

LAMP Keeps Majority on LSBEP

Governor Appoints Drs. Boggs, Lambert

Governor Jindal has appointed Dr. Koren Boggs and Dr. Jesse Lambert to serve on the Louisiana State Board of Examiners of Psychologists (LSBEP), according to a memo dated August 14, 2015, obtained by the *Times*.

Dr. Boggs is a licensed clinical psychologist practicing in the Autism Center of Children's Hospital of New Orleans. She is a member of the Association for Behavior Analysis International and International Society for Autism Research.

Dr. Lambert, of St. Amant, is a licensed clinical psychologist with St. Elizabeth Physicians in Gonzales. He is a member of the Baton Rouge Area Society of Psychologists and student member of the Louisiana Academy of Medical Psychologists (LAMP).

The appointment came after a three-month delay and an ongoing dispute between the psychology board and the Louisiana Psychological Association (LPA) over the names submitted to the Governor for appointment.

After the close of the election in January 2015 to fill a regular opening, LPA sent the names of Dr. Beverly Stubblefield and Dr. Koren Boggs to the Governor. The letter was signed by then LPA President Joe Tramontana. He wrote that Stubblefield obtained 176 votes and Boggs had 132 votes in the 2015 election. He asked that the top vote getter be appointed.

Cont'd pg 3



A look into one of the large wall mirrors in the Governor's Offices that bookend the reception area. The Governor made appointments to the psychology board last month.



R. Sigaev

Last year marked the 50th anniversary of the 1964 Surgeon General's report on smoking. The report, *Smoking and Health: Report of the Advisory Committee to the Surgeon General*, shocked a nation where a full 44 percent of people smoked and 56 percent did not believe in adverse health consequences for smokers.

For the next 50 years psychologists and behavioral scientists lent their effort to the public

Thank You for Not Smoking

In the spring the Legislature raised the tax on a pack of cigarettes by 50¢ and passed HB 158 to increase the awareness of the Smoking Cessation Trust. But after 50 years and major improvements, Louisiana still needs more quitters.

Dr. Sarah Moody-Thomas and Dr. Amy Copeland are in the vanguard of changes in the state. The *Times* talked to them about their work and efforts to reduce the leading *preventable* cause of death.

health challenge. The changes have been considerable. Today, only 17.8 percent of adults smoke.

But it is still not enough. Smoking accounts for one in five deaths. And in Louisiana 23.5 percent of adults and 12.1 percent of high school students smoke, according to the Campaign for Tobacco-Free Kids.

Dr. Sarah Moody-Thomas, the Charles L. Brown, Jr., MD

Professor of Health Promotion at LSU Health Sciences Center-New Orleans, School of Public Health, is working diligently to push that number lower.

"Tobacco use remains the leading *preventable* cause of death and disease in the nation and the world," Moody-Thomas said. "A question...What are psychologists willing to do to change this?" she said.

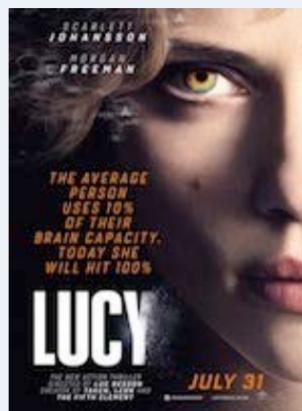
Cont'd pg 7

The Conferences Are Coming

Conferences are beginning to crowd onto the community calendar. This month the group psychotherapists gather and then the counselors have their convention in Baton Rouge. Next month the behavior analysts also meet in Baton Rouge. Psychologists plan a Fall meeting in November and the school psychologists meet in Lafayette. SEPA will be in New Orleans in March 2016.

See details in Up-Coming Events on pages 15 and 16.

Dr. Burstein's
Shrink at the Flicks
Pg - 14



Ψ We
Remember

**Dr. David
Burkart**

Overton Brooks V.A. community
loses a beloved colleague.
Page 5

Can Stress Be Positive?
Part II
Our expert Dr. Andrews has
more to say

Pg - 10

What Boards Can and Can't Do

We Take a Crack at Analyzing
the Role of Boards
Page - 11

Editorial Page – Opinions

The Opposite of Participative Government *by J. Nelson*

The August appointment of the 3rd place candidate, Dr. Lambert, a member of LAMP (Louisiana Academy of Medical Psychologists), and the steps that occurred politically in order for Dr. Lambert to be appointed, and Drs. Stubblefield and Patterson to not be appointed, confirm that the state psychology board is so entrenched in politics that only an intervention can help.

1) During the legislative session the LSBEP worked to pass a law that would have removed the Louisiana Psychological Association (LPA) from the nomination process for the board.

The magnitude of the proposed change slipped past an oblivious LPA until it came into focus during the legislative session, but the real issue is that the board entered the political fray, not so curiously on the side that benefited the special interest group, LAMP.

This story included irony of Shakespearean proportions, when the board convinced FARB, an association of regulatory boards, to write a letter of support, based on the 2014 Supreme Court ruling that special interest shouldn't be motivating decisions on regulatory boards. It is doubtful that FARB had any insight that their support aided the special interest group that has consistently exercised its political power for years on the LSBEP.

2) After a failed confirmation of a LAMP member, Dr. Comaty, the psychology board held a surprise Monday morning meeting in June, not properly communicated to the citizens by the way, and voted to give themselves authority to reinterpret the meaning of the 1964 state psychology licensing law regarding nominations/appointments.

This is astounding. By their action they declared that *they* are the authority to interpret the meaning of a 40-year old section of language about names going to the Governor.

Consistent with textbook group process errors, the lack of logic in their motivated action escapes them. They say the law means that "all results" of an election must be reported to the Governor. But

if this were true—it is not—then the authors of the law would have created a method without a logical selection hurdle for service on a state board. The authors would have been suggesting a random, chaotic, and illogical methodology, which at best would be a clerical task with wasted energy on a farce of an election.

3) The board also published an Emergency Rule that appears to give them even more power to dictate and define the nomination process. This move eliminated another top-vote getter from consideration to fill the stop left by the failed confirmation of the LAMP member.

4) During the legislative struggles, LSBEP rejected out-of-hand, a request for democratic solutions to citizens' political disputes, a request for a democratically designed nomination committee. (We have to ignore for now the related problem that those in the larger social environment keep "asking permission" for

their own rights and obeying in Milgram style a board that exists only because the citizens themselves created it.)

It doesn't matter that LAMP is the group behind the scenes pulling strings, it could be any political, self-interest group. We should invoke John Adams' warning that we all need knowledge, wisdom and virtue if we expect to retain our liberties and if our social system is to thrive.

The LSBEP problems are dire. The politics continue to govern who holds seats on the board, rather than the combined voice of those voting as to who will do the best job. People are regularly placed on the LSBEP, not because they are experienced, wise and virtuous, but because they are members of a political group.

Second, the actions of the LSBEP show a strong and problematic overlap with the political, even Machiavellian, culture with norms that are the antithesis of what psychology is about and the principles we rely

on. These norms directly affect LSBEP's critical-thinking and judgment. We can predict that the quality of the board's decisions and outcomes are similarly affected across its services.

And then, perhaps most significant long-term, the impact of the recent actions is to destroy citizens' participation in their own government. The result of this is increased apathy, less energy and productivity, poorer decisions and problem solving, and less creativity and innovation.

But my preaching is not helping the LSBEP or anyone else for that matter. The patient is not motivated to change; the patient doesn't have the KSAOs needed to change; the larger context is blocking change, etc., etc.

An AA truism might apply. Perhaps we must hit bottom to get better.

The question is, "Where's the bottom?"



Governor Appoints Drs. Boggs, Lambert

Continued

Then in May, the Senate did not confirm Dr. Comaty, which left an unexpired vacancy. Comaty had been appointed in 2014 after a contested election in which the top vote getter was Dr. Constance Patterson. Emails show that LAMP was influential in Dr. Comaty's appointment over Patterson.

On June 1 the LSBEP held a special meeting and voted that the January letter by LPA listing Dr. Stubblefield and Dr. Boggs was wrong. The LSBEP voted that the statute should be interpreted to mean that "all" results were to be reported, including Dr. Lambert, who was 3rd place with 71 votes. The LSBEP directed Cindy Bishop, current Executive Director at LPA, to send all results to the Governor's Office.

Dr. Lambert's appointment maintains the six-year majority

presence of medical psychologists or LAMP members on the state psychology board. Medical psychologists (MPs) constitute about 5 percent of those licensed by the psychology board. While MPs are required to be licensed under the medical board, including their practice of psychology, a state psychology license is optional for MPs.

The LSBEP also published an Emergency Rule on July 15, which appeared to eliminate the possibility that top vote-getter Dr. Patterson might be appointed to fill the Comaty vacancy. LPA wrote asking the Governor to consider appointing Patterson, since she was high vote getter in the 2014 election.

Emails obtained this week show that on July 17, Boards & Commissions Director, Dirman Barker and the Executive Council at the Governor's Office had a

phone conference with Ms. Kelly Parker about the Rule. However, no additional information was given.

Emails obtained last month by the *Times* indicated that the LSBEP had requested private meetings with Boards & Commissions officials. In an email sent from Ms. Parker's iPhone on July 9, she appeared to have met with Mr. Barker Dirmann. The topic is not known.

On August 18 the *Times* requested to physically examine the meetings calendar at Boards & Commissions but the request was denied. A release of documents this week did not include any calendar information about meetings.

According to the appointment letter signed by Governor Jindal, and sent to Secretary of State Tom Schedler, Dr. Boggs will replace outgoing Chair, Dr. Rita Culross. Dr. Boggs' appointment is noted to be until 2020.

Dr. Lambert's appointment letter notes that he is to fill the position vacated by Dr. Joe Comaty. The term is noted to extend to 2020. However, past vacancies have been filled for the unexpired portion of the term created by a vacancy.

The appointment letters were sent to Ms. Parker, Operations Director, and the LSBEP on August 25 by email.

Dr. Boggs received her degree in 2007 from the University of Mississippi and has been licensed for a number of years and in Louisiana since 2013.

Dr. Lambert has been licensed since 2009 in clinical psychology. He graduated from Argosy University in Dallas, Texas.

Dr. Lambert was asked to complete a web application on the morning of August 4, and Dr. Boggs that afternoon, according to emails released by Boards & Commissions. No other nominees were contacted, based on the emails.

Medical Board Cautions About Social Media, FB

In August the state medical board, the Louisiana State Board of Medical Examiners (LSBME), published a Statement of Position regarding the "Use of Social Media by Physicians and Other Healthcare Providers." While the statement refers to physicians, it is applicable to all healthcare providers under the LSBME jurisdiction, said the authors.

The Medical Board noted that "Physicians can protect their professional relationship with patients, colleagues, and others by refraining from interacting with current or past patients on personal social networking sites such as Facebook."

They said that it is important to note that "complete confirmation of the patient's or physician's identity is not possible on an electronic medium."

The statement said that physicians should avoid posting unflattering portrayals of other healthcare providers or engaging in cyber-bullying. They said that this "... undermines public trust and could be considered unprofessional conduct." Also, physicians must be mindful of their employer's social media or social networking policy.

"In concordance with HIPAA laws, physicians must always protect patient privacy and should never do anything to compromise their confidentiality. While it might be of use for physicians to discuss information concerning their patients and other medical experiences outside of a clinical setting, physicians should refrain from posting or referring to identifiable patient information online."

The authors write that physicians should constantly monitor the content that they post and what is posted about them as well as their privacy settings. They strongly recommend that physicians separate their personal and professional content online and well as keep communications consistent across all forms of communication with patients.

The Psychology Times

Member, Louisiana Press Association

Published monthly
by Nelson News, LLC.

psychologytimes@drjulienelson.com

Publisher: Julie Nelson, PhD

Journalism Consultant:
Robert Holeman,
Editor (Ret.), The Coushatta Citizen,
Winn Parish Enterprise.

Columnists/Reporters:
Shane Lowery, MS, Intern
Dr. Susan Andrews, Dr. Alvin Burstein

Cartoonist: Jake Nelson-Dooley

Photography: Yael Banai, M. Dooley, Tom Stigall,
Britney Waters

Social Media: Jamilah Muhammad

We welcome ideas for news, features, Letters to the Editor, photos, and other material related to psychological community of Louisiana.

Editorials and commentary reflect the opinions of this newspaper. Columns and Letters to the Editor express the opinions of the writers and not necessarily those of *The Psychology Times*. All materials copyrighted by J. Nelson unless otherwise noted.

Subscriptions are free. To subscribe go to the *Times* at
<http://thepsychologytimes.com/>

Corrections & Clarifications

No corrections or clarifications were received for the August issue.

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

State & National News

APA Bans Psychologists from Work in All National Security Interrogations

Drs. Susan McDaniel and Nadine Kaslow issued a memo to members of the American Psychological Association (APA) on August 14, 2015, saying that the Council of Representatives voted to prohibit psychologists from participating in national security interrogations.

The move came at the APA annual convention last month where representatives from around the country discussed the issues in a report by Daniel Hoffman. Hoffman found what he viewed as "collusion" between some APA officials and the members who worked for the Department of Defense.

McDaniel and Kaslow noted, "During our annual convention in Toronto last week, the Council voted overwhelmingly to prohibit psychologists from participating in national security interrogations." The measure passed by a vote of 157-1, with 6 abstentions and 1 recusal.

Dr. Darlyne Nemeth, APA Council Representative and member of the Louisiana Psychological Association, told colleagues, "... I am not surprised by the dynamics revealed in this report." She explained that she feels that the business of APA is largely conducted by the Staff and that the Council is "granted the illusion of governance," and that the democratic process is lacking.

The resolution amends the *2013 APA Policy Related to Psychologists' Work in National Security Settings and Reaffirmation of the APA Position Against Torture and Other Cruel, Inhuman, or Degrading Treatment or Punishment*.

The new Resolution points to the APA Ethics Code to "take care to do no harm," and then notes that "psychologists shall not conduct, supervise, be in the presence of, or otherwise assist any national security interrogations for any military or intelligence entities, including private contractors working on their behalf, nor advise on conditions of confinement insofar as these might facilitate such an interrogation."

The ban "... does not apply to domestic law enforcement interrogations or domestic detention settings where detainees are afforded all of the protections of the United States Constitution, ..."

"APA will continue to serve as a supportive resource for psychologists in organizational settings," said the Resolution's authors, "including in military and national contexts, to assist them in abiding by APA policy and the Ethics Code, while recognizing that APA members, including military and national security psychologists, strive to achieve and are responsible to uphold the highest levels of competence and ethics in their professional work."

The policy adopted by the Council directs that psychologists can "only provide mental health services to military personnel or work for an independent third party to protect human rights at national security detention facilities deemed by the United Nations to be in violation of international law, such as the U.N. Convention Against Torture and the Geneva Conventions."

The resolution "... invokes Ethical Principle A to 'take care to do no harm,'" but they noted that it does not amend the Ethics Code at this time, and so is not enforceable.

Dr. Nemeth, said to colleagues, "... the 2002 relaxation of the APA Code of Ethics was apparently done with good intentions. In the end, the various changes, however, had unintended consequences regarding psychologists' involvement in the interrogation process, which many considered to be unacceptable." She told colleagues that she will have a "wait and see" position regarding meaningful changes.

The primary finding of Hoffman Report centered around a 2005 task force that Hoffman and others felt was topheavy with military psychologists. While the task force took the position, "Psychologists do not engage in, direct, support, facilitate or offer training in torture or other cruel, inhuman, or degrading treatment," they also found that psychologists may serve in various national security-related roles, gave only broad guidance about ethical problems, said Hoffman.



Psychologists speaking at a meeting. L to R, Drs. Joe Tramontana, Darlyne Nemeth, and Kim VanGeffen. Dr. Nemeth voted in the APA Council of Representatives vote recently, the move that banned psychologists from working in interrogations.

Dr. Oscar Barbarin Accepts Chair, African American Studies, University of Maryland

Dr. Oscar Barbarin has accepted the Chair and Professorship of the African American Studies Department, University of Maryland. He began his position last month and is now the Wilkin H. Elkins Distinguished Professor.

Dr. Barbarin has served as the Lila L. and Douglas J. Hertz Endowed Chair, Dept. of Psychology at Tulane University. He has previously served on the faculties of the Universities of Maryland, Michigan and North Carolina.



Courtesy photo

Barbarin's research has focused on the social and familial determinants of ethnic and gender achievement gaps beginning in early childhood, with special emphasis on "Boys of Color."

He was principal investigator of a national study on socio-emotional and academic development of boys of color. His research on children of African descent extends to a 20-year longitudinal study of the effects of poverty and violence on child development in South Africa.

Last year Barbarin attended the Advisory Commission on Early Childhood Education as an invited participant on

October 20. The Commission is part of the White House Initiative on African American Educational Excellence established by President Obama in a 2012 Executive Order.

"We were trying to understand the quality of early childhood education and the most important components," Dr. Barbarin previously told the *Times*. Barbarin's research aims to shed light on the origins of what underlies a disproportionately high rate of poor school adjustment for African-American and Latino children, a group he calls "boys of color" or "BOC."

LSU Clinical Program on Probation

The American Psychological Association has placed the Louisiana State University clinical psychology doctoral training program on the "Accredited, on probation status" list. The action was reported last October and the program is currently still listed as on probation.

This decision means that APA Commission on Accreditation (CoA) judgment is that the program is not consistent with the Guidelines and Principles for Accreditation. According to the APA report, a program not coming into compliance within two CoA meetings after a show cause notice is assigned "accredited, on probation"

status. Although it is an accredited status, "accredited, on probation" is considered by CoA to be an adverse action that serves as notice to the program, its students and the public that in the professional judgment of CoA the accredited program is not consistent with guidelines.

Remaining in good standing is LSU school psychology doctoral program. Also in good standing is the LaTech counseling doctoral program and also Tulane's school psychology program.

The LSU clinical program is the only APA accredited clinical doctoral program in the state.

Ψ We Remember *Dr. David Burkart*

Dr. David Burkart, clinical psychologist at the Overton Brooks V.A. Medical Center in Shreveport, passed away Wednesday, August 19, after an illness of several weeks. He was age 58.

Dr. Burkart was involved in many aspects of the Shreveport V.A. Department of Psychology including having served as Chief of Psychology.

He was recognized for his skills as a clinician, including cognitive behavioral therapy, group therapy and testing. For 23 years, he was known as a competent clinician and a caring, compassionate psychologist by his patients and co-workers, noted the family members' writings.

He earned his Bachelors Degree in Psychology in 1982 and in 1985, his Masters Degree in Educational Psychology from Southern Illinois University, Carbondale. In 1991, David completed his Ph.D. in Counseling Psychology at the University of Missouri, Columbia, and in 1991 began his professional career at Overton Brooks.

Dr. Burkart supervised Dr. Jim Van Hook in Van Hook's rotation in the Drug Dependency and Treatment Program at the VA in the early 1990s. "He was beloved by all patients and staff at the VA," said Van Hook. "He really was quite an incredible man and will be missed dearly."

Dr. Burkart was born July 27, 1957 in LaSalle, Illinois. He was born weighing only 2 pounds, 14 ounces and suffered with cerebral palsy from birth.

According to the family's memorial writings, "he did not let that affect his aspirations. He was a lifelong learner."

Dr. Van Hook also wrote to the family that, "Dr. Burkart was a great inspiration to me and I loved every opportunity that I had to learn from him. I fondly recall his upbeat demeanor and how he was so cherished by all of the veterans that he had contact with. I still proudly display a plaque that he gave me with his signature and the veterans that we were working with at the time hanging here in my office. He was a wonderful man and will be missed dearly by all."

Colleague Wendi Grabener wrote, "Dave has been a major part of my VA Career. I was blessed to know him. He taught me so much as a student and a supervisee. I greatly enjoyed working with him for the past 11 years. He was an inspiration by his accomplishments and determination to succeed."

Dr. Burkart, met and married his beloved wife and "the love of his life," Laura Moxley, in 1983. "She was his constant companion and greatest supporter." David and Laura shared their home with their two cats, Sunshine and Smokey, noted the memorial writings. He enjoyed playing chess and was an avid reader.

Edward L. Lamb, Commander, American Legion Post 14, James Maziraz, Commander, VFW Post 2238, and for the Commanders, Carroll R. Mixhaud, wrote for the 1,061 military veteran Legionnaires of Lowe-

McFarlane Post 14 of the American Legion and the 233 veterans of VFW Post 2238 in Shreveport, Louisiana, to extend "The Final Salute."

"Brothers in Arms, Military men and women down through the centuries, have traditionally exchanged Hand Salutes as a sign of recognition and as a way to render courtesy and respect one to another."

"This Hand Salute is the last that we shall render to David F. Burkart a dedicated member of the Overton Brooks VA Medical Center staff who provided many years of dedicated service to the ArkLaTex military veterans. To his family it symbolizes the love and respect that we veterans have for David. And to David it is rendered as a symbol of honor and gratitude to thank him for his service and devotion to his family, his country and to the veterans of the ArkLaTex. David we bid you a sad farewell. You will be dearly missed from among our ranks. Be at ease. Rest in Peace."

Survivors include his wife, Laura of Shreveport, Louisiana; his mother, Betty A. Burkart of Peru; five sisters, Sheryl Christenson of Ladd, Jeanette Burkart of Decatur, Paula (Robert) Latty and Diane (David) Lampe both of LaSalle and Kathryn (James) Hoelter of Baraboo, WI; several nieces and nephews and his best friend, Darwin Mott of Shreveport, LA.

Services were held in Illinois August 28 and a memorial service is planned in Shreveport at a later time.

Algiers Neurobehavioral Resource, LLC

Michael Chafetz, PhD, ABPP
Melissa Dufrene, PsyD

* * *

Impartial evidence-based neuropsychological and psychological evaluations in clinical and forensic contexts:

Brain pathology; learning disorders; ADHD

Disability, Fitness For duty, Licensing Board, Litigation, Probate (Testamentary Capacity)

* * *

Specialized intervention for anxiety and mood disorders.

Timely support and reporting.

3520 General DeGaulle Dr. #3044
New Orleans, LA 70114
P: 504.636.6120; F: 504.208.3138

Clinical Neuropsychology: brain.resource@yahoo.com
Clinical Psychology: algiersneuro@hushmail.com

Complaints Coordinator

Louisiana State Board of Examiners of Psychologists

The Louisiana State Board of Examiners of Psychologists is seeking a licensed psychologist to serve in the capacity of complaints coordinator.

The individual serving in this capacity must have a strong background in ethics. This is a part-time position. Historically this position has been held by a former board member.

Interested licensed psychologists with expertise in ethics (teaching/research/practice) should send a cover letter and vita detailing their experiences in ethics and professional issues to Greg.Gormanous at La.gov.

Science & Education

Dr. Harman Joins IO Psychology at LSU

Dr. Jason Harman, a psychological scientist with a background in human decision-making has joined the faculty at Louisiana State University, Baton Rouge campus. Dr. Harman is the first new member in the rebuilding of the Industrial-Organizational psychology faculty after a two-year hiatus of the 60-year program.

Dr. Harman's background includes work at Carnegie Mellon, Ohio University, and Bowling Green State University, with research interests in dynamic decision-making, organizational behavior, consumer behavior, and goal pursuit.

Harman told the *Times* that he plans on continuing his line of research on decision-making in his new position as Assistant Professor.

"I'm currently working on a write-up of a very exciting mathematical model of decision making that provides a unified account of every major anomaly in decision making research that no psychologically feasible model has yet to explain."

He said that early feedback from leaders in this scientific area has been very positive and he is hoping for a high impact manuscript, perhaps in *The Psychological Review*.

"In the near future, I will be advancing some of my applied work," he said, "hopefully with collaborations around LSU, doing research with the intent of helping people make better decisions in organization, medicine, and the environment."

Dr. Harman said that his three years at Carnegie Mellon University were invaluable for understanding interdisciplinary collaboration. He worked in the interdisciplinary department, Social and Decision Sciences, with psychologists, economists, and public policy experts, he explained.

"The lab I worked in—The Dynamic Decision Making Lab—really embodied that interdisciplinary spirit. Cleotilde Gonzalez, the lab director and an unparalleled mentor, was trained in Human Factors but is best known for cognitive modeling," Harman said. "My fellow post-docs were from all over the world and trained in psychology, economics, philosophy, and computer science."

As an example, the three most significant papers Harman produced, he explained, were published in three different sciences—psychology, computer science, and operations management.

According to previous interview with Search Committee Chair, Dr. Janet McDonald, the department will also be adding an Associate Professor in the IO program who will direct the Industrial-Organization Ph.D. program and guide its future growth in collaboration with the Department Chair, Dr. Jason Hicks.

"The department is very fortunate to have hired Dr. Harman. His research expertise will benefit not only the IO program, but the department on the whole," said Dr. Hicks. "I can also envision very interesting and productive research collaborations with others at LSU that have an interest in his research areas," he said. "We look forward to Dr. Harman's influence on the rebuilding process for the IO area."

Dr. Harman said, "Rebuilding the IO program here at LSU is going to be an adventure and I think we have the opportunity to create a unique and well known program very quickly."

"Two keys to this are the hiring of two new IO faculty members this year and building exciting



Dr. Jason Harman (L) unpacks boxes at his new office in the LSU Psychology Department. Chair Dr. Jason Hicks (R) is looking forward to rebuilding the Industrial-Organization area.

collaborations with faculty across the campus," Harman said. "Those relationships hold a greater potential for the future than I could imagine and I'm excited to see where things go."

How does he like it at LSU? "Apart from the heat and the man-eating insects, I love everything so far! The campus is beautiful," he said. "The psychology department is both well supported by the university and friendly and welcoming—a rare duo from

my experience visiting different universities during my job search."

The LSU Industrial-Organizational Psychology Program was one of the oldest, continuously running I/O programs in the US, with a long, distinguished legacy. It marked its 60th anniversary in 2012, beginning in 1952 with Dr. Bernard Bass, an early expert in I/O who gained national acclaim for his work in transformational leadership.

Measuring salivary cortisol is a convenient, accurate way to measure a person's stress response and it can be collected in the comfort and privacy of one's own home.

A common method to measure a person's stress response is with the Trier Social Stress Test. It causes nearly 80% of people to mount a stress response with a concomitant increase in cortisol. In a study of healthy males, men responded to the stress test with a peak in cortisol, but with subsequent stressful tasks, the stress response extinguished. In other words, they habituated to the stressor. However, another group of healthy males had a high stress response to the stress test. Upon repeated, similar stressful situations, their cortisol remained high.

Men were more likely to have a chronically elevated stress response if they had low self-esteem, negative self-concept, depressed mood, and more self-reported physical health problems.

This study shows that within a healthy group of people, a subgroup has a high stress response that does not adapt and certain personality characteristics may predict this response. Authors suggest that a high stress response may eventually lead to anxiety and depression.¹

1. Kirschbaum C, Prussner JC, Stone AA, et al. Persistent high cortisol responses to repeated psychological stress in a subpopulation of healthy men. *Psychosomatic medicine*. Sep-Oct 1995;57(5):468-474.



Thank You for Not Smoking

continued

Dr. Moody-Thomas is the Director of the Behavioral and Community Health Services and the LSU Tobacco Control Initiative, called the TCI.

“These are exciting times in the field of tobacco control,” she said. “We have known for the past 100 years that tobacco use is harmful. Last year, with the publication of the 2014 Report of the Surgeon General, our nation celebrated 50 years of progress toward reducing tobacco use and the disease burden and mortality caused by smoking.”

“The discipline of Psychology should take pride in this anniversary,” she said, “the research and practice of our colleagues contributed to understanding the complex behaviors associated with tobacco use, addiction and cessation.”

Moody-Thomas points to several important figures. Numbers from 2011 to 2013 show that the rates declined from 25.7 to 23.5 percent for adults in Louisiana, she explained.

“Although low-income and minority populations continue to have the highest rates of smoking,” she said, “we’ve made small gains in reducing the prevalence of tobacco use among adults in the state.”

She noted that more males smoke (25.2 percent) compared to females (19.1 percent). High school graduates smoke more

(35.9) than college graduates (13.2). And those earning less than \$15,000 a year smoke more (31.9 percent) than those earning \$50,000 a year (18.7)

More Caucasians smoke (22.6) than African Americans (20.8) or Hispanics (17.0). Also, Moody-Thomas noted that 33.8 percent of persons without health insurance report that they are smokers.

The political and culture climate in the state is seeing some changes. In June this year the legislature raised tax on cigarettes by 50 cents, from 36-cents to 86-cents a pack.

Lawmakers also passed House Bill 158 to increase awareness of and access to smoking cessation programs and services available in Louisiana. The bill directed the Department of Health and Hospitals (DHH) to coordinate public health, Medicaid, and other programs with the Smoking Cessation Trust.

The Smoking Cessation Trust was established in 2011 after the judgment in a class action lawsuit, *Scott v. American Tobacco Company*, directed tobacco companies to fund a statewide 10-year smoking cessation program to benefit more than 200,000 Louisiana smokers.

Dr. Moody-Thomas is looking toward building on these changes. “The next steps are to use technology to increase awareness of free cessation resources available to tobacco users and expand utilization of the services,” she said.

“Our state has yet another landmark decision in the field of tobacco control—The Smoking Cessation Trust [SCT].” She said, “This free program offers evidence-based cessation services to smokers who are certified as members of the class.”

“The TCI has been working with partner facilities to implement the use of Interactive Voice Response (IVR) technology to increase awareness of SCT benefits and provide electronic referral to determine eligibility and certification.”

Dr. Moody-Thomas said she welcomes any opportunity to share information with anyone interested in learning more. “Psychologists are among the health care professionals who may be eligible to bill the SCT for treating members of the class,” she said.

“Tobacco use remains the leading preventable cause of death and disease in the nation and the world.”

Dr. Sarah Moody-Thomas

Cont'd next pg



Thank You for Not Smoking, Continued

Louisiana residents who started smoking before September 1, 1988, may qualify to receive services. Approved members of this class can receive at no cost cessation services, including cessation medications, individual & group cessation counseling, telephone quit-line support, and/or Intensive cessation support services.

"Those interested in finding out if they are eligible for reimbursement for treating tobacco users should visit the SCT website," Moody-Thomas said.

Moody-Thomas pointed out that some of the recent policy changes in the state may have a positive impact.

"The Smoke-free Air Ordinance in New Orleans and the statewide increase in the excise tax on a pack of cigarettes are among the policy changes," she said. "Recent legislation increased the tax on a pack of cigarettes from 36 to 86 cents," she said. This increased tax on cigarettes may be important, "because research indicates every 10 percent increase in tax on a pack of cigarettes results in a 4 percent decrease in tobacco use among adults and a 6 to 7 percent decrease among youths."

"And, price increases are even more effective in reducing smoking among males, Blacks, Hispanics, and lower-income smokers," she explained.

"The next steps are to use technology to increase awareness of free cessation resources available to tobacco users and expand utilization of the services."

Dr. Sarah Moody-Thomas

The "...Clean Air ordinance gives voice to a unique group of underserved, and over-exposed, persons—musicians, and bar and casino workers," she said. "The hope is that other cities and municipalities will adopt similar ordinances to protect the health of all residents."

Fully implemented in seven of LSU's public hospital facilities before the transition to public-private system, Dr. Moody-Thomas' TCI program was a recognized success. Its patient "quit rates" doubled between 2007 and 2009. In 2010, the National



Dr. Sarah Moody-Thomas, Professor of Health Promotion at the LSU Health Sciences Center, School of Public Health. She is the Director of the LSU Tobacco Control Initiative.

Association of Public Hospitals recognized the TCI as an outstanding program for the use of health information technology in the identification and treatment of tobacco use.

"The TCI continues to provide evidence-based cessation services to patients, facility employees and community members throughout the state," Moody-Thomas said. "These include provider training, individual and group behavioral counseling and cessation medications. We are emerging from the transition that occurred when oversight of the public hospital system transferred to private entities."

"I chose to view this change as an opportunity," she explained. "It has been an opportunity to share the skills, expertise and lessons learned during the successful ten-year development and evaluation of the TCI program."

Dr. Moody-Thomas has extensive experience and background in the community. She has served as a member of the psychology faculties of Louisiana State University and University of New Orleans (UNO), and became chair of the psychology department at UNO. While at UNO she maintained a small clinical practice. Her expertise has been recognized by her appointment to two committees of the National Academy of Sciences Institute of Medicine: Preventing Nicotine Addiction in Children and Youths, and Cancer Research Among Minorities and the Medically Underserved.

Another group at the vanguard of work and research in smoking cessation is the

"Once people understand the associative nature of urges and cravings, and that laying down new memories and forming new associations will work, it's going to get a lot easier."

Dr. Amy Copeland

team at the Louisiana State University (LSU) Smoking and Substance Abuse Clinical Research Laboratory, where Dr. Amy Copeland, Medical Psychologist, Associate Professor at LSU, and Adjunct Associate Professor at Pennington, leads a team of researchers and clinicians to help people stop smoking.

In combination with her research efforts to discover the cues for relapse, she and her team use empirically supported counseling techniques, and a combination of behavioral and pharmacological therapies, to produce best possible outcomes.

The *Times* asked Dr. Copeland and advanced doctoral student MacKenzie Peltier, M.A., about their work at their Smoking and Substance Abuse Clinical Research Laboratory.

Cont'd next pg

Thank You for Not Smoking, Continued

"We continue to identify and investigate cognitive and affective variables that influence smoking and substance use initiation, maintenance, and cessation efforts," Copeland said.

"Examples of these are smoking outcome expectancies, such the person's beliefs about the reinforcing and punishing effects associated with smoking." She pointed to examples such as "Smoking helps control my appetite" or "A cigarette helps me calm down when I'm nervous."

"We've found in the past that cognitions such as these—especially those relating to management of negative moods are very potent motivators to smoke," Copeland said, "and some such beliefs even persist in exsmokers despite their nonsmoking status. Unfortunately, these beliefs can be a risk for relapse."

"One of our most exciting new studies involves the use of electronic cigarettes [e-cigs] and the attitudes toward their use, especially among college students on campus," explained Copeland.

"Many users attempt to quit smoking regular cigarettes by using e-cig/vaping devices and are unaware that these present many of the same health concerns as do regular cigarettes. In fact, we're finding that individuals who smoke regular cigarettes are the most uninformed about adverse effects of e-cigs, as compared to nonsmokers and current e-cig users."

Copeland and MacKenzie see the new trends and efforts in public health as very positive. "The fact that Louisiana State University (LSU) is now a smoke-free campus is a huge accomplishment that many on campus have been striving for many years," Copeland said. "My lab and graduate students were involved in the student organization that advocated for a Tobacco Free campus."

"There will also be opportunities for us—our campus clinic—to assist those who violate this policy, as they will receive sanctions from the LSU Office of Student Advocacy and Accountability."

"Also, it is important that there is a growing movement towards tobacco free policies," she said, "but many are utilizing vaping/e-cigarettes to 'get around' the bans." She noted that future policies need to include vaping to continue moving towards truly tobacco-free environments.

In the past, Copeland and her team have looked at heavy smokers who are not necessarily interested in quitting smoking. In a previous interview she explained, "We are using motivational interviewing strategies by providing health-related feedback on breath carbon

monoxide, pulmonary lung functioning and blood pressure. We call it a health screen for smokers."

"Most smokers want to quit, on some level," she said. "If they are not particularly motivated at the time, then the more tailored the information is to their specific needs, as far as health feedback, the more meaningful it is to the patient." Dr. Copeland explained, "Identifying concerns for the smoker can be key to motivating smokers to quit."

One of her current manuscripts addresses this area, "Personalized health feedback to heavy smokers as a brief motivation interviewing strategy." Copeland's hope is that this type of brief intervention can ultimately be delivered in a primary care setting by health professionals. She explained that the literature indicates that when physicians or psychologists spend just five minutes talking to patients about quitting smoking, it can make a "huge difference."

"When they are ready, encourage the combination of behavioral counseling, cognitive behavioral, and some sort of pharmacotherapy. These make withdrawal a lot easier for people. It still takes work, but these certainly take the edge off of withdrawal symptoms."

Dr. Copeland stated that there are many resources online, making good information and advice available to smokers who cannot, or opt not to, participate in face-to-face programs.

However, she said, "I still think the group setting is best for people. You can see the camaraderie develop among group members as they go through withdrawal together." She noted that then they can support each other and implement the tools they've learned, the cognitive and behavioral

coping responses, to get through the urges.

"Once people understand the associative nature of urges and cravings, and that laying down new memories and forming new associations will work, it's going to get a lot easier."

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.

Contact/send vita to
alantaylorphd@gmail.com

American Board of Medical Psychology



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

Medical Psychologists are post doctorate trained and licensed psychologists with training in psychopharmacology, behavioral medicine, and health psychology. A medical psychologist is more than a psychopharmacologist and clinical psychologist and they are prepared for the mainstream healthcare system.

They have passed a national oral and written examination and have completed a preceptorship.

Join our interest society or present your credentials and training for examination and diplomat status at:

www.amphome.org

Dr. Tracey Rizzuto Presents Work in Brighton, England

Dr. Tracey Rizzuto presented her work at the research symposium, the International Network for Social Network Analysis (INSNA) Sunbelt Conference held in Brighton, England, on June 23. Rizzuto presented work with co-authors Dr. Mary Ellen Brown and Pallavi Singh.

Rizzuto's presentation described the Strategic Compatibility Index, a social network analytic tool for building data-driven inter-organizational collaborations. She described preliminary findings about the impact of the Index on a community-based intervention aimed to build stronger social capital in the Baton Rouge community. Support for this research is provided by the U.S. Department of Housing and Urban Development Choice Initiative. Dr. Brown and the LSU Office of Social Science Research and Development's Dr. Cecile Guin serve as principle investigators for this initiative.

Rizzuto was also recently honored at the College of Human Sciences & Education Awards Banquet where she was given the Engagement Award for her innovations and contributions in the School of Human Resource Education & Workforce Development.

Dr. Rizzuto is an IO Psychologist and the Associate Director, Human Resource & Leadership Development, and the Mary Ethel Baxter Lipscomb Memorial Endowed Professor. She was previously with the LSU Psychology Department.

The focus of her research program is on developing human capital and organizational capacity through technology-mediated processes to the knowledge, expertise, and resources needed in the modern workplace and educational social systems.

OTHER NEWS

Humira, Abilify, Top Selling Drugs

According to IMS Health the top selling drug is *Humir*, an arthritis drug with sales of about \$8.6 billion, followed by the antipsychotic aripiprazole, *Abilify*, at \$7.2 billion. The arthritis drug *Enbrel* was next at \$6.1 billion.

47% of PC Physicians Thinking of Retiring

A survey of Primary Care Physicians by Kaiser Foundation found that 47 percent reported to be considering early retirement due to health care trends.

Ms. Parker New Operations Director at LSBEP

Based on a posting with the State Register, Ms. Kelly Parker, previously the Executive Director at the state psychology board, is now the new Operators Director for the board.

Stress Solutions

by Susan Andrews, PhD

Stress As Positive – 2

Last month we started a review of recent research that suggests that stress has some positive benefits. Dr. Kelly McGonigal, Stanford psychologist, is researching this topic for a new book she is writing. 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. Among the studies discussed last month were the U of Wisconsin study of 29,000 respondents and a larger epidemiological study of nearly 186 million. In general people 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.

In a prospective study, Dr. Michael Poulin of the University of Buffalo interviewed 850 people (34 to 93) living in Detroit, asking about major stressful events in the last year and how much time they spent in the last year actively helping others. Obituaries and death records were then tracked over the next 5 years. Dr. Poulin's team found that every major stress event increased an individual's risk of death by 30%. But high rates of helping others reduced the stress-induced mortality risk. So, the authors concluded that helping others is a possible antidote to the negative effects of stress.

Looking more directly at how stress can be positive, a 2013 study out of UC Berkeley showed that moderate stress can lead to cell growth in a rat's brain learning centers. Adult rats were stressed by being immobilized in a small space for 3 hours. Two weeks later, the rats were given a fear-conditioning test. The immobilized rats showed an increased level of stress hormone corticosterone (rate equivalent to cortisol in humans) as well as an increased growth of neural stem cells in the hippocampus.

To put the information into better context: these studies do not really prove that stress is positive. They do show the benefits of doing things to manage one's stress, such as helping others and how that can lead to positive benefits that can counter the negative effects of a major stressful life event. Some of the studies, such as the 2013 UC Berkeley study, are defining "stress" slightly differently from the host of studies that relate the health dangers of stress. The big difference is those studies that associate stress with health risk are looking at chronically high levels of stress not a 2 or 3 hour learning session, which is considered mildly stressful because any thinking increases cortisol. But, since we cannot go around all the time without thinking, it seems best to think of mild stress as a positive and chronic stress as harmful as what you need to manage by balancing it with relaxation, exercise, sleep, meditation, and many good works for others.



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).

What Boards Can and Can't Do (or Should and Shouldn't Do)

By J. Nelson

In the July issue we reported on some of the behind the scenes activities over a bill initiated by the state psychology board ("SB113: What Was Behind Door #1?").

The Louisiana State Board of Examiners of Psychologists (LSBEP) pitched Senate Bill 113 to Senator Rick Gallot as an innocuous piece of legislation for "clean-up language." Much of it was.

But within the bill was a poison dart. The dart would have killed off the legal right of Louisiana Psychological Association (LPA) to decide which names go on a list to the governor for appointment.

The *Times* reported on the battle that ensued over the proposed change. The more overt conflict appeared to be between LPA and LSBEP. The group that would seemingly benefit from the change, the Louisiana Academy of Medical Psychologists (LAMP), was mostly invisible. In the end, Senator Gallot deleted the poison dart from the bill, saying that he refused to "take sides." But the dispute over the list of names for appointment is on-going.

After our July article, the then executive director, Ms. Kelly Parker, contacted the publisher with a strongly worded complaint about the *Times'* suggestion the board and she were lobbying. The publisher agreed to two clarifications and told Parker that the subject required closer review. Here is that closer look.

There are several legal principles specifically designed to restrict the activities of regulatory boards. Without these restrictions, boards could become overly powerful and operate beyond their intended purpose. The restrictions include separation of powers, enumeration of powers, and the related prohibitions. Government transparency and public participation are also central to a system of checks and balances.

Principle: Separation of Powers

The U.S. and Louisiana Constitution establish "checks and balances" on government bodies by

defining three separate branches. Under "Distribution of Powers," the state Constitution notes, "Except as otherwise provided by this constitution, no one of these branches, nor any person holding office in one of them, shall exercise power belonging to either of the others."

The LSBEP and other regulatory boards fall under the Executive Branch. These boards administer existing licensing laws. They are not authorized to make new laws. (The boards do have "Rule-making" authority, covered later in this article).

Because of the doctrine of separation of powers, and other laws, board officials are cautioned not to take sides for or against legislation, and therefore cannot lobby or attempt to persuade lawmakers. But at the same time, their knowledge and views are sometimes needed. It can be a very slippery slope.

Lobbying or Providing Facts?

In the Ethics law, the overview lays out the principle that officials and public employees must "be independent and impartial; ..." A specific warning is found in R.S. 24:56 notes: "No state employee in his official capacity or on behalf of his employer shall lobby for or against any matter intended to have the effect of law pending before the legislature or any committee thereof."

Authors of a 2002 Circular No. 001501, clarify, writing: "Employees are authorized to provide factual information relative to a legislative matter," they write. "Employees who appear in committee to testify on legislative matters must be careful to provide ONLY factual information on the matter being discussed, and must refrain from voicing their personal opinions regarding the legislation."

This separation of government from the citizens' special interests is illustrated by the "cards" at a Legislative hearing. Private citizens can testify for or against a bill. Those

in favor complete a "green card" and those opposing present a "red card." This makes it clear to the committee who is on which side.

Board members submit a "white card," declaring that they are neutral, neither for nor against the proposed legislation.

Boards may need to weigh in on technical or professional issues and standards. But in the case where they have prior commitment to a course of action, it might be very difficult to be completely impartial.

The LSBEP designed SB113 and presented that information at a planning meeting in November 2014. The board members presented their views but did not request the community members attending to take charge of the legislative efforts.

During the legislative session, conflict emerged over language that would have removed LPA from the nominations process. Despite the conflict, LSBEP continued to push for the change, according to emails.

LSBEP engaged a legislative consultant whose testimony gave the appearance of favoring the changes originally suggested by the LSBEP. Also, emails show that board members and the executive director were communicating about decisions and minute-to-minute changes in wording of the bill, and communicating these decisions to the legislative coordinator at the Capital.

This is said to be typical in the legislative process—decisions made spur-of-the-moment. But in this, how does the board comply with its duty to Open Meetings? Decisions are not to be made in private.

In an email from Ms. Parker to the LSBEP legal consultant, Debra Harkins, Parker wrote, "If this [SB113] is going to committee Wed, I need to come down and talk to committee members next week prior to it. Let me know." In another email she wrote, "I have to prepare talking points for Gallot."

Cont next pg



Memorial Hall at the Louisiana State Capitol, with flags that have flown over the state during its history, displayed. From the left, present day U.S. flag, Louisiana state flag, 3rd National Confederate flag, Louisiana Independent Republic flag, Republic of West Florida flag, 15-star U.S. flag, French tri-color flag, Spanish Bourbon flag, British Union flag, French Bourbon flag, Spanish Castile and Leon flag, and another present U.S. flag.

Sources in LPA told the *Times* that a democratic solution was offered to the board during this legislative process. LPA proposed a committee with proportional representatives between the several community groups including medical psychologists, clinical psychologists, and school psychologists. However, the LSBEP rejected this solution. Declining this compromise, so that the suggestion did not become law, seems to be a serious decision made by the LSBEP. Was notice given the public for this vote to be taken? This seems a confused and confusing process that would be straightforward if citizens, and not a board, were in charge of legislative efforts.

Perhaps this is one of the reasons that some boards avoid legislative activities altogether.

Citizens, Boards, and Communities

The *Times* spoke with Cindy Nardini, Licensed Professional Counselor, who has served in various positions in government affairs for the Louisiana Counseling Association.

Nardini told the *Times* that while there were instances where the Licensed Professional Counselor Board discovered the need for changes, "It is really the board's place to contact the community. And they then basically ask for the association to lobby the effort and support it."

Nardini said that she thought it could be quite difficult for someone or some group that was in favor of legislation, to then manage to stay exactly neutral when providing information.

The *Times* also asked Mary Alice Olsan, Executive Director of the LPC Board of Examiners about this concept.

"Our General Counsel has always advised the Board that we may not lobby for or against legislation—only that we may provide information," she said. "In that vein, we have provided information about bills—almost always at the request of the professional organizations for the professions we regulate—LCA and LAMFT—[Louisiana Counseling Association and Louisiana Association for Marriage and Family Therapy] and/or upon the request of a legislator or legislative staffer," Olsan said.

"Also, in general," she said, "if the Board finds an issue with a law, we reach out to the Government Relations/Affairs Committee of LCA and LAMFT and ask them for help in finding an author to draft legislation."

This approach suggests that if regulatory boards see an issue, that issue, as well as the motivation

to resolve the problem, may be best passed to private citizens.

The content of SB113 was initiated by the psychology board but from the testimony at the Senate hearing, Dr. Greg Gormaneous appeared to be the citizen supporter. However, in at least one email Gormaneous deferred to LSBEP to make decisions, writing to Gallot that it was "... Kelly Parkers' call," as to the timing.

It appears that the LSBEP views its role to include the development of new laws. In May 2015 the board advertised for a new Director, listing "Assists in the development and implementation of statutes, ..." as one of the job duties.

The *Times* also spoke with board officials outside of the health community, the Louisiana Professional Engineering and Land Surveying Board, called LAPELS.

LAPELS oversees about 20,000 licensees said Mr. Richard Savoie, Deputy Executive Director.

Mr. Savoie explained that whenever the board sees the need for a change, they enlist the professional groups. "For any needed change," he said, "we go through our state societies." He explained, "The society initiates the change," not the board.

How does that happen? "More than likely," Savoie said, "the society's board takes a vote or action regarding the change." He said that it would generally be a formal vote involving careful analysis by a variety of people before going forward.

Savoie indicated that changes are always avoided if possible, because of the dangers involved in opening up the engineering law. He explained that other political efforts, potentially problematic, could be made by those who did not understand necessary professional standards. "Always," said Mr. Savoie, "we're against opening the law unless absolutely necessary."

Ms. Donna Sentell, LAPELS Executive Director, agreed. "We don't like the law being opened," she said, and noted that LAPELS has supported only one clean-up bill in the last six years. And that bill, she explained, was initiated by the professional societies.

The *Times* reviewed available records and found that LPA does not appear to have initiated changes in its licensing law over that same six-year period.

In comparison, the LSBEP seems to have initiated three and maybe four legislative efforts during that same time. Each one opened the psychology practice act. Two of these were amended by LAMP.

Also, LSBEP appears to have initiated the 2012 effort to bring



Mary Alice Olsan is the Executive Director of the Licensed Professional Counselor Board.

behavior analysts under the psychology board, a move with which many disagreed. It is not clear which citizen group supported the bill, but it was not LPA, according to a source.

And, while the communities of Counselors and Marriage & Family Therapists have put forth six legislative efforts over the same time, all appear to have been initiated by the citizen groups, not the board.

Two of these bills however, were amended by LAMP.

Involvement in Elections?

Another boundary is involvement with elections and nominations process. State laws say that officials and employees should avoid "... an effort to support or oppose the election of a candidate for political office ..."

But how does this relate to boards?

In 2014, the LSBEP took up a complaint voiced by one of the candidates for a board position, who said that his competitor had a conflict of interest and should be disqualified. The LSBEP raised the complaint to the state Ethics, board asking them for an opinion on qualifications of the

candidate. This was in the middle of the election cycle and the candidate had already met all current qualifications. The Ethics board dismissed the issue but asked, "Why did you bring this to us?" Did this response indicate that the LSBEP was outside of its proper role?

More recently, in June 2015, the LSBEP held a special meeting where they voted to interpret the licensing statute in a new way. They said they believed that all results should be submitted to the Governor. This action served to change the law. What was previously interpreted to mean that the professional society would select a short list from which the Governor would then choose a candidate, which is consistent with other professional groups, became in the board's view a clerical task.

The LSBEP also published an Emergency Rule for vacancies, in July, which defined which election must be involved in an appointment, another action that affected nominations policy.

Qualifying or disqualifying candidates, reinterpreting

Boards Can and Can't Do (or Should and Shouldn't Do), continued

statutes, or setting new conditions for election or appointments—among any of these functions among the LSBEP powers?

Principle: "Enumeration of Powers"

Another check on government power is the doctrine of enumeration of powers. This check guards against government taking power not previously consented to by the citizens. If a power is not spelled out in the current law, the government cannot exercise it.

The list of powers for each board can be found in that board's licensing law, in Title 37 of the Revised Statutes, "Professions and Occupations," available online.

The psychology board has six powers only. They are:

(1) Adopt, and from time to time, revise, such rules and regulations not inconsistent with the law as may be necessary to effect the provisions of this Chapter.

(2) Employ, within the limits of the funds received by the board, an administrative assistant, general legal counsel, or other personnel necessary for the proper performance of work under this Chapter.

(3) Adopt a seal, which shall be affixed to all licenses issued by the board.

(4) Examine for, deny, approve, revoke, suspend, and renew the licenses of applicants, candidates, and psychologists as provided under this Chapter.

(5) Conduct hearings upon complaints concerning the disciplining of a psychologist; provided that, notwithstanding Chapter 1-A of Title 37 of the Louisiana Revised Statutes of 1950, no disciplinary proceeding shall be commenced more than one year after the date upon which the board knows or should know of the act or omission upon which the disciplinary action is based.

(6) Cause the prosecution and enjoinder of all persons violating this Chapter, and incur necessary expenses therefor.

The Louisiana Licensed Professional Counselors Board of Examiners, created by a 1987 law, is similar in approved functions. The Social Work Board, who includes the function to conduct continuing education, is otherwise also similar.

Rule-Making: A Power Boards Do Have

Although boards cannot make new laws in the form of statutes, they have almost unlimited authority to make new regulations or "Rules," as long

as these Rules are consistent with current laws.

Rules compose the Louisiana Administrative Code, called the LAC, and are needed to "administer" or execute the statutes. Rules must be developed according to specific steps set out by the law. Boards are required to publish the proposed Rule, called the "Notice of Intent," in the monthly *Louisiana Register*. This is known as "noticing" the rule. The board must allow comments from the public and then adapt to valid feedback from the community, before the final version of the Rule is published and becomes enforceable.

Courts can declare rules invalid or inapplicable if they discover that a rule violates constitutional provisions or exceeds the statutory authority of the agency, or has other problems.

While all administrative Rules must be consistent with the laws, it is not always clear that they are, nor is it easy for the public to monitor these rules.

After the passage of Act 137 for provisional licenses, the LSBEP published a proposed Rule in the February *Register* to add medical psychologists to several additional sections of the Rules for supervisors of psychology interns. As amended by LAMP, Act 137 authorized medical psychologists (licensed only under the medical board) to be supervisors of those with provisional licenses under the psychology board. However,

the proposed rule went further and placed medical psychologists as supervisors into the law for all interns. It is not clear the current status of this rule making effort.

In November the LSBEP proposed a change in the statute to place limitations on free speech of licensees to support what the board viewed as a growing problem with "professionalism." And while it appears that plans to change the statute to include a new disciplinary category may have been dropped, new rules for "professionalism" are still being discussed.

Citizens' Rights: Checks & Balances

Another check on government power is the citizen's right to "Direct Participation," laid out in the state's Constitution and clarified in the set of laws known as Open Meetings Laws and Public Records Laws. Boards are prohibited from any type of secret decision-making and must allow the public to understand the substance of their work, through its agendas and minutes, and allow public comment prior to a vote or action on a topic by those attending a board meeting.

At the June 1 special meeting referred to previously, the Chair instructed public attendees not to comment until after the vote, a violation of Open Meetings Laws. Public Records Law gives a citizen the right to examine public records, and the records custodian must present the document immediately if not in use. Over four attempts to "examine" documents, all of the *Times'* requests have been denied, three by the LSBEP and once by Boards & Commissions.

While the law allows a citizen to file suit in 5 days if no records are produced by a request, the government is sluggish. One request to the LSBEP for documents took almost a month, and a threat of a lawsuit, to be fulfilled.

...

So, did the LSBEP "lobby" for SB113 or not? The readers must decide for themselves.

[Editor's Note: The Times greatly appreciates the time and information from Ms. Olsan, Ms. Sentell, Mr. Savoie, and Ms. Nardini. The Times did not interview any LSBEP members for this article because the LSBEP does not allow interviews with the Press. The Times asked the Social Work Board for information, but no response was returned by deadline.]



Members of the psychology board testifying in 2014. L to R, Ms. Kelly Parker, Senator Martiny, and Dr. Rita Culross

A Shrink at the Flicks

Looking Back At Lucy: A Review

by Alvin G. Burstein

The movie takes an intriguing theme, evolution's goal, adds glitzy special effects, a heady mix of exotic locations, and invokes three solid thespian performances, but manages, nevertheless, to disappoint me.

Without turning a hair, Morgan Freeman, as Professor Norman, gives us a Nobel quality neuroscientist who is loveably warm and wise. Scarlett Johansson, as Lucy, adroitly manages the transition from terrified victim to super-heroine with just an edge of humor. Amr Waked, as Del Rio, is a wonderfully Gallic *flic* whose hormones barely manage not to dislocate his professionalism.

The plot involves Lucy's stumbling into a situation where she becomes an involuntary mule forced by a nefarious Korean drug lord to smuggle a new drug, CPH4 across international borders. The drug is a synthetic form of a human hormone said to power the developmental spurt during the sixth week of pregnancy. The drug packet, surgically buried in Lucy's abdomen, leaks, triggering an unprecedented increase in Lucy's brain potential. What ensues is a race between the drug lord's no-holds-barred effort to recover the drug and Lucy's development of unimaginable mental ability to control her body and her environment.

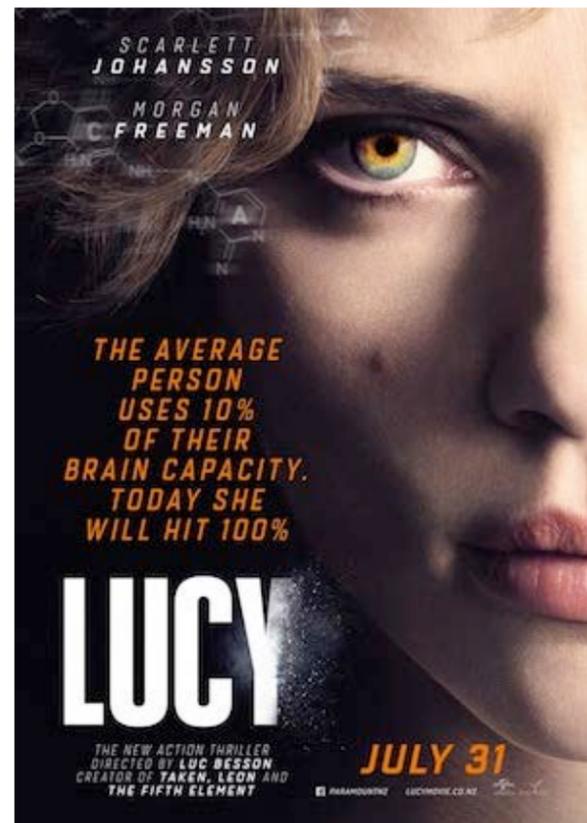
Guest Columnist,
Dr. Alvin Burstein

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 staging begins with the pre-historic Lucy, the first hominid, drinking out of a stream, using her hand to scoop up water. Inter-cut with this are scenes of Professor Norman lecturing on the evolution of the human nervous system. The point of his lecture is that the earliest humans used a small fraction of their brain potential, and that evolutionary progress in the animal kingdom involves a progressive increase in that fraction. Modern humans use perhaps a fifth of their mental capacity. Norman opines that evolutionary increase will endow humans with amazing abilities.

That story line shifts to the events in which Lucy is forced to have the packet of CPH4 inserted into her body, its leakage and her development of those amazing abilities. She has the capacity to control her bodily processes and her environment, but she is left unemotional, in fact, robotic.

She commits herself, with the help of Del Rio and the police, to disrupting the smugglers' plans and reaches out to Norman for his participation in gaining control of what is happening to her.

The core of the film contains high action chase sequences and shoot-outs. In the finale, Del Rio manages to kill the drug lord, and Lucy's body, having reached total use of its brain capacity, disappears, morphing into a series of amorphous interconnections with vast computers in Norman's laboratory. The mass extends a finger drive to Norman—think of DaVinci's God reaching out to Adam in the Sistine Chapel—presumably endowing him with what she has learned. Del Rio cries out asking where Lucy is. A message appears on his cell phone: *I am everywhere.*

This ambitious film is marred by several fumbles. Among those is its heavy reliance on the neuro-babble falsehood our species utilizes only a fraction of its brain power, and bio-babble about miracle hormones. Another is the glossing over of improbable events: Lucy's walking into a hospital operating room with pistol in her hand without being stopped, the implausibility of a Korean drug lord with an unchecked martial potential exceeding that of the Mafia, to mention a few.

The original African Lucy is usually regarded as the mother of our human species. The eponymous Lucy must be taken as fostering the next stage of human development. I was most disappointed in the film's failure to raise the unspoken questions. Does evolution imply improvement? Is an emotionless, non-material being more human? Is it a better human? Is it more god-like?

Up-Coming Events

Baton Rouge

Louisiana Counseling Association to Meet Sept 27–29

The Louisiana Counseling Association will hold its 2015 Annual Conference on September 27 to 29 at the Renaissance Hotel in Baton Rouge. The theme of this year's conference is "Interrelationships—the Ties That Bind." The conference activities will include a variety of training events approved for continuing education for counselors, addiction counselors, and social workers—G.

Keynote speakers include human relations expert, Dr. Sherene McHenry, author of *Pick: Choose to Create a Life You Love* and *The Busy Student's Guide to College and Career Success*. She has trained counselors at Central Michigan University, and is a former full professor and member of the American Counseling Association. McHenry will present on "High Stress or High Impact: The Choice is Yours."

President of the American Counseling Association, Dr. Thelma Duffy, will open the conference Sunday night. Dr. Duffy is Professor and Department Chair in the Department of Counseling at the University of Texas at San Antonio, and Founding President of the Association for Creativity in Counseling

Pre-Conference workshops will include, "Toward an Understanding of the Interaction of Values and Systems and their Relationship to Professional Identity,



Past Presidents of the Louisiana Counseling Association at a previous meeting. From left to right are Drs. Paul Ceasar, Tim Fields, and John Crawford.

Competence and Ethical Practice," by Dr. Dean Moore, and "Crisis Prevention and Preparedness: Comprehensive School Safety Planning," by Vicki Guilbeau, LPC. PREpARE is an evidence based prevention and intervention training curriculum developed by and for school crisis professionals.

"An Introduction to Acceptance and Commitment Therapy: Mindfulness and the Science of Change," will be presented by

Corey Porche, LPC, Whitney Storey, M.S. and Emily K. Sandoz, Ph.D., University of Louisiana at Lafayette Professor of Psychology.

Included in the many other educational offerings are, "Navigating Grief in the Technological Age," presented by June Williams, Ph.D., LPC-S, Southeastern Louisiana University Professor.

"Helping Students Transition to High School," will be presented by Kellie Camelford, Ph.D., LPC, NCC, Loyola University Adjunct Professor.

Susan Foster, Ph.D., LPC, will present, "The 411 on Bullying: What the School Counselor Needs to Know."

"A College and Career Counseling Initiative," will be presented by Reshelle Marino, Ph.D., LPC-S., NCC, Certified School Counselor and Southeastern Louisiana University Professor. Presenters also include Tireka Cobb, Assistant Director of Louisiana Gear Up, from the Louisiana Office of Student Financial Assistance.

Existential Psychotherapy – September 26

David Hayes, PhD, and Christen Cummins, LCSW, Present at the La Group Psychotherapy Society Fall Institute this Month

The Louisiana Group Psychotherapy Society will hold its Fall Institute at the Behavioral Wellness Center, Baton Rouge General Hospital, on September 26.

Dr. David Hayes, and Christen Cummins, LCSW, will present on the topic of Existential Group Psychotherapy, including Existential Encounters, Fishbowl, and Large Group Discussion.

Dr. Hayes is a clinical psychologist and former Commander in the Navy, where he served for one year in Operation Iraqi Freedom, as well as numerous other overseas assignments in the Navy Medical Service Corps. Dr. Hayes has been associated with LSU Mental Health since 1987, serving as senior staff and psychology internship director.

Christen Cummins, LCSW, has a background in social work and literature. Her social work degree is from Tulane University and Master's is in English from the University of Louisiana at Lafayette. Ms. Cummins has been associated with LSU Mental Health since 2009, serving as a senior staff. Her clinical interests include psychodynamic, existential, and interpersonal individual and group psychotherapy with adolescents and adults.

The Institute training will include the core tenets of Existential psychotherapy and the ways in which Existential group psychotherapy differs from traditional group psychotherapy techniques and theories.

The training is approved for psychologists, and is being reviewed for social workers and counselor boards.

Up-Coming Events

La Behavior Analysis Assn Conference in October

The Louisiana Behavior Analysis Association will host the 2015 Gulf Coast ABA Conference October 9-10, 2015, in New Orleans. 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*.

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 conversions with others at social and scholarly events. More information can be found at the association's website.

Baton Rouge

Louisiana Psychological Association to Hold Fall Conference November 7

The Louisiana Psychological Association will host a Fall Meeting for continuing education training, to be held in Baton Rouge on Saturday, November 7. For more information go to the LPA website.

La School Psychological Assn to Gather November 11- 13 in Lafayette, La

The Louisiana School Psychological Association will hold its 35th Annual Conference, on November 11-13, at the Doubletree by Hilton Hotel, in Lafayette. This year's theme is "Promoting Accessible and Sustainable School Mental Health Services."

Invited speakers include Dr. Debra Duhe who will present on "Autism Diagnostic Observation Schedule-2, Toddler Module, Video Training Program Upgrade." And also Dr. Krisin Johnson will speak on "Using Technology to Enhance your Mental Health Services."

Dr. Howie Knoff, will present, "Interventions for Students with Social, Emotional, and Behavioral Challenges." And Dr. Jerome Sattler, will present on "Recent Developments in Assessment of Children."

Other presenters include Dr. John Simoneaux who will present on "Considering Cultural Issues," and Dr. Kevin Jones, presenting a Professional Development Forum. Dr. Constance Patterson, will offer a School Psychology Trainers Forum. And, Dr. Stacy Overstreet will present Prepared II, Day 1.

2016 — Submissions due October 13

Southeastern Psychological Association to Meet in New Orleans, March–April 2016

The Southeastern Psychological Association (SEPA) will hold its 2016 Annual Meeting in New Orleans, March 30 through April 2, at the Sheraton New Orleans.

Invited talks include Dr. Oscar Barbarin, previously the Lila L. and Douglas Hertz Endowed Chair in Psychology at Tulane University, and who began a new appointment as Chair of the African American Studies Department at the University of Maryland in August 2015. Dr. Barbarin has published widely on the socio-emotional development of

children, particularly boys of color. Other invited speakers include Dr. Pam Imm, community psychologist and Dr. Paschal Sheeran, who will speak on the psychology of health behavior change.

SEPA is the largest psychological organization in the Southeast, and its mission is to stimulate the exchange of scientific and professional ideas across the diverse areas of psychological inquiry and application. SEPA consists of both professional and student members.

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.

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.

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.