



**SAPA Digest
June 2018**



SAPA News

SAPA in the Community: Where We Are and Where We're Going

As you may already know, SAPA in the Community (SITC) is in a long-term project whose goal is to help psychologists and the general public appreciate the healing power of creative endeavors. We have already participated with **The Loft Cinema** by providing discussion panels after several psychologically-themed films, and with the UA Arizona Repertory Theater by staffing discussion panels connected with two of their presentations, *Tiger Be Still*, and *Doubt*. For both plays, members of the committee met with the student actors during rehearsals to identify psychological issues their characters were facing, and then with the audience after two performances to help tease out what made each play so engaging for them and so rewarding for the actors performing them. When Ashley Bowman's **Artifact Dance Project**, through a partnership with musicians Lane Harmon and Roger King, took on the challenge of linking Frida Kahlo's artistic work with her psychologically complex inner life, SITC joined the effort at one performance by providing additional insights with participation by Dr. Lucy Wilson, a SAPA member.

SITC is now involved in a newly-evolving multi-part collaboration with the **Tucson Museum of Art (TMA)**, and we would like to invite SAPA members to join us. Under the general theme of ***celebrating creativity as a pathway to healing, recovery and social change***, and thanks in part to the creative and outside-the-box thinking of TMA's Director of Community Engagement, Dr. Marianna Pegno, SITC is looking to engage with TMA in the following possible ways:

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- (1) Do a needs assessment of TMA's educational staff and volunteers, and then based on results, offer mental health consultations. Historically, the art education programs has catered to children and adults, and many of them are refugees who have been traumatized. Support of staff could address how to deal with children whose histories make them difficult to "teach" in a classroom setting, but also could examine secondary trauma among the teachers and how staff and volunteers can best take care of themselves and each other.

Another idea under discussion involves **Free First Thursdays**, a monthly event in which TMA opens its doors to the public free of charge as a way of introducing them to some of the treasures which the museum holds. From July 5 through September 16 this summer, TMA will be hosting the oldest running state-wide juried exhibition featuring Arizona artists exclusively, this year to be called **Arizona Biennial 2018**. Psychologists would be matched to specific works of art and artists, coached in advance by Dr. Pegno and her staff, and then offer "flash talks," or brief descriptions of the works and how they reflect various emotional and psychological themes relevant to their creators.

These ideas with TMA are all in formative stages, and it's likely that in carrying them out, we really will need to tap some of the talent and passion quietly residing in SAPA's general membership. If you are interested in joining with SITC in forging this connection with one of Tucson's greatest cultural assets, please let us know, and we will start to include you in our meeting notices and updates. Additionally, you can contact SITC Chair, Roxana Samaniego, at rysamaniego@gmail.com. And just so you know, the visual arts are not the only medium upon which we have our sights set!

Andy Bernstein and Marty Levy

SAPA Membership Spotlight – Christopher J. Wenner, Ph.D.

Hello SAPA! I am grateful for the opportunity to introduce myself in this month's SAPA Spotlight. While considering what to share here, I recognized that much of my venture into psychology actually began in Hawai'i while trying to make sense of three central life experiences: 1) As a Caucasian child living on a small Polynesian island in the '70s and '80s I struggled to make sense of the racism I endured. 2) My mother was the director of a domestic violence shelter for women and children and I struggled to make sense of their brutal experiences. 3) At age 17 I broke my neck diving into the shallow-end of the Pacific Ocean and struggled to make sense of the intensive biopsychosocial changes in my life. While rehabilitating I asked my late uncle Henry if people would take me seriously if I became a psychologist, despite the wheelchair. He chuckled, saying he thought it was a great idea.

Almost exactly four years later I followed an ex-girlfriend to Tucson and the University of Arizona, where I immediately felt completely at home in the Sonoran Desert and at the University. After considering careers in animal training and education, I immersed myself in my undergraduate training in psychology and was fortunate enough to get into the clinical graduate program at the UA. I trained primarily under three fantastic faculty: Varda Shoham and Michael Rohrbaugh, and later with W. Jake Jacobs within his Anxiety Research Group. I completed my internship at the Southern Arizona VA (a phenomenal experience!) and eventually completed my dissertation titled

Consilience and Life History Theory: From Reproductive Strategy to Self-Regulation to Atypical Attitudes and Behaviors (a very, um, extensive experience).

I've had a private practice for the past 3.5 years where I primarily do manualized CBT as a generalist. I am a huge fan of David Barlow's *Treatments That Work* series and it turns out my patients seem to dig it as well! And my patients (usually) take me seriously despite my quirky humor and the wheelchair -which is typically a complete non-issue (thank you uncle Henry!).

I was the SAPA Graduate Student Campus Representative about 10 years ago and would love to be more involved with SAPA, perhaps even serve on the Board. But...operating a practice is time-consuming (duh) as is the maintenance of a well-rounded life with a disability (drat). Nonetheless, I have greatly benefited from, and value, the presence of SAPA and I'm ever grateful knowing you all are out there serving our profession, our community, and our patients.

-Chris

SAPA Membership Announcements

MMPI-2 materials

Hello everyone. I have two hardcover MMPI-2 booklets, 8 soft cover booklets, a thick stack of Q Local answer sheets, and a manual that I will not be using and are free to a good home. Let me know if you want them at menchola@email.arizona.com

Marisa Menchola

Leaving Tucson

Jenne Breslin, Ph.D., left Tucson at the end of May to take a position VA Maine Healthcare System in Augusta, Maine. Jenne wishes to tell the SAPA community that she is grateful to have been a part of such a supportive and collaborative psychologist community in Tucson and she will miss seeing everyone at SAPA events. We will definitely miss you Jenne and congratulations on the new position.

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.



OFFICE SPACE

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OF THE CATALINAS!**

