



NEVADA STATE PSYCHOLOGICAL ASSOCIATION

NSPA NEWS

The Voice of Psychology in Nevada

November 2007

Southern Region Presentation on Psychosocial Impact of Obesity Surgery

Obesity in America continues to increase at an unprecedented rate. This exponential rise in obesity and its accompanying health problems has resulted in a growing demand for aggressive treatment. In response to this demand, obesity surgery has risen 700% in the U.S. since 1999. While individual outcomes vary, most patients will experience rapid, dramatic weight loss and significant improvements in overall health.

At the NSPA Fall Southern Region Social, Marta Meana, Ph.D. and Lindsey Ricciardi, Ph.D. presented their research on the psychosocial impact of obesity surgery. At the time in which they conducted their initial study, very little was known about the psychosocial aspects of this dramatic intervention. They conducted in-depth, retrospective interviews with 33 women and men who had lost an average of 177 pounds through gastric-bypass surgery. Participants were asked, in an open-ended fashion, to describe the ways in which surgery had impacted their lives. Data was analyzed using grounded-theory methodology.

In sum, participant responses were rich, complex, and varied. Change seemed to color nearly every aspect of their lives. All participants spoke of a dichotomy between their "old" (presurgery) lives and their "new" (postsurgery) lives and most described overall improvements in health, energy, physical ability, mood, self-esteem, and assertiveness. However, every single participant described also experiencing changes that generated tension in various aspects of their lives. They had finally got what they had been wishing for and yet most everyone described feeling completely unprepared for the personal and social changes that ensued.

While the specific array of tension-generating changes varied for each participant, the authors categorized these potential changes into three domains areas: 1) Social Relationship, 2) Self-Concept, and 2) Skills-Acquisition. Throughout their talk, Dr. Ricciardi and Dr. Meana provided intriguing examples of both positive and tension-generating changes with representative quotes from participant interviews. Some common tension-generating changes that patients experienced were destabilizing of relationship dynamics, having to face insecurity and jealousy of others as they became more attractive and capable, feeling resentful as other people began to treat them better, no longer having the option of blaming life problems on obesity, dealing with negative body image changes as a result of hanging, excess skin, and suddenly having to learn new ways of coping with emotions that did not involve food.

In the end, the talk highlighted how important it is for mental health providers working with this population to be keenly aware of the complex psychosocial issues that weight loss surgery patients may face and to understand that the ways in which they negotiate these changes may impact long-term outcome. Below are two sample quotes from their book *Obesity Surgery: Stories of Altered Lives* which is due to be published in 2008. For more information regarding the book, the authors, or other publications, please contact Dr. Lindsey Ricciardi at (702) 363-6005.

If I didn't get hired for a job, I could always say it was because I was fat. If I didn't accomplish something it was because I was fat. And then when I had lost the weight I did not pass an important practical skills exam. And it was funny because the first thing that jumped into my mind was, "Oh, they failed me because I am fat." And then suddenly I said to myself, "Whoa, wait a second. I'm not fat. They didn't do anything." That just floored me. That was the first slap in the face

When people are nice to me now I think, where were you before? I enjoy it in a way and I'm resentful in another way. I don't know how to react. Pissed off or happy?

PRESIDENT'S COLUMN

Michelle Carro, Ph.D.

I hope you enjoy perusing our Fall 2007 newsletter. The Nevada State Psychological Association has been busier than ever since May when we held our annual strategic planning meeting.

At our strategic planning meeting we brainstormed and set action plans for numerous initiatives. The newest of these is the Early Career Psychologist program. With UNLV now graduating Ph.D. students along with UNR, and Fielding, we have numerous postdoctoral students returning and moving toward licensure. Additionally, we have many young psychologists moving into our state from elsewhere. The ECP program offers support in preparing for licensure, networking, practice-building and information sharing for those just getting started. There is an ECP group in Reno and one in Las Vegas. Both meet regularly and will surely welcome you.

The Psychologically Healthy Workplace Award program is still going strong thanks to a devoted core of members. This year awards will be presented at a gala event in Reno. All psychologists are invited to attend and show your support to businesses who know the value of psychological health for their employees.

A third initiative that is gaining steam is our pre-doc and post-doc training task force. Although growing, Nevada's communities are desperately underserved when it comes to mental health. Similarly, Nevada has far fewer internship and postdoctoral positions than similarly populated states. Nationally there is a shortage of APA accredited internships and postdocs. Taking all of these facts and putting them together suggests to me and to our taskforce members that there is a great opportunity in our state to develop programs that will emphasize evidence-based service delivery, research and training.

With such programs in place we can certainly recruit psychologists from all over the country to train and make Nevada their home. In turn, the community can only gain from high quality science and practice of our profession. To borrow a perhaps over-used although fitting statement - If we build it they will come. Please be on the look out for opportunities to support our task force and lobby on behalf of its agenda.

I hope this give you a little snapshot of what NSPA has been working on and entices you to read further. Please remember that the membership year started on June 1. This is a date that many of you overlook but was established several years ago to ease the burden of so many membership renewals (not to mention licensure renewal) in December and January each year. If you haven't renewed yet, please take the time to do so now. We rely on our membership dollars to keep us moving forward.

SOUTHERN REGION NEWS

Ampara Nicole Shannon, Psy.D., Southern Region President

We have an amazing team of officers in the Southern region this year. They are as follows:

Ampara Shannon: President
Nancy McNaul: Treasurer
Lisa Linning: Secretary

Our monthly board meetings are held by conference call. We always welcome members to join in our meetings! If you would like to participate please call Dr. Nancy McNaul at 702-612-0740 to be included in the list of participants.

We started off our term with the annual Fall Social on 09-14-07. The event was a tremendous success with over forty people attending. The presenters Marta Meana, Ph.D. and Lindsey Ricciaridi, Ph.D., spoke about their research on the psychosocial impact of weight-loss surgery and their new book: Obesity Surgery: Stories of Altered Lives. We are appreciative of

the time and expertise they shared with our organization!

The southern region also has plans to host additional events that will allow members the chance to meet and get to know one another. Upcoming ideas include a charity drive over the holidays, a family friendly event at a local park in the spring, and a summer social at a local restaurant.

We will keep our members posted via website, newsletters, and the listserv as we progress. As always, input from our members is welcome and appreciated. Members have opportunities to volunteer for a variety of programs, and your involvement is vital to the success of our organization. Please feel free to contact me at amparashannon@hotmail.com or (702) 355-0710

The View from Carson City

By Bryan Gresh, NSPA Lobbyist

In the world of the Nevada State Legislature, the fall season usually means that while bears and other animals look toward hibernating through the winter, lawmakers slowly awaken to another cycle of fundraising and positioning for the next session. Not this time.

The 2007 Legislature ended just a few months ago and already the fundraising is going along at a furious clip. Several hundred thousand dollars has already been raised by just TWO legislators who find themselves targeted by the opposing party for the 2008 election cycle. And by the time this newsletter reaches your mailbox, the individual Republican and Democratic caucuses will have raised hundreds of thousands more.

Where is NSPA in all of this early season jockeying? Thanks to you and your continuing support of our political action committee (NSPA PAC), we are *not* on the sidelines. We have already been able to support of one of the 'targeted' lawmakers, State Senator Joe Heck, (R-Henderson), a doctor and strong supporter of NSPA. The senator was a key figure in last session's Licensed Professional Counselor's bill. It was Senator Heck who consistently listened to NSPA concerns through the session-long debate, Senator Heck who incorporated our suggestions into what would become law. One can debate the merits of licensing professional counselors, but NSPA leadership recognized it was going to pass in 2007 and we could either stand on the sidelines or make the bill the best legislation possible. We chose the latter, and Senator Heck, longtime ally Senator Maggie Carlton (D-Las Vegas) and Assemblywoman Sheila Leslie (D-Reno) appreciated our stepping up as opposed to stepping in the way.

Where else was NSPA during the 2007 Nevada State Legislature? We were actively involved in at least half a dozen issues. No, none cast a longer shadow than AB 424, the LPC bill, but many other significant issues did affect psychology. Here's a quick recap:

AB 108 was an attempt to require everyone, from pediatricians to podiatrists to psychologists, to complete at least 6 semester hours in geriatrics and gerontology as a condition of obtaining initial licensure as well as requiring 6 geriatric and gerontology CE's. We talked with the sponsor of the bill and told her we could not support such a move. President Michelle Carro drafted a letter explaining why it wasn't a good idea. That bill died in committee.

We had to work against AB 123, a bill which provides that in the event someone presents for voluntary admission to the hospital, it provides for the admitting hospital to first determine whether or not the person is competent to do so. If not judged competent, then the hospital can proceed with emergency or involuntary admission. We learned it was extremely problematic after Federal Advocacy Chair Gary Lenkeit dissected the bill and uncovered a host of issues, not to mention the significant increase in the number of people admitted involuntarily on Legal 2000's.

We spoke with the bill's sponsor and explained we would have to be opposing the bill if she chose to proceed with it. She explained her rationale for the bill, about a constituent whose mother voluntarily committed herself and the family couldn't find her, but AB 123 was obviously not the vehicle to address the issue. She ultimately chose to let the bill die without a hearing.



We had a bill in the special session of the Legislature, SB 2, Senator Randolph Townsend's (R-Reno) bill on the creation of a committee on co-occurring disorders. It was SB 326 of the regular session but didn't make it out in time, the Senator was able to convince the governor to make it one of the handful of bills brought back in the one day special session. The committee will consist of 14 people appointed by the governor, one of whom will be a psychologist. Working with the Senator, our job was to make sure a psychologist stayed in the mix during the 120-days of horse-trading that takes place each session. A psychologist did, and does, remain on that committee.

Mental health funding fared fairly well this session, considering how well it did last session and how little extra money was to be divided this session. In the Assembly money bill, it went like this: we know some members were interested in autism funding, \$2 million is going toward a newly-created statewide autism task force. \$1 million is going to the Mental Health Court in Clark County, \$611,000 going to the mental health court in Washoe County.

And as far as the Executive Budget is concerned: Southern Nevada Mental Health Services: \$89.5 million in the 2007-2008 budget year, \$95 million in 08-09, northern Nevada Mental Health Services, \$33.2 this year up to \$36.7 next year and the Lake's Crossing budget is \$9.5 million this year, \$10 million next year.

**Four Nevada Companies Receive 2007
Nevada
Psychologically Healthy Workplace
Awards
Nevada Human Resource Association's
40th
Anniversary All Stars Dinner**

The Psychologically Healthy Workplace Award was given to 4 Nevada companies at the Northern Nevada Human Resource Association's 40th Anniversary All Stars Dinner on November 2nd.

**PSYCHOLOGICALLY HEALTHY WORKPLACE
AWARD**

**B&J Inc.
The Nevada Cancer Institute
Patagonia
Renown Health**

BEST PRACTICES AWARD

Patagonia

Patagonia received a Best Practices Award for their employees' involvement in protecting the environment. This involvement generates tremendous pride and a sense of pleasure in their workforce.

The Business of Practice Network Committee (BOPN) has been fully engaged in selecting the 2007 winners of the psychologically Healthy Workplace Awards. During the last several months, the committee has utilized a variety of "marketing" efforts to inform the Nevada Business Community about this awards program and encourage applications. In 2005 and 2006 nine companies were recognized by NSPA for their efforts in creating workplace environments that demonstrate a culture of caring for the psychological health of their employees. We have been able to disseminate the increasing research about the relationship between employee stress and such important "bottom line" costs for businesses such as turnover, absenteeism, productivity, workplace accidents and use of health care dollars. Our efforts in "giving psychology away" through this program is a potential win-win-win situation for businesses, our fellow citizens, and ourselves. If you are interested in participating in the BOPN committee, please contact Dr. Martin Gutride at martin-gutride@aol.com.

**University of Nevada School of Medi-
cine, Reno
Psychiatry Grand Rounds Schedule
October-December, 2007**

Psychiatry Grand Rounds are held at the Pennington Building from 4-5:30 p.m. for 1.5 hours of CE. The last 20-30 minutes is usually discussion. Contact Dr. Melissa Piasecki at 775 784-6777 for further information.

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| Nov. 21 | Neuroscience Grant, Nicola Cascella, M.D., Assistant Professor of Psychiatry and Clinical Research Director, John Hopkins University School of Medicine, "Anti-psychotic Dosing and Side-Effect Management: Improving Patient Outcomes." |
| Dec. 19 | Neuroscience Grant, Justin Birnbaum, M.D., Associate Clinical Professor, Stanford University School of Medicine, Associate Chief, Inpatient Psychiatry Services, and Medical Director, Behavioral Medicine, "Acute Management of Behavioral Emergencies and Long-Term Considerations" |

ATTENTION APA MEMBERS...

Your APA Apportionment Ballot will arrive in early November. Don't Throw Away Your Voice at the National Level!

NSPA Needs Your Votes! You can allocate some or all of your ten votes to your state to ensure that NSPA, and all state associations, continues to have a voice on the APA Council. Because Divisions can draw from large pools across the county, many end up with multiple representatives on Council, whereas states typically can only muster enough votes for one seat. Here's the 2007 breakdown: 53 APA Divisions have 99 members of Council (62%). 57 state and provinces have 60 members of council (38%).

Why is this important? Council determines the allocation of APA resources through the budget, sets policies that are left for the states to implement, and develops guidelines such as the Ethics Code that impact practice, research, and training in psychology.



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¹Liberty Life Assurance Company of Boston, a member of the Liberty Mutual Group, issues Liberty Series Passport 10, Passport 20, and Passport 30 term life insurance contracts on policy forms TERM 2005057 (TERM 2005057NY in New York and TERM 2005057 NJ in New Jersey) and state variations identified by state code. Contract availability, terms, conditions, and issue limitations may vary by state. Liberty Life's obligations under its life insurance contracts are guaranteed by Liberty Mutual Insurance Company, Home Office: Boston, MA. Service Center: Dover, NH. The Trust has an expense reimbursement/endorsement arrangement with Liberty Life Assurance Company of Boston.

²Convertible to any permanent plan through the following policy years: Passport 10-Year 5, Passport 20-Year 15, Passport 30-Year 25.

³You have the option to continue coverage at the end of the term up to age 90 at a premium that increases every year.

Meet Our Members

Laurie Drucker, Psy.D., NSPA President Elect

Reaching out to early career psychologists (ECP's) is important to our organization. The need for psychologists entering the workforce in Nevada is great as our population expands and many of our licensed psychologists approach retirement age. Although ECP's face some challenges in Nevada, including a shortage of accredited training opportunities, they also have access to professional opportunities that are more competitive in other, more populous, states. Nevada currently licenses approximately 20 psychologists each year, and with only 325 licensed psychologists in the state, our community is a small but growing one. Increasing opportunities for early career psychologists to meet members of the psychological community and encouraging their involvement in state and local activities is important for the community as a whole. The NSPA actively supports this segment of our membership by nominating early career psychologists for leadership positions, supporting mentorship efforts, and launching a state-wide effort to coordinate training opportunities and support the development of accredited pre and post-doctoral training sites. In this article, we will introduce two ECP members who play an active role in the NSPA. Among the issues they raise is the value of the support they have received from our community in helping them establish their careers.

Dr. Melanie Crawford, Ph.D., practices in Reno and is currently the Vice-President of the Northern Region of the NSPA. She obtained her doctorate in Child Clinical Psychology and Developmental Cognitive Neuroscience at the University of Denver in 2005, under the mentorship of Dr. Bruce Pennington. While in Denver, she conducted research on the relationship between

ADHD and comorbid childhood disorders including disruptive behavior disorders and learning disabilities. Her dissertation research focused specifically on the genetic etiologies of ADHD and comorbid disruptive behavior disorders, exploring shared genetic influences. Dr. Crawford spent four years working with Dr. Pennington at the Developmental Neuropsychological Clinic where she conducted neuropsychological evaluations and learning disability assessments for child, adolescent, and adult clinical populations. From Denver, she moved to the University of California, San Diego/VA Child and Adolescent Psychological Services and the Children's Hospital of San Diego where she completed her Predoctoral internship, specializing in the assessment and treatment of children and adolescents in both inpatient and outpatient settings. Dr. Crawford came to Nevada in 2003. She taught psychology at the University of Nevada, Reno for three years while completing post-doctoral hours at the University Counseling Services and Renown's Child and Family Center. Dr. Crawford became licensed in 2005 and opened her private practice in Reno in 2006, specializing in the psychological and neuropsychological assessment of children and adolescents. She currently works part-time, allowing for time to be home with her young child.

As a member of NSPA, Dr. Crawford has worked actively to establish mentoring opportunities for ECP's. She notes that some of the challenges for early career psychologists in Nevada include limited pre and post-doctoral training opportunities as well as limited options for additional training. As she navigated the transition to private practice, she noted the importance of networking with local psychologists

and the NSPA to develop relationships that provide support as well as practical advice. Dr. Crawford has begun an ECP Group to meet that need in the Reno area. She notes that among the challenges facing psychologists new to private practice is a sense of isolation, and encourages ECP's to meet regularly with other psychologists and join organizations such as the NSPA to build a sense of community for themselves.

Dr. Ampara Shannon, Ph.D., teaches in Las Vegas and is currently President of the Southern Region of the NSPA. A long-term resident of Nevada (more than 20 years), she obtained her undergraduate degree in psychology from the University of Nevada, Las Vegas. She moved to Phoenix, Arizona for her graduate studies, obtaining her M.A. degree from the Arizona School of Professional Psychology in 1999 and her Doctorate in Clinical Psychology from Argosy University in 2003. Dr. Shannon's research explored the assessment and treatment of antisocial personality disorder from an object relations perspective. Her clinical training during graduate ranged from working as a family therapist in a residential program for children and adolescents to conducting neuropsychological and forensic assessment of adults at the Arizona State Hospital. Following graduate school, she accepted a Predoctoral position at Shasta County Mental Health Services in Redding, CA where she continued training in outpatient services for adult and child/adolescent populations. Dr. Shannon completed her postdoctoral training in Las Vegas at the Spring Mountain Treatment Center, working as the lead therapist on the girls unit. She became licensed in Nevada in 2005 and (continued on page 7)

Meet Our Members...

(continued from Page 6) and opened a private practice in Henderson, working with a multidisciplinary group that included psychiatrists and social workers. Dr. Shannon closed her private practice when she became pregnant with her daughter and currently works part-time teaching psychology at the University of Phoenix.

Dr. Shannon has been active in state psychological associations since graduate school. She served as an APA Student Representative in Arizona as well as being a student member of the Arizona State Psychological Association. She was

one of the first student representatives to the Nevada State Psychological Association, and advocated for students to have a voting position on the State Board. Dr. Shannon has served as a Southern Region Student Representative and Secretary to the Southern Region before taking on her current position as Southern Regional President. Dr. Shannon notes that involvement in the state psychological associations has been important in helping her develop professional relationships that have resulted in job connections as well as a strong sense of connection with the professional community. As Southern

Regional President she is actively advocating for ECP's to build supportive networks with each other, as well as with more established psychologists. She and the members of the southern board have started a mentorship group for ECP's and are looking at ways to continue to develop and support the relationships between ECP's and other professionals. She takes a personal interest in making participation in the NSPA accessible to people with families, and notes the importance of considering the needs of early career psychologists in our community.

Executive Director Column Judy Phoenix, Ph.D.

Hello Nevada Psychologists,

I'm pleased to report that NSPA is doing very well in all respects. We have such a dedicated group of people on the board, committees and task forces that there is a terrific array of events, initiatives, and programs taking shape or strengthening. We have a great group of CE events coming in the next year from your state organization (see the calendar). In addition, both the Northern and Southern Region have events planned locally. Please read further in this newsletter for information on all the happenings. In spite of all the wonderful energy we have from those working on these programs, we can always use volunteers to do small or large tasks on any of the initiatives. Call or send an email to remind me of your interest in an area and I will put you in touch with others working on those projects.

We now have a toll-free number for NSPA. It is 1-888-654-0050. This number is for phone or fax messages to the central office. Soon there will be yellow-pages ads in both the northern and southern phone books. I expect this will bring even more referrals to us for services.

Please be sure to update your referral information so we can send people to you. And for those who have not signed up for the referral list – please consider doing so. Even if you do not need referrals, we are often asked for information about who specializes in a kind of service from other professionals or from prospective clients, and

as an expert in any area you are our best source of information about where to send our inquirers. We love to give referrals or help professionals network and sometimes we don't have a name to give. Sign in to the member area and fill out the two on-line referral pages: "Free Phone and Web Referral on-line App" and "Create or Update your Enhanced Referral Listing." If you did not pay for the enhanced referral, the site will not let you put in items that are included in that package, but you can add additional information about yourself by going to this page. If you have forgotten your member number or password, and can't sign in let me know.

Check out our website at www.nevadapsychologists.org. I'm trying to keep it current, so new items appear frequently. It is a convenient way to join or renew your membership, register for CE events, or just look at information about what we are doing. If you want detailed information about what we are working on the Executive board minutes are available in the "members only" section. Each month those minutes include updated information about everything we are working on.

And last but not never, unfortunately, least: If you have not joined or renewed for the membership year (June 1, 2007 to May 31, 2008) please do so today. Your membership and attendance at CE events supports your organization to do all the things we do. By attending NSPA CE events you not only get quality learning experiences, but you support the voice for psychology in Nevada. Join today!

EARLY CAREER PSYCHOLOGIST NEWS

NORTHERN REGION: The early career psychologists (ECP) group in Northern Nevada will be meeting the 2nd Thursday of every month at 7:00 p.m. to discuss the challenges of starting a private practice, preparing for licensing exams, as well as other issues relevant to early career psychologists. For each meeting, we will invite a member of the community to speak with us and share his/her expertise.

The next meeting will be Thursday November 8th at 7:00 pm. Individuals can contact me at 775-786-7881, if they would like more information.

Melanie Crawford, Ph.D.
NSPA Northern Region Vice President
melaniec@unr.edu
(775) 786-7881

SOUTHERN REGION: The Early Career Psychologists (ECP) Southern Region Discussion Group will be meeting on the first Friday of each month from 6 - 8 pm. We are seeking volunteers who would be willing to schedule to speak to us about topics related to career development in psychology. We hope to have a speaker or panel discussion each month for the first hour or 1.5 hours, then allow time for case consultation, further discussion related to the topic presented, and organization/planning. We will be rotating the location around the Las Vegas valley to make travel equitable. If you are interested in participating, speaking, and/or receiving emails regarding this group, please send your contact information to:

Lisa Linning, PhD
LisaLinning@msn.com
702-860-3305

EARLY CAREER PSYCHOLOGIST LISTSERV

FOR ALL ECP-NSPA MEMBERS:

Join the NSPA-ECP listserv and stay in touch with your peers.

Sign in to Google and sign up for the group at: <http://groups.google.com/group/nspa-ecp/?hl=en>

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STUDENT NEWS!

APAGS representatives Gillian Chapman (UNLV) and Stuart Stilling (Fielding) represent all students on the NSPA board this year. APAGS representation rotates systematically between our three APA approved graduate programs in Nevada each year. Both UNR and UNLV also have a Campus representative this year. They are Robyn Donaldson (UNLV) and Aditi Vijay (UNR). APAGS representatives also are the student liaison with APA through the APAGS organization. We welcome student membership in NSPA and many members are involved in educating or mentoring students into the profession.

Southern Nevada: UNLV APAGS and Campus representatives are reaching out to undergraduate psychology students at all southern Nevada universities and colleges. Gillian and Robyn have presented information to Psi Chi about NSPA. Psi Chi at UNLV has a link on their website to NSPA.

Gillian also has plans to present information to students at the Nevada State College in the psychology/counseling experiential class, during which students get credit for observing practices at local mental health agencies. Nevada State College currently has no Psi Chi chapter although there are plans to organize one. They also will reach out to the NSC Student Alliance which oversees all student organizations.

Northern Nevada: Aditi Vijay has also reached out to Psi Chi and is working with them to help them connect to NSPA.

PRE-DOC/ POST-DOC COMMITTEE

The Pre/Post Doctoral Internship Committee is off to a good start. We have developed a "consortium" of 25 Psychologists and students from the University, State and Private Practice Communities. This Consortium will explore ways of creating additional APA approved pre doctoral and post doctoral internships in Nevada. The only such internship currently available is at the Reno VA. Interestingly, many State and private mental health agencies throughout Nevada have created "internship" positions during the last several years. In addition, at least one State agency, Lakes Crossing Center, has been actively pursuing an APA approved pre-doctoral internship for some time. A significant issue for the Consortium therefore is whether to try and create a coordinated statewide inter-agency internship or focus on assisting particular agencies, such as Lakes Crossing. Of course, these may not be mutually exclusive. We have made preliminary contact with the Association of Psychology Postdoctoral and Internship Centers (APPIC) and they are eager to guide us. This project will move forward with increased momentum once school is back in session. Anyone interested in joining the Consortium should contact Martingutride@aol.com.

STUDENT LISTSERV

Join the NSPA-Student listserv and stay in touch with your peers.

Sign in to Google and sign up for the group at:
<http://groups.google.com/group/nspa-students?hl=en>

Membership in NSPA – A Great Investment in Your Future

This edition of the Nevada Psychologist goes out to both members and non-members alike.

I personally encourage each of you who are not currently Members of NSPA to take a fresh look at the Association. I think you will find a vibrant, active organization that makes your life better!

- NSPA is an organization that works to meet the needs of ALL of psychology in Nevada
- NSPA is focused on the needs of the next generation. We have recently started regional Early Career Psychologist support and mentoring groups. We continue our outreach program to graduate and undergraduate students. We are working hard to promote the development of more pre/post doctoral supervised experiences so our students will stay in Nevada.
- NSPA has an active advocacy agenda, and works to promote and protect the profession on both the state and national levels. We are also active in promoting and supporting mental health services in Nevada.
- NSPA is working to improve the interface between academic psychology and the practice community. We welcome presentations by researchers, and hold a student poster session at our annual convention.

NSPA MEMBERS...

- **Save Money...** special discounts at all NSPA sponsored Continuing Education Events.
- **Get Help with Questions...** Need to know how to reach the Board of Examiners? Can't find the rule

on how long to hang onto those files? Membership in NSPA means you have somebody ready to help you – and it's just a phone call away.

- **Define the Profession...** Have a strong voice in how our profession is defined in Nevada – through legislation, community outreach, public education, and participation in the statewide mental health community.
- **Influence the Future of Psychology...** Share your thoughts and ideas with fellow psychologists interested in the future of the profession, in education, research and practice.
- **Have a Sense of Community...** Psychologists can sometimes feel isolated. NSPA helps you network with your colleagues and connect through list serves, CE activities, social and service activities.

Join with your colleagues to protect psychology now and in the future.

If you aren't investing in psychology in Nevada – isn't it time you did? Become a member today and begin to collect those dividends!

Apply online at www.nevadapsychologists.org

Questions or comments about the NSPA Newsletter?
Please contact Karen Shelton, Ph.D. at
karenselton@charter.net or (775) 996-1106.

The views and opinions expressed in each article of the NSPA news are those of the author and not necessarily shared by NSPA.

Dedicated to Providing an Environment Conducive to Healing, Personal Growth, and Recovery



Nestled in the foothills of the Sierra Nevada Mountains, Center for Hope of the Sierras offers residential therapy and a step-down transitional program for the treatment of anorexia nervosa, bulimia nervosa, and related disorders.

Less than 30 minutes from Lake Tahoe, the Center grounds are comprised of two large, yet cozy Victorian-Country style homes. Each house holds six beds in a welcoming and supportive environment. The yards feature several large-covered porches with sitting areas, a koi pond with waterfalls, two spa tubs, and vegetable and floral gardens.



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or email Maria E. Dias at medias@crchealth.com**

Also, feel free to contact our National Resource Center at 866-690-7240 or email resourcecenter@crchealth.com

**NEVADA STATE PSYCHOLOGICAL
ASSOCIATION**

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NSPA Continuing Education Calendar

Parent Coordination Training
Assisting High Conflict Parents in Dispute
Resolution, What You Need to Know to Be a
Parent Coordinator
Gary Lenkeit, Ph.D. &
Stephanie Holland, Psy.D.
Friday & Saturday, January 25 & 26, 2008
Reno, NV
12 Continuing Education Credits

Improving Your Expertise in Working
with Latino Clients
Luis Guevara, Psy.D.
Friday, February 22, 2008
Las Vegas
6 CE Credits

Ethical Decision Making and Risk
Management in Clinical Practice
Jeff Younggren, Ph.D., ABPP
APAIT
Friday, May 2, 2008
Reno
6 CE Ethic Credits

REGISTRATION AVAILABLE SOON!