

# FIBROMYALGIA ONLINE GAZETTE

## North Bay Fibromyalgia Forum

Volume 9 Issue 4

<http://www2.napavalley.edu/fm/fm.htm>

July-August 2008

**Published by:**  
**FM Forum**  
707-255-7786  
fmforum@sbcglobal.net

### The Music Comes Home

by  
Linda Peterson

#### In This Issue

	Page
The Music Comes Home	1/7
NBFMF Meeting Schedule	2
Medical Professionals	3
Letters to the Editor	3-6
FM Network News	6
Shirley's Tips	6
Traveling by Car	6
Napa College Map	insert

#### FM Forum Meetings

**Napa Valley College**  
**2277 Napa-Vallejo Highway**

**Room 836**

**12:15 doors open**  
**12:30-2:30 pm Meeting**

**Free Parking**  
**on Saturdays**

#### NEXT MEETING:

**Saturday**  
**July 26, 2008**

**Speaker:**  
**Rebecca E. Thompson, Psy.D.**

**Topic:**  
**"RESEARCH STUDIES:**  
**Determining Value and Benefit"**  
page 2 for more details

**T**wo 19<sup>th</sup>-century born Jewish composers, one Swiss and one Austrian. Seventy California singers, age 16 to seventy something, fifty-plus gifted Czech orchestra members (the Bohuslav Martinu Symphony Orchestra), and one historic concert on a sultry summer night in Bratislava.

The occasion was the Bratislava Cultural Festival, the place was the Slovak Radio Concert Hall, and the chorus was the Bay Area's own Cantare Con Vivo, led by Artistic Director, David Morales, singing Ernest Bloch's Sacred Service, *Avodath Hakodesh* (1929) and Alexander Zemlinsky's Psalm 13 (1935) in a concert to benefit cancer research in the Slovak Republic. And what made history? These two pieces had never been performed in Central or Eastern Europe.

Earlier in the day of that performance, my husband, Ken (a tenor) and I (an alto) had strolled with fellow singers listening to a local guide as she introduced us to her fairy-tale city on the Danube. It's a place alive with prosperity, music, picture-postcard architecture, and gratitude for the grace of life in the post-Soviet era. The cafes, squares, and open-air markets were filled, historic buildings, including the Bratislava Castle where Bush and Putin met in 2005, are restored to gleaming splendor.

We were simply city-smitten tourists. How could a place we could hardly name just weeks ago (two hours from Prague, three hours from Budapest, and 45 minutes from Vienna) take our breath away with its charm and beauty? Our guide told slightly naughty jokes, poked good-natured fun at President Bush, and mused that even with a two percent unemployment rate, her son couldn't seem to land a job. "Excuse me," one of our singers asked, as all around, cameras went click, click, click digitally trying to capture the visual feast that is Bratislava. "Can you tell us how the city looked during the Soviet era?"

continued on page 7

## FIBROMYALGIA ONLINE GAZETTE

### North Bay Fibromyalgia Forum

2140 Jefferson St., Suite E

Napa, CA. 94559

Phone: (707) 255-7786

e-mail: [fmforum@sbcglobal.net](mailto:fmforum@sbcglobal.net)

<http://www.napavalley.edu/fm/fm.htm>

**Founder/Facilitator:** Rebecca E. Thompson, Psy.D.

**Founder/Medical Consultant:** Mary M. Wetzler, PT

**Publisher/Editor:** Rebecca E. Thompson, Psy.D.

**Media Coordinator:** Lisa Martinez

**Internet Researcher:** position open

**Meeting Hostess:** Mary M. Wetzler, PT

#### Membership Renewals:

To establish a budget for each year and simplify the bookkeeping, all memberships are due January 10th.

#### RATES:

**\$24.00 per year...** Newsletter mailed to you.

**OR**

**\$18.00 per year...**Newsletter E-mailed to you as a PDF file (view and print with Adobe Acrobat Reader).

New Memberships can be pro-rated the first year only.

**FIBROMYALGIA ONLINE GAZETTE** is a monthly publication of Healthworks, sponsor of the North Bay Fibromyalgia Forum (NBFMF). Copies are sent by mail or e-mail to all current members of NBFMF and are also distributed to interested medical professionals in the community. Please send address corrections to the editor by e-mail or first class mail.

**Disclaimer:** The information published in this newsletter is believed to be correct and beneficial to the reader.

**FIBROMYALGIA ONLINE GAZETTE** does not assume responsibility for errors. No liability is assumed for problems or damages as a result of the use or misapplication of any information in this publication.

**Copyright:** Copyright is reserved to the author listed in the byline. All other articles are copyrighted by **FIBROMYALGIA ONLINE GAZETTE**. No reprints are allowed without express permission from the editor.

**Submissions:** **FIBROMYALGIA ONLINE GAZETTE** greatly appreciates information submitted by members. Please send articles as a file attachment to [fmforum@sbcglobal.net](mailto:fmforum@sbcglobal.net) or mail a disk to the editor.

#### **Fibromyalgia Network Health Journal**

Questions or comments for the national organization? Call: (800) 853-2929; Fax: (520) 290-5550; E-mail: [info@fmnetnews.com](mailto:info@fmnetnews.com)

Thank you Napa members who have renewed your subscriptions to the *Fibromyalgia Network Health Journal* with the official form that assists our support group (\$5 rebate per subscription).

If you need additional forms to subscribe to the *Fibromyalgia Network Health Journal* through the Rebate Program, call the editor or pick up a form at the next Napa meeting.

## 2008 NBFMF Meeting Schedule

### July 26: "Research Studies:

#### Determining Value & Benefit"

**Speaker: Rebecca E. Thompson, Psy.D.**

Dr. Thompson's discussion will include how to assess the value of a study, choosing whether or not to participate, responsibility of participation, and determining the true merit of a study. Dr. Thompson will share personal experiences with FM research studies.

### August 23: TBA

### September 27: TBA

### October 25:

#### "Live well with FM: Tips and Tools"

**Barbara Gardner Hornsby** will lead us in sharing assistive tools that we find imperative in helping us through our daily lives. Bring your pillow(s), utensils, desk objects, and any other tools you use frequently to make life easier. Barbara always has an array of items designed to assist in raising our quality of life. **Mary M. Wetzler, PT** will be on hand to add to the discussion and the tools to show and explain.

### November 22: TBA

Stay tuned to *FOG*. In the next issues we will announce the topics for the above meeting dates. For now, put the dates on your calendar and plan your weekends to allow for participation in the FM Forum monthly meetings.

*Monthly meetings of the North Bay Fibromyalgia Forum are educational by design. With knowledge comes the power to increase self-esteem and improve health. Members and guests learn about FM, research studies, treatment options, and community resources. The FM Forum provides an opportunity to meet others who can provide personal support and friendship. Participants are welcome to exchange phone numbers and develop a personal network of like-minded individuals. Join us for lively and informative meetings each month. Medical professionals, individuals with FM, family members, and friends are welcome.*

## Medical Professionals Interested in FM

Michael Armstrong, MS	(707) 651-2691
Nazahah Burdette	(707) 965-2373
Tish Green, QVH Outreach	(707) 252-4411
Jim Hardy, MFCC	(707) 446-0269
Larry Hazen, P.T.	(707) 224-4411
Peter Madill, M.D.	(707) 823-3312
Jeffery Mandel, M.D.	(510) 782-7111
Maryann Martinez, OTR	(707) 259-1152
Wendy Pomerantz, L.Ac, PA-C	(707) 221-1000
Robin Rosholt, LCSW	(707) 939-1208
Susan Schmall, Ph.D.	(707) 318-4470
St. Helena Women's Center	(707) 963-1912
Rebecca Thompson, Psy.D.	(707) 255-7786
Britta Wallace, PT	(707) 257-4089
Mary M. Wetzler, PT	(707) 252-1229
Robert Wright, Ph.D., L.Ac.	(707) 255-5124

### Napa Centers with Warm Pools

Napa Valley P.T. Center	(707) 224-3131
Health Quest	(707) 254-7200

### National Organizations

FM Network	(800) 853-2929
Arthritis Foundation	(800) 571-3456
NFA	(714) 921-0150

### FM Support Groups

North Bay FM Forum	(707) 255-7786
Sacramento FM Association	(916) TBA
Santa Rosa FM Support Grp	(707) 324-8881
	<a href="http://www.cndsinfo.net">http://www.cndsinfo.net</a>

## BIOFREEZE

**Biofreeze**, a pain-relieving gel, is not sold in retail stores. Biofreeze contains the herb Ilex, which is extracted from a holly shrub grown in South America and used by the Paraguay Indians for relief of muscle and joint pain. It is not a cure, but it can relieve muscle pain and stiff joints for several hours. If Biofreeze is applied 20 minutes prior to bedtime it can aid in more restful sleep.

Try a sample of Biofreeze. Call, e-mail the editor, or pick up a sample packet at the next meeting of the FM Forum. Proceeds from sales of Biofreeze help support the North Bay Fibromyalgia Forum.

## LETTERS TO THE EDITOR

Please e-mail letters to: [fmforum@sbcglobal.net](mailto:fmforum@sbcglobal.net)

*Dear Editor: I am so frustrated with myself. I have no real purpose in life anymore. I can't do anything that I used to do and I feel like no one wants to be around me anymore. I am 75 years old and there is nothing left for me to do. My children are grown and my husband is gone. What's the point in trying all these "remedies" for fibromyalgia? I don't have enough money to buy them all and wouldn't know which one to try anyway. Besides, even if I managed to find something that would make me feel better, what good would it do if I can't continue to buy it? I'm on a fixed income and certainly won't be working because I'm too old. I'm writing to you in an effort to see if you can help me out of the hole I've fallen into lately.*

*Perplexed*

Dear Perplexed: Forgive me if I go straight to a diagnosis, but you sound depressed. Have you made a visit to your medical doctor recently? That is my first suggestion. Now, in dealing with some of the issues you bring up, I can understand why you feel you have no purpose in life. After all, it would appear from your letter, that you are all alone and you've probably done the things you wanted to do or could do when you had the chance in your youth.

On a fixed income it's difficult to manage life and have fun. After you pay the bills, there probably isn't much left over to use for your pleasure. So, let's look at that issue first. Life isn't about money, but it certainly is helpful in having a better quality of life. That doesn't mean we need to buy all kinds of luxuries to enjoy life. That's not necessary, but the basics are important to have with just a little left over for something fun once in awhile. Most every town has a senior center with all kinds of activities that are either free or cost a nominal amount. Often you can receive a "scholarship" at the senior center if you are unable to pay for an activity you enjoy doing.

You are at an age when you ought to be on medicare and have a supplemental insurance to take care of your medical needs. If you don't have those two, meet with a financial advisor either from the senior center or from your bank (there is usually no fee for advice from these sources). Therefore, some of the methods of

treatment you may want to try will come under the insurance policy and not cost anything out of pocket.

You mention that your children are grown. How often do you see them? Do you invite them to your home? Perhaps you have grandchildren. Grandparents are an important part of a child's life. If you have grandchildren, they may provide you with a sense of purpose.

Perhaps you truly "can't do" what you used to, but that doesn't mean you can't do anything. I'm willing to wager that you can find an activity that you will enjoy doing. It may be something entirely new, or perhaps something that you've done before and just didn't realize how much you enjoyed it.

You didn't mention friends. No matter what our age, we all feel better when we have friends to share our thoughts, feelings, and activities. Call a friend today. Then, join your local FM support group and try to learn all you can about FM.

*Dear Editor: I'm suffering for far too long with many of the symptoms associated with fibromyalgia and could use some help. I'm seeking assistance in locating local support groups to provide some answers. Is the Northern California group still in existence?*

Walter

Dear Walter: Thank you for recognizing the importance of support groups. I'm sorry to hear of your long-term suffering with symptoms of FM. Our group, The North Bay Fibromyalgia Forum, has been in existence since 1992 (initially under a different name). We meet in Napa one Saturday each month (usually late in the month—depending on how the holidays fall) from 12:30-2:30 p.m., which allows traveling at a reasonable time of day. Several members travel considerable distances. Since mornings and evenings can be difficult, we placed the meeting time during what tends to be the "best" time of day for those diagnosed with FM. We meet at Napa Valley College in a classroom equipped with chairs, tables, and media equipment to suit our needs. If you need special accommodations, please inform me ahead of the meeting so that I can contact the appropriate department to make arrangements for you.

*Dear Editor: I am an attorney and have a client with fibromyalgia. Some days she seems to be*

*good in discussions and comprehends her case and responsibilities. Other days she is just not even in the room. I can't understand why she flip-flops and complains that I'm giving her more stress than she can handle. What can I do to get her to stay focused on what she needs to do? I'm getting tired of explaining the same things over and over to her. Should I drop the case or do you have ideas on how she and I can work better together?*

Mr. Russell, Esq.

Dear Mr. Russell,

Without knowing your client, it is difficult for anyone to give you an assessment of what is going on with her and specific instructions to help her. However, I can give you general information and strategies that may be helpful in your understanding of her situation. It sounds as though your client has difficulty with cognition. This is not uncommon with those diagnosed with fibromyalgia. Typically, fibromyalgia patients experience cognitive difficulties in executive functioning: such as attention, encoding information, mental flexibility, word finding, maintaining cognitive set, and personality expression. Memory is usually adversely affected in the area of the hippocampus (new learning and memory).

Fibromyalgia is recognized by the American Medical Association as an organic syndrome. Research has shown that fibromyalgia is a disorder of the central nervous system. As such, it affects not only the muscular system, but most often also compromises cognition, sensory messages, pain, and tolerance for medications. Emotionality can be affected when anxiety and/or depression are a part of the diagnosis. When additional stress is placed on the individual, there is often an increase in anxiety, which can affect mood and socialization.

An overwhelming majority of patients with fibromyalgia experience anxiety and depression. Stress increases symptoms, including, but not limited to: difficulty with memory, word finding, mood, mental flexibility, insomnia, attention, concentration, speed of processing information, and socialization. Given that most fibromyalgia patients have other injuries, doctor appointments, and legal cases to manage, they deal with frequent changes in their life. These changes create frustration, which often results in exacerbating symptoms. The high stress level

creates an inconsistency that you may witness as her attorney.

Hopefully, this information helps you understand your client's diagnosis of fibromyalgia. There are methods that you can employ to assist her with the legal case. By keeping pertinent information to a minimum, basic, and in short sessions, she will benefit and not as likely become overloaded. In addition, if you give her written handouts, with the information you explain, these will assist her memory skills and comprehension. She will have the information to read and review privately where she can use her skills of compensation to assist in memorizing the necessary information. Keep the tasks short and to a minimum number.

Most importantly, if you can visualize yourself in her shoes for one day that may help you gain the necessary empathy that will bring the two of you into a closer working relationship. Think of the world around you from her perspective. She has probably lost herself as she once was and is struggling to re-capture her life. Imagine if you could no longer be an attorney, had pain every day in various parts of your body, had trouble thinking things through and finding words to use in explaining your point of view to others....just imagine that and perhaps you may begin to comprehend her dilemma.

Using empathy, short tasks, a calm voice, and allowing her ample rest breaks during proceedings, you'll likely find that her ability to focus will improve. Remember she is not the one enemy. She is your client and you are her responsible advocate.

*Dear Editor: Your prompt e-mail reply to my inquiry is very much appreciated. I look forward to attending the North Bay FM Forum meetings this summer. I plan on subscribing to your newsletter-will I be notified of all future meetings and activities through the newsletter?*

*I just printed out the newsletter (FOG) you kindly forwarded. The article titled "Fatigue" sure does hit close to home! As for any help you might provide, I'm sure at some point I may approach you about some professional help from those working in the field. I feel so frustrated trying to describe my symptoms to a GP or internist or even my poor wife who wonders why I sleep so much. I can't wait to be in the company of others trying to cope with this crazy phenomenon and learn through them and their successes.*

*Thanks again for the newsletters and I hope to meet you soon.*

*Reed*

*PS If you know of any professionals in the field of nutrition, please refer me to one of them. I've added about 30 pounds lying around the past year or so.*

Dear Reed: Good to hear that you appreciate and relate to the articles in the newsletter and plan to join the North Bay FM Forum. We have about 5 or 6 male members with FM right now. Usually a few male spouses attend the meetings to gain a better understanding of what their wives are experiencing by listening and asking questions. Your wife is welcome to come with you to our meetings.

I work with groups of patients in a 12-week program of wellness for FM. You are welcome to enroll in the educational therapy group. The members of the groups usually improve and begin moving forward with their lives, not only in understanding themselves better, but in being able to explain their needs to others (family and friends), pace their activities, and accept their limitations. They gain insight and develop self-acceptance. It is a program I've been doing for a number of years with good success. When the material is applied, it works and life improves significantly. Handouts and homework are provided in a 3-ring notebook to help you through each week and to keep for future reference.

Your name is now on the "announcement" listing to ensure you will receive announcements of future events. Once you are a member you will receive the calendar of events in the FOG as well as periodic flyers by e-mail or USPS.

As for weight gain, that is a common problem with FM and many other chronic conditions that limit one's activities. Therefore, you are "normal". That said, now it's a matter of learning how to plan your food intake to match your activity level. While we look for a nutritionist for you, here are some suggestions to help you get started:

1. Try eating 5-6 small meals daily to give your body fuel throughout the day and make it easier for your digestive system. That will also help give you energy for more activity in your day. Eat small meals every 3-4 hours.

2. Limit your "comfort" foods (breads, desserts, snacks, salty foods, sugar, caffeine).
3. Avoid alcohol and nicotine.
4. Increase your intake of fresh fruits and vegetables, lean meats, and non-fat dairy products.
5. Eat your meals at the same time (within 30-minutes) each day.
6. Drink 8-10 glasses of water daily.
7. Stop eating 3 hours before bedtime.
8. Have a cup of warm milk or herbal tea 30-60 minutes before bedtime as you relax while listening to soft music or do relaxation techniques. Avoid watching television or working on the computer during this last hour before bedtime. This will assist your sleep and decrease your desire to eat.
9. If you have a desire to eat between your meals, go for a short walk, or do breathing exercises, relaxation exercises, or drink a cup of herbal tea.
10. Try to take a short walk 1-2 times daily, even if it is just around the house.

## TRAVELING BY CAR

Planning a vacation trip by car takes time and careful consideration. It is also important to be realistic about your abilities and needs so that you arrive at your destination in good condition and can enjoy your holiday. Here are a few suggestions to consider:

1. Leave room to lie down/recline in car. (Take blankets and pillows)
2. Plan your route carefully.
3. Plan frequent rest stops along the way.
4. Take a cooler for water/healthy snacks.
5. Have plenty of \$1 bills handy for tolls.
6. Have a relief driver.
7. Take your cell phone &/or calling card.
8. Travel during cooler hours of the day.
9. Try to avoid rush hour traffic.
10. Allow extra time for everything (rest stops, travel time between cities, packing the car, etc.).

Most important:

remember to enjoy the journey.

## FM NETWORK NEWS

### Diagnostic Kit for FM

If you have questions about FM (i.e., whether or not you have it, which symptoms are FM and which are something else, preventative medicine for FM, differential diagnosis and routine testing, how to obtain a second opinion, what is the diagnostic criteria for FM, and which doctors are knowledgeable about FM), go to [www.fmnetnews.com](http://www.fmnetnews.com) and look for the diagnostic kit for FM.

### Membership in FM Network

Benefits with FM Network News continues to give many rewards. Membership includes:

1. Physician & support group recommendations.
2. Free phone calls to 800-853-2929.
3. Information monthly in the eNews Alerts.
4. Journal mailed quarterly (4x/year).
5. Member discounts on educational items.
6. Surveys and questions easily submitted.
7. Brochures free of charge for your family.
8. Confidentiality.
9. \$5.00 rebate to your support group.

For more information about tests, treatments, and coping skills click on:

[www.fmnetnews.com/eresource/ebrochure.htm](http://www.fmnetnews.com/eresource/ebrochure.htm)

### Fibromyalgia Network Journal:

Do you have questions or perhaps suggestions for specific topics you would like to read about in the journal of the Fibromyalgia Network? To have your questions answered or suggestions heard...

Send an e-mail to: [editor@fmnetnews.com](mailto:editor@fmnetnews.com)

## Shirley's Tips

1. Nothing in life is free.
2. Call a friend today.
3. Keep positive thoughts.
4. Read between the lines.

**The Music Comes Home** continued from page 1

"Three words," she said promptly, "Ugly, boring, and gray." I kept thinking of those three words as we sopranos and altos shared a dressing room with the mostly young, mostly lovely women musicians of the orchestra. It's a cliché that music erases differences but sometimes clichés are expressions of the undeniable. In the dressing-room, we were just women getting dressed. We shared mirror space, wiggled into dark stockings, rummaged through bags for lipstick, zipped each other up. A few of the orchestra players caught us discussing the dishy young concertmaster, and with a giggle or two, it was clear they shared our opinion. Turns out that a sexy violinist in white tie and tails transcends language and culture. Outside our dressing room, we could hear the Bloch soloist, Slovakian baritone Martin Mikus, warming up.

Then, waiting just offstage, watching the orchestra take its place, we took final looks at tough passages—wrapping our mouths around the German (Zemlinsky) and the Hebrew (Bloch) words one last time. On stage we went, sopranos from the heartland and Long Island and the UK, altos from just north of Plymouth Rock and California's fertile central valley, tenors from Hong Kong and big American cities, basses from an Indiana farm town and all points east and west. Our chorus includes several couples (two sweethearts became engaged on this trip), parent-and-kid singers and people of every faith, culture, and political stripe. But when we sing, those differences inform what we bring to the music and then melt away, unifying us in some gift we hope to give the audience.

"Get out of the score. Trust me; trust yourself," counsels our director, again and again. When we stood on that stage, and looked up and out, away from our score, into the audience, the first words that floated into my head were neither German nor Hebrew. They were words in English from an African-American spiritual we sang at our concerts in Hungary, Austria, and the Czech Republic. "Over my head, I hear music in the air/Over my head, I feel music in the air/There must be a God somewhere." I think of my grandfather, a Rumanian Jew, who fled Europe to find hope and some kind of future early in the 20<sup>th</sup> century. I think of my father, who comes to our concerts faithfully and finds joy in the music he wishes my mother were there to hear.

After the performance Vincent Obsitnik, the American ambassador to the Slovak Republic, came backstage to meet us. He talked about his own immigration to America just before the Nazis occupied Czechoslovakia, and thanked us for being there. We were warm, tired from standing for more than an hour and longing for a cold Pilsner Urquell, but dazzled enough by an Ambassador-Plenipotentiary to listen closely to tales of the Czech and Slovak struggles for independence.

Just a few days before we met our fellow singers in Budapest to begin the tour, my husband and I had walked the chilling galleries of Daniel Libeskind's Jewish Museum in Berlin. In the largest of what the architect calls the 'void spaces,' Ken and I stood silent. Gray, hard, still and nothing inside except a slash of light at the very top, and mid-way up, but too far overhead to touch, a ladder on the cold wall.

"So hopeless, that space," said Ken as we left. "Light, escape. Everything is just out of reach."

In fact, there was music in some of those terrible places with names that haunt us still – *Brundibar* was composed in Terezin, as was Ullman's *Emperor of Atlantis*, there was a women's orchestra at Auschwitz, famously captured in *Playing for Time*, parents whispered last lullabies to their children in the Warsaw ghetto.

What can music do? Provide color where there is gray, hope where there is none, temporarily substitute beauty for ugliness, offer comfort in grief. In that hall in Bratislava, with our Midwestern, Deep Southern, New England, Asian Rim, British, and flat Californian takes on German and Hebrew, with a passion for music – the most important thing we packed in our bags, we sang to build what our director calls "a compassionate community through music."

Ernest Bloch and Alexander Zemlinsky died in the United States, far from the homes they left behind. We simply brought their music home for them – and sailed it out into the air overhead.

Printed with permission of Linda Peterson, member of Cantare Con Vivo, journalist for the Chicago Tribune and San Francisco Chronicle, and author of an essay in a new anthology called *Writin' on Empty*, a collection of essays by and about empty-nesters.

## **NORTH BAY FIBROMYALGIA FORUM**

[fmforum@sbcglobal.net](mailto:fmforum@sbcglobal.net)

<http://www2.napavalley.edu/fm/fm.htm>

### **MEMBERSHIP INPUT**

Please contribute articles, book reviews, questions, comments, poems, humor, etc. to the editor. Your thoughts, ideas, and suggestions are welcome.

Please send articles or letters to the Editor:

[fmforum@sbcglobal.net](mailto:fmforum@sbcglobal.net)

---

## **North Bay Fibromyalgia Forum**

**Next Meeting**

**SATURDAY  
July 26, 2008**

**Napa Valley College  
Room 836  
12:30 - 2:30 PM**

**Speaker:**

**Rebecca E. Thompson, Psy.D.**

**"Research Studies:  
Determining Value and Benefit"**

*See page 2 for more details.*

---

**Rebecca E. Thompson, Psy.D.  
2140 Jefferson St. Suite E.  
Napa, CA. 94559**

---