

Dr. Mary Ann Goodwyn Dies at 65 in Ruston

Dr. Mary Ann Goodwyn, clinical psychologist and Associate Professor of Psychology at Louisiana Tech University, and also previously Assistant/Associate Professor at University of Louisiana at Monroe, died of cancer on January 13, 2012. She was 65.

Dr. Goodwyn's life and career were characterized by an adventurous, open, and authentic nature, having crisscrossed the country from Louisiana to North Carolina to Colorado to Oregon, the to Washington state to California and back, training and working in psychology. She returned to north Louisiana to teach and practice, impacting thousands of students, her colleagues, and

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Deaths

The community has been stunned by three losses: Dr. Mary Ann Goodwyn, Dr. Nathan Gottfried, age 83 (see page 10), and Dr. Lisa Jo Pate, age 44.

Dr. Pate died of cancer on January 24. She was an LSU graduate who served on Tulane University's Medical School faculty from 2001 to 2004. She was living in Maryland with her husband and two young sons, and working at Harvard University's OCD Institute. Dr. Pate was the daughter of former LSU coach Skip Bertman and Mrs. Bertman. A memorial article will follow in our next issue.

Southeastern Psychological Association To Meet Feb 15-18 in New Orleans

The Southeastern Psychological Association (SEPA) will hold its annual convention in New Orleans February 15 to 18, 2012, at the Sheraton on Canal Street. Dr. Roy Baumeister, from Florida State University will present "The Why, What, and How of Human Consciousness."

Dr. Susan Thorson-Barnett, Chair of Psychology at Northwestern State University in Natchitoches, will present "Microskills."

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DDS Director Cautions About LPA Seminar

Executive Director of Louisiana Disability Determination Services (DDS), Ms. Terri Spurgeon, sent a message to consultative examination providers cautioning them about a presentation hosted by the Louisiana Psychological Association. The seminar was presented

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Dr. Speier Named Asst Secretary OBH

Louisiana Department of Health and Hospitals (DHH) Secretary Bruce Greenstein announced on January 20 that Dr. Anthony Speier will

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LSBEP Ready For Sunset

Members of the board met last Friday, January 27, in a long-range planning session and continued work on a revision of the psychology practice law.

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SEPA to meet in N.O. --Photo by Alex Demyan and NewOrleansOnline

Editorial Page

Loss and Community

There is not much anyone can say about premature deaths from cancer. Our community has lost some wonderful people.

I had the privilege of meeting and just briefly getting to know Dr. Mary Ann Goodwyn. I saw the characteristic that so many of her close friends have mentioned. Mary Ann was *present*. She spoke in a way that suggested she valued the experience for itself, the person, and the interaction. As I learned more about her life and her work, this theme seemed to run throughout.

So we have a little comfort, that she lived her life well. As a psychologist she was teacher, scientist, therapist, philosopher, and to some lucky people, she was close friend and colleague. She touched thousands of lives and she valued community. As Bill McCown said, "She believed that psychology could transform her community and even the world into a better place. The lives that she touched demonstrated how accurate she was about this."

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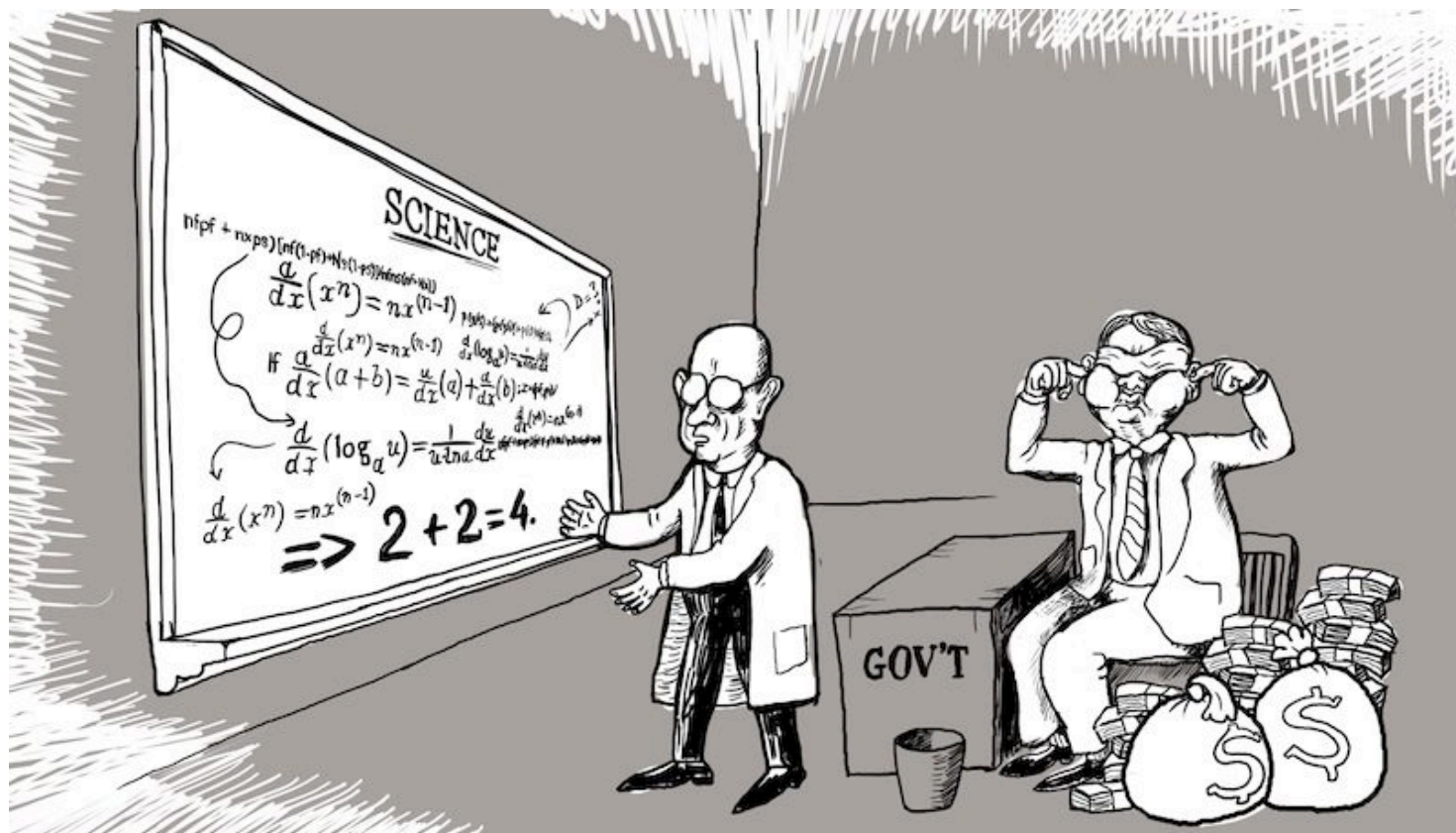
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We welcome ideas for news, features, Letters to the Editor, photos, and other material related to psychological community of Louisiana. Editorials and commentary reflect the opinions of this newspaper. Columns and Letters to the Editor express the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

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Director Cautions...

by Dr. Michael Chafetz who gave information about statistical predictions and validity for Social Security evaluations, generally performed by psychologists.

Ms. Spurgeon noted that the seminar was not “reviewed” or “sanctioned” by the Social Security Administration, and had not been checked for “compliance with SSA and DDS policy, rules, and regulations on evaluating mental impairments for Social Security Disability.”

In the memo, dated January 11, she advised consultative providers to “continue to adhere to all guidance and instructions you have received directly from DDS professional relations officers [...] and psychological consultants.”

The *Times* tried to speak with Ms. Spurgeon but was unsuccessful in reaching her for comment.

The two-hour, online seminar that prompted the DDS January 11 memo was titled “Current Issues in Social Security Disability Evaluations.” The presentation included statistical methods and published research concerning malingering on social security examinations, data about false positives, and validity for these evaluations.

Dr. Michael Chafetz, a board certified clinical and neuropsychologist from New Orleans has published a number of research articles on this subject. He also presented this topic recently as an invited speaker at the American Psychological Association convention in 2011.

In one of his studies of comparison groups he and coauthors found that low-functioning individuals have clear

differences, depending if they are motivated to do well or to do poorly. He discovered this in a comparison between those seeking benefits, to those seeking a job, to those seeking to regain custody of their children.

He also has found that up to 42 to 46 percent of disability claimants score as probable malingering and that with empirical data, psychologists can produce a more accurate prediction both of those who are truly disabled and also of those who are not disabled. In the January seminar, he calculated that savings for accurate predictions could total \$180 billion.

His research, a set of publications beginning in 2006 includes, “Malingering on the Social Security Disability Consultative Exam: A New Rating Scale,” in *Archives of Clinical Neuropsychology*, a 2008 article in *The Clinical Neuropsychologist*, “Malingering on the Social Security Disability Consultative Exam: Predictors and Base Rates,” and a 2011 article in *Applied Neuropsychology*, “A Case of Malingering by Proxy in a Social Security Disability Psychological Consultative Examination.”

In a 2010 paper examining SSA policies, “Symptom validity issues in the psychological consultative examination for social security disability” (*The Clinical Neuropsychologist*), Chafetz pointed to policies in SSA that promote a high rate of false positives for disabling illnesses. And, he pointed to ethical issues when the psychologist is asked to do less than his or her best to make sure of findings are valid. Chafetz concluded that SSA should consider revising policies so that psychologists can better identify those truly disabled.

2012 Legislative Begins

The 2012 Regular Legislative Session will convene at noon on Monday, March 12 at noon and adjourns no later than June 4, 2012. Some bills are being filed now. Go to <http://www.legis.state.la.us/>

Other than bills about retirement and constitutional amendments, bills to be prefiled must be received by legislative services by February 29. Legislators may also introduce up to five other bills if received by April 2.

According to Dr. Chafetz, in 2008 the Board of the American Academy of Clinical Neuropsychology (AACN) provided a 90-minute conference call for Social Security Administration leaders to discuss validity issues in the psychological exam. During this call, the AACN Board members provided SSA leaders with relevant information and invited the leaders to outline their criticisms. However, the SSA leaders did not follow up on that offer.

According to the Congressional Budget Office, the Disability Insurance program is not financially sustainable and funds will be exhausted by 2018.

Dr. Mike Chafetz is a New Orleans neuropsychologist, board certified in Clinical Neuropsychology, a reviewer for *Applied Neuropsychology*, *Archives of Clinical Neuropsychology*, and on the Board of the American Academy of Clinical Neuropsychology.

Dr. Speier Named...

become the New Assistant Secretary for the Office of Behavioral Health. Dr. Speier is a licensed psychologist who earned his PhD in psychology from LSU.

Dr. Speier's appointment takes place immediately. He has been serving as Interim Assistant Secretary of OBH and has served the department for 30 in a number of roles, according to the announcement. These roles and duties have included Director of the Division of Community Service Systems, Statewide Director of Disaster Mental Health Services, Director Division of Program Development and Implementation. He began serving as Deputy Assistant Secretary, Department of Health and Hospitals, in 2008.

"Tony has been instrumental in shaping the Louisiana Behavioral Health Partnership and Coordinated System of Care which will transform how behavioral health services are paid for and delivered in our state with a much greater focus on community-based care and coordination of care for better outcomes," Deputy Secretary Kathy Kliebert said in the announcement.

Kliebert had previously held the position of OBH Assistant Secretary until being named DHH's Deputy Secretary early last year. "His caring approach to leadership has helped us steadily take the bold steps needed to change the lives of people with behavioral health care needs," she was noted to say.

In this role as Assistant Secretary, Dr. Speier will direct the short and long term goals of the department, including the delivery of quality mental health



Dr. Tony Speier with wife, Dr. Karen Speier, at the LSU alumni gathering in 2010. Dr. Tony Speier was recently named Assistant Secretary for Office of Behavioral Health in LA Department of Health and Hospitals.

and addiction services, and "the implementation of the Louisiana Behavioral Health Partnership and the operation of community services and public psychiatric facilities in the state," according to the announcement.

Dr. Speier has been recognized nationally for his work with the Louisiana Spirit program, coming after hurricanes Katrina and Rita, and aim to help the people of South Louisiana deal with the psychological consequences of the devastation.

The news release also announced the appointment of Dr. Laura Brackin to the Assistant Secretary for the Office for Citizens with Development Disabilities. Secretary Greenstein said, "Both Dr. Brackin and Dr. Speier bring a passion for service and strong leadership skills to our executive team. We will be relying on them to help us carry out the many transformative initiatives we have been building in recent years. At the same time, their leadership for innovation and efficiency will help us build a stronger agency with the focus on putting people first."

Dr. Tony Speier is married to Dr. Karen Speier, medical psychologist, who also attended LSU, and who practices in Baton Rouge.

Ballots for LSBEP Due February 6

Licensed psychologists voting in the election for the next board member must send their ballots in to the state association by February 6, according to Ms. Lowe, Executive Director of LPA.

Workers' Comp Holds Public Hearing, Jan 30

The Office of Workers' Compensation published amendments to its utilization review rules in the December issue of the *Louisiana Register*, and received a number of written comments. A public hearing was called. The hearing was held on Monday, January 20, at the Louisiana Workforce Commission Training Center in Baton Rouge.

Jim Quillin, PhD, medical psychologist, and Kevin Bianchini, PhD, neuro-psychologist, serve on the Medical Advisory Council for the Workers' Comp in the psychiatry/psychology subpanel, along with Harold Ginzburg, MD, JD, MPH.

LAMP Has New President

According to sources Dr. Cathy Castille, Baton Rouge medical psychologist, is the new President of the Louisiana Academy of Medical Psychologists. She is stepping in for outgoing President Dr. John Bolter. Dr. Castille has served as president of the Louisiana Psychological Association (2003) and in a variety of other positions in LAMP and LPA.

LSBEP Ready...

This is part of the 2012 Sunset review process. The updated version of the law includes some changes and the board could approve this latest version as soon as this Friday, February 3, at a regular meeting.

"There are some changes," Executive Director Ms. Kelly Parker told the *Times*. She also said that the board is "definitely" working to be "proactive" in this process and to stay ahead of any demands made by the legislature. She said, "We are ahead of schedule for Sunset."

At some point during the upcoming legislative session the board will likely be called on to submit information to legislators, which may include a new practice law to replace the one that is to be automatically terminated by Sunset. It is also possible that the current law can stay active and in place, if a new one is not requested, explained Ms. Parker.

LSBEP Still Planning To Go Forward On Change in Con't Ed

The Louisiana State Board of Examiners of Psychologists will likely go forward with updating requirements for continuing education, Executive Director Ms. Kelly Parker told the *Times* recently when asked about the board's progress on this topic. While any changes to the law will be immediate, they will not affect the current reporting period.

Ms. Parker pointed to the November minutes where Chair Tony Young was still waiting to hear from the Association of State and Provincial Psychology Boards (ASPPB) regarding their recommendations. In the November meeting Dr. Young made the motion to move forward with changes and suggested preparing a draft of changes for the boards approval. The motion passed.

The board had previously discussed requiring licensees to earn 40 units every two years and discussed new categories of credit suggested by ASPPB.

The ASPPB provided its draft proposal on "competence and licensure" which presented ideas about new licensing requirements for maintaining competency. The authors recognized a growing trend in many professions that acknowledges that educational activities may not always lead to genuine competence. Self-assessment of competence is not always accurate, and approaches to continuing education assume that the psychologist can accurately rate his or her own abilities and deficits, the authors of the report explained.

The new guidelines for the LSBEP will likely track the ASPPB's recommendations, according to various reports. If so, psychologists will be able to include peer consultation hours, practice outcome monitoring, writing for peer-reviewed publications, and other new methods for showing competence and receiving credits that can be submitted to the board when they renew their licenses.

The ASPPB noted that studies have found that people overestimate their abilities and this is particularly true for those falling in lower quartiles. Another concern that emerged was "...the common educational practice of massed training (a one day workshop, or two or three successive days), while appearing to promote the rapid acquisition of skill and self-confidence does not necessarily promote the retention of skill."



The LSBEP members recently completed a long-range planning meeting where they discussed Sunset, telepsychology, frivolous complaints and other topics.

LPCs Continue to Work on 320 Rules

Members of the Licensed Professional Counselors Board continued to discuss revisions to rules for Act 320 at their November and December meetings in 2011, according to minutes published last month.

Act 320 is the legislation passed in 2011 that clarified and expanded the scope of practice for counselors, and that required counselors to establish collaboration and consultation with someone licensed under the state medical board when treating individuals with "serious mental illness."

The board members also discussed a list of rule revisions, called a "wish list," that is being developed by the subcommittee on rules, according to the minutes.

At the November LPC board meeting, Cindy Nardina asked the Rules Committee "to consider further defining the list of serious mental illness in the rules, specifically defining the level of severity required for each type of illness to be considered serious." Also discussed at the November meeting were issues about specifying additional courses for counselor interns. M. Reynaud suggested a redefinition of the Abnormal Psychology course, but discussion suggested that if these changes could require a change in the law.

At their December 16, 2011 meeting the LPC board continued to discuss changes to the rules for Act 320. One member noted that she hoped that sufficient changes could be made through rules so that the Counselors' Association would not have to change act 320. Mentioned in the minutes were concerns that the restriction to the *Louisiana* Medical board should be any state medical board.

The LPC board passed Emergency Rules in July 2011, because the Act 320 took effect when signed by the governor. This placed new responsibilities on some counselors who were then required to arrange collaboration and consultation with someone licensed under the Louisiana State Board of Medical Examiners, either psychiatrists, medical psychologists, or physicians.

The Emergency Rules are published in the July 2011 issue of the *Louisiana Register*.

Former Chair Dr. Comaty Says Farewell To Licensees

In his address to licensees in the recent LSBEP Newsletter former Chair Dr. Joseph Comaty, MP, wrote, "I leave with great satisfaction and also some degree of regret. It is a tremendous honor and tremendous responsibility to serve our profession and the public."

He noted, "...it did not seem long enough to accomplish all the goals I had set for myself and the Board." He noted the challenge of learning all the procedures and rules and laws, and also the challenge of fulfilling the responsibility to protect the public. He commented that he was thankful for the support of his colleagues on the board, the Executive Director and assistant, and the board's legal counsel.

He also noted that he has served during significant challenges, such as managing the shift of medical psychologists to the medical board, and attempting to prevent expansion of scope of practice of LPCs under SCR 100, and also SB 268.

His complete address is available on the LSBEP website.

Don't Just Stand and Watch Join the Parade



Make Your Contribution
Today to the

Louisiana Psychological Association
Political Action Committee
Call 225-769-8335





Dr. Mary Ann Goodwyn (in green) speaks with colleagues at the 2010 College of Education and Human Development Alumni Ceremony at U. of Louisiana at Monroe, where she was recognized by the Department of Psychology for outstanding service and leadership. The Chair, Dr. David Williamson, told the *Times* that Dr. Goodwyn "Always did excellent work."

(Photo by C. Rodriguez, courtesy of CEHD, ULM.)

Dr. Mary Ann Goodwyn...

community members with her intelligence, authenticity, and vision. She lived her life with an awareness and respect for the significance of the human experience, of people, and of truth. She faced both life and death with this same grace and courageous insight.

Mary Ann was born in Dallas and grew up in Ruston, moving to Greensboro to earn her B.A. in psychology from the University of North Carolina. She returned to Louisiana to earn her masters in experimental psychology from University of Louisiana at Monroe in 1971.

This launched her teaching career and she was a natural. She began as an instructor at Chowan College in Murfreesboro, North Carolina, and a few years later moved to Gunnison, Colorado to accept a position with Western State College. Her next career move took her to a research position with the Department of Developmental Psychology at Denver University. After several years she decided to move into clinical work and accepted a position as Mental Health Specialist, relocating to Gold Beach, Oregon.

In 1983 Mary Ann entered the doctoral psychology program in clinical (and pediatric specialty) at the University of Washington in Seattle. During her training she worked as a research assistant at the Children's Hospital, as a therapist in the Counseling Center, and with the Suicidal Behaviors Research Clinic. She completed her internship in child-clinical psychology at Stanford University Medical Center, Department of Psychiatry and Behavioral Sciences, in Palo Alto, California. This included the Children's Hospital at Stanford, the Children's Health Council, and Stanford University Hospital.

In 1991 she accepted an appointment at the University of Louisiana at Monroe as Assistant/Associate Professor a move that defined her teaching career for the next 15 years. She taught undergraduate and graduate courses including advanced topics in clinical psychology, methodology, abnormal, child, statistics, and the honors seminar.

Dr. Goodwyn was also a licensed psychologist and with her friend and colleague, Dr. Judith A. Howard, LCSW, cofounded Behavioral Health Associates in Ruston in 1997. Dr. Goodwyn focused her practice on children and adolescents.

In 2002 Mary Ann earned a masters from the California School of Professional Psychology in psycho-pharmacology and in 2006 she took an appointment as Associate Professor at Louisiana Tech University, where she taught undergraduate and graduate courses including neuroscience and human behavior, child psychopathology & treatment, and the advanced practicum supervision.

She authored and coauthored over 40 papers and presentations during these years, including "Medical and psychosocial models developed for the prediction of outcomes of children with meningomyelocele," presented at the International Society for Research in Hydrocephalus and Spina Bifida, in Mainz, Germany. She presented and sponsored numerous presentations at the Southwestern and Southeastern Psychological Associations, including, "Relationships between diagnosis and progression of adolescents through inpatient levels systems."

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Dr. Mary Ann Goodwyn...

At the American Society for Adolescent Psychiatry in Sarasota, Florida, she presented, "Inpatient levels systems for children and adolescents: Where are we going?" And she delivered an address at the ULM President's Banquet at the Monroe Civic Center, titled "University teaching and the College of Education and Human Development."

In 1996 Mary Ann helped develop programs for interdisciplinary courses for integrating life sciences and social sciences and humanities, for an institute sponsored by the National Science Foundation and the National Endowment for Humanities.

She worked with Dr. Joseph McGahan in the Strategic Planning Committee for ULM. She served on the ULM Honors Program Council, the Core Values Committee, Faculty Senate, and the Core Curriculum Committee at ULM, and she contributed to numerous grants and research projects.

At Louisiana Tech she served on the Core Faculty for the Counseling Psychology Doctoral Program and on the University Graduate Council. She served in the Psychological Services Clinic for child, adolescent treatment, eating disorders, psychopharmacology, and medical/psychological interface issues.

Dr. Goodwyn was a member of American Psychological Association, the Louisiana Psychological Association, the Southwestern Psychological Association and the Southeastern Psychological Association. She was an inductee of Phi Kappa Phi Honor Society.

In recent years she worked with Dr. Eddie Bell at the Professional Development and Research Institute on Blindness, publishing "Medical Issues and Special Populations: Providing Training to Students with Mental Health Issues" in the *Braille Monitor*. Dr. Goodwyn consulted with the Louisiana Center for the Blind, working with Dr. Bell in an on-going project to assist blind individuals in building success in their lives, a study titled, "Factors that support the achievement of success in blind adults."

Perhaps some of the most telling contributions were Mary Ann's community involvements which combined her training with keen insight and appreciation for the natural world, its people, and the future.

While in North Carolina she was a consultant and educator for North Carolina Outward Bound, a premier program for experience-based outdoor leadership development. Later she served as a board member, trainer, and chairperson for Wilderness Experience.

She was a children's programmer and organizer for National Public Radio. And she was involved in the Community Theatre as a children's stage tutor, a set worker, and an actress.

She participated as organizer and speaker for the Spina Bifida Parent Support Group.

She served as a Health Advisory Board member, consultant, and in-service provider to the OMCAP Head Start Program in Ruston and as a speaker to the Autism/Asperger's Disorder Family Support Group, the Methodist Children's Home, and the National Federation of the Blind.

She served on the board of directors for the North Central Louisiana Habitat for Humanity, a nonprofit, global housing program.

Mary Ann was instrumental in helping found the Ruston Farmers Market where she volunteered whenever she could. The Market's administrator wrote,

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Dr. Goodwyn (bottom left) was a member of the core faculty in the doctoral program for counseling psychology at LaTech. (Image courtesy of Dr. Donna Thomas.)

Dr. Mary Ann Goodwyn...

"We can't express strongly enough how important Mary Ann was to this community. Anyone who spent any time with Mary Ann couldn't help but be touched by her compassion and her desire to better the world."

Mary Ann impacted all who came into her sphere. Dr. Lou'uan Gollop-Brown, of LaTech, said, "I have only known Mary Ann for four short years, but it always felt like a lifetime of knowing. She was my mentor and also my supervisor while completing my post-doctoral assignments, and I will miss her terribly. Mary Ann was the type of person who looked at you deeply, listened to you intently, and responded to you earnestly. It was not difficult to guess that she cared about you and everything that you were saying."

Dr. Donna Thomas, also a LaTech colleague said, "In my life, Mary Ann was first my teacher, later my thesis committee member, then my colleague. But it was as her friend that I learned what a truly special person she was. I love that she lived life on her own terms. And I love that every person touched by one of Mary Ann's students or friends will carry a little piece of her with them."

"My favorite memory of her is not a professional one," said Dr. Bill McCown. "She was obviously very ill. My son and I ran into her at our vet, where we were taking our oversized strays. While we waited, Mary Ann utterly engaged my four-year-old and also befriended the usually-aggressive dog. She was obviously in extreme pain. Still, she pursued this conversation with gusto, laughing, joking, and gently endearing herself to my son." He said, "Mary Ann's unique talent was that she could empathize with anyone, at any time."

"Mary Ann was simply the most conscientious person I've known," said Dr. Howard. "An example was her call to me from the emergency room the day before she died to tell me something she wanted me to do for her clients. If Mary Ann said she would do something in our practice, she did. I never had to worry about her following through on a commitment. I couldn't have asked for a more dependable business partner, or a more trusted friend."

"Her gift with children was not something that can be taught. She inherently valued them and knew how genuinely to convey that message," Dr. Howard said.

Dr. Mary Ann Goodwyn's love of people and for the environment came together with her support and volunteer efforts with Heifer International, Inc., a world hunger organization that combines long-term solutions to hunger, environmental sustainability, and community involvement. Mary Ann was a strong supporter and had been a volunteer at the Heifer Ranch in Perryville, Arkansas. This organization was so important to her that



Heifer International was one of Mary Ann's favorite organizations. They ask, "*Can one animal change the world?*" Mary Ann volunteered at the Heifer Ranch in Arkansas. Above is a youngster in Heifer International's meat goat project in Cameroon, Africa.

(Photo by Jake Lyell, courtesy of Heifer International.)

her family asked that memorial donations be directed to Heifer International. Mary Ann had at one time hoped to retire and work for the company full time.

"Mary Ann was an asset to our community and gave of her time to make it a better place," said Dr. Howard. "She was happiest when she was able to be outside in the natural world, and she appreciated simple pleasures—a good cup of coffee, good food, and good conversation."

"Mary Ann Goodwyn will be remembered for her inquisitiveness, her utmost adherence to ethics, and simply because she was so gentle and subtly funny," noted Dr. McCown. "She was a kind, generous, and often profound person who taught uncountable students to recognize the power, beauty, and importance of psychology."

"She believed that psychology could transform her community and even the world into a better place. The lives that she touched demonstrated how accurate she was about this," he said.

LSU Professor Emeritus

Dr. Nathan Gottfried Dies January 16 Memorial Today

Long-time LSU professor and head of the developmental psychology graduate program at Louisiana State University in Baton Rouge, Dr. Nathan W. Gottfried, died January 16, 2012, at the age of 83.

Dr. Gottfried was a retired professor emeritus and a licensed psychologist under the Louisiana State Board of Examiners of Psychologists. He was known to many in the community as a kind, thoughtful, and effective educator, researcher, and colleague.

A memorial service will be held today, Wednesday, February 1, from 2–4 p.m. at the LSU Faculty Club on the LSU Baton Rouge campus.

Dr. Nat Gottfried received his doctorate in psychology from Columbia University in Ohio, and spent the majority of his career at LSU Baton Rouge where he influenced the training and careers of thousands of undergraduate and graduate psychology students. He was the head of the LSU Developmental Psychology Graduate Program and also later the Director of the LSU Psychological Service Center.

With colleague Dr. Bill Seay, Dr. Gottfried authored *The Development of Behavior: A Synthesis of Developmental and Comparative Psychology*, published by Houghton Mifflin, 1978.

Nat developed and administered the first LSU faculty teaching evaluation. He also developed an observational test, "An observational technique for pre-

school children," along with Bill Seay, in 1970, published by Educational Testing Service.

He was a disaster research consultant and helped evaluate the human impact of environmental disasters in Louisiana, Mississippi and Puerto Rico. With Drs. Larry Siegel and Rosemary Hays-Thomas (formerly Lowe), Dr. Gottfried worked on a the 1982 Illinois Central Gulf freight train derailment near Livingston and the aftereffects of fires, explosions and chemical spills on those living in the surrounding community. He and his colleagues examined the event and the impact of stress on those involved, published in "Emotional Distress 18 Months After a Train Derailment and Chemical Spill," in *Advances in Personality Assessment, Volume 7*, 1988.

He was instrumental in the "MinneMath Program" and developed tests for evaluating math teaching and teaching effectiveness.

Dr. Gottfried authored and coauthored over 40 research articles, including "Attachment Relationships in Infant Twins: The Effect of Co-twin Presence During Separation From Mother, with Bill Seay and Erin Leake, in the *Journal of Genetic Psychology*, 1994.

With Audrey Sistler, professor at Southern U., Nat published and presented "Shared Child Development Knowledge Between Grandmother and Mother," at the 95th Annual Convention of the American Psychological Association.

He coauthored, "The social distance of the exceptional: A study at the high school level," with Reginald Jones and Angela Owens, in *Exceptional Children*,

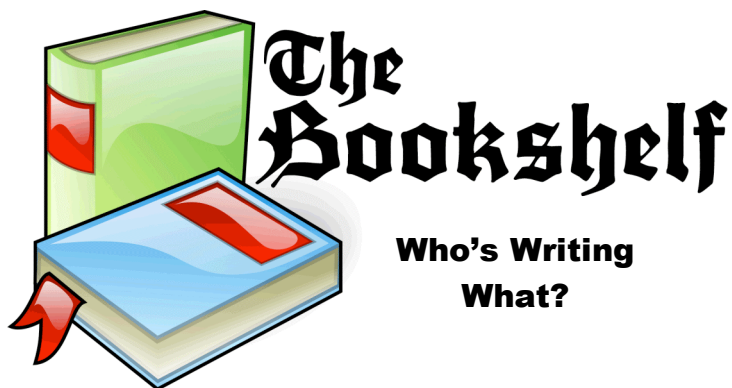


Courtesy BR AVCV

1966, and also "Psychological needs and preferences for teaching exceptional children." with Reginald Jones, in *Exceptional Children*, 1966. With J. Horrocks he published, "Psychological needs and verbally expressed aggression of adolescent delinquent boys," in *Journal of Psychology: Interdisciplinary and Applied*, 1966.

He served his country in the United States Marines.

Dr. Gottfried is survived by his wife, Gretchen Wilson Gottfried; two daughters, Deborah Hays and Judith Kingman; his sister, Gloria Leberman, from Connecticut; his brother, Sidney Gottfried, Mill Valley, California; and five grandchildren. He is also survived by his stepchildren, Charles Wilson, Charlotte Asher, Dwight Wilson, Duane Wilson and Greer Cowart.



Procrastination and Task Avoidance ***Theory, Research, and Treatment***

Joseph R. Ferrari, Judith L. Johnson,
and William G. McCown

Springer Series in Social and Clinical Psychology, 1995

Procrastination and Task Avoidance is another one of Dr. William McCown's premier works, covering an intriguing area of psychology, procrastination. For those who want to better understand the complexity in this common, yet often debilitating behavior, the authors bring together theory, research and application.

They explain the interwoven elements of anxiety, depression, passive-aggressiveness, perfectionism, agitation, conscientiousness, and other related characteristics, regarding this behavior that affects life satisfaction in 25 percent of all adults.

Professor and psychologist, Dr. William McCown, currently Director of the Graduate School at Louisiana University at Monroe, told the *Times*, "Although this book is 15 years old, sales continue to be strong ... This attests to the fact that clinicians often encounter people with problems related to procrastination and are frequently stymied."

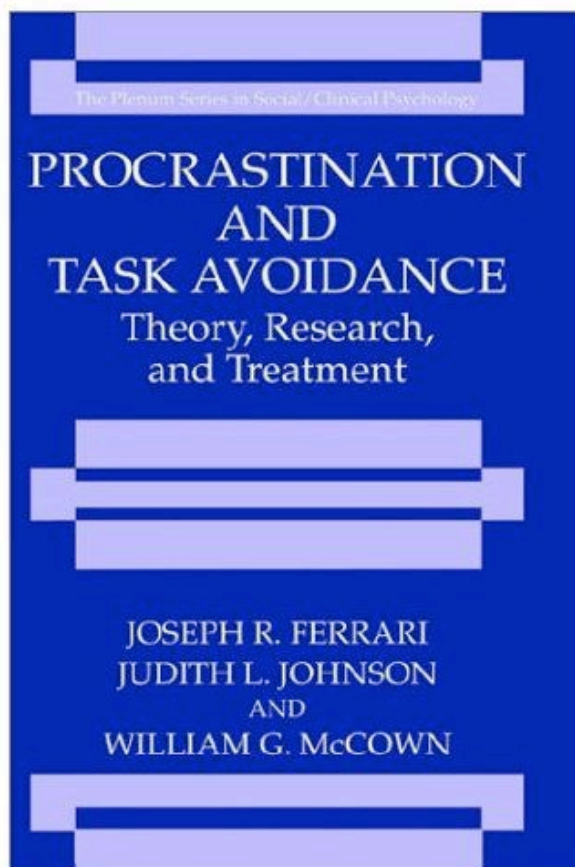
Up until *Procrastination* little scientific attention was given to this characteristic, which is often at the root of problems in human productivity and happiness. The authors speculate that the trait may have been considered too minor or too "flippant a topic to be granted much scientific credence." However, they say it is both a contributor and an outcome of psychiatric conditions, negatively impacting productivity in work, school, families, and relationships.

"I became interested in this topic for my master's thesis research," Dr. McCown said, "because I was trying to make sense of the behavior of some clients that I had seen in treatment. At the time I found that there was almost no literature on the topic."

"Several years later," he said, "I wrote the book with Joe Ferrari, a colleague from Illinois that I had previously published with, and my former spouse [Dr. Judith Johnson], who previously was at the New Orleans VA Medical Center. Our intent was to write a book that was both practical and scholarly. We include extensive case histories to illustrate the multiple etiologies of chronic procrastination, which really is a serious problem for many people. It is causally linked to health problems, poor school performance, and general life dissatisfaction."

Procrastination is laid out logically and with the thoroughness and vision that characterizes McCown's other books. Many of the chapters could stand alone, combining theory, research and application and walking the reader through what is known about the topic. This is psychology at its most interesting,

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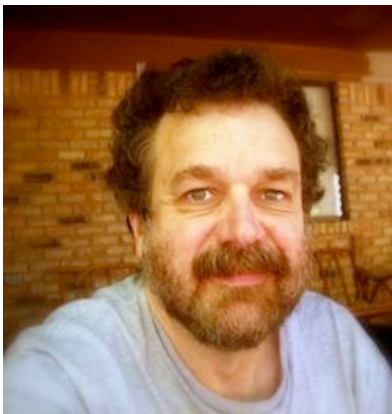
Procrastination...

where authors clarify and define the topic, so that the reader sees how the behavior might have developed, how it is best measured, how it is nested in personality and clinical syndromes, and how it might be modified.

"I believe that procrastination may have multiple etiologies," said Dr. McCown, noting why the book was needed and some of the confusion that still exists. "There is the trend today to say that it is simply a facet of low conscientiousness. This is not true," he explained. "Sometimes very perfectionistic people are procrastinators, in part because they fear that they will not live up to their own high standards. Depression and anxiety may also be causal factors, both of which are not related to conscientiousness."

Procrastination and Task

Avoidance provides this clarity in a concise eleven chapters, beginning with, "An Overview of Procrastination." Authors review definitions, prevalence, and clinical significance. In one of the few studies on prevalence in a nonstudent population, McCown and Johnson found that over 25 percent reported that procrastination was a significant problem. Using his



Dr. William McCown

Adult Inventory of Procrastination McCown found scores for men reach a peak in the mid to late 20s, then decline until about age 60, when scores begin to go up. For female scores decline from a high in the early 20s, and are lower than males. But then at age 60, females' procrastination scores rise and are higher than for men. McCown also examined over 1500 college students and found that 19 percent of freshmen, 22 percent of sophomores, 27 percent of juniors and 31 percent of seniors indicated that procrastination was a significant source of personal stress.

In Chapter 2, "Procrastination Research," authors examine childhood personality development, the behavioral perspective of reinforcement, escape, and avoidance conditioning, the role of state anxiety, and of specious rewards. They review cognitive and cognitive-behavioral theories with irrational beliefs, self-statements, locus of control, learned helplessness, and irrational perfectionism. Sections on depression, low self-esteem, and anxiety are included, along with how procrastination relates to achievement motivation, intelligence and ability, impulsivity and extraversion. Authors also note the neuropsychological and biological variables.

In Chapter 3, "The Use of Self-Report Measures," assessment methods are described, including McCown's and Johnson's Adult Inventory of Procrastination (AIP), the Mann's Decisional Procrastination Scale, General Procrastination Scale, and Procrastination Assessment Scale-Students.

Authors provide a model in Chapter 4, "Academic Procrastination," including how fear of failure and achievement-related fear often

result in avoidance. They clarify the fear of failure, procrastination, avoidance, big five characteristics, and self-worth, then flow into specific treatment of academic procrastination.

Chapter 5 is "Trait Procrastination, Agitation, Dejection, and Self-Discrepancy," and the author defines how discrepancies between "ideal self" and actual evoke emotions of disappointment or shame, and how discrepancies between the "ought self" which represents duties and responsibilities evoke fear and uneasiness.

In "Dimensions of Perfectionism and Procrastination," Chapter 6, authors explain the distinct dimensions of "other-oriented perfectionism," (the individual sets unrealistic standards for others), "self-oriented perfectionism" (the standards apply only to oneself), and "socially-prescribed perfectionism" (concerns meeting expectations of others). Within this multidimensional perspective authors delve into correlational research and suggest a fascinating set of issues, including how socially-prescribed perfectionism correlates with fear of failure.

In Chapter 7, "Procrastination, Negative Self-Evaluation, and Stress in Depression and Anxiety," authors pull together a variety of constructs and research to show how procrastination results from interactions between early learning, anxiety, depression and negative self-concept. A review of the impact of life stresses is included, and the development of "self-uncertainty," pessimism, and

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Procrastination...

optimism. Included is a model for overall adjustment.

In Chapter 8, "The Role of Personality Disorders and Characterological Tendencies in Procrastination," authors explain the relationship between procrastination and personality disorders.

Specific guidance for treatment is offered in Chapters 9, "Treatment of Academic Procrastination in College Students," and 10, "Treating Adult and Atypical Procrastination." Authors include the common cognitive misconceptions of individuals who procrastinate, such as overestimation of time left to perform a task, underestimation of time needed, and overestimation of future motivation. Authors also describe a 10-session group approach with detailed instructions and point out the need for a careful and full assessment because of many issues that can be overlooked, such as stress or the "addiction" to procrastination.

"During the past 20 years I've treated or treated or supervised treatment of over 300 people who had procrastination problems," Dr. McCown told the *Times*. "They can and do get better, but often it takes multiple treatment interventions to find what works."

"One consistent finding," he said, "is that about a third to half of the variance in the construct can be accounted for by ADHD symptoms. Whether there are deeper similarities is yet to be researched. It would be exciting if the behavioral and other interventions effective for adult ADHD also worked for procrastination."

"I have seen cases where procrastination had a psychodynamic or family etiology,

though the prevailing wisdom among many clinicians is that it is best characterized and treated by cognitive behavioral methods."

"I want to emphasize that procrastination tends to be chronic. Like depression, it seems to be stress-related. If a person is successfully treated, they will most usually require follow up sessions to keep from relapsing in the future."

The final Chapter, "Epilogue as Prologue," completes the text with a perspective on the need for additional research to propel this important area forward. Dr. McCown explained, "Since the time I wrote it the literature regarding procrastination has increased 300 fold. There is even a meta-analysis available in the literature. Unfortunately, what are lacking are quality studies to determine what type of treatment works best for which type of procrastinators."

Procrastination and Task Avoidance is an informative, interesting, and worthwhile text for clinicians and research psychologists who deal with the human condition. The content is still quite useful, even though Dr. McCown may be planning to update. "I hope we can put out a second edition soon," he noted. That would be a treat.

Dr. William G. McCown, clinical psychologist, professor, and international consultant, is the coauthor/editor of eight books. He has held various positions in the U. of Louisiana at Monroe, including Director of Training and interim Associate Provost. Presently he is interim Director of the Graduate School.

Nutrition and Health

Adrenal fatigue (stress-induced subclinical adrenal insufficiency) may be an overlooked contributor to mood disorders. Patients may be suffering with adrenal fatigue if they complain of: fatigue, insomnia, poor blood glucose regulation, shakiness between meals, irritability, headache, cravings for sweet or salty foods, reliance on caffeine to get through the day, inability to cope with stress, and weight gain (especially around the middle). The adrenal glands determine the output of important hormones such as cortisol, and catecholamines such as norepinephrine, and epinephrine, responsible for the "fight or flight" response.

With chronic, high stress, patients can deplete their adrenal reserves, decrease their cortisol output, and suffer with the symptoms described above. Adrenal exhaustion is a common finding in our fast-paced, driven American culture, particularly in patients who seem to "run themselves ragged," or "are always stressed." A patient's cortisol levels throughout the day can be measured using a salivary test.

When adrenal fatigue is detected, many clinicians give nutritional supplements to raise cortisol levels. Adequate rest and measures to balance blood sugar are also recommended to improve adrenal function and restore the patient's stress response and blood sugar regulation. When adrenal function is improved, patients report increased energy levels, better sleep-wake cycles, improved mood, and higher endurance, even with high stress situations. Assessing adrenal function with a simple saliva test may be a useful adjunctive tool in the diagnosis and treatment of mood disorders.

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Up-Coming Events:

Southeastern Psychological...

She will look at "I'm hearing what you are saying, but what are you saying?"

Professors from Louisiana Tech will present a Panel Discussion, "Considerations in Research Involving Human Participants in Multiple Settings," with Mary Livingston, Alice Carter, Louisiana Tech University; Thomas Mitchell, University of Baltimore Division of Applied Behavioral Sciences; Jerome Tobacyk, Louisiana Tech University; and Angela Kennedy, Department of Health Information Management, Louisiana Tech University.

The Southeastern Industrial and Organizational Psychological



Dr. Susan Thorson-Barnett, NSU Psychology Dept Head will be presenting several times at SEPA this month.

Photo courtesy NSU News

Association (SEIOPA) will have five speakers as part of an Industrial-Organizational Psychology interest group. The speakers are industrial-organizational psychologists working in industry and academia in Louisiana. Presenters will be Brett Richard, Performyx Christy Corey, University of New Orleans Charles Handler, Rocket-Hire Le Lai, Tulane University, and Courtland Chaney, Louisiana State University, retired.

Dr. Rosemary Hays-Thomas, Professor at University of West Florida, and who received her IO specialization from LSU, and who is not at U. of W. Florida, will present "Managing Diversity in Organizations."

Students will present a number of posters, including "Risk Factors of Vicarious Traumatization in Psychology Graduate Students," by W. Michael Nelson, Colleen Furey, and Anna Ghee, from Xavier University, which is a nominee for Outstanding Professional Paper Award.

"Viewing Television Storm Coverage of Hurricane Gustav and Youth Post Traumatic Stress Reactions: The Role of Pre Disaster Symptoms," will be presented by Rebecca Graham, Donice Banks, Brandon Scott, and Carl Weems, University of New Orleans.

"Dyadic Meta-Accuracy in Leader-Member Exchanges: Antecedents and Relational Outcomes," will be presented by Jared Ledoux and Tracey Rissuto, Louisiana State University.

And also "Five Factor Traits, Work Locus of Control, and GPA," by Rami LeBlanc, University of Lafayette and "Face-to-Face vs. Virtual Dyads: Teamwork in American and Asian Cultures," is included by Rami LeBlanc, University of Lafayette.

"Exposure to Negative Social Reactions Reduces Support for Rape Victims," will be presented by Amy Brown, and Samantha Marks, University of Louisiana-Lafayette

"Paranormal Beliefs of Latvian and American University Students," will be by Arturs Utinans, Gunta Ancane, Riga Stradins University ; Jerome Tobacyk, Mary Livingston, and Julia Tobacyk, from Louisiana Tech University.

W. Michael Nelson and John Forrette, from Xavier University will present "Community Service: Survey of Senior Undergraduate Psychology and Marketing Majors."

"Chinese Girls who were Adopted: Affective Response to Adoption Language," is a poster presentation by Christine Dacey, Julia Jacobs, and Michael Gaskell, from Xavier University.

Mind Your Brain: College Student's Knowledge of Neuroscience. Ruth Williams Morris, Southern University.

"Sex Differences in Relationship Regret: Role of Perceived Mate Characteristics," by Susan Coats, Southeastern Louisiana

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Southeastern Psychological...

University, Jamie Harrington, Baylor University, Monica Beobeouf, and Hannah Locke, Southeastern Louisiana University is included.

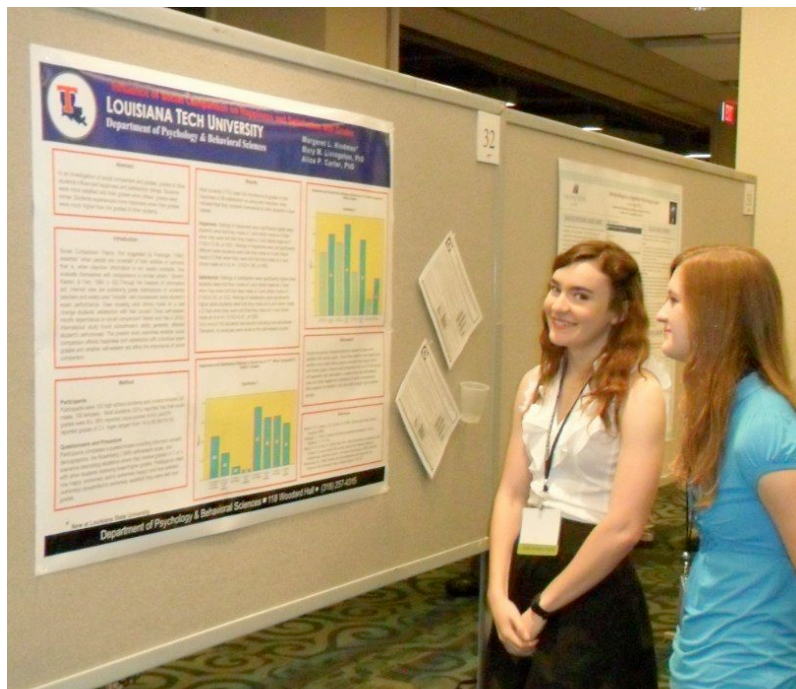
"Age and Time Constraints Affect Decisions Concerning Nonwage Employee Benefits," by Kacie Fayard and Kim Ernst, from Loyola University New Orleans, will be presented.

For additional information go to <http://www.sepaonline.com>.

Mindfulness Seminar Planned for March

Dr. John Pickering told the *Times* that he and Thay Dao Quang, Abbot of the Baton Rouge Vietnamese Buddhist temple, are planning a day-long "Mindfulness Day for Mental health Professionals" at the Tam Bao Meditation Hall in Baton Rouge. Dr. Pickering noted that this will happen most likely some time in March.

Thay is a zen-trained Buddhist monk with 20 years meditation experience and also has a masters in community counseling. Dr. Pickering has been practicing zen meditation for nearly 40 years. More details will be available in the next issue.



SEPA - APS STUDENT CAUCUS. Ms. Margaret Hindman is the LSU representative for the Association for Psychological Science Student Caucus. Margaret will be chairing the Caucus meeting at SEPA this month. The meeting is scheduled for Thursday, February 16 from 9:30 to 10:20 am in the Napoleon A1 room at the Sheraton. Above Margaret (facing camera) and friend exhibit at APS in Washington.

(Photo courtesy of Ms. Hindman.)



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Dr. Michele Larzelere

Dr. Larzelere To Present “Role of the Primary Care Psychologist” February 8

The Louisiana Psychological Association will host Dr. Michele Larzelere's "Role of the Primary Care Psychologist," Webinar on February 8, from 10 to 11 am. This webinar will explore the benefits of integrating mental and physical health care, for both patients and providers. Dr. Larzelere will discuss the many roles of the primary care psychologist and the specialized skills and attitudes needed to function optimally in this setting.

Dr. Larzelere is an Assistant Professor with the Department of Family Medicine at Louisiana State University Health Sciences Center. She has been a core faculty member in the LSU Family Medicine Residency since 1998, teaches medical students and family medicine residents, and maintains a part-time practice located in the LSU Family Practice Clinic at Ochsner Kenner Regional Medical Center (OKRMC).

On February 13, from 1:30 to 3:30 p.m., LPA will host Dr. Carolyn Weyand's, "Using Dreams in Psychotherapy." Dr. Weyand notes that sharing dreams expresses patients' trust in their therapists and their desire to know themselves more deeply. Contemporary psychotherapy dream work melds empirical data with a century plus of clinical experience and will explore this data in the two-hour workshop.

Dr. Weyand is a psychologist and psychoanalyst in private practice, faculty member of the New Orleans Birmingham Psychoanalytic Center, and also on the faculty of the China American Psychoanalytic Alliance, teaching psychotherapy to mental health professionals in China.

LPA will host "An Experiential Introduction to Acceptance and Commitment Therapy," presented by Dr. Emily Sandoz on Feb 16, from 9 to 11 am, online.

Acceptance and Commitment Therapy (ACT) is based on emerging clinical science that demonstrates the broad utility of mindfulness and values in psychological wellbeing. ACT is part of a growing group of psychotherapeutic approaches that represent a shift in focus from diminishing distress to building psychological skills in the presence of distress.

Dr. Sandoz is an Assistant Professor of Psychology at the University of Louisiana at Lafayette, and the director of the Louisiana Contextual Psychology Research Group. She is the co-author of three books, five chapters and three articles on Acceptance and Commitment Therapy and has provided 28 workshops on mindfulness and values-based interventions in 6 countries.

SWPA Convention April 12-14 Oklahoma City

The 2012 Southwestern Psychological Convention will be held April 12 to 14, 2012 in Oklahoma City, Oklahoma.

The theme for this year's convention is "Trauma & Resilience."

Invited speakers include James Pennebaker, Ann Masten, Robert Sternberg, and Daniel Schacter from Harvard.

Professional Training Resources

"Sexual Behaviors in Children" will be presented on February 3 in Monroe and on February 20 in Baton Rouge.

For more information go to:
www.professionaltrainingresourceinc.com

The Psychology Times

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None of the content is intended
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