In this Issue:

1. President’s Corner: A Plan to Spring into Summer and Reclaim our Sense of Balance
   by Judith Migoya, Psy.D.

2. New Workshops, New Locations
   by Samantha Carella, Psy.D.

3. An Update from Your FPA Board of Directors Representative
   by Franklin Foote, Ph.D.

4. A New Era for the Political Committee by Regina Mendoza, Psy.D.

5. SERC: The First EVER Southeastern Regional Conference
   by Shelley Slapion-Foote, Ph.D.

6. Book Club Update by Shelley Slapion-Foote, Ph.D.

7. Group Therapy in South Florida by Melissa A. Friedman, Ph.D.

8. Chapter Officers, Positions & Committees

9. For a Smile – Psychology Humor

10. Stepping Forward by Terilee Wunderman, Ph.D.

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President’s Corner – A Plan to Spring into Summer and Reclaim our Sense of Balance

by Judith Migoya, Psy.D., President
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Dear Miami-Dade-Monroe Chapter,

It has been a very busy few months since our last newsletter. The beginning of 2016 was full of excitement with the first South Eastern Regional Conference of FPA going forward in full force. After much planning and strategizing by the planning committee, the Miami-Dade-Monroe, Broward and Palm chapters managed to put together a very successful and well-attended conference. This and other chapter news/events that filled the winter and spring months with much exhilaration and action will be covered in other sections of this newsletter. In the meantime, I wanted to dedicate this article to welcoming the summer and what these months may bring to our personal and professional lives: balance.
For psychologists in private practice, the summer months are interesting times, since many of our patients take these months to travel and many children go away to camp. This becomes clearly observable in our significantly slower schedules, and can be worrisome to some. However, if looked through a different lens, summer could be the perfect opportunity to replenish our mental and physical resources and establish a personal-professional balance in an often unbalanced lifestyle. Mitchell Feldman, Director of Faculty Mentoring at UCSF, describes personal-professional balance as “the successful balancing of professional responsibilities with personal priorities, including spouse or significant other, family, personal and spiritual growth, and physical health.” Those that can maintain this very delicate equilibrium typically enjoy a better quality of life (personally and professionally). Lack of balance, on the other hand, often results in burnout. This professional-personal balance is clearly critical to our general wellbeing, as well as to our effectiveness and success as psychologists. However, its importance is often overlooked in favor of more tangible evidence of achievement/success.

So, what can we do to prevent burnout and recalibrate our balance? These are some basic strategies and points to consider that, while somewhat elementary, are often neglected in our daily hectic lives.

- **Personal:** Dedicate time to loved ones and to yourself, enjoying the simple pleasures of life; take time to travel and discover new sources of creativity and inspiration.
- **Spiritual:** Take time to reexamine your values, goals, and intentions. Evaluate them closely and seek accord between choices and actions. Remember that intentions are idealistic and of limited value unless converted into action.
- **Physical:** Sleep in, take naps, and indulge in self-care through these “lazy” summer months. Take time to discover a new physical activity or hobby. Nurture your body as much as your mind through mindful eating and nutritious meals.
- **Work:** Take time to consider your professional priorities, business plan, any areas of professional development that you would like to further explore (perhaps a new modality of practice, teaching or mentoring, becoming involved in leadership of professional organization, etc.). Set new long-term and short-term goals and establish steps to accomplish those goals.

And, in conjunction with these simple strategies for a healthy well-balanced summer, allow yourselves to enjoy every moment with the universal principle of impermanence in mind: Nothing lasts forever; all good and bad will come to an end. Before you know it, summer is over and we are back to the races, so, happy summer to everyone and enjoy!

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*Do the right thing. It will gratify some people and astonish the rest.* - Mark Twain

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Hello MDMPA Members!

I hope you are all ready for summer, as it is just around the corner. Before summer began, we hosted two outstanding workshops here in Miami-Dade.

On Friday, May 6th from 9am-12pm, Dr. Neena Malik presented on *Identification and Treatment Issues in Parental Alienation and Estrangement*. The workshop was held at the Junior League of Miami Headquarters, 713 Biltmore Way in Coral Gables. Registration and a light breakfast were held from 8:30-9:00 am, followed by a wonderful three-hour CE presentation.

Following this, on Wednesday, June 1st from 7:00-9:00 pm, Dr. Blaise Amendolace presented on *An Introduction to Acceptance and Commitment Therapy*. The workshop was held in the University of Miami’s Psychology Conference Room in the Flipse Building on the Coral Gables campus. It was another terrific presentation!

For those of you who have been attending our workshops for many years, you know *The Palace* was a very gracious host for the majority of them, providing an excellent facility and food at no cost in Kendall and Coral Gables. As of this year, *The Palace* is only able to host two of our meetings each year. The rest of our workshops need to be held at alternate locations. For the majority of the alternate locations, there will be a cost for the facility and the food. We therefore ask that you RSVP so we can get an accurate headcount. If you cannot make it, please let us know so we can plan accordingly.

Our April workshop, *Alternatives to a 12-Step-Program*, was given by Dr. Anthony Ciminero, which had a great turnout and was held at the University of Miami Psychology Department. We catered in *Chicken Kitchen* which was delicious. However, we had seven people RSVP as coming to the workshop who then did not show up or inform us they were not coming, which resulted in an unnecessary cost to our chapter.

To provide food, at our workshops, we spend money out of our chapter budget, and we base the food orders on the number of RSVP’s. We ask that you all be mindful of this in planning for your attendance at future workshops so we can have enough money to budget successfully throughout the year.

We will take a break for the summer and resume in the fall with our next workshop on September 6, 2016. Details will be following soon.

I hope everyone has a restful summer!

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*Education is the most powerful weapon which you can use to change the world.*

- Nelson Mandela

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An Update from Your FPA Board of Directors Representative
by Franklin Foote, Ph.D., Chapter Representative
fsfoote584@gmail.com

On Tuesday, May 10th, 2016, FPA President Zoe Proctor-Weber held the second Board of Directors Meeting of her new presidency. Her organizational skills and leadership style led to a very well-run and constructive meeting that lasted just under two hours (which is relatively short for an FPA Board of Director’s meeting and much appreciated). The major theme of the meeting was concerned with FPA’s current state of financial disrepair.

With the help of Interim Executive Director, Carolyn Stimel, and FPA Treasurer, Tim Ketterson, much time has been spent in trying to disentangle the financial status of the organization since the departure of the previous Executive Director, Cheval Breggins, and his predecessor, Connie Galetti. The bottom line is that if FPA were to continue on the path it had been going in previous years, the organization would be bankrupt within two to three years, at the latest. While FPA has investment funds, these funds have had to be tapped into repeatedly to pay the organization’s annual expenses - in other words, we were spending considerably more than was being taken in.

The current goal of FPA is to “live within our means” and not spend more than what comes in. Part of this measure to stop the hemorrhaging of funds has included the renegotiating of our contract with our Lobbyist, finding a new less expensive accountant, and cancelling the proposed Annual Summer Conference in 2017. Additionally, the Office Staff in Central Office (in Tallahassee) has been cut to one full-time employee (Nickcole Coldwell) and one half-time employee (Kim Campbell).

Much of the meeting centered on the ramifications of holding or not holding the Summer Conference. Over the past years, the Conferences had failed to produce income and operated at a significant loss. The Board discussed the pros and cons of trying to have another Conference but determined that it would lose less money if FPA backed out of the current contract for 2017. The most FPA could lose was $6,000 IF the hotel (which is on Disney property) was unable to rent out the rooms that were contracted for. Given that the Conference was scheduled for the middle of July, high season at Disney World, the Board unanimously voted to cancel the contract because, in all likelihood, the rooms would be rented out. In the worst case scenario that the rooms were NOT rented out, the loss to FPA of $6,000 would be less than the loss suffered at the past Summer Conference.
Another portion of this consideration, was the success that was had by the Regional Conferences held in 2016. All of the participating Chapters either made money or broke even --- there was no additional drain on the FPA budget from these events. Statewide, over 400 people attended these regional conferences --- a number that is more than double that of those who have attended the Annual Conferences in the past. While some members prefer the FPA Annual Conference where colleagues from all over the State of Florida attend, there was absolutely no room in the budget for such an event. Retaining current members and getting new members is a primary goal for FPA at this point.

In addition to the above-mentioned discussion, a revised CE Proposal Form was voted on and approved unanimously. Last year, our Regina Mendoza, chaired a Task Force on Communication within and throughout the organization. A number of recommendations were made by this Task Force, one of which being clearer and more complete guidelines for the use of the FPA ListServ. Dr. Mendoza’s report was presented and the new guidelines were voted on and approved unanimously. And, last, but most importantly, Carolyn Stimel, our Interim Part-Time Executive Director has agreed to stay on until the end of the year. Wonderful!!!!

This pretty much highlights the on-goings of the May 10th, 2016 FPA Board of Directors Meeting. If you have any questions or suggestions, please feel free to contact me at fsfoote584@gmail.com or call me at 305-299-1794. It is with great pleasure that I serve as your Board of Directors Representative. Have a great summer!

Life is divided into three terms – that which was, which is, and which will be.
Let us learn from the past to profit by the present,
and from the present, to live better in the future.
- William Wordsworth

A New Era for the Political Committee
by Regina Mendoza, Psy.D.
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Nearly twenty years ago, our friend and colleague, Dr. Michael Spellman took on the unenviable task of serving as our profession’s number one fundraiser in Florida. As chair of the Psychologists of Florida Political Committee, Mike has been a champion for Florida psychologists and a leader in the field of mental health advocacy and education. At the end of last year, Mike resigned as chair. We owe a huge debt of gratitude to Mike and I hope you will all join me thanking him for his wisdom, guidance, and dogged perseverance.
It is now time for someone else to fill Mike’s enormous shoes. Last year, the Political Committee’s Board of Directors elected me as their new chairperson. I joined FPA in 1999 as a graduate student. For the next decade, I kept up with FPA via its publications, newsletters, and conventions. While I wanted to do more, something always seemed to get in the way. At first it was the demands of graduate school. When I graduated, it was the demands of opening and building a private practice. However, the more time I spent with my colleagues who were actively involved in FPA, the more I realized that this organization is a powerful voice, not just for practicing psychologists, but for the populations we serve. There is strength in numbers and when it comes to mental health issues, you can never have enough people!

In 2008, I volunteered to serve as the Membership Chair for my chapter and in the blink of an eye I became President-Elect! As the 2009 President of the Dade-Monroe Chapter, I focused on growing our membership, offering our members high-quality educational seminars, and strengthening our community by hosting service projects, social events, and a fantastic holiday party (that keeps getting better every year!). From 2010-2015, I served as the APA’s Public Education liaison for FPA. This position opened my eyes to the importance of the Political Committee’s work.

As a member of the Public Education Committee, I travelled to Tallahassee and Washington, D.C. In meetings with state and federal officials, I saw first-hand the power of political advocacy. During this same busy period, I also served as FPA Secretary from 2014-2015.

My commitment to FPA and to the Political Committee was shaped by many psychologists who I respect and who have taught me a lot about the importance of our profession.

Now let me tell you a little bit about the Political Committee. Our goal is to RAISE MONEY!! Your contributions will help support candidates who show a commitment to enhancing the mental health of Florida’s citizens. Based on the recommendations of FPA’s Legislative and Public Policy Board, our members, and others with an interest in our mission, we will support elected officials and candidates who have demonstrated an interest in mental health issues. We are not a partisan organization. Your contributions will be used to support those legislators and candidates that have a track-record of supporting mental health issues. Our goal is to strengthen our profession and safeguard the community by ensuring that Florida enacts legislation that protects psychologists and addresses key mental health issues.

Although separate from one another, FPA has traditionally recognized those members who contribute to the Political Committee. The current categories of support are Platinum Club ($1000), Golden Circle ($500), $1 a Day ($365), Capital Club ($250), Florida 100 ($100), and Patrons ($99 or less). As you can see, there are numerous ways for you to support the Political Committee’s important work.
I’d like to announce a new category of PC membership – The Founders’ Society. Members of the Founders Society will authorize a charge of $19.47 to their credit card every month as their PC contribution. Why $19.47? FPA was founded in 1947 and the Society will honor those early psychologists who laid the foundation for our practice and our advocacy in Florida today. A monthly charge of $19.47 is an easy way to make a significant contribution to the health of psychology practice in Florida and the mental health of Florida’s citizens. For many of us, a small monthly charge of $19.47 is an easier way to make a significant donation than a one-time payment of several hundred dollars. In recognition for your support of the Founders’ Society, you will receive special recognition in the Florida Psychologist Magazine.

Please join the Founders’ Society now and participate in the new era of the Political Committee. Information on how to join the Founders’ Society will be forthcoming from Central Office.

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There is only one corner of the universe you can be certain of improving, and that's your own self. - Aldous Huxley

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SERC: Our First Ever Southeastern Regional Conference
by Shelley Slapion-Foote, Ph.D., LAPPB Representative
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It was back in mid-September of 2015 when some unassuming, but conscientious, FPA members first met via a Zoom teleconference to flesh out what would become to be known as SERC. Members from the Broward Chapter, the Miami-Dade-Monroe Chapter, and the Palm Chapter coalesced as one in the Southeastern Regional Conference, shortened to just SERC. And, yes, there was banter about getting acrobatic performers but the budget wouldn’t allow for it! Craig Fabrikant quickly offered to Co-Chair and was rapidly joined by Shelley Slapion-Foote to be the other Co-Chair. Kerri Bresnan, President of the Broward Chapter, 2015, on her own, was able to secure Holy Cross Hospital as our hosting venue.

The date for SERC was easy - February 26 and 27 were the only times that Holy Cross Hospital had available and so February 26 and 27 were perfect! Plenty of time before license renewal on May 31, 2016! Even more importantly, given our limited budget, Holy Cross Hospital was allowing us to use this space for free! The venue could not have been more perfect - centrally located, a large auditorium and two conference rooms and did I mention, it was free. Free valet parking, ample additional parking and hospital staff that could not have been more helpful! The breakfast, lunch, and snacks provided by Holy Cross Hospital’s Catering Service were excellent. No one’s needs went unmet.
Now that we had a “where” and dates, next came the enormous task of forming a Continuing Education Committee and did we ever win the jackpot! The brave souls to step forward were Judith Migoya and Samantha Carella, who became the incredible dynamic duo of the Continuing Education Committee who put out a call for presenters and were able to put together two full days of presentations that not only included the three required courses for License Renewal but also included a total of twenty-one (21!) workshops covering a wide variety of highly interesting and informative topics. One of the very few complaints that we received about SERC was “but there are two workshops that I want to go to at the same time!” A major “thank you” goes out to each and every one of our Presenters who took their time, knowledge, and expertise and shared it with our participants. Without these knowledgeable and generous colleagues, there would have been no SERC.

At the same time, the Sponsorship Committee was valiantly championed by Cynthia Silverman along with a little help from Kerri Bresnan and Shelley Slapion-Foote. The Sister of Innocence Conference Center had sufficient space for up to a potential of eight sponsors. Amazingly, we were able to come up with five paying sponsors including one that sponsored lunch on both days (TherapyNotes). The other sponsors included Evolution - a rehabilitation program for substance abuse, The Florida Academy of Collaborative Professionals (who presented a workshop), NCS Pearson Testing (who, too, presented a workshop), and Eckerd Foundation’s in-patient treatment facility for teenage girls, E-Nini-Hassee. Including advertising for The Program for SERC, we were able to bring in over $12,000 plus to be used toward SERC expenses.

Completing the SERC Committee were Rachael Silverman and Jason Spielman who participated along with the rest of us EVERY Thursday at 9 a.m. (with the exception for Thanksgiving and Christmas) via Zoom teleconference. We were one seriously moving force to be reckoned with! I’d like to spice up this article and tell you about all the battles and in-fighting but there really weren’t any worthy of mention!!! Not to say that we didn’t encounter other MAJOR challenges along the way.

Given the new reorganization that was happening at the Central Office in Tallahassee (meaning Kim, Nickcole, and our new part-time, temporary Interim Executive Director, Carolyn Stimel) AND the change of FPA Officers and Executive Committee in January, 2016, there were some, what shall I call them, harrowing moments for those of us on the SERC Committee who had been dealing with the previous Executive Director regarding SERC matters until his departure at the end of October. So, all those emails and negotiations kind of become moot. But, do not fear!!! We had the wise and level-headed part-time, temporary Interim Executive Director Carolyn Stimel come to our rescue!
Once the Continuing Education Committee got approval from the Education Chair, David Chesire, Ph.D., who had 21 workshops to review and approve (or not), we were ready to go live on the FPA Website! (This actually happened two weeks before our planned date!) We were overwhelmed by your response once Kim Campbell, Webmaster Extraordinaire in the Central Office, put SERC on-line. Initially, we (the SERC Committee) had guesstimated an attendance of approximately 75 people. Much to our astonishment, we were forced to close on-line enrollment in early February because many workshops were meeting their room capacities and we (read: I) feared not being able to feed everybody.

At the final count, we had just over 200 participants attend either one or both days of SERC (beating out the attendance of the last FPA Summer Conference by a long shot!). And we are only three Chapters - granted the three largest Chapters - in the State of Florida. Not only did we put Kim to work, Nickcole Caldwell, also in the Central Office, had the arduous task of providing all of the sign-in sheets and Evaluation Forms for the TWENTY-ONE workshops. And, if that wasn’t bad enough, she would then have the less than lovely task of entering all the information from the Sign-In sheets and reporting everyone’s CEs to CE Broker. Unless you have ever had the pleasure of doing this type of task, you can’t begin to imagine its enormity! But Nickcole came through and everyone was able to renew their licenses with all SERC CE credits reported to CE Broker. Bravo (and much gratitude), Nickcole!

And Kim cannot be thanked enough for her ability to answer my (often dumb) questions and produce all the information that was needed regarding who was attending what and the like! She truly has the patience of a saint (even though I “tried” to batch my questions and not harass her too much through the process, emphasis on tried!). And when there were questions that neither Kim nor Nickcole could answer, there was the ever-calming, ever-helpful part-time, temporary Interim Executive Director, Carolyn Stimel, who was able to give me answers to calm my fears so that I could enjoy time off at Christmas!

The final people of utmost importance to our endeavor were the now infamous part-time temporary Interim Executive Director, Carolyn Stimel, and the new 2016 Executive Committee led by FPA President Zoe Proctor-Weber. She is complemented by Immediate Past President Lori Butts, President-Elect Nekeshia Hammond, Treasurer Tim Ketterson and Secretary Jessica Vassallo. First, Zoe, and then, Nekeshia, served as the Chair of the Regional Conference Committee.

For all of these people, too, a large multi-county, multi-Chapter Regional Conference was a “new wheel to be invented.” We were doing it down here in Broward, Miami-Dade-Monroe, and Palm Chapters but there were parts that needed to be decided and handled by the Executive Committee through numerous meetings, I’m sure! Despite some uncomfortable moments and actually watching the birth of an entity and process where none existed, it all came together and SERC happened. Our gratitude goes to each and every one of them.
So, in summary, thank you to all the registrants who attended SERC and made all the work worthwhile. Hope you all had a good time! The two-days of workshops went incredibly smoothly (thanks to great planning, great attention to details, great people working the event including the wonderful Alejandra Navas, Registration Organizer Extraordinaire and our pair of volunteers (Regina Mendoza and Regina Melchor) and all the members of the SERC Committee (plus the unofficial drafted member, Frank Foote, who went through the ENTIRE process by proxy and serving as a great sounding board). The workshops were exceptional, Holy Cross Hospital and its incredible Staff could not have been more helpful AND extremely welcoming, the food provided by the Catering Staff at Holy Cross Hospital was tasty and prettily displayed.

There are no words for my gratitude to my comrades-in-arms, SERC Committee Co-Chair, Craig Fabrikant (who helped keep me sane), Continuing Education Committee Co-Chairs, Samantha Carella and Judy Migoya (who I love and admire), Venue Finder (and new friend), Kerri Bresnan, Sponsorship Chair (and my major cheerleader) Cynthia Silverman, Rachael Silverman (ECP Panel Chair) and Jason Spielman (Chief Car Loader and Unloader).

The feedback that I have been receiving about everyone’s experience at SERC has been overwhelmingly positive. And I especially want to thank those of you with great ideas about what we can do to make the next SERC (there be one) even better!!! I know I learned A LOT as did we all and SERC 2017 promises to be just as wonderful and exciting!

All I can say is “what a ride!”

Signed,
Happy Camper, Shelley (Co-Chair, SERC, 2016)

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Do the difficult things while they are easy and do the great things while they are small.
A journey of a thousand miles must begin with a single step.
   - Lao Tzu

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Book Club Update
by Shelley Slapion-Foote, Ph.D., Book Club Chair
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Our book club is finishing up reading The Murderer Next Door: Why the Mind is Designed to Kill by Davis Buss. We will be on temporary hiatus this summer and plan to resume our monthly gatherings soon.

If you have any questions, would like to participate, or have a book to suggest, please let me know!
I am delighted to announce the creation of the Group Therapy Committee of the Miami-Dade-Monroe Psychological Association. We created this committee to bring together professionals who are skilled in leading psychotherapy groups, interested in promoting group practice in South Florida, or interested in learning more about this modality.

Groups offer a unique therapeutic experience that is very different from individual therapy. Groups offer an opportunity to be part of a supportive culture that is oriented towards insight and growth. Groups help participants “find their voice” and put feelings into words. Patients feel understood in new ways and often report feeling far less isolated and alone. Groups offer an opportunity to hear a range of perspectives and a range of adaptive responses. The feedback received can have profound effects, as patients change the way they respond to the people in their lives. Group also encourages the development of empathy, and allows group members the opportunity to help each other and feel the positive effects of making a difference for others. Many patients report feeling worthwhile, and value their own ideas in a new way.

For psychologists, group therapy offers new opportunities to provide clients with a relationship-oriented, cost-effective treatment. Have you ever had a therapy client whose spouse would benefit from being in a group? Or a couple in which one partner would benefit from group work, to receive feedback about their beliefs about the relationship? Or, a child with developmental or behavioral disorder, whose parents would benefit from a support group or a psychoeducational group? Or, an elderly patient with dementia whose adult child would benefit from a caregiver support group?

Let’s all think more about expanding group therapy in South Florida. The Group Therapy Committee will be promoting this modality in our professional community, and will be looking for avenues to provide training and practice development.

If you are running groups or are interested in doing so, please contact me. I look forward to hearing from you!

The good life is a process, not a state of being. It is a direction not a destination.
- Carl Rogers
2016 Chapter Officers, Positions, and Committees

Chapter Executive Committee

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Family Violence and Child Abuse: Terilee Wunderman, Ph.D. tw@drwunderman.com
Geriatric Affairs: Open
Historian: Open
Ethnic Minority Affairs: Open
Insurance and Healthcare: Open
Crisis Response: Open
Industrial/Organizational: Open
Academic Affairs: Open
For a Smile

Your mother never read to you and your father never hugged you. That's why you drink from the toilet.

I'm sorry, but stress caused by trying to figure out your health insurance is not covered by it.

Control Your Emotions
by
Amy G. Dala

Neurotransmitters and All That Stuff
by
Sarah Tonin
Stepping Forward
By Terilee Wunderman, Ph.D.
Newsletter Editor & President-Elect
tw@drwunderman.com

In order to fill my new shoes as upcoming President of our local chapter, after this current issue of our Newsletter, I’ll be stepping down from serving as your Newsletter Editor. When I first offered to take on the Editor’s role several years ago, I hadn’t expected I would one-day serve as your President. However, the experiences working with my fellow psychologists to support our chapter have helped me learn much about preparing for this new and a bit awesome role --- how we work together and support one another, serve our community as psychologists, and we connect with FPA and APA.

In the past few months, I’ve attended various meetings including Membership, State-wide Presidents, and our local Board of Directors to learn more about the President’s role and responsibilities as well as opportunities to serve and support other volunteers. Our current president, Dr. Judith Migoya, has been wonderfully supportive of my learning process, allowing me to shadow her service and including me in current issues so I can feel a sense of readiness as I take on the role in January 2017. I’m grateful to the local Board for their continued generosity of time and wisdom, and especially to our recent Past Presidents, Dr. Tom Bonner and Dr. Shelley Slapion-Foote, who share their support and humor so generously. I look forward to learning more during the rest of 2016 as well as once I am wearing those Presidential shoes next year. I welcome your support and feedback anytime!

To continue our Newsletter, Dr. Audrey Cleary has graciously volunteered to step forward as our next Editor. Audrey has been shadowing me with this issue to learn the process while offering sensitive, insightful input. Thanks so much, Audrey!

Thank you all for reading our newsletter, contributing articles and feedback, and being a great support to our fellow psychologists in Miami-Dade & Monroe!