# NEWSLETTER

On behalf of Kathryn Wetzler, PsyD



**EXCITING CONTINUING EDUCATION NEWS** 

We are pleased to announce that in the coming month we will be going live with our library of free online CE courses. We are continuing to record our regional trainings and if validated will be available for CE credit for all KP providers. More details to come!

### **REGIONAL SEMINAR UPDATES**

We are hosting a training by Dr. Patricia Robinson, a pioneer in Focused Acceptance and Commitment Therapy (fACT), a brief intervention approach to enhancing psychological flexibility. In May, we'll be hosting 2 separate regional trainings, including one focused on Sleep Medicine (Dr. Nirupam Singh, May 18<sup>th</sup>) and another focused on the Science of Burnout (Dr. Jacinta Jimenez, May 25<sup>th</sup>). As the summer progresses, we'll have even more outstanding trainings that we're excited to share. These trainings will be presented remotely, with CE's available to staff who register and who attend the live events.

### **FOCUS ON EID**

The Equity, Inclusion, and Diversity Forum is excited to welcome Larry Lee, LCSW for our April EID discussion entitled, *Cultural Humility and the "Compassionate Witness"* on April 13<sup>th</sup> at 11am. Larry Lee continues to be a persistent voice in challenging unconscious bias and racial disparities in mental health treatment. Forums are a "trainee-only" space by design and hope to foster thought provoking dialogue on important issues surrounding EID.

Congratulations to Dr. Mandeep Tumber-Bhela, PhD for being named Diversity Chair for the Sacramento Valley and highlighting the plight of South Asian farmers in a column in the Sacramento Valley Psychological Association Monthly Newsletter. We stand with the AAPI community and encourage everyone to continue to stay informed on these important issues.



### **UPCOMING LIVE SEMINARS**

Tuesday, April 20, 2021

**APRII 2021** 

Focused Acceptance and Commitment Therapy (fACT)

Patricia Robinson, PhD 1:00 PM to 5:00 PM

Tuesday May18, 2021

Sleep in Psychiatry Insomnia and Hypersomnia

**Dr. Nirupam Singh, MD** 1:00 PM to 4:00 PM

Tuesday, May 25, 2021

**Buffering Against Burnout** 

Jacinta Jimenez, PsyD, BCC 2:00 PM to 4:15 PM

Tuesday, June 15, 2021

**Solution Focus Approach** 

Elliott Connie, MA, LPC

1:00 PM to 4:30 PM

To register visit the Seminars & Conference page on our website at <a href="https://www.mentalhealthtraining-ncal.kp.org">www.mentalhealthtraining-ncal.kp.org</a>



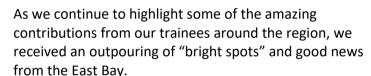
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APRIL 2021

## **BRIGHT SPOTS**



From Margot Green, Ph.D.: "We are excited to report that our new track of the EBC called MIR for "Maternal Infant **Resiliency"** is off to a great start in our inaugural year! We have four Post docs in the EBC who are embedded both in Women's Health and Pediatrics, using their skills also to help us build new working relationships in primary care medical departments. They are using a health psychology model to help families cope with the intergenerational impact of Adverse Childhood Experiences; and they are hoping to improve resilience in families. Although they just got started with this work from the ground up and are only halfway through our first year, they have already received more than 500 referrals! There are many ways we are evaluating these data and building upon it for a meaningful future. Many many thanks to our wonderful MIRs!!"

Another highlight from Margot: "another one of our Highlights for the MIR program - Our proposal got accepted at the PSI annual conference: **Strengthening Maternal-Infant Resilience through Integrative Care at** 

**Kaiser Permanente**, for presentation at the 34<sup>th</sup> Annual PSI Virtual Conference taking place July 7-11, 2021. PSI will utilize a central conference hub that will house all aspects of the conference and link to Zoom to host the virtual conference in a live format."

Ana Zdravkovic, Ph.D.: "Here are some highlights from our consortium. We have two new positions in our consortium this year, in Walnut Creek and in Antioch, which are both geared toward pediatric health psychology. These positions have sparked important conversations with our pediatric departments about ways to collaborate, support integrated care and improve patient functioning. They are both filled, and we're excited to start this important work later this year."

Another highlight from Ana: "Residents are partnering with a local medical high school called Dozier-Libbey. Students in this school are committed to pursuing careers in the medical field. Residents have been presenting to students about wellness topics and current clinical issues in the field, providing mentoring, and conducting staff trainings. The feedback has been very positive, and we hope to continue this collaboration in the future."

**Allison Delorefice, Ph.D.:** "In KP Pleasanton Dr. Jhanev Allen, Psychology Postdoctoral Resident on the Child and Family Team, recently published a child's book called, *The* 

Mystery of The Missing Friends. It can be found on Amazon, Kindle, etc "

Another highlight from Allison:
"Additionally, all three of our residents,
Drs. Amelia Jayanty, Ben Steinman, and
Jhanev Allen are completing their program
evaluation project on evaluating remote
training in the residency cohort. It includes
looking at the effectiveness of the
onboarding process, quality of the
remote supervisory relationship, and
resident's sense of team connection and
community within the clinic. They are
surveying the 2020-2021 KP psych
residency cohort. They hope to provide
meaningful feedback to both local and
regional training."

Bravo for all these wonderful efforts!

