



CCPA NET Letter

www.psychselect.com/ccpa

Collin County
Psychological Association

AUGUST 2010
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SELF CARE FOR PSY- CHOLOGISTS

**JENNIFER HARTMANN,
PhD**



For the 8/27 CCPA meeting, we have asked Jennifer back for a return engagement of her presentation on self care. This was well received before and provided many of us with excellent insights into

both our profession's challenges and debilities.

Be sure to invite your colleagues and friends to this stimulating discussion with many practical applications!

**TINO'S MEXICAN RESTAURANT
SOUTH MAIN ENTRANCE
COLLIN CREEK MALL**

Make sure you are a current member to

"SELF CARE"

8/27—12 NOON Ψ - JENNIFER HARTMAN

**PLEASE PLAN TO ATTEND AND
BRING YOUR COLLEAGUES**

Inside this issue:

UPCOMING 2
Meetings

Review your 2
Listing!

**IT IS TIME TO RE-
NEW! GET your
CCPA Member-
ship Application!**

See CCPA Website

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Groups and More**

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SECURITY

FUTURE MEET- INGS:

- 8/27—SELF CARE-TINO'S—12 NOON
- 9/24—TBA-TINO'S—12 NOON
- 11/4-6—TPA—Addison
- PLEASE HELP CCPA FIND PRE-SENTERS!

UPCOMING MEETINGS—SCHEDULE THESE NOW!

Our monthly meetings are held from 12:00 noon to 1:30 p.m. on the 4th Friday of each month at TINO's Mexican Restaurant, Collin Creek Mall, Plano, unless otherwise specified. Tino's is in the South Main Entrance on the west side of 75. Members may order lunch from the menu, or just enjoy the presentation. 1.5 CEU credits are given to members for attending the meeting.

August 27—SELF CARE – J. HART-MANN, PHD-12 Noon Tino's Collin Creek— 1.5 CEU's

September 24—TBA— —12 Noon Tino's Collin Creek— 1.5 CEU's

November 4-6—TPA– Marriot Quroum in Addison

PLEASE CHECK YOUR REFERRAL INFO. ON www.psychselect.com/ccpa! We try to keep it up to date, but we need you to verify your location and phone info. Remember you need to be current on dues to be listed!

WE ARE RECEIVING A NUMBER OF REQUESTS FOR PRO BONO SERVICES. PLEASE NOTIFY FRANK WICHERN AT wichern@att.net IF YOU WOULD LIKE TO RECEIVE A REFERRAL!

OPPORTUNITIES!

Office Space

Office space available in west McKinney (www.adriaticamckinney.com) for full-time/part-time private practice. Furnished/unfurnished, numerous amenities available as part of suite of 3 offices. Ideal for high end self-pay practice. Therapist specializing in treatment of male sex addiction preferred but not required. Contact me at DrJaniceCaudill@live.com

Furnished office for lease; Plano/Coit and Park area; full or part-time. In addition: waiting area, play/group room, copier/fax shared with four others. Kitchen, restrooms in common area. Contact Gordon Sauer 972-867-2497

Job Available

Did you know that 80% of internet users search for information about health care providers online? We've put together a special package for CCPA members, including website design and hosting, created to help you accurately represent your practice online.

To learn more, call or email Thad Stammen TODAY! thad@audience-experts.com or 972-898-7953

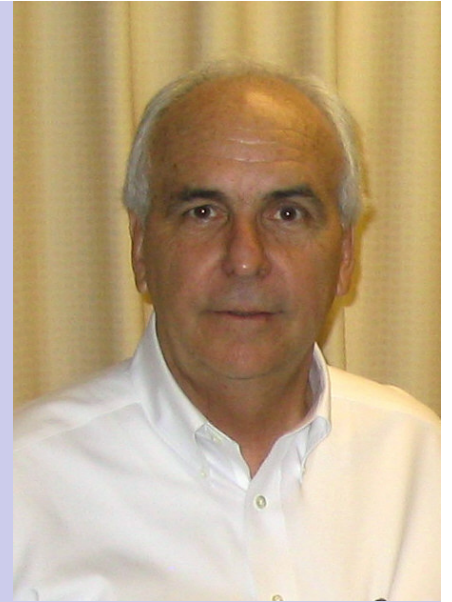
Audience Experts LLC How do you effectively market your business? www.audience-experts.com

CCPA PRESIDENT'S COLUMN:

AUGUST 2010

Greetings CCPA members!

Those of you who were unable to attend the July meeting at Tino's, missed a unique meeting. The guest presenter was local psychiatrist, Dr. Sejal Mehta, who introduced Neurostar Transcranial Magnetic Stimulation (TMS) therapy for depression. There was some electric in the air as scientific and anecdotal efficacy results were offered by Dr. Mehta and Neurostar's representative, Abbey Arellano. They evidently triggered some cranial stimulation without the use of the TMS electro magnetic device, evidenced by an unusually spirited scientific debate. Thanks to Dr. Mehta and Ms. Arellano for being kind enough to respond to our invitation to present.



Following on the heels of a meeting related to stimulation, is our August 27th meeting (same time, same place) featuring Dr. Jennifer Hartman and her Self Care for Psychologists program. Jennifer is a long time CCPA member with recognized expertise on her presentation topic. Inspired by Jennifer's lead, your willingness to present on a topic or recommending a presenter will always be appreciated.

Regarding project ideas for the new CCPA year, redesign of the CCPA Web Site was considered to be the most critically important major project. The executive committee will begin immediately to evaluate the existing web site, and solicit expertise to create a new one, reflecting the best possible professional image that attracts public and professional interest, while becoming more valuable and interactively meaningful to the membership.

2010 Projects

1. As in the past, relocation of the monthly lunch meeting location does not pass the tests warranting change.
2. Increasing efforts to attract inactive and new members is always important. You can help by encouraging people to return, or invite new members.
3. Improving efforts to recruit presenters. As mentioned earlier this can include you, or someone you believe would be appreciated.

Developing an effective CCPA public promotional campaign. Creation of a stimulating and informative, easy to navigate web site, is most likely the most important effort we can undertake and complete. Of course the lunch social and reasonable CEU's remain powerful draws.

As always, your suggestions are valuable, welcome, and appreciated. Serving in some capacity on the executive committee is always a valuable contribution to the association. You may have missed the opportunity to volunteer as the board secretary, since Jennifer Harman accepted the position, but there may be a position opening for a sergeant at arms.

WISHING YOU WELL!

Ron Taylor, Psy.D

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Psychological Association**

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*The network of psychologists that
connects!*

CCPA EXECUTIVE COMMITTEE

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ANNOUNCEMENT OR OTHER
RELEVANT INFORMATION,
CONTACT CCPA: wichern@att.net

BOARD MEETINGS:

Please attend!

600 W. Campbell Rd #5,
Richardson

NOON – First Friday of month!

**PLEASE
RENEW YOUR
CCPA
MEMBERSHIP!**

Application at:
www.psychselect.com/ccpa

MENTOR'S CORNER: *CCPA encourages it's members to build profitable, ethical practices. These tips are timely and we solicit your suggestions, recommendations and Questions!*

INTERNET SECURITY:

WE CAN LEARN FROM OUR FAILURES!

About two weeks ago, I received an email that had a .pdf file from a friend. I opened the file and read the insightful article about current cultural changes. Later, my Zone Alarm firewall protector asked me if I would allow a program called Setupsupp.exe to access the web. Not thinking long, I clicked on allow. Within a few minutes I had a very professional webpage from Desktop Security displayed saying that my computer was infected with a Trojan program! Further, Desktop was scanning my computer for other viruses and Trojans.

**DESKTOP WAS ACTUALLY INSTALLING TROJANS,
ABOUT 12 AT LAST COUNT!**

I have been very cautious about internet security and have both firewall and antivirus protection. But I was unprepared for the Desktop onslaught. For starters, you can't get out of Desktop. It asks for a fee to install, (don't do it) and a fee to uninstall, if you can get out of all the pop-ups that start happening. Desktop was accessing all my files and keystrokes!

Also, once Desktop is running you can't do anything else with your computer, because of all the pop-ups. If you have ever had this happen you know what I mean! What a train wreck! Here are some options:

- 1. If your computer is hacked, get off the web, close all internet connections. These programs load more Trojans as you are trying to delete them.*
- 2. Get on a safe computer and google the hijacker program, ie, Desktop Security. I found out quickly what and where the files were that needed to be deleted so I could download a malware program that would clean my hacked computer.*
- 3. Buy a internet security program that will clean your computer. I was using freeware for both firewall and antivirus but they were not enough to clean out Desktop.*
- 4. Hackers are using .pdf and .jpg files to get in!*

A recent article reported that the Pentagon is attacked by hackers 250 Million times a day. It went on to say that your computer may also be being attacked in the millions. Learn about internet security and stay current with good software. By the way, this also includes smartphones, anything with internet access. It is worth it!