



“Become a CPA CLASP Provider ~ and Impact Your Community in a Health Promoting Way”

CLASP is about **Prevention, Raising Awareness, and Activating Change in a Health Promoting Way**. Do you believe in this Mission? The underlying focus of our mission is to assist Psychologists to live healthy, grounded, happy and successful lives.

Prevention is about cultivating our mind, body, soul and psyche in a fertile ground. Through:

- **CE workshops**
- **Therapy**
- **Consultation Groups**
- **Individual Consultation**
- **Local Bonding Events**
- **Publishing Articles**

We open up these avenues for CA psychologists. Do you provide and/or engage in any of these avenues?

CLASP encourages ALL Psychologists in reaching out for support anywhere along the continuum from Wellness to Crisis. We believe it is never too early or too late to move in a direction of health, competence, and well being.

Raising Awareness comes through experience, relationships, and education. By offering as well as attending, Experiential Workshops, CE Presentations, Consultation, and/or Therapy on topics such as but not limited to:

- **Self Care**
- **Negotiating Dual Relationships**
- **Mindful Meditation**
- **Boundaries**
- **Resiliency**
- **Balance**
- **Mind Body Connection**
- **Inherent Stressors**
- **Starting a Practice**
- **Relationship Issues**
- **Retirement Planning**
- **Mood**
- **Professional Wills**
- **Cultural Competency**
- **Office Safety**
- **Career Stage Stressors and Options**

Healthier decision making, holistic health and enhanced life/work balance can ensue.

CPA CLASP is working towards creating a rich, nurturing, vital, and ground breaking resource data base for all CA Psychologists to tap into. What does this mean? Being a CLASP Provider is far reaching and dimensional.

Help Activate Change in a Health Promoting Way and become a **CPA CLASP Provider** so we can list you on our website as well as offer information to callers on the wonderful CE Presentations, Experiential Workshops, Consultation Opportunities, and Therapists that focus on Self Care, Well – Being, and CLASP Related Issues.

We want to provide a list of Psychologists who are motivated and inspired to offer these services to other psychologists. Furthermore, we want experts to have the opportunity to publish articles on these topics in the CP Magazine as well as to be shared with other Colleague Assistance Programs throughout the County.

We understand you may already provide your services and talents elsewhere. We ask you why not here as well? What is your specialty? **Join CLASP Provider Resource Bank** and create more opportunity to be a/n:

- **Educator**
- **Program Developer**
- **Therapist**
- **Writer**
- **Consultant**

Once you become a CLASP provider and are contacted by a potential client, student, and/or consultee, you operate within your own policies, procedures and fee structure? If you are not currently a CPA CLASP Provider, ask yourself? How Come?

Please visit our website at: <http://www.cpaclasp.org> or call:1-888-262-8293 to learn more aboutCLASP, how to get involved, who your local Representative is, and how to become a resource to other psychologists in CA..

Dani Beckerman, Psy.D., CPA CLASP Chair ~ 831-426-4735 or dani_beckerman@yahoo.com