrates is that each one of us is, actually, a neural “We.” When we realize that the *brain is not an organ but an organization*, an “I” becomes a “We” and with that we lose the stifling attachment to our self-limiting notions of who/what we are. Adaptive fluidity ensues.

The heart of the story transpires as Joy and Sadness navigate the complexities and absurdities of these deeper recesses of Riley's mind. In addition to the memory orb storage mindscape, they traverse Imagination Land, Abstract Thought, and Dream Production. Most poignantly, they meet Bing Bong, who was Riley's imaginary friend when she was a little girl but has been forgotten. This imaginary childhood friend becomes a guide for Joy and Sadness as they struggle to find their way back to Headquarters – where Anger, Fear, and Disgust are now in charge and confused about how to help Riley through her crisis. Anger takes over and puts Riley at risk until Sadness returns to save the day. In a reversal of her original belief, Joy now welcomes Sadness as an ally who can help Riley reconnect with her parents and revise her happy childhood memories to include the losses she has suffered.

Inside Out is remarkable in how many facets of psychology it draws upon to tell Riley's story – such as emotions, memory, imagination, ego defenses, dreams, cognition, personality, child development, attachment, and family dynamics. Psychotherapists of all stripes will appreciate the movie's lessons on loss. For me and my therapy practice, *Inside Out* has been an illuminating illustration of the Internal Family Systems model (IFS), which has become a popular clinical approach to conceptualizing inner emotional conflicts as including tensions between different “parts” or “subpersonalities” of the human mind. I now often recommend this movie to new clients as an introduction to IFS, and it is heartening to hear about whole families watching it together, sharing in the laughter and tears evoked by this trailblazing film.



The Buddhism of modern-day neuroscience is not, of course, what the movie is explicitly about, but that's what stood out for this reviewer. A couple of other “mental health” thoughts about the movie:

- the movie makes a case (probably unintentionally) against early parentification of children; in the movie, the child protagonist experiences pressure from parents to be her “happy self” so as to buffer the parents against the stress of the relocation; this, of course, boomerangs.
- the movie skillfully de-pathologizes such emotions as sadness and anger by showing us that there are essentially no good or bad emotions; this is a definite paradigm-shift away from the uber-positive-psychology of joy and happiness; there are many roads to the Rome of Wellbeing and sometimes a detour of sadness is the shortest cut.

In sum, *Inside Out* is a psychologically savvy movie with a definite “adult” track to keep both the parents and the kids well entertained and humanistically enriched.

2016 Legacy Award Dinner Honoring Dr. Michael Flaherty

DR. MICHAEL FLAHERTY has devoted his life to the practice of psychology and providing a very significant impact and leadership for the treatment of addiction. As Director of Addiction Services at St. Francis Hospital for many years, he became a forerunner in the treatment, research, and education in the field of addictions on a local, state, national, and international level. He has been a tireless advocate for the treatment and prevention of addiction, and provision of help for families through his creation of the Institute for Research, Education, and Training in Addiction (IRETA), and many years of presentations, publications, trainings and treatment. Despite significant challenges in funding for services and research for addiction, Dr. Flaherty has been remarkably successful in his endeavors to lead the way as one of the few psychologists specializing in addiction treatment.



A PARTNERSHIP: Clearview Federal Credit Union & GPPA

WE ARE PROUD TO announce that Clearview Federal Credit Union is now a valued partner of the Greater Pittsburgh Psychological Association! Clearview Federal Credit Union is a full-service financial institution, serving the 10 counties of Southwestern Pennsylvania since 1953. Clearview has numerous convenient branches throughout SWPA, including locations in Brentwood, Butler, Canonsburg, Center Township, Chippewa Township, Delmont, East Liverpool, Hopewell Township, Kennedy Township, Latrobe, Lower Burrell, McMurray, Moon Township, Robinson Township, Sewickley, and Wexford. We are pleased to have this partnership.

With this partnership, the GPPA is able to give its members a financially sound, completely optional benefit with no cost to the individual or the organization itself. Because credit unions are not-for-profit, Clearview can offer lower rates on loans, higher interest on deposits, and low or no-fee products and services. After becoming a member of Clearview, a GPPA member will also have free access to financial counseling. All Clearview members have the available option of scheduling one-on-one consultations with the representatives of Clearview Investment Advisors, who are available to meet at the Clearview branch location most convenient for the GPPA member. Clearview believes that the hard-working members of the GPPA deserve only the best member service and financial advice. GPPA members can save money with Clearview, too.

When visiting a Clearview branch to apply for a Clearview At Work Checking account, a GPPA member will have access to money-saving perks, including:

- No monthly fees, service charges, or minimum balance requirements
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- Free and unlimited Clearview ATM transactions, plus 4 refunded non-Clearview ATM surcharges

Clearview also offers:

- Savings accounts
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 - Visa® credit cards
 - Home equity loans and lines of credit
 - Real estate loans
 - Business accounts and loans
 - Investment services
- ...and much more!

Clearview would like to invite the members of GPPA to visit a Clearview branch location and experience the difference a Clearview At Work Checking account can provide them. For more information, please visit your nearest Clearview branch (which can be located via our website at www.clearviewfcu.org) or contact:

Alyssa Pietrandrea, Relationship Development Specialist
Clearview Federal Credit Union

Phone: 412.507.5059 • E-mail: apietrandrea@clearviewfcu.org

Climate Change & Sustainable Living – Implications for Human Health & Well-Being

MARY BETH MANNARINO, PhD
ASSOCIATE PROFESSOR GRADUATE PSYCHOLOGY PROGRAMS
CHATHAM UNIVERSITY CONTINUING EDUCATION PROGRAM

WE HUMANS ARE INSEPARABLE from the larger non-human natural world. We depend on Earth for our sustenance: food, air, water, and materials to meet basic needs. Our well-being is inextricably linked to the well-being of Earth. We, clinicians, know this. But how does this knowledge affect the work we do with our clients? Does it influence how we do assessments – what questions or domains we explore, for example? Does thinking about our relationship with the natural world enter into treatment interventions? Do we ask what nature-related resources for healing might be tapped into, or what negative aspects of the environment pose barriers to healing?

Psychology's exploration of these issues is not new, but it has increased in recent years for many reasons. First, we are facing perhaps the most serious threat in human history to our well-being, global climate change which has been labeled by Alan Kazdin (2009) as a “wicked problem” with complex interwoven causes and no easy solutions. Second, we are learning on a daily basis about the negative impacts of other types of environmental destruction on human health and well-being – think of the massive long-term damage to human development and functioning that results from the recently revealed mismanagement of water systems in Flint, Michigan. It has also become clear that there are social justice issues that must be considered, and that the more vulnerable people in our world – children, the elderly, ethnic and racial minorities, people dealing with poverty or disabilities – are affected more severely by these problems. Finally, there is emerging research of the psychological and physical health benefits of interaction with the natural world, benefits that cost little and have few, if any, side effects. How do we, as practicing psychologists, integrate this information into our work with clients? Is it important that we do so. Indeed, can we work effectively with clients without adding this contextual layer of the natural world to our thinking? Based upon ongoing psychological research, it is clear that we can better serve our clients by actively addressing these questions and that, indeed, we have an ethical mandate to do so. In 2009, for example, the American Psychological Association Task Force on the Interface Between Psychology and Global Climate Change published its report. Among the policy recommendations arising from the report were the following three that are of particular interest to practicing psychologists:

- Develop and distribute materials on global climate change for continuing education for psychologists.
- Develop materials to address therapy issues for practitioners that can be connected to actual, perceived, and anticipated consequences of global climate changes ranging from everyday stress and anxiety about climate change, to crises resulting from natural disasters.
- Prepare psychologists to assist in community-based coping with the psychosocial consequence of global climate change. (American Psychological Association, 2009b, p. 3)

The report described the ethical principles requiring us to examine these issues, including our commitment to beneficence and non-maleficence, fidelity and responsibility, fairness and justice, and respect people's rights and human dignity (APA, 2009a, p. 81). Finally, the reports' authors noted how important it is to learn to speak across disciplines, as the understanding and resolution of climate change and other environmental challenges require creativity and wisdom from all. Yet how many of us have dealt explicitly with these issues in our own training and continuing education? Current research suggests that very few psychologist practitioners have had specific education and training related to ecopsychology or environmental psychology as relevant for clinical practice (*Society for Environmental, Population and Environmental Psychology*; Hoover and Slagle, 2015).

On April 1, 2016, Chatham University, whose doctoral counseling psychology program focuses in part on the concept of sustainable health and well-being, will offer a Continuing Education opportunity in which clinicians can learn more about these topics as relevant for clinical work. Susan Clayton, Ph.D., Whitmore-Williams Professor of Psychology and Chair of Environmental Studies at the College of Wooster, president of the Society for the Psychological Study of Social Issues, and co-author of the *APA Task Force on the Interface Between Psychology and Global Climate Change*, will present findings about the psychological, physical, and community health impacts of climate change. Other speakers will address what these findings mean for work with individuals, organizations, other professionals, and communities. All mental health professionals are welcome. For details, contact me at mmannarino@chatham.edu.

REFERENCES

- American Psychological Association Task Force on the Interface between Psychology and Global Climate Change. (2009a). *Psychology and global climate change: Addressing a multi-faceted phenomenon and set of challenges*. Washington, DC: American Psychological Association.
- American Psychological Association Task Force on the Interface between Psychology and Global Climate Change. (2009b). *Policy Recommendations*. Retrieved on 2/12/16 from <http://www.apa.org/science/about/publications/policy-recommendations.pdf>
- Hoover, S. & Slagle, C. (2015). A preliminary assessment of ecopsychology education in counseling psychology doctoral training programs. *Ecopsychology*, Sep 2015, 7(3): 160-165. DOI: 10.1089/eeco.2014.0061
- Kazdin, A. (2009). Psychological science's contributions to a sustainable environment: Extending our reach to a grand challenge of society. *American Psychologist*, 64(5), 339 – 356. DOI: 10.1037/a0015685.
- Society for Environmental, Population and Conservation Psychology. *Graduate programs in environmental and conservation psychology*. Retrieved on 2/10/16 from <http://www.apadivisions.org/division-34/about/resources/graduate-programs.aspx>

Interested in contributing to *The GPPA Report*? Email editor Pavel Somov at psclinical@hotmail.com

Interested in Advertising in the Newsletter? Contact Angie at GPPAPittsburgh@gmail.com



CONTINUING EDUCATION CALENDAR

FRANCINE FETTMAN, PhD

NOTE: 6.25 CE credits offered for each seminar unless otherwise noted.

***C** = Crowne Plaza Pittsburgh South, 164 Fort Couch Rd, 15241 / 412.839.5300

MARCH

Fri., Mar. 11 **Advanced Mindfulness**
7:30 - 4:00 Tim Desmond, LMFT
Fee: \$219.99 Info: 800.844.8260 / www.pesi.com *C

Wed., Mar. 16 **Antisocial, Borderline, Narcissistic and Histrionic:
Effective Treatment for Cluster B Personality Disorders**
7:30 - 4:00 Arlene Montgomery, PhD, LCSW
Fee: \$219.99 Info: 800.844.8260 / www.pesi.com *C

Wed., Mar. 16 **Motivational Interviewing**
7:30 - 3:30 Michael Wiles, MEd, LPC
Fee: \$189.99 before March 6, \$209.99 after
CE Credits: 6 Sheraton Pittsburgh Airport, 1160 Thorn Run Road
Coraopolis, PA 15108, 412-262-2400
Info: 800.397.0180 / www.CrossCountryEducation.com

APRIL

Fri. Apr. 1 **Effective, Evidence Based Play Therapy**
7:30 - 3:30 Ann-Louise T. Lockhart, PsyD, ABPP
Fee: \$199.99 before March 8, \$219.99 after.
CE Credits: 6 For info: 800.433.9570 / www.summit-education.com *C

Wed., Apr. 13 **Play therapy for Children, Adolescents and Adults**
7:30 - 4:00 Cathy I. Bissett, M.B.A., PsyD
Fee: \$219.99 Info: 800.844.8260 / www.pesi.com *C

Thur., Apr. 14 **CBT techniques for Everyday Clinical Practice**
7:30 - 4:00 John Ludgate, Ph.D
Fee: \$219.99 Info: 800.844.8260 / www.pesi.com *C

Fri., Apr. 15 **Understanding Addictions: Food, Drugs & Alcohol**
7:45 - 3:30 David Longo, Ph.D
Fee: \$81 Doubletree Pittsburgh Monroeville, 101 Mall Blvd, 15146
CE Credits: 6 Info: 800.937.6878 / www.INRseminars.com

Mon/Tue **Two-Day Trauma Competency Conference**
Apr. 18 - 19 Robert Rhoton, PsyD, LPC, DAAETS
7:30-4 per day CE Credits: 12.5 for both days, 6.25 for each
Fee: One day: \$219.99 / both days: \$379.98
Holiday Inn Monroeville, 2750 Mossie Blvd, 15146
Info: 800.844.8260 / www.pesi.com

Fri., Apr. 29 **Using the DSM-5 and ICD-10:
The Changing Diagnosis of Mental Disorders**
7:30 - 4:00 Margaret L. Bloom, Ph.D.
Fee: \$219.99 Info: 800.844.8260 / www.pesi.com *C

JUNE & BEYOND

June 1 - 4 **27th Annual International Trauma Conference:
Neuroscience, Self-Identity & Therapeutic Interventions**
Bessel A. van der Kolk, MD, Conference Director
Seaport World Trade Center, Boston Mass
Info or for brochure: 800.844.8260
or go.pesi.com/traumaconference

Jul. 11-Aug. 5 **33rd Annual Cape Cod Summer Symposia**
Week-long half-day sessions offering a variety of topics.
Info: 413.499.1489 or learn@neei.org

Notices & Announcements



**OFFICE FOR PART-TIME
SUBLET IN THE
KENMAWR
BUILDING**
401 Shady Ave.
Pittsburgh 15206

There is one 13 x 11 office for sublet in a two office suite. The other suite is occupied by the owner. The suite has a waiting room and small kitchen shared with the owner. The monthly rent includes utilities and WIFI, does not include phone. Available April 1, 2016. Available for LPC, MSW, psychiatrist or practitioner in the healing field.

Please call or email to discuss days, times and fee.

412.361.8020 • ginafitz@verizon.net

ANNOUNCEMENT: Peer Consultation Groups

Peer consultation groups are being held once a month at Kim Hoffman's office in Dormont, PA. The next meeting is scheduled for **FRIDAY, MARCH 25TH AT 11AM**. Please RSVP to Kim at Dormontpsychservices@yahoo.com, or call 412.719.0957 if you are interested in attending. Updates about this, and other future peer consultation meetings will be posted to the GPPA list-serv. If you are interested in joining or hosting a peer consultation group, and cannot attend the meetings as scheduled, please contact GPPA at 412.441.7736, or Lisa Scott at drlisastrauchscott@gmail.com. Meetings are open to GPPA members, associates and unaffiliated mental health professionals.

INDEPENDENT STUDY

**2016 Independent Study Programs Catalog
from the APA is now available.**
**Contact Fran Fettman at 412.635.9377 for
current listing. Please provide fax number to
obtain relevant material.**

GPPA Monthly Meet-Ups

THURSDAY, MARCH 24, 6 - 8pm

Proper Brick Oven & Tap Room
139 7th Street, Downtown Pittsburgh
GPPA members socialization

FRIDAY, APRIL 22, 6 - 9pm

Round Corner Cantina
3720 Butler Street, Lawrenceville
GPPA members social and Congressman Tim Murphy to present on HR 2646 *Helping Families in Mental Health Crisis Act*. * (see below)

THURSDAY, MAY 26, 6 - 8pm

The Summit
200 Shiloh Street, Mt. Washington
GPPA members socialization

FRIDAY, JUNE 24, 4 - 5pm & 5 - 7pm

Q&A for graduate students and ECPers
Topic: What you need to know to start your own private practice
Presented by: Dr. Victor Barbeti, GPPA President and Co-Owner of Village Center for Holistic Therapy
Dr. Barbeti's home: 1304 Biltmore Ave
(this event is prior to the social, one block from Cain's)
Cain's
3239 W Liberty Avenue, Dormont
GPPA members socialization

THURSDAY, JULY 21, 6 - 8pm

Harris Grill
5747 Ellsworth Avenue, Shadyside
GPPA members socialization

THURSDAY, AUGUST 18, 6 - 8pm

Allegheny Wine Mixer
5326 Butler Street, Lawrenceville
GPPA members socialization

THURSDAY, MAY 5, 7 - 9pm

GPPA Spring Social: Come join us for a fun evening filled with great conversation, food, and drinks as we celebrate the changing of the seasons, and Cinco de Mayo!
Casa de Barbeti, 1304 Biltmore Avenue, Dormont
Sponsored by Quartet Health
www.quartethealth.com

*April Meet-up and HR 2646 Presentation

Please join the GPPA board members and **Congressman Tim Murphy** for an evening of socialization and discussion of mental health reform! Congressman Murphy is delighted to join us to discuss the intricacies of his federal mental health bill, HR 2646 *Helping Families in Mental Health Crisis*. He will be present to answer questions and provide insight regarding how psychologists are represented within his legislation. GPPA board members will be available to assist you with increased advocacy involvement to progress the legislation. Food and beverages will, of course, be provided. To learn more about the bill prior to the event, please visit Congressman Murphy's webpage: <http://murphy.house.gov/helpingfamiliesinmentalhealthcrisisact>

Tooting My Own Horn

PAVEL SOMOV, PhD

A FEW MONTHS AGO I got good news. It had to do with my book *Present Perfect: a Mindfulness Approach to Letting Go of Perfectionism and the Need to Control* (New Harbinger, 2010). I'll get to the news itself in a moment.

I reached out to Victor Barbeti and asked if he thought it would be appropriate to ask someone in GPPA to review the news for the newsletter. You see, I didn't want to toot my own horn. Victor had no objections. But, suddenly, I did. The idea of asking to have someone to toot my horn on my behalf, frankly, struck me as even more ego-dystonic, if you know what I mean. So, I scratched my head and decided: I'm gonna be a big boy and do my own bragging.

So, here we go. I'll be brief, I promise. A recent, randomized study published in *Mindfulness Journal* demonstrated that *Present Perfect* is effective as a standalone bibliotherapy intervention. The study, in particular, found that those who had read my mindfulness-based book on perfectionism experienced a statistically significant reduction of self-criticalness, a result that was still maintained at six week follow-ups (Wimberley, Mintz, & Suh, *Mindfulness*, Nov. 2015).

No other books on this topic were experimentally examined as part of this study. For details about the book and/or the study, please contact me at psclinical@hotmail.com.

Call for Nominations for GPPA Board of Directors!

IT IS THE TIME of year when we ask for nominations for new board members. We are filling two vacancies with terms beginning in September. Thank you to everyone who has served on the Board and the numerous committees, this year and in years past. The success and vitality of GPPA is directly dependent on members volunteering their time, energy, and talents. Serving as a Board member is another way you can help our organization thrive.

The purpose of the board is to guide and oversee GPPA to ensure that we are meeting the needs of our Members and the greater Pittsburgh mental health community. Terms for Board membership are 3 years. Board meetings (8 per year) take place on Chatham's campus.

Members may nominate any GPPA Member (self-nominations are allowed). If you are nominating someone else, please obtain their permission first. Please submit your nominations by March 31, 2016 via email to gppapittsburgh@gmail.com or traditional mail to:

GPPA, Attention: Angie Phares
c/o Village Center for Holistic Therapy
68 Wabash Street, Suite 100
Pittsburgh, PA 15220

The voting process will begin in early April and will be available using paper ballots as well as electronically.

Warm Regards,
Terry O'Hara
GPPA Secretary



Greater Pittsburgh Psychological Association
 68 Wabash Street, Suite 100
 Pittsburgh, PA 15220

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