

We are never quite prepared for loss, it leaves us feeling very vulnerable, yes even to trained clinical psychologists! That very next morning, I forgot my President's gavel for our monthly board meeting, one of our board members lost the location of her vehicle in the parking lot, and others reported to me that they hoped that it was a rumor and that Sharon, very coiffed and cheerful, would walk through the door as usual. When we shared our wonderful memories of Sharon that morning, I was struck by the fact that despite how raw we all felt, no one showed visible signs of grief.

This is actually very common when you've been robbed of the opportunity to properly offer help or say our goodbye. We needed to know the specifics of what exactly happen to Sharon, but no one was able to really speak with her spouse.

We mobilized as a board and came up with a plan to express our condolences to the family and memorialize Sharon's professional life at our Auction event on the 19th of May at the home of our social chair, Tammy Cleary.

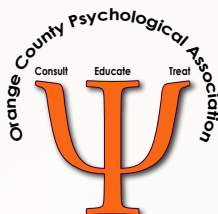
I was also impressed that so many of you jumped on the Listserv and came to the aid of Sharon's psychological assistant Karen Allen. Folks also went on Sharon's website and facebook page to share their sorrows with consoling messages.

We have a great organization which I'm proud to represent. These are fragile times for us all. Here are some things we can do to cope better and come to terms with the reality of sudden loss:

- Share your feelings and thoughts with similar experience or loss
- Stay active and make choice to keep active and have a routine
- Pay close attention to any physical and emotional changes in yourself
- Accept that grief can disguise itself in moments of frustration, irritation and anger
- Talk to other professionals to gain other perspectives and work through any lingering guilt.

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Dr Sharon Gerstenzang will be remembered at our May 19th Silent Art Auction.



## OCPA FEATURED PSYCHOLOGIST LYNDSAY ELLIOTT, PSYD

### **Practice Location:**

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### **Email:**

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### **Date joined OCPA:**

January 2008

### **Clinical specialties:**

Food and Body Image issues, Eating Disorder Specialist, Body Image Expert

### **Educational background:**

I am a graduate of California State University Northridge, attended Pepperdine University and received my Doctoral degree in Clinical Psychology from the California School of Professional Psychology. I completed my Pre-Doctoral Internship in the Department of Psychiatry and Post-Doctoral Fellowship at UCLA in Pain Management. During my time at UCLA, I was a Lecturer as well as spent three years as a Research Associate in Neurology.

### **How did you get started in the field of psychology?**

I've always felt connected to the field, was active in college in my major and seeking out opportunities to learn more about human behavior. After college, I sought out various clinical placements for experience even prior to applying for Graduate school, wanting to learn more about various aspects of the field.

### **Populations you serve:**

All ages from children to adults. I work with patients dealing with emotional issues centered around body image and disordered eating, as well as provide consultations to parents on the development of a healthy self-image and confidence for their children. Although experienced in a variety of other areas, this is my passion and focus.

### **Modalities you use:**

My approach to therapy emphasizes a collaboration of psychodynamic and interpersonal psychotherapy, with cognitive-behavioral techniques.

### **Therapeutic orientation and treatment philosophy:**

I have a strong background and training in analytic therapy from the Wright Institute in Los Angeles, but also find cognitive behavioral techniques extremely effective with the populations that I serve. Each treatment plan is developed based on the specific issue and goals for therapy. I prefer a "treatment team approach," taking a considerable amount of time coordinating care with other providers (i.e. physician, psychiatrist, dietician) for most of my cases due to the associated medical concerns with disordered eating issues.

### **Special relevant accomplishments, awards:**

Because of my expertise in food and body image issues, I have been recently asked to do more media interviews, and recently appeared as an expert on Good Day LA.

### **Any closing remarks about OCPA:**

Great resource for referrals and treatment planning, members are especially helpful and trying to direct to most qualified clinicians in a timely manner.

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Attend CE Classes

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Attend Board Meetings

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