

# SAN DIEGO PSYCHOLOGICAL ASSOCIATION

## COMMITTEE MINUTES

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COMMITTEE: Women's Wellness Committee

DATE OF MEETING January 17, 2023 at 7pm

LOCATION OF MEETING: Zoom

COMMITTEE MEMBERS PRESENT: Dr. Rebecca Kenyon, Dr. Polina Eidelman, Dr. Tami Savage Dr. Karen Lese-Fowler, Dr. Jody Saltzman, Dr. Amanda Yamm, and Dr. Lauren Woolley

COMMITTEE MEMBERS ABSENT: Dr. Solara Calderon, Dr. Adrienne Habib, Dr. Lisa Jensen, Dr. Karen Hall, Dr. Lindsay Elizondo, and Dr. Jessica Oye-Trautloff

### DESCRIBE PROCEEDINGS:

(Reports Presented/Discussions/Motions Approved or Not)

1. Welcomed members to 2023.
2. Check in-inquired about members who are currently accepting referrals and members who are seeking referrals.
3. Dr. Woolley shared SDPA updates.
4. Inquired about member's "wish list" for 2023
  1. Quarterly social events.
  2. Quarterly speaker events (both Dr. Saltzman and Dr. Yamm volunteered to present on their areas of expertise)
  3. Quarterly case consultation/article review meetings
5. Discussed interest in bringing in a big-name speaker (e.g., Kristin Neff, Jill Stoddard). Agreed it would be wonderful to host such an event but it may be more realistic to consider bringing in a speaker who requests a modest honorarium (e.g., a local expressive arts therapist presenting on how to use experiential exercises with eating disorders, sexual assault survivors).

6. Discussed splitting up the email roster for WWC and reaching out to individuals who expressed interest in WWC but have not attended a meeting.
7. Dr. Lese-Fowler reminded members to add their information to the WWC referral list.
8. Dr. Lese-Fowler and Dr. Lauren Woolley agreed to create a year-long calendar for the WWC, so we can plan for speakers, consultations and social dates.

DATE OF NEXT MEETING: February 21, 7pm via Zoom

REPORT SUBMITTED BY: Karen Lese-Fowler and Lauren Woolley, PhD

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DATE:

(Submit Form to SDPA Office and Board Committee Liaison)

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