

Knoxville Area Psychological
Association
NEWSLETTER



May 2015

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From The KAPA President

[Dr. Michael Hawthorne](#)

Please make plans now to attend our next KAPA meeting on Tuesday evening June 2. It is the occasion of our annual Member meeting where food will be served and when we will have the opportunity to welcome a new President-Elect. The real entrée for the evening, though, will be hearing Damaris Olsen, PhD teach us about Somatic Experiencing. Damaris is a long-time KAPA member who has served us in the past as both President and Continuing Education Coordinator. We are grateful that she has agreed to condense and reprise her SAFT talk in early Spring. Mark your calendars to reserve the time to join us.

I wrote a swan song around this time a year ago ready for the comfort and ease of the Past-President position. Because of an unanticipated opening on the board, my term was extended which allowed Katie Rea Smith, PhD the chance to serve for a year in the President-Elect role. She is now ready to lead KAPA beginning at the June Member meeting. And once again I am ready for obsolescence. Katie brings a great skill set to this job. She is a capable leader, a careful listener, a wise and deliberate analyst of data, an organized administrator and a kind friend. She is also enthusiastic about the supporting and serving psychology in our area. We are fortunate to have Katie lead us forward.

I want (again) to thank Mac Spica, PhD who has probably put together the longest consecutive year streak of KAPA board membership in our organization's history. A number of circumstances led to his long "reign," but please know that he generously agreed to serve on when asked by the board. Katie Fitzpatrick, PhD has finished her first of two years as Secretary. She has done an excellent job as the board has realigned some of the administrative tasks.

Dan Williams, PsyD has also completed half his tenure as Continuing Education Coordinator. Because the APA application for re-certification for CE sponsorship was due this year, Dan clearly did the heaviest lifting on the board this year. We are delighted to announce that earlier this month APA awarded KAPA a full five year accreditation! Dan's persistence and dedication paid off not only with this approval, but also with creating an organized system for tracking CE information that should help us more easily maintain our good standing with APA going forward.

Barbara Taylor, PhD joined the KAPA board last June when she agreed to complete the second year of Katie Rea Smith's erstwhile term as Treasurer. Barbara has also agreed to serve a new two-year term starting this June. We are grateful for Barbara's good work with our finances and membership process.

And finally, we are delighted to announce that Nancy Lett, PhD will join the board as the new President-Elect! Nancy is another long-time KAPA member who will bring her considerable experience as a clinician in our area to lead and serve our organization. We were excited when she agreed to add these duties to her busy world. KAPA is in good hands in the future.

It has been my honor - and a lot of fun - to work with a great team on behalf of our profession and our area colleagues. Over the past few years, I am proud that KAPA has enjoyed excellent attendance at meetings, has grown in membership and has sponsored some very fine CE events. See you at the June Member meeting!

Thanks to Pinnacle Bank!!

KAPA has been extended remarkable hospitality by our friends at Pinnacle Bank. Terry Massey and Diane Jones from Pinnacle's Farragut branch have been most instrumental in giving us access to the state-of-the-art Learning Center at the Northshore branch for most of our recent continuing education programs. KAPA hopes to continue to use the room as long as it fits in their plans.

Terry and Dianne asked for absolutely nothing in return for this kindness, but you know I have bragged on them and their bank often at our meetings. Now I want to put it in writing before I leave office. Five years ago, I transferred four commercial accounts from another bank and also established two personal accounts at Pinnacle. I've never had better, more personal and more competent assistance from a bank than I have experienced with Pinnacle. Furthermore, my decision to move the business accounts has saved me a substantial amount of money. Their charges for essentially being a watchful and helpful business partner are more than reasonable.

The KAPA board is in the process of changing our bank account to Pinnacle from another bank as a way to show our gratitude. Check out the last page of the newsletter for a listing of the services they offer. If you ever consider changing your banking situation, I would encourage you to call Terry or Diane at 766-3070 to arrange time to review your personal and professional banking needs. When you do, tell them thanks for being so gracious to KAPA!

Feature Article

Introduction to Somatic Experiencing®

Presented by
Damaris Olsen, PhD, SEP, CNS

Somatic Experiencing® (SE) is a gentle and potent psychobiological approach to the prevention, resolution, and healing of trauma developed by Dr. Peter Levine. It is based upon the observation that wild prey animals, though threatened routinely, are rarely traumatized. Animals in the wild utilize innate mechanisms to regulate and discharge the high levels of energy arousal associated with defensive survival behaviors. These mechanisms provide animals with a built-in “immunity” to trauma that enables them to return to normal in the aftermath of highly “charged” life-threatening experiences. We humans hold and can implement in therapy those same nervous system capacities.

Peter A. Levine, PhD, the developer of Somatic Experiencing™, holds doctorates in both medical biophysics and psychology. He is the author of six books on the subjects of trauma and PTSD, including the best seller *Waking the Tiger: Healing Trauma*, which has been published in 24 languages. Peter was a member of World Psychologists for Social Responsibility, responding to large-scale disasters and ethno-political warfare, and served as a stress consultant for NASA in developing the astronaut-training program. In 2010, he received the United States Association for Body Psychotherapy Lifetime Achievement Award, honoring his distinguished contribution to the field of body psychotherapy.

So many of our clients struggle with the painful emotional aftermath of trauma, often do not realize it, and may have spent years with incomplete gains in talk therapies. The Somatic Experiencing™ (SE) approach can become a vital adjunct tool in your psychotherapy with victims of shock trauma (e.g., abuse, accidents, medical procedures, attacks, natural disasters), developmental trauma, attachment trauma, and chronic syndromes (e.g., fibromyalgia, chronic fatigue, IBS, pain syndromes, chronic stress). This psychobiological approach works with the body's nervous system where trauma's effects are held. SE meets therapeutic needs unmet by talk therapies, including other body-oriented therapies, e.g., Gestalt therapy, *Psychomotor* psychotherapy, bodywork.

KAPA Program Announcement

Tuesday, June 2nd

Location: Pinnacle Bank Learning Center, South Tower, 1st floor

6:00pm Registration / Check-in / Dinner

6:30pm Program Announcements / Introduction of New Board

6:45pm Presentation Begins

7:45pm Presentation Ends

8:00pm Complete Evaluations and Adjourn

***** Please RSVP to KAPA President, Michael Hawthorne at ppsinc@mindspring.com.*****

Introduction to Somatic Experiencing®

Damaris A. Olsen, PhD, SEP, CNS

Educational Objectives:

After attending this intermediate-level seminar in full, participants will be able to:

1. Employ awareness of body sensation to help people "renegotiate" and heal rather than re-live or re-enact trauma.
2. Guide the bodily felt sense, allowing the highly aroused survival energies to be safely experienced and gradually discharged.
3. Titrate experience (break down into small, incremental steps), rather than evoking catharsis, which can overwhelm the regulatory mechanisms of the organism.
4. Pendulate experience between resourcing and activation.
5. Identify ways to employ touch in support of the renegotiation process.

Description of Program:

Somatic Experiencing® (SE) is a gentle and potent psychobiological approach to the prevention, resolution, and healing of trauma developed by Dr. Peter Levine. It is based upon the observation that wild prey animals, though threatened routinely, are rarely traumatized. Animals in the wild utilize innate mechanisms to regulate and discharge the high levels of energy arousal associated with defensive survival behaviors. These mechanisms provide animals with a built-in "immunity" to trauma that enables them to return to normal in the aftermath of highly "charged" life-threatening experiences. We humans hold and can implement in therapy those same nervous system capacities.

Presenter:

Damaris A. Olsen, PhD, SEP, CNS, is a licensed counseling psychologist, a certified Somatic Experiencing Practitioner (SEP), and Clinical Nurse Specialist (CNS) in psychiatric/mental health nursing. Dr. Olsen maintains a fulltime, broad-spectrum outpatient psychotherapy practice

in Knoxville and has been incorporating Somatic Experiencing (SE) in her treatment of individuals, couples, and families since 2004. She is also a SEP Training Assistant, assisting in Beginning, Intermediate, and Advanced Levels of SE Training Programs. She is certified to provide individual SE sessions for all levels of trainees in the fulfillment of their program requirements (three year training program).

Target Audience:

This program is open to all KAPA members and other interested mental health professionals who may not be members. The content of this presentation is appropriate for mental health professionals educated at the graduate level in psychology, psychiatry or other mental health related discipline as well as graduate students in a mental health related discipline.

Instructional Level:

The material will be appropriate to intermediate levels of practice and knowledge.

Registration Fees and Policies:

If you are a member of KAPA then the program is free of charge.

If you are not a member of KAPA and you do not want CE credit, this program is free of charge.

Non-members wanting CE credit will be charged \$20

Facility is accessible to persons who are physically challenged. Reasonable accommodations will be made for persons requesting them.

American Psychological Association Approval Statement:

The Knoxville Area Psychological Association (KAPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. KAPA maintains responsibility for this program and its content.

Continuing Education:

This program, when attended in its entirety, is available for 1.0 continuing education credits. With full attendance and completion of a program Evaluation and Learning Assessment, a certificate will be issued. KAPA is committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. KAPA is committed to accessibility and non-discrimination in continuing education activities. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them.

Please address requests, questions, concerns and any complaints to Michael Hawthorne, KAPA President at [865-584-4090](tel:865-584-4090) or Dan Williams, KAPA CE Coordinator at [865-525-1099 x24](tel:865-525-1099).

There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, program content, research, grants or other funding sources that could reasonably be construed as conflicts of interest. During the program, the validity/utility of the content and risks/limitations of the approaches discussed will be addressed.

Directions and Parking Information:

The Pinnacle Bank Learning Center is in the South Tower of the Landmark Center which is located at 1111 N. Northshore Drive. It is near the corner of Papermill Drive and Northshore Drive, between the Exxon gas station and the new Aubrey's. The eight story South Tower says Pinnacle on top. The Learning Center is on the first floor of the South Tower, to the right of the elevators. Parking is ample and free.

APA Call for Nominations

Do you know anyone who exemplifies excellence and innovation in support of the lifelong education and ongoing training of psychologists? If so, please submit nominations for the Award for Outstanding Contributions to Continuing Professional Development in Psychology via the APA's Education Directorate as follows:

Go to the main Awards page for the directorate. Scroll down, and the first Award listed is the **BEA's Award for Outstanding Contributions to Continuing Professional Development in Psychology.**

<http://www.apa.org/ed/about/index.aspx>

Please remember to pay your annual dues!

Please remember to renew your membership. You may pay dues online (www.knoxvilleareapsychology.org) via PayPal or mail check to KAPA, P.O. Box 52293, Knoxville, TN 37950. As a member, you will be eligible to attend our meetings and receive continuing education credits at no additional charge. (Full member \$40; Student Affiliate \$20; Retired Member \$20). If you have any questions, please contact the KAPA Treasurer at bltphd@comcast.net.

Visit the KAPA Website!

Please visit the KAPA website at www.knoxvilleareapsychology.org to view upcoming continuing education events in the area. Links to the American Psychological Association and the Tennessee Psychological Association are available on the homepage. Previous editions of the newsletters can be accessed on the homepage.

Board Contact Information

Board is as follows:

Mike Hawthorne, President 584-0171 mhawthorne@northshoregroup.com

Katie Rea Smith, President Elect 719-9385 kerea@aol.com

Malcom Spica, Past President 531-9088 mspica@bellsouth.net

Katie Fitzpatrick, Secretary 264-2400 kfitzpatrick@bmipc.com

Barbara Taylor, Treasurer bltphd@comcast.net

Daniel Williams, CE Director (781) 929-5907 dan@drdanwilliamspsyd.com

