



December 2009

Dear EUCAP Colleague,

The end of the year, like any milestone, is a time of looking back and of looking ahead. I have been honored to serve as President of EUCAP during this past year. It has been an exciting and rewarding experience to be part of a dynamic, warm, and cohesive group. I have been privileged to work with a talented EUCAP Board, whose dedication and creativity has made my job as President easy. I would like to take this opportunity to thank Board members for their unique contributions during this past year.

Thanks to Mary Blakeslee, Ph.D. for her artistic meeting flyers and to Morris Goodman, Ph.D. (Peer Group Chair) and Stanley Moldawsky, Ph.D. for their stories that connect us to the rich past of our organization, a link essential to EUCAP's ability to progress towards the future. Thanks to Mickey Spett, Ph.D., a member of both the NJPA Internal Communications Committee and NJPA Steering Committee, for keeping EUCAP informed about the many important developments of the NJPA Project on the Crisis in Mental Health Insurance. I continue to be grateful to Cheryl Futterman, Ph.D. for her hard work in her dual role as Treasurer and President-Elect. Thanks also to Sam Forlenza, Ph.D., our Secretary, who is always able to take accurate and complete meeting notes, even when the conversation is fast-paced and shifting. Kudos to Emily Wildman, Psy.D. who took the reins as Membership Chair and Colleague-to-Colleague Coordinator earlier this year yet has so competently fulfilled her responsibilities it seems like she has been doing this for years. Many thanks to Barbara Rosenberg, Ph.D. for her great ideas for many of the new EUCAP initiatives. She has been working diligently with Lois Steinberg, Ph.D. (thank you Lois) in their positions Program Co-Chairs to offer varied and interesting programs for our members. And my deepest thanks and appreciation to Jeffrey Singer, Ph.D. (Past-President, Internet Chair and Know Your Colleague Coordinator) for his wisdom and humor and for always providing constant support in so many ways.

During 2009, EUCAP's identity has certainly evolved and developed. This year EUCAP's focus has been "**What EUCAP Can Do for You**", a theme reflecting what EUCAP/SPPP has always been best known for - offering members opportunities for networking and professional support at an intimate level. As part of this exciting program, we have launched several initiatives designed to help EUCAP members enhance their practices.

We began with "**Know Your Colleague**" and received numerous informative and interesting submissions from our members describing their training, practices and specialties. I encourage all of you to take the time to write a short description of

what you feel you would want your colleagues to know about you and your practice. Email your description to Jeffrey Singer, Ph.D., Know Your Colleague Coordinator, at drsinger@morrispsych.com.

In September we held a fun, successful **Speed Networking Brunch** during which members were able to socialize and share with each other information about their practices and specialties.

Our **Colleague-to Colleague Program**, coordinated by Emily Wildman, Psy.D., is providing important connections between experienced members willing to share their time and knowledge and members who may be new to the psychology field or to our organization. I hope that many more members will contact Emily at drewildman@gmail.com about participating in this valuable program.

In October we held our inaugural **EUCAP Book Club** during which members from both psychodynamic and cognitive-behavioral orientations discussed Stephen A. Mitchell's book *"Can Love Last? The Fate of Romance Over Time"*. We all agreed that the themes of love, passion, commitment, security and romance are universal ones that have touched us and our patients in complex and intriguing ways. In early December, the **EUCAP Book Club** met again and discussed Irvin Yalom's thought-provoking book *"Staring at the Sun- Overcoming the Terror of Death"*.

And in looking ahead to 2010... I am privileged to continue to serve as EUCAP President during the upcoming year and am pleased that I will be able to continue working with the same wonderful Executive Board members who have worked so hard to make 2009 a successful year for EUCAP. I would also like to welcome Jeffrey Kahn, Ph.D. to EUCAP's Executive Board and to congratulate him on his election to the position of NJPA Member-at-Large.

I would also like to welcome Lois Goorwitz, Ph.D. as our new Events Coordinator. She will be coordinating the **EUCAP Book Club, Movie Club and Conversation Hour**. In 2010, EUCAP members will continue to host **EUCAP Book Club** meetings so that those of you who love to read will have many opportunities to meet with colleagues to discuss books about psychology or fiction books from a psychological perspective. On January 17, 2010 we will hold our inaugural **EUCAP Movie Club**. After watching the movie *"Marvin's Room"* on your own I hope that you will join us at my house for a psychological discussion about this movie that focuses on a family's struggles to resolve significant challenges to their relationships. In 2010, we plan to begin **EUCAP Conversation Hours** so that members can meet in small groups in their homes or offices to participate in an informal discussion about a variety of topics. On February 5, 2010, **Eileen Kennedy-Moore** will lead a discussion on the topic **"So You'd Like to Write a Book on Psychology..."** If any of you would like to host a **Conversation Hour** and lead a discussion in your office or home about a psychology topic of particular interest to you, please contact Events Coordinator Lois Goorwitz, Ph.D. at drlgoorwitz@aol.com.

EUCAP's 2010 Program, developed by Program Co-Chairs Lois Steinberg, Ph.D. and Barbara Rosenberg, Ph.D., promises to be as diverse and stimulating as always. On January 22nd Dr. Dongsoo Kim will present a talk about cultural issues, acculturation and treatment implications. EUCAP's joint meeting with Morris County Psychological

Association (MCPA) will take place on March 12th and will feature Scott Halzman discussing "Secrets of Happy Families". Christopher Gates and Christine Truhe will be featured at the May 21st meeting and will give a talk about "Trauma and Treating Returning Vets". Building on the success of 2009 Speed Networking Meeting, the October 3rd meeting will be another informal meet-and-greet to promote professional interaction among our members. At our final meeting for 2010, to be held on November 12th, Michael Osit and Michael Zito will present on the topic of "Childhood Bipolar Disorder and ADHD- Differential Diagnosis".

Please check our website at www.eucapnj.org for additional details and updates. In keeping with the United Nation's declaration of 2010 as the International Year of Biodiversity, EUCAP continues to strive towards helping to conserve resources. By the end of 2010, we will be "Green," eliminating hard-copy mailings.

By now all of you should have received your 2010-2012 Dues Renewal Notice via email from Emily Wildman, Psy.D., our Membership Chair. Please complete the Membership Form and send it to Emily, along with your dues, as soon as possible. We need updated member information in order to begin developing EUCAP's 2010-2012 Membership Directory. Please encourage or cajole your colleagues who are not yet EUCAP members to join!

According to the Chinese Zodiac, 2010 is the Year of the Tiger, symbolizing courage, strength and optimism. We practice psychology during a pivotal time facing significant challenges and changes. Although times may be difficult for many of us, I believe EUCAP is a strong and vital group that offers us the collegiality and support making these turbulent times easier to navigate. EUCAP's success is dependent on your contributions. Please feel free to contact me to if you would like to join a Committee or to share ideas and feedback. **Let's continue to make EUCAP a strong and dynamic group!**

Collegially,

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