

Journal

***** The California Department of Consumer Affairs, Board of Psychology Newsletter *****

IN THIS ISSUE:

President's Message	1
Soft Living During Hard Times	2
Implementing Continuing Professional Development... 4	
Disciplinary Actions	6
Licensed Mental Health Service Provider Education Program Recipient Profile	7
News You Can Use from the Association of State and Provincial Psychology Boards	8
Legislative Update	9
Regulatory Update	10
Board Members	12
2023 Meeting Calendar	12

President's Message



Lea Tate, Psy.D., President, Board of Psychology

Welcome to the Board of Psychology newsletter!

We have recently hosted two webinar sessions to address questions around the new Continuing Professional Development (CPD) model. The turnout for these webinar sessions was amazing! There were current and past Board of Psychology members available to answer licensees' questions. Thank you to Dr. Harb Sheets and Dr. Gallardo for answering questions during the webinars! We are planning for an additional webinar to be hosted in 2024. If you have questions, please refer to our Board of Psychology FAQ page dedicated to the new CPD regulations at www.psychology.ca.gov/licensees/cpd_faqs.shtml.

Just as a reminder, by participating in certain Board of Psychology activities you can receive CPD credit. This includes attending Board meetings and/or committee meetings and serving in an enforcement or expert capacity. We hope you choose to participate in Board of Psychology activities to learn more about what is happening in our profession within California AND earn CPD credit!

Spring season is legislative season! Thank you to everyone who attended the special legislative meeting on April 7, 2023. We covered several important topics. If you would like to see what happened, please watch the webcast available on our website at www.psychology.ca.gov. Click on the "Board Meetings" link in the "Quick Hits" section.

In December, we will be working on the Board of Psychology Strategic Plan. Be on the lookout for a survey to address how the Board of Psychology is doing and help us identify areas of improvement. The feedback is important and will help direct our discussion for our strategic planning meeting.

Enjoy the amazing weather and take time for yourself and loved ones!

Lea

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Soft Living During Hard Times

By Shacunda Rodgers, Ph.D., Board Member, Board of Psychology



Greetings, dear colleagues.

It seems that each time I sit down to write this wellness column, we are collectively in the throes of navigating our way through the latest “breaking news” of the day. While it is important to be informed, as we all know and can appreciate, it is equally important

to know when to pause, take a step back, establish some boundaries, and steep ourselves in practices that are nourishing, restorative, and ultimately, healing.

Recently, I have been reflecting on the necessity of soft living to counterbalance the harsh realities with which we contend on a regular basis. In trying to be intentional about cultivating more softness, mindfulness practice has offered me the invitation to explore the areas where tension and the hard edges of my experience exist. This simple practice has been both illuminating and beneficial, and I would invite you to do the same.

Noticing your breath for the next few moments, as my mindfulness teacher would say, “Where there’s tension, put your attention.” Where are the tense areas? Where does tension live in the body? What are the emotions that we carry which cause distress and overwhelm? What are the topics that get us activated? Conversely, which topics make us defensive and closed off? What parts of our lives create the conditions for us to check out and go on autopilot? Can we do this kind of investigation gently, softly, tenderly, and compassionately—without getting caught in the story about the tension? As Marsha Linehan suggests in the work of dialectical behavior therapy, the

skills of observing and describing can be enormously helpful in simply getting clarity on what is alive and present for us in this moment.

Once we have the awareness of all that we are carrying and how we are carrying it, rather than turning away from it, we offer these pieces of our lived experience loving, receptive presence, welcoming these pieces with an attitude of, “This, too, belongs.” By welcoming our experience and allowing it space, this helps ease the literal and metaphorical ways that we can constrict around it. We make space for it all—the joys, the sorrows, and everything in between.

Now that we are holding our experience with care and kindness, we can use the breath to help us soften even further. Mindfulness teacher and somatic practitioner Jillian Pransky, author of *Deep Listening*, suggests that the breath can be a pathway to softness by doing the following: “We invite the breath to meet any hard or stuck places in the body, washing over and around them like water, releasing the tension and pain held there.” We return to the breath—over and over and over again, resting in kind awareness, paying attention to the subtle ways that we begin to soften, loosen our grip, and slowly let go of how tightly we might be clutching, gripping, and grasping. Slowly, we begin to notice a sense of peace and ease starting to emerge. The poet Hafiz writes:

*“Awake, my dear.
Be kind to your sleeping heart.
Take it out into the vast fields of Light
And let it breathe.”*

(continued on page 3)



S U M M E R

Journal



(continued from page 2)

When we offer the light of awareness and the calming qualities of the breath to ourselves, we awaken our hearts and create more spaciousness, which allows us to begin the process of settling.

As the settling continues to unfold, typically a feeling of groundedness tends to emerge, and, from this place of solidity, sometimes it may be helpful to ask ourselves, “What does this experience need to feel held and cared for?” In asking this question, we are setting the stage for a wise, compassionate (and, yes, soft) response to these tender areas. Again, returning to the breath creates space for any answer(s) to emerge. The answer may be something as simple as a cup of tea, a walk outside, connecting with a supportive friend, resting the body for a longer period, etc. The point is to offer both attention and intention to our experience.

In the practice of mindful self-compassion, authors Chris Germer and Kristin Neff describe employing “soft landings,” which are brief, in-the-moment strategies to help ourselves settle. They note, “Examples of soft landing are placing a hand over one’s heart, feeling the solid ground under one’s feet, savoring the movement of the breath, offering oneself an inner smile, physical movement, or whispering a few words of encouragement to oneself.” Consider how it might feel to offer ourselves a soft place to land with one of these practices that bring us back into our bodies with care and kindness. The beauty of mindfulness practices lies in their simplicity, and the fact that they are always available to us, if only we can remember to access them.

Another mindful self-compassion practice for dealing with difficulty is that of *soften, soothe, allow*, which offers the following instruction:

“Now begin softening into that location [of difficulty] in your body. Letting the muscles soften and relax, as if in warm water. Softening ... softening ... softening Remember that you’re not trying to change the feeling—you’re just holding it in a tender way. If you wish, just softening a little around the edges.”

This passage reminds us that the *quality* of our attention is what matters, and that healing comes from the softness in our approach—much like how we would gently hold a newborn to help ease their distress. As adults, we, too, need this kind of compassionate care.

As we create this sense of openness and spaciousness that allows our minds, hearts, and bodies to settle, having prepared a soft landing for ourselves, here we rest in kind awareness, letting ourselves be, *just as we are*. Octavia Raheem, author of *Pause, Rest, Be: Stillness Practices for Courage in Times of Change*, offers this reflection for our consideration: “May you release the cloak of fatigue and put on the soft yet sturdy blanket of rest.” My wish for you, and for us all, is to find some rest in the middle of our busy lives and hectic schedules, in the unpredictability of these uncertain times, and to find a sense of stillness amid the noise all around us. May we each cultivate our own spaces of softness where we can rest our heads and hearts, restoring hope, and finding healing.

Until next time, friends and colleagues, be well.



Implementing Continuing Professional Development

By Liezel McCockran, Continuing Professional Development/Renewals Coordinator

The California Board of Psychology has implemented new requirements, replacing the traditional continuing education (CE) model. In this article, we will provide updates on the implementation of the Continuing Professional Development (CPD) program.

The Order of Adoption and stamped Form 400, along with the CPD Regulation Advisory, which includes a link to the optional CPD reporting form, has been added to the regulatory page of the Board's website. Board staff has emailed the link to the advisory to licensees and stakeholders, and it has also been posted on social media. The CPD page has been updated to reflect the new CPD requirements, and any reference to CE on the Board's website has been updated to reflect CPD requirements and language.

To help licensees and stakeholders understand the new CPD requirements, Board staff participated in a CPD informational webinar hosted by the California Psychological Association on August 10, 2022. Additionally, the Board hosted two CPD informational webinars on February 27, 2023, and March 3, 2023. The combined attendance of both of the Board's webinars was over 1,100 viewers. During these webinars, the staff explained the new CPD requirements and answered questions from the attendees. Dr. Harb Sheets and Dr. Gallardo, current and past Board members respectively, were panelists and helped field questions.

Board staff has also produced a comprehensive CPD informational video that provides a detailed overview of the CPD model, highlighting its various features and outlining the steps involved in participating. This video is available on the Board's website and is expected to be a valuable resource for stakeholders, enabling them to gain a deeper understanding of the CPD program.

To further clarify the requirements, the Board has created a FAQ document comprised of questions from licensees and information gathered from the CPD webinars and emails. The FAQ and CPD webinar recording and video have been added to the Board's website at www.psychology.ca.gov/licensees/ce_faqs.shtml.

The Board is revising its renewal forms to include both CPD and traditional CE requirements. To ensure that licensees are not confused about how to answer the renewal application as it currently stands, we have sent out information to all licensees regarding how to fill out the forms. This update is aimed at ensuring that licensees who are renewing in 2023 can meet their renewal requirements using CPD or traditional CE.

We are committed to continuously updating and revising CPD documents, the Board's website, and applications to ensure that they remain current. This commitment reflects the Board's dedication to providing stakeholders with the most up-to-date information and resources available.

Last, the Board has made significant progress in implementing the CPD program. We have provided various resources, including the previously mentioned webinars, videos, and FAQ document, to help licensees and stakeholders understand the new requirements. The Board's commitment to continuous improvement ensures that the CPD program will remain relevant and effective in promoting the ongoing professional development of psychologists in California. For questions regarding CPD, please email the Board at BOPCE@dca.ca.gov.



Explanation of Disciplinary Language and Actions

Gross negligence: An extreme departure from the standard of care.

Incompetence: Lack of knowledge or skills in discharging professional obligations.

Public letter of reproof: Formal discipline that consists of a reprimand of a licensee that is a matter of public record for conduct in violation of the law.

Accusation: A formal, written statement of charges.

Stipulated settlement of decision: The case is formally negotiated and settled prior to hearing.

Surrender: To resolve a disciplinary action, the licensee has given up his or her license, subject to acceptance by the Board of Psychology.

Suspension from practice: The licensee is prohibited from practicing or offering to provide psychological services during the term of suspension.

Revoked: The right to practice has ended due to disciplinary action.

Revocation stayed, probation with terms and conditions: “Stayed” means the revocation is postponed. Professional practice may continue so long as the licensee complies with specific probationary terms and conditions. Violation of any term of probation may result in the revocation that was postponed.





Administrative Citations:

January 1, 2023, to March 31, 2023

None for Unlicensed Practice

Disciplinary Actions:

January 1, 2023, to March 31, 2023

SURRENDER

Melissa Tarasenko, Ph.D.

Psychologist License No. PSY 28331, San Diego

Respondent Dr. Tarasenko stipulated to the surrender of Psychologist License No. 28331 after the Board filed an Accusation alleging Respondent committed dishonest acts by failing to report contact with a patient while being monitored at work, violated the standards of ethical conduct, committed multiple boundary violations, and engaged in conduct which is unbecoming to a member in good standing of the profession and demonstrates an unfitness to practice psychology. The Decision and Order took effect March 7, 2023.

REVOCAION

Rio HC Heigh, Psy.D.

Psychologist License No. PSY 20081, King City

The Board revoked the license of Respondent Dr. Heigh, Psychologist License No. 20081, after a Default Decision was entered following the filing of an Accusation, which alleged Respondent violated the regulations for failing to provide adequate documentation of completion of required continuing education upon the Board's request. The Default Decision took effect March 25, 2023.

PROBATION

Judy Veronika Rosenberg, Ph.D.

Psychologist License No. PSY 14817, Sherman Oaks

Respondent Dr. Rosenberg stipulated to placing Psychologist License No. 14817 on probation for one year, subject to its revocation if Respondent fails to comply with the terms and conditions of probation, after the Board filed an Accusation alleging Respondent aided and abetted the unlawful practice of psychology and engaged in gross negligence when the work of a psychologist was delegated to an unlicensed employee, and failed to obtain informed consent for psychotherapy from clients receiving services from an unlicensed employee. The Decision and Order took effect February 19, 2023.

Sonnee Delight Weedn, Ph.D.

Psychologist License No. PSY 12188, Novato

Respondent Dr. Weedn stipulated to placing Psychologist License No. 12188 on probation for three years, subject to its revocation if Respondent fails to comply with the terms and conditions of probation, after the Board filed an Accusation alleging Respondent failed to fulfill the necessary continuing education or experience requirements when Respondent was appointed as a child custody evaluator, failed to file a required declaration with the court, submitted a report which exceeded the scope of Respondent's court appointed duties, and failed to comply with a court order which required Respondent reimburse the fees paid by the mother in the evaluation. The Decision and Order took effect March 28, 2023.





Licensed Mental Health Service Provider Education Program Recipient Profile



My name is Dana R. Anderson, Psy.D., clinical forensic psychologist and owner of PsychologyDr.com. I am a self-employed, small business owner and am serving California through contractual services with the Superior Court of California, the

department of probation, the public defender's office, and the conflict attorney's expert witness list. I provide forensic psychological evaluations for multiple agencies including the Superior Courts, Division of Juvenile Justice, health and human service agencies, and child and welfare services.

My grandmother was diagnosed with schizophrenia and spent time at Napa State Hospital. I sought to understand more about this illness and how to provide treatment to those who have a serious mental illness. I felt I would be most useful to provide treatment and interventions to the most dangerous and violent offenders in an effort to reduce homicides and suicides. I grew up with homicidal parents and intervened countless times as a child to an adult and I understand the power of an effective intervention; it can be lifesaving!

I have intervened in thousands of suicidal-patient situations and taught psychoeducational classes at the jail, the psychiatric hospital, and through CONREP, a conditional release program. My purpose is to contribute to public safety.

These awards are critical for individuals who do not have the financial means. It is expensive to obtain a doctorate degree and it is unrealistic to think that people will continue to pursue degrees that cost over \$300,000 without some type of financial incentive or student loan forgiveness.

The criminal justice system and the state hospital systems are overwhelmed, and services are fragmented. There are not enough adequate programs to address those with severe mental illness coupled with criminogenic needs. For example, a man was recently released from Shasta County Jail, and within two hours he stabbed a boy to death who was on a break outside of Taco Bell. This defendant had been incarcerated 31 times, with little to no repercussions. This is an unacceptable response from the criminal justice system. This is not an isolated case. This happens every day. I deal with the most dangerous criminal offenders who are often charged with murder but, leading up to this, there are dozens of violent charges.

Most of these violent crimes are foreseeable and thus preventable. There is an incredulous gap and disparity of services for individuals who have serious mental health needs, such as LPS conservatorship, mental health diversion, and conditional or prerelease programs like CONREP.

This award provides me with the financial means to support my family while providing services to Northern California.



News You Can Use from the Association of State and Provincial Psychology Boards

Social Media Guidelines Revisited

By Jacqueline Horn, Ph.D., ASPPB Director of Educational Affairs

About a year ago, I wrote a column about the Association of State and Provincial Psychology Boards (ASPPB) *Guidelines for the Use of Social Media* (2020) that were written, in part, “to provide guidance to psychologists when using social media, and to inform them about regulatory expectations for that use.” This year I was reminded of the importance of careful consideration when using social media platforms when I attended a conference for directors of training in certain graduate programs in psychology. Some of you might have attended that conference that was focused on ethical and social justice issues in training programs.

One of the presentations was about trainees using dating apps with sexually explicit content and the potential ethical pitfalls of such use. How much personal information should be included in using the app? Should the trainee use their real name? What if a trainee’s client is using the same app and see their therapist on the app? What is the line between personal and professional presentation and what can be regulated?

Although this was a conference for directors of training and about how to help trainees navigate these issues, I thought the information presented at the conference served as a good reminder for already licensed psychologists as well. The potential for ethical dilemmas occurring when a psychologist (or trainee) is active on social media platforms is significant. Please take time to read (and download) the *Guidelines for the Use of Social Media* at www.asppb.net/page/SMGuidelines. They can be referred to anytime you have questions about, among other things, confidentiality, managing risk, multiple relationships, professional conduct, or security of information.

And, as a reminder, please refer to the *Standards of Practice for Telehealth* (2021), developed by the California Board of Psychology, when using telehealth platforms in providing psychological services. Those standards can be found in title 16, section 1396.8, of the California Code of Regulations (CCR).





LEGISLATIVE UPDATE

AB 282 (Aguiar-Curry, 2023) Psychologist: licensure

This bill would revise section 2914 of the Business and Professions Code (BPC) by adding language to allow applicants seeking licensure to be eligible to take the required licensure exams, which include the Examination for Professional Practice in Psychology and the California Psychology Law and Ethics Examination, at any time after all academic coursework required for a qualifying doctoral degree is completed. In addition, the bill would require the Board of Psychology to revise CCR sections 1388 and 1388(c) to remove the requirements of completing the qualified supervised professional experience hours to be eligible to take the licensure exams.

Location: Assembly Consent Calendar

Board Position: Oppose Unless Amended

To view the text of the bill, click here:

[AB 282 Psychologist: licensure.](#)

AB 883 (Mathis, 2023) Business licenses: U.S. Department of Defense SkillBridge program

This bill would require boards under the California Department of Consumer Affairs (DCA) to expedite the initial licensure process for an applicant who supplies satisfactory evidence to the board that the applicant is enrolled in the U.S Department of Defense SkillBridge program.

Location: Assembly Appropriations Suspense File

Board Position: Support

To view the text of the bill, click here:

[AB 883 Business licenses U.S Department of Defense SkillBridge program.](#)

AB 996 (Low, 2023) Department of Consumer Affairs: continuing education: conflict-of-interest policy

This bill would require boards under DCA develop and maintain a conflict-of-interest policy that would discourage the qualification of any continuing education course if the provider of that course has an economic interest in a commercial product or enterprise directly or indirectly promoted in that course.

Location: Assembly Business and Professions Committee

Board Position: Oppose

To view the text of the bill, click here:

[AB 996 DCA conflict-of-interest.](#)

SB 372 (Menjivar, 2023) Department of Consumer Affairs: licensee and registrant records: name and gender changes

This bill would require boards under DCA to update licensee or registrant records, such as an online license verification system, if the licensee or registrant provides government-issued documentation for a legal name or gender change. In addition, the bill would require boards to remove a licensee or registrant's former name or gender from its online license verification system and to treat such information as confidential, and to provide a process for people to request and obtain the information. The bill also prohibits boards from charging higher fees to reissue documents with a corrected or updated legal name or gender than those with other corrections or updates.

Location: Senate Appropriations Committee

Board Position: Oppose

To view the text of the bill, click here:

[SB 372 name and gender change.](#)



REGULATORY UPDATE

Section 100 Change

Updated title 16, CCR section 1397.37 (Shares—Ownership and Transfer) and section 1397.39 (Corporate Activities) for grammar and punctuation, approved and effective January 19, 2023.

Title 16, CCR sections 1391.1, 1391.2, 1391.5, 1391.6, 1391.8, 1391.10, 1391.11, 1391.12, 1392.1—Psychological Associates

Status: This package was published in the Office of Administrative Law (OAL) Notice Register on June 17, 2022, which began the 45-day comment period. This comment period ended on August 2, 2022. On September 14, 2022, the Board noticed this package for a 15-day comment period due to a change in the underlying data. This comment period ended on September 30, 2022. The Board reviewed and approved this package at the November 2022 Board meeting. This package was filed with OAL on December 12, 2022. Based on feedback from OAL, the package was withdrawn from OAL on January 25, 2023, to modify the forms. The modified text and modified forms were presented at the February 2–3, 2023 meeting for Board approval before a modified text comment period began. On February 3, 2023, the Board approved the modified text and a 15-day public comment period was opened February 9. This comment period ended on February 27, 2023. On March 3, 2023, the package was resubmitted to OAL. On April 7, 2023, OAL completed the initial review and identified the Form 400, Final Statement of Reasons, and the Updated Information Digest for further attention. The Board addressed the requested amendments and sent the items back to OAL for review. On April 17, 2023, OAL approved the regulation package, which will become effective on July 1, 2023.

This regulatory package does the following:

Conforms the CCR to statutory changes made in SB 1193 (Hill, Chapter 484, Statutes of 2016) and SB 801 (Archuleta, Chapter 647, Statutes of

2021). SB 801, effective January 1, 2022, removed the title “psychological assistant” and replaced it with “registered psychological associate.” SB 1193 created a single registration with the California Board of Psychology, independent from supervisor(s) or employer(s). This regulatory package updates this process and clarifies the existing statutory psychological associate registration fee.

Title 16, CCR sections 1391.13 and 1391.14—Inactive Psychological Associate Registration and Reactivating a Psychological Associate Registration

Status: This package is in the Initial Review Stage. Staff received feedback from legal counsel on September 17, 2019, and have incorporated the recommended changes. Staff is waiting to submit the package back to Board counsel until the Sunset Psychological Associate regulatory package is farther through the regulatory process. Upon approval by Board legal counsel, the package will be submitted for the Initial Departmental Review which involves reviews by DCA’s Legal Affairs Division, Budget Office, Division of Legislative Affairs, chief counsel, director, and the Business, Consumer Services and Housing Agency.

This regulatory package does the following:

Allows a psychological associate to request that the Board place their active registration in an inactive status. In addition, the proposed regulations would allow the Board to place the registration in an inactive status when the registrant has no primary supervisor. While the registration is in an inactive status, it will stop the time counting towards the cumulative total of six years registration limitation. The Board is also proposing the adoption of the process for reactivating an inactive psychological associate registration.

Title 16, CCR section 1395.2—Disciplinary Guidelines and Uniform Standards Related to Substance-Abusing Licensees

Status: Drafting Phase. This phase includes preparation of the regulatory text and collaborative reviews by Board staff and legal counsel.



(continued from page 10)

This regulatory package does the following:

Updates the Board's disciplinary guidelines including conforming changes pursuant to AB 2138, conviction and substantial relationship criteria, and the Department's Uniform Standards for Substance Abusing Licensees.

Title 16, CCR sections 1380.3, 1381, 1381.1, 1381.2, 1381.4, 1381.5, 1382, 1382.3, 1382.4, 1382.5, 1386, 1387, 1387.1, 1387.2, 1387.3, 1387.4, 1387.5, 1387.6, 1387.10, 1388, 1388.6, 1389, 1389.1, 1391, 1391.1, 1391.3, 1391.4, 1391.5, 1391.6, 1391.8, 1391.11, and 1391.12—Pathways to Licensure

Status: Drafting Phase. This phase includes preparation of the regulatory package and collaborative reviews by Board staff and legal counsel.

This regulatory package does the following:

Streamlines the licensing process and removes unnecessary barriers for applicants and the supervisors who support their training.

Title 16, CCR sections 1380.6, 1393, 1396, 1396.1, 1396.2, 1396.4, 1396.5, 1397, 1397.1, 1397.2, 1397.35, 1397.37, 1397.39, 1397.50, 1397.51, 1397.52, 1397.53, 1397.54, 1397.55—Enforcement Provisions

Status: Drafting Phase. This phase includes preparation of the regulatory package and collaborative reviews by Board staff and legal counsel.

This regulatory package does the following:

Updates the Board's enforcement provisions.





Board Members

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 Shacunda Rodgers, Ph.D. (Vice President)
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 Marisela Cervantes, Ed.D., MPA
 Seyron Foo
 Mary Harb Sheets, Ph.D.
 Julie Nystrom
 Stephen Phillips, J.D., Psy.D.
 Ana Rescate

2023 Meeting Calendar

BOARD MEETINGS

August 18, 2023
 November 2-3, 2023

COMMITTEES

Licensure Committee

July 21, 2023

Outreach and Communications Committee

September 22, 2023

