

## Dr. Ben Arnold Dies March 19<sup>th</sup>

Dr. Ben Arnold died in Alexandria on March 19<sup>th</sup>. He was a licensed psychologist and known to many in the community as a kind, giving man who led a life of thoughtful service to others, having followed a career path as an educator, trainer and psychologist.



Dr. John Simoneaux, a friend of Dr. Arnold's for many years, said, "He was a sweet, humble, gentle man. He was truly one of the good guys."

Another colleague, Dr. Kenneth Binns, told the *Times* that he and Ben had the same clinical

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## LSBEP Ex Director Jaime Monic To Retire

LSBEP Executive Director, Ms. Jaime Monic, will retire on April 11<sup>th</sup>. Her position is to be filled by Ms. Kelly Parker and Ms. Monic will continue as a consultant to assist in Ms. Parker's training for at least the next year, according to Ms. Monic.

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## Dr. Dardard To Lead Grassroots

Dr. Alicia Pellegrin has stepped down as president of Grassroots of Psychology in Louisiana, and Dr. Susan Dardard has taken over that leadership role.

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## LPA Convention April 14-16 In Baton Rouge

LPA's Convention and Annual Meeting will be held April 14-16 at the Baton Rouge Marriot. Highlights of this year's convention include featured speakers, a hotly contested election to take place at the business meeting, followed by a Town Hall meeting designed to allow members to discuss the topic of Act 251.

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## Senator Open To Solutions

## Omnibus Board Looming

In a March 29<sup>th</sup> letter addressed to the "Louisiana Psychology Profession," Senator Willie Mount from Lake Charles wrote that she intends to file a bill for a consolidated board in the upcoming legislative session. This legislation would dissolve both the Louisiana State Board of Examiners of Psychologists (LSBEP) and the Licensed Professional Counselors Board of Examiners (LPCBE).

Senator Mount's intention to create an omnibus board follows the failure of the "Behavioral Health Professionals Working Group" to provide specific solutions to disputes between the two boards. The "Working Group" was created by the Senator's Concurrent Resolution and met approximately nine times over the course of several months as reported in the *Times*. (Vol 1, No 11-12, Vol 2, No 1-2,4,&7).

In SCR 100, the legislature urged the two groups to develop a more collaborative approach and to find ways to meet the state's mental and behavioral health problems, especially for underserved citizens.

In her March 29<sup>th</sup> letter (see pages 17-18 this issue) Senator Mount wrote that the design of the new board

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LPA members attending annual business meeting in 2010.

# Editorial Page

## No Fighting In the War Room?

Senator Mount seems poised to offer a bill for an omnibus board as her solution to on-going conflict between the LSBEP and LPC boards, conflicts that often wind up in front of the legislature.

Fighting it out in front of the legislature is pretty much the way things are done in a free society. Citizens, members of public boards, and Joe the plumber, all have the right to fight about issues as long as they want to, because that is what helps social order, and a legislator's job is to somehow arbitrate, facilitate, and judge these disputes.

Putting that aside, Senator Mount has an excellent point. She is rightly concerned about our state's underserved mental health needs. And she is correct that long-standing, entrenched conflicts that waste time and resources should be a focus for change efforts.

Her first solution was a very good one. In her resolution (SCR 100) she asked the board members to work to hash things out, but the results were disappointing. Now she feels that her only option is to consolidate the two boards. It seems this is throwing the baby out with the bathwater. (How can three psychologists, who have to coordinate with six other people who do not understand our science and profession, do the work of the five psychologists we have now? Five who work very hard just to keep up.)

On the other hand, I think Senator Mount's first approach was an excellent idea. But the approach needed the touch of a real psychologist, because while the goal was admirable, the execution flagged. First, the "Working Group" met for only a total of 18 hours, less than one-half a normal workweek. Secondly, teams with serious conflicts must have an experienced, neutral facilitator trained in group process, consensus, creativity and conflict resolution. The composition of the group, as well as the time format, should have been designed with a plan for change in mind, rather than based solely on past political characteristics. Optimally, all team members' strengths and weaknesses should be measured, and gaps in the team's overall ability to accomplish its goal, filled. These are just a few things to note, there are many more.



When people have intractable conflict, they require time and help. Reframing problems for creative solutions and releasing fixed ideas calls for a systematic process. What we needed was a real psychologist to consult with the Senator or the Working Group, and a planned change effort.

An omnibus board will dilute the diversity and the unique contributions of both professions. So we should rework the Working Group and the Senator's original request. And this time, design an effective intervention. This time apply the scientific knowledge and psychological techniques that we know lead to a greater degree of creativity and win-win problem-solving.

Then, if that doesn't do the job, we can always regress to politics, and fighting in the war room.

## Omnibus Looming...

would include three psychologists, three LPCs, and three consumers.

The *Times* had previously talked with Mr. Greg Waddell, attorney for the Senator's office and committee on Health and Welfare, on March 22<sup>nd</sup>. He said, "The two boards will be consolidated into a single board with nine members." He said the law will repeal both the LSBEP and the LPCBE and that they would "go away."

The looming legislation has both psychologists and counselors scrambling to oppose the move. Several sources indicate the Louisiana Psychological Association will oppose the action, although no specific plan has been broadly published to members. Also, members of the Louisiana Association of Counselors have noted to the *Times* that they will try to block this effort. Grassroots of Psychology has also indicated disfavor with an omnibus board.

Today LSBEP Executive Director, Jaime Monic told the *Times* that the psychology board "...will meet in April to discuss its position on Senator Mount's intent

to propose legislation to create an omnibus board. At this time, the Board stands behind the recommendations presented by the psychology representatives of the BHPWG [Working Group] which were outlined in their Final Report to the Joint Health & Welfare Committee."

Also today, Executive Director of the medical board, Dr. Robert Marier said to the *Times*, "It has only just now come to our attention. We have no position on it as yet but will discuss it on the 18<sup>th</sup>."

In her letter, Senator Mount wrote, "I have made it abundantly clear to both boards and the respective professional associations that I am open to any alternative solution which BOTH professions can agree upon. So far, both sides have indicated that they are against the proposed consolidation, but neither side has been able to propose an alternative solution."

In the March 22<sup>nd</sup> call, Mr. Waddell said to the *Times* that the Senator gave both groups the chance to collaborate with each other, and that while they "did some great work," they did not accomplish one of the primary goals. "It seems that the boards are at each others' throats," he said.

"There is a history of the two boards fighting," he noted. "If she [Senator Mount] had her way, she'd rather not fool with it," he said. "She's open to suggestions and has been, if there is something else that is suitable to both groups."

Mr. Waddell told the *Times* that, "The new board will come into existence before the consolidation, to give time for transition."

He said that the bill has not been filed but will likely be pre-filed soon. As of *Times* publication the bill had not yet been filed.

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### Ex Director, J. Monic...

Jaime told the *Times*, "It has been easy to work for a group of professionals that I value so much and regard as dignified and ethical. This is what made my decision to leave all that more difficult. However," she said, "I have decided that I needed to focus more on my family. I have been surprised to find that the challenges of raising three boys, in middle school, high school and college are greater now than they were when my boys were toddlers. I feel blessed to have this opportunity at this time."

The transition plan includes Jaime working in a part-time, intermittent role over the next year or more.

Ms. Jaime Monic began working with the LSBEP in 2000 under the directorship of Brenda Ward, the Executive Director from 1990 to 2006. "...even though this was a small office, I could take on as much as I felt comfortable with and never become bored working for the LSBEP," Jaime said. "I eventually had my hand in everything. Brenda was an excellent mentor, I could go on and on and on about how wonderful she is both personally and professionally, and it would never be enough to describe her."

Jaime added, "The most challenging part of this job has been the ever changing dynamic, not just of board composition, but also evolving practices and regulation. Meeting these challenges and working through them have been very rewarding."

The Board will introduce Ms. Parker at the LPA 2011 Annual Convention, during the board's annual report to LPA members.



Dr. Marva Lewis (L) Sociocultural Psychology professor from Tulane and diversity expert selects a treat from Dr. Susan Dardard's cowboy hat at the scientific track that Susan developed for the Fall Conference. Dr. Dardard took over Grassroots leadership from Dr. Alicia Pellegrin last month.

### Grassroots Leader...

In a letter posted on March 14<sup>th</sup> to members, Dr. Pellegrin noted a number of accomplishments of the group, but said that since she hoped to serve in LPA in the near future, her plans would require that she step down.

Dr. Susan Dardard has been involved with Grassroots since its inception in 2009. She told the *Times*, "I welcome the opportunity to address the needs of psychology in Louisiana in my new role as president of Grassroots, and I thank Alicia Pellegrin and Mike Chafetz for their invaluable leadership in the past."

She noted that her priority will be "... to work with other leaders of psychology in our state, and to bring together the diverse groups of our psychology community."

"My first undertaking," she said, "has been to bring together representatives of the LPA EC and Grassroots to deal with Senator Mount's pending legislation..."

"My long range objective," she said, "is to develop programs that educate elected officials and the public about the unique training, skills, and services of psychologists."

## Dr. Nemeth Attends APA Council for LPA

As LPA's new delegate to APA, Dr. Darlyne Nemeth attended the APA Council of Representatives on February 18-20 in Washington, D.C.

"It was an amazing experience," Darlyne noted. "Being the Louisiana Council Rep is like being a member of the United States House of Representatives. The contents of the agenda for this meeting is 4 inches thick," she said.

She participated in a variety of the Council activities, including deciding to reduce the dues of full members, adopting guidelines for a variety of issues, and establishing a new task force to create guidelines for psychologists' use of telepsychology.

Darlyne noted that she was a little unprepared for the coalitions that existed. She explained, "What I didn't understand until I got there was that there were various coalitions, like special interests groups, that met before the council meeting officially began. Being new, I did not understand that I had to pay money to join these coalitions. Therefore, I did not bring a checkbook." She said that each group requires a fee to join, and so she will bring these issues to the next LPA EC meeting for approval.

Dr. Nemeth expressed her wish for state associations to have more input, saying, "As the APA Council Representative from Louisiana, my elected duty is to represent LPA to the best of my ability. Many major divisions, such as Division 40, Clinical Neuropsychology, have several representatives

supporting their agenda. It appears that the state and provincial associations do not have a lot of political influence on council and that is why they have a coalition. I would hope that, in the future, state and provincial associations will have more meaningful input."

Dr. Darlyne Nemeth is a licensed psychologist, MP and is a specialist in neuro-psychology. She has been internationally recognized for her work with the hurricane Anniversary Wellness Workshops and was named LPA Distinguished Psychologist in 2010.

"I am grateful and humbled to be representing Louisiana in this major event," she told the *Times*. And, "I am working hard to meet as many council reps as I can and to put forth a good image for Louisiana," she said.



Dr. Darlyne Nemeth (R) at the APA Council meeting with APA President, Dr. Melba Vasquez. (Photo courtesy of Dr. Nemeth.)

## LAMP Is Wild Card In Omnibus Threat

At an educational meeting this week between LPA Executive Council members and Grassroots of Psychology, organized by Grassroots President Dr. Susan Dardard, participants discussed the position of LAMP regarding the omnibus board threat.

A member of the LPA executive committee, with connections to LAMP, suggested that LAMP might be willing to use their political influence to block the ominous bill if Grassroots members would agree to put their objections to Act 251 to rest. Most of those at the meeting indicated that while they would appreciate LAMP's help, they could not agree to that arrangement.

It is unknown if LAMP will support or oppose the omnibus board bill.

## Psychology & Public Health

by Alice LeBlanc, MPH  
LSUHSC School of Public Health

### Introduction

A career in public health is a natural choice, if not an immediately obvious one, for psychologists and psychology majors. When we think of public health, the disciplines of epidemiology and health policy and systems management may come to mind. However, public health also includes biostatistics, environmental health sciences, and behavioral and community health sciences.

Over the past two decades, each of these disciplines has contributed to improving the public's health. There have been significant decreases in infant mortality, deaths from heart disease and stroke, an overall leveling off of alcohol, tobacco and illicit drug use, and significant advances made in the diagnosis and treatment of cancer.

But challenges to the public's health continue: obesity in children and adults is pandemic, as are diabetes and other chronic illnesses; oil spills and waste disposal threaten our environment; tobacco use remains the single most preventable cause of death and disease; and HIV/AIDS presents a serious threat, disproportionately affecting women and communities of color.

Psychology and public health complement each other in more ways than you can imagine. The complementary touchstone is *behavior*. Individual behavior and environmental factors are responsible for about 70% of premature deaths in the US. Psychology, the study of behavior, affords its graduates a program of study grounded in the scientific method, enriched by an understanding of the biologic bases of behavior, enhanced by developmental, social, organizational, community, and educational psychology, and woven together by statistics, research methods, and program evaluation.

In this on-going series, we will present examples of the natural fit between psychology and public health by highlighting the paths of psychologists whose professional careers have segued into public health. All are faculty of the Behavioral and Community Health Sciences Program (BCHS) of the LSU Health Sciences Center School of Public Health in New Orleans.

### Dr. Sarah Moody-Thomas

The career of Dr. Sarah Moody-Thomas is a guide to a clinical psychologist's transition into the field of public health. Dr. Moody-Thomas is the director of the BCHS program, the Charles L. Brown, Jr. MD Professor of Health Promotion, and Director of the LSU Health Care Services Division's Tobacco Control Initiative (TCI). She earned her BS in psychology at Southern University in Baton Rouge and her doctorate in Clinical Psychology at the University of Georgia, where she co-majored in public administration.

Although primarily academic, Sarah's career has included clinical practice, community development, and organizational behavior change in addition to research and program evaluation. She has been a member of the psychology faculties of Louisiana State University and University of New Orleans (UNO), ultimately becoming chair of the psychology department at UNO. While at UNO she maintained a small clinical practice, consulting specifically on behavior management of clients with both developmental delay and mental illness, initiating changes in environmental and structural processes for this population.

Sarah's research interests have always focused on addressing the needs of minority and medically underserved populations by examining organizational structures that contribute to health disparities. While at UNO, she tackled her first major public health issue, preventing and controlling the use of tobacco products. She conducted school-based interventions to prevent tobacco use and research to identify individual characteristics and environmental factors affecting student's decisions to smoke.

Her earlier work brought her into contact with the National Cancer Institute (NCI) and its efforts to prevent and control cancer in high-risk groups. She became the regional president for the NCI-sponsored National Black Leadership Initiative on Cancer.

"The goal," she said, "was to engage communities and get the word out on prevalence, screening, and early detection of cancer and the importance of involvement in clinical research."

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### Dr. Moody-Thomas...

Her efforts brought her to the attention of the LSUHSC, where she was appointed Associate Director of Behavioral Science and Community Education at the Stanley S. Scott Cancer Center and professor in the Departments of Psychiatry and Public Health and Preventive Medicine.

"I've had the pleasure of initiating several cancer control and prevention projects, including Partners in Wellness," she said, "where we trained indigenous lay health educators from specific zip codes in New Orleans to share messages about screening and early detection of cancer and help community members navigate the health care delivery system to access care."

"I am a founding member," she explained, "of the New Orleans Chapter of Komen for the Cure, at one time known as the Susan G. Komen Breast Cancer Foundation, and served in leadership capacities to ensure representative participation in the Prostate Cancer Prevention Trial and Selenium versus Vitamin E trials conducted by of the South West Oncology Group, a national cooperative group for clinical trials."

Her NCI-funded projects have focused on increasing minority participation in cancer clinical research, the role of physician education in minority enrollment in clinical trials, and community education and dissemination of health promoting information. Her expertise in these areas has been recognized by her appointment to two committees of the National Academy of Sciences Institute of Medicine:



Dr. Sarah Moody-Thomas, director of the Behavioral and Community Health Sciences Program (BCHS) of the LSU Health Sciences Center School of Public Health in New Orleans. Her Tobacco Control Initiative has received national notice.

Preventing Nicotine Addiction in Children and Youths, and Cancer Research Among Minorities and the Medically Underserved.

"There is a wealth of research supporting the benefits of tobacco cessation and the effectiveness of evidence-based treatments," Sarah noted. In 2003, the same year that the LSUHSC School of Public Health was established, and acting in her role as Director of the TCI (Tobacco Control Initiative), Sarah accepted the legislative mandate to provide tobacco cessation services to patients of the state's public hospital system.

"For me, the challenge was to integrate this knowledge into the existing health care delivery system in a way that made access to treatment sustainable and available to all patients in that health care network. I saw this as an ideal opportunity to translate research into practice

using the system change strategies recommended in the US Public Health Service [2000] clinical practice guideline, *Treating tobacco use and dependence*," she said.

To reach this goal, Sarah marshaled the resources of both psychology and public health. She started by assessing the knowledge, attitudes, practices, and preferences of patients and clinicians, learned about institutional resources and infrastructure to identify, treat, and monitor tobacco users, and employed a systems approach to the development, implementation, and evaluation of the TCI.

"I used an ecological perspective to help me identify the levels of influence that might come into play and stage theories of change, such as the

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**Dr. Moody-Thomas...**

Transtheoretical Model and Organizational Development, to understand and guide individual and organizational change."

The TCI emerged as a multi-level intervention to prompt clinicians to engage patients about their use of tobacco, rate readiness for change, and refer for treatment. These practices are supported and facilitated by information technology and the system's electronic health record.

Fully implemented in seven of LSU's public hospital facilities, the TCI is a recognized success. Its patient "quit rates" doubled between 2007 and 2009.

As a result, in 2010 the National Association of Public Hospitals recognized the TCI as an outstanding program for the use of health information technology in the identification and treatment of tobacco use. "This program [TCI] puts our state at the forefront of innovation to improve the public's health," said Dr. Sarah Moody-Thomas.

The BCHS program ascribes to a socioecological perspective to understand determinants of health. As such, Dr. Moody-Thomas and her faculty actively recruit psychology majors from area universities to pursue a master's degree in public health.

She says, "Public health is a natural for someone with a background in psychology." Dr. Sarah Moody-Thomas' career path can attest to that.

For more information about the LSUHSC School of Public Health and the BCHS program and admission for fall 2011, visit <http://publichealth.lsuhsu.edu/>

**Student Focus****Centenary Students  
To Present at APS**

Centenary Professor Dr. Amy Hammond told the *Times* that a group of her students have worked together on a "student-initiated" research project, and have been accepted to present the results at the Annual Convention of the Association for Psychological Science, to be held in Washington, D.C., in May.

The student researchers are Amanda Shackleton, Jessica Garriss, Michael Naquin, Shakeria Alcorn, Jacob Jones, and Katherine Shamburger.

The students developed their ideas for the project in the research methods course at

Centenary, making changes and refining the research as they learned more, Dr. Hammond explained.

The study is titled, "A Sense to Remember: Seeing and Touching is Better than Hearing." The student researchers presented participants with 21 words in three modalities—auditory (read aloud), visual (a photograph), or tactile (placed in the hands).

They discovered that recall was significantly better for items presented in tactile and visual modes than for items in the auditory mode.

Michael Naquin said, "The thing I enjoyed most about the research was working with my friends to apply our class concepts to real life, and at the same time we found some interesting results."



Dr. Hammond's students from Centenary getting set to present their poster research at APS in May. From L to R: Shakeria Alcorn, Jessica Garriss, Michael Naquin, and Amanda Shackleton. (Photo courtesy, Dr. Hammond.)



## The Business of Helping

*Publisher's note: This column is about psychologists who, despite the recession and the double SS tax, are following a spark of entrepreneurship, and making a difference in peoples' lives.*

### Dr. MKay Bonner Industrial-Organizational Psychologist

Licensed Industrial-Organizational Psychologist, Dr. MKay Bonner, is somewhat rare, and becoming rarer. She is one of only a few IO psychologists licensed and residing in Louisiana.

MKay decided on IO after some unpleasantness. "During the time I was working on my masters," she explained to the *Times*, "I was attacked twice while working at the mental hospital." This clarified things for her. "...I decided I wanted to work with upwardly mobile people in the workplace. I love using psychological principles in the workplace. Psychology has so much to offer every aspect of life. We just need to get better at making this well-known."

Dr. MKay (pronounced "M.K.") Bonner is owner of Bonner Solutions and Services in West Monroe. She applies her training, creativity, and the tools of science to help her clients solve the problems faced by today's organizations, small businesses and individuals.

The tools of psychological science in the hands of an IO psychologist are extensive. They have to be because the problems to solve can involve all levels of the organization, sometimes the larger society, and reach down to the nuances of individuals' personalities, needs and motivations.

MKay provides an array of services related to applications of psychological science and the world of work. Her services include employee selection, performance appraisal systems, organizational needs analysis, job analysis, satisfaction surveys at the employee or customer level, and motivational and wellness programs.

But she told the *Times*, "I spend most of my time with work in selection and training," noting that she consults locally, regionally and internationally.

Helping organizations select candidates for the right jobs requires her to use a complicated set of scientific tools and procedures. A good selection program gives the company the best chances of finding the most productive employees, but also



Dr. MKay Bonner with husband at home in West Monroe.

gives the employee the best chance of success and job satisfaction.

"I like working with something tangible - testing - to help identify the best person for a job," she said. "Test scores are not sufficient by themselves, but selected correctly, they can provide so much information in a short amount of time."

In her scientifically-based testing she may use pre-employment screening, pre-job offer, or post-job offer, all of which have various legal requirements. She also assesses current employees for retention, promotion, or fitness-for-duty, as part of her efforts to assist her clients.

"I really like working directly with my client companies. I want to know what is working with the system and what is not. I like to provide them individualized service and to do so promptly. One of the positive comments that I get from these companies is that they can call me and speak with me directly by phone or in person. This customer service makes a big difference to them, especially in the sometimes confusing and unknown world of psychology."

MKay may use a variety of measures, as appropriate, including tests of cognitive ability, critical-thinking, or decision-making skills. Or, she might measure leadership ability, interpersonal skills, achievement motivation, safety, creativity, mechanical ability, or organizational citizenship. At all points she considers the myriad of legal concerns faced by employers.

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**Dr. Mky Bonner...**

A second major work focus for Dr. Mky Bonner is training. Mky is currently the Co-Coordinator of the Northeast Delta Crisis Intervention Team Program, covering 12 parishes in the Northeast part of the state. The group promotes safety for officers, consumers and communities by providing law enforcement individuals with the training needed to effectively respond when encountering a person with a mental illness.

"We have received recognition for our work with this at the CIT international conference," she said, "and were asked to present our innovative program that we developed. For our CIT program, we have earned Louisiana Peace Officer's Standards and Training accreditation (POST) which is a really big deal."

And the program is growing. "We have also conducted CIT Train-The-Trainer for agencies throughout Louisiana. We have trained more than 350 officers (28 40-hour classes) and 175 dispatchers (17 8-hour classes) in a little over 4 years." Mky recently had an article accepted by an international journal regarding her work with CIT.

She has also taught psychology at the university level for over ten years, including a variety of undergraduate and graduate courses. And, she is working with the criminal justice department at University of Louisiana Monroe.

Even though Mky tends to stay very busy, over the last few years she found the time to host her own interactive radio show, called "Resources for Living." It aired every Wednesday morning on KMLB 1440 in West Monroe, and streamed on the internet.

The format involved information and discussions between Dr. Bonner, guests and listeners, and included topics such as Holiday Stress, Impulse Buying, Job Training, Customer Service, The Psychology of Money, Creativity, and Discipline by Motivation.

Her radio show aired for 3 years. "I did like that I had the opportunity to show people that psychology can touch every aspect of life and it is not just about disorders. I had to give it up because it was so time-consuming."

Mky also hosted a TV segment once a week on a morning show for two years. "But," she noted, "3:00 am became way too early when I was up until 11 or midnight. It was really amazing at the number and variety of people who listened or watched. They would ask me questions about psychology anywhere - business meetings, the bank, or Wal-Mart."

While it is hard to know how she does it with all her professional commitments, her family life is wonderful. "My husband and marriage are better than I thought possible, I have four young adult step children, we are adopting two foster girls ages 2 and 4. My mother lives with us as well and her 4 sisters visit often. And we just bought a log cabin that had been abandoned for 3 years."

"We are doing the demolition ourselves, all the way to the studs in many rooms, and doing a lot of work on the remodel and addition ourselves - I'm going for a Frank Lloyd Wright meets log cabin look."

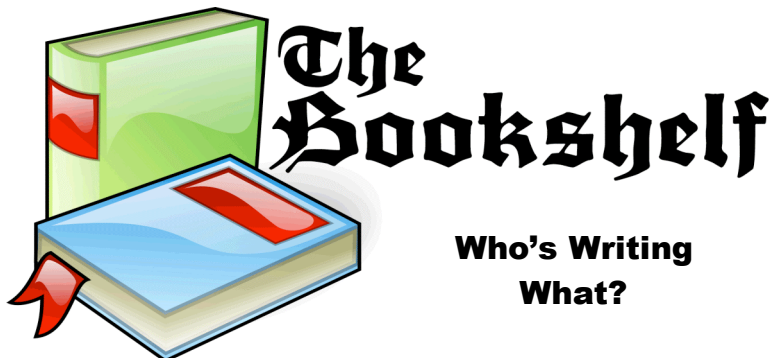
Whatever Dr. Mky Bonner is doing to keep her energy up, some of us could use a few of her suggestions.

For more information- [www.bonnersonsolutions.com](http://www.bonnersonsolutions.com)  
For information about Northeast Delta CIT go to [www.northeastdeltacit.com](http://www.northeastdeltacit.com)



Dr. Mky Bonner working on her log cabin. (Photos courtesy of Dr. Bonner.)

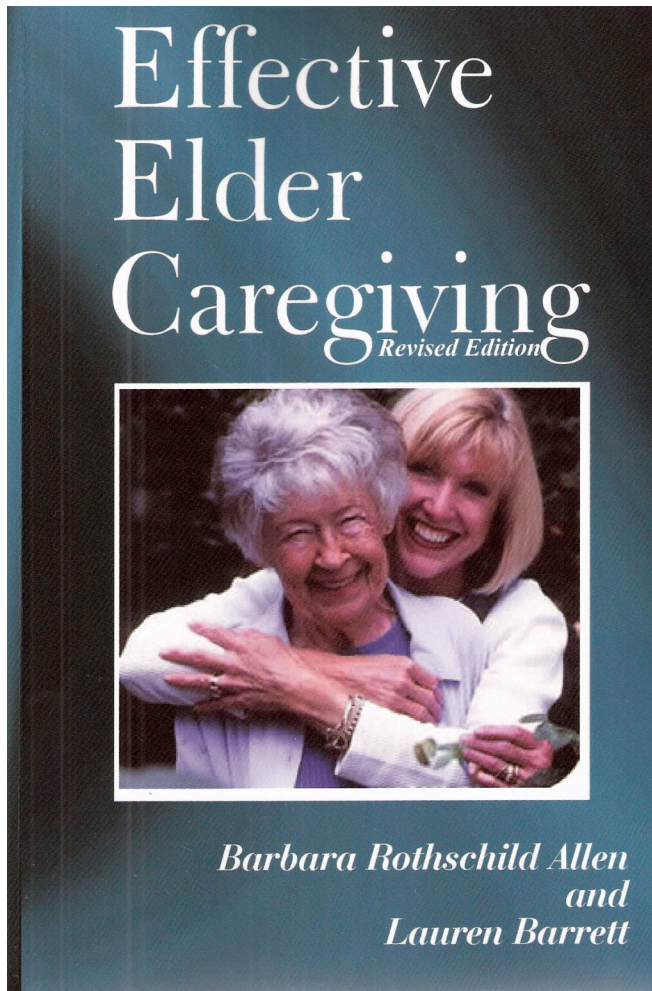




***Effective Elder Caregiving***  
*Revised Edition, 2011*

**by Barbara Rothschild Allen  
and Lauren Barrett**

Special Delivery Books



*“According to former first lady, Rosalynn Carter, there are only four kinds of people in the world: ‘Those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.’ ”*

*“Twenty-seven million Americans provide an average of over 20 hours a week of care for their parents or other elderly relatives.”*

*--Effective Elder Caregiving*

In her book, *Effective Elder Caregiving*, retired LSU-A professor of developmental psychology and life member of LPA, Barbara Rothschild Allen uses her professional knowledge and personal journey to produce a clear, candid and useful set of ideas for those who provide care for an elder.

*Caregiving* is a self-help book for those in the “primary” caregiving role, most often a family member who has the affectionate and moral responsibility for the elder.

The book also includes important guidance for those in the “secondary” caregiving role, most often a paid professional. This dual guidance is immensely helpful because, as the authors point out, primary caregivers can rarely handle the responsibilities by themselves. A final perspective, that of the elder care-receiver, rounds out this 360° view of the complexities in elder

care, the overlapping duties and complicated relationships, and the needs and challenges in this essential physical, psychological, and spiritual time of life.

Barbara’s contribution as psychological expert runs throughout the work, resulting in factual information and insights to support the reader’s decisions. But perhaps Barbara’s contribution is most heartfelt and poignant in the personal narratives of her own journey caring for her husband Al, to whom the work is dedicated.

Barbara’s psychological perspective and humanity comes through clearly, while also delivering important, practical, and very useable insights for those in the sandwich generation of primary caregivers. She points out that in many cases, responsibility for care falls on people in their 40s, 50s, and 60s, but that “the significance of the caregiving demands made on the middle generation has not received much attention from researchers.”

Barbara commented to the *Times* that the revised edition is gaining more attention, perhaps because more people now find themselves in the caregiving role. Barbara recently spoke to the American Association of

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## Bookshelf...

University Women in Austin, where the work was very well received. Barbara said that she enjoyed writing the book. "I have done some writing earlier. I was a coauthor for a book on adolescent psychology. And, I felt that I should have done more writing over the years." She stays away from the computer, instead writing on an electric typewriter that she purchased in 1965 when working on an NIF grant at Berkley.

The goal of the book is to help "start cultivating potential senior caregivers, such as family members, spouses, and friends, as well as paid care providers (employed caregivers)— people who truly like and respect the elderly. Both these groups need to take the training that will transform them into competent, kind, and reliable caregivers."

*Effective Elder Caregiving* is designed in three parts, each including short, understandable and concise chapters that stay on track, and in which the authors highlight narratives with important, but not overdone statistics.

Part One, "Primary Caregivers," includes twenty short chapters that reflect the journey from the first steps of acknowledging the role, to the last stage of the process, the elder's death. Writing in first person, Barbara describes the practical and psychological challenges encountered by the primary caregivers in heartfelt stories of her own journey, adding insights from her background in life span and developmental psychology.

She highlights issues in "The Sandwich Generation of Primary Caretakers." Building on more analytic themes in Chapter 3, "Common Psychological Issues Arising Between the Generations," she reflects on the family relationships that can be encountered. This perspective is repeated throughout, especially in Chapter 11, "How to Recognize and Accept the Need for Outside Help," Chapters 17 to 20 which address the stages of decline, and finally, "The Death of Your Loved One."

Another set of topics focus on employment and management: "Interviewing Potential Secondary Caregiving Applicants," and "Selecting the Best Caregivers to Meet the Patient's Needs." Authors deal with practical issues in "Preparing the Elder's Home for Secondary Caregiver," "Establishing the Routine for Secondary Caregiver," "Financing Secondary Caregivers," and "Distant Primary Caregiving."

In Part Two, "The Employed Personal Caregiver," Barbara and coauthor Lauren Barrett, a professional caregiver, point out the knowledge and skills needed by those in this profession. Chapters include: "Desirable Personality Traits of Caregivers," "Training, Experience and Education," "Communication Styles and Listening Skills," and "Morals and Work Ethic." Issues such as stealing, tolerance, and abuse are discussed candidly, making the book useful as a guide for employers who are also the primary caretaker.

Practical information is abundant, including "Appearance and Personal Habits," "Your Physical Health," "Your Mental Health," and "Financial Concerns." Chapters on "Do You Have the Right Stuff" and "Working Through Your Personal Issues," directly address job match, and the fact that not all people are suited for gentle, tolerant and respectful caregiving.

Part Three, "Caregiving from the Patient's Perspective," briefly touches on the third viewpoint, that of the elderly patient, and includes "Observations of a Senior Patient" and "Traits of a Desirable Patient."

Dr. Greg Gormanous, who was a student of Barbara's, then who became her Chair at LSU-A during the years, wholeheartedly recommends her book, writing "*Effective Elder Caregiving* is an absolute must read for family members deciding on care for a loved one and for all students who interact with the elderly."

Barbara Rothschild Allen has written an important self-help book that can make an immediate positive impact on the decisions and thinking of a person thrust into, or gradually taking on the role of primary caregiver, where many in the baby-boomer generation now find themselves.

The book is available on Amazon. However, you can also purchase it directly from Barbara for \$20 (\$14.95 plus tax and shipping) at 40 N I H 35, Apt 12a2, Austin, TX 78701. And if you ask, she will autograph your copy!

## Two Changes in MP Rules

Writing on behalf of Grassroots of Psychology in Louisiana, Dr. Alicia Pellegrin requested that the state medical board revise two phrases in the “rules” for medical psychologists. On

February 4<sup>th</sup>, Dr. Robert Marier, Executive Director of the medical board, wrote back to her, thanking her and her organization for providing comments, and he included a report of changes in the rules sent to the Senate Health and Welfare Committee.

Pellegrin had asked that the term in the proposed rules, “psychologist practitioner,” be changed back as it was in the original text of Act 251, “psychological practitioner.” Also she asked that the medical board to change the phrase “...shall include the practice of psychology as defined...” back to the original wording in 251, “... includes those practices as defined...”

While the medical board noted that it was not constrained to duplicate the exact wording of laws, the board said, “On the other hand, while it does not perceive any substantive distinction between the term psychological practitioner and psychologist practitioner, because the latter term does not appear elsewhere in the proposed rules, and for ease of reference to Act 251, the Board will accept the commenter’s suggestion, in part, by substituting the term *psychological practitioner* for *psychologist practitioner* within the definition of Medical Psychologist.”

Also, “...the Board is not disinclined to accept the commenter’s suggestion in this regard and tract the precise language of the Law in the last sentence of the term’s definition. Thus, Section 3903A, where the proposed rule would have defined Medical Psychology as: ‘... the practice of medical psychology shall include the *practice of psychology as defined in La. Rev. Stat. §37:2352(5)*,’ in the final form of the rule that we have adopted that portion of the definition will instead read: ‘...the practice of medical psychology *includes those practices as defined in la. Rev. Stat. §37:2352(5).*’”



## Coffee Cup Anyone?

*The Psychology Times* is sponsoring the continental breakfast on Thursday, April 14<sup>th</sup>, at the LPA Convention. Breakfast starts at 8 am.

With your free breakfast, pick up your complimentary *Psychology Times* coffee cup; a little reminder that it is still a free country; and that communication leads to community, understanding and mutual respect. (I’m paraphrasing Rollo May, I didn’t just make that up.)

*Times* Publisher, Julie Nelson, Ph.D.



# Up-Coming Events

## Louisiana Psychological Association Annual Convention & Business Meeting

### LPA Convention Con't from Page One...

Also on Thursday at 4pm-5pm, the Louisiana State Board of Examiners of Psychologists will offer a chance for attendees to discuss the activities of the Board during the last year, according to the conference brochure.

The three-day conference will provide attendees the option of 18 hours of continuing education credit.

The **Thursday** morning program offers two CE workshops. "Wechsler Memory Scale-IV and Wechsler Memory Scale -IV Flexible," presented by Alexander Quiros, Ph.D. from Pearson, will cover improved floors across subtests, enhanced assessment of visual memory, co-norming with the WAIS IV, and updated norms.

James Van Hook, III, Ph.D., will present "Data Driven Academic Interventions," addressing academic disabilities in the areas of reading and mathematics. Participants will learn how to identify such disabilities and which type of intervention is warranted.

Dr. Quiros will continue in the afternoon with "NEPSY-II: A Flexible Neuropsychological Measure for Children." He will

Con't next pg



Presentations on matters of importance to the community are part of the regular activities. Above, a talk by attorney Kevin Hayes, LPA's consultant in governmental affairs.

### LPA Members To Discuss 251

LPA has scheduled a Town Hall meeting for its members to discuss issues about Act 251. The Town Hall meeting will be held 6:00 pm, Thursday, April 14<sup>th</sup>, at the Baton Rouge Marriot, and follows the Annual Meeting at 5:00 pm. The LPA convention brochure notes that this is an "opportunity for all LPA members to informally and candidly discuss issues of importance to the association and Louisiana psychologists."

Speaking for the Executive Council, Dr. Robert Storer told the *Times* that "The Town Hall meeting is intended to be a continuation of the business meeting and a forum for LPA members to voice their concerns and desires regarding Act 251 and other legislative issues." He also noted, "Our hope is that there will be a discussion regarding what options are available in responding to Act 251, what the likely costs/consequences are for each option, and endorsement by the membership of the option that they favor."

Act 251 was passed by the Louisiana Academy of Medical Psychologists- PAC and the Medical board in July 2009, and remains an on-going controversy in the association. One other meeting on the topic has been held, in Dec. 2009, called by then President Dr. Judith Levy.

Dr. Storer reminded the *Times* that, "LPA is a membership association and this town hall meeting will be for LPA members only."



discuss subtests, standardization details, and psychometric properties.

Also on Thursday afternoon, Joseph Comaty, Ph.D., MP, will present "Update on Mental Health Laws Affecting Psychologists."

Thursday at 4 pm members of the Louisiana State Board of Examiners will be available to discuss the activities of the Board during the last year.

The Annual Membership Meeting, Election of Officers and Awards Presentation will convene at 5 pm. The Town Hall Meeting will follow at 6.

On **Friday**, featured speaker Dan Egli, Ph.D. will present a full-day, two-part workshop, "Practical Psychopharmacology: Major Depression" and "Practical Psychopharmacology: OCD – An Integrative Algorithm."

Also on Friday morning, Joseph Tramontana, Ph.D. will present "The Mental Side of Sports," a review of his experience in the field of sports psychology and use of hypnosis in athletics.

At 11:00 am John Hamilton, M.S. will present a 1-hour symposium, "Conducting and Presenting Research as a Graduate Student," designed for those interested in conducting applied research.

Friday afternoon, Michael E. Schwartz, PsyD, Clinical Neuropsychologist from New York, will present "Early Career: Successful Independent Practice." He will provide practical, useful information and advice to the

recently graduated and who aim for independent practice.

Wine & Cheese Reception and Poster Session begins at 4:30. Guest tickets are available.

On **Saturday** morning, Kelley Pears, Ph.D. and Leslie Drew, Ph.D. of Veterans Administration Medical Center – Alexandria, LA, will present "PTSD and Evidence Based Treatment," and focus on the accurate diagnosis of PTSD, co-occurring disorders, with emphasis on Prolonged Exposure Therapy.

Also on Saturday morning, Aaron Armelie, Ph.D., Southeast LA Veterans Health Care System – New Orleans, LA, will present "Ethical Issues: HIV/AIDS Mental Health Services." This workshop will present a systematic, ethical decision-making model to help clinicians make sound, ethics-based decisions.

**Saturday** afternoon, Monica Stevens, M.S., Anna Breuer, M.A., &

Julie Larrieu, Ph.D., from Tulane Medical Center - New Orleans, LA, will present Evidence Based Treatment for Young Children and Their Caregivers. Two evidence based practices will be presented.

Emily Sandoz, Ph.D., University of Louisiana at Lafayette - Lafayette, will present "An Introduction to Acceptance and Commitment Therapy." Her workshop will focus on the theoretical model of psychological flexibility and how this model is used in the treatment of a broad range of disorders.

For registration or additional information contact Executive Director Gail Lowe at the LPA office (225) 766-0185. Or register online at [www.louisianapsychologist.org](http://www.louisianapsychologist.org)



Executive Director of LPA , Ms. Gail Lowe, catches a quick bite between the hectic events of last years' convention.

## Dr. Ben Arnold

### Con't from pg 1

advisor when they attended the U. of Mississippi. He said, "Ben was a very, very generous person, not in the least egotistical. Ben was concerned with the profession, and the overall profession being on the same team. He felt we could be more supportive of one another. Maybe this was his coaching background—Ben Arnold certainly understood that."

According to his obituary, Dr. Ben Arnold earned his BS degree in science from Louisiana College in 1965 and for the next decade was a mathematics and science teacher, as well as coach, at Poland High School in Alexandria. Along the way he earned his masters in Education and School Administration, and was promoted to Assistant Principal, and then to Principal, until he retired from this position in 1987.

Also during his service at Poland he worked on his Masters Plus 30 from

Northwestern State University in Natchitoches, and in 1991 graduated from University of Mississippi in Oxford, with a Ph.D. in Educational Psychology with emphasis in Counseling. He completed his internship in psychology at Tulane Medical Center in New Orleans.

Long time colleague of Ben's, Dr. Lisa Harper who practices in Shreveport, said, "He was such a gentleman. What I admired about him most was that he was the perpetual student, always invested in learning more."

In 1994 Ben went into private practice in Pineville and Natchitoches. As a licensed psychologist, Ben served on the staff of Louisiana State University Health Sciences Center and the Natchitoches Mental Health Center. He also consulted to the Office for Citizens with Developmental Disabilities, Office of Juvenile Justice, and the Department of Children and Family Services. Ben conducted staff development for the Ware Youth Center in Coushatta.

He was a member of the Louisiana Psychological Association, the American Psychological

Association, the Louisiana Group Psychotherapy Association, the American Society of Clinical Hypnosis, Phi Delta Kappa, the Louisiana Association of Educators, and National Associations of Elementary and Secondary School Principals.

For Ben's obituary, family members wrote, "Even more than his many educational and professional accomplishments, it was his devotion and love for his family and friends that will be most remembered.

Generous, compassionate, selfless and always quick to smile, he shared his whole heart. His passing has left a void in many lives, yet he has taught us how to be strong and thrive through life's uncertainties. He will be missed; however, we rejoice in having known him."

According to friends, Ben's death was unexpected. To extend online condolences to the family, go to

[www.hixsonbrothers.com](http://www.hixsonbrothers.com).

(Photo courtesy of HixonBro)




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## LSU Science-to-Practice

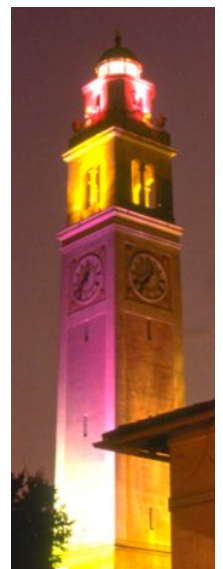
### Alumni & Faculty To Gather on 4/15

The LSU Science-to-Practice Alumni & Faculty group will meet for dinner and refreshments at 6:30 pm on Friday, April 15<sup>th</sup>, following the LPA Wine and Cheese Poster Session at the LPA Convention.

All LSU alumni and faculty, friends and guests are invited to gather at Serop's at 7474 Corp Blvd, not far from the Baton Rouge Marriott.

Science-to-Practice groups came into being last year with the goal of bringing psychology alumni and faculty together, to support the social and intellectual connection between scientists, professors, and practitioners, and "In recognition of the importance of the need to strengthen the scientific arm of psychology in our state association," Dr. Susan Dardard explained last year with the first social meeting, called the "Pro Psych Party."

It will help the coordinators if you can RSVP to [KIMVANGEFFEN\(at\)cs.com](mailto:KIMVANGEFFEN(at)cs.com) or [drjulienelson\(at\)yahoo.com](mailto:drjulienelson(at)yahoo.com).



Courtesy of BRVTC

## Senator Mount's Letter to Psychology Profession

*(Editor's note: The following letter from the office of Senator Willie L. Mount, Chairwoman of Health & Welfare, is run as a professional courtesy at the request of the Senator. Letters may or may not represent the position of The Psychology Times.)*

"To The Members of the Louisiana Psychology Profession,

I would like to take this opportunity to address the psychology profession directly and attempt to provide some insight concerning the legislation which I intend to file this upcoming legislative session. This legislation proposes to consolidate the Louisiana State Board of Examiners of Psychologists ("LSBEP") and the Licensed Professional Counselors ("LPC") Board of Examiners into a newly created Louisiana Behavioral Sciences Regulatory Board. There are many misconceptions and rumors being passed around, and I hope to provide some factual information and attempt to eliminate such rumors.

It is important to understand the events which have led up to this legislation. For a number of years and with increasing intensity, the LSBEP and LPC board have been engaged in very public disagreement over a number of issues surrounding the extent of the scope of practice of the professions. The disagreements have centered on many issues ranging from psychological testing to whether professional counselors should be conducting child custody evaluations. The constant bickering between these two boards is not in the best interest of either profession. Psychologists and LPC's have a real opportunity to develop some innovative practice techniques if the two regulatory boards would spend even half the time collaborating on how to make their professions better as they have spent on senselessly fighting with each other.

With this background of discord, I introduced legislation in the 2010 Regular Session which sought to clarify the statutory scope of practice of a licensed professional counselor. The statutory scope of practice for the LPC's is very convoluted and I believe that this further exacerbates the disputes as to what activity is within the LPC scope of practice. My hope was that the LSBEP

and LPC board could come to an agreement which would provide each profession with a very bright line scope of practice. In true fashion, I simply watched a lot of finger pointing and conspiracy theory about how one profession was trying to take over the other. I have never subscribed to the philosophy that the legislature is where a professions scope of practice should be determined. Professionals are in the best place to determine the extent of their scope of practice. In this vein of thought and no compromise identified concerning the legislation, I introduced Senate Concurrent Resolution 100 which created the Mental Health Professional Working Group.

The purpose of the this working group was to provide a neutral arena for both professions to collaborate and achieve three explicitly stated goals: (1) Develop a clear and concise scope of practice for the LPC profession; (2) Identify those areas of each professions practice where collaboration would allow for the maximization of behavioral health services which can be provided in the state; and (3) Identify any additional recommendations which may expand public access to presently absent behavioral health services while avoiding service duplication and redundancy. My goal was simply to provide the most optimal starting point possible which would maximize the chances of successful compromise and collaboration.

I was very clear with the representatives from the respective boards and associations that this working group was their opportunity to put the past behind and take both professions into the future. I have also been clear from the beginning that I favor the professions developing the solution. The participants of the working group invested a lot of time and energy and truly showed a good faith effort for which I commend them. To my dismay however, the participants of the working group were unable to propose a solution upon which both professions could agree.

With the history of senseless conflict and fighting and the failure of the professions to take advantage of the opportunity provided by the working group, I am left with no other options other than to introduce legislation to consolidate these boards. The legislation will only consolidate the existing boards and WILL NOT change any



## Senator Mount's Letter Con't

other aspect of either professions practice act. Each profession would keep their respective professional titles, and no changes will be made to either professions scope of practice. As proposed, the consolidated board would be composed of nine members with three members representing the psychology profession, three members representing the professional counselor and marriage and family therapists, and three members representing the public who are completely unaffiliated with either the psychology or professional counselor professions. In addition, the membership qualifications and nominating process for potential board members of the Louisiana Behavioral Sciences Regulatory Board mimics as closely as possible the existing qualifications and nominating process for membership on the existing boards. It is my strong belief that consolidation of the boards will remove the obstacles that have prevented these two professions from working collaboratively. It is my sincere hope that not only will both professions benefit, but ultimately, the citizens of the state will be better served.

I have made it abundantly clear to both boards and the respective professional associations that I am open to any alternative solution which BOTH professions can agree upon. So far, both sides have indicated that they are against the proposed consolidation, but neither side has been able to propose an alternative solution. The mental health challenges that this state faces are growing in severity every day. Almost the entire state is classified as a mental health professional shortage area and it is incumbent upon the regulatory boards to be the leaders and visionaries in developing strategies to reverse this disturbing trend. The individual professionals regulated by the these boards and the citizens of the state demand it.

I have a very high degree of respect for both professions and because of that I have been very open and transparent about my intentions. I hope as mental health professionals you realize, as I have, that the current state of affairs between these two

boards is detrimental to the state and moreover to the professions. A collaborative dynamic between these two professions fostered by a consolidated board will only make each respective profession stronger and more viable.

Sincerely,

**Willie L. Mount**  
**State Senator**

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### APA Lowers Dues Rescinds Discounts

At the APA Council of Representatives meeting in February, members agreed to lower dues. Dr. Darlyne Nemeth provided a report to the *Times*, which noted, "The reduction in full members' dues, from the current \$287 to \$247 beginning in 2012, is part of an overall redesign of the association's dues schedule as proposed by the Membership Board."

The report noted, "The revised schedule moves the association from a dues schedule based on discounts for specific constituency groups to reduced costs for all full members. Early career members will still enjoy reduced dues for their first eight years of membership. This action rescinds a 2011 Council decision to grant a \$25 dues discount to APA members who are also members of the Federation for the Advancement of Behavioral and Brain Sciences, the Association for Psychological Science, the Society for Neuroscience, the state, provincial and territorial psychological associations and the four national ethnic minority psychological associations."

### The Psychology Times

The *Psychology Times* is provided as a community service for those in the practice, teaching, and science of psychology in Louisiana and related individuals and groups. The *Times* offers information, entertainment, and networking for the Louisiana psychological community.

None of the content is intended as advice for anyone.