



Past LSBEP Chairs Drs. Rovaris and Comaty.

## Sunset is 2012 for LSBEP

The Psychology Board is preparing to go through the "Sunset Review" process, which requires an evaluation of their powers, duties, performance, and problems, along with other data, to be

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## LPA President Opens Dialog with LAMP, LSBEP

President of the Louisiana Psychological Association (LPA), Dr. Phillip Griffin told the *Times* that he sent a letter to Dr. John Bolter, President of LAMP (Louisiana Academy of Medical Psychologists), and also to the Chair of the LSBEP (Louisiana State Board of Examiners of Psychologists) Dr. Tony

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## Psychology Times Approved by LA Press Association

In August the Board of Directors of the Louisiana Press Association approved *The Psychology Times* as an Active Associate Member. *The Times* had previously qualified in 2009 as an individual member. Associate members must be in publication for at least two years, a milestone the *Times* passes with Volume 3.

The publisher is Dr. Julie Nelson, daughter of the late Gordon and Lynn Nelson, LSU trained journalists and past publishers of *The Coushatta Citizen*.

## ASPPB Director Warns LA "Playing with Fire"

In a phone interview last week with the *Times*, Dr. Stephen DeMers, Executive Director of the Association for State and Provincial Psychology Boards (ASPPB), said that there is no other state where individuals practicing psychology are regulated by a medical board. And he said, "Louisiana is playing with fire."

The *Times* asked Dr. DeMers about Louisiana's new regulatory structure in general, and also specifically what ASPPB thought about the recent decision by the state psychology board to allow those not licensed under the psychology board to supervise candidates for a psychology license.

Dr. DeMers noted that he was very familiar with what is happening in

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## LA Psychologists Present at APA, Washington DC

Drs. Julie Larrieu, Janet Matthews, and Lee Matthews, presented a symposium at the American Psychological Association Convention in August titled "Professional Connecting in Post-Katrina/Rita/BP New Orleans."

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## LA Psychologist Tries To Talk Science To SSA About Malingering

In a series of research studies, proving that psychologists should use evidenced-based methods to detect malingering in those seeking disability benefits, New Orleans clinical and neuropsychologist Dr. Michael Chafetz is creating a steady groundswell of interest for applying more psychological science to Social Security procedures.

Dr. Chafetz recently returned from delivering an invited address at APA on the subject. In "The Role of the Psychologist in the Psychological Consultative Examination for Social Security Disability," he explained how psychologists should assess malingering in those seeking disability compensation.

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Old Post Office, Washington, DC.  
(Photo by Chalukyias)

# Editorial Page

## Synchronicity and Family Dynamics

by Julie Nelson, PhD

I come from a newspaper family. At seven I “stuffed papers,” which is how small, rural weeklies at that time often got the second section of the newspaper into the middle of the first section, perhaps just not with child labor. I worked in the “back shop” where lead was melted for the “Linotype,” producing the mold, the “type slug,” for printing. After technology came along to use photographic images of type, I worked in “paste-up,” putting news, photos, or ads on the page. As a teenager I was a photographer and was often sent scurrying around town to find something, anything, to shoot to fill a page right before deadline. I loved it all.

And I especially loved the newspaper “talk.”

Our family dinner table was a think tank of talk about human behavior, community life, the role of the newspaper, the public’s right to know, and, when my father got lucky, about some injustice or somebody’s attempt to hide the truth from the community. It was, for the poor, rural parish in north Louisiana, an oasis.

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We welcome ideas for news, features, Letters to the Editor, photos, and other material related to psychological community of Louisiana. Editorials and commentary reflect the opinions of this newspaper. Columns and Letters to the Editor express the opinions of the writers and not necessarily those of *The Psychology Times*.

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Journalism students from Centenary, Northwestern and LSU were always dropping in to the after dinner conversation to hang on to every word. And I did too.

It was a small step for me to go off into the “big blue world” (as my dad called it—all the way to Baton Rouge!) and seek out some new words, and eventually some of my own, in psychology, another noble profession in its search for truth, its similar requirement for self-awareness and social conscience. The words grew and changed as I learned from my adopted doctor fathers and doctor mothers, and I fell in love again, this time with the ideals of psychology, and the unique position we are in for making the world a better place.

My father died his natural death in March 2009 and my mother followed (having stuck around on this earth for him because he was, in truth, a big baby.) And in June that year Act 251 happened. I was shocked (and ashamed for us) by what I saw in our community, and I found that the problems were more important and went deeper than 251. We needed a community newspaper as much as any group anywhere, maybe even more, because we should set a higher bar.

While dealing with my father’s possessions my brother and I discovered one of dad’s many safe deposit boxes. The only thing in this old, obscure box was a cassette tape from 1976. My father had recorded a phone conversation between him and me. I was just starting graduate school at LSU. He was pulling together an election edition of *The Coushatta Citizen*. We talked about the community, the local and state elections, who was a “good egg” and who couldn’t be trusted and why, and especially, that I should come home, because after all, I needed to vote, didn’t I? I should come home because of my roots, he said. Well, maybe just come home because he missed me, he admitted.

Sometime in 1976 my father had wrapped up this tape recording in a piece of brown paper bag and scrawled across the top of it, “1976: Julie – Forget Me Not.”

This wasn’t the only event that called me to the work of the *Times*, there were even stranger ones that might cause Jung to raise an eyebrow. But this one required an answer. *I won’t forget you.*

*The Psychology Times* was approved last month as an Active Associate Member of the Louisiana Press Association. (I grew up with the press association!) I’m honored. I’ve enjoyed this work tremendously.

Newspapering, like psychology, is a noble profession.



### LPA President Opens...

Young. This was a step at implementing a resolution passed by LPA members at a Town Hall meeting in April, 2010, regarding Act 251.

"So there is at least the beginning of dialog," Dr. Griffin told the *Times*. He noted he sent a letter to Dr. Bolter shortly after the first Executive Council meeting, Griffin said, "reminding him of the resolution and expressing a desire and need for open dialog between LPA and LAMP." As of press time Dr. Griffin had yet to receive a reply from Dr. Bolter.

In April LPA passed the resolution offered by Dr. Tom Hannie at a special Town Hall Meeting held at the LPA Annual

Convention. The Town Hall meeting was the result of continuing concerns of members regarding Act 251. One of the main reasons for the special meeting was the results of a survey conducted by the LPA council and led by Drs. Robert Storer and Gail Gillespie in late 2010. The findings indicated that 74 percent of respondents had concerns about Act 251. The results were similar to a phone survey conducted by Dr. Susan Dardard in the fall 2010.

Dr. Hannie's motion directed the association to open a dialogue between LPA, the state medical board, the state psychology board, the state medical association, and also LAMP. And, according to Dr. Hannie, the motion indicated that the goal of this effort was



LPA will hold its Fall Conference Saturday, October 15, at the Cook Hotel and Conference Center at LSU. Keynote speaker will be Dr. Paul Frick from UNO. See page 16.

to determine if there was a way for all psychology to be regulated by psychology and the practice of prescribing, or all medical practice, be regulated by the medical board.

Dr. Griffin explained, "I am not surprised that I have not received a reply as of this date. LAMP and LSBEP do not meet all that often and the matters that I raised would probably be brought before the entire group."



The Psychology Times  
Volume 3, No 1

### "Bookshelf" Reviews of Louisiana Authors Now On Times Website

The book reviews from *The Psychology Times* regular feature, "Bookshelf" are now available at the *Times* website as single items.

Go to the site at:

<http://thepsychologytimes.com/>

The menu bar at the top now includes a selection for "Book Reviews." Each review can be individually assessed or downloaded for convenience. Also each review is available by the book's title, making it easier for individuals browsing the web to locate the texts from Louisiana authors and related works.

All back issues of the *Times* are also available on the site.

## ASPPB Director Warns...

Louisiana. "Louisiana is going down a different path than everyone else," he said. "It [Louisiana] is definitely an outlier."

"If they [medical psychologists] ditch their psychology license, they shouldn't be allowed to supervise ...." he said. He pointed out that the ASPPB model licensing act and other fundamentals established by the ASPPB indicate that the supervisor is to be licensed under the psychology board.

ASPPB serves member boards throughout the US and Canada, including all fifty states and provides a source for the regulation of psychologists. Their site notes that ASPPB is the "foremost authority in regulation and credentialing of psychologists." ASPPB develops and updates the licensing exam for psychologists and focuses on issues of mobility for practitioners.

Act 251 placed medical psychologists and their practice of psychology under the medical board. In June, the psychology board (LSBEP) reversed their decision from October 2010. The reversal allows medical psychologists who do not hold a psychology license under LSBEP to qualify as supervisors. The change in the opinion was prompted by testimony from Dr. Robert Marier, the Executive Director of the state medical board, and Dr. John Bolter, representing an advisory board under medicine.

Speaking about the 65 states and jurisdictions that the ASPPB serves, Dr. DeMers explained, "In most licensing laws and in our model licensing act it is the licensed psychologist who must

## Model Licensing Acts Point To Change

In 2010 both the American Psychological Association (APA) and the Association of State and Provincial Psychology Boards (ASPPB) updated their model acts for the practice of psychology. Both associations noted the need for modernization due to changes in technology, healthcare, training, and other issues affecting how psychologists perform their work. Both models attempted to address the need for definitions of practice that do not automatically group all psychologists into healthcare.

APA suggested different language in the definition of psychologist, separating "Health service provider" psychologist and "General applied psychologist."

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supervise, and who must be licensed under the psychology board. The board approves, actually ratifies, the supervisor," he said. "The path that Louisiana is taking "doesn't fit."

In regard to the supervisory issues, Dr. DeMers said, "It might satisfy the rules in Louisiana, but not in any other state. The implications for people down the road could be catastrophic."

Members of the Medical Psychology Advisory Committee, the group that advises the medical board about medical psychology, includes Drs. Jim Quillin, Glenn Ally, Warren Lowe, and John Bolter. All have retained their psychology licenses according to the verification system on the psychology board website.

*" 'Applied psychologist' is one who provides services to individuals, groups, and/or organizations. Within this broad category there are two major groupings – those who provide health-related services to individuals and those who provide other services to individuals and/or services to organizations."*

Under the umbrella, "Applied psychologist," they defined two types:

*" 'Health service provider' (HSP) Psychologists are certified as health service providers if they are duly trained and experienced in the delivery of preventive, assessment, diagnostic, therapeutic intervention and management services relative to the psychological and physical health of consumers based on: 1) having completed scientific and professional training resulting in a doctoral degree in psychology; 2) having completed an internship and supervised experience in health care settings; and 3) having been licensed as psychologists at the independent practice level."*

*" 'General applied psychologist' – General applied psychologists provide psychological services outside of the health and mental health field and shall include: 1) the provision of direct services to individuals and groups, using psychological principles, methods, and/or procedures to assess and evaluate individuals on personal abilities and New characteristics for individual*



## Talks Science to SSA...

A board certified neuropsychologist, his research has helped uncover the dilemmas psychologists face when they conduct examinations.

One of the problems is the way that Social Security Administration (SSA) defines disability, Dr. Chafetz notes in his 2010 policy review, "Symptom Validity Issues in the Psychological Consultative Examination for Social Security Disability." He explains that the SSA definition requires the person to show a *complete* inability to work. Dr. Chafetz noted that the Social Security Advisory Board considers that the SSA definition may hinder an individual's motivation, and promote an exaggeration of symptoms in otherwise honest candidates.

A situation is created where individuals are sometimes motivated to try to "fake bad" on tests. Dr. Chafetz noted that psychological tests are vulnerable to this sort of error. And, he explained that psychological science has demonstrated that it can be very difficult for the psychologist to distinguish between those who malingering and those who have true symptoms.

For consulting psychologists assessing claimants who seek benefits due to low cognitive ability (IQ), this can be a very confusing problem. Are the low-functioning person's problems due to low IQ? Or is poor mental performance on an IQ test due to "faking bad" or malingering?

Dr. Chafetz notes that in Louisiana SSA instructs the examiner to give the claimant a warning not to fake: "Failure to



Dr. Mike Chafetz working on presentation last year at LPA. He was recently an invited speaker at the APA Annual Convention in Washington, DC, August 2011.

do your best on these tests may result in an unfavorable decision on the claim." Then it is up to the subjective judgment of the psychologist to attempt to measure validity. "SSA rarely authorizes tests or scales for assessing symptom validity," Dr. Chafetz explained to the *Times*.

Over the last four years, he and his colleagues have conducted studies aimed to isolate aspects of the malingering problem and to develop evidence-based viewpoints and also a psychometric tool for more accurate decisions.

In his most recently published study, "To Work or Not To Work: Motivation (Not Low IQ) Determines Symptom Validity Test Findings" (*Archives of Clinical Neuropsychology*), Dr. Chafetz and colleagues Drs. Erica Prentkowski and Aparna Rao, compared a group of individuals seeking disability compensation, to a group who were trying to find a job through job rehabilitation services. The researchers also compared

these to a third group of people seeking to gain custody with their children. All three groups were low-functioning, meaning all those in the study had a low IQ.

Individuals who were seeking a job, and also those who were trying to be reunited with their children, easily passed the "symptom validity test" or SVT, a test for "non-credible responding." These individuals passed even though they suffered from low IQ.

However, those seeking to be compensated for low IQ failed the symptom validity test at high rates. The researchers concluded that it was motivation, not low IQ, that determined scores on the symptom validity test.

In 2007 Chafetz developed and laid out the psychometrics of his rating scale. (Malingering on the social security disability consultative examination: A new rating scale. *Archives of Clinical Neuro-*

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## Talks Science to SSA...

psychology.) His goal was to devise an empirical technique that is evidenced-based, to help psychologists make more accurate decisions in the complex areas of symptom validity.

The rating tool uses 11 embedded indicators that are already part of, or can be easily added to, the standard evaluation. These items are included in the typical intellectual assessment and the mental status exam. Further research with the scale has shown good accuracy at classifying people correctly, into those who are probably exaggerating their symptoms, vs. those who are probably being honest.

"Sometimes, test cutoffs for invalidity are set at a 10 percent error rate," Dr. Chafetz said. In this situation, 10 people out of a hundred might obtain a score that suggests they could be faking, when in fact they are not faking.

"My feeling is that in Social Security Disability work this is unacceptable," Dr. Chafetz explained to the *Times*, "because it would brand thousands of honest claimants as malingerers. This study, soon to be out, uses an empirical method and a likelihood ratio method to show that when 3 or more validity indicators are positive, there is less than 1 percent chance that the claimant is not malingering. Thus, this study gives assurance to SSA that psychological methods can prevent mislabeling of honest claimants."

Evidence from another of his studies reveals the seriousness of the problem. In a 2008 study, Chafetz and colleagues examined the "base rate" for those in the low-IQ group that had a high likelihood of malingering. The percentage of that group who was "faking bad" fell

over 40 percent. Chafetz noted that other researchers have found similar results.

He has also shown evidence that children may be coached to malingering. In a case study published this year in *Applied Neuropsychology*, "A Case of Malingering by Proxy in a Social Security Disability Psychological Consultative Examination," Chafetz and Prentkowski outlined the specifics of a 9 year-old whose results on symptom validity failure indicated malingering. On one test, the child had scored significantly below chance— if the youngster had been blindfolded he would have scored better. In a base-rate study, Dr. Chafetz found that 10 percent of claimants score at this unusually low level.

Given the mounting scientific evidence for better decisions by psychologists in their evaluations for disability, the next question may be, "Can government listen to psychological scientists and improve its policies?"

In his 2010 analysis, Chafetz outlined some of the problems in SSA procedures that may be reflect a reluctance to use more evidenced-based approaches.

He points out that the term "malingering" is not found in the publications of the US Dept. of Health and Human Services, and that "symptom validity," "invalidity," and "fraud" are also not found. "Malingering" is not found in the Office of the Inspector General Audit Report of beneficiaries convicted of crimes against the SSA, he notes.

Chafetz cites Conroe (2009) in saying that SSA does not keep statistics on the incidence of malingering. And, the SSA policy

discourages the purchase of symptom validity tests. An SSA Policy Clarification of 2008 notes, "Malingering cannot be proven with tests: there is no test that, when passed or failed, conclusively determines the presence of inaccurate patient self-report." Instead, they suggest observation and assessment with various tasks.

Chafetz explains that this is ineffective, writing that "While the 'methods' of clinical impression might work in the most egregious of cases, the determination of malingering and lying by clinical judgment and subjective methods (even by experienced experts)—in the absence of empirical data—are extremely poor in terms of classification accuracy...."

"In essence, when restricted to clinical observation and examination of cognitive testing data, professionals are unable to determine which cases are malingering and which are not, even when forewarned. Without symptom validity testing, there is no means of accurately diagnosing a case."

Chafetz also points out that the SSA policy is that when a professional is unsure of malingering, he or she should consider referring the case to the office of Inspector General.

"While it may be obvious to point this out, this action simply removes the case from the psychological consultant, who is potentially the most knowledgeable person to evaluate the test findings, and puts it in the hands of people who are not trained to interpret psychological or symptom validity testing," notes Dr. Chafetz.



## Psychologists Present at APA...

Dr. Larrieu, Training Director in Clinical Psychology at Tulane University School of Medicine, told the *Times* that Drs. Janet and Lee Matthews asked her to join them in "... submitting a proposal for a symposium to discuss consultation and training in psychology following a series of natural disasters."

The topic built upon Dr. Janet Matthews' and Dr. Lee Matthews' experiences as psychologists involved in local, state, regional, and national endeavors in psychology. Dr. Janet Matthews is a Professor at Loyola and a past member and chair of the state psychology board. Dr. Lee Matthews is in private practice and currently serves on the board.

The presentation topic also built on Dr. Larrieu's experience re-instituting a clinical psychology training program as well as all three psychologists' understanding of the issues in rebuilding after hurricanes Katrina and Rita, and the continuing stress in the area due to the BP oil disaster.

For a number of years, the Drs. Matthews have participated in seminar training of clinical interns from Tulane U. School of Medicine, as well as in the Southeast Louisiana Veterans Health Care System psychology internship programs, noted Dr. Larrieu. This gave the team a unique perspective on these issues.

The symposium description noted, "Natural disasters disrupt both personal and professional lives. The greater New Orleans professional community became a center of both concern and support in 2005 when the area was devastated by Hurricanes Katrina and Rita. National attention was given to the mental health needs of the community. Local psychologists who chose to return to the community were faced with the



Dr. Lee Matthews and Dr. Janet Matthews don't actually move at super speed but it seems that way. They recently returned from APA where, with Dr. Julie Larrieu, they presented a symposium about rebuilding training programs after disasters.

need to rebuild both training programs and interpersonal connections. In the summer of 2010, the BP oil spill, although not directly impacting the greater New Orleans community, has had both a fiscal and an emotional impact on it. Thus, a community that was still self-described as recovering once again found itself needing to marshal forces to address community stress."

The group's presentation included three ways local psychologists can help rebuild after disasters. The presenters provided a model for rebuilding internships and postdoctoral programs. They also addressed the role of service on a state psychology board and how the board can assist the community while also protecting the public. The third segment illustrated community consultation to address training and practice needs.

One key feature of the presentation was to examine ideas that may be helpful as a model for looking at the national issue of internship availability.

Other presenters at this year's APA conference included Dr. Michael Chafetz. He presented an invited address, "The Role of the Psychologist in the Psychological Consultative Examination for Social Security Disability." (See article page 1 this issue.)

Dr. Kelly Ray presented "Developing a part-time practice," as a member of the panel for "Nuts and Bolts of Practice: Successful Early Career Perspective."

Dr. Joseph Tramontana presented in the Division 47 (Exercise & Sports Psychology) poster session: "The Mental Side of Sports: How Hypnosis and Self-hypnosis Training can Enhance Peak Performance." He told the *Times* that the information was well received.

## Sunset is 2012...

presented to legislative committees for the 2012 session. The Sunset law automatically terminates the board on July 1, 2012. Then, if the legislature views the board as needed and worthwhile, the board is "re-created."

The Sunset law (Louisiana Revised Statutes or RS 49:190, Part XII – Termination and Re-Creation of Statutory Entities) automatically terminates all boards on a regular basis, which then must then be "re-created" or if deemed to be obsolete, phased-out.

The psychology board falls under the Department of Health and Hospitals (DHH). LSBEP (Louisiana State Board of Examiners of Psychologists) is scheduled to be evaluated along with other DHH boards in 2012.

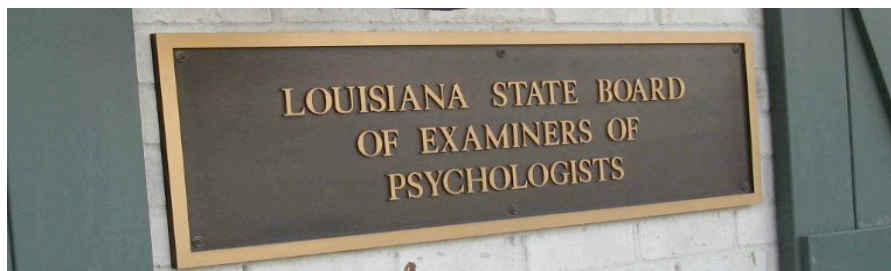
The purpose of the sunset review is to eliminate inactive entities, and "The elimination or consolidation of entities, programs, or activities which duplicate other governmental entities, programs, or activities."

According to sources the review for the psychology board should be fairly routine, with data firmly supporting the existence of the board. However, some in the community are wary due to the issues regarding the dual regulation of psychology that occurred with Act 251.

At their July meeting, the psychology board discussed Sunset, including asking for assistance from the Board's attorneys, including the newer Opinions, and talking with LPA president, Dr. Phillip Griffin.

The *Times* asked Dr. Griffin

about Sunset and he said that Sunset will be discussed at the upcoming Executive Council meeting on September 10. "Tony Young and probably one or more Board members are meeting with us at our September EC meeting," Dr. Griffin noted. "We are fortunate to have Darlyne Nemeth with us; she was a Board member during the last sunset hearing ... I will know a great deal more after that meeting."



## FROM THE MINUTES:

*Selected Items From LSBEP Minutes, July 22, 2011*

**Legislative Coordinator:** The Board discussed SB268 and possible future issues associated with the bill. The Board reviewed the letters to the Attorney General regarding LPC Rulemaking and LPC Child Custody Guidelines. Dr. Courtney moved to request an AG opinion on the issues and Dr. Matthews seconded the motion. The Board reviewed the Board of Elementary and Secondary Education letter pertaining to Behavioral Health Analysts and agreed not to request an AG opinion.

**Liaison to Professional Organizations and Boards:** Training Consultant Jamie Monic thanked the Board for her nomination for the ASPPB Ming Fisher Award.

**Continuing Education:** Dr. Young reported that due to the Board meeting he was missing the ASPPB meeting with various

## John Fidanza, PsyD, MP Joins Southeast Community Health

Dr. Fidanza, Medical Psychologist is now seeing patients at the Zachary, LA location for Southeast Community Health Systems, according to a report in the *Feliciano Explorer*. Dr. Fidanza is a medical, clinical, and sports psychologist, who in 1984 played for the New York Yankees and Chicago White Sox minor league organizations.

boards on the issue of continuing education. Dr. Young noted that he would still be receiving materials from the meeting. Dr. Young also noted that a re-examination process and/or review might be forthcoming. Dr. Culcross suggested that the Board consider changing its continuing education reporting procedures to require licensees to submit copies of the certificates with the reports. Dr. Courtney moved to issue an Opinion on continuing education reporting procedures. Executive Director Kelly Parker reported that the continuing education survey closes on July 22, 2011 and to date, there have been 114 participants. Ms. Parker informed the Board that the results would be available at the next meeting.

**Sunset Review Committee:** Dr. Matthews suggested that the Board obtain the assistance of the Board's attorneys for review and changes regarding Sunset 2012. Dr. Matthews suggested

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### From the Minutes...

the Board look at Opinions that have never been implemented as rules and possibly do so at this time. Dr. Courtney suggested working with LPA in conjunction with Sunset 2012. Dr. Young agreed to write a letter to LPA president, Dr. Phillip Griffin.

### Discussion Items

*Texas Reciprocity:* This item was tabled for later discussion

*Tulane University:* This item was tabled for later discussion.

*Psychology Times:* The Board reviewed the credentials submitted by Julie Nelson.

**Executive Director Report:** Kelly Parker reported that the 2011 Renewal Season would be closing on July 31, 2011. As of the date of the Board meeting, 565 psychologists had renewed. Ms. Parker also informed the Board that the survey link would be closed on July 22, 2011 and approximately 114 licensees had participated.

**Board Meeting Dates:** The Board established the following meeting dates: August 26th, September 16th, October 28th, November 18th, and December 9th. The Board also agreed to have the Awards Ceremony in the evening of October 28th.

### Dr. Tramontana, Dr. Slaton Elected to NO Society Clinical Hypnosis

Dr. Joseph Tramontana was elected as Vice-President of the New Orleans Society of Clinical Hypnosis. Dr. Karen Slaton was elected to the position of Secretary-Treasurer. The Society is a component member of the American Society of Clinical Hypnosis. Dinner meetings are held monthly at the Touro Infirmary.



Dr. Emily Sandoz' research team, the Louisiana Contextual Psychology Research Group. The group presented work at an international conference in Parma, Italy. (L to R) Amber Kennison, Dr. Sandoz, Gina Quebedeaux, and Jacqueline Hebert.

### Contextual Psychology Research Group Presents in Italy

Emily Sandoz, PhD, leads the Louisiana Contextual Psychology Research Group and recently returned from the Association for Contextual Behavioral Science World Conference IX held in Parma, Italy, where she and her students presented a number of projects. Dr. Sandoz is Assistant Professor of Psychology at the U. of Louisiana, Lafayette.

Dr. Sandoz told the *Times* that she and research students, Amber Kennison, Gina Quebedeaux, and Jacqueline Hebert (see photo) presented pilot data from a longitudinal study they have been working on that employs experiential training to teach college students psychological flexibility in an effort to improve college adjustment.

Graduate student, Michelle Jeanis, presented a conceptual paper and research agenda for studying psychological inflexibility as a predictor of criminal recidivism, at the Italy conference.

Dr. Sandoz presented other work on verbal learning processes underlying body image disturbance. She also presented a workshop on Acceptance and Commitment Therapy (ACT) for disordered eating.

Counseling graduate student, Corey Porche, was also in attendance, receiving training in ACT and Functional Analytic Psychotherapy, Dr. Sandoz noted.

Dr. Sandoz and her research team regularly present at two or three national and international conferences each year. The Italy conference for ACBS focused on evidenced-based behavioral therapy including ACT, RFT (Relational Frame Therapy) and CSB (Contextual Behavior Science).

# Close-up

## Dr. Jimmie (Jim) Cole

### Lafayette, Louisiana

In his respectful, thoughtful, and generous style, Dr. Jimmie (Jim) Cole, has contributed to his patients, colleagues and the Lafayette community, and given freely of his efforts and talents to serve psychology at the state and national levels. His career spans four decades, but he continues to take on new clinical roles, and he still finds the most enjoyment by applying his talent and knowledge of psychology to help others.

Dr. Cole is presently the psychologist at the Grossman Burn Center at Our Lady of Lourdes Regional Medical Center in Lafayette, Louisiana, where he previously served as Director of Psychological Services.

"I'm enjoying the work and getting to work with the burn patients," he told the *Times*. "I'm using some hypnosis, some cognitive techniques, coping skills training...." The hospital contacted him because they needed help with the psychological component of the treatment. "It helps the surgeons and nurses for me to be there to deal with the psychological and cognitive aspects."

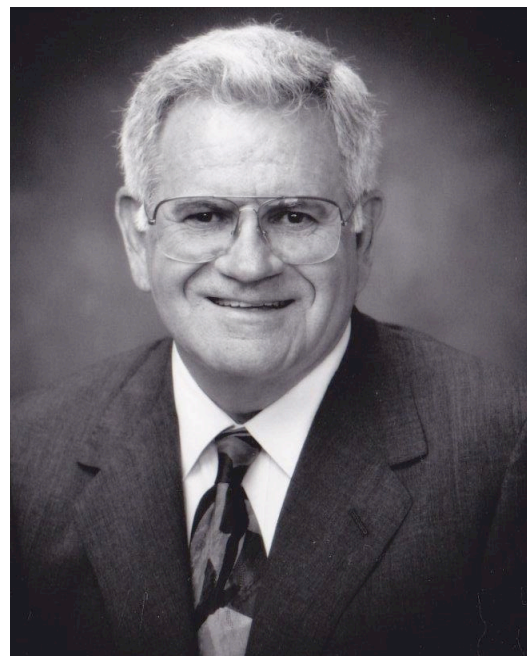
Jim is also closely involved with his church, "We just went on a mission to Alaska to a village where the teenagers are having a high rate of suicide," he said. "I feel good about it. It feels like a good way to apply some of the psychology I know to a needy group."

Dr. Cole has also served as Psychological Services Director at the St. Brendan Rehabilitation and Specialty Hospital in Lafayette, as Program Director for Clinical Psychology Services at the Rehabilitation Hospital of Lafayette, and as Director of Psychological Services at the Cypress Hospital in Lafayette.

Throughout much of his career he has worked in private practice simultaneously, including his contributions at the Lafayette Psychiatric Group.

He told the *Times* that some of his most enjoyable contributions have come from his focus on his pain management programs, the innovations that he developed while in his private practice, Coping Skills Development, Inc.

"In my practice I was getting referrals from surgeons to treat patients who were suffering from chronic pain syndrome," he explained. He was treating patients with cognitive interventions and there were some results that he was not totally pleased with. "I discussed this with my wife, Molly," he said, "who was working with me as a co-therapist in group psychotherapy. We developed a program - Coping Skills Development." The program was based on a psycho-educational model. Patients were evaluated and then placed in small treatment groups for 16 sessions. At the conclusion of the program the patients were reevaluated. "The results were encouraging," he noted. "We then developed a



Dr. Jim Cole

workshop to train other professionals in the use of this program and that was also rewarding."

His publications have reflected his interest and efforts to untangle the complex issues in pain and to help those who are suffering. He has authored "Psychotherapy With the Chronic Pain Patients using Coping Skills Development: Outcome Study," published in the *Journal of Occupational Health Psychotherapy*, "Psychotherapy with Chronic Pain Patients," in the *Independent Practitioner*, APA Division 42, and "Perceptual Changes in Social Isolation and Confinement," in the *Journal of Clinical Psychology*.

He has published guides for practitioners in this topic, "Chronic Pain Interview – A Structured Interview to Aid in the Selection and Evaluation of Chronic Pain Patients for Participation in the Coping Skills Development Program," and "Coping Skills Development Evaluation Manual." And he has testified and been qualified on matters of pain and disability, and serves as Medical Expert for Social Security.

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### Close-Up...

Dr. Cole is an Adjunct Associate Lecturer in the area of rehabilitation for the University of Louisiana at Lafayette and holds hospital medical staff appointment at Lady of Lourdes Regional Medical Center.

His path into psychology started from his undergraduate from Baylor and then another degree in divinity from Southwestern Baptist Seminary in Fort Worth, Texas.

"After finishing the seminary," he told the *Times*, "I wanted to learn to be a more effective counselor. I went to Baylor University to discuss this and it was suggested I apply to the Psychology department to get a masters degree." Finding he had a strong interest in psychology, he went on to earn his doctorate in clinical psychology from Baylor.

Jim completed his internship at Bethesda Naval Hospital in Maryland, while finishing service in the U.S. Navy. Next he moved to the U.S. Naval Station – Treasure Island, San Francisco, California to work as a psychologist, and also as consulting psychologist at the Contra Costa County Alcoholic Rehabilitation Program in Martinez, California.

In 1967 he moved to Dallas to work for the business firm of Roher, Hidler, & Replogle, but within a few months moved to Lafayette when a psychiatrist friend from the Navy asked Jim to look closely at the Lafayette area. Jim and wife Molly liked the area so much that they relocated and he took a position at the Neuropsychiatric Center and later at the Lafayette Psychiatric Group. He also held positions at the Acadiana Pain and Stress Management Clinic.

Throughout the years Dr. Cole has made steady and significant

contributions to the profession of psychology.

He has served on the Louisiana State Board of Examiners of Psychologists as both member and Chairman. He has been a member of the Advisory Council on Mental Health for the State of Louisiana and also the Louisiana Compulsive Gambling Study Committee.

Dr. Cole has served as President, President-Elect, and Past President of the Louisiana Psychological Association, from 1994 to 1996. He has also served as Executive Committee Member and on various committees.

During the 70s he was instrumental in helping the profession remove the consultation and collaboration clause from the psychology licensing law, a step that acknowledged the independent practice of psychology in the state.

In the 80s Jim was once again in the middle of a battle for professional identity, when his efforts were key in helping psychologists achieve the right to hospital privileges. He told the *Times*, "Somewhere I have a pen that Edwards signed that bill with...."

From 1991 to 1993 he served as the Federal Advocacy Coordinator for the state association and for these efforts he was honored by the APA Practice Directorate for "Leadership and commitment in advancing the federal advocacy network in Louisiana." He was awarded the status of Fellow in Division 46, in part, for these efforts.

**Con't next pg**



Ms. Connie Stigall (L), previous ED of LPA, Dr. Jimmie Cole, and Dr. Cole's wife Molly Cole, at the APA 103rd Annual Convention in New York City in 1995.

*(Photo courtesy of Dr. Tom Stigall.)*



### Close-Up...

His perspectives allow him to understand issues over time, perhaps a little better than most. "I remember when I started practice I charged a fee and was paid by the client," he said. "Then I became quite involved with other psychologists both on the state and national level in having psychologists included for third party reimbursement by insurance companies and Medicare. Now I am not sure that was a good idea. I note most dentists, lawyers and accountants are doing very well with the old system."

His service on the board was not without some pain, "My most difficult time was when I was on the Board of Examiners. We were dealing with an issue which resulted in professional conflict and being sued for a large amount of money. It was a time when I thought, 'Why have I gotten involved?' But then realized, it was necessary."

Jim is watching the current political landscape in psychology.



Dr. Jim Cole in the Navy.

"I am concerned that in the future there will no longer be the psychological profession that I have loved and enjoyed," he said. "I see clinical psychology losing its identity. When I started practice in the 1960's there was emphasis on doing evaluations and research. It seemed to me that psychiatrists began to focus more on using drugs to treat all types of psychological issues and were not as interested in doing psychotherapy."

"Psychologists were accepted as being the doctors who would use behavioral techniques to treat problems as well as do evaluations," he continued. "This role was not only the role I enjoyed but in my opinion one in which psychologists excelled. Now other groups have taken over much of the area of evaluations and psychotherapy. Psychology seems to be pushing more and more towards a medical model. In order for there to be a future for psychology, the challenge is to provide a service that is beneficial and unique."

Even so, Dr. Jim Cole is optimistic for younger, new professionals in the field. "Realize that the field of psychology is in a period of change," he said. He noted that new professionals will be faced with the decision of taking on the role of the traditional psychologist or joining the developing field of the medical psychologist.

"Those who prefer the traditional role," he said, "need to approach this with creativity and purpose, I feel there are many frontiers to be explored that are available to behavioral scientists."

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## Nutrition and Health

Fish oil may help decrease anxiety.

Omega-3 fatty acids (also referred to as fish oil) are gaining popularity due to their cardiovascular protection and joint health benefits. The standard American diet is known to be low in these healthy fats.

A recent study<sup>1</sup> showed that omega-3 fatty acids also have beneficial action on the nervous system. In a study of medical school students, **2.5 g/day of omega-3 fatty acid supplementation decreased anxiety symptoms by 20%** and decreased markers of inflammation by 14%.

Patients with omega-3 fatty acid deficiency may be more likely to suffer with anxiety symptoms while nutritional supplementation with these fats may help relieve anxiety symptoms.

1. Kiecolt-Glaser JK, Belury MA, Andridge R, Malarkey WB, Glaser R. Omega-3 supplementation lowers inflammation and anxiety in medical students: A randomized controlled trial. *Brain, behavior, and immunity*. Jul 19 2011.

### Sharing Paths to Health with Functional Testing

<http://www.metamatrixinstitute.org/>







## “Escape to Beautiful Bonaire”

Dr. Larry and Tari Dilks

*[Editors note: Dr. Larry Dilks and wife Tari Dilks of Lake Charles recently returned from a dive in the amazing waters of Bonaire. ‘Unofficial’ master divers (Larry has over 400 dives and Tari has about 350), they share this narrative about the experience and some of their spectacular underwater photography.]*

“Bonaire is just a short four and a half hour, overnight plane ride from Houston’s Intercontinental airport to a small island surrounded by turquoise waters that are wonderfully clear. Since the 1950’s this tiny island has protected the stunning reefs and rich marine life contained in its waters as a marine park to be nurtured by the islanders and their guests. As a result this small Dutch island has some of the best diving the world has to offer.



“Bonaire is a scuba diver’s paradise and consistently rated as one of the top dive sites in the world. The island, a part of the Netherland Antilles, offers year round diving with water temperatures in the low 80s, 100 foot plus underwater visibility, no current and a variety of colorful and interesting aquatic life.

“The island is surrounded by a coral reef but most of the diving takes place on the protected western side. Protected from currents it offers a 45-degree wall down to 130 feet covered with both hard and soft corals. The entire reef is a national park where gloves and spear guns are prohibited. Although resorts offer boat diving many prefer to dive directly from the shore as the dive sites are easily accessible and the reef hugs the coast.

“The geography of the island offers a warm dry climate with a constant breeze. The capital Kralendijk is the only major municipality.

“The Dutch have established an efficient government with low crime, convenient transportation and excellent communication capabilities. A visitor can drink the water, eat the local food and walk the streets at night with little concern.

An “Iron Fish.” Photo taken by Tari Dilks during an underwater dive at the island of Bonaire. Dr. Larry Dilks has made over 400 dives and wife Tari over 350.

**Con’t next pg**



### Gone Fishing...

"The Dutch architecture is colorful and unique. The downtown Kralendijk area offers shopping opportunities for those who wish to peruse the local stores and some world-class restaurants. Bonaire boasts restaurants owned by folks from many areas of the world...Italy, Paris, Argentina and Holland to name a few.

"Diving has become our way of escaping our jobs and finding the utter peace of being in an underwater environment. The regulator provides a sense of rhythmic breathing as the denizens of the reef welcome us back to their home. Being underwater provides us with the ultimate in relaxation. Instead of listening to clients we listen to our own breaths and wonder at the rich sea life this small desert island has to offer. It has become a second home to us in many ways."

### New Models...

*development, behavior change, and/or for making decisions (e.g., selection, individual development, promotion, reassignment) about the individual, all for the purpose of enhancing individual and/or organizational effectiveness; and 2) the provision of services to organizations that are provided for the benefit of the organization and do not involve direct services to individuals, such as job analysis, attitude/opinion surveys, selection testing (group administration of standardized tests in which responses are mechanically scored and interpreted), selection validation studies, designing performance appraisal systems, training, organization design, advising management on human behavior in organizations, organizational assessment, diagnosis and intervention of organizational problems, and related services."*

The APA model also includes a section on "Interstate Practice of

Psychology," explained from both the health service and the applied standpoint. In the association's report, they noted "Psychologists may have legitimate interests in practicing in another jurisdiction for a limited amount of time. This section provides for limited practice in a jurisdiction other than the state in which the psychologist is licensed. This is not intended to eliminate the necessity for licensure for those who are setting up a regular professional practice in that jurisdiction. The psychologist must have an earned doctoral degree and be licensed in another jurisdiction."

And the report explained, "Interjurisdictional practice is particularly critical for the practice of general applied psychology as frequently this involves activities crossing jurisdictional lines, such as engaging with employees of organizations operating in several jurisdictions. For those activities that fall under the licensed scope of practice of psychology, the provider of general applied psychological services should indeed be licensed. However, since increasingly, the provision of such services frequently does not involve face-to-face meetings but rather, these services are being provided telephonically and electronically across state lines, this section recognizes this practice and permits the provision of general applied psychological services in this manner provided that the provider of the services is licensed in at least one jurisdiction and is not using this section to avoid the requirement of licensure entirely."

**Con't next pg**



Underwater shrimp at Bonaire from Dilks' dive.



## New Models...

APA representatives also said in a press announcement last year, that early career psychologists will likely benefit from the changes, because the new model allows individuals to sit for licensure if they have completed all their required training as predoctoral students.

The revised model act also incorporates APA Ethics Code and language relating to prescribing medications.

The ASPPB also approved their new model in October last year. In an announcement by Dr. Joseph Rallo, ASPPB President, he stated that the Model Act Committee added new sections to address "distance education" and new technologies in training. He pointed to issues of mobility of psychologists and interjurisdictional practice, making changes to define and guide states in the areas of delivery of psychological services by electronic methods, called "telepsychology."

Rallo also noted, "Clearer and simpler language is proposed for temporary authorization to practice psychology, and for provisional licensure." He also noted "A new section has been added that would require a psychologist to inform, in writing, his or her clients and other relevant entities of any disciplinary action taken against his or her license.

And, "... the present revision of the Model Act now includes proposed language for jurisdictions that license or register individuals to practice psychology with a Master's degree."

The current ASSPB revision continues to "recognize the important role of school psychologists, and acknowledges the authority, in some jurisdictions, of state or provincial agencies or

## Retraction Notices In Science Journals Have Surged

A Wall Street Journal article by Gautam Naik reported that retractions related to fraud increased "sevenfold between 2004 and 2009." In data compiled by Thomson Reuters for the WSJ report, the author said that while the number of articles published between 2001 and 2010 has increased by 44 percent, the retraction notices worldwide have increased by 15 times that.

The report pointed to better detection of errors and also the more competitive scientific environment, as the reasons for the dramatic increase in retractions. The article quoted the Lancet's editor: "The stakes are so high," said the Lancet's editor, Richard Horton. "A single paper in Lancet and you get your chair and you get your money. It's your passport to success."

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departments of education to regulate the practice of school psychology," Rallo noted.

Also, "Continuing education is now referred to as "Continuing Professional Development" to more accurately define the concept and to anticipate its future development."

One year of supervised professional experience is still acquired at the post-doctoral level.

Like the APA changes, the ASPPB modifications revised language to "...make it more inclusive of non-health service psychology, most notably industrial-organizational psychology."



*Photo courtesy Denise Gould, DOD*

## Forensic Psychology Guidelines Offered By APA in August

The APA Council of Representatives approved new specialty guidelines for forensic psychology, adopted by the council August 3. The 21-page document outlines the undated recommendations of APA for those psychologists practicing in the forensic area.

## Nancy Eustis Dies August 2

Nancy Eustis, a colleague in the psychology and LSU community, died August 2. She was retired from East Feliciana State Hospital in Jackson, a resident of Baton Rouge, and a native of New Orleans. Nancy attended graduate school at LSU in the 70s, and had worked at East Feliciana State Hospital. She had been ill for a number of years with Cancer and Alzheimer's according to the notice from her retirement home. Nancy is survived by daughter Katherine Byrd and family.

## Winners in *Times* Contest

The winner in the "positive comment" category for the birth-day contest was:

"When I read stories about people like Drs. Frick, Nelson, Hannie, Nemeth, Greenleaf, Chafetz, etc., and when I read your fine writing, I am humbled and wonder how is it that I get to call these people 'colleagues'. I am not writing this to win any prize, I just wanted you to know that I appreciate what you are doing. Thank you."

First runner up: "I almost feel like a groupie groveling at the feet of a rock star. You are really doing a great job! Remember what Thoreau said "The only reward of virtue is virtue itself."

Honorable mentions go to:

"thanks. keep publishing, I like reading the news."

"Bravo! Your editorial citing the Board request for your 'credentials' relative to news reporting was wonderful!"

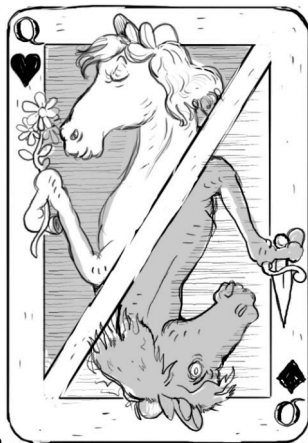
"This is just a brief note to again tell you how impressed I am by your newsletter and your willingness to address issues that may be controversial."

Negative comments: Only one negative entry was received, the reader noting that he might have the best chance to win in this category.

"This newsletter is flawed in that it appeals to those who are not psychologists, but unfortunately it is not so flawed that it does not appeal [to this reader]."

The *Times* sent a \$100 donation to the Cane River Children's Services, and \$20 to the BARK animal rescue as instructed by our winners.

Robert Holeman, the *Times* newspaper consultant, judged the contest. The publisher sincerely appreciates and thanks everyone for the comments.



## UPCOMING EVENTS

The **Louisiana Psychological Association** will host its Fall Conference on October 15, at the LSU Cook Hotel and Conference Center.

A highlight of the one-day conference will be a seminar by Dr. Paul Frick, national and internationally respected psychological scientist, licensed psychologist, journal editor, and department chair at UNO.

Dr. Paul Frick will present on the revision process of the diagnostic manual and on ADHD and selected developmental disorders in the DSM-V.

Dr. Frick has been part of the working group of the American Psychiatric Association's DSM-V group and presented his work as part of a convention highlight on the DSM-V at the 2010 APA convention in San Diego, "Updates and Issues for DSM-V." He contributed as a member of the ADHD and Disruptive Behaviors Disorders workgroup on the revisions in the DSM-V.

Dr. Frick is University Distinguished Professor and Chair of the Department of Psychology at U. of New Orleans. He has published over 160 manuscripts and authored six books and test manuals. He is editor of the *Journal of Clinical Child and Adolescent Psychology*. Dr. Frick was the President of the Society for the Scientific Study of Psychopathy and has received many honors for his research contributions in understanding behavior, including an Honorary Doctorate from Orebro University in Sweden. His work has been funded by National Institute of Mental Health, Office of Juvenile Justice and Delinquency Prevention, and the John T. and Catherine D. MacArthur Foundation.

**Society for Clinical & Experimental Hypnosis**, Sept 14-18, New Orleans Sheraton. Dr. Joe Tramontana presents "The Mental Side of Sports," on Friday.

**Professional Training Resources**, 'Diagnostic Interviewing of Children,' Sept 16, Baton Rouge Marriott.

**Southeastern Psychological Association**, Feb 15-18, 2012, New Orleans.

### The Psychology Times

The *Psychology Times* is provided as a community service for those in the practice, science, and teaching 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.