

**CSPP Board Retreat
October 20th, 2018
10:00am -2:45pm**

In attendance: Carrie Christensen, Rachel Torello, Donna DiCello, Ann Singer, Ashley Clayton, Susanne Weil, Allison Brownlow, Barbara Marcus, Nancy Sachner, Mary Pioli, Elaine Hunter, Ellen Nasper, Elinor Kotchen, Wendy Stewart, Dean Leone, Jill Delaney, and Matthew Brennan.

Absent: Ryan Ochoa

I. Retreat Introduction

Carrie Christensen welcomed the group and gave an overview of the day.

II. Vote to Approve Previous Minutes

Nancy Sachner moved to approve the minutes from the board meeting on September 29th, and Ellen Nasper seconded the motion. Wendy Stewart abstained, and the remaining members approved the minutes.

III. Newsletter

Ashley Clayton reported on the survey she sent out to CSPP's membership about the newsletter. Only a few people responded, and most of them said they wanted the newsletter to remain the same. About 65% of respondents wanted to keep a Clinical Conference recap. As Ashley said, she is not going to continue it in the newsletter because it tends to be lengthy and could perhaps best be included in a different venue, such as the listserv. She spoke about her goal of using the newsletter as a way to get to know other members through interviews, essays, and reflections that could promote intellectual thinking. She also wants to highlight a different community organization in each issue. A member who is involved in the organization or who serves a similar population could write a piece about it. As Ashley said, she would also like to have a section that covers a practical aspect of clinical work, such as how to build a private practice. There will be an emphasis on topical issues, such as how current events might be impacting clinical work, as well as a creative section that will include poetry and short prose. Ashley spoke about her interest in redesigning the newsletter to make it more visual appealing and engaging. As she said, she has recruited Rebecca Miller to be a member of the committee and is currently seeking other committee members. There was a discussion about how to maintain an emphasis on the importance of clinical conferences, since they are the main focal point of CSPP. Ellen Nasper suggested she could have members of the Clinical Conference Committee write up a synopsis of each conference to send out to the listserv. Dean Leone pointed out the need to maintain a psychodynamic emphasis. There was then a discussion about whether to include new member bios in the newsletter.

IV. A Request from Retired Board Member

Carrie Christensen spoke about Mickey Silverman's request to remain on the Board, even though she has retired as Newsletter Editor. Mickey has also suggested launching an annual literary journal. The Board discussed this request in light of Mickey's long and dedicated service to CSPP, as well as the implications for similar circumstances in the future, when other board members resign. Someone suggested creating a Board Member At Large to allow for new ideas or creative endeavors. This would help retain talent and commitment and could be defined in way that allows flexibility. Ellen Nasper moved to vote to support Mickey in launching a yearly literary publication as part of a 1 year Board position. Wendy seconded the motion. There was one abstention, and it was unanimously opposed. There was another proposal to create a 1 year Board position, with the title Honorary Board Member, with voting rights and other duties, as determined by and at discretion of the Board, with the approval of the president. Rachel Torello moved to vote on this proposal, and Dean Leone seconded the motion. 10 people were in favor, 4 opposed, and 1 abstained. The motion passed.

V. On-Line Journal Access

Dean Leone is looking into obtaining online journal access as a perk of CSPP membership. He learned that it was very expensive and didn't seem feasible, as it would be close to \$3000 per year. He will look into PEP web and report back at the next board meeting. The group discussed having on-line journal access as an added component of membership in which members can opt in.

VI. Archiving

As part of her job as Historian of CSPP, Wendy Stewart has maintained all of CSPP's official documents for the past 7 years. She also has Newsletters since 1988, and Dean Leone is currently collecting newsletters since the late 1990s. Wendy inquired about whether the Board wants these documents digitized. It was suggested that an archiving company scan them, and they could then be put on the website under "History."

VII. Reconsidering Regional Representatives

Ryan Ochoa, Hartford's Regional Representative, had previously asked which regions are under the jurisdiction of Hartford County. Some members live in Litchfield, Putnam (New York), or Tolland County, but they are covered by the Hartford representative. Carrie Christensen passed out a map so everyone could see all of Connecticut's counties. Some members live and work in 2 different places, so it is often unclear which region they should be part of. When new members apply, they get connected to a Regional Rep. It was suggested that on the application, prospective members can be asked which region they would like to be assigned to. It seemed that Ryan would like a firmer demarcation of the regions to prevent misunderstandings and not on step on other Regional Reps' toes. Elaine Hunter suggested that the Regional Reps have a conversation

amongst themselves to determine how to delineate their areas. They will then report back at the December 1st meeting. Ann Singer agreed to initiate this discussion with the other Reps.

VIII. Clinical Conference Budget

Ellen Nasper reminded the Board that we pay \$1000 for Clinical Conference speakers who are not members of CSPP. The Clinical Conference Committee wants to invite some prominent speakers who may want to be paid more than \$1000. Ellen inquired whether the Board would approve once a year having a speaker whom we pay more than \$1000. The Board agreed to consider raising the honorarium occasionally, based on the speaker. There was a discussion of whether CSPP is overpaying its speakers, as it recently raised the honorarium from \$599. In addition to the \$1000, CSPP also pays for the speaker's travel and hotel costs. Jill Delaney indicated that she would look into the financial breakdown of recent conferences, at which point the Board will then have more of a sense of its overall financial position.

IX. Time/Place Board Meetings

Elaine Hunter proposed having quarterly board meetings that are 3 hours long. As she said, it is hard to have a rushed meeting before each Clinical Conference, as some people have to leave early and there is often a time pressure to finish on time. There are concerns that the board meetings are too early, especially for those who have to travel far. The Board spoke about alternative times, such as after the Clinical Conferences on Saturdays, and whether to shift the Clinical Conferences earlier to accommodate having board meetings afterwards. The group also spoke about how to make meetings more efficient and to have the President uphold time limits more strictly. Various scenarios were discussed, and some members pointed out that providing lunch for the membership allows for important social networking opportunities. As a compromise position, it was agreed that the Board would try out another time for a board meeting. Elaine, Ashley Clayton, Barbara Marcus, Nancy Sachner, and Ellen Nasper agreed to form an ad hoc committee to propose alternatives.

Ashley Clayton moved to end the meeting, Ellen Nasper seconded the motion, and the meeting was unanimously adjourned.

