Colleague Assistance Committee
2019 Minutes

February 4, 2019

Present: Janet Berson, Mary Blakeslee, Stephanie Coyne, Kenneth Freundlich, Daniel Gallagher, Allison Pastor, Sarah Tedrick Parikh
Absent: Mary Toolan

The NJPA Executive Board approved changing the Colleague Assistance Task Force to the Colleague Assistance Committee and approved our Mission Statement. The next step is to create an Operations Manual. Dr. Coyne volunteered to draft the document which should be presented at the April Board meeting for approval.

The committee will start with the Wellness part of our mission. We need to address the needs of members across all career stages, from Early Career Psychologists and new parents to psychologists contemplating retirement. Vehicles for reaching members include blogs, forums, virtual meetings, Facebook Groups, CE programs, articles in the NJPsychologist and Tips of the Month for the Friday Update.

A starting point is to develop a series of “prompts” to get members to self-reflect, as self-reflection is an important part of self-care for all members. We started a “google doc” and will add prompts before the next meeting.

Committee members will alternate recording meeting minutes.

The next meeting will be via Zoom on April 1, from 10-12.

Respectfully submitted

Mary Blakeslee, Ph.D.
The content of these would be focused on member needs, no discussion of clients. Launch first one in September.

Exploration of interface with other NJPA committees, e.g. Ethics, CoCea, and Hospitality

Request of CoCea that we participate in the Fall Conference.

1. Plan Table Bingo at lunch time to help colleagues interact on a more personal and fun level rather than just professional.
2. Have a brief exercise at the beginning of each presentation to help participants prepare for the experience.
3. Have a private area at the conference venue for nursing moms
4. Explore possibility of having a few massage therapists at the conference to offer chair massages.

Discussion of Ethical considerations for the Committee: confidentiality when assisting colleagues having difficulties, consult with attorney about liability as the details of that part of the program become more defined.

The next CAC meeting will be via Zoom on September 9, 2019 at 10:00 a.m.

Submitted by
Mary Blakeslee