

# Journal

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

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## President's Message

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



Welcome to the Board of Psychology newsletter!

I am excited to announce the re-appointments of Dr. Sheryll Casuga and Dr. Shacunda Rodgers to the California Board of Psychology. They have provided years of expertise and invaluable contributions to the Board, and I am grateful that they have been re-appointed to support the Board's mission.

The fee structure has been a topic of discussion for the Board for the past few years and became effective at the beginning of this year. Dr. Rodgers hosted a fee webinar on March 21, 2024, to discuss changes to the recent Board fee structure. Board Assistant Executive Officer Jonathan Burke provided a thorough background regarding the history of Board fees and data analysis. There was a great turnout with over 500 participants! Several questions were asked and answered. In case you missed it, you can access the webinar [here](#).

As of January 1, 2024, all continuing professional development (CPD) requirements must fall within these four categories: Professional Activities, Academic, Sponsored Continuing Education, and Board Certification. Please continue to diligently document attendance information pertaining to the four areas of development. If you continue to have CPD questions, please refer to the Board of Psychology CPD FAQs located [here](#). Thank you to everyone who has recently attended a Psychology Board meeting! I love looking in the audience and seeing new faces and different individuals behind the microphone making comments and suggestions. I hope to see YOU at the next Board meeting in Berkeley on August 16, 2024.

Warmly,

Lea Tate, Psy.D.

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## The Body is Already Mindful

By Shacunda Rodgers, Ph.D., Vice President, Board of Psychology

*“Crawl back into yourself,  
warm your bones.*

*Write yourself a love poem,  
welcome yourself home.*

*Be kind to your body, for it has won so many wars.”*

—Ijeoma Umebinyuo

I read this poem for the first time many years ago and was so deeply moved that I placed it on my heart and have returned to it over and over again when the need arises. While my mindfulness practice has always offered me the invitation to connect with the felt sense of my moment-to-moment experience, in recent months, my practice has led me down the path of somatic mindfulness, so I have been reflecting on the inherent wisdom our bodies can afford us in real time. However, in the busy and often distracted pace of the world, we are often too disconnected from ourselves to notice what our bodies are trying to tell us. In “The Wakeful Body: Somatic Mindfulness as a Path to Freedom,” Willa Blythe Baker shares this bit of wisdom:

*Somatic mindfulness is informed by one very simple observation: The mind is distracted, but the body is not. The body is not thinking or ruminating. It is just feeling and being present, aware, and vibrant. In other words: The body is already mindful.*

It really is that simple.

In contrast to being distracted and disconnected from our bodies, sometimes the opposite is true—that we are hyper-focused on our bodies, at odds with them, dissatisfied with them in some way, and wishing they were different or more “acceptable” in whatever way that means for us. And by focusing on these perceived flaws, it can start us down the path of hard self-criticism and judgment. This is why I appreciate Umebinyuo’s poem so much, as it is a gentle reminder that our bodies are our homes, they have weathered and survived so much, and perhaps we can see it as a temple of love and care that both sustains us and simultaneously deserves for this kindness to be reciprocated.

When was the last time you paused to offer gratitude to your body for its miraculous ability to keep you alive? For the beating of your heart, or to your lungs for breathing for you, instead of you having to do the breathing or remembering to make your own heartbeat? Or for your brain even making sense of these words you’re reading? If we had to remember to do all of these involuntary processes, we’d be in real trouble! Even if you experience difficulties with aspects of how your body functions because of pain or illness, is there some part of the body that is neutral enough and not impacted by difficulty for which you might offer a bit of thanks?

In her book, “Decolonizing the Body: Healing, Body-Centered Practices for Women of Color to Reclaim Confidence, Dignity & Self-Worth,” Kelsey Blackwell invites us to explore the following:

*How are you? Really, take a moment to ask yourself. How are you in this moment? If your answer is ‘fine’ or ‘good,’ probe more deeply. Sometimes these pat responses are ways we’ve been trained to look past ourselves. How are you sleeping? How are you eating? How is your mood? How is your energy?*

*When we check in with ourselves, we create an opening for sensing what is true. In my work, I’ve noticed a pattern when I ask this question to my clients. Many folks leave their bodies behind when answering it. They say things like okay or meh. My follow-up question is always, ‘What is happening in your body that indicates that to you?’*

*I ask the same to you: ‘How are you in your body? How is it feeling to inhabit your skin?’*

Blackwell’s suggestion that incorporating the body’s sensations helps to give us more accurate information and more clarity about the truth of what might be alive for us in this moment.

Now, what does all of this have to do with the practice of psychology? As a clinician, it has become increasingly important for me to create space for clients to check in with the totality of their lived experience, which includes how they experience

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the world through their bodies, not only just their thoughts and emotions. I have found that asking clients to locate where a particular experience (like sadness or fear, for example) lives in the body often creates a pause and opens space for clients to get curious about both where and how this experience may be showing up somatically and physiologically in ways they may not have noticed before. For those with trauma histories that can make the body feel like an unsafe place to inhabit and explore, this is also useful information, and can open up an inquiry into what might be helpful to generate a feeling of safety and agency in the healing process as it relates to the mind, heart, and body over time.

So, how might you engage in a moment of somatic mindfulness today? If this is a new practice, I will share a short exercise from “The Wakeful Body:”

*Now that you have paused, come down into your body. Open your panoramic body to take in the entire landscape of the present. Notice the feeling of the ground beneath your feet. Notice your breath.*

*How is your body positioned in space? What are you seeing, smelling, sensing? What is the emotional tone of the moment?*

*Rest in the freshness of what is happening, right here right now. Ground.*

*Take it all in. Stay attentive, open, and curious. After a short while, resume what you were doing. Take careful note of how it feels to resume your activity. Has anything changed?*

*Pauses help us interrupt our trains of habitual thinking. In the gap left by the subsiding thinking energy, suddenly the experiential body comes alive.*

May this practice and this moment offer you the space to cultivate loving awareness of the ways your lived experience reveals itself through the body. May you accept your body; however it is, just as it is.

In all of the moments between this one and when we meet in the next newsletter, I wish you peace, ease, well-being, and joy.





## Back to the Basics of Continuing Professional Development

By Cynthia Whitney, Central Services Manager, Board of Psychology

In 2023, licenses could be renewed by completing either traditional continuing education or continuing professional development (CPD). In 2024, this straddle year was eliminated and moving forward, all hours will need to be completed using CPD only. Below are some common misconceptions and facts regarding the new requirements and provide information on how to earn hours.

What is CPD? CPD refers to a set of activities that licensed professionals can participate in to enhance their skills and maintain their competence in all facets of their profession. CPD offers new ways for licensees to earn hours for renewal. The CPD requirements have been restructured into 15 activities grouped into four categories, with specific hour requirements for Laws and Ethics and Cultural Diversity/Social Justice.

### Common CPD Misconceptions Versus Facts:

- **Misconception:** It will cost too much money to complete my hours.  
**Fact:** There are many ways to obtain hours that do not require a payment such as, but not limited to, attendance at Board meetings, watching Board webinars, or participating in peer consultation.
- **Misconception:** CPD limits ways to accrue hours.  
**Fact:** CPD actually offers more opportunities to accrue hours.
- **Misconception:** Live hours are still required.  
**Fact:** There is no longer a live requirement.

To view a full list of CPD FAQs, visit our [website](#).

In 2024, the Board hosted two webinars. Watching these videos can help you obtain hours in self-directed learning and will also count toward the Laws and Ethics requirement.

The CPD webinar in January offered a comprehensive breakdown of CPD with a real-time Q&A session. The CPD webinar recording can be accessed on our website [here](#).

The Informational Fee webinar took place in March and provided background on the changes to the Board's fee schedule that took effect on January 1, 2024, along with a real-time Q&A session. The Informational Fee webinar recording can be accessed on our website [here](#).

Another way to earn CPD hours is by attending a Board or committee meeting below. If a meeting is posted as in-person, physical attendance is required to receive credit.

### 2024 Meeting Dates:

- April 12—Legislative and Regulatory Affairs Committee—Webex
- May 10—Board Meeting—Los Angeles (In-Person)
- June 14—Legislative and Regulatory Affairs Committee—Webex
- July 19—Licensure Committee—Webex
- August 16—Board Meeting—Bay Area (In-Person)
- September 20—Research Psychoanalyst Ad Hoc Committee—Webex
- September 27—Outreach and Communications Committee—Webex
- November 7 & 8—Board Meeting—San Diego (In-Person)

To learn more about these updates or to get in touch with the CPD coordinator for further information, email [BOPCE@dca.ca.gov](mailto:BOPCE@dca.ca.gov). Consider attending Board or committee meetings to earn CPD credits in 2024.



## Health Profession Education Foundation Recipient Profile



Dr. Natacha Emerson is a licensed clinical psychologist and assistant clinical professor in the Division of Child and Adolescent Psychiatry at UCLA. She is the recipient of the 2022–2023 Licensed Mental Health Services Provider Education Program (LMH) Award. As a hospital psychologist, she

directs the Pediatric Psychology Consultation-Liaison Service at UCLA Mattel Children’s Hospital and co-directs the UCLA Pediatric Psychiatry Consultation-Liaison Service at UCLA Santa Monica Medical Center. She also provides integrated psychological services to medically complex patients across several outpatient clinics at UCLA including pediatric hematology oncology, pediatric obesity, and adult cystic fibrosis. Dr. Emerson’s research has spanned a wide range of topics including end-of-life care, self-efficacy, health disparities, family-based interventions for medically ill children, Munchausen syndrome by proxy, medical ethics, and professional wellness. In the last year, she has built a clinical program that aims to provide relief to patients with chronic somatic symptoms who have not responded to traditional biomedical approaches.

Dr. Emerson is originally from France. She moved to the United States at age 11. Surviving an accident-prone childhood that resulted in lots of broken bones, Dr. Emerson has always been interested in the intersection between medicine and psychology. Her interest in health psychology was crystalized after her own experience with multiple sclerosis, which led her to consider the ways in which one

can live a good life despite chronic illness. Being an immigrant, she is also passionate about helping underserved children who face health disparities in accessing mental and medical health due to language and financial barriers.

The Licensed Mental Health Services Provider Education Program (LMH) Award has been incredibly beneficial to her professionally as it allows her to continue the work of providing equitable access to good mental health care in underserved areas. Through the financial support of this award, Dr. Emerson has been able to continue working where she is needed in pediatrics, without concern for billable hours. As such, the award has permitted her to continue serving all pediatric patients, regardless of insurance status. In her current role, she is one of the only licensed psychologists in the health system to provide care within medical settings, often getting to know patients and families who have never met a mental health provider.

Dr. Emerson intends to continue working in underserved medical areas, providing comprehensive mental health care, and helping doctors better understand their patients. She hopes to one day see a world in which everyone can access good mental health care with the same ease as medical care, regardless of insurance type or finances.

Personally, this award has also had tremendous impact in alleviating the financial pressures of graduate school loans so she can focus on other things, like keeping her imaginative 6-year-old daughter dreaming and chasing her wild 4-year-old-son.



## Active Board Positions

### **AB 996 (Low)—Department of Consumer Affairs: continuing education: conflict-of-interest policy**

This bill would require boards under the Department of Consumer Affairs to 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.

This bill is currently on the Inactive File and may be acted upon August 31, 2024.

**Board Position:** Oppose

To view the text of the bill, click here:

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

### **AB 2051 (Bonta)—Psychology interjurisdictional compact**

This bill would approve the Psychology Interjurisdictional Compact (PSYPACT), to facilitate the practice of telepsychology and the temporary in-person, face-to-face practice of psychology across state lines in California. This bill would require California to join as a compact state, to recognize the right of a psychologist, licensed in a compact state in compliance with the compact, to practice telepsychology in other compact states in which the psychologist is not licensed, as approved in the compact.

This bill is currently in the Assembly and referred to the Business and Professions Committee.

**Board Position:** Oppose

To view the text of the bill, click here:

[AB 2051 Psychology interjurisdictional compact](#)

### **SB 1526—Consumer Affairs**

This bill includes language that would update Health and Safety Code 124260 by removing the outdated registration category for “registered psychologist” and amending “psychological assistant” by replacing the category with the current title of “psychological associate.”

This bill is currently in the Senate and referred to the Business, Professions and Economic Development Committee.

**Board Position:** Support

To view the text of the bill, click here:

[SB 1526 Consumer Affairs](#)

## Regulatory Update

Below are the Board’s pending regulatory changes and their status in the formal rulemaking process. 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 Filing Stage. Revised proposed regulatory language was adopted at the May 19, 2023, Board meeting. At the August 18, 2023, Board meeting, the Board resolved additional issues regarding the inactive timeframe and voted to adopt the proposed regulatory language as amended. On December 15, 2023, the Department of Consumer Affairs (DCA) Budget Office completed the fiscal impact of this rulemaking. On January 18, 2024, Board staff submitted the regulation package to the regulations coordinator to be submitted for review by the DCA director and the Business, Consumer Services and Housing Agency. Once the director and Agency have approved, the rulemaking will be filed with the Office of Administrative Law (OAL) for notice publication. On March 21, 2024, the regulatory package was approved by Agency and sent to OAL for approval of publishing. The regulatory package was approved for publishing by OAL. The 45-day public comment period started on April 5 and will be completed on May 21, 2024.

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



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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**

Production Phase. Review of the proposed regulatory language at the May 19, 2023 Board meeting was postponed to the August 18, 2023 Board meeting. At the August 18, 2023 Board meeting, the Board voted to adopt the proposed regulatory language and staff is preparing the initial submission documents for DCA and Agency review before filing with OAL for notice publication.

This regulatory package does the following:

Updates the Board’s disciplinary guidelines including conforming changes required by the passage of AB 2138, the Board’s new regulations regarding criminal convictions and substantial relationship criteria, and the Department’s Uniform Standards for Substance Abusing Licensees.

**Title 16 CCR Sections 1380.3, 1381.1, 1381.2, 1381.4, 1381.5, 1382, 1382.3, 1382.4, 1382.5, 1386, 1387.1, 1387.2, 1387.3, 1387.4, 1387.5, 1387.6, 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:

This regulatory package would update the Board’s enforcement provisions.

**Title 16 CCR Sections 1397.35–1397.40—Corporations**

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:

This regulatory package would update the Board’s requirements for professional corporation provisions.

**Title 16 CCR Sections 1381, 1387, 1387.10, 1388, 1388.6, 1389, and 1389.1—EPPP-2**

Status: Drafting Phase. This phase includes preparation of the regulatory package and collaborative reviews by Board staff and legal counsel. On May 19, 2023, the Board approved the statutory and regulatory changes that would implement the EPPP-2 skills exam, effective January 1, 2026.

This regulatory package does the following:

This regulatory package updates the statutory and regulatory sections needed to implement the EPPP-2.



## Board Members

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

## 2024 Meeting Calendar

### BOARD MEETINGS

August 15–16  
 November 7–8

### COMMITTEES

#### Licensure Committee Meeting

July 19

#### Legislative and Regulatory Affairs Committee

June 14

#### Outreach and Communications Committee Meeting

September 27

#### Research Psychoanalyst Ad Hoc Committee

September 20

## Have an idea for an article?

Email us at [bopmail@dca.ca.gov](mailto:bopmail@dca.ca.gov)

