

SAN DIEGO PSYCHOLOGICAL ASSOCIATION

COMMITTEE MINUTES

COMMITTEE: Women's Wellness Committee

DATE OF MEETING March 14, 2023 at 7pm

LOCATION OF MEETING: Zoom

COMMITTEE MEMBERS PRESENT: Dr. Solara Calderon, Dr. Shannon Casey, Dr. Rachel Goldenhar, Dr. Karen Lese-Fowler, Dr. Tami Savage, Dr. Emilie Sfregola, and Dr. Lauren Woolley

COMMITTEE MEMBERS ABSENT: Dr. Rebecca Kenyon, Dr. Jody Saltzman, Dr. Anna Yam, Dr. Adrienne Habib, Dr. Karen Hall, Dr. Lisa Jensen

DESCRIBE PROCEEDINGS:

(Reports Presented/Discussions/Motions Approved or Not)

1. Welcomed members. This meeting occurred on Equal Pay Day.
2. Check in-inquired about members who are currently accepting referrals and members who are seeking referrals.
3. Dr. Woolley updated members about the SDPA State of the Association meeting.
4. Dr. Woolley updated members about the new CPD requirements. For committee work, members can accrue credits toward CPD Learning Category #1 Professional Activity. Many of the psychologists who have been the subject of disciplinary action have been professionally isolated, so the Board is encouraging psychologists to have professional engagements that will further their knowledge and professional ethics/expertise in a way that is different from simple CE presentations. To count as members, the committee agreed that attendance at 8 meetings over the course of a year would count as full participation; 4 meetings would count for half participation. Members agreed that posting minutes from meetings would serve as documentation of participation.
5. Drs. Lese-Fowler and Cisneros presented cases and members provided feedback.
6. Our next meeting is our in-person social gathering at Duck Foot Brewing Company, 8920 Kenamar Dr #210, San Diego, CA 92121. Light refreshments will be served. Thanks to SDPA for funding this gathering.
7. During our May meeting, Dr. Jody Saltzman will present on: One Female Identified Psychologist's Personal and Professional Journey using Energy Psychology (EP) AND Experiential Exercises Using EP Interventions.
8. Those considering presenting to our group on areas of interest, please contact Karen and/or Lauren.

DATE OF NEXT MEETING: April 11, 2023, 5:30 - 7:30 PM, Duck Foot Brewing Company

REPORT SUBMITTED BY: Karen Lese-Fowler and Lauren Woolley, PhD
CONTACT INFO: karen@mindfulgrowthpsych.com and
lauren@collaborativepsych.com

DATE: March 14, 2023

(Submit Form to SDPA Office and Board Committee Liaison)

SDPA Office

Phone: (858) 277-1463

Fax: (858) 277-1402

sdpa@sdpsych.org