

SAN DIEGO PSYCHOLOGICAL ASSOCIATION

COMMITTEE MINUTES

COMMITTEE: Women's Wellness Committee

DATE OF MEETING January 9, 2024, 7 PM - 8 PM

LOCATION OF MEETING: Zoom

COMMITTEE MEMBERS PRESENT: Dr. Kelly Anderson, Dr. Solara Calderon, Dr. Claire Clark, Dr. Stamatia Daroglou, Jessika Fruchter LMFT, Dr. Rachel Goldenhar, Dr. Karen Hall, Dr. Lisa Jensen, Dr. Karen Lese-Fowler, Dr. Jody Saltzman, Dr. Megan Vinograd, and Dr. Lauren Woolley

DESCRIBE PROCEEDINGS:

1. Check-in - Who has availability in their practice? Who needs specific referral suggestions?
2. SDPA Updates:
AIA upcoming meetings, Sports Psychology committee presentation
3. Reviewed results of committee survey. Specific ideas for future meeting topics and presenters were shared.
4. Drs. Daroglou and Jensen volunteered to serve as Events Committee. Thanks to them!

Please remember: WWC minutes now posted on our SDPA page. This provides documentation of attendance for CPD and answers many questions members may have. <https://sdpsych.org/Womens-Wellness/>

Also: all meetings take place second Tuesday of the month, 7-8 (zoom) or 5:30 - 7:30 (meet and greets.) See below for meeting dates / tentative formats for the year

Zoom link is always:

<https://us06web.zoom.us/j/84771958489?pwd=bnFMWkpUdGVDOEtXbWg4cC9YWW44Zz09>

Meeting ID: 847 7195 8489

Passcode: 584880

January 9, 2024 Planning for the year

February 13, 2024 Presentation by Dr. Stamatia Daroglou, therapy with clients diagnosed with cancer

March 12, 2024 Clinical Discussion

April 9, 2024 Meet and greet

May 14, 2024 Presentation by [Jessika Fruchter, LMFT](#) Integrative Feminist Liberation Psychology

June 11, 2024 Clinical Discussion

July 9, 2024 Meet and greet

August 13, 2024 Presentation by Megan Vinograd, PhD, Positive Affect Treatment

September 10, 2024 Clinical Discussion

October 8, 2024 Meet and Greet

November 12, 2024 Presentation

REPORT SUBMITTED BY: Karen Lese-Fowler, PhD and Lauren Woolley, PhD
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DATE: January 9, 2024

(Submit Form to SDPA Office and Board Committee Liaison)
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