

Rumors Flying In Delayed LSBEP Appointment

LPA Asks Members to Support "Democratic Process"

In the hotly contested election and politics surrounding the Governor's appointment for a five-year position to the Louisiana Board of Examiners of Psychologists, rumors have been flying.

Last week, rumors circulated that the Governor was intending to appoint Dr. Joe Comaty, due to "pressure from the Department of Health and Hospitals."

Previously a rumor had spread in the community that Governor Jindal was leaning toward appointing Dr. Constance Patterson. This followed a string of letters to Boards and Commissions from supporters of Patterson, including one from the President of Tulane.

The *Times* has made multiple requests to speak with Director Dirmann in the Governor's office, about these rumors, but without success. And the time for the appointment, July 1, has passed.

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Science, Education, & Advocacy at APA

Louisiana Psychology Experts to Present at Am. Psychological Association, August 7-9

An array of psychological scientists, psychologists, students, and practitioners from around the state will bring their work and ideas to the annual convention of the American Psychological Association (APA) in Washington, D.C., August 7 to 10. This year's presidential theme is "Unifying Psychology for the Future."

Representatives from Tulane, Louisiana Tech, LSU Health Sciences, Southern, Southeastern, Xavier, and others, will present topics in science, education and advocacy. In this special section, we highlight their efforts. See pages 6 to 13.



Dr. Charles Figley
(Photo courtesy of Tulane School of SW)

Dr. Bonnie Nastasi

International, Multicultural Issues in Psychology

Tulane Professor Dr. Bonnie Nastasi, current Co-Chair of APA Committee on International Relations in Psychology, will be leading several symposia as well as chairing the session for the presentation of this year's International Humanitarian Award taking place on the final day of the APA conference.

She will co-chair, "Psychology Without Borders—A Roundtable Discussion on International Teaching, Research, and Service."

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Tulane's Dr. Bonnie Nastasi

Dr. Charles Figley

Self-Care Strategies, Traumatology

Dr. Charles Figley will be presenting the APA skill-building session, "First Do No Self-Harm—Self-Care Strategies for Psychologists Working with Trauma Survivors," on Thursday of the convention.

Dr. Figley is the Paul Henry Kurzweg Distinguished Chair and Professor in the Tulane School of Social Work, as well as Director of the Tulane's Traumatology Institute.

The workshop will include a selection of the topics found in Figley's recent texts, *First Do No SELF Harm: Understanding and Promoting Physician Stress Resilience* and also topics from his 2013 scholarly text, *Encyclopedia of Trauma: An Interdisciplinary Guide*.

Dr. Figley will present both "Compassion Fatigue and Promoting Regeneration in Psychologists" and also "Stress

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LSU Psych Alums Gather to Remember and Celebrate



In the first ever reunion of Louisiana State University doctoral psychology students, alumni from as far away as Italy, California and Massachusetts, converged on the LSU campus for a three-day event to renew friendships and to celebrate the past and present.

The event included a campus tour and pizza at the Pastime on Thursday and a TGIF at the famous Chimes Street bar. The centerpiece was a four-hour reception and brunch hosted by the Department of Psychology held at The Club at Union

Square (the LSU Faculty Club) on Saturday, July 26. Over 50 alums from the 1970s and 1980s, faculty and guests shared cocktails, Louisiana cuisine and ample time "... to reminisce about college, renew friendships, share life stories," said one of the alums and organizer Dr. Courtland Chaney.

Attendees also had the opportunity to celebrate the contributions of retiring Professor and Chair Robert (Bob) Mathews, who began his career as an Assistant Professor in 1975 and recently retired.

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Left: New LSU Psychology chair, Dr. Jason Hicks, addresses alumni, faculty and guests at a recent gathering.

Editorial Page

Group Dynamics and the IRS

A while back I was tagged to do a research survey about “clean data” by some IO graduate student. The tyranny of random selection notwithstanding, I had to google the term to complete the survey, warning the researcher in the comment section that I was ignorant about this term, in case it mattered to her.

However, searching “clean” data also pulled up “cleaning data off” of a computer. This was a lucky happenstance since I’d been dragging around two obsolete computers wondering how to remove the sensitive data before tossing them. Turns out that the gold standard for removing data is to *physically destroy* the hard drive.

I’d discovered long ago that there is no way to remove information off your computer that an expert can’t figure out how to recover. I even had a computer struck by lightning once and my tech guy just smiled in that smug way they have of letting you know who is superior, gave me my computer with every single byte of data back, and handed me a bill for \$91.50.

I have a male around who enjoys doing physical feats for his female, presumably to prove his masculinity and display his impressive athleticism. So I was in luck. With a sledgehammer, safety glasses, and an appreciative audience (me and our Brittany Spaniel) my male completely destroyed two hard drives.

The public must have had some inking of this also because most of them—76 percent—think the IRS is lying about their multiple hard drive failures. You don’t really need a review from the experts on lies, like Paul Eckman or Sean Lane, to know that the IRS is putting forth a whopper.

This alerts us to some interesting psychological principles.

Since we know from research that citizens willingly pay more taxes when they trust their governments, we can predict some unfortunate and invisible loss in tax revenues.

On the surface of it, one has to wonder if this is the best lie the IRS can come up with. But of more concern is the possibility that this unwillingness to be accountable about email communications—that are clearly the public’s business and to which the public has a right—could be due to psychological superiority and self-deception. By the body language of some of those testifying before Congress, this looks likely. The IRS officials could teach a class on posture and facial expressions for portraying confidence, superiority, and disdain.

The officials’ behaviors also suggests strong group identification.

Psychological science shows us that we humans are pitifully influenced by our group identification. We can’t help



ourselves. We want to wear our team’s color, root for our ethnic group, work at a company we feel has it all together, ride our motorcycle with others who ride their motorcycles.

We have multiple biological mechanisms for favoring our identity groups. And oddly, most any group can do the trick for us. That’s how ingrained it is. But when it goes too far it can impair our decision-making.

Psychologists have found that injustice by a group can actually lead those most strongly identified with that group to increase, rather than decrease, their group support.

So violations of procedural justice do not automatically lead to correction, sometimes violations lead to just the opposite.

And often we are completely unaware—unconscious—of these injustices due to self-deception.

This is one of the reasons power always corrupts. We should be on the lookout, both in ourselves and in others, for this phenomenon, which contributes directly to the corrupting influence of collective power.

“Nip the shoots of arbitrary power in the bud,” said John Adams, “it is the only maxim which can ever preserve the liberties of any people.”

Our science tells us to put in checks and balances, maintain open, flexible boundaries, and stay alert to our own and others’ self-deception. It tells us to help our leaders strive toward this type of psychological wisdom.

And if they can’t, we should remind our leaders to wear their safety glasses during their accidental hard drive failures.

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State and National News

Rumors Flying In Delayed LSBEP Appointment continued

In response to this latest rumor—that Jindal is now planning to appoint Dr. Comaty—the Louisiana Psychological Association Executive Council sent an email asking its members to consider contacting Boards and Commissions Director Barker Dirmann to support Patterson and the democratic process.

The LPA Council noted, “The election was not close. Dr. Constance Patterson won by a wide margin.” The Council said the association’s policy is to support the appointment of the candidate receiving the most votes, and asked members to contact Dirmann and “... support your profession and the democratic process.”

The Council also pointed out that top-vote getters have not always been appointed, alluding to the situation that the Louisiana State Board of Examiners of Psychologists (LSBEP) has been dominated by medical psychologists since Act 251. While medical psychologists (MPs) have held a majority of seats on the board, MPs make up only about 5 percent of psychology board licenses. This dominance of the LSBEP is presumed by most to be due to the influence of the politically active Louisiana Academy of Medical Psychology (LAMP).

A number of decisions coming from the MP dominated board have supported the interests of LAMP. This includes a 2011 Opinion when the board, under then Chair Dr. Comaty, made a decision that MPs without a state psychology license would still be eligible to supervise candidates for a state psychology license.

Throughout the extended election for the current board position, the Louisiana Psychological Association (LPA) and Dr. Patterson have been the focus of complaints by Comaty, who is vying for his second term on the LSBEP.

One set of complaints had to do with ballot security and the process of vote counting. LPA, who conducts the election, sent out a second round of ballots after Comaty complained about the use of plain white paper in the election, with the suggestion of potential vote tampering. Then a third ballot was sent to psychologists after another complaint that an explanation was missing from some of the voting packages. Additional complaints about the third effort were raised, this time about some number of envelopes being accidentally opened by the LPA Executive Director. The LSBEP also sent a warning to LPA that the third vote could be in doubt.

In a records release request, the *Times* found that Comaty has sent over 29 pages of emails to Boards and Commissions with various complaints, including his concerns about ballot security. He was also in contact with the LSBEP Executive Director about his concerns.

The LPA Council noted, in their most recent email to members, said to, “Be aware that the Governor’s office has been bombarded with patently false insinuations of election rigging on the part of LPA. This innuendo is completely untrue, but we’ve heard it throughout this entire process.”

Another of Dr. Comaty’s complaints was that Patterson had a “direct conflict of interest.” This complaint was taken up by the LSBEP and put before the state Ethics Board in June. The Ethics Board found nothing relevant in their laws regarding Patterson’s previous consulting work to the board. She had helped on certain investigations. The LSBEP also asked about Patterson recusing herself, but the Ethics Board dismissed it as a problem all boards encounter.

In a recent presentation to LPA members, LSBEP Chair Dr. Rita Culross indicated that problems would occur if a board



Dr. Murrelle Harrison

Dr. Harrison New Asst Dean at Southern U.

Dr. Murrelle Harrison, previous Chair of the Psychology Department at Southern University, Baton Rouge campus, has taken the Associate Dean of the College of Social and Behavioral Sciences, and serves as the liaison between the Dean and the Chairs.

Harrison explained that Southern continues to be in a transitional period. “Southern University recently re-organized and reduced its colleges from ten to seven,” she said. “Academic reorganization at SUBR was undertaken by campus academic leaders with the overall goal of enhancing student success and improving effective teaching, scholarship and connectedness.”

The former Department of Psychology is now the

Department of Psychology, Sociology, and Social Work, Harrison explained. “We are now housed in the College of Social and Behavioral Sciences that also houses Public Policy, Public Administration, Political Science and Criminal Justice,” she said.

Dr. Harrison became a licensed prevention professional in 2007. She told the *Times*, “The prevention field has moved from and individual ‘risk and protective’ approach to the public health model that focuses on the entire community. I teach the online undergraduate and graduate introductory course and interested students can perform their required fieldwork at our nonprofit agency, the Gardere Initiative. Another change for prevention is to broaden its scope of practice from alcohol, tobacco and other drug use to include the prevention of mental, emotional and behavior disorders. My role is to focus on building community coalitions to address all these issues.”

The Gardere Initiative is a Baton Rouge based group whose mission is “To address substance abuse and other social ills in the Gardere area that adversely affect children, neighboring subdivisions, and the City in general, through spiritual intervention, collaboration and partnerships.” The group offers adult education, tutoring, computer access, nutrition programs, Bible study, parenting classes, business development, and Alcoholic Anonymous.

Dr. Harrison is the representative from Southern University. Among other groups are Faith Chapel Church of God, St. Jude Catholic Church, Greater Morning Star Baptist Church, Iglesia El Aposento Alto, Gardere Community Christian School, Gardere youth Alliance, Matthews Realty, EBR Sheriff Office, and others.

member had to recuse themselves. Past board chair, Dr. Tom Hannie, questioned this reasoning at a recent psychology board meeting but the board declined to explain, citing attorney-client privilege.

See related stories in the May, June, and July issues of the *Times*.

After news articles in the July *Times* and an editorial critical of

the actions of LSBEP, the Executive Director of the psychology board emailed the *Times* and unsubscribed, noting that the publication was “junk.”

[Note: The publisher is a licensed psychologist and has publically stated opposition to certain decisions the LSBEP has made regarding Act 251 and also supported Patterson in the recent election.]

Corrections & Clarifications

No corrections or clarifications were received for our July issue. Please send corrections to the *Times* at psychologytimes@drjulienelson.com

State and National News

State Police Honor Dr. John Fanning for N.O. Bridge Rescue

Dr. John Fanning, psychologist and past-president of the Louisiana Psychological Association was honored, along with a select few State Troopers, with the "Lifesaving Award" at the annual presentation by the Louisiana State Police.

Fanning was honored for acting with bravery and courage when he rescued a woman from a bridge.

Advocate reporter Ben Wallace noted that Fanning was on his way to visit his mother on Memorial Day when he saw a woman on the edge of the bridge along the Crescent City Connection. He stopped his car and perceived that the situation was an apparent suicide attempt. He spoke with the woman for a moment, then grabbed her arms and pulled her to safety.

Fanning told the *Times*, "It happened so fast there was virtually no thinking involved at all."

For full story, go to *The Advocate* at <http://theadvocate.com/home/9688680-125/state-police-honors-acts-of>.



Louisiana State Police Superintendent Col. Mike Edmonson (L) awards Dr. John Fanning (center) the Lifesaving Award for preventing an apparent suicide attempt on a New Orleans bridge. Assistant Superintendent Lt. Col. Charles Dupuy looks on.

(*Advocate* photo/ Richard Alan Hannon. Used with permission.)

Teacher Preparation Programs Lead Nation Says Louisiana Board of Regents, Citing NCTQ

In a July 11 press release, the Louisiana Board of Regents said that the National Council on Teacher Quality (NCTQ) has identified teacher preparation programs in Louisiana as leading the nation in several areas as reported in the NCTQ Teacher Prep Review 2014 Report.

Northwestern State University and Louisiana State University were ranked in the top 10 nationally for all elementary teacher preparation programs and Southeastern Louisiana University was ranked in the top 30 nationally for all secondary teacher preparation programs, the press release noted.

Also according to the report, 89% of Louisiana's teacher preparation programs met a NCTQ standard pertaining to systematically collecting and monitoring data on their graduates and making changes to improve their programs. The national average is 27%.

During the years 2001 to 2011, Board of Regents worked closely with Dr. George Noell, LSU Professor and licensed school psychologist. Noell worked to develop a model over the years to create an empirically based model that could help understand and modify key aspects of teacher preparation in the state. Called the Value-Added Teacher Preparation Program Assessment Model, the work included a number of stages and studies, designed to understand the characteristics of teachers, schools, and teacher preparation, in order to help predict and improve student outcomes.

After large-scale data collection and analysis, Dr. Noell reported to the Regents he had attained stable results when using

the model. The program was piloted during 2003 to 2006, and implemented during 2006 to 2009. Results were disseminated to the public and show that some teacher preparation programs have prepared new teachers whose students' learning is comparable to the learning of students taught by experienced teachers.

Following this, the Louisiana Department of Education adapted the Value-Added Teacher Preparation Assessment to create a value-added teacher evaluation model to assess practicing teachers in grades 4-9 and transitioned between the models. Dr. Noell and Dr. Kristin Gansle provided the transition committee with technical support for the efforts.

Louisiana was one of the first states in the nation to recognize the need to create a

more rigorous teacher certification structure and a more rigorous teacher preparation approval process. As a result of changes to Board of Elementary and Secondary Education and Board of Regents policies, all public and private universities redesigned their programs from 2001-2010, noted the July 11 press release.

The Report on Teacher Quality is available at http://www.nctq.org/dmsStage/Teacher_Prep_Review_2014_Report

For a full history of the Louisiana program development and technical reports by Dr. Noell and colleagues, go to <http://regents.louisiana.gov/value-added-teacher-preparation-program-assessment-model/>

American Board of Medical Psychology

The Specialty for the Coming Integrated Care Models in Primary Care Centers and Hospitals

www.amphome.org

State News



LCA Past-President Paul Ceasar (L), current LCA President John Crawford, and Executive Director Diane Austin look over registration at last year's annual convention of the La. Counseling Association.

Interview with Louisiana Counseling Association President, John Crawford

by Dr. Yael Banai

Recently, it was the pleasure of the *Psychology Times* to interview Mr. John Crawford, current President of the Louisiana Counseling Association. We asked him about his views regarding current issues facing counselors in the field and also about the upcoming annual conference to be held at the International Hotel in New Orleans, September 20-23, 2014.

Mr. Crawford, a native of Alexandria, received his Master's Degree from Webster University in St. Louis, is currently employed at the Central Louisiana Human Services District in Alexandria as a Drug and Alcohol Abuse Counselor.

Previously, in 2010, he received the Carl D. Perkins Governmental Relations Award at the American Counseling Association for his work regarding elevating the status of Licensed Professional Counselors within the civil service to that of Licensed Clinical Social Workers.

Crawford told the *Times* that one of the foremost issues facing Licensed Professional Counselors (LPCs) has involved the relationship with the Veteran's Administration and the classification of LPCs within the system, particularly those who are qualified by their training to serve as mental health counselors and therapists.

Despite demonstrated training and experience, Crawford explained, counselors have been slow to be hired by the agency, whereas social workers seem to be the preferred professional hired for counseling positions. Little progress in this area has been made so far, Crawford felt.

In tune with this theme, Mr. Crawford noted that the Louisiana Counseling Association (LCA) sponsored legislation in the 2014 legislative session to change the official designation of counseling interns. Senate Bill 194 was put forth to rename interns to Provisional Licensed Professional Counselors, a step to clarify the actual credentials of interns who obtain two years post degree experience prior to licensure.

Crawford explained that it was felt that this title would raise the professional profile and improve the employability of persons completing the post-degree supervision requirements at both the state and federal levels.

Also, Crawford noted that those from LCA had made steps to improve communication and cooperation among mental health practitioners. Included in these efforts, Crawford recently participated in the first Annual Mental Health Forum, co-sponsored by the LCA and the Louisiana Chapter of the National Association of Social Workers. The Forum was attended by leaders of six different mental health professional organizations, including those from the fields of psychology, counseling, and social work.

For the first time ever members of the mental health professions discussed their various positions on legislation that were being proposed for the 2014 Louisiana legislative session, with the goal of cooperating and negotiating areas of differences. Crawford said that in his estimation, progress was made in terms of building bridges among the various mental health professions represented.

Finally, and germane to the theme of the upcoming September conference, Mr. Crawford stated that although often as counselors and therapists we tend to concentrate on deficits and problem areas – which often by their nature are quite grim—we often forget the healing power of laughter.

In contrast to a negative based orientation, he said, what might be accomplished from a strength based approach, one that aimed at a sense of happiness and well-being?

Inspired by a Reader's Digest article, "The Healing Power of Laughter," Crawford helped create the theme for the upcoming September

Dr. Marcia Beard Dies June 13 in N.O.

Dr. Marcia Beard, New Orleans licensed clinical psychologist, passed away June 13. She worked in private practice in the New Orleans area and had previously worked at the Veterans Administration in N.O. She earned her doctorate from the University of Southern Mississippi in Hattiesburg. Memorial article is to follow.

Dr. Nemeth to Give Invited Address at World Council for Psychotherapy, South Africa

Dr. Darlyne Nemeth, Baton Rouge medical psychologist and licensed psychologist will present an invited address at the World Council for Psychotherapy, in late August. Nemeth will address the attendees at World Council which will hold its 7th World Congress for Psychotherapy August 25 to 29 in Durban, South Africa.

Nemeth is the Co-General Secretary for the organization, a multinational group with representatives from Austria, France, Venezuela, Belgium, Switzerland, Russia, China, India, South Africa, Canada, and many other countries.

Nemeth will speak on "Psychotherapy in the USA: Ethical/ Philosophical Issues," outlining evolution and dilemmas in the practice of psychotherapy in the US. "It has evolved, but not always flourished, over the last 70 years," she notes. "Politics, greed, Health Care Industrialization, misguided intentions, even the use of medications, have been known to derail this most important and cost-effective treatment modality. Yet, psychotherapy has prevailed and we, as psychotherapists, have prevailed."

LCA Conference: "The Healing Power of Laughter and Its Effect on the Client."

Keynoting the conference on Sunday, September 21 will be Dr. Robert Smith, incoming president of the American Counseling Association. His topic will be: "What Counselors and Counselor Educators Need to Know." Dr. Smith is the department head of the Counseling and Educational Psychology Department at Texas A&M University, Corpus Christi Campus.

Dr. Samuel Gladding will lead off as Monday's keynote speaker. Gladding is chair of the Department of Counseling at Wake Forest University and served in 2004 as President of the American Counseling Association. Dr. Gladding will speak on "Some Fun and Funny Facts about Wellness and How Humor Adds to Your Health."

Some of the pre-conference workshops include, "What Makes People Happy," presented by Dr. John Simoneaux, "Human Trafficking," presented by Alliece Cole, Donna Frank, and Dr. Courtney Eichelberger, and "Shedding Light on School Counseling Ethics," by Michael Lefort. Additional information is available from LCA.

Louisiana Psychology Experts Present their Work at APA continued

Dr. Bonnie Nastasi Multicultural Issues, Child Rights

“This is a session organized by APA’s Committee on International Relations in Psychology [CIRP] in collaboration with American Psychological Association Student Group,” Dr. Nastasi told the *Times*. “The session is organized around the three topic areas of teaching, research, and service.”

“The purpose of the session is to provide information and opportunity for those interested in doing international work to hear from individuals with experience in doing international work,” she said. “The discussion focuses on how to get started, challenges and benefits, how to negotiate international relationships; and provides an opportunity to meet potential mentors and colleagues with similar interests.”

Dr. Nastasi will also chair the symposium, “Using Psychological Science to Promote and Protect Child Rights—Policy, Practice, and Research,” a collaborative session initiated by CIRP and the Committee on Children Youth and Families, she explained.

“This is the 25th anniversary of the UN Convention on the Rights of the Child,” Nastasi said. “I have been working in the area of child rights for the past several years, originally under the auspices of International School Psychology Association and subsequent collaboration with Division 16 [School Psychology].”

“We developed a curriculum for professional development of

school psychologists—and other mental health professionals—in child rights advocacy within their roles working with individuals, systems and policy. The project is now centered at Tulane as the Tulane University Child Rights Team and reflects the efforts of several doctoral students and doctoral graduates of Tulane’s School Psychology program under my leadership.”

The roundtable session is an effort to bring together psychologists from different divisions who do work related to promotion and protection of child rights, she explained.

“My presentation is focused on integrating child rights perspective into the research through choice of research questions, methodology, and ethics; and including children as co-researchers,” she said.

On Friday, Dr. Nastasi will also present in “Top 20 Psychological Principles for PK-12 Education,” along with co-authors for the APA Board of Educational Affairs.

The top 20 psychological principles were developed by Nastasi and others through the Coalition for Psychology in Schools and Education, an interdivisional coalition that works in collaboration with the APA Center for Psychology in Schools and Education within the Education Directorate, she explained.

The principles cover the domains of cognitive competence, assessment, motivation, and social-emotional competence, she



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noted. Examples include how emotional well-being influences educational performance, learning, and well-being, and how interpersonal relationships and interpersonal communication are critical to the teaching–learning process and the social–emotional development of students.

The Coalition is in the process of finalizing a document that presents the principles, explains the importance based on psychological theory and research, and discusses relevance for teachers, she said.

Also on Friday Dr. Nastasi will join colleagues from around the country and world to outline issues in, “School Psychology in a Global Context—Transnational/Global Considerations in Training and Practice.”

In this symposium Nastasi will present, “From Multicultural to Intercultural Competence: Implications for Training and Practice.” She will focus on an expanded view of multicultural competence that includes

intercultural or transcultural competence.

“This is an area that I have become particularly interested in over the last several years,” Dr. Nastasi said, related to my interests in international research and development, engaging in international partnerships, and preparing psychologists with a global perspective.

Following the work of Friedman and Antal, Nastasi views this type of competence to develop through reflection, interaction with others from different cultures, and by “... developing a broad cultural repertoire of perceptions, thoughts, and behaviors that facilitates flexible responding in different contexts. They also view the interactions across cultures as being a negotiated process to achieve shared meaning,” she said.

Dr. Nastasi is doing some writing and publishing in this area and has led an effort in the Committee on International Relations in Psychology to develop “international competencies” that would parallel “multicultural competencies.”

Dr. Stacy Overstreet Teacher and Student Agreement About Risk Status of Students

Ilana Elias, Shereen Naser, Sarah Kurash,
Sarah Golberg and Paulette Carter, MSW



Dr. Stacy Overstreet

Dr. Stacy Overstreet, Chair of the Psychology Department at Tulane, will present research on “Teacher and Student Agreement Regarding Behavioral and Emotional Risk Status of Students,” in the APA poster session on “Assessment and Data-Based Decision Making in Schools.”

Overstreet’s co-authors are Ilana Elias, Shereen Naser, Sarah Kurash, and Sarah Goldberg, all Tulane student researchers. Paulette Carter, MSW, MPH, and CEO of Children’s Bureau of New Orleans, is also a co-author.

Their study examined teacher and student agreement on the Behavior and Emotional Screening System, the “BESS,” a measure that provides a reliable estimate for identifying students at risk for behavioral and emotional problems.

The sample was 166 4th through 8th grade students and their homeroom teachers. Students were predominately African-American and attending a public charter school.

The researchers found a moderate, significant correlation between the overall BESS T-scores derived from teacher and student reports. Teachers identified many more students (42.6%) as being at risk than students (18.9%). And, teachers’ BESS scores significantly predicted suspensions and GPA.

Louisiana Psychology Experts Present their Work at APA, continued

Dr. Charles Figley

Self-Care Strategies, Traumatology

Management Skills and Developing a Self-Care Plan.”

“Burnout, compassion fatigue, vicarious trauma, and secondary traumatic stress reactions are frequently found among psychologists and others who deliver humane human services,” Figley said. “These problems are an indication of low resilience that can be corrected with proper training for workers and their supervisors. I love helping in this way,” he told the *Times*.

Dr. Figley presents regularly at APA and enjoys, “A sense of satisfaction of informing psychology and helping psychologists. Also, I learn lots from practitioners struggling with critical issues never addressed by researchers,” he explained.

Figley noted that *First Do No SELF Harm* has garnered high praise, “... because it addresses—finally—the high prices physicians and medical students pay in managing work-related stress.”

Dr. Figley is the founding editor of the *Journal of Traumatic Stress*, and also the book series, *Innovations in Psychology book series*. He is current editor and founder of *Traumatology*, the *International Journal*, and is the editor of the *Psychological Stress Book Series*.

His *Encyclopedia of Trauma* was named as an Outstanding Academic Title for the



Dr. Charles Figley of Tulane School of Social Work. Dr. Figley is the Director of Tulane’s Traumatology Institute.
(Photo courtesy of Tulane School of SW)

2013-2014 academic year by *Choice*, a publication of the American Library Association. The work is an interdisciplinary guide, bringing together concepts from the humanities, all of the social sciences, and most of the professional fields, associated with understanding human responses to traumatic events.

Dr. Figley’s *Encyclopedia* is one of the sources for Tulane’s new “MOOC,” one of Figley’s current innovations at Tulane. A MOOC, short

for Massive Open Online Course, is a new trend in higher education. It allows for online enrollment extending to other states and even those from other nations.

Dr. Figley and wife Dr. Kathy Regan Figley own and operate the Figley Institute, a professional training company. More information can be found at <http://www.figleyinstitute.com>

A MOOC about Trauma (Massive Open Online Course)

Dr. Charles Figley, Professor in the Tulane School of Social Work, is developing Tulane’s first Massive Open Online Course, known as a MOOC. The subject of the course will be trauma and resilience, and based on Figley’s teachings. Figley is the Director of Tulane’s Trauma Institute.

MOOCs are a new trend in higher education because they allow people from all over the state, nation and from other countries, to enroll free in classes that they otherwise could not attend.

The first MOOC for Tulane is based on materials from Dr. Figley’s work and his book *Encyclopedia of Trauma*. The course will include the regular readings, discussions, and quizzes, but also video links to YouTube interviews, brief lectures, and documentaries.

The “more revolutionary element” of the new MOOC, said Figley, is a video game called

TraumaQuest. The game simulates a disaster so that the students can choose paths which allow them to experience challenges that help to learn and integrate concepts of the course.

“It’s the first of its kind anywhere,” said Dr. Figley. “The original MOOC model was flawed. MOOCs were simply the traditional classroom structure...” They were often only videotaped lectures moved online and free. But, “They were boring, rigid, and rather inflexible,” he explained.

“We chose to invent a new platform that would make it easier and more fun for students to use all platforms (ipad, smartphones, computers) to access all course material, when they wanted it, where they wanted it, and we made it much more interactive and engaging,” he said.



According to *GreenWave*, Tulane’s news service, Figley has worked closely with software engineer Gina Moylan, and disaster anthropologist Meredith Feike who commented that the course is “remarkably appropriate” because of Tulane’s culture of public service.

Louisiana Psychology Experts Present their Work at APA continued

Dr. Paul Colombo

New Insights into Memory Systems

Tulane's Dr. Paul Colombo is at the forefront of memory research, an area that he and others hope will uncover ways to prevent or reverse age-associated memory decline.

Colombo will present "Memory Enhancement, CREB, and Interactions Between the Hippocampus and Striatum," as part of a panel for the Thursday APA symposium, "Interactions Between Memory Systems—Mechanisms and Implications for Mental Health." Dr. Colombo leads the Neurobiology of Learning and Memory Laboratory at Tulane and is an Associate Professor in Psychology. He is also program chair for the convention for APA Division 6, Behavioral Neuroscience and Comparative Psychology.

"The work that I'm presenting," Dr. Colombo explained to the *Times*, "is on advances in our understanding of how multiple memory systems interact with each other. Overall," he said, "there is wide agreement that at least two neural systems mediate different types of memory. The hippocampus is necessary for explicit, autobiographical memory, accessible through conscious awareness, and the dorsal

striatum is necessary for motor and cognitive habits."

There has been evidence that reduced grey matter in the hippocampus is associated with increased risk of some neurological and psychiatric disorders, there has been an increased effort to understand these mechanisms.

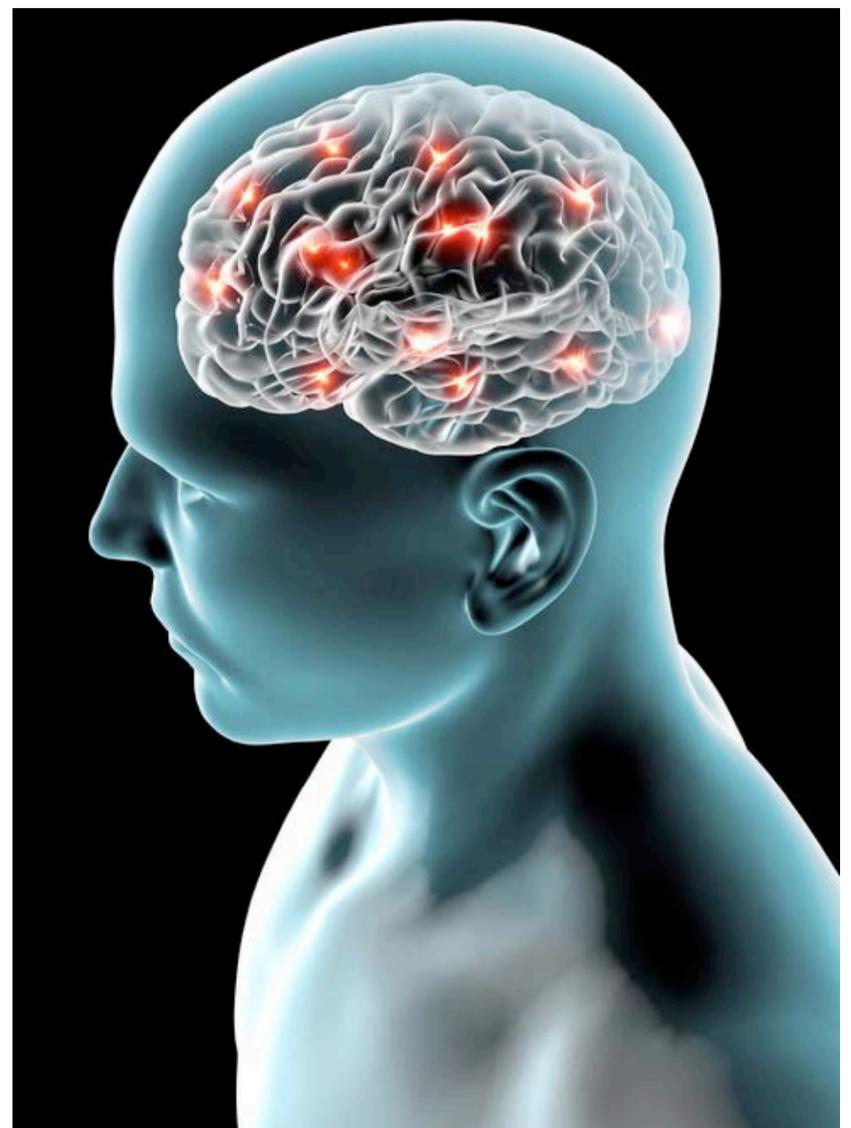
"Historically, the memory systems were thought to be largely independent of one another," said Colombo, "but there is increasing evidence that they may interact competitively, and that our relative use of one system or the other may change under different circumstances."

Colombo and colleague Dr. Veronique Bohbot of McGill University have reported on such matters as the incidence of schizophrenia spectrum disorders, behaviors such as smoking, and also alcohol use, and how these are related to the use of less effective response strategies in the brain. Also, the use of the habit system in the brain increases with age, but can also lead to reduced performance. This may be reversed with forms of training, Colombo explained.

"I am studying the neuronal mechanics of these interactions," said Colombo, "and have reported that use of region-specific memory strategies is associated with local activation of a transcription factor, CREB. I use virus-mediated gene transfer, in an animal model, to alter CREB levels, and have shown that this can enhance memory, which may have therapeutic benefits for preventing or

reversing age-associated memory decline."

With these discoveries there is a keen interest in this area of study, and so last year Colombo and Bohbot co-edited a special volume of the journal *Hippocampus* titled, "Dynamic interactions between memory systems." Articles from this special issue are available at <http://onlinelibrary.wiley.com/doi/10.1002/hipo.v23.11/issuetoc>



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Dr. Edward Golob

Auditory Spatial Attention in Aging

Tulane Associate Professor, Dr. Edward Golob, and head of the Cognitive Neuroscience Lab in the Psychology Department, will present "Control of Auditory Spatial Attention in Aging." This will be part of the panel for the Thursday symposium, "Successful Aging—From Molecules to Mental Exercise."

Dr. Golob and his researchers study important aspects of hearing and how auditory processing is affected by attention, short-term memory, and other aspects of perception and action.

"Our studies focus on age differences in brain

networks that regulate attention. We are testing the idea that age differences in very basic aspects of attention are expressed in a variety of cognitive functions that change with age," according to his site.

This year at APA, Dr. Golob will present findings from some of his lab's studies in both younger and older healthy adults.

He examined the auditory event-related potentials as a function of voluntary attention to regions of space and compared individual differences in working memory capacity, one measure of the effectiveness of managing

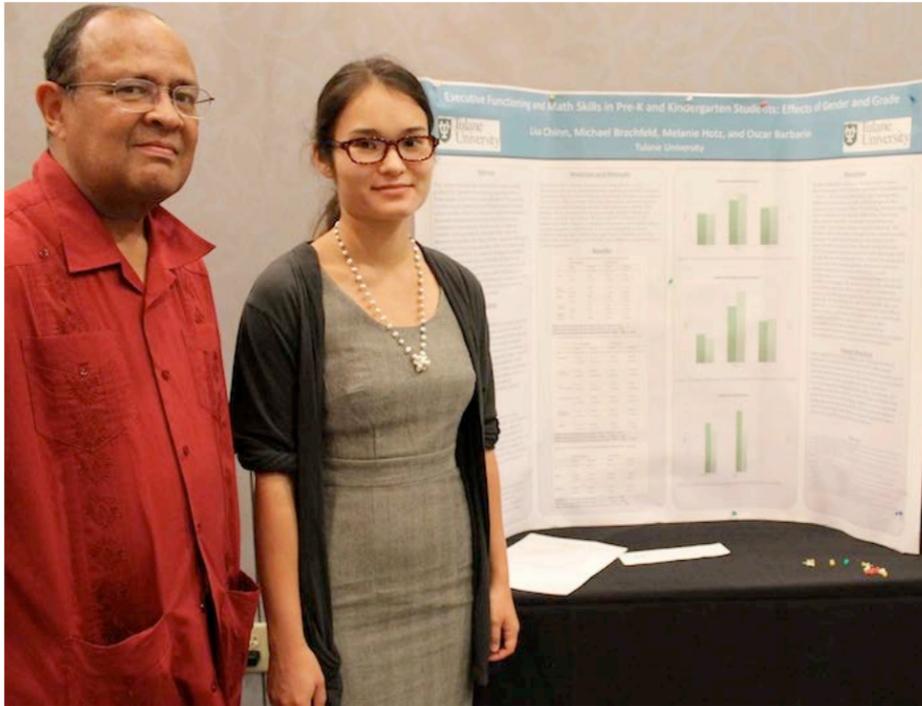
attention and short-term memory.

He notes that the results suggest that aging is accompanied by a more diffuse allocation of attention over space, which may indicate a mechanism for reduced cognitive control in normal aging. The modulation of neurophysiological age differences by working memory capacity may reflect cognitive reserve, the researchers note.

The study of working memory capacity may provide links between basic attention control and higher-level cognition which is important in daily life.

Dr. Golob is also a member of the Tulane Center for Aging, a university-wide center that aims to gather multidisciplinary resources to help the graying population.

Louisiana Psychology Experts Present their Work at APA continued



Dr. Oscar Barbarin and student Lisa Chinn with Ms. Chinn's poster at the recent Louisiana Psychological Association annual convention. Chinn and co-authors explored executive functioning and math skills in youngsters.

Dr. Oscar Barbarin

Navigating Across Borders—Culture and Ethics of International Collaborations

Dr. Oscar Barbarin will present on Friday for the symposium, "Navigating Across Borders—Culture and Ethics of International Collaborations."

Dr. Barbarin is a Professor in the Tulane Department of Psychology and holds The Lila L and Douglas J. Hertz Endowed Chair. His research examines educational interventions for achievement and social well-being, resiliency, motivation, and school quality, that shape outcomes for children. His focus is also in the effects of early childhood intervention and the etiology of achievement and underachievement in ethnic minority children.

He and his lab researchers also examine the role of community and family in health risks and health threat.

He is affiliated with the Center on Children, Families and Schools, and is a Fellow with the Cowen Institute for Public Education Initiatives at Tulane. He is also a contributor to 4researchers.org.

Jennifer Rious, Xzania White

African-American Adolescents
Dr. Michael Cunningham

Jennifer Rious and Xzania White, doctoral students in psychology at Tulane will present research co-authored with Dr. Michael Cunningham. Both will present in the "Adolescent and Adult Development" area.

Rious will present, "Prosocial Altruism as a Protective Factor in African American Youth Exposed to Community Violence." Rious and Cunningham explain that African American adolescents in urban areas are more likely than any other group to be both witnesses to and victims of violence, a condition associated with numerous negative outcomes. However, they point out that this association is "... not causal, nor is it deterministic." They point to research that shows that the majority of youth exposed to violence continue to be "ok," and some even thrive.

Past research has looked at protective factors that moderate the effects of community violence but has focused on structural or personality factors that are beyond an adolescent's control. Rious and Cunningham look at the "... potential compensatory effects of a self-initiated behavior: prosocial altruism."

In their study of 207 urban African American adolescents, the researchers found that exposure to community violence was positively related to antisocial behaviors, which was inversely related to prosocial behaviors. They found a moderating role of prosocial behaviors between exposure to community violence and antisocial behaviors. The authors explore age and gender pathways.

In another study by first author Xzania White and co-author Cunningham, "Academic Achievement, Substance Use, and the Importance of Valuing School in African American Adolescents," the researchers explore the relationship between adolescent substance use, school experiences, and a measure of "academic future expectations" in a group of African American adolescents. The researchers found that older students valued school more than younger and that they experimented with substances more. Academic future expectations approached statistical significance in relation to substance use, and the AFE construct was a significant buffer in the relationship between valuing school and substance use.

Dr. Aline Hitti

Intergroup Relations

Dr. Aline Hitti, Tulane Adjunct Faculty and Visiting Scholar, will present her research, "Outgroup and Ingroup Deviants with Exclusive and Inclusive Norms: Adolescents' Evaluations," as part of the APA paper session on "Intergroup Relations."

Hitti examined adolescents' views about those who challenge inclusive and exclusive norms. She studied sixth and tenth graders and found that both age groups positively evaluated those who challenged exclusive group norms. They evaluated both ingroup and outgroup deviants negatively when expressing exclusive orientations.

Her findings indicate that adolescents evaluate and reason about group dynamics using multiple forms of social knowledge, such as social conventions, moral concerns, and individual autonomy.

Hitti also is co-author on a paper, "Context Differences in Children's Ingroup Preference in Moral and Conventional Domains," with Drs. Kelly Mulvey and Melanie Killen, and others.

Dr. Hitti examines intergroup phenomena such as prejudice and group-based social exclusion from a developmental perspective.

Louisiana Psychology Experts Present their Work at APA continued

Richard Chambers

APA Science Student Council, "Hire Me!" Symposium
Dr. John Buckner, Dr. Tilman Sheets

Louisiana Tech graduate student in Industrial-Organizational Psychology and member of the APA Science Student Council, Richard Chambers, will co-chair the APA symposium, "Hire Me! Being Strategic When Seeking Employment in Academia."

He is also presenting research in two poster sessions. "Beyond Internet Use at Work: Measuring Technology-Related Counterproductive Behavior," which he is co-authoring with Louisiana Tech graduate Dr. John Buckner and Louisiana Tech Professor and previous Chair, I-O Professor, Dr. Tilman Sheets.



John Chambers
(Courtesy photo)

The "Hire Me!" topic emerged from the APA Science Student Council, explained Chambers. "I actually got involved in this because part of the mission of the Science Student Council is to provide programming at APA for science-oriented students. The idea came out of one of our Science Student Council meetings and we just ran with it," he said.

Chambers is one of the nine doctoral students that compose the APA Science Student Council and that represent various areas of psychology. Chambers represents I-O psychology.

"The purpose of the SCC is to advocate for the needs of science-oriented graduate students," he said. "A few examples include: promotion of psychology as a STEM discipline; advising the Board of Scientific Affairs and the APA Science Directorate on research-oriented student issues; and administering an award to recognize early research accomplishments of graduate students," explained Chambers.

One of the tasks of members is to write for the



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Psychological Science Agenda. Chambers recently published an article under the Science Agenda, to help others create better communications about their work, titled "Presenting our research effectively," in the February issue. (<http://www.apa.org/science/about/psa/2014/02/presenting.aspx>)

Chambers will also co-chair the National Research Service Award Grant-Writing workshop which will be held in the Science suite on Thursday, part of the Science suite programs.

"Are Core Self-Evaluations a Statistical Fallacy? An Empirical Content Validation Approach," is another research presentation that Chambers has co-authored with Evan Theys.

"My research tends to focus on the use of technology in the workplace," he said. "I have spent

time looking at technology related loafing behaviors in the workplace. I am very interested in employee selection and the application of technology and social networking sites. I recently co-chaired a panel at SIOP this spring on the topic of using social media for selection decisions."

In his work with SIOP (Society for Industrial-Organizational Psychology) Chambers has served on the Electronic Communications Committee and became a member of its Marketing Subcommittee. Earlier this year he was asked to lead the Engagement Subcommittee. "All of the work produced by the committee is a collaborative effort," he said. "The largest initiative that the ECC has helped lead has been the redesign and implementation of *my.SIOP*, the social networking site for SIOP members."

Dr. Guler Boyraz

Africultural Coping and Well-Being
Dr. Sharon Home, Archandria Owens,
Aisha Armstrong

Dr. Guler Boyraz, Assistant Professor at Louisiana Tech, will present "Africultural Coping, College Adjustment, and Well-Being Among African American College Students," as part of the "Multicultural, Social Justice, and Advocacy" poster session. Co-authors are Dr. Sharon Home, Archandria Owens, and Aisha Armstrong.

The researchers looked at data from 631 African American first year students 379 from a predominantly White university and 251 from a historically Black university. They tested a series of path models and found that "cognitive/emotional debriefing" coping had a significant negative indirect effect on well-being through adjustment difficulties. "Collective coping, on the other hand, had a significant positive indirect effect on well-being through social support." Spiritual coping and ritual coping were removed from the model due to insignificance and poor fit. The study highlights the importance of the collective copying strategy for African American college students, write the authors.

Victoria Felix

Trauma, PTSD, Health and Coping
Dr. Boyraz, John Wits, Danita Wynes,
Camille Baker

LaTech's Victoria Felix is first author of "Trauma Exposure, PTSD, and Physical health Symptoms Among College Students: The Role of Coping," with co-authors Dr. Boyraz, John Wits, Danita Wynes, and Camille Baker. The presentation is part of the "Mental Health and Well-Being" session on Thursday.

The researchers examined the role of approach (seeking support, religion, positive reframing, acceptance) and avoidant coping (distraction, denial, self-blame) in PTSD and physical health symptoms. The researchers analyzed data from 115 participants who reported one or more traumatic events and used multiple regression.

They found that 44.6% of the variance in PTSD symptoms was explained by coping mechanisms, with avoidant coping being a strong predictor of PTSD. In a second analysis, when controlling for PTSD symptoms, coping mechanisms did not account for variance in physical symptoms.

Brandon Waits

Coping Mechanisms, Meaning in Life
Dr. Boyraz, Victoria Felix, Camille Baker,
Danita Wynes

Brandon Waits, LaTech graduate student, is presenting "Coping Mechanisms as Moderators of Depression-Meaning in Life Relationship," in the "Mental Health and Well-Being" poster session of the convention. Waits' co-authors are Dr. Boyraz, Victoria Felix, Camille Baker, and Danita Wynes. Using measures from instruments for coping, depression, and a scale for Meaning in Life (the subjective perception that one's life has meaning), the researchers performed hierarchical regression analyses

"Our results suggested depression was negatively related to meaning in life for both those with high and low approach coping," Waits noted. "... however, the relation between depression and meaning in life was weaker for individuals who reported high levels of approach coping (avoidant coping did not significantly moderate the depression - meaning in life relation).

Waits told the *Times*, "One of our hopes is that future research will explore how to help depressed individuals increase their utilization of approach coping skills."

Louisiana Psychology Experts Present their Work at APA continued

Dr. Lore Dickey

Understanding Transsexual Clients

Louisiana Tech's Dr. Lore Dickey will co-chair the presentation, "Lifelong Training and Development for Psychologists—Meeting the Needs of Transgender Clients," with co-chair Dr. Anneliese Singh. He will present "Relationships with Transgender Individuals," and speak about how transgender individuals are both similar to and different in their relationships to those who are not transgender. Dickey will look at inaccurate assumptions about transgender individuals and how psychologists can help support resilience by addressing issues of partners to transgender people.

He will also present "Making Room at the Table: ECP Leadership on APA Guideline Development," as part of a symposium on Thursday, titled, "Leadership in APA for Sexual Minorities and Gender Non-conforming People." Dr. Dickey and Dr. Singh will discuss their

leadership activities as early career psychologists working on the development of APA Guidelines for Psychological Practice with Transgender and Gender Non-Conforming Clients.

Dickey will also present his work on "Highlighting LGBT Early Career Leaders in Division 44: Society for the Psychological Study of LGBT Issues," in a poster session for Early Career Opportunities in APA Divisions—Get Engaged, on Friday. On Thursday he will act in the discussant role in the symposium, "The Other Side of the Story—Trans Individuals Experiences of Positivity and Resilience." And on Friday Dr. Dickey will also be part of a panel on Friday on "Gender in the 2010s—Female, Male, and Transgender Issues and Perspectives."



Dr. Lore Dickey at recent convention.

Dr. ValaRay Irvin

Counseling Centers at Historically Black Colleges and Universities

Dr. ValaRay Irvin, Director of the Counseling Center at Southern University, will participate in the symposium, "Evolution and Current Practice of Counseling Centers at Historically Black College and Universities."

Her presentation is, "Barriers to Help Seeking on HBCU (Historically Black Colleges and Universities) Campuses." She will cover some of the barriers experienced by African-American students that contributed to their lack of help-seeking, the role and the responsibilities of the HBCU, and the role counseling centers (CC) can play in the students' development. Irvine will also discuss the relationship to over-all university retention efforts and the importance of developing a center rooted in 'best practices' and standards designed to work.

"The discussion will focus on four main areas," Dr. Irvin told the *Times*. "Origin and evolution of CC at HBCUs; Current operations; Stigma reduction; and Ethical issues. I am specifically addressing Stigma reduction, and a part of Ethical issues," she said.



Dr. ValaRay Irvin
(Courtesy photo)



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"The presentation is important because it details the decades of existence of CC at HBCUs (1837-1900) from their earliest development as a means to address 'social justice,' to being centers of 'advising' for students without any clinical services at all, to the full range of professionally clinical services they offer now," she said.

"My segment of the presentation addresses debunking myths/beliefs some African-Americans hold about counseling; examining the intersection of religion, spirituality, and mental health, and while it's more comfortable for some students to present with somatic symptoms vs. mental health symptoms," Irvin noted.

"Ethical issues often addressed are; the history and assumption of 'in loco parentis,' the increased likelihood that referring sources feel entitled to information, and feedback about the student; the greater likelihood that religiosity will be part of the therapy, and the active role of the therapist

to assist the client in reframing some of his/her deeply held 'learning' from society, as well as church, and the increased need to educate superiors about the law and the ethics of your profession."

"My personal experience as director of counseling for 15 years [at Southern] is that I have addressed all of the above," she said. "That is, the intersection of spirituality and religion; how to define them, and utilize both without offending the client. The most difficult challenge I've had has been finding the balance between assisting and accommodating faculty, staff, and administrators, while maintaining professionally ethical standards; including standards of accreditation, and especially maintaining students' confidentiality.

Dr. Irvin is a licensed psychologist, Director of the Counseling Center at Southern University, Staff Senate Representative, and a member of the Centennial Steering Committee.

Louisiana Psychology Experts Present their Work at APA continued

Dr. Paula Varnado-Sullivan

Stigmatization of Mental Health Labels
Kaly Solek, Ashley Rohner, Mary White, Allison Battaglia

Dr. Paula Varnado-Sullivan, Associate Professor and Graduate Coordinator at Southeastern Louisiana University, will present in the research poster session, "Issues in Clinical Practice, Training, Psychotherapy, Dissemination, and Implementation."

Varnado-Sullivan's work is titled, "Does a Diagnostic Label Impact the Stigmatization of Anorexia Nervosa?" She has worked with co-authors Kaly Solek, Ashley Rohner, Mary White, and Allison Battaglia.

The study included two comparison conditions, major depression and a normal control. Vignettes were developed describing a person with and without a diagnostic label, and over one thousand undergraduates rated the fictional person. There were no differences between major depression and anorexia nervosa.

"My research here lately has been on the stigmatization of psychological disorders and eating disorders particularly," Varnado-Sullivan told the *Times*. "One thing I had noticed was there was a lot of inconsistency in the methodology used. This study looks at whether the diagnostic label would be rated more harshly than a description of the behaviors."

While some of the results are difficult to interpret, "The gist though is that psychological disorders are stigmatized," Dr. Varnado-Sullivan said.

"It does seem that the label alone may bias attitudes and the presentation of a descriptor of the behaviors may temper attitudes. I think the main importance is that no matter how we present the information, anorexia nervosa is not admired. However, I think that the general public does not realize when thin is too thin." Dr. Varnado-Sullivan said she is hoping to study that theme next.

Christina Danko

Parent-Child Interactions

First author Christina Danko, will present "In-Home Parent-Child Interaction Therapy with Foster Parents and Children in Foster Care," in the poster session for Child and Family Policy and Practice. Co-author is Dr. Karen Budd.

Researchers looked at 27 foster families to explore benefits of Parent-Child Interaction Therapy, an evidence-based treatment for young children, in a randomized design for phases of the therapy. They found that that PCIT was effective, compared to control, and treatment satisfaction was high.

Dr. Kelly Ray

Developing a Part-Time Practice

Dr. Kelly Ray, Baton Rouge Medical Psychologist, will participate in the Saturday symposium, "Nuts and Bolts of Successful Practice." Her presentation will be on "Developing a Part-Time Practice." The symposium is part of the offerings for Psychologists in Private Practice.



Dr. Darlyne Nemeth (L) and Dr. Judy Kuriansky at a recent convention where Kuriansky spoke about her global efforts to bring mental health to the agendas of countries worldwide.

Dr. Darlyne Nemeth, Dr. Judy Kuriansky

Intervention for Environmental Trauma

Dr. Joe Tramontana, Dr. Kelly Ray, and Chelsie Songy

Dr. Darlyne Nemeth will co-chair the symposium, "Intervention for Environmental Trauma—Resiliency, Responsiveness, and Recovery Approaches," on Friday with Dr. Judy Kuriansky. Symposium presenters will be Dr. Joe Tramontana, Dr. Kelly Ray, and Chelsie Songy.

Presenters will focus on efforts of psychologists, in government agencies as well as in the private sector, to respond to disasters, including appropriate planning and implementation of intervention strategies. Programs to facilitate training in the basics of trauma intervention, including understanding coping strategies, characterological adaptations to trauma, stages of the recovery, and appropriate short-term and long-term therapeutic interventions, along with other topics, will be addressed. Dr. Tramontana will describe the State of Louisiana's disaster planning and intervention model that is now being adopted by other states, as developed by Drs. Anthony Speier and Rosanne Prats.

Dr. Anne Ciccone

Collaborative-Care Treatment Post Disaster

Drs. Erin Reuther, Howard Osofsky, and Joy Osofsky.

Dr. Anne Ciccone will present "Psychology's Role in Collaborative-Care Treatment of Anxiety in Primary Care Patients Postdisaster," as part of the sessions for Health Psychology. Co-authors are Drs. Erin Reuther, Howard Osofsky, and Joy Osofsky.

Ciccone's and her team's work is based on data collected through the Mental and Behavioral health Capacity Project that is part of the Gulf Region health Outreach Program funded through the Deepwater Horizon Medical Benefits Class Action Settlement and implemented through the Department of Psychiatry at the Louisiana State University Health Sciences Center.

"In a mental and behavioral health interprofessional collaborative approach involving psychiatry, psychology, and care management, patients are offered up to six consecutive 30-minute CBT [cognitive-behavioral-therapy] based behavioral health sessions in conjunction with medication management within the primary care setting."

Findings suggests that the integration of care is effective in reducing symptoms of anxiety, including post-traumatic stress, in primary care patients in rural areas impacted by successive disasters.

Louisiana Psychology Experts Present their Work at APA continued



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Dr. Karen Kopera-Frye

Health Predictors in Disease Self-Management
Dr. Ron Harris

Dr. Karen Kopera-Frye, the Joseph A. Biedenharn Endowed Chair in Gerontology at the University of Louisiana Monroe and interim head of the Department of Gerontology, Sociology, and Political Science will present "Tobacco and Alcohol Use as Predictors of Health Outcomes in an Intervention Program." The work is part of the session on "Adult Development and Aging," and presented with co-author Dr. Ronald Harris.

Researchers worked with the program of the Louisiana Governor's Office of Elderly Affairs and several state agencies who implemented the Chronic Disease Self-Management Program. This program is a structured intervention that emphasizes patient self-management for chronic health conditions and one that has been shown to have beneficial effects. Multiple regression indicated that the program helped in all outcomes examined. Researchers also found that tobacco use predicted poorer self-rated health, less energy, and increased healthcare use but also less communication with physicians. Alcohol use predicted decreased exercise behaviors.

Dr. Wyndolyn Ludwikowski

Ability and Vocational Outcomes
Dr. Patrick Armstrong

Dr. Wyndolyn Ludwikowski, Assistant Professor in Psychology at Xavier University in New Orleans, will present, "Impact of an Ability Measure in Predicting Vocational Outcomes." Her co-author is Dr. Patrick Armstrong.

Ludwikowski examined the extent to which an ability measure provided incremental validity beyond self-reports of interests, confidence, occupational choice and other characteristics. In a group of 843 college students the researchers found that ability did not contribute to individuals' major or occupational decision-making, and it plays an insignificant roles in whether participants reported satisfaction in their major.

Currently Dr. Ludwikowski is establishing the Vocational Exploration Laboratory in the Department of Psychology at Xavier. She and her students are working on projects

using archival data to look at how students' interests and abilities predict STEM students academic success.

"We hypothesize that students' interest and ability congruence with major choice will predict longevity within STEM majors, success in STEM majors, and retention at Xavier University," Ludwikowski told the *Times*. "Additionally, we will collect data on current students at Xavier University regarding variables that may help us better understand sex and racial/ethnic differences in STEM-related vocational interests and confidence. We will examine the impact of within group differences regarding gender identity, centrality of racial identity, and various learning experiences individuals have encountered throughout their lifetimes on vocational outcome variables."



Dr. Ludwikowski
(Courtesy photo)

Michael Chafetz, PhD, ABPP

is pleased to announce the formation of a new practice:

Algiers Neurobehavioral Resource, LLC

Still featuring evidence-based neuropsychological and psychological evaluations in clinical, disability, and forensic cases.

Announcing that Melissa Dufrene, PsyD will be joining the practice, offering evidence-based therapy services for psychological disorders. Dr. Dufrene trained at one of the two inpatient OCD treatment centers, and will offer focused specific treatments for anxiety-based disorders.

Feel free to call or visit us.

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Stress Solutions

by Susan Andrews, PhD

Is Your Treadmill Keeping You From Losing Weight?

That's right! Your treadmill could be contributing to your trouble losing weight. Of course, many factors can be blamed for failure to lose weight; however, until recently your treadmill was not one of them. Exercise was always considered essential to weight loss. That is still true but the type and length of exercise may need to be revised.

The reason your treadmill is getting bad press relates to stress and the overproduction of cortisol. New research has discovered that long jogs or exercise sessions on the treadmill can actually increase cortisol. And, increased cortisol works against weight loss. Excess cortisol stops your body from burning fat for energy. Without a good way of burning fat for energy, losing weight becomes an uphill battle.

Working long hours without taking breaks, sleeping less time than you personally need, and thinking and worrying all the time are major causes of the overproduction of cortisol. The last thing most of us want is to exercise 20 or 30 minutes on our treadmill thinking we are helping ourselves to lose weight only to find out that we have burned relatively few calories and that we have produced more cortisol.



Actually, the relationships between exercise and cortisol and weight loss are tricky. There is not one simple answer for all. Cortisol is released in response to stress. If you are not in shape and just beginning an exercise program, even walking at a 20-minutes-per-mile pace can cause you to release extra cortisol. However, as your exercise training progresses, that 20-minutes-per-mile pace may not be as stressful and thus, you will not release as much cortisol. But, if you exercise until you use up your body's glycogen stores, then you will cause an added release of cortisol to use as fuel. More is not always better. Short bursts of intense exercise may be better for weight loss without adding cortisol.

More Good News About the Benefits of Exercise

The training effect of exercise is not limited to improving your body's physical reaction to stress. People who are active and exercise on a regular basis show a significantly lower cortisol response to an emotional crisis *when compared to sedentary controls*. Dr. Rimmele and colleagues at the University of Zurich in Switzerland have published a number of recent studies on how exercise training reduces salivary cortisol and cardiac stress indicators, such as heart rate. The surprising finding of Dr. Rimmele's study – and a good *take-home message* for psychologists working with clients who are easily upset and/or who have some social anxiety – is that physical exercise also reduces salivary cortisol when a person is stressed in social or emotional situations. So don't give away that treadmill after all, just use it wisely.

In the next Stress Solutions Column, we look at how important sleep is in losing weight.

Dr. Susan Andrews, Clinical Neuropsychologist, is currently Clinical Assistant Professor, LSU Health Sciences Center, Department of Medicine and Psychiatry, engaged in a Phase III study on HBOT and Persistent PostConcussion Syndrome. In addition to private clinical practice, Dr. Andrews is an award-winning author (Stress Solutions for Pregnant Moms. 2013).

Department of Psychology, Northwestern State University, has an opening for an Assistant/Associate Professor or Full Professor

Position: Assistant/Associate Professor or Full Professor – tenure track: Earned doctorate in Psychology (Preferred Clinical Psychology) **Salary:** \$54,000 to \$57,000. Experience the culture and relaxed living in Louisiana's oldest city.

Responsibilities: Responsibilities include teaching courses at the undergraduate and graduate levels, graduate thesis research and paper-in-lieu, advising, university and department service, and research/publication endeavors.

Start Date: January 6, 2014 or until filled

Application: Send vita, transcripts, and 3 letters of recommendation: Northwestern State University Department of Psychology Dr. Susan Thorson-Barnett, Chairperson ATTN: Search Committee 311 Bienvenu Hall Natchitoches, LA 71497. Review of application will begin immediately and will continue until position is filled. Northwestern State.

People

LSU Psych Alums Gather Continued

The group was treated to a chance to chat with retired Comparative Psychology Professor Dr. Bill Seay and retired Developmental Professor, Dr. Robert Coon, at the Saturday event.

The new Chair of the LSU Psychology Department, Dr. Jason Hicks, spoke to the group about current events and Dr. Mathews' accomplishments.

Hicks told the group that psychology was doing well with 900 undergraduates and about 100 active doctoral students, and said that 15 to 20 new graduate students arrive each year.

The 21 active, full-time faculty members include seven in Clinical and seven in Cognitive-Development, with four faculty members for school and three for biological, Hicks said. The department had dealt with some difficult times, he explained, but even so has produced 200 peer-reviewed articles for 2013 with research interests ranging from substance use disorders, to autism, schizophrenia, cognitive aging, educational policy, and evidence-based outcomes.

Hicks praised Mathews for his service to the department and particularly for Mathews' building of the doctoral program in cognitive psychology which began in 1986 and which has now gained national visibility, he said.

Hicks also reminded listeners that Mathews was named LSU Distinguished Research Master, one of the highest honors of the university, as well as LSU Rainmaker. Mathews also served for over 10 years on the LSU Institutional Review Board.

One of Mathews' students, Dr. Bill Sallas, spoke to the gathering about his relationship with Mathews and his appreciation for his guidance and mentoring through the years.

A special surprise at the Friday TGIF was an appearance by Ms. Elaine Moore, who served as the executive assistant for the psychology department through the 70s and 80s and who many students considered of primary practical and emotional support for them during their graduate school challenges. Ms. Moore has since obtained a law degree.

Professor Emily Elliott, current Director of Graduate Studies for the psychology department, greeted the guests at the Saturday luncheon, and provided updates on the department's status and academic programs.

Some of those attending the reunion were Courtland Chaney, Roberta Chinn, Mark Paris, Cynthia Gracianette Fuerst, Richard Maples, Ed Chandler, D'Lane Miller, Frank Adair, Darlyne Nemeth, James Russell, Michael Carey, Gary Rosenthal, Catherine Seiler, Lewis Roussel, Eleanor Callon, Sally Davis Cuyler, Robert Cuyler, Kim VanGeffen, Sydney Parker, Brian

Bienn, Christine Angellos, Randy Lemoine, Julie Nelson, Patricia Aptaker, Keith Wismar, Barbara Hardin, Linda Floyd, Jodie Guth, Same Marullo, Karen Speier, and Tony Speier, Bill Sallas, and Benjamin Hill.

Dr. Chaney, said, "The original idea for the reunion began when alumni Sam Marullo and Richard Maples were sharing a glass of wine in Italy and discussed how much fun it would be to get together with their entering psychology graduate school class of August 1975." The two recruited Chaney to help and the reunion plans evolved. "All agree," said Chaney, "it was an unquestionable success."

"Many alumni gathered in smaller groups later on Saturday and Sunday to catch-up and make plans to stay in touch now that we have reconnected," he said. "It was a delightful time with many asking when we could do it again."

Chaney said that alumni are invited to visit the psychology department web site to learn more about the reunion events, view the postings and photos, and to submit biographies to the department.



Dr. Robert (Bob) Mathews listening to address by new Chair of the LSU Psychology Department, Dr. Jason Hicks. Mathews recently retired and was honored by faculty and alums at a reunion of doctoral program psychology students from the 70s and 80s.



Retired professor Dr. Bob Coon (L) talks with LSU alum Dr. Courtland Chaney about theoretical issues of mnemonic techniques, an independent study on narcotic addiction, and Professor Coon's pastime with model electric trains. Coon was on Chaney's thesis committee. The reconnecting happened at the recent LSU reunion that Chaney helped organize with Rich Maples and LSU psychology faculty member Dr. Emily Elliot.

Up-Coming Events

World Council for Psychotherapy to be Held August 25 to 29 in Durban South Africa

The World Council for Psychotherapy will meet in Durban South Africa, August 25 to 29. Baton Rouge clinicians Dr. Darlyne Nemeth, Co-Secretary of the Council, Dr. Kelly Ray, VP for North America, and Ms. Chelsie Songy, have contributed to the conference. Dr. Nemeth will present an invited address as well as a symposium.

Louisiana Counseling Association To Hold Annual Conference September 21 to 23 in New Orleans

The La Counseling Assn will hold its annual conference at the InterContinental Hotel, 444 ST Charles Ave., in New Orleans, in September. Pre-conference workshops will begin on September 20 and the convention will proceed on the 21 through 23. For more information go to <http://www.lacounseling.org/lca/Conference.asp>.

Louisiana Psychological Association to Host Dr. Carol Goodheart for Fall Conference

The Louisiana Psychological Association will host Dr. Carol Goodheart for their Fall Conference, September 26, at the New Orleans Marriott in Metairie. Goodheart, will speak on ICD Diagnosis and DSM Changes: The New Horizon." Dr. Goodheart is a former APA president.

Positions

Tulane Counseling and Psychological Services in New Orleans, part of Student Affairs, is reviewing applications for psychologists. Duties are direct clinical services, including individual and group therapy, and psychological testing. For information go to Tulane and search for "psychologist" at <http://tulane.edu/jobs/>. The posting will be open to August 10.

The Psychology Times

The *Psychology Times* is provided as a **community service**

for those in the practice, teaching, and science of psychology and the behavioral sciences in Louisiana, and related individuals and groups.

The *Times* offers information, entertainment, and networking for those in this Louisiana community.

The *Psychology Times* is **not affiliated** with any professional group other than the **Louisiana Press Association.**

None of the content in the *Times* is intended as advice for anyone.

Louisiana Coalition for Violence Prevention

Do You Know Enough to Prevent the Next Sandy Hook?

If the potentially violent individual can be identified early, by those directly involved, steps can be taken to reduce the likelihood that a violent act will occur. Research completed over the past two decades has provided clear evidence of identifiable risk factors and helpful protective factors useful in reducing potential danger.

The Louisiana Coalition for Violence Prevention, a multidisciplinary coalition of professionals who have embraced a mission to eliminate violence in our state, is partnering with Professional Training Resources and scientists from Louisiana Tech to provide an empirically-based continuing education workshop for mental health professionals to build skills for violence prevention.

Dr. John Simoneaux of Professional Training Resources and director of the Coalition's Institute will present a daylong CEU/CPD training event on Risk Assessment throughout the state this fall. Dates are:

Sept 26	West Monroe	Oct 31	Shreveport
Oct 3	Baton Rouge	Nov 21	Lafayette
Oct 24	Kenner		

For information go to:

<http://professionaltrainingresourcesinc.com/upcoming-events/obsessions>

For more about the Coalition go to <http://louisianacoalitionforviolenceprevention.com>

Or, speak with any of our steering committee members: Yael Banai, PhD, LPC, NCSP, McKay Bonner, PhD, Bryan Gros, PhD, Bobette Laurendine, MSW, LCSW, E. Francoise Parr, SSP, NCSP, Cindy L. Nardini, MS, LPC, John C. Simoneaux, PhD, or Carmen D. Weisner, LCSW, ACSW.

Community sponsor: *The Psychology Times*.

Learn What Every Mental Health Professional Needs to Know about Violence Prevention.

Be Part of the Solution.