



2019 Year in Review

The year was quiet in regard to political battles in the community. There were none. At least none that made the news.

The backdrop was a state that is mirroring national economic prosperity, or actually outpacing it for once. And—can you believe it—a state budget is no longer screaming for cuts to higher education and healthcare. Thank goodness. Steady, good news on economics was supported by a dust-up, then a calm and positive report, about Louisiana's prison reform, which seems to remain a plus.

There was an on-going flow of good news from individuals doing their work, from various segments of the community, researchers and scientists, and those in the practice community, who, with quiet and dignified steps made meaningful contributions.

We lost some dear friends, and Louisiana still ranks last in key areas—like health. But all in all, a pretty good year to end the decade with, as we welcome in the next.

January

Brain–Health a Growing Concern as Boomers Age

The Center for Disease Control (CDC) announced their State and Local Public Health Partnerships to Address Dementia, The 2018- 2023 Road Map, as part of the CDC Healthy Brain Initiative.

"Dementia is a devastating condition that impacts millions of people annually," said **Dr. Heather Pedersen**, a board certified clinical neuro-psychologist at the Algiers Neurobehavioral Resource, LLC, N.O.

LSBEP Nominations Deadline Extended The Louisiana State

Board of Examiners of Psychologists extended the nominations period for this year's election. "Although the LSBEP received the self-nominations of two experienced psychologists, those individuals did not meet the statutory requirement of being licensed, specifically in Louisiana, for 5 years," wrote Jaime Monic.

Rural Health Focus On Opioid Deaths Louisiana Department of Health received a Federal grant of more than \$24 million toward addressing the opioid epidemic in our state, said **Dr. Tiffany Jennings**, licensed psychologist in Shreveport,

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We Remember
Dr. Billy Seay–Page 5

Dr. Burstein–Page 7



The Psychology Times

2019 COMMUNITY AWARDS

Scanning the many wonderful contributions during the year, the *Times* staff had a wealth to choose from for our 2019 Community Awards. We gave credit for efforts along the lines of community psychology, where contributions benefitted many, and were strategic and humane. We looked for creativity, win-win solutions, contributions to scientific truth, and improvements in subgroup functioning—and we easily found them. We gave bonuses for courage and vision, for those stepping out of their silos and comfort zones, and for going the extra mile. We applaud all these fine colleagues for their work and vision. We noticed!

Editorial Page – Opinions

Ideas for Psychology's 2020 Resolutions *by J. Nelson*

Time once again to participate in the mass delusion that we are somehow in conscious control of ourselves and the world. Notwithstanding Irv Lane's warning about the likelihood that we are running around enthusiastically solving the wrong problems, including ignoring all sorts of feedback loops which resist our efforts and interventions, and which are also likely to cause unintended consequences due to our drilling down to the hedgehog level of problem-solving, seeing smaller and smaller fractions of the total picture and ignoring the vast universe of interconnected variables, it is time for "New Year's Resolutions."

Personally, I am in the enviable position of doing fairly well on all my resolutions from last year and simply need to stamp them "continue." This leaves me with time to fantasize about others and how they can improve their lives. Since my children long ago stopped listening to me and my grandchildren are perfect this leads me to brood over the psychology community, one of my favorite pastimes.

Here are my top three resolutions for us.

#1. Learn how to talk and write in plain English so the public can understand what we are saying. The longer I've been at the *Times*, the more it's obvious to me that psychologists as a group have almost no ability to speak to the public in simple and practical ways. Most in the public are too polite to tell us how weird we sound.

#2. Get politics out of our science. As the saying goes, we have a right to our opinions but not to our facts. We are in a time where facts don't matter, but they must.

#3. Once we've accomplished #1 and #2, engage the public and develop trust and credibility in ourselves and our science. Psychological science produces a mountain of information each year, let's put it to good use. Let's develop a critical mass of communicators and applied scientists who join together and aim for key tipping points.

[Julie Nelson is a licensed psychologist, journalist, organizational consultant, and publisher of the Times. She also holds other various positions in the community. However, her opinions here are those of her own, and do not represent any group or association. She and the Times receive no compensation other than paid advertising. Email her at drj@drjulienelson.com. —she welcomes feedback.]

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From publisher and the staff at

The Psychology Times

Corrections & Clarifications

We did not receive corrections for last month's issue.

Send your corrections to:
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State News

Governor Appoints Mr. McNeely to LSBEP as Consumer Member

In December, Governor Edwards appointed D. Chance McNeely of Baton Rouge to the Louisiana State Board of Examiners of Psychologists.

McNeely is currently the Executive Director of the Louisiana Motor Transport Association, and he will serve as a consumer member on the LSBEP.

He has served at Louisiana Department of Transportation and Development, Office of the Secretary, as Assistant to the Secretary for Policy; at the Louisiana Department of Environmental Quality, Office of Environmental Compliance, Office of the Governor, State of Louisiana, as Policy Advisor; and in U.S. House of Representatives as a Legislative Assistant.

Mr. McNeely has a Bachelor of Science in Agricultural Business from Louisiana State University (LSU) and Master of Public Administration also from LSU.

Act 515 of the 2018 Legislative Session created a position on the board for a Consumer Member. Under LA R.S.37:2353.A.(3)(b)(i) The consumer member shall be selected from the state at large and shall possess all of the following qualifications: (a) Is a citizen of the United States and has been a resident of Louisiana for at least one year immediately prior to appointment. (b) Has attained the age of majority. (c) Has never been licensed by any of the licensing boards identified in R.S. 36:259(A), nor shall he have a spouse who has ever been licensed by a board identified in R.S. 36:259(A). (d) Has never been convicted of a felony. (e) Does not have and has never had a material financial interest in the healthcare profession.

The consumer member shall be a full voting member of the board with all rights and privileges conferred on board members, except that the consumer member shall not participate in the grading of individual examinations.

Dr. Shannae Harness Sole Candidate for LSBEP 2020 Spot

The Louisiana State Board of Examiners of Psychologists is conducting an election to fill the opening coming in 2020. Dr. Shannae Harness of Baton Rouge is the sole candidate for this opening, for serving the five-year term from July 1, 2020 through June 30, 2025.

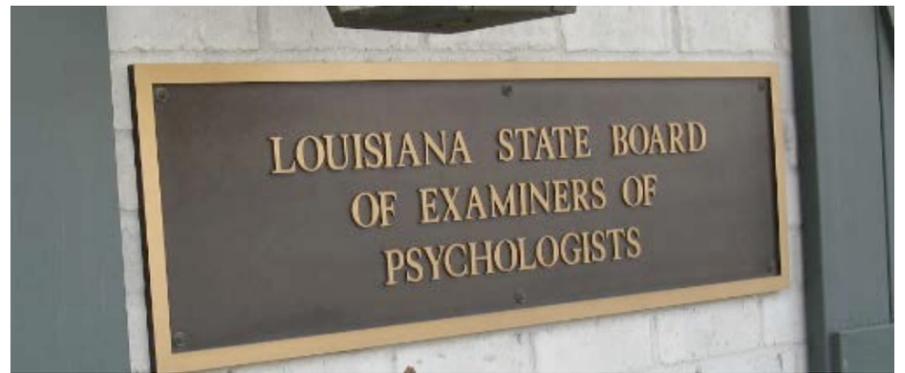
Dr. Harness earned her degree from Jackson State University in 2012, in the major of clinical psychology. She is listed with the National Registry of Health Service Psychologists and is a member of the American Psychological Association.

In her statement, Dr. Harness noted, "... In order to assist the Board, one of my goals is to be a catalyst for change by opening the lines of communication within this field during the process of licensure and the maintenance of competent psychologists. My role as a regulator in enforcing the laws, standards, and ethics code is to be transparent and timely in carrying out the matters of the Board ...

"Another goal for my tenure on the Board is to promote diversity and encourage open

dialogue about mental health issues that affect the underserved populations in Louisiana. This is a population that often does not present for help due to the stigma associated with treatment," Dr. Harness wrote. "Furthermore, many are often incarcerated due to lack of receiving mental health interventions. I would like to focus on bringing the mental health divide amongst people of diverse backgrounds and bring awareness to these issues when participating in rule making activities.

"Lastly, the face of psychology has evolved over the past few decades when it comes to diversity among licensure applicants. These individuals have different emphases in training and present different competencies. As such, the Board needs to stay abreast of the current laws, standards, and ethics within the field of psychology. Thank you for the opportunity to share my vision and it is my sincere wish to work closely with the Board to continue to promote and grow the field of psychology."



From the Minutes Selected Items from October Minutes of the Louisiana State Board of Examiners of Psychologists

Long Range Planning, October 10 DISCUSSION/ACTION ITEMS

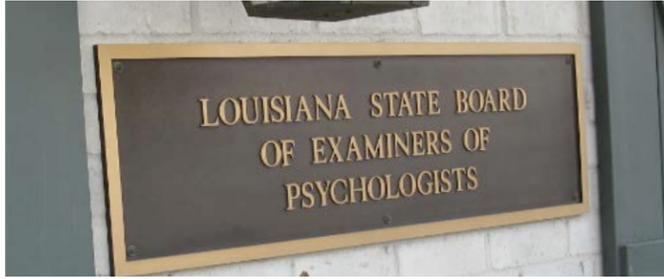
1. Policy revisions to the oral examination process – Dr. Boggs presented this matter and her views on revising the oral examination process. Dr. Boggs proposed a model that would require an individual to declare their competencies as opposed to offering a case vignette in a certain specialty area. The group reviewed the current process and rating scale for current oral examination. Discussion included proposed changes to assessing competence and safety including: a. Annually updating competencies at renewal. b. Determining how a candidate determines what they may need to know to be considered competent to treat a patient; how to continually expand competency; when to refer a patient. c. Consider eliminating the vignette as part of the oral exam. d. Consider requiring an individual to bring their own case in for discussion as part of the oral exam. e. Defining competence (knowledge plus skills and ability) in the rules.

2. Specialty designation vs. HSP/General Applied Psychology – The Board discussed the idea of eliminating specialty designations and recognizing the psychologists license as either a Health Service Provider or a General Applied Psychologist. The group discussion included: a. Defining where programs such that train developmental psychologist would be placed. b. Redefining criteria for acceptable training programs in either category.

3. Adopting opinion and guidelines for Tele-Supervision Dr. Moore presented this topic and her goal to expand the current Telepsychology Guidelines adopted by the LSBEP to include guidelines for providing supervision via telephone or other electronic means. The group discussion included: a. Determining what training subsets would be allowed to utilize tele-supervision. b. Would preapproval by the board be required to determine acceptability.

4. Registration of unlicensed assistants – The Board discussed the current regulations under Chapter 11 which define the utilization of unlicensed assistants. The group discussed the concerns for public safety in considering the telepsychology guidelines; and also concerns brought up by Dr. Darlyne Nemeth in the rules hearing held earlier this date related to individuals utilizing assistants for "doc-in-the box" corporations. The group discussion included: a. Requiring registration of assistants. b. Requiring a criminal background check as part of that registration. c. Utilizing billing standards to define what unlicensed assistants should be registered. d. Determining if groups share assistants and if so, how would that be administrated through registration.

5. Masters Level License – Dr. Nelson reported that LPA was leaning toward favoring a masters level licensing, and although it is still trending, the movement has died down. Dr. Gormanous suggested that LSBEP wait and see where the American Psychological Association will be going with approving masters level programs and also wait and see if the Association of State and Provincial Psychology Boards develops guidelines and definitions for masters level licenses. Dr. Henke expressed her desire that, from a board perspective, if this is to come to fruition, that masters level psychologists will be licensed with this board (the LSBEP). The group expressed its concerns that the masters level psychologist scope be clearly differentiated from the Ph.D. psychologist. The Board discussed creating an AdHoc study group to follow this trend and make recommendations and reports to the LSBEP on developments.



6. **Reciprocal Licensing** – The Board discussed that consideration would be given to revising the regulations guiding reciprocal applicants for licensure, given the diversity in licensing requirements, to ensure that there were no loopholes for applicants who would not meet Louisiana's minimum standards for licensure.

7. **Jurisprudence Examination** - The Board discussed the development of an online jurisprudence exam for initial licensure as well as offering the examination to licensees as CPD to fulfill the ethics requirements.

8. **EPPP2** – The Board discussed the EPPP2 and Dr. Gormanous and Ms. Monic's attendance at ASPPB's Annual Meeting. The Board requested that attendees bring up Louisiana's desire that states who are not early adopters are not penalized and their applicants are allowed to take part 2 of the examination if they want to.

9. **Continuing Education Requirements** – The board reflected on the comments received during the hearing. Dr. Henke explained that the Board desired to move toward a model that focused on quality over quantity; consider reducing the number of hours; and requiring only formal approved activities. The Board discussed soliciting additional comments on this matter through a survey. Dr. Moore agreed to develop the survey.

[Long Range Planning, October 11]

6. **FINANCIAL:** The Board thoroughly reviewed the budget for the current Fiscal Year 2019-20, Dr. Amy Henke moved in favor of approving amendments to the budget to accommodate the Compliance Officer position previously approved. The Board also reviewed the budget for the impending Fiscal Year 2020-21, by motion of Dr. Gregory Gormanous, the following resolution was formally adopted:

THEREFORE, BE IT RESOLVED that the LSBEP adopts revisions to the current July 1, 2019 through June 30, 2020 budget which reflects an increase in the Total Salaries from \$111,540 to \$168,787; an increase in projected revenue due to expense sharing with the La Behavior Analyst Board from \$301,680 to \$329,831; and an increase in anticipated Total Operating Expenses from \$289,093 to \$366,236; and,

BE IT FURTHER RESOLVED that the LSBEP adopts the proposed July 1, 2020 – June 30, 2021 Budget, reflecting anticipated Total Means of Financing of \$342,936, Total Salaries of \$194,249, and Total Operating Expenses of \$365,654; and,

BE IT FURTHER RESOLVED that the LSBEP will engage in rulemaking to address the requirement for registration of assistants to psychologists in order to protect consumers of psychological activities which are performed by "unlicensed assistants" (e.g., need for authorizing criminal background checks) and the preapproval of continuing professional development activities which will impact the budget, therefore requiring continued financial analysis of the projected 2020-21 Budget for future amendments.

The resolution having been submitted to a vote of the majority of the LSBEP, the vote thereon was as follows: Koren Boggs – YEA; Amy Henke – YEA; Gregory Gormanous – YEA, Gina Gibson – YEA, Michelle Moore – YEA; 0 – Neys; 0 - Abstained; 0 – Absent; 1 – Vacant Seat(s)

[EDITOR'S NOTE: Excerpts from Long-Range Meeting to be continued in February issue.]

Stress Solutions

by Susan Andrews, PhD

Train Students in Mindfulness to Reduce Stress and Improve Grades

For any of Louisiana's Psychology graduate students or their advisors or our community-minded practicing clinicians looking for a project that will improve Louisiana's schools and quality of education, I recommend training students from kindergarten to graduate level in Mindfulness. Many are now familiar with the technique called Mindfulness. It is easy to learn and easy to teach – even for young people. I am devoting this month's column to an idea for the new year that holds great promise for making a difference in our future – the promise of increasing consciousness for ourselves, our community, the world.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain. And, when you regularly devote as little as 5 or 10 minutes daily to breathing and becoming mindful of your surroundings, amazing things can happen. The following is one of many published articles on the value of teaching students.

One hundred 6th grade students received Mindfulness training each day of the school week for eight weeks in a Massachusetts Institute of Technology research study designed to determine more of the benefits of practicing mindfulness. The students were compared to a peer control group who spent the same amount of time studying computer coding. After 8 weeks, it was found that the students who received Mindfulness training experienced lower stress levels, less depression and improved academic performance, compared to their controls. The MIT researchers surveyed 2,000 students in grades 5 through 8th and found that those who showed more mindfulness tended to have better grades and test scores. They also had fewer absences and statistically significantly less suspensions.

Many resources now exist to learn mindfulness and even to learn how to teach others. I am reminded that many moons ago now, LPA invited a young woman to speak on Mindfulness and she recommended a book available through Amazon called, *Sitting Still Like a Frog*, by Eline Snel. I have since recommended that many of my young clients (especially those with attention problems) buy this book. It is \$12 and available at Amazon. But, the real prize is the CD that comes with the book and includes 10 or more short mindfulness meditations. Kids love it as do their parents.

Wishing everyone a Happy New Year.



Dr. Susan Andrews is a Clinical Neuropsychologist, an award-winning writer/author (her book *Stress Solutions for Pregnant Moms*, published in 2013, has been translated into Chinese,) and 2016 Distinguished Psychologist of the Louisiana Psychological Association.

Ψ We Remember Dr. Billy Seay

Dr. Billy M. Seay, long-time member of the Louisiana psychology community, passed away December 4, 2019. He served as a faculty member in the Department of Psychology at Louisiana State University for many years, and then went on to become the founding Dean of the LSU Honors College.

Dr. Seay was one of the “monkey men,” the affectionate term for those who observed the behavior of primates and then explained the development, adaptation, and social structures of these close great-ape relatives.

When Dr. Seay came to LSU as a young psychologist in 1964, he brought with him the distinction of having published in the then ground-breaking studies about mother-infant separation. Seay studied with the American primatologist, Harry F. Harlow, at the University of Wisconsin, where Seay earned his doctorate.

In his work at Wisconsin and with Harlow, Seay published “Mother-Infant Separation in Monkeys,” in the *Journal of Child Psychology and Psychiatry*, “Affectional Systems in Rhesus Monkeys,” and “Maternal Behavior of Socially Deprived Rhesus Monkeys,” and “Maternal Separation in Rhesus Monkeys,” in the *Journal of Nervous and Mental Disease*.

“Harlow provided his students with the resources of his laboratory, staff support, and considerable independence,” Seay told the *Times* in 2015. “When research was published he used a ‘post-Nobel’ style of authorship. Students were consistently the first author of research reports. Exception



Dr. Billy Seay at the 2014 LSU alumni reunion speaking with LSU Professor Dr. Emily Elliott (R).

occurred only if he had an agreement with an editor to be first author. He would not co-author dissertation publication. You were on your own.”

Seay also worked with colleague and fellow LSU professor and development psychologist, Dr. Nathan Gottfried, to author *The Development of Behavior: A Synthesis of Developmental and Comparative Psychology* in 1978.

The Development of Behavior was ahead of its time. While debates still occur today about which influence—genetic, environmental, epigenetic, individual, etc.—dominant in development, *Development of Behavior* set out the importance

of five “sets” for determining behavior from all five directions. In *Development*, they approached behavior from the dynamic interplay of the Phylogenetic Set, the Ontogenetic Set, the Experiential Set, the Cultural Set, and the Individual Set.

“One hopes that what is not lost is that all behavior is multiply determined,” Seay had told the *Times*. “There is not a single cause for any behavioral outcome,” he said.

“I think that both biological and cognitive psychology fail to recognize the importance of culture in shaping and determining behavior,” Seay

said about the awareness of cultural impacts. “The cultural setting is a determining factor with respect to the environment an individual encounters. Failure to recognize cultural influences on behavior limits understanding behavior.”

Dr. Billy Seay was a devoted husband for sixty years to his college sweetheart. Billy is survived by his loving wife, Nedra Dees Seay, of Baton Rouge, his daughter Delecia Seay Carey and husband Tom, of Maurice, Louisiana, his son Franklin Whitfield Seay and wife Cheryl of Denham Springs, and many beloved grandchildren.



Left photo: Dr. Billy Seay (L) with Dr. Harry Harlow at Seay’s doctoral graduation in 1964. Right photo: Dr. Bill Seay was professor and comparative psychologist at Louisiana State University for 20 years, then moved to the Honors College where he served as Director then Dean for the next 20.

(Courtesy photos)



The Bookshelf

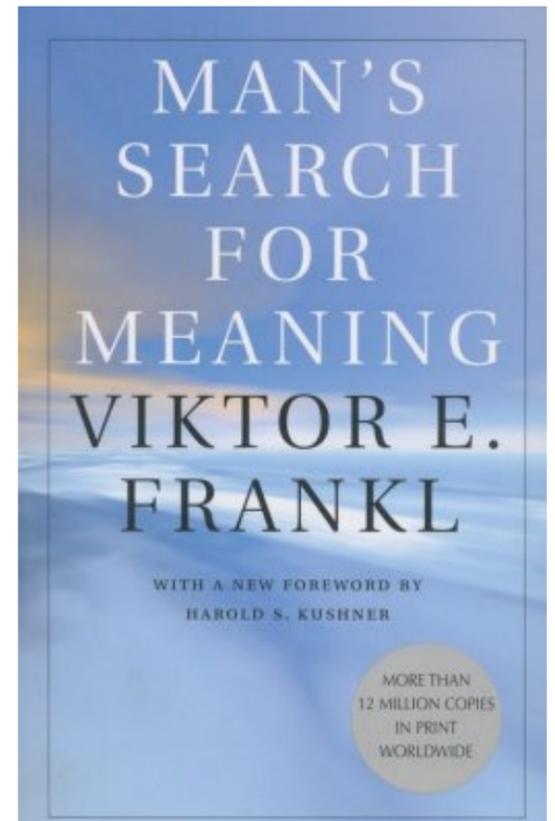
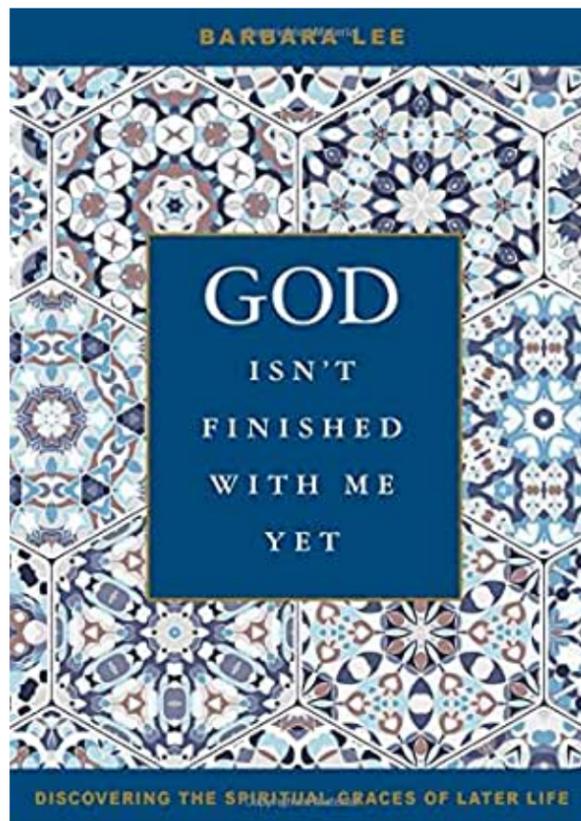
Recommended
Reading for New
Year's
by Dr. Judith
Miranti

God Isn't Finished with Me Yet

*Discovering the spiritual graces
of later life*
Barbara Lee

Man's Search for Meaning

Victor Frankl



The holidays have a way of inserting into our psyches a reflective mode that if ignored will just keep inserting itself until we stop and pay attention to our mind, body and spirit. Individuals react differently to the approaching holidays. For some, the holidays are unbearable after the loss of a loved one depending upon their unique stage of grief and whether or not they are experiencing survivor's guilt. For other, it is a time of thanksgiving and connecting with those we love.

During our reflective mode, these two short reads, *God Isn't Finished with me Yet* (139 pages) and *Man's Search for Meaning* (167 pages) put a lot into perspective regardless of one's spiritual and/or religious beliefs. Everyone want to find meaning in life. The self-help books that fill the shelves of bookstores testify to this search. As we see fewer years ahead than behind, it can be easy to question our value or what we have left to contribute. How can we continue to be generative and give back and live with purpose in our later years?

Sadly, there is no quick fix. To have meaning and purpose in life is a quest which is never ending but can be fulfilling. Often we hear clients discuss how they are spiritually, psychologically and mentally bankrupt. Psychiatrist Viktor Frankl's memoir, *Man's Search for Meaning*, has captivated generations of readers with its descriptions of life in Nazi death camps and its lessons for spiritual survival. Frankl argues that while we cannot avoid suffering, we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. Throughout the holiday, pause and reflect on any one of the top ten Viktor Frankl quotations:

1. "Our greatest freedom is the freedom to choose our attitude."
2. "When we are no longer able to change a situation, we are challenged to change ourselves."
3. "But there was no need to be ashamed of tears, for tears bore witness that a man had the greatest of courage, the courage to suffer."
4. "In some ways suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice."
5. "The meaning of life is to give life meaning."
6. "Those who have a 'why' to live, can bear with almost any 'how.'"
7. "Life is never made unbearable by circumstances, but only by lack of meaning and purpose."
8. "Happiness cannot be pursued; it must ensue."
9. "The point is not what we expect from life, but rather what life expects from us."
10. "For the world is in a bad state, but everything will become still worse unless each of us does his best."

Find comfort in *God Isn't Finished with Me Yet*. We still have time to repair old wounds and reconnect with those from whom we are estranged. We are encouraged to examine our lives and to make reasonable choices that will yield positive results. We can let go of hurts, forgive ourselves, and find ways of bringing joy into our lives and discovering the spiritual graces of later life.

[Dr. Judith Miranti is Chair of the Division of Education and Counseling at Xavier University of Louisiana. She served as Dean of Humanities at Our Lady of Holy Cross College for 10 years and as VP for Academic Affairs for two. She has also served as the President of the National Association for Spirituality, Ethics, and Religious Values in Counseling.]

A Shrink at the Flicks

The Rise of Skywalker

A Review

by Alvin G. Burstein

There was no way that I would miss seeing what was billed as the conclusion of the *Star Wars* series. Particularly because of the intriguing title. Luke was dead, sacrificing himself as had his first mentor Obi-Wan—would he be resurrected?

One of the movie's strong points is a surprise-filled plot line, which obligates me to be scrupulous in avoiding spoilers, despite the comment some of them merit. Another plus is the film's finding ways to play on some of the tropes that fans of the series will relish: extra-terrestrials that range from the grotesquely imaginative to the cute and cuddly; re-encounters with almost all of the major players in the series' history; the ramshackle wonders of Millennium Falcon; aerial combat scenes that include dizzying careers along risky courses.

There is an edge of sadness in the film's highlighting the effects of aging. We see slender Luke contrasted with a grizzled oldster, Han Solo as a wise-cracking daredevil contrasted with a battle-scarred veteran, a frankly seductive Lando Calrissian contrasted with a sage grandfather, a sexy, saucy Princess Leia aging into a matronly general. This last transformation comes with a new wrinkle. The general now is endowed, in unexplained ways, with Jedi status and a light saber. I have read that the original plan for the movie had been to focus on Leia as a Jedi, but Carrie Fisher, who appears in this film by virtue of earlier outtakes from the series, died in 2016, making it necessary to retool the plan.

Another new wrinkle is a hyped-up version of Jedi powers, in which psycho-kinetic ability goes way beyond being able to retrieve a light saber, or even to retrieve a fighting craft

Guest Columnist,
Dr. Alvin Burstein

Burstein, a psychologist and psychoanalyst, is a professor emeritus at the University of Tennessee and a former faculty member of the New Orleans-Birmingham Psychoanalytic Center with numerous scholarly works to his credit. He is also a member of Inkings, a Mandeville critique group that meets weekly to review its members' imaginative writings. Burstein has published flash fiction and autobiographical



courtesy photo

pieces in e-zines; *The Owl*, his first novelette, is available at Amazon. He is, in addition to being a movie fan, a committed Francophile, unsurprisingly a lover of fine cheese and wine, and an unrepentant cruciverbalist.



submerged in water. Jedi powers are further augmented in another way here. In addition to mind tricks and psycho-kinesis, they now include the power to heal.

Psychologically the series leans on the Oedipal theme of fraught relationships between fathers and sons: Darth Vader and Luke, Han Solo and Kylo. Rey's training as a Jedi and Leia's role as another seem a nod in the direction of gender equality. But there remains a gap in the attention to the special relationships between mothers and daughters and to sisterhoods.

This movie retains the moralist component of the series, the good guys vs. the bad guys, freedom vs. totalitarianism. At times it verges on, but happily manages to avoid, being an echo of the patriotic celebration of the 1996 sci-fi flick *Independence Day*.

When a story begins with *Once upon a time*, we know we are about to hear or read a fairy tale. In literary theory, fairy tales differ from fables, in that the latter offer theories about the origins of things while the former, like parables, communicate timeless moral realities. The series' familiar introduction, *A long time ago, in a galaxy far, far away*, announces its status as a fairy tale. That *The Rise of Skywalker* continues in the fairy tale tradition is emphasized in another fairy tale convention, *they lived happily ever after*. I am risking a spoiler here, but the film ends with a focus on Rey. In the film, the actress portraying her often must contort her face to express agonistic excess. But the film closes on her beatific smile.

Why is she smiling? If you watch the film you will learn why.

2019 Year in Review

Continued

and Louisiana Psychological Association (LPA) Rural Health Coordinator for the American Psychological Association, and chair of the LPA the Rural and TeleHealth Services Committee.

The Times 2018 Community Awards Dr. Susan Tucker – Innovation; Dr. Courtland Chaney – Public Education; Dr. Michael Cunningham – Community Development; Dr. Tammy Savoie – Courage; Dr. Burt Ashworth, Dr. McKay Bonner, and Dr. Bill McCown – Vision; Beth Salcedo and Dr. Rafael Salcedo – Altruism.

LSPA Names Rachelle Schuck School Psychologist of Year The Louisiana School Psychological Association named Rachelle Schuck, of Plaquemines Parish, School Psychologist of the Year.

Stress Solutions by Susan Andrews, PhD, New Years' Resolution: This Year I've Got to Manage Stress Better

Mary Poppins Returns: Supercalifragilisticexpialidocius? by Alvin G. Burstein, PhD

Bookshelf -- Hectic Happiness. University of New Orleans' award-winning faculty member, **Dr. Gilda Werner Reed**, has condensed 71 years of living and world events into a new book, *Hectic Happiness*. The work captures the joys, challenges and tragedies of Dr. Reed's life.

February

Pennington's Dr. Tiffany Stewart in Spotlight for Innovative Health Programs Clinical Psychologist and Pennington Biomedical research scientist, **Dr. Tiffany Stewart**, is applying her innovations for a community health program at the Knock Knock Children's Museum, located at 1900 Dalrymple Drive, Baton Rouge.

Tulane's Dr. Cunningham in The Hechinger Report **Dr. Michael Cunningham** authored "Divided We Learn," an article about lack of diversity in higher education, published in *The Hechinger Report*, a nonprofit, independent news organization focused on inequality and innovation in education.

Mortality Rates Higher in Most Causes of US Deaths A year end CDC analysis of data reveals that life expectancy for Americans continues to decline. Despite U.S. health costs being the highest around the world, mortality rates increased for 7 of the 10 leading causes of death in the U.S.

LSBEP Timelines Back Under Scrutiny After a delay of over three years, the Louisiana State Board of Psychologist Examiners will be called on to defend its 2015 legal actions in how board attorneys interpreted wording in the law regarding time constraints for investigations.

New APA Guidelines Spark Debate, Criticism The American Psychological Association has triggered debate with its Guidelines for Psychological Practice with Boys and Men, published in August 2018 and followed with an essay posted on the APA website CE Corner in January, with a statement that "... traditional masculinity is psychologically harmful ...".

New Rule Allows More Private-Sector Care for Veterans New regulations being considered by the Veterans Affairs will allow Veterans who live more than 30 minutes from a VA medical clinic or those who must endure a delay more 20 days for health care will be allowed to use private-sector medical services.

Monroe Physician Appointed to Worker's Comp Advisory Council Gov. Edwards appointed Vincent R. Forte, MD, of Monroe to the Workers' Compensation Advisory Council. Forte is a physician and partner of Louisiana Pain Care. Currently, **Marc Zimmermann, PhD, MP**, serves on the Advisory Council as rep. of La. Psychological Association.



Dr. Tiffany Stewart speaking at Knock Knock Children's Museum in Baton Rouge. (Photo courtesy *The Advocate*/Travis Spradling)

The Psychology Times

2019

COMMUNITY AWARD

COMMUNITY DEVELOPMENT

Dr. Tiffany Stewart

—AND—

Leaders of OCD Louisiana

Kristin Fitch, PhD, Leslie Higgins, PsyD, Michele Carroll, PsyD, Melissa Dufrene, Psy.D., Suzanne Chabaud, PhD and Gail Pesses, MSW

We named both Dr. Tiffany Stewart, clinical psychologist, inventor and entrepreneur, and the board of OCD Louisiana, for their considerable accomplishments in community development.

Dr. Stewart is Associate Professor at Pennington Biomedical Research Center, and has been spearheading her large multisite prevention work in the health behavior change area and finding new ways to help people. Her work was acknowledged by the state legislature and she continued to bring her health goals to community in wonderful ways throughout 2019.

Also on our viewfinder are the psychologists at OCD Louisiana who are accomplishing amazing things, including organizing their "Walk for Awareness." Helping those in the Louisiana community who suffer from OCD is clearly a calling for these ladies, who deserve our kudos – Kristin Fitch, PhD, Leslie Higgins, PsyD, Michele Carroll, PsyD, Melissa Dufrene, Psy.D., Suzanne Chabaud, PhD and Gail Pesses, MSW.

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2019 Year in Review

Continued

State Receives \$1.2M for Child Victims of Human Trafficking Louisiana is receiving a \$1.2 million, three-year federal grant to assist child victims of human trafficking. The money will help create the Louisiana Child Trafficking Collaborative, a network of resources to combat juvenile trafficking.

Licensed Specialist in School Psychology Advisory Committee Works on Matters During 2018 The Licensed Specialist in School Psychology Advisory Committee of the Louisiana State Board of Examiners of Psychologists met in during 2018 and discussed ethical rules, scope of practice, continuing education and confidentiality. The members of the Committee include **Drs. Carmen Broussard, George Hebert, Amy Childress.**

Dr. Glanville Helps Highlight Native American Themes Media and psychology expert, **Dr. Susan Glanville**, is sharing her talents as creator of South River Stories®. Her current efforts are focused in her program for the Smithsonian Museum on Main Street Water/Ways Exhibition in Ocean Springs, Mississippi, where she recently performed for the public, including hundreds of local fourth graders.

Dr. Figley Visits Puerto Rico One Year After Hurricane Maria - Dr. Charles Figley, Director of the Tulane Trauma Institute, and Reggie Ferreira, Director of the Disaster Resilience Leadership Academy, visited Puerto Rico to assess the status of the area after one year following landfall of the Category 4 Hurricane Maria. *Tulane magazine* reported that the two are working with the Foundation for Puerto Rico, a nonprofit organization, to promote economic and social development.

Dr. Newton Interviewed for USA Today Article Pennington's associate professor **Dr. Robert Newton, Jr.**, was interviewed for *USA Today* by Rodney Brooks about African-Americans facing a greater risk of Alzheimer's disease than whites, Dr. Newton is Director of the Physical Activity and Ethnic Minority Health Laboratory at Pennington.

Stress Solutions by Susan Andrews, PhD, 10 Stress-Free Minutes a Day Keeps the Doctor Away

On The Basis of Sex by Alvin G. Burstein, PhD

March

Chafetz Named Outstanding 2019 Tulane Alumnus Tulane School of Science and Engineering has named **Dr. Michael Chafetz** for its prestigious Outstanding Alumni Award for 2019, announced last month. The selection was made by the Science & Engineering Board of Advisors Alumni Awards Committee, chaired by the Science & Engineering Board President Shep Perrin.

National Psychology PAC to Host Louisiana Senator Cassidy in Washington DC - Dr. Lacey Seymour, Louisiana Federal Advocacy Coordinator and Past-President of the Louisiana Psychological Association, announced that the national Psychology Political Action Committee has chosen Louisiana Senator Bill Cassidy as its honoree for 2019.

Collaboration is Critical Skill for 21st Century Dr. Art Graesser will deliver the Century Members Invited Address at the convention of the Louisiana Psychological Association. He is the lead author "Advancing the Science of Collaborative Problem Solving," a recent issue of *Psychological Science in the Public Interest*. **Dr. William Costelloe** noted, "Psychologists definitely need these skills for their own effectiveness as a team member and so that they can teach these skills to others as well." **Dr. Richard Flicker**, professor at Southern University said that "...teambuilding is a big part of what I help people do. But when a client says they want teambuilding, that could mean anything. The same with problem-solving."

LSBEP Seeking a List of Evaluators In a memo to licensed psychologists, the state psychology board said it is looking for psychologists to add to its Approved Evaluator list, a referral source of psychologists who may be called on by a licensee who has been requested by the board to submit an evaluation regarding his or her ability to deliver services competently.

Medical Board Charges Licensee \$461,980 for Disciplinary Hearing Fees The state medical board charged a physician, \$445,402.36 in attorney fees for disciplinary hearing.

Researchers at SEPA & SWPA in March & April SEPA presenters include Niels Dickson, Daniella Cash, and Megan Papesch, from Louisiana State University; Theodore Smith and Lauren Short, of University of Louisiana at Lafayette, and Ashifur Rahman, Colten Dore, Xiaoduan Sun, and Lauren Short, all of University of Louisiana at Lafayette; Oanh Nguyen and Erin Dupuis, both from Loyola University, and Mark Graffagnini, Sally Merritt, and Janet Ruscher, from Tulane University. SWPA presenters include Paula Varnado-Sullivan, Frank Mons and Kayli Alphonso Coleman, from Southeastern Louisiana University; Seth Tackett, University of Louisiana at Monroe, with Krista Nelson, Southern Arkansas University, and Janelle McDaniel, University of Louisiana at Monroe; Theresa Wozencraft and Coby D. Menard, and Thomas Cain, Manyu Li, Brittany Milton, David Perkins, Valanne MacGyvers, Taylor Hebert, and Kristine Melancon, of University of Louisiana at Lafayette; Kevin Yaudes, Sattaria Dilks, Logan Guillory, from McNeese State.

LaVetCorps Resource Centers to Open in Fall 2019 Governor Edwards and Louisiana Department of Veterans Affairs worked with education to develop a statewide campus veteran center initiative, called the LaVetCorps Program.

Stress Solutions by Susan Andrews, PhD, Stress vs Anxiety: Can You Tell the Difference

Cold Pursuit: A Review by Alvin G. Burstein, PhD

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ALTRUISM

Dr. Charles Figley

Dr. Charles Figley, Director of the Tulane Trauma Institute, has no small list of accomplishments in the world of helping people understand and cope with trauma. In 2019 he packed up his bags and traveled to Puerto Rico to assess the area one year following landfall of the Category Four Hurricane Maria. It is just one more service in Dr. Figley's life of assistance to others, aimed at helping to promote economic and social development for those who need it most.



Courtesy photo

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2019 Year in Review

Continued

April

Legislature to Convene

April Bills currently being prefiled include a variety of issues, many of interest to psychologists.

Dr. Moore Top Vote Getter for State Psychology Board Seat

Dr. Michelle Moore received the top number of votes in the recent election to fill an upcoming seat on the Louisiana State Board of Examiners of Psychologists. Also running were Drs. Gina Gibson, Lauren Rasmussen and Lisa Tropez-Arceneau.

Judge Caldwell Reverses His 2017 "Reeks" Decision Psychologists Lafayette

Jury: "No Cause" Two lawsuits involving Dr. Eric Cerwonka have resulted in decisions in recent months.

Sad News The *Times* learned just hours before publication that the psychology community has lost one of its legends. Dr. Janet Matthews passed away on Sunday.

April is Cell Phone

Distraction Month Scholars, researchers, psychologists and others are asked make efforts to advise the public about the realities of cell phone distraction, explains **Dr. Theodore S. (Scott) Smith** from the University of Louisiana Lafayette.

Psychologists Travel to Advocacy & Leadership Conference at APA

Four psychologists talked with members of Congress about legislation impacting the public and involving healthcare. Representing the Louisiana Psychological Association were **Drs. Alan Coulter**, LPA President-Elect; **Lucinda DeGrange**, LPA Council Representative; **Amanda Raines**, Early Career Psychologist Representative; and **Lacey Seymour**, Louisiana Federal Advocacy Coordinator.

Argosy University Folds; APA Pledges to Support Doctoral Students Caught Up

Officials at the American Psychological Association said they will do what they can to support students at the 10 doctoral programs at Argosy campuses across the country following the closing of that university in March.

Louisiana Researchers at SWPA in April -- Continuing report:

Louisiana researchers are presenting at the Southwestern Psychological Association (SWPA) conference on April 5–7 in Albuquerque. The SW Research Group is also presenting several projects. This group includes Burton Ashworth, Lacy Hitt, and Grishma Poudel from the University of Louisiana Monroe. Also in the group are Lawrence Dilks, Kimberly Hutchinson, and Billie Myers from Lake Charles Memorial Hospital, Sandra Viggiani from Lake Charles Clinical Trials, and Reshmi Maharjan. Yong Dai, Professor and Chair at Louisiana State University Shreveport will present.

First ACE Summit Held – Dr. Paula Zeanah, licensed psychologist and Endowed Chair in Nursing at the College of Nursing and Allied Health Professions, and **Dr. Hung-Chu Lin**, Professor of Psychology, both at the University of Louisiana at Lafayette worked to organize the first summit of its kind in Louisiana, the Adverse Childhood Experiences (ACE) Summit.

Gov. Announces Work Training Program For Medicaid Recipients

Gov. Edwards announced the creation Louisiana Dept. of Health (LDH) and Louisiana Delta Community College Chancellor Dennis Epps to sign a Memorandum of

Understanding to officially create a collaborative pilot work training initiative between LDCC in Monroe and LDH.

Dr. McCown to Speak on "Snowflakes and Deplorables" at LPA - Bill McCown, PhD,

Associate Dean for Research and Coordinator, Psychology Department, College of Business and Social Sciences, University of Louisiana at Monroe, will speak on " *From Snowflakes to Deplorables: Psychological Ethics in the Age of Hyper-Polarized America*," the 2019 Annual Convention of the Louisiana Psychological Association.

Annual Mindfulness Day April 13

The annual Mindfulness workshop will be held Saturday, April 13 from 8 am to 5 pm at the Tam Bao Meditation Hall, in Baton Rouge. **Dr. John Pickering**, psychologist, has been one of the organizers for this yearly event.

Stress Solutions by Susan Andrews, PhD, What do Obesity, Chronic High Stress, Heart Disease, Diabetes, Hypertension, and Depression have in common?

Us: A Review by Alvin G. Burstein, PhD

May

LSBEP Holds Special Election

The State Board opened a special election to fill an unexpected

vacancy caused by the resignation of **Dr. Leah Crouch**. The virtual election ballots were sent to licensed psychologists and Dr. Gina Gibson is the sole candidate in the special election.

We Remember Dr. Janet Matthews

Dr. Janet R. Matthews, "cherished and esteemed" colleague to many in the psychology community, died March 31, 2019, in Metairie, Louisiana, after a struggle with cancer. She was 73. Dr. Matthews was known to be a remarkably competent person in all of her many roles—educator, mentor, leader, author, and professional psychologist, and gave generously of her time, knowledge, and experience to others.

Drs. Frick, Fadok, Hammer and Todd Presenting at APS

Psychological scientists from Louisiana will be presenting at the annual convention of the Association for Psychological Science (APS) to be held in Washington DC in May. Presenting will be Dr. Paul Frick from Louisiana State University (LSU), Dr. Jonathan Fadok from Tulane, Dr. Elizabeth Yost Hammer from Xavier, and Dr. Jason Todd also from Xavier.

Microbiome and Mood Topic by Dr. Bruce- Keller at LPA

In her article for *Biological Psychiatry*, "Harnessing Gut

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The year saw the passing of a beloved and esteemed colleague, Dr. Janet Matthews. Here, pages from an issue of the 2015 American Psychological Association, *Monitor*. Drs. Janet and Lee Matthews were featured for their donation to the AP Foundation.

2019 Year in Review

Continued

Microbes for Mental Health: Getting From Here to There," **Dr. Annadora Bruce-Keller** and coauthors examine the current knowledge about the impact of the microbiome on psychological health, and will present on this at LPA.

Dr. Tom Davis Speaks at Yale Dr. Thompson (Tom) Davis, Professor, Director of the Psychological Services Center, and Director of the Laboratory for Anxiety, Phobia, & Internalizing Disorder Studies at the Department of Psychology, LSU, was an invited speaker at the prestigious Yale conference, and the first non-Yale presenter to speak in the history of the event, the Annual Spotlight on Anxiety Forum: The Many Faces of Anxiety.

Dr. Stubblefield Back Home in Mississippi Dr. Beverly Stubblefield has been released from the federal prison camp in Aliceville, Alabama and allowed to serve the remainder of her sentence in "home confinement" in Ecru, Mississippi.

Governor Edwards Announces Priorities Governor Edwards announced his Legislative Agenda last month and said that he was excited to work in a bi-partisan manner, outlining key pieces of legislation that he would support. Included were a variety of health and education reforms.

Psych Board Calls Special Meeting to Follow Bills and Public Statements Review The Psychology Board called a special meeting for Monday, May 6, to address the legislative session and bills including SB 187 by Milkovich, and public statements.

Society for Research in Child Development Honors Dr. Gray *Tulane News* reported that the Society for Research in Child Development has named **Dr. Sarah Gray**, assistant professor of psychology at Tulane University, as a recipient of its prestigious Early Career Award.

Dr. Damian Murray and Coauthors Find Link for Romance and Immune System – Dr. Damian Murray, an assistant professor in Tulane's Department of Psychology, and evolutionary psychologist, is studying the emotions and immune system gene regulation, reported *Tulane News*.

Senator Milkovich Proposing Due Process Bill Again Senator Milkovich is again proposing his legislation to put into place additional protections for due process rights of license holders in board complaints process.

Applied Behavior Analysts to Gain Access to Treat at School Rep. Simon's measure allows for student access to applied behavior analysis providers in schools and it passed out of the Committee on Education.

Peace Officer Training Bill to Be Heard The measure provides for the training of peace officers and first responders with respect to interacting with Alzheimer's and dementia patients.

Louisiana Psychological Association Hosts Dr. Antonio Puente, Dr. Art Graesser and Louisiana Experts in "Psychology: Making a Difference" LPA will hold its 71st Annual Convention in Metairie in June. Dr. Antonio Puente, the 2017 President of the American Psychological Association, and Dr. Art Graesser, Professor in the Psychology Department and the Institute of Intelligent Systems at the U. of Memphis and Honorary Research Fellow at Oxford, are keynotes Other experts presenting include Bill McCown, PhD, Daliah Bauer, PhD, David Atkins, PhD, Michael Chafetz, PhD, Marc Zimmermann, PhD, MP, Michael Cunningham, PhD, John Rosegrant, PhD, Alexander Quiros, PhD, Annadora Bruce-Keller, PhD, Gilda Werner Reed, PhD, William Costelloe, PhD, and Courtland Chaney, PhD.

Stress Solutions by Susan Andrews, PhD., Natural Chemical Helps Brain Adapt to Stress

Penguins: A Review by Alvin G. Burstein, PhD

June

Legislature Closing Shop This Week PTSD to Be Covered for Firemen, Police; Licensee Rights' Bills Earn Mixed Results. Senator Gatti's SB 107, which adds PTSD to injuries covered by

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COURAGE
Dr. Michael Cunningham



Courtesy photo

Tulane's Dr. Michael Cunningham continued his steady and dignified efforts to help move us all to a more representative society and profession. Speaking out in *The Hechinger Report*, Dr. Cunningham authored "Divided We Learn," an article about lack of diversity in higher education, its causes and corrections. His consistent influence in the state and nation, is a gift to us and we thank him for his dedication and courage.

workers' compensation for certain public employees, passed. SB 29 by Sen. Patrick Cortez passed the Senate and House. The measure will protect free speech rights in those disciplined by regulatory boards.

Dr. Tucker Looks at "Nudges" to Aid in Suicide Prevention LSU's Dr. Raymond Tucker is again at the forefront of new research for suicide prevention. Last month he and collaborators authored "A Nudge in a New Direction: Integrating Behavioral Economic Strategies Into Suicide Prevention Work," published in *Clinical Psychological Science*.

"Enchantment" and Modern Life—Are We Looking for Magic? An Interview with Dr. John Rosegrant The HBO series *Game of Thrones* started at 2.5 million and ended at around 40 million viewers. **Dr. John Rosegrant**, a clinical psychologist and psychoanalyst, explains one aspect of this type of literature. "Enchantment is a state of mind that combines a sense of wonder, a sense of meaningfulness, and a sense of being connected to someone or something larger than oneself.

Governor Edwards Issues Executive Order in Battle Over Pre-Existing Health Conditions One of the Governor's priorities for this legislative session was protecting health insurance coverage for Louisianans with pre-existing conditions, but took a hit when HB 237 was involuntarily deferred.

US News & World Report Ranks Louisiana 50th For the second year in a row, U.S. News & World Report has placed Louisiana at the bottom in their rankings of states. Louisiana's total rank of 50th was a result of ranking 45th in health care, 48th in education, 49th in the economy, 48th in infrastructure, 50th in opportunity, 43rd in fiscal stability, 50th in crime and corrections, and in 50th in natural environment.

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2019 Year in Review

Continued

Texas Creates Umbrella Agency for Psych Bd, All Behavioral Health

Texas Legislators followed the recommendations of the Texas Sunset Commission to consolidate certain functions of the state's behavioral health boards, with H.B. 1501 passing both chambers sent to the Governor.

Suicide Prevention in Schools to be Strengthened by HB 53

HB 53 by Representative Moss has passed both chambers. The measure sets requirements for youth suicide prevention, intervention, and postvention, in-service training for school employees and services available to students.

Revisions Made to Law when Investigating Students for Threats of School Terrorism

With HB 193, a student who is the subject of a complaint and investigation may be permitted to return to school by the school administration if at any point prior to a hearing the threat is determined not to be credible or by order of the court after a hearing.

SB 19 Will Require Criminal Background and Fingerprinting for Medical Psychologists and Others Under LSBME

A bill that will place more checks on medical psychologists under the Medical Board, has successfully passed both the House and Senate.

Dr. Richard Blocker Launches Web-Based Consulting Program

Dr. Richard Blocker has developed and launched his "Employee Confidential Project," an enterprise web database capable of managing an unlimited number of individual consultants, facilities and records. The big data tool is offered by his company, Psymetra, and the analytics are offered as a "web service" to be run in-house by subscribing businesses and management consultants.

Dr. Glanville Continues Book Tour Through the South

Dr. Susan Glanville has completed three books, *Indian Santa, the True Story*, *Walking in Sunshine*, and *Lost Hero Found*, written and illustrated under her *nom de plume*, Susie Marie PhD®. She travels the South sharing her books and entertaining audiences at her live presentations.

Bookshelf - In *Heal Your Oral Microbiome*, author Cass Nelson-Dooley, frequent columnist for the *Times*, outlines the key reasons, facts and approaches for healing the microscopic, ecological system that lives in our mouths.

Avengers: End Game Review by Alvin G. Burstein, PhD

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Dr. Kevin Bianchini (L) and Dr. Kevin Greve (R) receive awards from Dr. Mike Chafetz. The two were honored for their distinguished contributions in psychological science by the Louisiana Psychological Association.

The Psychology Times 2019 COMMUNITY AWARD INVOLVEMENT

Hung-Chu Lin, PhD
Paula Zeanah, PhD

—AND—

**The LPA Awards Committee
Chair, Mike Chafetz, PhD**

Another tie. We watched as Dr. Hung-Chu Lin, Professor of Psychology at University of Louisiana Lafayette (ULL) and Dr. Paula Zeanah, psychologist and Endowed Chair at ULL, organized and engaged others from around the state for the first "Adverse Childhood Experiences (ACE) Summit." A huge, interdisciplinary event and complete success at building connections and reaching out to spread information where it is needed most.

We were also impressed by the leadership in the LPA Awards Committee, lead by Dr. Michael Chafetz, for recreating the state association's awards system to acknowledge contributions far beyond the boundaries of their members, but rather involving all psychologists and psychological scientists in the state as candidates for recognition of excellence.

Kudos to both for stepping up and embracing the larger picture by involving others and widening the lens!

2019 Year in Review

Continued

July

Governor Signs More Bills into Laws After Close of 2019 Session

Act 237 Redefines Victim's Statement to Healthcare Provider in Forensic Exams; State to Study Rates to Maintain Both Access & Quality in Disability Services; and New Crime of Harassing Referees Comes with Mandatory Anger Management, were included in new laws.

Psychologists Honored for Distinguished Contributions

The Louisiana Psychological Association has named Dr. Johnny Matson, Dr. Kevin Bianchini, Dr. Kevin Greve, Dr. Susan Tucker, Dr. Julie Nelson, and Dr. John Sawyer for their outstanding contributions in the psychology community. The awards were announced at the 71st Annual Convention and Business Meeting of the Association.

Psych Times Sweeps Best Investigative Reporting at Louisiana Press Association

The Psychology Times took home seven awards from the 2019 Better Newspaper Competition of the Louisiana Press Association. For the fifth time since 2012, the *Times* swept its division in Best Investigative Reporting, garnering the prestigious Gibbs Adams Award.

Governor's Task Force on Healthcare Coverage to Meet

Gov. John Bel Edwards announced that the Protecting Health Coverage in Louisiana Task Force will hold its first meeting on Wednesday, July 17 at the State Capitol.

Trump Takes Swipe at Healthcare Monopoly: Orders Transparency in Hospital Costs

President Trump signed an Executive Order to require the posting of standard charge information for services, supplies, or fees billed by hospitals, and special rates negotiated behind the scenes.

Act 115 Limits Experts on Memory, Eyewitness Identification Opinions

House Bill 226 will put limits on expert testimony regarding the issue of memory and eyewitness identification in evidence.

Act 421 Adds Disabled Youngsters to Medicaid

Rep. Horton's Act 421 creates the option within the Medicaid program for children with disabilities to access Medicaid-funded services regardless of their parents' income.

Act 239 Revises Conditions for Parent-Training in Custody Proceedings

The new law changes rules for training.

Nurses and PAs to Provide Medication-Assisted- Treatments, Counseling for Substance Use Disorders

A new law outlines the scope of practice of advanced practice registered nurses and physician assistants to provide medication-assisted treatment, the use of medications with counseling and behavioral therapies.

Act 340 Strengthens Open Meetings Law

Any member of a public body who knowingly and wilfully participates in a meeting conducted in violation of open meetings laws, shall be subject to a civil penalty.

Act 204 Strengthens Small Business Input to Rule-Making

Senate Bill 241 authored by Senator Riser places more requirements on boards to consider small business needs when making Rules.

Winners in State Poster Research Announced

Winners were named in the state research poster presentation and competition, held at the Louisiana Psychological Association Scientific Poster Session, organized by Melissa Dufrene PhD. Winners were: Tiffany Augustine, MA, Shaely Cheramie, MA, and sponsor Christoph Leonhard, PhD; Anna Elysse Lee, and her sponsor is Mary-Margaret Livingston, PhD; Chelsea R. Ennis, MS, Taylor Ceroni, MA, Amanda M. Raines, PhD, and C. Laurel Franklin, PhD; and Sarah Grace Guillaume.

Dr. Paul Frick's Newest Article in Nature Reviews

The *LSU News* reported on June 28 that Psychologist Dr. Paul Frick and his international co-authors published a new article in *Nature Reviews*, and concluded that society pays a heavy price for its failure to diagnose and treat conduct disorders.

Bookshelf Classics *Strange Attractors: Chaos, Complexity, and the Art of Family Therapy.* William McCown, PhD Co-author.

Rocketman Review by Alvin G. Burstein, PhD

August

Louisiana Psychologists, Researchers Present at American Psychological Assn

Louisiana psychologists presenting at the American Psychological Association Annual Convention, include Bonnie Nastasi, PhD, Dena Abbott, PhD, Jen Scott, PhD, Sarah Black, PhD, Stacy Overstreet, PhD, Lea

Petrovic, MS, and Whitney Davis, MA, Alexandra Bookis, Julie Arseneau, PhD, Tracey Rizzuto, PhD, Kimberly Hutchinson, PhD, Lawrence Dilks, PhD, Billie Myers, PhD, Burton Ashworth, PhD, and Mindy Stutzman- Moore, PhD, Michael V. Garza, MA, Keoshia Harris, MA, Matthew Calamia, PhD, Scott Royce, MA, Ashley Pomes, Kristen Chedville, Lainey Henican, and Gabriel Daniels, Stacey Duhon, PhD, and DiLean Saint- Jean, MS, Theresa A. Wozencraft, PhD, Manyu Li, PhD, Thomas Cain, BS, Marissa Pitt, BS, Alexandra G. Nordman, and Caroline Wegener, Christopher Monceaux, MS, Yang Yang, PhD, Hung-Chu Lin, PhD, and Manyu Li, PhD, Jarrad Hodge, BS, Michael Cunningham, PhD, Kathryn A. Simon, MS, MEd, Courtney N. Baker, PhD, and Jason S. Frydman, PhD.

Gov. Edwards Appoints Dr. Gina Gibson and Dr. Michelle Moore to LSBEP

On July 23, Governor appointed Dr. Gina Gibson of Lafayette and Dr. Michelle Moore of New Orleans to the Louisiana State Board of Examiners of Psychologists.

La. No Longer "Incarceration Capital of Nation," Says Gov. –\$12 Million in Savings

"Louisiana is no longer the incarceration capital of the nation, we have saved over \$12 million which is more than double what was projected and are reinvesting those dollars into programs that are helping to reduce recidivism, improve public safety and support crime victims," Gov. Edwards said.

Dr. Coulter, Dr. Reuther to Serve as President, President-Elect for Louisiana Psychological Association

The Louisiana Psychological Association announced its newly elected officers to their Executive Council, who began serving last month. The

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The year was full of research. Here, Tiffany Augustine, MA, along with Shaely Cheramie, MA, and Christoph Leonhard, PhD, from CSPP at Xavier, authored a winning research presentation at the Scientific Poster Session at LPA.

2019 Year in Review

Continued

2019–2020 Council are Drs. Alan Coulter (President), Dr. Erin Reuther (President-Elect), and two new Directors, Dr. Christopher Parkinson and Dr. Amanda Raines. Returning officers are Dr. ValaRay Irvin (Secretary), Dr. William Costelloe (Treasurer), Dr. Bridget Sonnier-Hillis (Director) and Dr. Kim VanGeffen (Director).

CMS Releases 1st Rule on Transparency The Trump administration proposed a rule that would require hospitals to post online the health-care prices they have negotiated with insurers.

Southern Pain Society to Meet in New Orleans in September Dr. Datz Coordinating, "Integrated Pain Care: New Perspectives" GERALYN DATZ, PhD, Clinical Health Psychologist and Past President of the Southern Pain Society, announced the Society will hold its 33rd Annual Meeting in New Orleans. Dr. Datz is a nationally recognized speaker, previously with New Orleans Veteran Affairs Medical Center and Pennington Biomedical Research Center.

Stress Solutions by Susan Andrews, PhD, Using Aromatherapy to Reduce Stress

Spider-Man: Far From Home A Review by Alvin G. Burstein, PhD

September

Chicago School at Xavier Earns APA Accreditation for Its PsyD Program Dr. Kelli Johnson, current department chair at The Chicago School of Professional Psychology at Xavier University of Louisiana, announced last month that the program has been granted initial Accreditation on Contingency status through 2024 by the American Psychological Association (APA).

New Members Join Psychology Board; Short A Public Member Dr. Gina Gibson (formerly Gina Beverly) of Lafayette and Dr. Michelle Moore of New Orleans, have taken their

places on the Louisiana State Board of Examiners of Psychologists. The consumer member, who was announced twice by the Governor's Office, Amitai Heller of New Orleans, will not be serving, due to a conflict, noted a source at the board.

How Do You Save a Trillion Dollars? This news feature looks at the problems in the healthcare system.

Gov. Pledges to Close Gaps in Mental Health Governor Edwards released his Healthy Families Agenda, a plan to make Louisiana a healthier state in his second term.

"Panic Button" App Initiative Aims to Improve School Safety Gov. Edwards joined Louisiana State Police Superintendent Col. Kevin Reeves to announce that the state is providing funding for all K-12 schools in Louisiana to begin using the RAVE Mobile Safety App that will better alert authorities to emergencies on K-12 campuses.

Louisiana Launches Veterans First Business Initiative State leaders and veterans at the National WWII Museum launched the Louisiana Veterans First Business Initiative. The program will promote veteran-owned businesses through certification, in-business displays and an online database, that encourage consumers to do business with Louisiana's veteran-owned firms.

Dr. Brittany Joslyn and Husband Welcome Baby Boy – Dr. Brittany Joslyn, a Consulting Psychologist and Executive Coach, and husband, Dr. Peter Joslyn, welcomed son, Samuel Thomas "Sam" Joslyn into the world.

Stress Solutions by Susan Andrews, PhD, New Evidence That May Help Prevent the Lasting Effects of Early Life Stress

Once Upon a Time in Hollywood A Review by Alvin G. Burstein, PhD

The Psychology Times 2019 COMMUNITY AWARD INNOVATION

Richard Blocker, PhD

Dr. Richard Blocker grabbed our attention when he developed and launched his "Employee Confidential Project," an enterprise web database. It is unusual for psychologists to be tech smart but Dr. Blocker has created a fascinating application capable of managing an unlimited number of individual consultants, facilities and records. The big data tool is offered by his company, Psymetra and won our praise for this year's innovation award.

October

Psychologists at OCD Louisiana Hold Walk For Awareness Oct 20 OCD Louisiana will hold the 2nd Annual 1 Million Steps 4 OCD Walk on October 20, at City Park in New Orleans. OCD Louisiana's President is **Kristin Fitch, PhD**, Vice-President is **Leslie Higgins, PsyD**, Treasurer is **Michele Carroll, PsyD**, and Secretary is **Melissa Dufrene, Psy.D.**, **Suzanne Chabaud, PhD** and **Gail Pesses, MSW**, are Board Members.

Psychology Board to Hold Rules Critique and Long-Range Meeting The state psychology board will hold a hearing so that the public can give feedback on the Louisiana Administrative Law affecting licensed psychologists, also known as "Rules."

Cerwonka vs LSBEP Reset from Bench Trial to Jury Trial in June 2020 In a lawsuit alleging violations of his Constitutional Rights, filed by Dr. Eric Cerwonka in 2017, the defendant, psychology board Executive Director Jamie Monic, and her attorneys at the state have requested a jury trial.

LPA to Host Dr. Kaplan, Recipient of the 2019 Award for Excellence in Alternative Medicine Invited speaker at the Fall/Winter Workshop of the Louisiana Psychological Association, Clinical Psychologist Dr. Bonnie Kaplan, has been recognized for Excellence in Complementary and

Alternative Medicine, with an award of \$250,000. Dr. Kaplan lectures internationally on the importance of improving nutrient intake to prevent and treat psychiatric symptoms.

Governor and LDH Release Plan for Response to "Rapid Escalation" in Opioid Prescriptions and Deaths The Louisiana Department of Health released Louisiana's Opioid Response Plan, the first of its kind for the state, noted officials.

Louisiana's Criminal Justice Reform Highlighted on NBC's "Life Inside" Louisiana's criminal justice reform efforts were highlighted nationally in a special one-hour episode of Dateline NBC, as part of the "Justice for All" series reported by NBC Nightly News.

"Strategies for Policing Innovation" Grant Announced for Baton Rouge The City of Baton Rouge will receive a federal, Strategies for Policing Innovation (SPI), grant through the U.S. Department of Justice.

Psychology Gumbo Does Personality Play a Role in Cancer? I asked **Dr. Linda Brannon, McNeese** professor, health psychology expert, and author, to take a look for us.

2019 Year in Review

Continued

Dr. Ashworth Helps Lead ULM Project for Seniors Endowed Professor of Gerontology in the School of Allied Health at University of Louisiana Monroe, **Dr. Burt Ashworth** participated in a signing of a Memorandum of Understanding to work together with the Department of Health to improve the lives of senior citizens. He is co-editor of *Contemporary Southern Psychology*, along with **Drs. Bill McCown** and **Mkay Bonner**.

Alexandria VAHCS Pre-Doctoral Internship Earns APA Accreditation Dr. Lauren Vines, Co-Director of Psychology Training, Health Behavior Coordinator, and Clinical Psychologist at the Alexandria VA Health Care System, noted that the internship program, started in 2015, has now received the initial accreditation from the American Psychological Association.

Dr. Chaney Speaks at LSU Psychology Brown Bag Seminar – **Dr. Courtland Chaney** spoke at the LSU Psychology Department's Brown Bag event, arranged by **Professor Emily Elliot** involving both the cognitive-brain sciences and I-O psychology faculty and graduate students.

"An Atheist, a Priest, and a Jungian Analyst Walk into a Bar" – **Dr. McNeely's 2nd Play for C.G. Jung Society N.O.** A one-act play, written and directed by **Dr. Deldon McNeely**, was performed on September 13, 2019, as a fund raiser for the C.G. Jung Society of New Orleans.

Dr. Tyree Mitchell Highlighted LSU's **Dr. Tyree Mitchell** is being highlighted in Louisiana State University's "Fierce for the Future Campaign." Dr. Mitchell, an assistant professor in the LSU College of Human Sciences & Education, focuses on how we influence each other at work to accomplish shared goals.

Stress Solutions by Susan Andrews, PhD, Stress Inhibits Spatial Perception

The Peanut Butter Falcon A Review by Alvin G. Burstein, PhD

November

Veterans' Suicide Rate Still Increasing Based on data from the 2019 National Veteran Suicide Prevention Annual Report, the suicide rate is still increasing. The total population of veterans declined by 18% during that span of years studied, but more than 6,000 veterans died by suicide annually.

Board Holds Long-Range Meeting & Rules Hearing – Drs. Broussard and Lambert Honored for Service To conform with Act 454 of the 2018 legislative session, so that interested persons have the opportunity to comment on any of the many Rules of the board, especially when the person believes the rule might be "...contrary to law, outdated, unnecessary, overly complex, heart burdensome," the board held a rules hearing. They also honored outgoing members.

Kaplan Delights Audience of Psychologists and Nutritionists Dr. Bonnie Kaplan, delighted Nutritionists from the Louisiana Academy of Nutrition and Dietetics, along with the psychologists from around the state.

Governor: FBI Crime Data Shows Decline in Louisiana's Murder Rate FBI crime data released that shows violent crime in Louisiana has decreased, by 7.8 percent, a faster decrease than the national murder rate.

Psychology Board Votes on "Opinion 24" for LSSP Scope of Practice The state board moved in favor of adopting an opinion as a formal opinion of the Board --Codified as Opinion No. 024: LSSP Scope of Practice, Ordering Services.

How Much Do You Know...? We are re-running **Dr. William Schmitz, Jr.**, a psychologist and was then President of the American Association of Suicidology, and colleague **Dr. April**

The Psychology Times 2019 COMMUNITY AWARD MEDIA

Dr. Susan Glanville

"How are we as psychologists to regard a discipline that succeeds primarily in speaking to itself?" was how Gergen described our problems in 1995.

For the last year, Dr. Susan Glanville was certainly talking to the public—out hitting the roads presenting her books and earth themes at libraries, fairs, and speaking events all over the south. Her energy is contagious! She took psychology to the people and deserves our thanks and the award for Media in 2019.



Courtesy photo

Foreman, Kansas psychologist and expert in suicide prevention, media, and education offer a quiz on suicide prevention basics.

The Legal Industrial-Complex and State Boards The state medical board charged a defendant \$445,402 in legal fees for a three-day disciplinary hearing held in 2016. Defendants have no control over how much the opposing attorney charges the board. This article reviews the complex issues between the boards and legal profession.

Perfect Pitch Messages to a Culture by *Dr. Susan Glanville Sound Psychology®* "In 1991 I flew to San Francisco to present research at an American Psychological Association (APA) convention for the first time. As I stood facing an overflow crowd who had come to hear me speak, I saw an intimidating bank of reporters standing at the back of the room, facing me. Was I ready? Did I have the right words to reach both the professionals and the public?"

Joker A Review by Alvin G. Burstein, PhD

Bookshelf Meet the Bronies The Psychology of the Adult My Little Pony Fandom by *Patrick Edwards, Daniel P. Chadborn, Courtney N. Plante, Stephen Reysen, Marsha Howze Redden*

December

Is Resistance Futile? ASPPB Quietly Advances the EPPP-2 Plan with Jan 1 Launch Last month the Association of State and Provincial Psychology Boards (ASPPB) quietly posted a message that the new Part 2 of the national licensing exam will officially launch on January 1, 2020. As resistance mounted, ASPPB decided that they would combine parts and make the entire exam mandatory, coupled with a 100% fee increase. An outcry followed, then ASPPB backpedaled, the roll-out optional—for the time being.

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2019 Year in Review

Continued

Contemporary Southern Psychology Hits Odd Snag The Online Journal *Contemporary Southern Psychology*, announced in June 2018, has published only one volume of one issue, and that volume is not available at this time, explained Dr. Bill McCown, the *editor pro temp.* Why?

Endowed Chair of Psychology Established at University of Tampa Honoring Dr. Janet Matthews University of Tampa Provost announced the creation of the Janet R. Matthews Endowed Chair of Psychology, established by Dr. Lee Matthews, honoring his wife, Janet, who passed away in March.

Cyberattack Shuts Down Services, Governor Declares Emergency Gov. Edwards declared a State of Emergency on Friday, November 22, following a cybersecurity incident that affected state servers, allowing several agencies to take actions, including waiving fees and fines, to assist members of the public.

Department of Health Bureau of Health Services Financing Publishes Rule for Behavior Analysis The Department of Health Bureau of Health Services Financing adopted a new Rule for Applied Behavior Analysis-Based Therapy Services Reimbursement Methodology

“Hoffman Report” Defamation Suit Continues in DC On November 18, 2019, plaintiffs in the defamation case against David

Hoffman and the American Psychological Association filed a brief arguing in opposition to Motions to Dismiss that were filed in October 2017.

Dr. Melissa Beck Helps Lead "LSU MIND" Group In *LSU Research* magazine, cognitive psychologist Dr. Melissa Beck is being called a "collaborative champion," for her skill in developing cross-discipline research and teamwork. Dr. Beck is professor of psychology at LSU and leads the Beck Visual Cognition Research Lab, where she conducts innovative and interdisciplinary research on visual attention and memory.

Drs. Gengel, Gillespie, and Ransom Speak at Thinktank's ADHD Symposium Dr. Stacey Gengel, Dr. Gail Gillespie and Dr. Sean Ransom presented at Turbo Thinktank's ADHD symposium, a day-long event that touched on topics and challenges related to ADHD.

Christmas Bookshelf with Drs. Courtland Chaney, Matt Rossano, Kim VanGeffen, John Fanning, Marva Lewis, Bill McCown, Michael Chafetz, and ValaRay Irvin.

Stress Solutions by Susan Andrews, PhD, Take the Good Housekeeping Institute's Wellness Survey

Ford V Ferrari A Review by Alvin G. Burstein, PhD

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