



Who or What is CLASP?

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Chair, CPA CLASP Committee

CLASP is the Colleague Assistance & Support Program for Psychologists. The primary goal of the CLASP Program is to assist psychologists in reaching out for support anywhere along the continuum from wellness to crisis.

Participation in the CLASP program offers chapters and psychologists the chance to encourage and enhance self-care in ways that can significantly contribute to the well being of you and your colleagues.

There are multiple dimensions to CLASP. We offer an Information and Referral Service which is monitored by the CPA CLASP Committee. The toll free number (888-262-8293) is confidential and is a resource to any psychologist or doctoral level psychology student who may be seeking a referral for therapy, consultation, workshops, information on self care, or to get support around a colleague. It is free to join. Once you become a provider, you have the opportunity to receive referrals in your practice, with the client or consultee being a psychologist. Once you receive the referral, you would work within your own policies and procedures, fee structure, and limits of confidentiality.

We also offer workshops on wellness, self care, resiliency, and burn out for psychologists, publish articles in the CP on topics related to colleagues support and enhancement and we are developing materials for chapters and psychologists on these topics. Consultation groups, workshops, and activities will also be developed.

We are actively recruiting providers for our CLASP I&R Service as well as Chapter Representatives. We also have 3 openings on the CPA executive committee. If you are interested in being part of CLASP in any way, it would be great to have you join us. Please share the word with others. We are working to destigmatize help seeking behavior and take a preventive stance to our work and encourage psychologists to reach out for support anywhere along the continuum from wellness to crisis.



If you have any additional questions, please feel free to contact me at either 831-426-4735 or dani_beckerman@yahoo.com; and check out our website at <http://www.cpaclap.org>.

How to Support Ourselves

Are you interested in working with Psychologists who are seeking therapy and/or consultation?

If the answer is yes, please join our Colleagues Assistance and Support Program Information and Referral Service Provider List at no fee.

Once you receive a referral, you will work within your own Policies and Procedures, fee structures and limits of confidentiality. Join us in supporting ourselves and our colleagues in maintaining and enhancing our mental health and well-being.

Learn more by calling our toll free CLASP I&R number at (888-262-8293) or contact Dani Beckerman, Psy.D., CPA CLASP Chair at (831) 426-4735 or dani_beckerman@yahoo.com.

Check out our webpage at <http://www.cpaclasp.org>

As Psychologists
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As People
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How to Support Our Colleagues