

**SAPA Digest
January 2018**



President's Message



Happy 45th Anniversary, SAPA Members!

SAPA is celebrating its 45th Anniversary this year! I expect this to be a big year for SAPA, and I'm honored to serve as President this year. Tucson was my home before graduate school and I was happy to return here as a newly minted PhD. SAPA has been a vital part of staying connected to the broader psychological community for me, first as a member, and more recently as a member of the Board (which is my idea of fun, I like working on things). I'm very grateful that SAPA was already an important part of the Southern Arizona psychological community.

My vision for SAPA this year is about improving the ways we help and connect to all of our members, regardless of their discipline, and across every stage of their careers. As your Board, there are ideas that we can germinate, but our best ideas will always come from our membership. Is there something that you've heard of other professional organizations doing for their members that you'd like to see SAPA do? Something that you've thought would be great for SAPA to do for members? I want to hear from you! You can reach me, or any Board member, through the webpage contact form.

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SAPA's mission is to support the entire psychological community in Southern Arizona, and this year we have and are further developing plans to do that in several ways:

Our monthly Continuing Education luncheons, a longtime staple of SAPA services, will be continuing at the popular and historic Mountain Oyster Club location. The CE Committee is one of the most active of all our volunteer committees, and they are bringing some exciting programs to the luncheons this year. First up in February is supporting concussion recovery in adults and children (very topical) – check your email for SAPA Digests or the website calendar for updates as they occur.

This is a Back to School year, one of my personal favorite SAPA programs. Licensing changes remove the urgency from trying to get CEUs finished, and allow us to relax and enjoy the very good programming. I encourage you to save February 3rd for an exciting program integrating research and practice (and including DV/child abuse CEUs!).

SAPA In the Community used 2017 as a year to build the committee. This year they will be coming out strong with a series of four or more events in different artistic mediums celebrating creativity as a pathway to healing and recovery. The first event will be February 11 at the Arizona Repertory Theater.

Professional Outreach builds professional connections within the psychological community, and between psychologists and related professions. They will continue to offer networking socials after or during big events, and also offer freestanding networking events with other organizations.

School Psychology events are open to the psychological community as well as local school psychologists. The committee has an upcoming event on dyslexia, as well as planning some really exciting new programs to support local school psychologists.

And of course, our 45th Anniversary Celebration! This is yet to be planned and we will need member input. Please let us know what you want of this year's celebration. If you're ready to get involved, as I was, we have lots of room in this all-volunteer organization, beginning with the 45th Anniversary Committee, and going as far as you want, this year and many others. Happy 2018!

Brenda

Brenda Sparrold, Ph.D.



SAPA News

Dr. Andrew Bernstein receives the Peter Attarian Award

The Peter Attarian Award is given to psychologists who have made outstanding contributions to the field of psychology in Southern Arizona.

Dr. Andrew Bernstein was chosen as the 2017 winner for his excellent work at supporting psychologists in the area through his tireless volunteer work with SAPA, his patient training of medical residents regarding psychological and psychosocial issues, and his dedicated work with consumers at Camp Wellness through the Department of Family & Community Medicine with the University of Arizona College of Medicine.

Award winners receive a \$250 donation from SAPA to the charity of their choice. Dr. Bernstein has selected NAMI of Southern Arizona as the recipient of this donation.



Practice Announcement

Hello SAPA members,

I am so pleased to announce the opening of my new private practice in Northwest Tucson in the La Cholla Corporate Center located off of La Cholla between Magee and Ina.

I practice as a general clinical and health psychologist. I work with individuals ranging from older adolescents (14+) to adults. My specialties include trauma/PTSD, depression, and anxiety as well as working with clients who have health concerns such as cancer, chronic pain, and Alzheimer's Disease. Additionally, I have a strong interest and background in treating sleep disorders, primarily insomnia.

My therapy is grounded in an evidence-based approach primarily using a cognitive behavioral perspective while also incorporating mindfulness and breathing techniques.

At this time I do not accept insurance; however, I hope to accept BCBS soon! I currently offer a sliding scale fee schedule for those clients who are interested.

On another note, I am very grateful for the SAPA community and have felt so welcomed since arriving in Tucson to start on this new venture! Thank you to all that have offered me insight throughout this process.

Thank you for considering me for referrals and please don't hesitate to contact me with any questions.

Sincerely,

Valerie Ogborn, PhD
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Tucson, AZ 85741
(520)982-4544
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drogborn@gmail.com

Meet the New SAPA Board Members

President

Brenda Sparrold, Ph.D., has been a licensed psychologist in Arizona since 2006. She earned her doctorate in Clinical Psychology from Fordham University in 2003. Her clinical interests include trauma, mood disorders, and mindfulness. She works both clinically and forensically.

President Elect

Nancy Eldredge, Ph.D., is currently in independent practice in Tucson and has been a member of SAPA for about 25 years. What led her initially to get involved in SAPA was the strong desire to make connections with other psychologists. About 10 years ago she was elected to a Member-At-Large position, and held that for two terms. Part of her interest was to create opportunities for Southern Arizona psychologists to be resources in the greater community. SAPA in the Community, has since become a full committee under excellent leadership. For the past 2 years, she has also been the co-chair of the CE committee.

Nancy has been working in the field of rehabilitation counseling for more than 30 years. She was the Director of the Mental Health/Deaf Program in Oregon, and Director of the Rehabilitation Counseling: Deafness Program at the University of Arizona. She has conducted comparative research investigating the cognitive and social/emotional development of deaf children in the United States and the People's Republic of China. She has conducted research on the views of deafness, rehabilitation, and healing among Australian Aborigines who are deaf. She is fluent in American Sign Language, and was a nationally certified interpreter for the deaf prior to becoming licensed as a psychologist. More recently she has pursued helping psychologists and other service professionals to develop self-care plans so that they can deal with the effects of compassion fatigue and vicarious trauma.

Past President

Patricia Beldotti, Psy.D., has been in Tucson since 2009 and started regularly attending the SAPA luncheons soon after arriving to town. She has been active on the CE Committee since 2011 and served as Chair of that committee from August 2013 through December 2015. She received her doctorate from the Philadelphia College of Osteopathic Medicine and completed her post-doc at The Hospital of the University of Pennsylvania (HUP) in Neuropsychology and Rehabilitation Psychology. She has experience working with children and adults with neurological, medical, and clinical psychology issues. She currently has a full-time private practice providing consultation and evaluations in the areas of neuropsychology and clinical psychology for children and adults in the NW Tucson area.

Treasurer

Joe Benach, Psy.D., is a psychologist currently in private practice. Joe's clinical interests include: serving the underserved, forensic psychology, psychological assessment, psychopharmacology, multicultural issues

(Latin-American, Middle-Eastern, LGBTQ) and multilingual therapy/assessment (Spanish, French, limited Arabic). Joe has predominantly worked in prison and detention facilities.

Secretary

Arni Vikingur Sveinsson, Ph. D., is a licensed psychologist and certified school psychologist. He obtained his doctorate degree from the University of Arizona school psychology program, and has since practiced in various settings, including preschools and elementary schools, diagnostic clinic for pervasive developmental disorders, private practice, and residential programs for teens. Arni is currently working part-time at Devereux Intervention and Assessment Center, Ocotillo Learning Center, and in private practice. Arni's specializations include developmental disorders with specific emphasis on autism and intellectual disabilities, forensic evaluations including legal decision-making and parenting time evaluations, and general therapeutic work with children and families.

Lifetime Member-At-Large

Having been part of SAPA since day one, **Ken Marsh, Ph.D.,** is familiar with the history of the organization. When he was at the U of A, he remembers telling himself (as the years rolled by) he never wants to hear himself saying "Well, the way we used to do X, was ..." he had heard those tired words many times from the older faculty, and they seemed to suggest that we not face change, but continue the way we historically did X. Ken promises not to say that phrase unless he makes it clear while he can provide a historical perspective, he does NOT suggest a return to some (nonexistent) "golden age."

Members-At-Large

Dr. Marie Davila-Woolsey is licensed clinical psychologist in the state of Arizona and maintains a private practice with the Wellbeing Institute in Tucson. Marie received her Bachelor's Degree from the University of Arizona and Masters and Doctorate degrees from the George Washington University in Washington, DC. During her studies, she worked in a variety of inpatient and outpatient settings including community clinics, medical hospitals, psychiatric hospitals and forensic settings.

In her private practice, she provides individual, couples, and family therapy, specializing in behavioral medicine, depression, anxiety, trauma, relationship issues, and substance abuse. Marie had the honor of being a former director of training for SAPIC and believes the training program and mentorship provided by the faculty to be outstanding. Marie completed her post-doctoral training at La Frontera Center and continues to have strong ties to the agency.

In her "spare" time, Marie likes to read, travel, cook when the mood strikes her, go for long walks and take photos along the way. She is married to a lifelong historian, who likes to walk the cities of Europe and they have a German Shepherd named "Frida."

Amy K. Diebolt, Ph.D., ABSNP - I have been working as a school psychologist since 1991, first in Phoenix, then in Atlanta, and finally in Tucson. I am also a licensed psychologist and maintain a small private practice. For the last 10 years my private practice has focused on neuropsychological evaluation. I have just stepped down from my role as the Lead Psychologist for the second largest school district in Arizona, Tucson Unified School District (TUSD), but continue to provide monthly professional development to the school psychologists in the district.

After earning my Bachelor's Degree in Psychology from the University of Arizona, I went on to pursue my Master's Degree in Human Development with an emphasis in applied behavior analysis and early childhood education from the University of Kansas. I subsequently earned my Ph.D. in Educational Psychology from Arizona State University. I became a Diplomate with the American Board of School Neuropsychology in 2006.

Dr. Jennifer Dvoskin is a clinical psychologist, licensed in Arizona since 2009. She has been in private practice since 2010, specializing in psychotherapy for teenagers and young adults. She has experience with inpatient treatment settings for adults and adolescents, as well as supervision of in-home intervention programs for families in crisis. Dr. Dvoskin has specialty training in substance abuse treatment, cognitive-behavioral therapy for obsessive-compulsive disorder in adolescents, and family-based therapy for the treatment of anorexia nervosa. She has completed specialty training through the Child Trauma Academy and

the University of Arizona's Integrative Medicine program. Her exceptional work in private practice earned her the Arizona Psychological Foundation's Outstanding Early Career Psychologist award in 2014, as well as being named one of Tucson's 40 Under 40 Rising Stars.

Dr. Dvoskin has a special interest in international mental health, learning from mental health providers around the globe and, when opportunity arises, visiting mental health facilities throughout the world. She serves as a board member for the Arizona Psychological Association, the Southern Arizona Psychological Association, and the Tucson chapter of the International Association for Eating Disorder Professionals. She is currently on the community advisory board for the Pima County Teen Pregnancy Prevention program and is a member of the Rich Legacy advisory board.

Dr. Janna Kautz has a master's degree in special education and a doctoral degree in school psychology from the University of Arizona. She completed her postdoctoral training in the area of Autism Spectrum Disorders (ASD). Through her private practice she provides psychological and psycho-educational evaluations, individual child therapy, parent consultation, and school advocacy services. She specializes in the identification and intervention of children with ASD and social/emotional difficulties. She has served as a behavioral consultant and has expertise in developing individualized behavior plans for home and school.

Committee Chairs

Academic Psychology Liaison

Marisa Menchola, Ph.D., obtained her PhD in clinical psychology (Clinical Neuropsychology Track) from the University of Arizona. She completed a postdoctoral fellowship through the Arizona Alzheimer's Consortium, and is currently an Assistant Professor in the U of A's departments of Psychiatry, Neurology, and Psychology, and Director of Psychology Training in the department of Psychiatry. She runs the Memory Disorders Clinic at Banner University Medical Center, and her primary area of interest is aging and dementia. She is originally from Lima, Peru, and enjoys working with patients and caregivers of diverse cultural backgrounds.

Communications

Shannon Sticken, Psy.D., has been in Tucson since 2011 and a member of SAPA since 2012. She is a licensed clinical psychologist, Certified Multiple Addiction Specialist (CMAT), and a Certified Sex Addiction Specialist (CSAT). She has over 10 years of experience working with adults in outpatient and inpatient residential settings. Currently, she is in private practice specializing in sex, love, and relationship addiction; substance abuse; anxiety and depression; and relationship conflict. Additionally, she has served on the SAPA board as a Member-At-Large from 2012 to 2014.

Continuing Education Co-Chairs

Susan Proebsting, Ph.D., completed her graduate work in Clinical Psychology at Emory University in 1997. She practiced in university and community mental health settings prior to a long stint as a stay-at-home parent. Susan was hesitant to resume clinical work after such a long break, but was emboldened by the encouragement, advice, and mentoring of SAPA friends and colleagues. She is now licensed in Arizona and is beginning a small private practice with an established colleague (whom she met through SAPA). Susan also serves as a volunteer psychologist at the Saint Elizabeth's Health Clinic.

Megan Orcutt, Psy.D., is a Clinical Psychologist in private practice in Tucson, AZ. Megan has been involved with SAPA in the last year, and has been drawn to the quality of education events, the emphasis on professional development, and the strong and welcoming community of psychologists in SAPA. She is eager to further her involvement with this terrific group and is passionate about continuing to support SAPA's work through bringing strong, informative and diverse speakers to SAPA events. She is hopeful her experience serving on the local International Association of Eating Disorder Professionals (IAEDP) board in the role of Education Co-Chair will help to prepare her for this role.

Membership

Kimberly Freidah, Ph.D., came to Tucson for the UA School Psychology Ph.D. program in 1984, and went to work as a bilingual school psychologist with the Sunnyside Unified School District. She was licensed in 1989. She enjoyed working with Latinos so much she left the country to work in Mexico and Nicaragua for 18 years, returning to Tucson in 2010. After working in relief and development and university teaching

abroad, she returned to her old job with Sunnyside. She enjoys being part of a great public school, and the variety of work there with kids, teachers and parents. Kim enjoys singing, playing guitar, traveling (some think that she really lives in Rocky Point and commutes to work), and having fun. Kim loves being a part of SAPA and its wonderful people.

SAPA In The Community

Roxana Samaniego, PhD., has been part of the Tucson psychology community for 14 years. She works in private practice and is the supervising psychologist for the University of Arizona's Strategic Alternative Learning Technique Center. She graduated with a Ph.D. in Clinical Psychology from ASU. She hopes that her status as Sun Devil will not be held against her. She has served on the SAPA board in different capacities for 7 years. She hopes to continue to help SAPA remain an inclusive and supportive community for all psychologists, and a great source of information for the public.

Professional Outreach

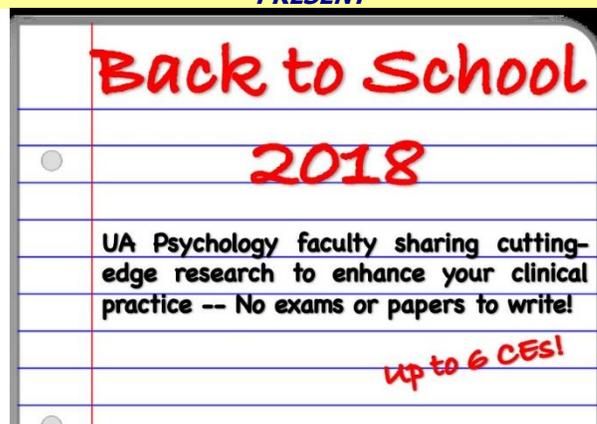
Dr. Courtney Schuneman is a licensed Clinical Psychologist in private practice in Tucson. She completed her doctorate in Clinical Psychology at The Chicago School of Professional Psychology and has worked at Davis Monthan Air Force Base, Sierra Tucson, and Psychology Specialists in Bloomington, IL. She uses an evidenced based, client-centered approach to work with families, children, adolescents, adults, and the elderly. Dr. Schuneman's areas of specialization include: trauma, grief/loss, post-partum mood disorders, infertility, ADHD, behavioral problems, divorce, anxiety, depression, family conflict, autism spectrum disorders and working with the GLBTQ population and military families.

School Psychology

Sarah Flora, EdS., is a school psychologist in the Sunnyside Unified School District. She received her Education Specialist degree from the School Psychology program at the University of Arizona. Sarah is a past secretary of the Student Affiliates in School Psychology (SASP) and has been involved as a member of SAPA since graduate school. She is currently involved with the Be Kind Committee as well as a Mindfulness program for select students with social-emotional difficulties. Her interests include Mindfulness yoga therapy, nutritional wellness, and event planning.

Upcoming SAPA Events

The **SOUTHERN ARIZONA PSYCHOLOGICAL ASSOCIATION** &
the **UNIVERSITY OF ARIZONA PSYCHOLOGY DEPARTMENT**
PRESENT



Saturday, February 3rd
University of Arizona Psychology Department
1503 E. University Blvd.

PROGRAM

- Dave Sbarra, PhD: *Advances in Exposure Therapy: Inhibitory Learning and the Contemporary Treatment of Panic*
- G. Alex Hishaw, MD: *Concussion, Traumatic Brain Injury, and Chronic Traumatic Encephalopathy*
- Connie Beck, PhD: *Intimate Partner Violence: Findings from Family Law Mediation Research*
- John M. Ruiz, PhD: *Contemporary Health Psychology: From Bench to Bedside*
- Mary-Frances O'Connor, PhD: *Stress and the Immune System*
- Andrew Perkins PhD: *Sexual Abuse: Victims and Perpetrators*

CE CREDIT

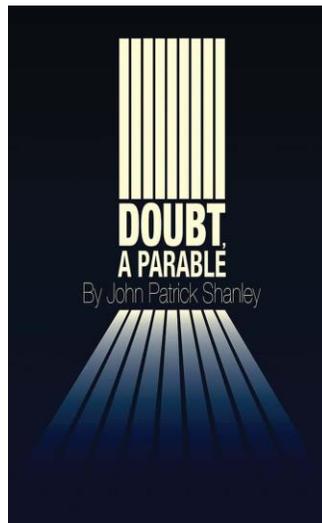
Up to 6 CE credits will be given at the end of the program, including 2 credits designed to meet the requirements for domestic violence/child abuse CEs.

REGISTRATION COMING SOON

SAPA In The Community and the Arizona Repertory Theater

In honor of the 45th anniversary of SAPA, the SITC community will be presenting a series on Healing Through Creativity. The first event is with the Arizona Repertory Theater's production of Doubt.

Please join us on 2/11 for a pre-show discussion and on 2/23 for a post-show Q&A. More details in the link below.



[Click here for tickets.](#)

SAVE THE DATES!

Tuesday, February 13th: CE Luncheon (12:00-1:30PM)

Presentation by Patricia Beldotti, Psy.D.

"Psychological Support for the Concussed Brain: How Clinicians Can Promote Recovery in Children and Adults" (1 CE)

Location: Mountain Oyster Club, 6400 E El Dorado Plaza

Tuesday, March 13th: CE Luncheon (12:00-1:30PM)

Presentation by Brandy Baker, Psy.D.

"Is Screen Time Ruining Their Brains?: What the Research Actually Says about Kids and Technology" (1 CE)
Location: Mountain Oyster Club, 6400 E El Dorado Plaza

Saturday, April 21st: Full Day CE Program (8:30-4:45)

8:30 - 11:45 AM Hal Arkowitz, PhD, presents on "Motivational Interviewing" (3 CEs)

11:45 - 12:30 Lunch on site

12:30 - 4:45 PM Faren Akins, PhD, JD, and Vera Akins, JD, Present "Roles, Holes, Scrolls: Avoiding Ethical Mistakes in Clinical Practice" (4 CEs, Ethics Topic)

Other Events

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

The Hero (2017): Film and Discussion

Presented by: The Southern Arizona Friends of Jung

Facilitated by: Catherine Penn Williams, MA, LPC

Date: Friday January 12, 2018
7pm to 9:30pm at Grace St. Paul's Episcopal Church (Bloom Room) - 2231 E. Adams St. Tucson, Arizona 85719
Suggested Donation: \$10
[Click here for details](#)

Eroticism: In the Maternal Matrix & Analytic Dyad

Presented by: the Southwest Psychoanalytic Society and ACPS

Facilitated by: Dianne Elise, Ph.D.

Date: Saturday, January 13, 2018 at Hacienda del Sol Guest Ranch Resort, Tucson, AZ
Cost: SPS Members \$170, Non-Members \$185
CE's: 5.25
[Click here for more details](#)

Treatments for Childhood Depression: Research reviewed and theoretical perspectives panel discussion

Presented by: Intuition Wellness Center

Facilitated by: Yoendry Torres, Psy.D.

Date: Friday January 26, 2018 9AM to 12pm at Intuition Wellness Center – 5675 N. Oracle Rd. Suite 3101, Tucson, AZ 85704

Cost: Early bird registration by January 12, 2018 - \$40

After January 12, 2018 - \$50

CE's: 2

[Click here for more details](#)

The Alderian Society of Arizona – Clinical Supervision Training

Presented by: The Alderian Society of Arizona, Arizona Counseling Association, & Northern Arizona University

Facilitated by: Steven Farmer, Ph.D., LPC, LMFT, NCC

Dates: Friday January 26, 2018 and Saturday January 27, 2018 at Pima Community College Campus 401 N. Bonita Ave, Tucson, AZ 85711

Cost: \$150 for both days, \$80 for one day

CE's: 12

[Click here for more details](#)

Summit Clinical Excellence: The Clinician's Role and Treatment Practices in the Opioid Crisis

Presented by: Institute for the Advancement of Behavioral Healthcare, Sierra Tucson, University Park Behavioral Healthcare, and the Arizona Psychological Association

Presenters: Claudia Black, Ph.D., John Briere, Ph.D., and many others
Dates: Wednesday February 14, 2018 (directed more towards law enforcement on this day) to Friday February 16, 2018 (Thursday and Friday directed towards clinicians) at Tempe Mission Palms Hotel, Tempe, Arizona 85281

Cost: AzPA Members will receive a 10% discount off of the \$275 registration fee

CE's: 15
[Click here for more details](#)

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