



**SAPA Digest
July 2018**



SAPA News -SAPA Celebrating 45 years!

On Tuesday June 5, 2018 Roxana Samaniego and I (Shannon Sticken) had the pleasure of meeting with Lifetime members Ken Marsh and Marty Levy to discuss SAPA's history. With SAPA celebrating 45 years this year, we were interested in how SAPA began, how SAPA continues to evolve, and what it means to Lifetime Members to be celebrating 45 years. It started with a desire to connect and a typed letter written by Ken Marsh and Peter Berwick that was sent out to 8 psychologists in July 1972 (please see below). Ken indicated "We did not create it with 45 years in mind – it is amazing that it continues to evolve and holds space." Marty and Ken believe that inclusion, collegiality, and connection is the heart of SAPA. What began as monthly meetings in Ken's apartment has evolved into an organization embedding into the Tucson community with 165 members, including 37 Lifetime members. We continue to have monthly meetings with a hiatus in the summer and an annual holiday party in December. Both Marty and Ken indicate that they are "Awed by SAPA celebrating 45 years and believe that the power of connection will keep drawing individuals to SAPA and will keep us connected as a community." 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: sapaweb@gmail.com. We also hope will save the date for the holiday party celebrating the 45th anniversary.

Follow Us!

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July 27, 1972

Dear

As you are no doubt aware, Tucson does not have a local association of professional psychologists. Peter Berwick and I would like to organize a local association.

We are scheduling our initial meeting for September 12, Tuesday, at 7:30 p.m. The meeting will be held in my apartment. The purpose of this meeting will be first to determine if there is a need and/or desire for such an organization and, secondly, to plan the organizational structure. We hope to start out as an informal small group and gradually add members whose interests and activities fall into the arena of professional psychology.

Our initial idea includes monthly meetings rotating between members' homes in order to get to know each other better. If you are interested in attending the meeting, please return the enclosed card. We will be sending out another reminder in early September which will include a map to my home.

We hope to see you then.

Sincerely,

Ken Marsh, Ph.D.
Clinical Psychologist
Student Health Center
University of Arizona
Tucson

Peter Berwick

Peter Berwick, Ph.D.
Clinical Psychologist
Southern Arizona Mental
Health Center
Tucson

SAPA Membership Announcements

Office Space

Clinical psychologist practicing in **Green Valley, AZ**. Looking to SUBLEASE a room to another mental health professional. Office is located at the Continental Shopping Plaza [210 W Continental Rd](#) directly off of Exit [63 Continental Road](#) Exit in 1-19. The office is located in a beautiful 55 and older community but is 10 minutes away from Rancho Sahuarita, home to children, adolescents and working families. Opportunity for an abundance of referrals from the local area, Rio Rico, Nogales, Sierra Vista and more. Spacious Office, waiting room, fully furnished with access to a conference room that is great for hosting large workshops, seminars or trainings.

Please contact Lutissua Ballard, PsyD at exel@drlballard.com or 520 329-1579. Please see photos below.



Beautiful Office Available for Psychologist or Therapist in NW Area

A large corner office will be available early August in a nice office suite occupied by psychologists and a therapist. The office is located in the professional complex of La Cholla Corporate Center (La Cholla between Ina and Magee, across from the Foothills Mall). The office

will be available only to psychologists, therapists, and other quiet health-care providers that are compatible with current clinicians.

The suite includes a reception area, small waiting area in lobby and extra waiting room, kitchenette, 2 restrooms, and nice decor. Solid walls extend above the ceiling for improved sound control. All new carpet and paint were installed within past 3 years. Rent includes electric, water, internet, alarm system, and janitorial. Office sharing / subleasing can be approved as long as with an appropriate provider.

The available office is a large corner office with windows on two walls. This room was originally used as a conference room by the owners. The dimensions are 12'9" x 15'6" (apx 197 SF). This room is large enough for small group work or family sessions. This office will be available unfurnished for a lease rate of \$720/month (utilities included, as described above). Pics of exterior, hall/waiting room, and lobby provided below. If interested, contact Patti for more info or a tour (drbeldotti@aol.com). Please see photos below.



 **Upcoming SAPA Events**



Free First Thursday

September 6 at 5:00 pm - 8:00 pm

Tucson Museum of Art

The Sapa in the Community Committee is very excited to collaborate with the TMA to continue our series of Healing Through Creativity. Please support SAPA and join you colleagues to support the TMA.

Join *Arizona Biennial 2018* artists Brooke Grucella and Hirotsune Tashima, and the Southern Arizona Psychological Association in conversations about the intersections of psychology and contemporary art. The evening will feature a performance by Arizona Biennial artist YeRin Kim, art-making activities, conversations between Hawkinsdance and works of art on view.

On the first Thursday of every month, the Tucson Museum of Art is free and open to the public from 5:00 to 8:00 PM. Join us for exciting evenings featuring live music, performances, art-making, unique gallery experiences, and cash bar serving local beer and wine.

This event is sponsored by Will & Jax Realtors.

[Please click here for further details](#)

<https://tucsonmuseumofart.org>

<http://tucsonmuseumofart.org/event/free-first-thursday-2-2018-09-06/>

Save the Date



SAVE THE DATE!

SAPA'S HOLIDAY
PARTY AND 45TH
ANNIVERSARY
CELEBRATION

SATURDAY 12/1/18
AT BARRIO BREWERY



DINNER, DRINKS, AND MUSIC!
SPOUSES AND SIGNIFICANT OTHERS
WELCOME!

Invitation to Follow



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.

Do not miss the early bird rates! Register soon 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.)

Hospital Salon Series

Presented by: Arizona Psychological Association
Facilitated by: Quail Run Behavioral Health, The Meadows, Elements Behavioral Health, & Aurora Behavioral Health System
Date: Wednesday July 18, 2018, 6pm to 7:30pm, 6350 S. Maple, **Tempe, AZ 85283**
Cost: \$10
No CE Credits
<http://azpa.org>
[Please click here for further details](#)

Chronic Anxiety – Powerful Treatment Methods to Break the Anxiety Cycle
Presented by: PESI, Inc.
Facilitated by: David Carbonell, Ph.D.
Date: Friday July 27, 2018, 8am to 4pm, Sheraton Tucson

Covert Emotional Incest and Addiction: How are They Related?

Presented by: Arizona Counselors Association, In Balance, Lakeview Health, and Desert Star Addiction Recovery Center
Facilitated by: Adena Bank Lees, LCSW, LISAC, BCETS, CP
Date: Friday August 10, 2018, 830am to 1030am, Westward Look Resort, 245 E. Ina Rd., **Tucson, AZ 85704**
Cost: \$20
CE's: 1.5
www.desertstararc.com
[Please click here for more details](#)

Southwestern School for Behavioral Health Studies (SWS) -2018

Presented by: La Frontera Center, Empact – Suicide Prevention Center
Facilitated by: Marlo Archer, Ph.D., PAT, Adena Bank Lees, LCSW, LISAC, BCETS, CP, Bennet Davis, M.D., Mel Pohl M.D., Juliet Fortino, MC, LPC, and several others
Dates: Monday August 13, 2018 to Thursday August 16, 2018, 8am to 5:15/5:30pm, JW Marriott Tucson Starr Pass, 3800 W. Starr Pass Blvd., **Tucson, AZ 85745**
Cost: \$495
CE's: Up to 36.75
<http://www.azsws.org>
[Please click here for further details](#)

Hotel & Suites, 5151 E. Grant Rd., **Tucson, AZ 85712**

Cost: Before 7/7 - \$199.99, after 7/7 - \$229.99

CE's: 6.25

www.pesi.com

[Please click here for further details](#)

Art Therapy – Creative Art Interventions for Challenging Children Who Act Out, Melt Down, or Shutdown

Presented by: PESI, Inc.

Facilitated by: Patricia Isis, Ph.D.

Date: Wednesday August 8, 2018, 8am to 4pm, Sheraton Tucson Hotel & Suites, 5151 E. Grant Rd., **Tucson, AZ 85712**

Cost: Before 7/19 - \$199.99, after 7/19 - \$229.99

CE's: 6.25

www.pesi.com

[Please click here for more details](#)

SAZ Meet and Greet

Presented by: Peggy Holt, LPC, Clinical Director of Sabino Recovery
Date: Friday August 24, 2018, 5pm to 7pm, Aloft Hotel, 1900 E. Speedway Blvd., **Tucson, AZ 85719**

Cost: Free

No CE Credits

Please RSVP to Shari Goettel at sharapy@sharigoettel.com by August 17, 2018

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, 7:45am to 11:30am, Embassy Suites, 3110 E. Skyline Drive., **Tucson, AZ 85718**

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](#)

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](#)

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