

Miami-Dade-Monroe Chapter
of the Florida Psychological Association
E-Newsletter – Fall 2016



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My Journey as President of the Miami-Dade-Monroe Chapter of FPA, 2015-2016

by Judith Migoya, Psy.D., President
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As my term of presidency comes to an end this December of 2016, I have been pondering about my experiences in leadership within FPA and hopes for the future. First of all, as I was relatively new to leadership within a professional organization such as FPA, I recall how nervous I was about being able to fulfill the role of president. It was a foreign world and, having known the presidents in previous years, I knew I had big shoes to fill. I have to say that the job was not nearly as overwhelming as I imagined it to be, though I was also truly blessed to have had outstanding mentorship and a solid support from an amazing group of professionals who serve as our chapter's board of directors.

I'd like to personally thank Tom Bonner, past president of MDMC, for getting me up to speed and showing me the ropes during my year as President-Elect and even to date. There were other "veterans" who hold and/or have held various leadership positions within FPA at the local and state levels who were also crucial to my success and mental health. These wonderful and incredibly knowledgeable individuals include Shelley Slapion-Foote, Frank Foote, Regina Mendoza, Bill Samek, and, last but not least, Samantha Carella, my "partner in crime" and Continuing Education Committee chair (I hope I am not missing

anyone). I'm eternally grateful, as I am to our membership for welcoming me; it's been a great experience.

I end my term with the regret of not having made sufficient headway with regards to having our chapter bylaws approved (thanks again to our Bylaws Committee for your hard work in creating this commendable document that will hopefully one day guide the way we conduct our chapter). I also had the hopes of getting more involvement from our local universities (students and academics professionals). However, I am at peace knowing that our President-Elect, Terilee Wunderman, will continue to pursue these goals zealously. I could not be happier with my successor. She is a kind, wise, strong, successful individual who has a lot of experience in leadership and who I am certain will be a fantastic addition to our chapter and to FPA. In the meantime, I will continue to be involved with our local and state organization, and to hopefully inspire a few skeptics to participate as members and/or leaders in our professional community.



Courage is resistance to fear, mastery of fear, not absence of fear. – Mark Twain



Holiday Workshop and 2017 Planning

*by Samantha Carella, Psy.D., ABPP, CAF President
Continuing Education Chairperson
s.carella@mailppa.com*

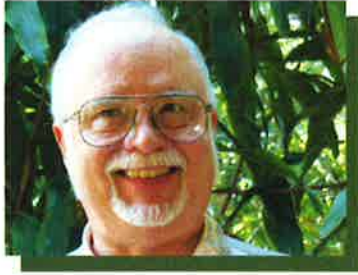
The education committee is wrapping up the year and we have had some great events over the course of the year and many of them have been offered by our own group of fantastic local MDMPA psychologists! We just had our Dr. Shelley Foote present on Fibromyalgia and our President-Elect, Dr. Terilee Wunderman will be speaking at our Holiday Meeting and Gathering on Thursday, December 8. Her topic is: *In the Spirit of the Session: Psychology & Spirituality in Clinical Practice*. We hope you will come out and join us for this fantastic CE event and social/networking holiday gathering. It is from 6-9 pm at Batch Gastropub in Brickell (30 SW 12th Street Miami, FL 33130). The Flyer is attached to this newsletter and you should be receiving emails-make sure to RSVP to the link or to central office.

Please remember that all of our communication about upcoming MDMPA events (as well as FPA) is delivered via email. If you are not getting our emails, please make sure to have your correct email address on file at central office and that you have elected to receive emails (also check your junk/spam box). You can email Nickcole at FPA (nickcole@flapsych.com) to inquire/update your information.

We have an exciting calendar set up for 2017 and should have the dates and some of the topics available to provide to you by our Holiday event. We wish you all a safe and happy holiday and look forward to seeing you on December 8th.



Education is not the filling of a pail, but the lighting of a fire. – William Butler Yeats



An Update from Your FPA Board of Directors Representative

by Franklin Foote, Ph.D., Chapter Representative
fsfoote584@gmail.com

As you may recall from previous articles, FPA's financial situation was in disarray after the transition from one full-time executive director to the other and then the departure of the more recent full-time executive director. A little less than a year ago, Carolyn Stimel graciously agreed to take over as acting part-time executive director. In January Carolyn, along with Zoe Proctor Weber, FPA President, and Tim Ketterson, FPA Treasurer began the massive effort to try to straighten things out. We had to have a couple of budgets on an interim basis in 2016 as this effort was underway. I am happy to report that things are looking stable and more positive now in two major ways.



First, it is all but certain FPA will end the year in the black. This will be the first year in a couple of years that we do not have to draw money from our investments to cover our ongoing operations and possibly may even be able to put a small amount into our investments. For example, in 2015 our monthly expenses were about \$40,000 whereas in 2016 monthly expenses were about \$25,000. Part of this upturn is due to the fact the executive director was part-time instead of full-time. This saved money in both salary and benefits.

Another part of this upturn was much improved management and financial controls by Dr. Stimel. This leads to the second major good news: Carolyn Stimel has agreed to be part-time executive director on a permanent basis. She has done an awesome job this past year and her continued presence as executive director means FPA will continue to be managed in a professional manner. Finally, regional conferences did so well in 2016, they will be continued in 2017. There is some concern that the fact that this is not a license renewal year, they will not be as financially successful as they were last year. Most people, however, are looking forward to another great set of regional conferences for 2017.

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. – Helen Keller



Make a Difference in the Founders' Society

by Regina Mendoza, Psy.D.
PEC Chairperson
drmmendoza@yahoo.com

The Psychologists of Florida Political Action Committee invite you to....

Join The Founders' Society.



Members of the Founders Society will authorize a charge of \$19.47 to their credit card every month as their Political Committee 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.



It always seems impossible until it's done. – Nelson Mandela



Legislative Affairs and Public Policy News

by Shelley Slapion-Foote, Ph.D., LAPPB Representative
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Mental Health Round Table Meeting with United States Representative Carlos Curbelo

On July 20, 2016, Representative Carlos Curbelo invited community leaders from Miami-Dade County to meet and discuss HR 2646, the Helping Families in Mental Health Crisis Act. This bill was written and presented by Representative Tim Murphy from the State of Pennsylvania. Representative Murphy is a psychologist himself. The twenty invited guests at this Round Table Meeting included Dr. Frank Foote and Dr. Shelley Slapion-Foote. Other invitees were from a variety of aspects of Miami-Dade County, including law enforcement, the court system, and the Department of Health. Also present were Administrators from local hospitals and the Executive Director of NAMI, the National Alliance for the Mentally Ill. Representative Murphy presented his bill and an open discussion was held to gain input from the community that services those with mental illness. This legislation will promote the expansion of mental health services and the hiring of more mental health professionals. It will also encourage family participation in supporting mental health patients. It will improve the quality of life for the mentally ill, their families, and communities. Bill HR 2646 has already been passed by the House in a 422-2. All attendees were encouraged to assist in getting the Senate to approve HR 2646. Dr. Foote and Dr. Slapion-Foote attended this meeting at the request of the American Psychological Association (APA) via the Florida Psychological Association (FPA) via our



own local MDMC Chapter. The forum was interesting, informative, and refreshing in that the opinions of local psychologists appeared to be valued.

LAPPB/RxP Activities

Shelley Slapion-Foote, Ph.D. has been kept busy meeting with local State Senators and Representatives to encourage the proposed bill for psychologists to have prescription privileges. Shelley has met with Administrative Assistants (who have the ear of the Senator or the Representative and are their “right hand” people) for Anitere Flores, Rene Garcia, Michael Bileca, and Jeanette Nunez. Each of these individuals were engaged in running for re-election so they were not available, in person. However, as those of us who have worked with LAPPB issues in the past, we have learned that, very often, getting to these Administrative Assistants is just as important as meeting with the Senators or Representatives themselves. Each visit was met with a welcome acceptance of entertaining the potential bill. Most important in these visits is establishing a relationship with the those who “have the ear” of these Legislators.



SERC 2017

As Co-Chair of SERC (Southeastern Regional Conference) 2017, along with 2016 SERC Co-Chair Craig Fabrikant, Shelley has been keeping herself out of trouble by staying busy with the planning of SERC 2017. The SERC 2017 Committee is constituted by members from MDMC Chapter, the Broward Chapter, and the Palm Chapter. Crazy as it may seem, all of the members of SERC 2016 re-upped for SERC 2017 with a few new folks jumping on board. Currently, the SERC 2017 is working on nailing down a site for the conference which is still in the early planning stages. A similar two-day (Friday and Saturday) format is in the development stages. Given the fine make-up of the SERC 2017 Committee, another successful SERC is anticipated. In addition to the two Co-Chairs, members include our own Samantha Carella, Judy Migoya, President-Elect Terilee Wunderman, Kerri Bresnan (Broward), Jason Spielman (Broward), Rachael Silverman (Palm), and Marni Jacob (Palm). It is likely that SERC 2017 will be sometime in the Fall of 2017. Keep your eyes open for future e-mails about SERC 2017!!!

“Choose a job you love, and you will never have to work a day in your life.”

– Unknown

Book Club Update

by Shelley Slapion-Foote, Ph.D., Book Club Chair

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fsfoote584@gmail.com

The MDMC Chapter of the FPA is planning to resume Book Club meetings in the new year. Meeting will once again be held at the home of Shelley and Frank Foote.

Have a happy Turkey Day and we'll keep you posted on the next anticipated meeting!!!





2016 Chapter Officers, Positions, and Committees

Chapter Executive Committee

President	<i>Judith Migoya, Psy.D.</i>	j.migoya@mailppa.com
President-Elect	<i>Terilee Wunderman, Ph.D.</i>	tw@drwunderman.com
Past-President	<i>Thomas O. Bonner, Ph.D.</i>	tbonner@drtombonner.com
Secretary	<i>Anthony Tanona, Psy.D.</i>	drtanona@yahoo.com
Treasurer	<i>Michelle Slapion-Foote, Ph.D.</i>	fsfoote584@gmail.com
Chapter Rep	<i>Franklin Foote, Ph.D.</i>	fsfoote584@gmail.com
Chapter Rep	<i>Thomas Bonner, Ph.D.</i>	tbonner@drtombonner.com
LAPPB Rep	<i>Michelle Slapion-Foote, Ph.D.</i>	fsfoote584@gmail.com
Student Rep	<i>Melissa Koniver, M.S.</i>	melissakoniver@gmail.com

Standing Committees

Membership Chair	<i>Lauren Carbonell, Psy.D.</i>	l.carbonell@mailppa.com
PEC Chair	<i>Regina Mendoza, Psy.D.</i>	drrendoza@yahoo.com
Continuing Education Chair	<i>Samantha Carella, Psy.D.</i>	s.carella@mailppa.com
Social Chair	<i>Samantha Carella, Psy.D.</i>	s.carella@mailppa.com
Early Career Psychology	<i>Lizmar Burguera, Psy.D.</i>	l.burguera@mailppa.com
Newsletter/Communications	<i>Audrey Cleary, Ph.D.</i>	cleary@draudreycleary.com

AD-HOC Committees

Group Therapy	<i>Melissa Friedman, Ph.D.</i>	melissafried@yahoo.com
Women's Issues	<i>Wendy Joffe, Ph.D.</i>	wjfcoach@yahoo.com &
	<i>Stephanie Carter, Ph.D.</i>	dr.stephanie.carter@gmail.com
Hospital Practice	<i>William Samek, Ph.D.</i>	samek@msn.com
Psychology and the Law	<i>William Samek, Ph.D.</i>	samek@msn.com
Prescription Privileges	<i>Lazaro Garcia, Ph.D.</i>	lazarogarcia@bellsouth.net &
	<i>Thomas O. Bonner, Ph.D.</i>	tbonner@drtombonner.com
Family Violence and Child Abuse	<i>Terilee Wunderman, Ph.D.</i>	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	





Changing Hands

By Audrey Cleary, Ph.D.

Newsletter Editor

cleary@draudreycleary.com

Hello MDMPA members,

I am happy to be stepping into my new role as your Newsletter Editor, with this current edition my first. I work full-time at the University of Miami Counseling Center, seeing students for therapy, assisting with supervision and training in the UMCC's APA-accredited doctoral internship, and coordinating the Sexual Assault Resource Team (SART) 24/7 hotline. I also maintain a psychotherapy private practice, where I work with adult clients presenting with a range of concerns. I have been a member of FPA since I became licensed, though this is my first foray into service for our chapter. I know that I have big shoes to fill with the newsletters, as our President-Elect, Dr. Terilee Wunderman, has done phenomenal work with this publication for several years. I spent time working with her on the last edition as she showed me the ropes and provided essential guidance as I put together this one. Thank you, Teri!

For our next and future editions, I welcome any submissions: articles, updates, or news on topics relevant to clinical practice, legislative changes, common concerns to psychologists, information related to niche areas of practice, or other news relevant to our profession. I know that our membership has much to contribute! Please feel free to be in touch with questions or feedback, and I look forward to working with you all.



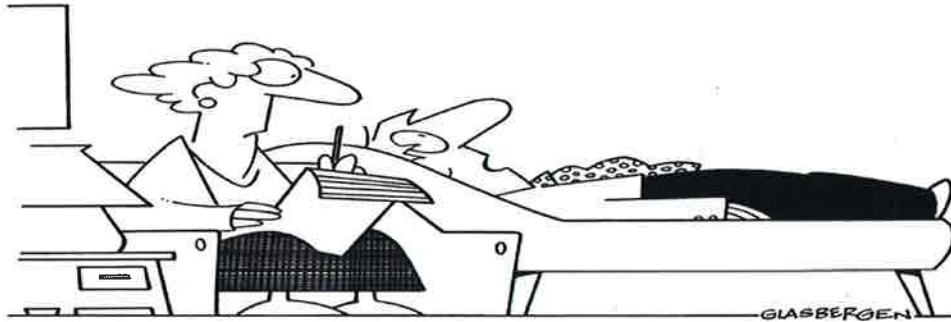
For a Smile

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Schwadron
"Sims, when did you first realize you weren't as smart as your phone?"

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"You told me I'm my own worst enemy. So I got a restraining order against myself!"



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Compassionate Camaraderie

By Terilee Wunderman, Ph.D.

President-Elect

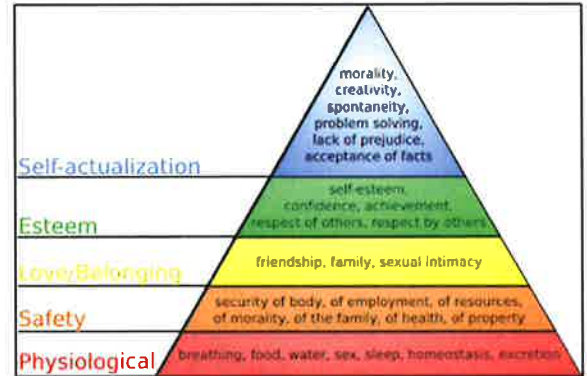
tw@drwunderman.com

Some recent FPA email listserve discussions addressed working with clients after the recent Presidential Election. Some clients were experiencing anxiety, grief, shock, and betrayal while others felt relieved and thrilled. The email thread also reflected upon our own personal reactions to the outcome and how that may or may not be affecting our professional work. I read through the insightful, heartfelt posts, nodding my head in agreement and with gratitude.

My own reactions reminded me of coping with the aftermath of Hurricane Andrew in 1992. During that time before email, a small group of psychologists chose to meet weekly in support of our post-hurricane journeys. Like our clients, some of us had been affected significantly by the hurricane while some of us been affected very little if at all. The compassion, support, and collegial consultations during that time were invaluable to me.

Maslow's Hierarchy of Needs can be a helpful reference for keeping priorities straight and expectations reasonable, for ourselves as well as our clients. As we know, our clients may need reminders to take care of themselves, sometimes in very basic ways but also to address their higher order needs. We too may need reminders for self-care as well as for connecting with those who support and nurture our personal and professional growth.

How fortunate we are to be able to connect with our fellow psychologists --- this family of dedicated, caring, and wise professionals to whom we belong. Thank you everyone who shared and keeps sharing on the email listserves with openness, support, and wisdom. May we all move forward in service to ourselves and our clients with renewed strength, courage, compassion, and enthusiasm for the important work we do.



We may define therapy as a search for value. – Abraham Maslow





The Miami-Dade-Monroe Chapter
invites you to attend our
Holiday Celebration • CE & Membership Meeting
ECP Networking Event

THURSDAY
DECEMBER 8TH 2016
6 TO 9 PM

**IN THE SPIRIT OF THE SESSION:
PSYCHOLOGY & SPIRITUALITY
IN CLINICAL PRACTICE**



Florida Psychological Association

The Florida Psychological Association (FPA) is approved by the Florida Department of Health, Board of Psychology and Board of School Psychology to sponsor continuing education for psychologists. FPA is approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling as a provider of continuing education. FPA maintains responsibility for the program and its content.

Presenter:
Terilee
Wunderman, Ph.D.

Registration &
Networking:
6:00-7:00pm

Membership Meeting:
7:00-7:30pm

1 Hour CE Workshop:
7:30-8:30

Wrap up/Social Time:
8:30-9:00

RSVP to
www.flapsych.com
by 12/1/16

LOCATION
Batch Gastropub
30 SW 12th Street
Miami, FL 33130