



Suffolk County Psychological Association

## SCPA Quarterly Newsletter

Welcome to our 2024 first quarter newsletter. Take an active role in your community! *Did you know that research shows [improved mental health for those who regularly engage with their community?](#)* Collaboration drives social connection, so use the link below to email your contributions, ideas, and feedback to SCPA.

[Email SCPA with your ideas](#)



### Letter from the President

Hi all,

SCPA had some exciting things happen this quarter. We discussed the future of artificial intelligence and how that relates to the field of psychology (simultaneously exciting and scary) and attended the Half Hollow Hills Mental Health Day, where several SCPA members presented. We have some great events planned for the upcoming quarter, including more outreach attempts and our next social gathering. Some great programming is on the way, including collaboration with BOCES and potentially the Office of Attorneys for Children.

[Read more...](#)

### Upcoming Workshops

Did you know that as a Premium member, you can view past workshops for NYS self-study CE credits for free?

Join us for our monthly workshops, which typically provide 2 NYS-approved CEs. Workshops are typically held on the 1st Friday of the month, 7:15-9:15pm, unless otherwise specified. Workshops are free for Premium, Plus, and Student members, \$43 for all other members, and \$73 for non-members.

- March 1, 2024: [Ketamine-Assisted Psychotherapy](#) (presented by fellow member, Dr. John Cottone)
- April 5, 2024: [Intersections of Buddhist Psychology and Mental Health](#) (presented by Dr. Matthew Brensilver, featured below in the media review)
- May 3, 2024: [Assessing and Treating Eating Disorders: A Review of APA Guidelines](#) (presented by Drs. Farhan Husain and Patricia Osborne)

Back by popular demand: Dr. Germaine Allison, chair of the School Psychology Committee, in collaboration with Eastern Suffolk BOCES, is hosting a second (non-CE granting) workshop on the [LISELF](#) website. Learn more about how the schools & mental health organizations from Long Island, New York are teaming up to share mental health and wellness initiatives.

**Tuesday February 27, 2023, 4:00-5:00pm**

\*\*This course does not offer CE credits

[Registration is FREE!](#)

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Share your specialty! You can earn 6 NYS CE credits for presenting an SCPA workshop!  
Email the programming committee for more information.

Email the programming committee

Click to see upcoming and past workshops



## Upcoming Events

The Independent Practice Committee (IPC) held its February meeting, on increasing focus at work. The next meeting is scheduled virtually on March 1st, and the topic is "non- and less-traditional models of therapy [e.g. "walk and talk" therapy, retreats, animal-assisted].

Contact Dr. Donna Thiele to learn more



## Winter Happenings



Another successful winter get-together. SCPA Members decorated our annual Stony Brook Village tree and enjoyed brunch with family and friends. This year, the theme was "Feelings Around the World." SCPA represented our members at the Half Hollow Hills Mental Health Day Fair in January where there were over 300 attendees, 31 workshops, and 35 exhibitors (including 2 therapy dogs). Drs. Abbe, Schroeder, Rimler, and Thiele participated on a variety of topics.

Contact Dr. Donna Thiele to get involved

## Media Review by Deena Abbe, Ph.D.

Listening to Matthew Brensilver is like a master class in whatever topic he chooses to speak about. His grace, wisdom, self-deprecation, come through as clearly as his knowledge and skill to impart. My first introduction to Dr. Brensilver was through Dr. Anthony Pantaleno's Buddhism Group through SCPA. His wit and wisdom left such an impression on me that when I saw his name on one of my favorite podcasts, Ten Percent Happier, with Dan Harris, I immediately flagged it.

To say Dr. Brensilver and Dan discussed mundane topics such as [what it means to be present](#), and how meditation helps us distinguish between true alarms and false alarms, doesn't do justice to the hour and a quarter brain smile conversation. Rarely do I leave a moment truly enlightened, although it occurs more often than not with Ten Percent Happier; but it always occurs with Dr. Brensilver. You can listen to Dr. Brensilver talk about [Why Self-Hatred Makes No Sense](#), and just for yourself.

Which is why I look forward to welcoming him to SCPA in April as our distinguished Friday night speaker, discussing the Intersection of Buddhist Psychology and Mental Health. Whether you have never heard him speak or are looking forward to the next opportunity to experience a Dr. Brensilver lecture, I invite you to join us. His knowledge and lectures are one of the highlights of my year.

Click to see more of Dr. Brensilver's teachings



## Meet the Board

Beth Hollander, Ph.D. is the current President-Elect of SCPA, and has been on the Board of SCPA in different capacities (first as Member at Large, then Treasurer) since 2018. She is also the current Website Chair for SCPA and led the transition to SCPA's upgraded (and hopefully improved!) website in 2021. Beth received her doctorate in Clinical and School Psychology from Hofstra University in 2011. She has

been in private practice in Commack for almost 10 years, and previously worked in the Student Counseling Center at Adelphi University, where she was deemed the “CBT expert” of the staff and supervised interns from the Derner School of Psychology. During her free time, Beth enjoys completing the New York Times crossword puzzle daily, knitting and crocheting, baking, and reading. She is also an active Adult Leader for her son’s Boy Scout Troop and attends those weekly meetings almost as regularly as her son.

## Stay Tuned...

The board is hard at work compiling a psychiatric referral resource, which will be available to members on the website.

### Dangers and Safeguards in Treating Children and Families Involved with a High-Conflict Divorce by Neil Grossman, Ph.D.

Families involved in a high-conflict divorce usually have a heightened level of anxiety and many strong emotions that can have an impact on therapists. . . . Motivated to help and protect their clients, therapists, may become overly allied and identified with patients prompting them to lose their clinical perspective and attempt to help or rescue them. . . . Members of the families may distort or bend facts and realities. . . . Pressures on the treating professional become still stronger when emotionally charged issues like family violence, domestic abuse, child abuse, child sexual abuse are presented. . . . There are ways for a treating psychologist to neutralize these pressures.

[Click to read Dr. Grossman's full article](#)

[Click to become a contributor!](#)

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