



Psychologists and colleagues work to prepare for the 10th Anniversary Wellness Workshops for those who remain strongly affected by Katrina. Above are (from bottom left, clockwise) Drs. Joseph Tramontana, Fernando Pastrana, Lauren Robinson, Gail Gillespie, Ms. Kerritt Saintal, Drs. Kim VanGeffen, Darlyne Nemeth, Gig Costello, and Lucinda DeGrange. Workshops, to be held August 22 and 29 in New Orleans, are provided free to the community.

Lafayette Grieves, Pulls Together after Tragic Shooting

On July 23, a man with a history of mental illness opened fire on movie-goers at the Grand 16 Theatre in Lafayette. Fifty-nine year old John Houser wounded 11 people and killed two beloved members of the community, Jillian Johnson, 33, of Lafayette, and Mayci Breaux, 21, of Franklin.

“Of course, no one expects something tragic like this to occur in their hometown whether it be a large, urban city or smaller rural town,” said Dr. Glenn Ally, Lafayette medical psychologist at Acadian Area Human Services District and the Cancer Center of Acadiana. “To say that this is shocking to the community is really a gross understatement, ...”

“It is truly a tragedy in all aspects of the word,” he said. “As a human being and as a citizen of this community one cannot help but feel an overwhelming sense of vulnerability when one considers, ‘There but for the grace of God go I.’ This theatre is one frequented by many in the

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Katrina at Ten: Activities Planned for August

Ten years ago on a Monday morning the highest storm surge ever recorded swept away the lives of 1,833 people, 1,577 of them in Louisiana. Upon the human losses was piled \$150 billion in property damage, the burden falling primarily on individuals and communities.

Those in health and psychological sciences have given their efforts and voices to the recovery, and continue to do so. The 10th anniversary of Hurricane Katrina brings with it activities to remember, grieve, heal and celebrate.

Two of the many activities planned for this month will come from the psychology community. One is a set of presentations by Dr. Katie Cherry, Executive Director of the Louisiana State University (LSU) Life Course and Aging Center, who closely studied the effects of the 2005 hurricanes on coastal residents. Cherry will draw on her upcoming

book, *Traumatic Stress and Long-Term Recovery: Coping with Disasters and Other Negative Life Events*, which will be released in September. Published by Springer, the text includes chapters on post-Katrina resilience and recovery.

Another offering will be two experiential workshops, staffed and developed by psychologists, the Katrina 10th Anniversary Wellness Workshops. Led by organizer Dr. Darlyne Nemeth, these free workshops are

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Hoffman Report Rocks Am Psychological Assn

A Chicago attorney, Daniel Hoffman, has rocked the foundations of the American Psychological Association (APA) after he concluded that communications of a 2005 APA members' task force amounted to “collusion” with military psychologists and therefore with the Department of Defense. The 2005 Presidential Task Force on Psychologists Ethics and National Security, known as PENS, was established by APA to create guidelines for psychologists involved in national security interrogations.

Hoffman's report was commissioned by APA in November 2014, when then president Dr. Nadine Kaslow felt that it was needed to answer ongoing accusations that APA was involved in supporting unethical behavior by military psychologists. The complaints

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LPA, LSBEP Wrestle Over Names on “List”

As the delay for two positions on the Louisiana State Board of Examiners of Psychology (LSBEP) continues to stretch out, emails from Boards & Commissions point to a continuing effort by the LSBEP to influence which names are sent to the Governor for appointment. Some view LSBEP's efforts as usurping the legal rights of Louisiana Psychological Association (LPA), who is pushing back.

The *Times* requested information from Boards & Commissions, and from other sources, to try and piece together some of what is currently happening in the battle over the board. The LSBEP does not allow press interviews and so no direct responses were available from the board.

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University of Louisiana Monroe
Super Student
Mary Medlin

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Can Stress Be Positive?

See what our expert Dr. Andrews has to say

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Dr. Burstein's *Shrink at the Flicks*

Ant-Man and the psychodynamic point of view of super-heroes

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Editorial Page – Opinions

Will APA Throw the Baby Out with the Water Torture? *by J. Nelson*

The Hoffman report comes out after a decade long conflict between those with different goals and to some degree, different worldviews. The human rights psychologists promote the noble ideal of “first do no harm,” which, it appears, the military psychologists fear will prohibit them from any involvement in interrogations. The human rights people have been frustrated mightily and dismissed by APA. Gasoline was poured on the fire when it eventually came out that two psychologists were involved in waterboarding terrorists, proving that the human rights people had a point—that this type of power is very dangerous.

Into this conundrum enters Hoffman with his 556-page report. There is no quantification of data, there are no frequency tables or even any collapsing of themes. There are no standardized measures, but of course without themes, what is there to measure? We are told that the “process” amounts to reviewing 50,000 documents and interviewing 148 people, which of course is not a process or method, but a list of things. As to the report itself, we find that observations are mixed with opinions, opinions mixed with conclusions, and unproven hunches about inner motivations and personality characteristics, mixed with all the rest.

Haven't we psychologists been trained to guard against intuitions, even in qualitative research, that sneak ad hoc into our explanations? We know that a couple of solid categories and a 2 X 2 table can help us avoid what our minds naturally do—which is to truncate, delete, and distort, which make our final judgments no better than dart-throwing chimpanzees.

By now you may have guessed that I feel uncomfortable with this report. How are we as psychologists to deal with this? I've seen the comments that say, “Yes the report is flawed, but it is still valid in ways.” Well, doesn't our training say that reliability limits validity?

I believe I can explain something, and at the same time avoid being criticized as trying to kill the messenger. Hoffman was right about the *general* phenomenon. APA officials had lost grip on their duty to stay 100 percent clear of subgroup conflicts. A huge mistake and probably obvious to any outsider who stopped to look. Hanlon's razor—Never attribute to malice that which is adequately explained by incompetence. (Tom Hannie keeps wisely pointing this out to me.)

For those who are untrained in group dynamics, like Hoffman, the slide from being neutral, or at least trying to be neutral, into the projective field, where our groupish brains take hold and reality shifts, might look like conscious intent and “collusion.” But it isn't. Even in Hoffman's report he points out the emotional conflict, referring to “incredible intensity of the anger” on “both sides of this debate.” He tells us straight out that this is a high-intensity conflict. From these emotions it is nothing at all to slip back and forth from the rescuer to the victim to the persecutor roles in social exchanges.

I would imagine that officials in APA started out and even continued to see their efforts as “facilitating” some compromise. Not as Hoffman sees it, “manipulating.” But there might not look like much difference at all in overt behavior, the difference is only in intent.

What astonishes me also is that APA hired an *attorney* to “investigate” its organizational problems, which is substituting an adversarial approach for what might be better viewed as a family group issue. And, an attorney who has run for the U.S. Senate. Duh?!

But I've seen it now so often, that I am wondering if psychologists have some sort of genetic makeup that causes them not to be able to resolve intragroup conflicts. That is certainly the case here in our community. I've witnessed a very strong tendency to avoid conflict. I've seen *years* of people in this community knowing there are serious intragroup problems and *never* asking for help. I've seen them ask for administrators, lobbyists, attorneys, even parliamentarians, but I've never seem them ask for psychological help. Go figure.

So Hoffman sees malice apparently with “secrets” and “collusion,” cloak and dagger images. He views it as manipulating rather than failed facilitating. He suspects intentional misleading, rather than poor leadership. He sees APA as seeking the favors of DoD, rather than serving the members who work for DoD.

Outcomes include removing those who were involved in the mistakes, a necessary management change for the depth of this kind of error, whether malice or incompetence. APA had the power and so had the responsibility. The outcomes in the sound bite media, ugh.

The outcomes for the two factions, well that is less clear. It's possible that there is not enough room in APA for two, conflicting worldviews. Most psychologists are in health care, even military psychologists, and most psychologists are progressives politically, with 94 percent being Democratic.

The myths have legs now. The cognitively complex reasoning is harder than the simple sound bite that is more dramatic. Backfire effects are in play. Anyone who objects looks defensive, or worse, in favor of torture, which is a sticky word. The word sticks to your hand no matter how hard you try to shake it off.

But I hope APA does not throw out the military psychologists who want to apply scientific psychology for a non-healthcare purpose—national security. I hope we can keep them involved because I believe we need them. I hope we can keep all the human rights psychologists involved also. We need good psychologists everywhere, with our unique training and with our ideals, to help solve our human problems, and to keep the waters pure.

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Corrections & Clarifications

Ms. Kelly Parker, speaking only as an individual, contacted the *Times* and registered a complaint about the July story “SB113: What Was Behind Door #1” and the suggestion in the section “Whose Side is the Board On?” that the board was not neutral and could be viewed as lobbying. The publisher agreed to make it clearer that the article referred to the board also, by including “and the board” and also to reword the sentence “... could be viewed” to “some view...” which, the publisher agreed, is more accurate. However, Parker still expressed displeasure and declined to communicate further when asked about other corrections.

Please send corrections to the *Times* at
psychologytimes@drjulienelson.com

Lafayette Grieves, Pulls Together after Tragic Shooting

Continued

community on any given day. Ordinary citizens from every walk of life taking a break from their routine for a couple of hours of entertainment..."

Dr. John Simoneaux, clinical and forensic psychologist from the Alexandria area, and steering member of the Louisiana Coalition for Violence Prevention said, "When considering this incident from a mental health perspective, several issues came to mind. First, as has been the case in other shootings around the country similar to this, there was a significant mental health component involved in the alleged shooter's background."

"This alleged perpetrator had been involved with the mental health system for some time," Simoneaux said, "and at one point in time had had an involuntary psychiatric hospitalization. This perpetrator was not some misguided teenager. He was a 59 year old adult and college educated. He had a law degree though I believe never practiced law. He had engaged in violent behavior before as well. Even after his psychiatric hospitalization, reports of his subsequent behavior are strongly suspicious for continued psychiatric difficulties."

The Coalition has looked at some of the issues in the mental health system. Cindy Nardini, Licensed Professional Counselor, also of the Alexandria area, and also steering member, said, "While it seems like the occurrence of these acts of violence are more frequent, they continue to shock and puzzle us. As mental health providers we have the humbling opportunity to help bring about positive change."

She noted that there are many ways to be involved in helping stop violence. "Because of this opportunity, it is of vital importance that we keep abreast of the latest research," she said. "One of the components of the Louisiana Coalition for Violence Prevention is to provide training for mental health providers. In doing so, positive change is more likely," she said.

Dr. McKay Bonner, Industrial-Organizational psychologist from Monroe, also in the Coalition, wondered if people could be better trained to deal with the new level of violence that seems to be part of the culture. She said, "It likely would not prevent tragedies like this but fewer people might be injured or die if they had been taught some options of what to do," she said. "The basics are

what we know in psychology - get ready to run-flight, hide-freeze, or fight-which may be as simple as throwing your drink, your purse, or whatever you can get your hands on. Also the new motto of 'See Something, Say Something' is good."

"In a free society, we will not prevent all of these. But, there are things we can do to keep ourselves safer," she said. "I think most people need more training on personal safety - in their workplaces, shopping, at church. Having a plan *and* training can make a difference."

The mental health response after the tragedy was swift in the close-knit south Louisiana community.

"The Acadiana Area Human Services District, our community mental health center," said Dr. Alilly, has made counseling services available to those who were involved in this tragic situation. In the immediate aftermath there have been vigils and other gatherings to support the victims and those who may have been impacted by this senseless act," he said.

Dr. Hung-Chu Lin, Associate Professor of Psychology at the University of Louisiana at Lafayette, told the Times, "The Lafayette Consolidated Government has opened a Family Information Center to provide information and emotional support to the community," she explained. "The Counseling and Testing Center at the University of Louisiana at Lafayette also has been offering services to help students, faculty, and staff members affected by the event, move through the grief and trauma."

The Louisiana Psychological Association established a service network. "Upon hearing about the tragedy in Lafayette," said the association's President, Dr. Lacey Seymour, "the members of the Executive Council immediately began discussions regarding what we could do as an association to help the members of the community during this difficult time." The group identified practitioners who were willing and able to provide counseling services to those affected by the tragedy.

"Since the shooting," Dr. Lin said, "there have been numerous vigils and prayer services held every day. People continue to visit the apparel store Parish Ink and the boutique Red Arrow Workshop in downtown Lafayette to commemorate and remember one of the victims, Jillian Johnson, and show support to

her family. Many previously scheduled cultural events had been transformed into vigils in the wake of the shooting," Lin said.

Dr. Alilly said, "Patients in my own practice spent much of their visits discussing this brutal killing and the loss of two very beautiful and vibrant women in our community. Allowing time for these patients to ventilate their utter shock, frustration, anger, and sense of vulnerability was important."

Dr. Lin said, "As a developmental psychologist, I am concerned about how this event will affect the school aged children here, as the Grand 16 Theatre was a fun place to many children. Children are not in school right now, so, mental health resources at school won't reach children right in the immediate aftermath of the shooting. Children rely on how parents talk to them about this tragic event and how the media conveys the messages. So far, the media has been handling the event in a very careful and professional way; there have not been publicized graphic images or terrifying messages on the media."

"The community as a whole has been showing loving care to those grieving as well as unyielding bravery and resolution

to stand strong and persevere," Dr. Lin said. "Children are watching; they learn from adults. They know they can go to someone when they need to talk about their feelings, and they also know that they can become others' support. Lafayette is doing a great job educating our children as they go through this difficult time."

"As was seen in the aftermath of the Boston Marathon bombing," Dr. Alilly noted, "so too in Lafayette, signs of 'Lafayette Strong' can be seen throughout the city. As with many other American cities, Lafayette is a wonderful city comprised of a very resilient people and surrounded by a very loving, caring and proud Acadian people. We will mourn our loss. We will celebrate the lives lost. We will survive and more, we will thrive."

Dr. Lin said, "Lafayette stands strong even though the tragic shooting shook us to the core. This is the Cajun land, the heart of Acadiana, a very loving community; families and friends come closely together to wrestle with grief. Everyone feels each other's pain and reaches out to anyone who is in need. No one allows such a barbaric atrocity to take away our *Joie de Vie*."

WANTED CLINICAL ASSOCIATE

Senior clinical psychologist needs assistant with experience in psychological testing/report writing and interviewing/counseling for up to 20 hours per week.

Master's level preferred (psychology major ideal, but not required). Receive mentoring and supervision, potential for practice building and expansion of hours.

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State & National News

LPA, LSBEP Wrestle Over List continued

On March 24, Boards & Commissions Director, Mr. Barker Dirmann appeared inclined to support the top vote getter in an election that closed in January 2015. Dirmann told the Louisiana Psychological Association representative, Ms. Cindy Bishop, current executive director, "... I can work on getting Dr. Stubblefield approved for appointment," saying that the official appointment could not occur until the end of June.

Stubblefield had garnered the top votes in the January 2015 election, including three mail-ins, with 176 votes. Dr. Koren Boggs was second with 132. These two names were sent to the governor in February by LPA.

However, on June 1 the psychology board held a special meeting and said they now viewed the statute to mean "all" names and that LPA must include the third place candidate, Dr. Jesse Lambert. Lambert has reported being a member of the Louisiana Academy of Medical Psychologists (LAMP).

The statute reads: "All appointments shall be from a list provided by the Louisiana Psychological Association [LPA]. The list shall report the results of an election..."

LPA has for the last several years has decided that the top vote getters will compose the list as a democratic issue.

At the June meeting, Dr. Rita Culross said that the meeting had been called, "To discuss the results of the 2014 election that LPA reported to the Governor's Office. It has been noted," she said, "that LPA did not report the results of the full election to the Governor's Office, but only reported the vote tallies for the top two candidates," she said. She did not specify who noted this.

The underlying issue, a change in a years long procedure of LPA, was not fully described in the agenda for the emergency meeting. Nor were those attending the meeting allowed to participate. Culross told them there would be no discussion prior to the vote. Both actions violate open meetings laws.

Controversy over control of the psychology board has existed for several years. LAMP members, who are licensed as medical psychologists under the state medical board may also hold a license as a psychologist under the state psychology board. Medical psychologists

(MPs) have maintained a 60 percent majority presence on the psychology board due to what many consider political influence. MPs comprise only about 5 percent of all licensed psychologists.

The two positions in play now represent the first time non-MPs might take over a majority vote.

Despite apparent inappropriate procedures, Bishop agreed to resubmit the results of the January elections to include all three names.

On June 2, then executive director Kelly Parker, emailed Bishop, copying the chair Dr. Rita Culross. "In follow up to my email yesterday in which I provided election results, please copy the Board on updated correspondence to the Governor's Office. If we do not receive same within 7 business days, we will notify the Governor's Office regarding the issue."

Bishop emailed Parker back, writing, "With all due respect, it's the statutory authority/responsibility of the Louisiana Psychological Association to report the election results, not the responsibility of the LSBEP." She noted that she had sent copies of her correspondence.

"I'm a little befuddled as to why the reporting of the election results has become an issue," Bishop wrote. "When I reported the election results back in January 2015, I provided the LSBEP with a copy of my correspondence to Governor Jindal and Barker Dirmann. That was six months ago."

The issues heated up as controversy over SB 113 grew during the recent legislative session. With SB113, the LSBEP also had planned to remove language that gives the authority of LPA to generate the list of names for appointment. That goal was blocked, however, when Senator Gallot refused to move the rest of the LSBEP's changes forward if "both sides" could agree. LPA did not agree and so the change was dropped.

Adding to this, medical psychologist the Senate failed to confirm medical psychologist Dr. Joe Comaty in June. Sources have reported this was political, the result of objections to his appointment by various factions. (See story July issue).

Dr. Comaty not being confirmed leaves another opening on the LSBEP and also removes one of the LAMP members, possibly endangering the medical psychologist majority that has existed for several years.



Psychology board members Dr. Phil Griffin and Dr. Darla Burnett at the November 2014 long range-planning meeting. The board discussed new restrictions on speech but also indicated they would remove the language in the licensing law giving the Louisiana Psychological Association the right to compose the final list of names for the governor. New efforts by the board appear to be aimed at influencing the list of names that reaches the Governor.

On June 25 the LSBEP published an Emergency Rule. The rule included wording that appears to direct both the Governor and LPA's actions. The rule notes, "The Governor shall fill, within 30 calendar days, for the remainder of the term, any vacancy occurring in board membership for an unexpired term from a list of qualified candidates provided in the most recent election."

Along with this the board also published their policies for elections. They included their direction that the all results be sent to the governor, turning the list into a clerical task. This would in essence nullify the authority of LPA to create a methodology for choosing the nominees.

The LSBEP also wrote, "If the Louisiana Psychological Association fails to report the all of the (*sic*) information, in one way or another, the Board will also notify the Governor's Office with the accurate results of the board election."

The LPA executive director, Bishop, emailed the LPA Council, and copied Barker Dirmann and the LPA Governmental relations consultant, Kevin Hayes, saying "This is contrary to the state law..." She suggested that the group might need to seek an opinion from the Attorney General.

The next day LPA President, Dr. Lacey Seymour, emailed Parker and offered to speak by phone, attaching a formal letter. Seymour noted concerns with the Emergency Rule. In her letter, Seymour wrote, "We would like to respectfully request that the list of candidates submitted to the Governor's office be derived from the 2014-2015 election conducted

by the Louisiana Psychological Association."

The 2014 election which was conducted by LPA involved the hotly contested election between supporters of Tulane's Dr. Conni Patterson and supporters of Dr. Joe Comaty. It was also the election which required three ballot cycles and where the board involved itself in Patterson's qualifications. The board elevated their views of Patterson's suitability to the state Ethics board, a complaint of conflict of interest raised by Comaty. The Ethics board dismissed it. However, despite strong support for Patterson, Comaty was appointed on what emails found was the influence of LAMP. (See story in October 2014 issue.)

Seymour continued in her letter to Parker, "We would also like to request that a Task Force be formed in order to facilitate open discussion and communication between the Louisiana Psychological Association and the Louisiana State Board of Examiners of Psychologists regarding the adoption of policies for future elections as we strongly feel as if it is in the best interest of psychologists across the state to have input regarding how these elections are conducted."

According to Seymour, Parker said the board voted against the request for a task force.

On June 30, Dr. John Fanning, then past-president of LPA, wrote to Mr. Dirmann, copying Parker.

Fanning noted that because the Senate did not confirm Dr. Comaty, the "LPA Executive Council has voted to resubmit the results of the election to the

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State & National News

LSBEP, LPA Wrestle Over List, continued

Governor's Office. In this (as in the subsequent election for another board seat), we strongly recommend that the results of the election be honored, and that the candidate receiving the most votes be appointed."

This move placed Dr. Patterson (with 116 votes) and Dr. Robin Chapman (with 20 votes) on a list for appointment to fill the Comaty vacancy. Fanning requested that the "results of the election be honored" by appointing the person with the most votes.

A few minutes later Parker emailed Dirmann and Fanning. She wrote, "These results are not from the current election as required in the Emergency Rule posted June 25, 2015. Barker, I will resend you the appropriate list as a courtesy. I want to make sure you have the right information."

On July 7, Parker wrote Dirmann, copying Dr. Greg Gormanous, with the subject line "LSBEP emergency appointment."

She said, "Mr. Dirmann, The following individuals are the proper individuals to be considered for the emergency appointment/vacancy pursuant to the Emergency Rule effective June 25th:"

"Koren Boggs; Jesse Lambert; or Beverly Stubblefield." No votes or ranking were included.

Parker wrote to Dirmann, "The names sent from Dr. Fanning are not relevant to this emergency appointment and not in accordance with the emergency rule. As a board, we have the right to promulgate rules for our vacant seats. This vacancy needs to be filled as soon as possible due to previously scheduled disciplinary matters (3 to be exact). We cannot proceed with 4 members—we currently have 3. You may speak to our Board Counsel or Board Prosecutor to confirm same, if necessary," she said.

However, it can be viewed that Parker sent a list of names for nomination, violating LPA rights. Additionally, Rules must be consistent with the statutes, and if not, can be considered invalid.

Parker continued to Dirmann, "I will call to follow up to this email and it is imperative that I speak with you."

Later that afternoon, Dr. Greg Gormanous, the new Executive Director, wrote Dirmann. "I wanted to emphasize the importance of Ms. Parker's

point. As we work through these Board appointment and vacancy issues, I hope we can meet soon at a time of mutual convenience.

"Please note that the current Board Members of the Louisiana State Board of Examiners of Psychologists reasoned that psychologists nominees from the earlier election (those Dr. Fanning is advocating for) chose not to run in the latest election even though they were eligible to do so," he wrote.

"The rationale of the LSBEP was that more recent nominees were likely more interested in serving to protect the public."

"As I transition to my new position of Executive Director of the LSBEP, I pledge to do my best so these emergency appointments by Governor Jindal are controversy-free," he said.

That evening, at 7:10 pm, Dirmann wrote offering to meet on Thursday. At 7:11 pm Parker emailed Dirmann, "Thursday morning is best – does that work?" Dirmann agreed and said to check in at the front desk of the Capitol. Parker replied, "Perfect."

No other emails were released by Boards and Commissions through July 14, the date of the *Times*'

documents request. And sources at LPA indicate that there is nothing else they know to be happening regarding the appointments.

The *Times* asked Dr. Stubblefield if she had heard from the Governor's office and she said she had not.

The *Times* also asked Dr. Conni Patterson if she was still willing to serve, and she indicated that she was. She also indicated that no one from the board had contacted her to ask any questions.

"I have heard nothing from the Board so I am not sure how anyone would know if I am willing to serve or not," she said.

"After the punishing experience I had in running for the Board, I am surprised anyone would expect me to run in the subsequent election! However, I do remain willing to serve," she told the *Times*.

In 2010 a vacancy was left when Dr. John Simoneaux was not confirmed, also considered to be political. For that vacancy, the next person on the list after Simoneaux, Dr. Lee Matthews, was then appointed.

Louisiana law states that Rules must be consistent with statutes. Also, government officials may not involve themselves in elections. And also, boards may not make any decisions in private. Only certain, specific topics are allowed for in executive sessions. Otherwise, any decisions made in private are in violation of Open Meetings laws.

Psychology Board Publishes Emergency Rule on Appointments

The Board of Examiners of Psychologists published a new Rule in the July 20 issue of the Louisiana Register, under the Emergency Rules section.

According to the rationale, the new Rule is needed for filling unexpected board member vacancies in order for the board to officially function and carry out the duties of the Louisiana state Board of Examiners of Psychologists to safeguard life, health, property and the public welfare of this state. This Emergency Rule was effective June 25, 2015. It can remain in effect for 120 days.

The rule has to do with section 1201, "Vacancies," of the psychology licensing law.

The Rule, Notes: "A. The board will notify the Governor's Office of any vacancy occurring in board membership.

"B. The governor shall fill, within 30 calendar days, for the remainder of the term, any vacancy occurring in board membership for an unexpired term from a list of qualified candidates provided in the most recent election."

Some in the community note that aspects of the Rule are inconsistent with current laws.

The Rule when into effect on June 25, and notes that the Governor is to comply in 30 days. However, no notice of an appointment has been made.



Psychologists counting votes in the 2014 election. Three voting cycles were needed because of complaints and problems in the highly political contest.

Hoffman Report Rocks American Psychological Association

continued

have been outlined in several publications, including the recent *Pay Any Price*, by *New York Times* journalist, James Risen.

Kaslow asked Hoffman to investigate several questions regarding the allegations by authors and human rights proponents.

Hoffman found that the task force was unfairly weighted with military psychologists, some of whom also held important positions in the Department of Defense (DoD). He wrote that APA staff and officials were "intimately involved" in "behind-the-scenes coordination with the DoD."

Hoffman also concluded that the motivation for this was a "desire to curry favor with the government." He wrote that because of this relationship with the military psychologists, APA officials essentially acted "to support the implementation by DoD of the interrogation techniques that DoD wanted to implement..."

Hoffman was also asked by APA president Dr. Nadine Kaslow to investigate several other questions.

Regarding the allegation by some authors that APA supported torture, Hoffman wrote, "We did not find evidence to support the conclusion that APA officials actually knew about the existence of an interrogation program using 'enhanced interrogation techniques.'" But, then he concluded that APA acted "with knowledge that there likely had been abusive interrogation techniques used and that there remained a substantial risk, ..." and so therefore exhibited "indifference," to major ethical issues.

Hoffman found that there was inappropriate handling of ethics complaints and foot-

dragging by APA when it came to complaints from human rights proponents about the possible unethical actions of APA member military psychologists involved in national security interrogations.

Hoffman wrote that he found no financial conflict of interests, but he noted a conflict of interest, apparently ideological, because a military psychologist on the task force was the spouse of an APA official.

He found no evidence for collusion with the CIA for the outcomes of the PENS task force, despite interactions between CIA in the prior time period. He said, "... it appears that the actual actions that APA took during this period that may have assisted the CIA in its interrogation program were limited to putting on a small number of conferences with the CIA for academics and key national security psychologists, ..."

The concern about the CIA is one voiced by human rights proponents and authors, especially after it came to light that two psychologists, formerly in the Air Force, Drs. James Mitchell and Bruce Jessen, helped the CIA design interrogations. The technique called water-boarding was used on three top Al Qaeda leaders in 2002 and 2003, and Mitchell has acknowledged his direct participation.

Hoffman said, "But we did not find evidence that current APA officials [...] were aware in any significant way of the CIA's interrogation program, which was classified, or had any meaningful knowledge of what Mitchell, Jessen, or

other CIA personnel involved in interrogations were doing."

And, "We did not find evidence to support the conclusion that APA officials actually knew about the existence of an interrogation program using 'enhanced interrogation techniques'."

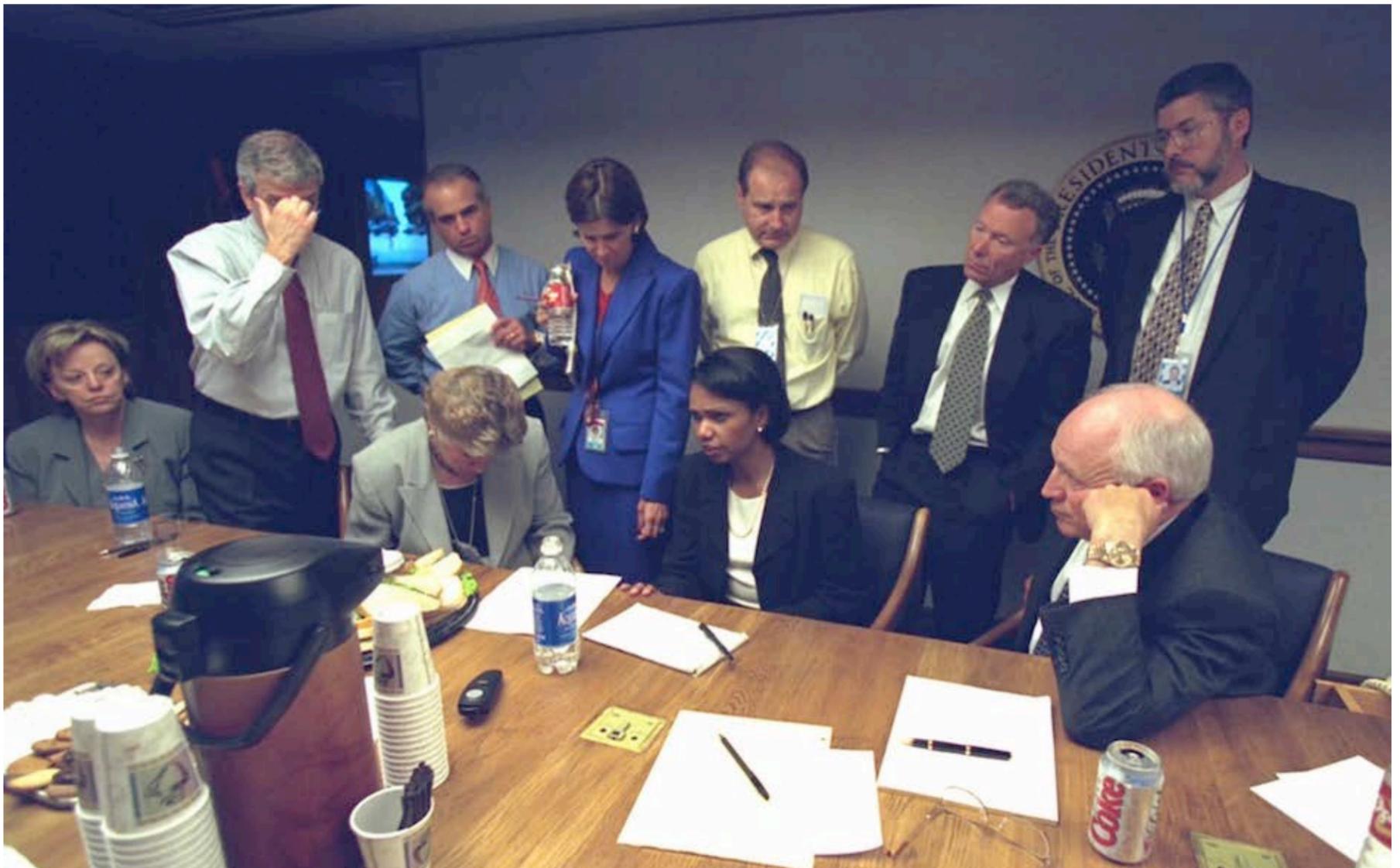
Kaslow also asked Hoffman to review criticisms about APA's changes to its Ethics Code in 2002, which appeared to some to accommodate military psychologists for following commands rather than ethics. Hoffman found no evidence that APA changed its Ethics code in 2002 to accommodate the military psychologists.

The primary finding of Hoffman centered around the PENS task force. In 2005 the PENS report gave 12 policy statements. The first was, "Psychologists do not engage in, direct, support, facilitate or offer training in torture or other cruel, inhuman, or degrading treatment."

They also concluded that, "Psychologists may serve in various national security-related roles, such as a consultant to an interrogation, in a manner that is consistent with the Ethics Code, ..." But, the authors gave only broad guidance about ethical problems, such as, "and when doing so psychologists are mindful of factors unique to these roles and contexts that require special ethical consideration."

Hoffman said "... APA officials, principally the APA Ethics Director joined and supported at times by other APA officials, colluded with important DoD officials to have APA issue loose, high-level ethical guidelines that did not

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Members of Bush administration in the President's Emergency Operations Center during the 9/11 attack. Hoffman covers some issues from the time after 9/11 when President Bush rejected the Geneva Convention in regard to terrorists. These never before seen photos were released in July by the National Archives in response to a Freedom of Information Act (FOIA) request from a PBS documentarian who is reporting on reactions to 9/11, according to the *Boston Globe*.

State & National News

Hoffman Report continued

constrain DoD in any greater fashion than existing DoD interrogation guidelines.”

“The framework—interrogation practices must be ‘safe, legal, ethical and effective’” was put forth by task force members as “safeguard that would somehow ensure the humane treatment of detainees.” But, Hoffman wrote, “In reality, however, it was a malleable, high-level formula that easily allowed for subjective judgments to be made, ...”. He pointed out that the language would permit stress positions and sleep deprivation in some circumstances.

More than 100 policy statements, letters, memos on the APA webpage for “Timeline of APA Policies & Actions Related to Detainee Welfare and Professional Ethics in the Context of Interrogation and National Security,” characterize the intensity of the issue over the last decade. For example, in 2007 APA passes resolution to prohibit specific techniques used in interrogations, in 2009, they passed a policy that prohibited psychologists from working in detention settings that were “unlawful,” that is, that violated the U.S. Constitution or International laws, and in 2011 the Ethics Committee was seeking comments for guidance in the role of national security related activities.

Hoffman noted his view that the task force and other APA efforts were suspect. Regarding PENS, he said, “These were misleading public statements and this was a disingenuous media strategy. A document that was intentionally very limited, non-specific, and evasive on the key issue in order to, principally, please DoD, now came to be described principally as a strong anti-torture and pro-human-rights document.”

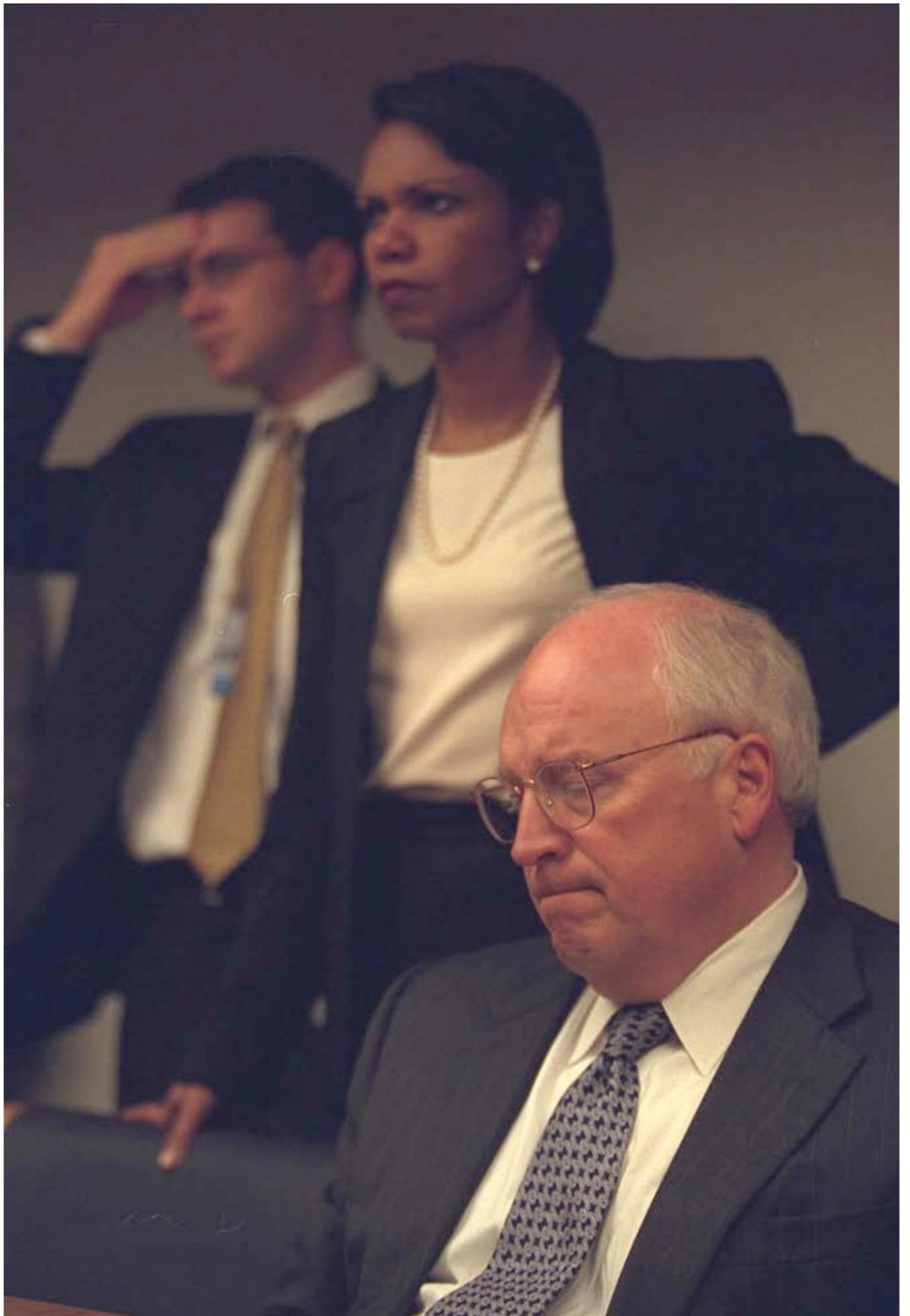
But Hoffman pointed to what he considered misleading public statements. “At times,” he wrote, “APA’s statements stressed a pro-human-rights message: the task force report and APA policy were issued to provide ‘strict ethical boundaries’ that carefully protected human rights and ensured that psychologists were not involved in harsh and abusive techniques. At the same time, the misleading public statements stressed that APA could not be expected to be more detailed than it had been: they said APA needed to respect that the issue was complicated, that they did not have all the facts or context necessary to make ethical judgments, that the issue needed more time to develop, and that the task force report was just an initial step. At other times, APA said that they were just following the will of a diverse group of task force members who had adopted the report in either a unanimous or consensus fashion.”

Hoffman concluded, “We found that none of these explanations accurately reflected APA’s true reasons for proceeding as it did.”

He criticized the APA ethics policy process and the Ethics Director’s “remarkably expansive role.” And Hoffman raised the point that “an ethics approach that had a robust focus” was not present.

“Finally, we found that the handling of ethics complaints against prominent national security psychologists was handled in an improper fashion, in an attempt to protect these psychologists from censure.”

The report is a 566-page pdf document available from APA. Also available from APA



Bush Administration members during 9/11. Photo is from the National Archives collection just released.

are six “binders” of information, totaling 7,332 pages of documents.

In the concluding page of the 52 page executive summary, Hoffman points to the high emotions he observed, writing, “As members of a different profession who have observed in this investigation the incredible intensity of the anger, personal attacks, and highly aggressive statements that have emanated from both sides of this debate, as well as the amount of energy that has been spent on this important issue for a decade, ...”

On July 14, APA announced the retirements and resignation of three senior leaders. CEO, Dr. Norman Anderson, took early retirement, Deputy Chief Executive Officer, Dr. Michael Honaker also retired. Rhea Farberman, APA executive director for public and member communications resigned. Several reports note that Dr. Stephen Behnke, Ethics Director, and mentioned thousands of times in the report, has also resigned. However, the APA announcement does not appear to include Behnke.

Background

Interrogations are conducted by the military but regulated by the Geneva Convention. While psychological techniques may be used to attempt to persuade prisoners of war (POWs) to disclose information, these are limited to 17 techniques involving verbal persuasion.

The Army Field Manual allows interrogation which includes developing rapport, questioning, silence (staring), change of scene, pretending that the interrogator knows things he/she does not, building pride or reducing it, suggesting reasons for fear, using a loud voice. But, the manual notes, “Great care must be taken when doing this so any actions would not violate the prohibition on coercion and threats contained in the GPW [Geneva Convention Relative to the Treatment of Prisoners of War], Article 17.”

However in February 2002, President Bush threw out the Geneva guidelines. He said that Taliban and al Qaeda detainees were not legally entitled to POW status under Geneva. He based his decision on a series of legal justifications referred to now as the “Torture Memos.”

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Hoffman Report

continued

One of these, put forth by Justice Department John Yoo, said that Al Qaeda operatives do not fall under the Geneva Convention, which protects POWs to only having to provide name, rank and serial number. Because Al Qaeda terrorists are not "legal combatants," Yoo said because they do not wear uniforms of the armed forces, they hide among civilians, target civilians, and do not obey other laws of war, then they forfeit POW status under Geneva, said Yoo.

Later, attorney Jack Goldsmith who took over in October 2003, said the legal justification was "seriously flawed." He would later write in his book, *The Terror Presidency*, "... never in the history of the United States had lawyers had such extraordinary influence over war policies as they did after 9/11."

From 2002 through 2003, interrogations took place including that of "high-value" from Al Qaeda or other "unlawful combatants."

These "enhanced interrogation techniques" included physical and psychological stresses such as loud music, yelling, forced standing or kneeling, face and body slapping, sleep deprivation, shaming or berating, and others. The most aggressive, considered by many to be a form of torture called water-boarding, was approved and used to interrogate the three top al Qaeda detainees.

Two military psychologists, who had trained U.S. military personnel to withstand aggressive techniques if captured, worked as civilian contractors for the CIA to design the interrogations, including water-boarding.

By January 15, 2003, amid complaints and reports of abuse, Rumsfeld rescinded his authorization of the more aggressive techniques. He ordered a study of the legality of the techniques. According to a 2006 report by the DoD Inspector General, the study group evaluated 39 techniques for compliance with U.S. and international law. He approved the 17 techniques found in the Army Field Manual, including efforts such as "playing on the love a detainee has for an individual or group," or "moderately increasing the fear level in a detainee."

Rumsfeld approved seven more techniques which were limited to the "unlawful combatants held at Guantanamo Bay." These seven were: change of scenery (better or worse accommodations); dietary manipulation (no nutritional deprivation); environmental manipulation (adjusting room temperature or inducing unpleasant smells); sleep adjustment (reversing sleep cycles, "This technique is NOT sleep deprivation," noted Rumsfeld.); convincing the detainee that another country is interrogating him; and isolation, which contained warnings.

Attitudes in the country are divided along political lines regarding interrogation, what constitutes torture, and the legal rights of terrorists.

In a 2014 CBS poll, 83 percent of Democrats considered water-boarding to be torture. Sixty-seven percent of Independents agreed that water-boarding is torture. However, only half, 51 percent, of Republications said it was torture.

The CBS poll also asked if suspected terrorists being detained by the U.S. should



Administration members during 9/11. The Hoffman report deals with problems in the American Psychological Association following 9/11, military psychologists and "enhanced interrogations."

have the same legal rights as other individuals who are suspected of a crime?

Only 41 percent of Democrats felt that terrorists do not have the same right, while a majority of Republicans, 79 percent, said that they did not have the same legal rights.

Fifty-six percent of the total, (and 56 percent of Independents), said suspected terrorists did not have the same rights.

Research has indicated that psychologists, as a group, are 94 percent liberal. Research suggests that while the enlisted ranks of the military appear more mixed, upper levels in the in the military are predominately conservative.

The APA Council of Representatives is meeting in Washington, and members from around the country will be addressing the issues, sources say.

In 2010 five human rights organizations, including Psychologists for Social Responsibility, in part led by Dr. Trudy Bond, filed suit against the Louisiana State Board of Examiners of Psychologists for not taking action in a complaint against Col. Larry James, a psychologist licensed in Louisiana. The board had investigated the complaint and took no action and gave no opinion. Bond and colleagues filed a petition for the court to order the board to investigate the complaint. The First Circuit Court of Appeal dismissed the case because the "law sets forth no provision requiring LSBEP to act."

In his 2008 book *Fixing Hell: Army Psychologist Confronts Abu Ghraib*, James described his efforts to improve conditions regarding interrogations. However, some human rights proponents viewed that the account contained instances of unethical behaviors by James.

10 December 2002

- 0000: Interrogation team entered the booth and played the national anthem. Detainee was made to stand and put his hand over his heart. Lead explained rules to detainee. Ran pride and ego down approach. Played loud music to keep detainee awake.
- 0230: Detainee taken to bathroom and walked. Corpsman checked vitals – O.K.
- 0300: Detainee offered food and water – eats crackers, peanut butter, and drinks water with koolaid.
- 0330: Detainee asked about relationships with women and what his mother would think of him. Detainee said the Saudi government knew he was innocent. Interrogators replied that the Saudi government knows he is guilty and that is why he is here.
- 0400: Lead established control over detainee by instructing him not to speak and enforcing by playing loud music and yelling. Detainee tried to regain control several times by starting to talk about his cover story. Detainee was not listened to.
- 0530: Detainee was taken to bathroom and walked for 20 minutes.
- 0600: Futility approach was run. Rules have change theme was run. It can get a lot worse theme was run. Detainee attempted to talk but was silenced by interrogator through yelling and loud music. Detainee cursed interrogator and pleaded his innocence. Circumstantial evidence theme was run. Interrogator turned on the music and left the booth for the last 20 minutes of the shift, detainee screamed for the interrogator to come back as he departed the booth.
- 0700: Detainee was put to bed.
- 1030: Detainee woke up on his own and requested to go to the bathroom. He was taken to the bathroom and walked for 10 minutes.

Sample from the interrogation log of "detainee 063" who was questioned for 50 days by teams of interrogators. The log, available on the net, gives a detailed account of "enhanced interrogation techniques," including sleep deprivation, berating, yelling, and other techniques not approved under the Geneva Convention.

Katrina at Ten: Activities Planned for August in N.O., Baton Rouge

cont'd

offered for those who are still experiencing the emotions about the deadly storm. Nemeth notes that in 2006 these workshops significantly reduced participants negative emotions surrounding the trauma and helped develop coping mechanisms.

Dr. Cherry and Katie Stanko at "Katrina & Rita: A Decade of Research & Response"

The LSU Office of Research & Economic Development (ORED) will present a four-day event from August 25 to 28, "Katrina & Rita: A Decade of Research & Response." A collection of free events and activities will outline the research by LSU faculty, staff and students on the impacts from both Katrina and Rita. ORED points out that "Following the blow to the state by Katrina, Hurricane Rita hit southwest Louisiana and tracked up the side of the state, creating the one-two punch to the resources throughout the state." LSU researchers have generated more than 175 published papers, presentations and other materials about Katrina, Rita and post-hurricane recovery, noted the ORED.

(<http://sites01.lsu.edu/wp/ored/katrina-10/>)

Louisiana State University psychology professor, Dr. Katie Cherry, executive director of the LSU Life Course and Aging Center, has been one of the scholars studying the effects of storms on the well-being of the state's residents.

Dr. Cherry will join Drs. Tim Slack and Brian Thiede from the Department of Sociology, to present "Social Vulnerability & Psychological Outcomes After Disaster."

Katie Stanko, graduate student in the LSU Department of Psychology, will present along with Dr. Cherry, and Dr. Loren Marks, from the LSU School of Social Work, a work, *Looking for the Silver Lining: Benefit Finding after Hurricanes Katrina and Rita in Middle-Aged, Older, and Oldest-Old Adults*

Dr. Cherry will draw also on her 2009 book, *Lifespan Perspectives on Natural Disasters: Coping with Katrina, Rita and other Storms.* Dr. Marks is the Kathryn Norwood and Claude Fussell Alumni Professor and Program Director at the LSU School of Social Work.

Cherry will also be presenting at the "[225] Science Café," which was launched by ORED in 2013 and held at Chelsea's Cafe in Baton Rouge. Cherry will present "Survivors from the Coastal

Parishes," on August 25 from 5 to 7 pm. Cherry will present her research into the effects of the aftermath of Hurricane Katrina on more than 190 current and former coastal residents. Cherry and her team "interviewed over 190 current and former coastal residents in the aftermath of Hurricane Katrina. She will share her research on the impacts of this life-changing event."

Katrina 10th Anniversary Wellness Workshops

"Work it through. Keep the memories, but lose the fears," say the psychologists organizing the Katrina 10th Anniversary Wellness Workshops. "If you are re-experiencing Emotional suffering, Join us..."

The organizers of the Katrina Anniversary Wellness Workshops point to the importance of expressing the emotions. "As anniversary reactions typically occur on or around the date of an environmental trauma and involve emotionally charged responses that cause people to re-experience the event. As strong anniversary reactions are anticipated," say the presenters, "The Louisiana Psychological Association (LPA) is preparing

10th anniversary Wellness Workshops. We intend to hold two free workshops on Saturday August 22nd and Saturday August 29th, as a community service, for those in New Orleans who were and remain strongly affected by Hurricane Katrina."

Volunteers include members of the workshop development committee: Drs. Gail Gillespie, Beverly Stubblefield, Fernando Pastrana, Kim VanGeffen, Carolyn Weyand, Janet Matthews, Lee Matthews, Lucinda DeGrange, and Joseph Tramontana.

Primary coordinator is Kerritt Sainal, B.S., Loyola graduate, and a native New Orleanian.

Kathleen Randall is serving as a community liaison volunteer. Dr. Darlyne Nemeth is serving as the Lead Workshop Author and Facilitator. Dr. Judy Kuriansky, who co-facilitated the 2006 workshop, and Dr. Tommy Davis, who recorded the relaxation exercise for the 2006 workshop, are assisting.

Nemeth told the *Times* that she is pleased by the sponsorship of the American Psychological Association (APA). Current APA President, Dr. Susan McDaniel speaking on behalf of the Board of Directors, contributed as a sponsor to the workshops, and wrote, "We all feel this work is so important, and thank the LPA for doing it."

In the summer of 2006, the first Katrina Anniversary Wellness Workshops were held in Baton Rouge to address the one-year anniversary reactions that people, who were living in the FEMA trailers, were experiencing secondary to the devastation caused by Hurricane Katrina. Mayor Melvin "Kip" Holden, the Catholic Community Services, Louisiana Spirit, the Louisiana Group Psychotherapy Association and the Louisiana Psychological Association were among many who endorsed the workshops.

To sign up call Dr. Fernando Pastrana @ (504) 366-1377 for more details. If a group or community organization wants to co-sponsor please contact Dr. Darlyne Nemeth at dgnemeth@gmail.com.



The St. Roch Market after Katrina. The hurricane caused \$150 billion in property damage. See the "After" photo on page 13. Both photos by Dr. Susan Andrews.

Science & Education

Student Corner

ULM Super Student Mary Medlin

Born in Oklahoma, Mary Medlin has lived in Monroe most of her young life. Currently she is a graduate student in the masters program at the University of Louisiana Monroe (ULM), having earned her summa cum laude undergraduate in 2013. She finishes up her masters this fall and hopes to continue toward a PhD in perhaps a university in North Carolina, Oklahoma, New York, or maybe Texas, she told the *Times*.

Sounds almost reasonable so far. But there is much more on this super student's to do list.

Mary is an award-winning researcher who is building up an impressive list of studies, she loves statistics, tutoring, has served as President of the ULM Psi Chi chapter, is a graduate teaching assistant, and she happens to be the trainer for Capri, the university's mascot Warhawk.

Mary recently grabbed the second-place graduate poster award at the Louisiana Psychological Association (LPA) convention, with co-author ULM Professor, Dr. Kilian Garvey. The work was on "Individualizing and Binding Morality: Are They Mutually Exclusive?"

Mary's awards are stacking up. Last year she took home both first and second places at LPA for "Cerebral Lateralization, Handedness, Intelligence, and Cognitive Thinking Styles," and "Handedness and Tolerance of Ambiguity," working with Dr. Garvey and colleagues Nick Cannady and Rachel Knight. And for the "Sinistrality of Rationality," she earned first graduate poster at LPA in 2014.

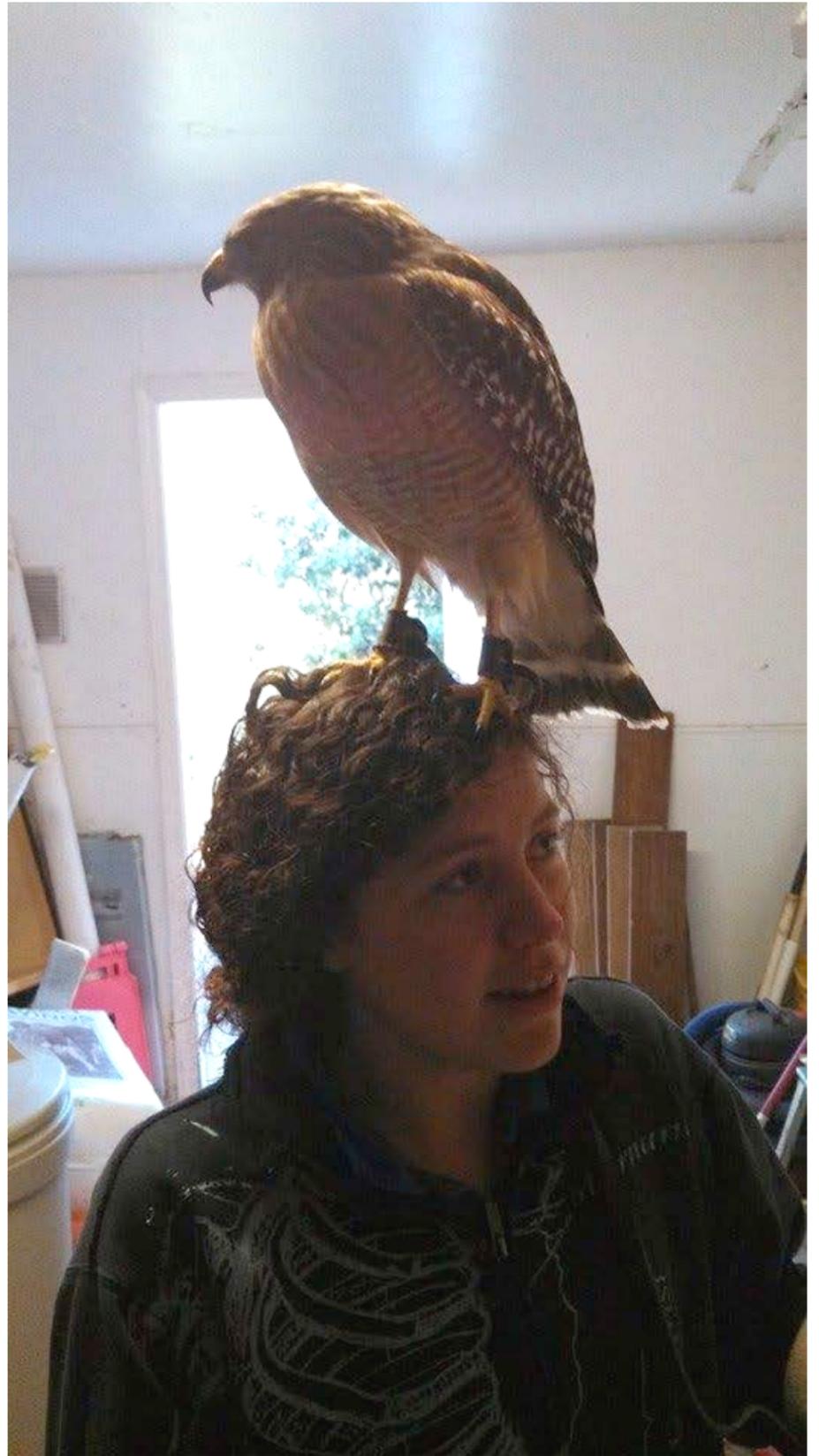
She has earned a first place oral presentation for her work, "The moral foundations of animal abuse: A state-by-state analysis," and first place poster presentation, "Religiosity as a Predictor of Altruistic Belief and Action," at the ULM science conference.

Along with her thesis professor Dr. Garvey, who "... was very insistent in getting me further involved in research once I started graduate school," Mary said, she has also worked with other ULM faculty and manages to keep learning new things.

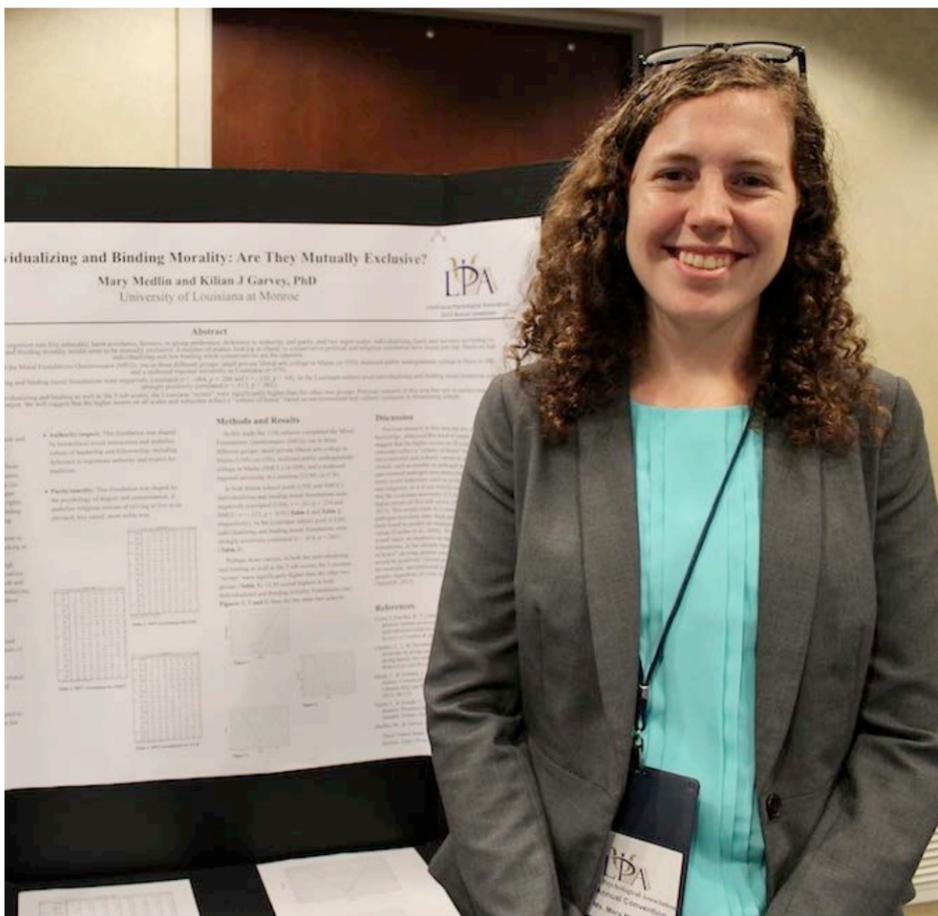
She has worked with Dr. Jack Palmer on an altruistic belief study, looking at how religiosity correlates with altruism types.

Mary notes her work with Dr. Bill McCown, current assistant dean at ULM, has been very positive and supportive. Explaining the directions she gained from Dr. Joe McGahan, Mary said, "he taught me how to analyze statistical relationships and theories. He likes trying to teach students to look at things in different ways."

She and Garvey examined the "The Laterality of Disgust," a paper presented at the Arkansas Symposium at the University of Central Arkansas. They discovered that right-handers scored significantly higher on a measure of disgust, which they hypothesized was related to differences in interhemispheric interaction patterns.



University of Louisiana Monroe psychology graduate student Mary Medlin with "Capri." She has used behavioral methods to train the warhawk who is the mascot for the university. *(courtesy photo)*



ULM graduate student Mary Medlin with her research poster at the recent convention of the Louisiana Psychological Association. Her professor, Dr. Kilian Garvey, is co-author of the work.

And in "The Laterality of Belief," Mary and Garvey examine the effect of handedness on belief in creationism or evolution.

Mary is involved in some very creative research. Currently she is looking into the Pathogen Prevalence Theory of Human Values. In "Regional Variations in Pornhub Search Terms," presented at Southwest Psychological Association Conference, Medlin and Garvey analyzed the counterintuitive finding that homosexual porn was searched for more in the Southern US Bible Belt, and found that "pathogen prevalence" was the highest correlation and the only variable that predicted pornography viewership in a multiple regression.

These themes relate to Dr. Garvey's laboratory, the Social Cognition and Decision Making at ULM.

In another study presented at the Southwest Psychological Association, Medlin and Garvey looked at the relationship between political and social conservatism and answers to the question "are you gay" and found that pathogen prevalence was the greatest predictor of a "No Answer" response.

Mary has also worked with ULM Professor, Dr. Cecil Hutto. She and Hutto "share a love of behaviorism," she said, "especially as it, and comparative methods, apply to animal research." This comes in handy because Mary works at the Louisiana Purchase Gardens and Zoo.

Mary started working at the zoo in 2012 and is still there. "I have worked in all the animal departments and am now the 'swing keeper,' though I am primarily the carnivore keeper," she explained. Most of her work is with the ULM Warhawk, Capri, that she has trained.

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Science & Education

Student Corner

**ULM Super Student –
Mary Medlin, continued**

“Since I began work as a zoo keeper at the Louisiana Purchase Gardens and Zoo, I have had the opportunity to do behavioral research with a lot of animals,” Mary explained. “Some examples include trick-work and sensation studies with a black crested macaque and training the mascot of my college, the ULM Warhawk.”

She was the trainer also for one of her favorite monkeys, a macaque named Ernie. She trained him from outside his cage because he was extremely hostile and these monkeys have one and a half-inch canines.

Mary has been a member of Psi Chi since 2012. She has served as both President and Vice President, and is still acting Vice President. “As president I led our chapter in several projects,” she said, “including an experiment on the malleable nature of eye-witness testimony.” The Psi Chi group is also involved in suicide prevention and awareness.

Dr. Rick Stevens, ULM Associate Professor, is the faculty advisor for Psi Chi. Mary considers Dr. Stevens primarily responsible for getting her involved in official tutoring.

“Pretty much since I started attending ULM I have been tutoring someone in something,” she said. “My tutoring knows no limits, as I have been the only psych tutor on campus, though I mainly tutor in statistics—the second love of my life—and research methods. I actually wrote a small *textbooklet* as a resource for our Psyc 4000, the Psych lab, class.”

Mary has been a graduate assistant for Dr. Stevens and Dr. Janelle McDaniel, both from whom she has learned a great deal. Mary has taught introductory psychology and child psychology. And she has also worked with Dr. David Williamson. “He instilled in me my now crazy love of statistics.”

“A project I have taken on with one of my professors is creating a new Registered Student Organization for Psych majors,” she said. It serves as a resource for psychology students to learn about advances in the field and prepare for graduate school, she explained.

She is planning on a PhD and considering a number of directions. How does she accomplish so much? “I also just enjoy working,” she said. “I’ve always had a job since I was 17, and have juggled school and work and for six years now. I have loved all the jobs I’ve had ...”

“There’s a running gag throughout the department that I live in my office on campus,” she said. “In summation, an insane work ethic, inspiring professors, lenient bosses, and the belief that sleep is overrated. I’m absurdly passionate about what I do. Go big or go home.”



Presenters from the University of Louisiana Monroe at the recent psychology conference in Baton Rouge. (L to R) ULM graduate student Amber Flick; conference presenter Dr. Bill McCown, ULM Associate Dean; Mary Medlin, ULM graduate student; Rachel Knight, ULM graduate student; and Knight’s friend, Nicholas Helmstetter.

**Louisiana Tech Industrial–Organizational
Psychologists Help Ruston Increase Tourism**

In a July 17 press release from Travis Napper, President and CEO of the Ruston Lincoln Convention and Visitors Bureau, announced that the Bureau would be working together with the City of Ruston to create a strategic plan for increasing tourism to the area.

The Bureau will be working with the Applied Research for Organizational Solutions (AROS) the consulting group within Louisiana Tech University’s Industrial-Organizational-Psychology doctoral program.

AROS faculty includes Dr. Mitzi Desselles, Dr. Tilman Sheets, Dr. Frank Igou and Dr. Steven Toaddy. Senior graduate students with AROS include Ann-Marie Rabalais, James De Leon, Christopher Huynh, and Brittani Plaisance. Also among the graduate students at AROS are Christopher Patton, Evan Theys, Bharati Belwalker, Richard Chambers, Lindsey Anderson, William Scanu, and Brandon Dennis.

The group applies the principles of industrial-organizational psychology to produce custom,

cost-effective solutions for organizations.

The Ruston Bureau also selected Baton Rouge-based Tourism Builders to lead the tourism review and planning effort. “Growing and improving Ruston and its economy begins with independently conducted research, including the input and cooperation of all the city’s stakeholders,” added Ruston Mayor Ronny Walker. “Ruston’s future depends on the actions of our businesses and the university, and we need a reliable roadmap to navigate our way.”

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Researchers Present Their Work at APA

Researchers and presenters head to Toronto, Ontario, for the 2015 Annual Convention of the American Psychological Association, to be held August 6 to 9.

Participants for the state will engage in symposiums, poster sessions, discussion sessions and community hours.

For the Symposium: "Sex Differences in Marijuana's Effects in Human and Animal Studies— Equal Opportunity for Abuse?" Peter Winsauer, PhD, Patricia E. Molina, PhD, MD, Peter F. Weed, MPH, and Angela M. Amedee, PhD, from Louisiana State University Health Sciences Center—New Orleans, will participate. Along with colleagues they will review "Sex- and Age-Dependent Interactions of Chronic Delta-9-Tetrahydrocannabinol With Ovarian Hormones."

Lore Dickey, PhD, from Louisiana Tech University will participate in the symposium, "Policy in Action—The Development and Impact of Policy Relating to Transgender and Gender Nonconforming Individuals." He will also participate in a Discussion, "Gender Inclusivity—A Dialogue About Transgendered and Gender Nonconforming Experiences." Dr. Dickey will be a discussant in the Symposium: "Intersectionality and Transgender Identities—Implications for Research and Practice."

Clinicians from Louisiana will present a Symposium: "Preparedness and Resilience in the Face of Environmental Uncertainty and Trauma," Chaired by Darlyne Nemeth, PhD, MP. Participants are Joseph Tramontana, PhD, with "Psychological Treatment of Survivors of Man-Made Disasters." Also Judy Kuriansky, a frequent presenter in Louisiana, from New York will address "National and International Interventions and Policies: Psychology's Influence at the United Nations."

Dr. Stacy Overstreet from Tulane will chair the Symposium "Translating Research on Trauma Into Evidence-Based Practices—Creating Trauma-Informed Schools." Participants include Courtney Baker, PhD, Tulane University. Baker and Overstreet will address the topic of, "The Psychometrics of the Trauma-Informed Care Belief Measure for Educators and Service Providers"

In the Symposium: "At the Intersections of Privilege, Power, and Identities— Teaching About Diversity," Michael Cunningham, PhD, of Tulane University, will address Teaching About Diverse Populations at the Graduate and Undergraduate Levels.

For the Conversation Hour on "Community Engagement Through Research—Opportunities and Challenges," Jorge Verlenden, MS, MEd, Bonnie Nastasi, PhD, Laura Cornell, MEd, Heather Henderson, MS, Meredith Summerville, MS, and Emiliya Adelson, BS, from Tulane University, will discuss, "Using Participatory Action Research to Promote Evidence-Based Practice and Change in Schools."

Poster sessions and research include a variety of topics. In Vocational and Career Development, Wyndolyn M.A. Ludwikowski, PhD, Thuy-Linh Nguyen, and Alex Williams, from Xavier University of Louisiana will present, "Predicting Student Success and Retention at an HBCU via Interest-Major Congruence and Achievement."

Karen Kopera-Frye, PhD, University of Louisiana at Monroe will present, "Dimensions of Successful Aging Among Rural Community-Dwelling Middle-Aged and Older Adults."

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Stress Solutions

by Susan Andrews, PhD

Stress As Positive

Recent research suggests that stress has some positive benefits. This should not be a surprise if you realize that a big part of being human is having a nervous system that allows us to use and manage our stress. After all, would we even be able to exist without a "flight or fight" reaction? Dr. Kelly McGonigal, a Stanford University psychologist who translates academic research into practical strategies for health, is looking at the "upside of stress." Her example, however, of how stress benefits daredevils like aerialist Nik Wallenda and Evel Knievel, may go a bit too far in the opposite direction.

In his career, Evel attempted more than 75 ramp-to-ramp motorcycle jumps between 1965 and 1980. He suffered more than 433 bone fractures his career. Knievel died of pulmonary disease in Clearwater, Florida, aged 69. I am not sure that adrenalin junkies are good examples of perceiving stress positively. On the other hand, we are all familiar with the inverted U relationship between anxiety and performance where too little and too much anxiety interferes with performance but some anxiety (or in this case – stress) can be helpful.

McGonigal's approach is to promote the idea that the harmful consequences of stress may simply be a consequence of *our perception* that it is bad for our health. McGonigal reviewed several studies that suggested stress may actually be correlated with longevity – if a person does not view it as a negative. Researchers at the U. of Wisconsin in Madison asked 29,000 people to rate their level of stress over the past year and to rate how much (a little, moderate amount, or a lot) they believed this stress influenced their health. Public death records were reviewed for the next 8 years to see how many of the subjects died. People who reported high levels of stress and who believed stress had a lot of impact on their health had a 43% increased risk of death. Those who reported high levels of stress but who felt it had little impact on their health were amongst the least likely to die as compared to other participants in the study.

Another study looked at the perception that stress affects health and its relation to mortality. 33.7% of nearly 186 million Americans believe that stress affects their health a lot. Those people who reported a lot of stress and a belief in the high impact of stress on their health had a 43% increased risk of premature death according to Keller et al (Health Psychol. 2012 Sept;31(5):677-84).

Next month, we will look at other studies that suggest it is better to view stress as "mostly harmless" like the entry for *Earth* in the [Hitchhiker's Guide](#).



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).

Science & Education

Researchers at APA, continued

Along with colleagues, Guler Boyraz, PhD, from Louisiana Tech University will review information from, “Trauma and PTSD Predicts Depression Among First-Year College Students: Moderated by Race, Gender, and First Generation Status.”

In the session on Social-Emotional-Behavioral Assessment and Intervention, Kathryn A. Simon, MEd, Elizabeth M. McIntyre, BA, and Stacy Overstreet, PhD, of Tulane University will present, “Is Knowledge Enough? The Link Between Social Emotional Learning and Emotional and Behavioral Risk.”

And, Corey L. Black, BS, and Courtney Baker, PhD, also of Tulane University will present, “Tiered Prevention and Intervention Programs for Preschoolers: Systematic Literature Review.”

In the poster Session on Workforce Issues—Training, Consultation, and Wellness, Camille R. Hardin, Courtney Baker, PhD, and Corey L. Black, BS, of Tulane will present, “The Effects of Support and Perceived Malice on Beliefs About Punitive Behavior Management Strategies.”

In Mental Health and Social-Emotional-Behavioral Outcomes, Ashley Galsky, BS, Michael Brachfeld, MS, and Jeffrey Brown, MS, of Tulane University will review their work in, “The Experience of Complex Trauma in New Orleans Youth.”

Christoph Leonhard, PhD, Chicago School of Professional Psychology—New Orleans, will present in the session on Cutting-Edge Research, on “Parents’ Motivational Readiness to Change: Impact of Autism Parent Training,” along with colleagues from around the country.

Daniel Mochon, PhD, from Tulane University, served as the Program Chair for the Society for Consumer Psychology for this year’s convention.



Katrina after tens years. An “After” view of the the St. Roch Market. Katrina caused \$150 billion in property damage. See the “Before” photo on page 9. Both photos by Dr. Susan Andrews.

Reminiscence and Katrina Drs. Janet and Lee Matthews Speak at Southern Society for Philosophy and Psychology

Dr. Janet Matthews and Dr. Lee Matthews organized and participated in a symposium on “Reminiscence” at the Southern Society for Philosophy and Psychology. The Symposium was part of the group’s Annual Convention held in New Orleans this April. Founded in 1904, the Society’s purpose is to promote philosophy and psychology by enhancing the exchange of ideas among philosophers and psychologists.

At the group’s spring convention, Dr. Lee Matthews presented on the history, research and theories of reminiscence and how with the

backing of a non-profit foundation, funding from grants, community support, donations and a private hospice facility, an outpatient Grief Resource Center was founded in 2006 to provide public and professional assistance following Hurricanes Katrina and Rita.

He described one of the programs that provided Reminiscence Groups in area nursing homes and assisted-living facilities, to encourage the elderly to communicate and interact with a listener in the present.

Dr. Janet Matthews presented on hurricane impact, not only from Katrina and Rita, but also Hurricanes Gustav and Ike three years later in 2008. She discussed the loss of lives, businesses, property and emotional loss, as well as, the loss of mental health infrastructure and some of the research from those at the Louisiana State University Health Science Center showing the immediate and long-term emotional consequences for children. Matthews also outlined the impact of the closing of New Orleans Adolescence Hospital and Southeast Louisiana Hospital.

Advertisement

Measure and Correct Cortisol to Help with PTSD

There is a scientific consensus that traumatic stress leads to dysregulation of the hypothalamic-pituitary-adrenal axis.¹

Particularly, PTSD patients show abnormal levels of cortisol;^{2,3} the hormone responsible for the “fight or flight” response and for normal circadian rhythms. In a healthy person, cortisol levels should peak in the morning when energy is high and slowly decrease throughout the day, diminishing at midnight, as the body readies itself for sleep.

Testing and treating abnormal cortisol patterns should be

part of a comprehensive strategy to help those with PTSD. Convenient, affordable, and accurate⁴ tests of adrenal function are available. They can be collected at home and require four saliva samples over the course of the day. Laboratories give normal reference ranges to identify people with irregular circadian rhythms.

Cortisol patterns can be corrected using nutritional supplements and behavioral and lifestyle changes, including rest and restorative sleep. Nutrients that are important for the adrenal

glands are B vitamins, vitamin C, and zinc. People with low cortisol often feel dramatic clinical improvements when levels are restored to normal.

There is also evidence that engaging patients in monitoring their own biochemistry may be particularly useful in the healthcare and prevention.

1. Schmidt U, Kaltwasser SF, Wotjak CT. Biomarkers in posttraumatic stress disorder: overview and implications for future research. *Disease markers*. 2013;35(1):43-54.
2. Elzinga BM, Schmahl CG, Vermetten E, van Dyck R, Bremner JD. Higher cortisol levels following exposure to traumatic reminders in abuse-related PTSD. *Neuropsychopharmacology*. Sep 2003;28(9):1656-1665.

3. Dekel S, Ein-Dor T, Gordon KM, Rosen JB, Bonanno GA. Cortisol and PTSD symptoms among male and female high-exposure 9/11 survivors. *Journal of traumatic stress*. Oct 2013;26(5):621-625.
4. Bartanusz V, Cornielle MG, Sordo S, et al. Diurnal salivary cortisol measurement in

Health First Consulting



A Shrink at the Flicks

Creepy Crawly A review of *Ant-Man*

by Alvin G. Burstein

Dr. Pym is a scientist who has developed a secret particle that makes objects shrink by reducing inter-molecular space. Because, like atomic weaponry, the discovery will change the nature of warfare in frighteningly unpredictable ways, he guards the secret. A one-time protégé, Dr. Cross (double?), has ousted Pym from control of the latter's company, and is seeking to discover the secret and sell it to the highest bidder for rewards that are more than financial, they involve world domination. Because of his age Dr. Pym is no longer able to utilize his discovery; he cannot himself become the Ant-Man. So Pym recruits a convicted burglar, Scott Lang, to work with him and his gorgeous daughter, Hope.

Scott is to don the Ant-Man suit, learn to master its potential—augmented by a crash course in martial arts taught by Hope—with the aim of frustrating Cross's nefarious scheme. That need is critical because Cross has succeeded in developing an anti-super hero: The Yellow Jacket, and is about to close his megalomaniacal deal.

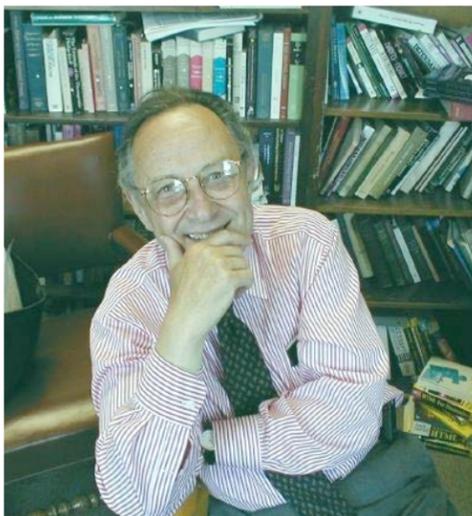
Scott, desperately trying to go straight in order to restore his relationship to his almost too adorable pre-school daughter, is manipulated into the illegalities required to foil Cross. He is aided in his efforts by a Keystone Kops crew of unreformed felons and hordes of Formicae. There are predictably breathtaking battles, hair-breadth escapes and nods to other Marvel comics super-heroes.

Thinking of this film in terms of genre is interesting. In an Aristotelian sense the film is a comedy. The important characters invite us to feel superior, to look down on them. Scott is a crook, his fellow crooks are bumbling, Pym is enfeebled by age, Cross is corrupt.

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 Inklings, a Mandeville critique group that meets weekly to review its members' imaginative writings.

Burstein has published flash fiction and autobiographical 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.



courtesy photo



The audience laughs as Scott fumbles through his Ant-Man training; when Cross meets his doom, we feel smug satisfaction, not the surge of pity and fear occasioned by tragedy visited upon those we admire.

The emotional catharsis, the psychological release, provided by Ant-Man is more related to schadenfreude, feeling superior in the context of misfortune involving someone else. That seems an ironic twist in a tale devoted, not just to heroes, but to heroes in spades, super-heroes.

The film is visually impressive, and has a self-mocking humor that Paul Rudd, playing Scott, demonstrated mastery of in his earlier parodic effort, *The Interview*. Unlike the protagonist in that film, a spoof about North Korea's Great Leader, here Scott also shows a lovable side in his devotion to his daughter and in his loyalty to Pym.

And he gets the girl.

An audience looking for dazzling special effects and inside humor will enjoy this film. I found it a bit frothy. It leaves some sci-fi intricacies of internal space underutilized, and some questions of human/non-human differences unexplored. I was struck by the irony of super-hero being an Ant-man while the ants in the film function as servants, slaves to their human master.

From a psychodynamic point of view, Ant-Man's heroics have an essential psychological hollowess, a weakness of other members of the super-hero genre. After all, super-heroes are inherently implausible.

Self psychology argues for the gradual de-idealization of the parental imago—our first omnipotent, omniscient super-hero figure—into an important element of the self: the ability to admire mentors, to look up to figures that help shape our aspirations. As we mature, the capacity for realistic admiration, can link to healthy self-esteem, the outcome of developmentally tamed infantile self-centeredness. Looking up to others and healthy self-esteem, in tandem fuel valuable activities, actions aimed at important contributions to the well-being of others, and to human culture.

Super-heroes may furnish material for primitive fantasy; they fail to constructively shape our being, to help us become our best selves.

People

Dr. Baker Heads to World Masters

Dr. Robert Baker heads to Europe in a few weeks to compete in the Decathlon at the World Masters championships.

Baker has regularly held the national decathlon champion position. He has won over 27 national championships in multi-events or individual events. He has won the national outdoor pentathlon champion. He has also won the national outdoor 300 meters hurdles championship. Baker competes at the national level but also the international level. He won the bronze metal in the 2003 World Championship in the decathlon.

Baker just competed in the USA Track & Field National Masters Decathlon but a strained Achilles prior to the meet limited him, and he injured his Achilles again during the pole vault. Despite the injury he earned the silver medal. "I normally win this meet," he said, "but the combination of injuries and being the absolute oldest one in my age group made it too difficult this year."

Baker previously told the *Times* that he wins some position just about every year he participates, anytime he is not nursing an injury. He has had a few injuries—five knee surgeries, some torn cartilage, hamstring injuries, which have required that he miss some events.



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

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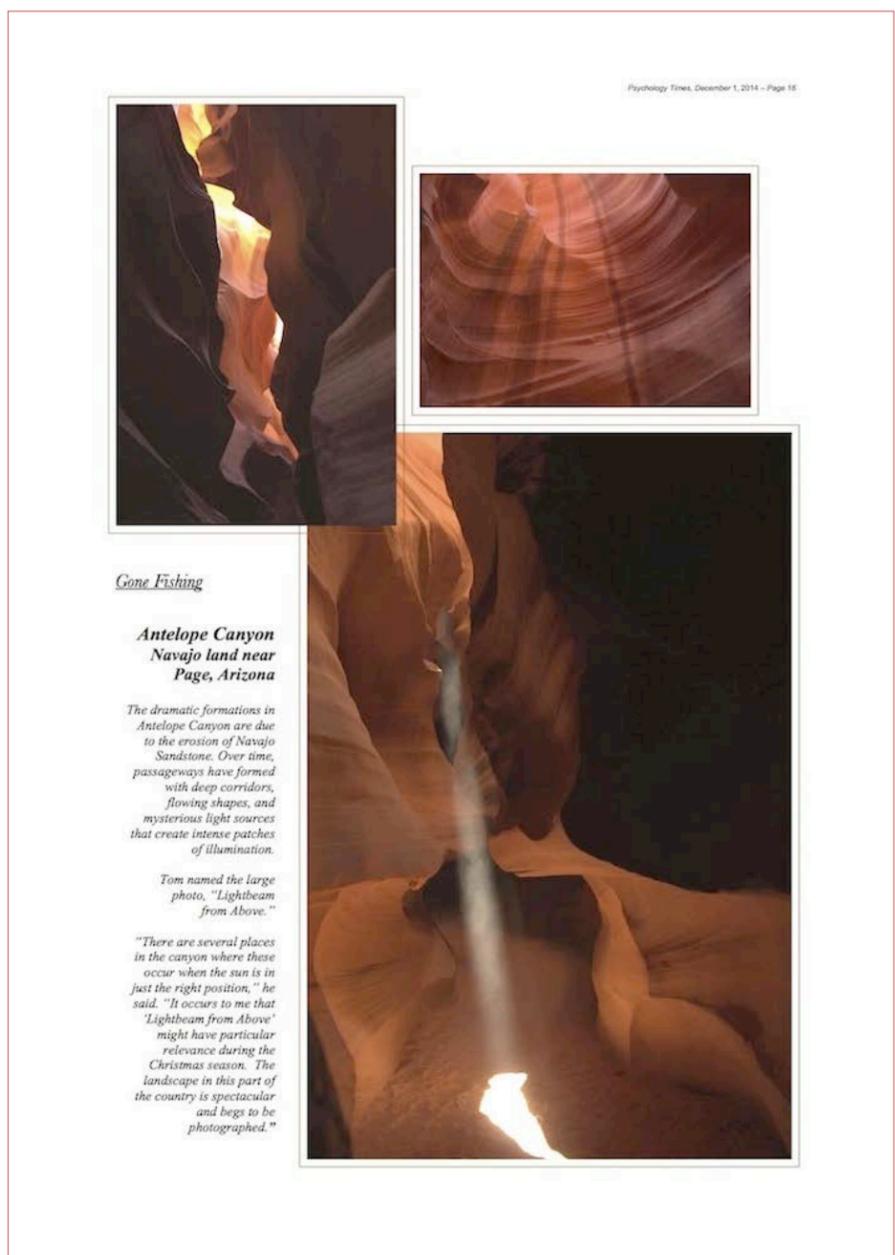
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Gone Fishing

Antelope Canyon Navajo land near Page, Arizona

The dramatic formations in Antelope Canyon are due to the erosion of Navajo Sandstone. Over time, passageways have formed with deep corridors, flowing shapes, and mysterious light sources that create intense patches of illumination.

Tom named the large photo, "Lightbeam from Above."

"There are several places in the canyon where these occur when the sun is in just the right position," he said. "It occurs to me that 'Lightbeam from Above' might have particular relevance during the Christmas season. The landscape in this part of the country is spectacular and begs to be photographed."

Up-Coming Events

Louisiana Behavior Analysis Assn to Host 3rd Annual Gulf Coast BA Conference in October in New Orleans

Analysis conference on October 9-10, 2015, in New Orleans, Louisiana. The conference will be held at the Astor Crowne Plaza Hotel located on the corner of Canal and Bourbon.

Keynote speaker this year is Dorothea Lerman, PhD, BCBA-D, who is Professor of Psychology, Coordinator of the M.A. Behavior Analysis Program, and Director of the Center for Autism and Developmental Disabilities at the University of Houston.

Lerman served in the Associate and Assistant Professor roles at Louisiana State University between 1997 and 2004. She has been Editor-in-Chief for *Behavior Analysis in Practice*, Associate Editor for the *Journal of Applied Behavior Analysis*, and Associate Editor for *Research in Developmental Disabilities*.

According to her vita, Dr. Lerman has served as president of APA Division 25 and also as conference co-chair for the Autism track of the Association for Behavior Analysis International. She has published numerous research articles in the field.

The Gulf Coast ABA conference will also include workshops, symposia, and poster presentations. Attendees will be able to earn continuing education and engage in community conversations with others at social and scholarly events. More information can be found at the association's website.

Arts & Crabs Festival August 15 in Lake Charles

The Arts Council of Southwest Louisiana will hold its 6th annual Arts and Crabs Fest on Saturday August 15 from 5 pm to 8 pm at the Burton Coliseum in Lake Charles. The Fest includes live music, local art displays, and interactive cultural activities. "As a 'Top 20 Event in the Southeast' by the Southeast Tourism Society, Arts & Crabs Fest is quickly becoming a signature event for Southwest Louisiana and is consistently a sell-out," notes the Arts Council.

Investigating the Investigators

The *Times* is researching the methods used by Boards in the community.

If you have been treated in what you consider an unfair, unethical, or illegal manner while involved in an interaction, especially an investigation, by any one of our several boards, we would like to talk with you, off-the-record and confidentially.

Contact the *Times* or publisher J. Nelson at drj@drjulienelson.com

All sources will be protected.

Openings for Participants in Hyperbaric Oxygen Therapy Study

Mild Traumatic Brain Injury (TBI) or Persistent Post-Concussion Syndrome

Any person who has persistent symptoms from one or more concussions that have occurred within the last six months to ten years is eligible.

Referring practitioners and individuals wanting to participate can contact the research coordinator at 504-427-5632 for more information.

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**.

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

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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.