



**SAPA Digest
September 2018**



SAPA News – SAPA Elections!

It is that time of year again. We are seeking candidates to run for SAPA Board Positions that will be starting in January. We will have a lot of positions opening up and really count on the SAPA membership to fill these positions. The board is an extension of the membership and the best way to ensure that everyone is represented is to participate in some way. We like to get some new board members every term to ensure that different perspectives, ideas, and needs are best incorporated into the board decisions and activities. It may seem at times that the same board members simply rotate through to different positions, however, this sometimes happens when we do not have enough other SAPA members interested in joining. If you are even remotely considering running for one of these positions, please reach out to me (drbeldotti@aol.com) and I can answer any questions you have or connect you with someone who has the information you need.

The following positions will be up for election:

- *President-Elect
- *Secretary
- *Membership Committee Chair
- *CE Committee Co-Chairs (2 positions will be up for election)
- Members-at-Large (MAL) (2 positions will be up for election)
- SAPA in the Community (SITC) Committee Chair
- Academic Liaison
- Psychology and Law Committee Chair
- Professional Outreach Committee Chair
- Diversity and Social Interests Committee Chair

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Positions marked with an * are crucial to the organization and cannot be left vacant. Positions will start 1/1/19. Details about each open position will be in the Election Edition of the Digest (coming soon) and will also be available on the SAPA website shortly.

Sincerely,

-Patti

Patricia Beldotti, PsyD (Email: drbeldotti@aol.com)

Chair of SAPA Nominating Committee for 2019 Elections

SAPA Member Recognition

SAPA Lifetime Member Sharon Arkin was recently mentioned in the Arizona Daily Star for her work at Elder Rehab at the Tucson Jewish Community Center. The program that was developed and is directed by Dr. Arkin is currently seeking participants for their fall session. To learn more please contact Dr. Arkin 520-603-2912 or sharonmerlearkin@gmail.com To read more about this program, [please click here for further details](#) or log on to <https://tucson.com>

SAPA Membership Spotlight – Marden Petrie, Psy.D.

My interest in psychology started early, likely related to my efforts to understand my own family, but I pursued a career in Marketing before returning to school to pursue my dream of becoming a psychologist. I initially learned about attachment theory through the lens of raising my own family and managing professionals to optimize teamwork, morale and productivity. During this time, I encountered stressors that led me to pursue psychotherapy and had the opportunity to work with a skilled psychologist trained in the object relations tradition. As I understood more about my internal world, I was able to recognize opportunities and limitations in the present moment more readily, which influenced all aspects of my life. This experience inspired me, but unfortunately my return to school was also influenced by tragic events. During the 1980's and 90's, three people close to me were murdered in unrelated acts of violence. I was deeply saddened and ultimately felt that contributing in the area of mental health would be a healing experience for me.

I have since had the opportunity to train and work in a variety of settings in Minneapolis including Methodist Hospital Eating Disorders Institute, which provided inpatient, partial hospitalization and outpatient treatment for individuals dealing with eating disorders; Hazelden Center for Youth and Families, an organization that offered inpatient and outpatient services to young people whose development had been thwarted by substance use; St. Olaf College Counseling Center, a clinic that operated in an effort to optimize college success for people with various mental health concerns; The Walk-in Counseling Center, which was established during the 1970's and I believe is the last remaining privately-funded, free community mental health clinic in the nation; and the Hamm Memorial Psychiatric Clinic, which is a multidisciplinary community mental health clinic.

We moved to Tucson in 2010 to be closer to family and I began my private practice and also performed psychological evaluations, led DBT groups and supervised pre-doctoral interns at Sierra Tucson for several years. I continue to provide supervision to pre-doctoral interns on adult assessments as a faculty member of SAPIC, where we value the therapeutic assessment process

and work collaboratively with individuals to unlock their internal puzzles through understanding to facilitate more focused and successful treatment.

In private practice I often work with individuals who have suffered past trauma and loss, which culminates in various current symptoms. I describe my stance in therapeutic work as being "moved but not shaken." I believe that this acts as a foundation for the healing process that allows people to expand their emotional and interpersonal repertoires and find greater satisfaction in their relationships and life choices, and ultimately to find their way through painful, difficult circumstances. I maintain a strong interest in attachment theory and cultivate understanding through both clinical and personal lenses as I spend time with my grandchildren and reflect upon multigenerational influences upon development. I practice from a psychodynamic point of view, and integrate cognitive behavioral interventions based upon the needs of the individual. It is my passion to weave together the tapestry of my life experiences and utilize clinical, professional and personal tools to build opportunities for healing and growth.

SAPA Membership Announcements

Dr. Marla Domino, current Psych and Law committee chair will be creating a monthly Psych/Law Newsletter. Please look for these newsletters via email and they will also be posted on the website in the future. To view August Newsletter please [click here](#)

SAPA Celebrating 45 years!

In the spirit of SAPA celebrating 45 years, we would like to hear from membership if there are any stories, photographs, and historical information that you would like to be shared in the digest and at the holiday party in December 2018. Please send any information that you would like to include to: Shannon Sticken at ssticken@live.com, or sapaweb@gmail.com.

📌 Upcoming SAPA Events

SAPA Luncheon

Please join the Southern Arizona Psychological Association (SAPA) in welcoming Dr. Patricia Harrison-Monroe and Dr. Matthew Moffitt in their presentation: **Understanding First Episode Psychosis: Identification & Treatment Approaches**
Tuesday, October 2, 2018, 12:00-1:30PM
Hotel Tucson City Center - Please note that this is a change from our recent luncheons at the Mountain Oyster Club. The Mountain Oyster Club undergoing kitchen renovations and will not be able to accommodate our group until November.

Description

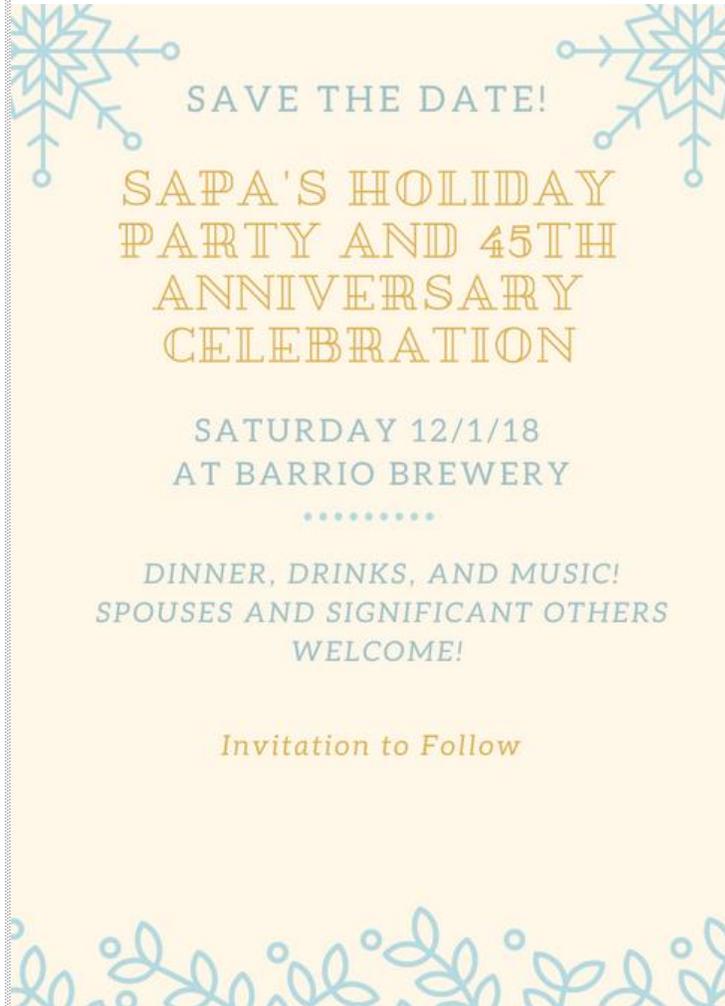
This presentation will provide an overview of serious mental illness with a specific emphasis on early onset psychosis. Participants will learn the characteristics of early course of psychotic disorders, understanding and identifying First Episode Psychosis (FEP), as well FEP treatment approach, and up to date research and interventions for those diagnosed with psychotic disorders. Additionally, myths related to the concept of psychosis and disorders like schizophrenia will be discussed and clarified. Please [click here to register](#) Additionally, you can register online at www.sapaonline.org

SAVE THE DATES

SAPA'S UPCOMING FALL LUNCHEON

November 6 – Jane Hamilton, PhD - The Psychological, Emotional, and Social Benefits of Music and Singing

SAPA'S HOLIDAY PARTY and 45TH ANNIVERSARY CELEBRATION



More information will be coming soon about the holiday party – you definitely do not want to miss it! Remember how much fun the 40th Anniversary party was!



Other Announcements

AzPA's 2018 Convention

PROFESSIONAL EXCELLENCE: TAKING IT TO THE NEXT LEVEL

REGISTRATION NOW OPEN!

Join us at the **Tucson Hilton El Conquistador September 27 - 29** for amazing programming and networking!

With **KEYNOTE PRESENTATIONS** by one of the founders of cognitive-behavioral therapy, **DONALD MEICHENBAUM** (sponsored by Sierra Tucson/Acadia Healthcare); internationally renowned mindfulness expert **SHAUNA SHAPIRO** (sponsored by Canyon Ranch); and APA President-Elect **ROSIE PHILLIPS DAVIS**.

And **BREAKOUT SESSIONS** by experts on wide-ranging topics including substance use and addiction, consulting & coaching, equine-assisted therapy, ethics, child abuse and trauma, OCD, body image disturbances, social media & bullying, emotion-focused family therapy, disability accommodation evaluations, nutrition, sexuality, suicide, executive skill development, psychopathy, and diversity-informed ethical decision-making.

Register at <https://www.azpa.org>

Join us at the Friday night reception for a special toast celebrating SAPA's 45th Anniversary!

📌 Other Events

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

Film: Marion Woodman:
Dancing in the Flames

Presented by: Southern Arizona
Friends of Jung
Date: Saturday September 15,
2018, 7pm to 9pm at Grace St.
Paul Episcopal Church, Bloom
Room, 2331 E. Adams,
Tucson, AZ 85719
Cost: Suggested donation - \$10
www.safoj.org
[Please click here for further
details](#)

The Cutting Ties that Bind: The
Intrapsychic and Interpersonal
Roles of Humorous Verbal
Aggress Among Gay Men

Presented by: Arizona Society
for Psychoanalytic Psychology
Facilitated by: Colin Ennis,
Psy.D.
Date: Saturday September 15,
2018, 11am to 330pm, at The
Saguaro Scottsdale Hotel, 4000
N. Drinkwater Blvd.,
Scottsdale, AZ 85251
Cost: AZSPP Members - \$50,
Non-Members - \$65, Students -
\$20
CE's: 4
www.azspp.org
[Please click here for further
details](#)

Problems of Plenty: Battle of
the Binge

Presented by: The
International Association of
Eating Disorders Professionals
Foundation – Tucson Chapter
Facilitated by: Tamara Pryor,
Ph.D., CEDS
Date: Wednesday September
19, 2018, 745am to 1130am,
Embassy Suites, 3110 E.
Skyline Drive., **Tucson, AZ
85718**

Mindfulness Based Stress Reduction for Health Care Professionals

Presented by: Yoga Connection
Facilitated by: Teri Davis, DO
Dates: 12pm to 230pm, Sundays – September 30 to November 18,
2018, Orientation on Sunday September 23, 2018 from 12pm to
230pm at Yoga Connection, 3929 N. Pima, **Tucson, AZ 85712**
Cost: \$395
CE's: 27.5
Please contact Yoga Connection for further details – 520-323-1222,
www.yogaconnection.org
Additionally, free yoga class for veterans on Thursdays from 2:30 –
3:45 at Yoga Connection, 3929 N. Pima, **Tucson, AZ 85712**

Messy Motherhood: The Power of Self-Compassion and Mindfulness

Facilitated by: Shauna Shapiro, Ph.D.
Date: Saturday September 29, 2018, 2pm to 6pm, Unity of Phoenix
Spiritual Center, 1500 E. Greenway Pkwy, **Phoenix, AZ 85022**
Cost: Until August 31 - \$65, after September 1 - \$70
No CE Credits
<https://www.azmindfulmoms.com>
[Please click here for further details](#)

The Ethics of Medical Intervention for Transgender Youth

Facilitated by: El Rio Health
Presented by: Armand H. Antommara, MD, Ph.D., FAAP, & Russell B.
Toomey, Ph.D.
Date: Saturday September 29, 2018, 630pm to 9pm, Manning House,
450 W. Paseo Redondo, **Tucson, AZ 85701**
Cost: Free
CE's: 2
[Please click here for more details](#)

The Fire in the Basement: Trauma and Treatment Strategies

Presented by: Sierra Tucson
Facilitated by: Aaron Wilson, MD
Date: Wednesday October 3, 2018, 830am to 1030am at Arizona Inn,
2200 E. Elm Street, **Tucson, AZ 85719**
Cost: \$20
CE's: 1.5
www.sierratucson.com
[Please click here for further details](#)

Why People Die by Suicide

Cost: IAEDP Members - \$35,
Non-Members - \$40, Students -
\$15, Day of, at door - \$45
CE's: 3

www.tucsoniaedp.com

[Please click here for further
details](#)

AZPA New Trainee Welcome

Presented by: Arizona
Psychological Association and
Arizona Society of Black
Psychologists

Facilitated by: Leo Caraballo
Date: Friday September 21,
2018, 6pm, at Tranquilo, 401
W. Clarendon Ave., **Phoenix,
AZ 85013**

Cost: Free

No CE's

Please contact Leo Caraballo
for further details at 908-397-
5402 or register at:

<http://evite.me/WHfrf4ZPph>

Presented by: Sierra Tucson and Acadia Healthcare

Facilitated by: Thomas Joiner, Ph.D.

Date: Thursday October 11, 2018, 5:30pm to 8pm, at Westward Look
Resort, 245 E. Ina Rd., **Tucson, AZ 85704**

Cost: \$25

CE'S: 2

www.sierratucson.com

[Please click here for further details](#)

How to Diagnose Dissociative Identity Disorder

Presented by: Sierra Tucson

Facilitated by: Colin Ross, MD

Date: Friday October 19, 2018, 11am to 1245pm, at Sierra Tucson
39580 S. Lago del Oro Parkway, **Tucson, AZ 85739**

Cost: Free

CE's: 1

www.sierratucson.com

[Please click here for further details](#)

Trust Risk Management Workshop: Working with Couple and Families,
Risk Management with the Suicidal Patient, and Legal and Ethical
Issues Presented by Retirement

Presented by: Arizona Psychological Association

Facilitated by: Daniel Taube, J.D., Ph.D.

Date: Saturday October 27, 2018, 9am to 4pm, at Argosy University,
Room 456, 2223 W. Dunlap Ave., **Phoenix, AZ 85016**

Cost: AZPA Member - \$200, Student Member - \$100, Non-Member -
\$275, Student - \$150

CE's: 6 (Ethics)

www.azpa.org

[Please click here for further details](#)

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