

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

October 2022

On behalf of Kathryn Wetzler, PsyD

WORLD MENTAL HEALTH DAY!

October 10th marked WHO's World Mental Health Day – a day aimed to raise awareness around mental health issues and encourage those who need support to seek it free of stigma. As professionals who have dedicated their lives to this cause, the Mental Health Training Programs would like to thank all of our trainees and training faculty for their work in supporting these important efforts.

**VIRTUAL SYMPOSIUM FOLLOW UP**

Our Northern California Mental Health & Addiction Medicine Virtual Symposium in August was a big hit, featuring renowned speakers like Anna Lembke, David Kessler, Johann Hari, Edna Foa, and many more. With two keynote speakers and ten workshops, we know many of you who attended had to make difficult decisions about who to see that day. The good news is that we recorded all of the Symposium sessions and pleased to share these with you through our Continuing Education Lecture Library portion of our website: [\(see links below newsletter\)](#)

UPCOMING TRAININGS

We've got some exciting speakers coming in over the next few months for our regional seminar series.

In November, we're pleased to be hosting Dr. Sally Spencer-Thomas, a leading authority on the topic of suicide risk assessment.



Then in December, the training program will be hosting a special 2-day Cognitive Processing Therapy training with one of the co-developers of CPT Dr. Kate Chard (please note, due to limited capacity for this event we are unable to offer spots for everyone interested).



And in January, we'll be learning about the Unified Protocol for Transdiagnostic Treatment from Dr. Shannon Sauer-Zavala.



Stay tuned for more outstanding opportunities to learn from leading experts in our Regional Seminar Series, including some trainings focused on children & adolescents in 2023.

UPCOMING LIVE SEMINARS**Thursday, November 3, 2022****Helping People Living with Suicide Intensity: Risk Formulation, Support and Healing with Confidence and Compassion**Sally Spencer-Thomas, PsyD, MNM
1:00 PM to 4:30 PM**Tuesday, January 17, 2023****Unified Protocol for Transdiagnostic Treatment of Emotional Disorders**Shannon Sauer-Zavala, PhD
9:00 AM to 4:00 PM

To register visit the Seminar Registration page on our website at www.mentalhealthtraining-ncal.kp.org

See Meetings, Events & Conferences Tab for calendar

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EQUITY, INCLUSION & DIVERSITY UPDATES

Meet Your newest EID Mental Health Training Program Liaison, **Aubyn Fulton, PhD**, who is joining Drs. Chinue Brown and Mandeep Tumber-Bhela in this role.



Aubyn Fulton, PhD: “I am the newest member of the EID Team, in my sixth year of working for Kaiser Permanente. I enjoy my individual therapy caseload, running a treatment group for young adults, and supervising Post-Doctoral Residents. Prior to Kaiser I was on staff at Napa State Hospital, then in private practice for many years, and a Professor of Psychology at a small liberal arts college for 25+ years. My teaching and research included work on EID issues, and in various incarnations I also served as a faculty mentor and advocate for African American students, students of color, and LGBTQ+ students.”

Please remember to look online at the website for dates on the upcoming forums and EID consultation hours which both start in October.

<https://mentalhealthtraining-ncal.kp.org>

EQUITY INCLUSION & DIVERSITY CALL TO ACTION:

Learn about one social justice issue or type of injustice and investigate what is being done to address it.

MENTAL HEALTH TRAINING PROGRAM MENTORSHIP PROGRAM

The Equity, Inclusion, & Diversity Officers for the Northern California Mental Health Training Programs are pleased to continue our annual Mentorship Program for the 2022-2023 training year.

We would like to invite licensed staff members to mentor incoming trainees and have an opportunity to give back to their discipline.

<https://www.surveymonkey.com/r/2022-2023mentor>.

We are also encouraging trainees who are interested in participating in the mentoring program to apply.

<https://www.surveymonkey.com/r/2022-2023mentee>.



To submit announcements for the MHTP Newsletter, email Jonah.X.Paquette@kp.org