



# The San Francisco Psychologist

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## The President's Column

Ilene A. Serlin, Ph.D., ADTR

**G**reetings, everyone! Spring is blooming in San Francisco, and the warm weather and colorful flowers bring some sense of hopefulness during difficult times.

I'd like to reflect a bit on the idea of resiliency—what it takes to keep a sense of hope. What can we do as human beings, as psychologists? I began these reflections during my April trip to Israel, where I worked with caregivers at a trauma center in Tel-Aviv, and participated in a conference where young Israeli's and Arabs met to play music together. With so much trauma in the world today, what can we learn about paths toward resilience? At the CPA convention in Oakland, Victoria Lemle Beckner, Richard Harvey, Rut Gubkin, Daniel Pitchford and I explored this question in a panel entitled: "Whole Person Approaches to Trauma: Post Traumatic Growth." Other outstanding presentations during the convention that brought new understandings of resiliency and growth included the opening plenary on "Taking Charge of Our Future as Psychologists," Dacher Keltner's master lecture on social intelligence; Victoria Beckner's presentation on "Disaster-Related Trauma;" "Sowing the Seeds of a Healthcare Revolution: Holistic Care for Older Adults" by Antonnette Zeiss and "Future Roles for Psychologists" with Pam Van Allen, Morgan Sammons, Edwards Morales, and David Silverman. A highlight of new partnerships was the Friday evening event at the "Y" in Oakland that marked the start of the partnership between APA, Div. 42, the Y-USA and Oakland's YMCA. This event was a demonstration of how psychologists, here Jana Martin and Michael Ritz, built a public campaign to encourage a healthy mind, body and spirit.

Our very own members also won outstanding awards at the convention opening ceremony. Both Jerry Clark Awards for advocacy were given to members of your San Francisco Board: Susan Chandler and Victoria Beckner Lemle.

In addition, Dr. Beckner Lemle and I also had book-signings at CPA; Dr. Beckner Lemle



on her new book, *Conquering Post-Traumatic Stress Disorder* (with J. Arden), and I for my 3 volume book series called *Whole Person Healthcare*. Another outcome of the convention was a meeting among the presidents of the Northern California Psychological Association chapters. We reaffirmed our intention to further

collaborate, now have a listserve, and post notices of open and shared events in our area. Also below are notices about upcoming Continuing Education events. Please keep your calendars open for ones promoting resiliency, creativity, and wellness. Our walk and talk in the fall is sponsored by CLASP, a CPA group promoting optimal self-care for psychologists.

We look forward to meeting you at our events. Membership brings a chance for collegiality and professional development that is often missed in private practice or after school days. We encourage you to connect with each other and join us in supporting our profession. Also, here are some upcoming APA events:

- **Book-Signing:** A Creative Guide to Exploring Your Life: Self-Reflection Using Photography, Art, and Writing, and Couple Power Therapy: Building Commitment, Cooperation, Communication, and Community in Relationships, Division 32 Hospitality Suite, APA, Co-Sponsored Div. 32, Psychotherapy and the Arts, Toronto, Canada, Saturday, August 8, 2009, 11AM, For information, contact Christine Farber ([christine.farber@tsicaap.com](mailto:christine.farber@tsicaap.com))
- **Panel:** "Trauma and Transitions in Multicultural Contexts: Sociopolitical and Existential Reflections," Thursday, August 6, Metro Convention Centre, Rm 205A, 10–11:50 a.m. CoChairs: Fred Wertz, Ph.D., Ilene Serlin, Ph.D, Participants: Emily Sachs, Rong-Bang Peng, Miraj Desai, Charles Chen, Sarah Kamens, Rut Gubkin, James Beshai

• **Panel:** "Whole Person Approaches to Trauma—Posttraumatic Growth," Friday, August 7, 1–4:50 p.m., Westin Harbour Castle Toronto Hotel, Pier 3. Chair: Ilene Serlin, Ph.D. Participants: Morgan Sammons, PhD, Stanley Krippner, Ph.D, Victoria Beckner, Ph.D, Richard Harvey, Ph.D

Best wishes,  
Ilene