

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

SEPTEMBER 2020

Newsletter on Behalf of Kathryn Wetzler, PsyD

WELCOME TO THE 2020-2021 COHORT!

As we embark on a new training year, we wanted to welcome our incoming cohort of Mental Health Trainees for the 2020-2021 year. This year marks the largest cohort in the history of the Northern California Mental Health Training Program. We are onboarding nearly 200 Postdoctoral Residents, Post-Master's Fellows, Doctoral Interns, Practicum Externs and Pre-Masters Interns across 20 medical centers. While we regret not meeting you all in person, we are nonetheless so grateful that you are joining us for your training year. Despite the many obstacles and challenges that we're facing, the Regional Training Program is working hard to ensure that this year is a memorable and rewarding one for all of you.

MENTORSHIP PROGRAM

The Equity, Inclusion & Diversity Liaisons for Mental Health Training Program are pleased to continue our annual Mentorship Program for the 2020-2021 training year. We would like to invite licensed staff members to mentor incoming trainees and have an opportunity to give back to their discipline. An email with further information and details was sent on September 1st outlining how to apply for this program, but please reach out to us if you missed it.

MONTHLY CONSULTATION WITH DR BEDFORD PALMER

The Regional Mental Health Training Program has continued to partner with an outside diversity consultant, Dr. Bedford Palmer, to provide consultation for both our trainees and training faculty on an ongoing basis. Dr. Palmer will be meeting with trainees and training faculty once per month to provide a safe and meaningful place to explore issues around cultural humility and diversity and how we can better infuse these values into our professional and personal lives. Links and instructions on how to join these sessions remotely are sent out approximately one week prior to the scheduled sessions. For the next few months, the schedule for these consultation sessions will be as follows:

- Friday, 9/25: trainee session
- Friday, 10/2: faculty session
- Friday, 10/23: trainee session
- Friday, 10/30: faculty session
- Friday, 11/20: trainee session
- Friday, 12/4: faculty session

SPOTLIGHT

Thank you to **Shay Loftus PhD**, one of our Liaisons, for updating the Policy & Procedure Manuals. We appreciate all your hard work and effort as this was a huge undertaking.

UPCOMING LIVE SEMINARS**Wednesday, October 7th****Regional Mental Health Welcome (Trainees Only) – Hold the Date**

Regional Mental Health Team

12:00 PM-12:45 PM

(Webex meeting invite sent via email)

Wednesday, October 14th**Law & Ethics for Mental Health Professionals**

Dan Taube JD, PhD

9:00 AM-12:00 PM (licensed staff only)

1:00 -4:00 PM (trainees & staff)

(Registration open on the MHTP website)

Diversity Forum (Trainees ONLY)

11:00 -12:30 PM

(webinar link will be sent to all trainees)

Monday, October 26th**Supervision for Mental Health Providers**

Carol Falender PhD and

Ed Shafranske PhD, ABPP

9:00 AM to 4:00 PM (Licensed staff only)

(Registration open the MHTP website)

