

CSPP Board Meeting
December 1st, 2018
8:30am-9:50am

In attendance: Carrie Christensen, Dean Leone, Wendy Stewart, Rachel Torello, Mickey Silverman, Donna DiCello, Ann Singer, Susanne Weil, Ryan Ochoa, Nancy Sachner, Mary Pioli, Elaine Hunter, Ellen Nasper, Matthew Brennan, and Elinor Kotchen.

Absent: Jill Delaney, Ashley Clayton, Barbara Marcus, and Allison Brownlow.

I. Vote to Approve Previous Minutes

There was a vote to approve the minutes from the CSPP Board Retreat on October 20th. Dean Leone moved to approve them, Wendy Stewart seconded, and the minutes were unanimously approved.

II. Ad Hoc Committee

The Ad Hoc Committee for Brainstorming Possible Alternatives to Our Current Board Meeting Schedule reported on their recent meeting. The committee is comprised of Elaine Hunter, Nancy Sachner, Ashley Clayton, Ellen Nasper, and Barbara Marcus. Barbara was unable to attend the meeting. The committee was unanimous in agreeing to try different scenarios. They proposed that there not be a board meeting before the next conference on January 26th. Instead, the Board would meet on Saturday, February 16th in the morning, place to be determined. Ellen agreed to look into using the conference room in her building. The committee agreed that if the Board meets on non-conference days 4x/year, it would alternate regions so nobody has to consistently travel every time. On March 16th the board meeting will be 1:00-3:00pm, after the CSPP conference at NHLHC with no extra charge. Ellen confirmed with the manager of NHLHC that they could switch the time in the same room from before the conference to afterwards. Then on May 4th, the board meeting will be before the conference, as usual. As the committee explained, the Board would try out these different options in the coming months, then discuss and vote on May 4th on the best scenario. Elaine moved to try this alternative schedule and vote on May 4th, Ellen seconded the motion, and it was unanimously approved.

III. President's Report

Carrie Christensen spoke about Board's succession and retention problem. She reported that Ashley Clayton has requested to continue in her role as Newsletter Editor but not attend the next 3 board meetings. As Carrie said, they would reconvene in May to see what Ashley's interest was and what her position would be going forward. Carrie proposed hiring an outside consultant to

problem-solve some difficulties the Board has faced. There was a discussion of how a consultant would be used. Carrie clarified that the consultant would be in service to the Board, not the President. It was noted that a consultant could be helpful in bringing things to the Board's awareness that its members are not currently conscious of. Someone pointed out that members of the Board all need to take full responsibility for speaking up when things feel unproductive or unhelpful. The Long Range Planning Committee has been brainstorming recommendations for how to make meetings more productive. Carrie proposed an ad hoc committee be formed to research hiring a consultant for the spring. Carrie moved to look into hiring a consultant, Elaine Hunter seconded the motion, and it was unanimously approved. Carrie indicated that she would work with Board members to gather names of people to interview for the consultant position.

IV. Hartford Region

Ryan Ochoa provided an update on the Hartford Region Coffee and Conversation meetings. There have been 3 meetings, attended by between 1 and 6 people. As Ryan said, he would like to schedule another coffee gathering in Middletown. Dean Leone agreed to give a talk in the Hartford region on his work with substance abuse. Ryan informed the Board that the region is becoming more active. There has been some interest in a peer consultation group on neuropsychological testing. Ryan voiced a request for leads for someone who does testing for ADHD from a psychoanalytic perspective.

V. Long Range Planning Committee

Nancy Sachner, speaking on behalf of the Long Range Planning Committee, reported that some young members who have left the Board have expressed frustration at how the Board discusses matters in a "nit picky" way. To make meetings more efficient, the LRPC recommended that more work be done in committees ahead of time and that recommendations and proposals then be brought to Board. Also, there could be time limits for each agenda item during meetings. As Nancy said, problematic interpersonal dynamics should be addressed right at the meeting, and if someone uses an inappropriate tone, the President should have a discussion with that person after the meeting. Nancy emphasized the need for discussions to be civil. There was also the suggestion that there be online voting on proposals between board meetings, though someone raised the question of whether this is legal. There was then a discussion of the possibility of Ira Moses teaching a continuing education course for CSPP members, and the group agreed that it was a good idea. The LRPC would like to review the criteria for membership in CSPP. It recommends that anyone with a mental health degree can join, regardless of licensure status. This recommendation has been sent to the Membership Committee, which will bring its proposal to the next board meeting. At that point it will be voted on. The Board discussed whether undergraduates can join CSPP. Someone pointed out that student members, included candidates, are not allowed to vote in elections, but that they have been voting, nonetheless. The LRPC indicated that they wanted to change this, which would require a change in bylaws. Elaine

Hunter said that she could change the online voting system to exclude students from receiving ballots.

VI. 2019-2020 Clinical Conferences

Ellen Nasper reported on the proposed speakers for next year: Jonathon Shedler, (he suggested doing a morning presentation on evidence based outcomes of psychoanalysis, then a case consultation in the afternoon), Kirkland Vaughans (how racism impacts the development of African American youth), Patricia DeYoung (chronic shame and relational psychoanalysis), Todd Essig (reclaiming intimacy in the digital world), and Dean Leone (thinking psychoanalytically about substance abuse). Ellen clarified that there is no honorarium given to CSPP members who present, which led to a discussion of whether to pay member speakers. Ellen reported that Jonathon Shedler has asked for \$5000 for a day-long conference. John Auerbach, who speaks about the integration of psychotherapy and research, is another possibility. Ellen proposed that the Clinical Conference Committee invite Jonathon Shedler to do a day-long training for \$5000 (with the stipulation that she get more clarification from him on the substance of his talk). It was pointed out that it might be premature to vote without more information. Someone suggested that members might be interested in a full day conference if they got more CEUs, and they would also pay slightly more. Ellen moved to approve the other 4 speakers (with Jonathon Shedler tabled for now), Elaine Hunter seconded the motion, and the motion was unanimously approved. As Ellen indicated, she has researched overnight accommodations for speakers. She suggested offering a stipend of \$200/night. She did price comparisons for The Omni, The Study, and The Courtyard by Marriott. The \$200 stipend will cover the cost of The Omni, and those who want to stay at The Study can pay for the difference themselves.

VII. Other

Rachel Torello reported on the Scholarship Committee, which is comprised of Christine Meyer, Ryan Ochoa, and Rachel Torello. As Rachel said, she has put out a call for scholarships but hasn't received any inquiries. She was regretful that she has not put in the same effort that Carrie Christensen did last year. Rachel appealed to the Board members to reach out to colleagues and other contacts about it, as the deadline has been extended to December 15th. Carrie agreed to announce the scholarship before the conference today. Elaine Hunter reported that Dean Leone has scanned CSPP's old newsletters and sent them to her, and Elaine has added them to CSPP's website under the "Newsletter" page. Wendy Stewart indicated that she intends to put other old CSPP documents under the "History" section of the website. Dean inquired about Ashley Clayton still editing the newsletter but not being on the Board. Someone suggested that this would require a change in the Policies and Procedures. Carrie suggested waiting a little time before making any changes. As Carrie clarified, she is providing oversight to the newsletter. There was a discussion of the implications of having a Board member who does not attend Board meetings. Someone suggested that being Newsletter Editor requires being on the Board, and that these are inextricably linked.

Rachel Torello moved to end the meeting, Susanne Weil seconded the motion, and the meeting was unanimously adjourned.