



Families from East Baton Rouge to Tangipahoa Parishes, to Denham Springs and ground zero Watson, are trying to find some stability after historic flooding left 13 dead and more than 60,000 homes damaged. (Photo by Laura Guzman.)

Experts Say Community Still in Shock

South Louisiana Picking Up Pieces after Bizarre Rain Event

“People are still in shock,” said Dr. Mark Crosby, who has been working to help those in the Watson community, one of the areas with the most damage from the bizarre weather now being called the Flood of 2016.

“Watson was at ground zero,” Crosby said, “Ninety percent of everything went under water – houses, schools, businesses. People are still in shock. We are just trying to find places where the children can attend school, school’s started, and there’s no space that wasn’t affected.”

Dr. Crosby has a doctorate in Family Psychology and has a background in Pastoral Counseling. He is Senior Pastor at Live Oak United Methodist Church (LOUMC) in Watson.

“Many who evacuated,” Crosby said, “were placed at the LOUMC Family Life Center. The Family Life Center and other buildings on our campus became a shelter for 425 people and 75 dogs and cats,” he said.

“The volunteers—many who were evacuees—quickly went into crisis mode, he explained, “helping those who were wet and scared—some in shock—to get settled with a warm blanket and cup of coffee.” Medical volunteers helped those on ventilators or other conditions, the cooks went to work, and “safety” volunteers maintained order, he explained.

“LOUMC was a virtual island as water kept any ‘help’ from coming to our campus,” said Crosby. “There was no Red Cross, FEMA, or UMCOR able to reach the campus due to the high water. The generosity of local businesses such as Oak Point Fresh Market, Pappis, Dukes, Day’s, and Asahi were able to get food to help feed 425 people for four days along with pets and the staff/volunteers who were up for 48 hours helping, counseling and ministering to the masses.”

As the flood waters receded, the church sent organized crews to help “gut and clean” homes, they continued to provide a food line, and then they became a distribution center for supplies brought in by trucks, he said.

Cont’d pg 5

Other News Inside

Letter to the Editor —Baton Rouge Attorney gives it to the media, in a letter than went viral during flooding. Page 2

Governor’s Busy with Executive Orders –Governor Creates New Board for Drug Abuse, Violent Crime, and reestablishes Councils – Pages 3-4

Dr. Burnett is New Chair on LSBEP; Still No Appointment – Dr. Darla Burnett begins her last year – Page 3

LSU’s Dr. Cherry gives a view of the flooding — Page 7

Stress Solutions by Dr. Andrews — Page 9

Whatever They Say It’s About... — A closer look at what’s behind the push for an EPPP Step 2. – Page 11

People – Dr. Hayes Welcomes Baby Boy – Page 14

Upcoming Events – Conferences for everyone about nearly everything are quickly approaching – Pages 15 & 16

LSBEP Expedites Temporary Licenses

The Louisiana State Board of Examiners of Psychologists has put into place an expedited process for approving Temporary Licenses for those coming to Louisiana to help flood victims.

In a message on their webpage the board wrote, “In an emergency or disaster the number of currently licensed Louisiana Psychologists may be

Cont’d pg 3



Shrink at the Flicks

Dr. Al Burstein
Reviews

*Hell or High
Water*

Page 10



Part of the “Cajun Navy,” David Phung pulled a woman from a car in the nick of time. The video went viral and played continually on the Weather Channel.

Editorial Page – Opinions

Letter to Editor

EDITOR'S NOTE: During the peak of the floods, Baton Rouge Attorney Heather Cross posted a Letter to the Editor to the media and others, slamming the national media for its treatment of Louisiana. The letter went viral on social media and the *Times* has the honor of running it along with our other coverage of the floods. Ms. Cross is with Baker Donelson's Baton Rouge Office. She earned her JD from LSU Paul Hebert Law Center and an undergraduate from ULL in mass communication.

Dear CNN, Fox News, MSNBC, ABC News, CBS News, Good Morning America, the Today Show and whatever other news organizations professing to employ people who refer to themselves as Journalists:

cc: all Facebook Friends (as promised)

FYI There is a flood in Louisiana.

You've met us before. You came and camped out over here during a very painful period in our existence about a month ago. You went into a neighborhood you've never been in, in a state it's quite possible that you've never visited (despite that you are "very well-travelled"). Although, I realize you are sophisticated, and accepting of "other" cultures, you managed to pass judgment on an entire community in your own country, who were mourning and struggling to figure out - what the hell just happened - and where do we go from here - all of us (well most of us) - in good faith. You didn't offer help, you didn't offer support, you offered criticism - and then you left.

Oh you came back, a few weeks later, a lunatic, who also had never been here, showed up and murdered three of our finest citizens. In broad daylight. In the middle of town. You came back. With more criticism. More speculation. More side taking. When in the community I live, we were basically all on the same side. We're all in this together. I hate to pull a hashtag, but seriously #unBRoken.

Not one person I watched on the national news during the weeks following Alton Sterling's death, or the murder of three police officers gave my friends, my family, my neighbors - any credit or the benefit of the doubt. Nope. The entire news media looked for someone to blame. Depending on what network you watched the target of blame was Sterling himself, the cops, the South, the guns, the whatever. Not one person I watched on the national news assumed that the whole city was by and large, and in good faith, just trying to wrap our brains around what happened, and trying to make our city whole again.

I think you people are stone cold silent about this flood, because really, there's no agenda to push. There's no side to take. There's nobody to blame. So even though you don't seem in the least bit curious, here's what's been happening around here since you left.

First - as previously stated. There was a Noah's Ark Level Flood. It affected all of us. Black, white, dog, cat, man, woman, child, transsexual.

While it was still raining, a spontaneous, private, and well-meaning navy of ordinary people assembled themselves. They were black, white, asian and otherwise. They weren't protesting anything. They got into their own boats, spent their own money, spent their own time, risked their own lives. Black people saved white people. White people saved black people. Nobody asked what color you were before knocking on your door. These are not first responders on some list somewhere. These are a bunch of guys who like to hunt and fish and as a result own flat bottom boats and they assumed that the actual police and other first responders, not to mention their fellow citizens - could use a little help. So they just showed up. Nobody told them to. They wanted to.

Meanwhile, across town, a spontaneous, private and well-meaning army of ordinary people assembled themselves in a 7 warehouse, un-airconditioned sound stage. (And FYI, it's REALLY hot in August in Louisiana). They found some fans. And they had plenty of room. They gathered canned goods, bottled water, Gatorade, Neosporin, BandAids, Toothbrushes, deodorant, hairspray, sleeping bags, chairs and pillows. They set up kitchens with their tailgating party supplies. Nobody told them to. They just did it. Why? All because people who just lost everything about a half hour ago, got plucked off of their rooftops in helicopters and this army knew that they needed somewhere to go, and something to eat. Pretty much instinctively.

Meanwhile, across town, people who usually lived as one family unit in well-kept homes slept on air mattresses in friends homes watching flood waters threaten every memory, every belonging, every photograph, everything they spent their whole lives building, every spot their child took their first step become over-run with ruin, knowing it would be months, if not years before they clean up the mess. People who lost homes in Katrina, went through the same thing again. People who don't own much to speak of, have nowhere to return to. All of these people woke up in a place where they have nowhere to send their kids to school. Indefinitely. All of these people I've seen, are sad, they are tired - but they are resilient - they are smiling.

We have not even begun to count our dead, much less bury them, and we're still in mourning over the events from last months. For the love of goodness the least you could do is offer us a little encouragement.

Cont'd pg 8

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Corrections & Clarifications

No corrections or clarifications were received for last month's issue. Please send corrections or clarifications to the *Times* at
psychologytimes@drjulienelson.com

Governor Creates New Board for Drug, Crime Prevention

On August 4 Governor Edwards established a new board, the Louisiana Drug Control and Violent Crime Policy Board, by Executive Order.

In the Order, he noted that federal government provides financial assistance to the State to improve the operational effectiveness of our drug and violent crime control efforts through such programs as the Violent Crime Control and Law Enforcement Act, and that this was one reason for the new board.

Duties of the board will be to create a statewide drug control and violent crime strategy encompassing all components of the criminal justice system, and serve as an advisory body to the Louisiana Commission on Law Enforcement and Administration of Criminal Justice.

The Governor's Order said that the board will include Superintendent of State Police, or designee; three district attorneys, one each from the eastern, the western, and the middle areas of the state; executive director of the Louisiana District Attorneys Association, or the executive director's designee; three sheriffs, one each from the eastern, the western, and the middle areas of the state; the executive director of the Louisiana Sheriffs' Association, or the executive director's designee; chiefs of police, one marshal, and five private citizens who are active in community drug control and prevention.

Gov. Reestablishes Rehabilitation Council

Governor Edwards reestablished the State Rehabilitation Council saying that it is in the best interests of the citizens to continue providing those with disabilities vocational rehabilitation services and programs. The move was by Executive Order last month.

The Order noted that the federal law provides the state with financial assistance to promote effective programs of vocational rehabilitation under both the Rehabilitation Act and the Workforce Innovation and Opportunity Act of 2014.

The duties of the Council are to review, analyze and advise the Louisiana Workforce Commission, Office of Rehabilitation Services, and evaluate the effectiveness of various programs.



Dr. Darla Burnett (R) will now serve as the new chair for the state psychology taking over for Dr. Marc Zimmermann (L) who remains officially on the board until the new appointee is named. Dr. Burnett has served since 2012 and is in the last year of her five-year term. Above, they review matters at the 2015 Long-Range Planning Meeting.

Dr. Burnett New Chair, No Appointment Yet

Dr. Darla Burnett was nominated and approved unanimously as the new Chair of Louisiana State Board of Examiners of Psychologists (LSBEP) at the July meeting of the board. Dr. Burnett was appointed in 2012 by Governor Jindal after capturing 77 percent of the vote in that year's board election, running with Dr. Gary Jones and Dr. Arnold James.

Burnett is a clinical and medical psychologist engaged in private practice in the Baton Rouge metropolitan area. She earned her PhD from U. of Southern Mississippi and has been licensed in Louisiana since 2001. She has previously served as president of the Louisiana Psychological Association. She holds a certificate for medical psychology from 2010 and is a member of the Louisiana Academy of Medical Psychologists.

Burnett follows outgoing Chair Dr. Marc Zimmermann, whose official term has ended and who has unofficially stepped down for most duties except those board activities that require five voting members, said sources. Five members are usually needed for disciplinary votes, which require four votes to pass some actions.

As of publication, there does not seem to be an appointment to the state psychology board. The new appointee should have taken over in July. The delay in

the appointment to LSBEP has been connected with political tug-of-wars over control of the board in past years.

For the first time since 2009 the powerful Louisiana Academy of Medical Psychologists (LAMP) could lose its majority membership on the state board. Neither of the psychologists on the list to the governor, Dr. Amy Henke, who captured 62 percent of the votes in the recent election, or Dr. Leah Crouch, who obtained 38 percent, report any professional connections to LAMP.

According to the law, the Governor must appoint an individual from the list of names. But the "list" has been the source of conflict. Last year, the psychology board involved themselves in the "list" and the third candidate, LAMP student member, Dr. Jesse Lambert, was included on the list, and was later appointed.

Also last year, the psychology board pushed an effort to remove the wording from the psychology law that gives LPA the control over the list of names. The effort failed but videos of Senate meetings showed LAMP lobbyists conversing with LSBEP board members during the struggle over maintaining the current language in the Psychology Practice Act.

Dr. Crouch is a clinical psychologist with membership in the Divisions for Psychologists in Independent Practice, and also

for Trauma Psychology. Dr. Crouch is also a member of the Society of Personality Assessment.

Dr. Amy Henke is a clinical psychologist with the Louisiana State University Health Sciences Center and Children's Hospital in New Orleans. She is a member of APA Divisions for Pediatric Psychology and Health Psychology, and a member and Director for the Louisiana Psychological Association.

LSBEP Expedites Temp Licenses con'td

insufficient or unavailable to provide all needed services to the population of the state. Therefore, the LSBEP has an Emergency Temporary Registration that is expedited for licensed psychologist of other states wishing to volunteer services through the RED CROSS, LA DEPARTMENT OF HEALTH, or other legitimate relief effort. If you are coming to this state to provide psychological services to the flood victims of 2016, you are required to register with this Board using the following form: Emergency Temporary Registration 2016."

Governor Edwards declared a State of Emergency for all of Louisiana on August 12.

LSBEP Looking for Another Complaints Coordinator to Help

The Psychology Board is once again looking for additional help in the Complaints Coordinator role. At the June board meeting members expressed a concern that Dr. Gardner may not be able to dedicate enough time to the role. The minutes noted, "**Complaint Coordinator Position II** – Ms. Monic requested that an additional position be considered for the 2016-17 Fiscal Year in order that the backlog of complaints may be investigated timely. Dr. Burnett moved in favor of offering Dr. Erica Meyers, an original applicant for the position, the additional contract, for the same terms as the current Complaint Coordinator contract for FY 2016-17."

However, at their July meeting, the Executive Director, Ms. Jaime Monic reported "...Dr. Erica Meyer's circumstances had changed since she first applied and she respectfully declined the position. Dr. Griffin moved that the position be opened to all licensed psychologists and also to reach out to Dr. Greg Gormanous and also inquire with the Board of Ethics if it would be permissible to contract with him if he was interested."

They had announced at their January 22 meeting that Dr. Chris Garner would take on the duties of Complaints Coordinator after Dr. Zimmermann and Dr. Lambert had three "very well qualified

applicants: Dr. Erica Meyers, Dr. Chris Garner and Dr. Jill Hayes..." The board reviewed the candidates in executive session and afterward Zimmermann and Lambert recommended Dr. Garner to fill the position.

Dr. Clinton (Gary) Pettigrew retired from his position as Complaints Coordinator last year after more than 10 years with the board. At the September 2015 meeting Pettigrew received thanks and praise from the board members for his service and assistance. Board members agreed that few people know about the value of his contributions. Chair Dr. Marc Zimmermann said, "We appreciate your 10 years of service in a thankless," and difficult job.

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.

Newest Primary Care Model Launched in 14 Regions

The CMS (Centers for Medicare & Medicaid Services) is trying to recruit up to 5000 primary care practices with as many as 20,000 clinicians who will treat 25 million patients. These clinicians will not be limited to beneficiaries of traditional Medicare and so CMS is partnering with private insurers, state Medicaid programs, and Medicare Advantage plans. All involved will agree to adopt the same standards for payment, data sharing, and quality, said a report from Medscape, written by Robert Lowes. The offer includes 14 regions, including all of Arkansas, Tennessee, Oklahoma, and others, but not Louisiana. The new model pays \$15 per beneficiary per month for care coordination in addition to normal fees, and aims to reduce hospital readmissions.

In a related story, Medicare proposed three new bundled payment approaches for cardiac and orthopedic care that are mandatory, for hospitals in certain geographic areas. Medical societies are worried that the move away from voluntary models is bad news and is a "hard turn." President of the American Association for Thoracic Surgery, Thoralf Sundt, MD, said, the government is "getting pushy."

"Youth for Excellence" Office Reestablished

Governor Edwards reestablished the Office of Louisiana Youth for Excellence, within the Executive Department, Office of the Governor, Office of Community Programs, by an August Executive Order.

The announcement said that the goals are: Promoting positive youth development by teaching goal setting, leadership development, character building, and integrity in school settings, after school programs and community-based programs. Other goals are: Mitigating the effects of health-risk behaviors for the youth of Louisiana; Reducing the incidence of sexual activity among the youth of Louisiana; Reducing the rate of sexually transmitted infections among the youth of Louisiana; Lowering the pregnancy rate among the youth of Louisiana; and Lowering the number of high-school drop-outs related to health-risk behaviors in Louisiana.

Psychologist Opportunity

Busy, multidisciplinary, fee-for-service, mental health practice located in the Garden District of New Orleans, LA

is currently seeking an experienced, licensed psychologist interested to provide assessment and psychotherapy services to adolescents and adults.

Neuropsychology specialty skills are encouraged.

Please submit a letter of interest along with a curriculum vitae to clasiter@pelts-kirkhart.com



What is now being called The Flood of 2016 killed 13 and damaged over 60,000 homes. Experts say many are still in shock. (Photo by Coast Guard.)

Experts Say Communities Still in Shock

South Louisiana Picking Up the Pieces cont'd

"It was unlike anything we have ever seen before. The Flood of 2016 will go down in the history books as one of the worst natural disasters in our community, Crosby said. "Many experts from around the country (FEMA, UMCOR, Red Cross) all made similar remarks. Many said, 'rarely do you see this much devastation in a community and the people did not evacuate from the region.'"

At the peak of the disaster, the Red Cross reported that there were 10,000 people in 50 shelters. Twenty parishes were declared as disaster areas. Authorities report that 60,700 homes are damaged.

Watson topped the list of phenomenal rainfall, with 31.39" recorded in an event that cost 13 lives and an estimated \$20 billion in property damage.

There were 1,000 water rescues reported. Louisiana's "Cajun Navy," who some say learned from Katrina to not wait for government permission, took to the floodwaters. A video of David Phung, a land surveyor, was caught on tape as he pulled an unidentified woman from a sinking car, in what looked like a last-minute rescue. Phung spent four more days searching for people who needed his help.

"The problem for so many is rebuilding," said Dr. Crosby, "relocating and restarting their lives as schools try to reopen, as businesses try to salvage their operations and as neighborhoods continue the arduous routine of 'gutting and cleaning,'" he said.

Dr. Darlyne Nemeth says South Louisiana's rebuilding and recovery will be long. She has some experience. She and Dr. Charles Burchell chair the Emergency Responses Committee of the Louisiana Psychological

Association, and coordinate with the resources at the American Psychological Association which are linked to the Red Cross Disaster Relief Network or DRN.

Nemeth has worked closely with the stages of recovery. After Katrina she and others developed a set of interventions called Wellness Workshops, aimed at supporting the emotional recovery of those dealing with loss and trauma. Nemeth also co-authored a book, *Living in an Environmentally Traumatized World: Healing Ourselves and Our Planet*.

"In reviewing my Six Stages of Recovery from environmental trauma, we know that things are right on schedule," Dr. Nemeth said. "What is especially unfortunate is that many people, who moved here post Katrina, are now being re-traumatized. They are having anniversary reactions, ..." she said.

"After the shock of it all, most people are still just trying to survive. The major psychological blow will come when they enter the awareness of loss stage. Hopefully few have lost loved ones. For those who have, the recovery will take much longer as the grieving process, which takes five years, will surely begin."

In Nemeth's work she and co-authors point to six stages in recovery, which begin with *Shock*. "We tend to view our lives as predictable, stable, and secure. [...] When people are in shock, they act without thinking," she explains.

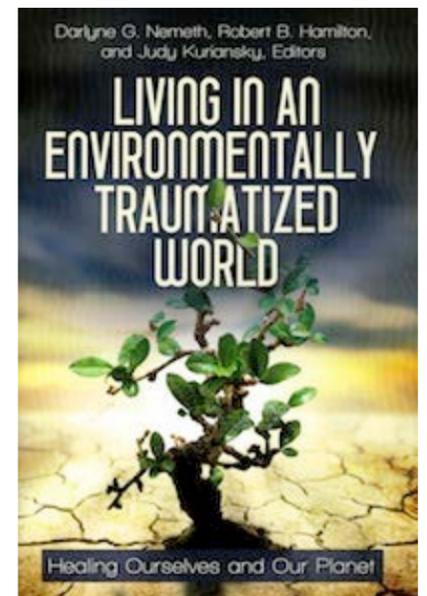
In the second stage, *Survival Mode*, people do whatever it takes to survive. Some are overwhelmed and in shock, some tell their horrifying story while displaying no emotion, some feel guilty for having survived, while others died or were injured, she explained.

The next stage is *Assessment of Basic Needs*, when people need food, clean water, shelter, and safety. Local people do this best she said. "They understand the culture of the people and they know how to assess their basic needs. Safety is one of the most difficult conditions to re-establish."

In *Awareness of Loss* people survey their losses and begin to gain perspective. Then, *Susceptibility to Spin and Fraud*, is the stage where others can take advantage of them. "We are still in the initial stages of recovery and, thank goodness, the media is warning people about *spin and fraud*. Hopefully people will not be taken advantage of as they were post Katrina," Nemeth said.

The last stage is *Resolution*. "Resolution can take a long time," she said, "from many months to many years. The beginning of the resolution phase is marked by an anniversary reaction, which is usually one-year post environmental trauma."

Those wanting to volunteer to work with Drs. Nemeth and Burchell in the emergency services, can locate them by going to the Louisiana Psychological Association website.



For those who lost loved ones, or major possessions, traumatic grief can result. Dr. Marilyn Mendosa is an expert in grief, and writes a blog for *Psychology Today* on the topic.

"This type of loss can generate intense feelings of shock, anger, guilt, anxiety, depression, despair and hopelessness," Mendosa said. "People are overwhelmed. They are stunned and disoriented and have difficulty processing information. They have lost their sense of safety and order to their lives. In addition to the emotional turmoil, many will also develop physical illnesses."

Dr. Mendosa is the author of *We Do Not Die Alone* and Clinical Instructor at Tulane Medical School Dept. of Psychiatry, an expert in trauma, bereavement, spiritual and women's issues.

"During this time of tragedy, it is important to eat, rest, and drink water," she explained. "Find something that comforts and recharges you. Remember other difficult times with floods or hurricanes and how you survived them. Set a goal, no matter how

Picking Up The Pieces

cont'd

small to complete each day. Try to establish or reestablish some routine to your life. Accept and give help when the situation presents itself. Give your self-time to adjust.

“The best way to help these survivors is to offer concrete help,” she said, “be persistent and be prepared to listen to them,” she said. “Your continued support will be even more important in the months ahead.”

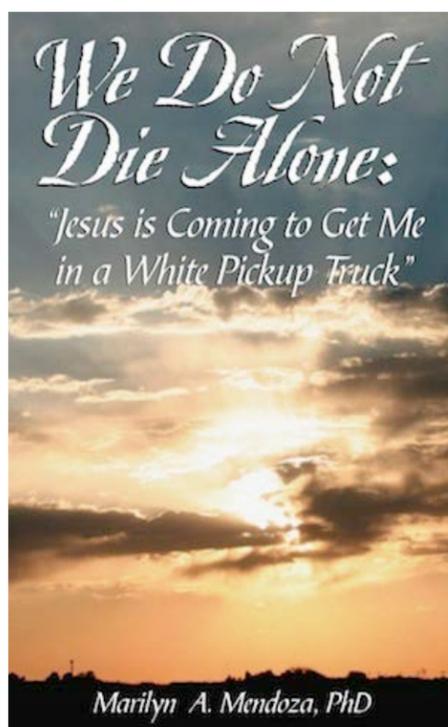
In her latest essay, “Traumatic Grief” at *Psychology Today*, Dr. Mendosa writes, “Grief never really goes away but it is about how we incorporate it into our lives. It has been found that it is harder to cope with a human made disaster than a naturally occurring one like a hurricane. One of the most important things that the bereaved can do is to talk about the event as much as needed.”

“After Katrina, we talked about it for years,” she said. “Strangers waiting in long lines for food would talk to other strangers about their experience. Even now, 10 years later, it still has the ability to re-traumatize with each new Hurricane season.”

“People with pre-existing emotional problems and those who do not have a support system are likely to have the hardest time,” she said.

“Resilience comes from taking care of ourselves physically, emotionally, mentally, spiritually and staying connected to others”

See her blog at *Psychology Today* www.psychologytoday.com/blog/understanding-grief



Debris and clean-up is likely to involve as many as 60,000 homes in 20 parishes. (FEMA photo by J.T. Blatty.)

Dr. Katie Cherry has studied how different people are impacted by disasters and who may be the hardest hit. She is a Louisiana State University psychology professor, and executive director of the LSU Life Course and Aging Center. She has authored *Traumatic Stress and Long-Term Recovery: Coping with Disasters and Other Negative Life Events*, and also *Lifespan perspectives on natural disasters: Coping with Katrina, Rita and other storms*, both published by Springer,

In one of her studies, “Survivors from the Coastal Parishes,” Cherry and co-authors discovered patterns in how different groups cope with disaster. Her team looked at coastal residents with severe property damage from the 2005 Hurricanes Katrina and Rita, and those with exposure to the 2010 British Petroleum Deepwater Horizon oil spill.

She found that those who experienced recent and severe trauma related to natural and technological disasters were found to be at risk for adverse psychological outcomes in the years after these events. Individuals with low income, low social support, and high levels of non-organizational religiosity are also at greater risk. She and her team found a 51% rate of reported symptoms of depression in fishers along the coast.

For this issue, Dr. Cherry’s has authored, “Louisiana’s Historic Flooding.”

In Watson, where 90% of all property went underwater, many business owners experienced losses along with their homes.

Executive Coach and organizational consultant, Dr. Laura Wolfe is responding by offering free coaching sessions to those affected by the flood. Wolfe’s doctorate is in Industrial-Organizational psychology and she has taught human resource management, employee selection and placement, and principles of management at LSU’s Rucks Department of Management.

“For business,” she explained, “the main issues right now are welfare of employees and business continuity. Uncertainty about the future is stressful both at the organizational level and the individual level,” she said. “Self-care is especially important as recent research finds that taking care, recharging, and recovering are related to sustaining and building resilience.”

“Those who lost loved ones or friends will be the most impacted as will people whose homes flooded and/or who lost anything important,” she said. “The vast scale of the disaster means that most everyone in this community is affected in some way,” she said.

“One way to look at difficulties with recovery is in terms of Carol Dweck’s work around mindset,” Wolfe said to the *Times*. “People with a fixed mindset believe their basic traits are fixed and expend a lot of energy affirming that what they

believe about themselves is true rather than developing their abilities. Those with a growth mindset believe that they can learn and develop and their focus is on the process. People with a growth mindset keep going despite setbacks and will probably manage post-disaster challenges more easily,” she said.

“The good news is that mindset can change. Someone with a fixed mindset when young can absolutely develop a growth mindset at a later time.”

“Coaching can also be an option as it supports and facilitates the change process. For this reason, I am offering free coaching around issues related to career, leadership, and organization development to those affected by #flood2016.”

You can follow Laura Wolfe on facebook and twitter and subscribe to her newsletter at <http://laurawolfephd.com>.

Dr. Mark Crosby said, “In all of the heartache, depression, and fatigue, many of us saw the hand of God in a variety of different ways, comforting, providing, and protecting. Many in this community have expressed how they were touched by the generosity, care and love of LOUMC.”

Dr. Wolfe recently wrote on her blog, “In South Louisiana, people know about digging deep and are very good at it. The worst of times bring out the best in people.”

Louisiana's Historic Flooding

by Katie Cherry, PhD

Department of Psychology, LSU

On August 8, 2016, it began to rain. As the days continued, so did this torrential downpour across the state. By Friday, August 12, Livingston Parish schools were closed, a wise precaution to ensure the safety of teachers, staff, and students given the perilous threat of flash flooding. The Amite River rose to unimaginable heights and before long, directly impacted persons scrambled to safety in attics, churches and other shelters of last resort. By Monday, August 15, records indicate a historic 7.1 trillion gallons of water had fallen², flooding an estimated 40,000 homes. By comparison, the 2005 Hurricane Katrina dumped an estimated 2.3 trillion gallons of water on south Louisiana. Over three times as much rain as Katrina. That's a lot of water.

Unless one has an interest or background in climatology, it's hard to appreciate just how much water fell from the sky across those fateful days. For people who can relate to mathematics, 1 trillion is equivalent to 1 thousand billion, or 1,000,000, 000, 000. Twelve zeros is higher than I can count. So I turned to my clock for inspiration. I wondered how much time – days, weeks, months, years – 1 trillion seconds would be? On a fact finding mission¹, I learned that 1 million seconds is equivalent to 12 days, 1 billion seconds is equal to 31.7 years, and 1 trillion seconds? That's 31,709.8 years! One trillion seconds ago in time, the great Egyptian pyramids had not yet been built, nor had our earlier ancestors started painting animal pictures on cave walls in southern France. Armed with such facts and figures, one can begin to appreciate just how much water 7.1 trillion gallons is. An exercise in numbers may be helpful to characterize this historic event, but what about the psychological experience of those directly affected by the flooding?

Unless one has lost a home in previous severe weather, it is difficult to imagine the depth of pain and heart wrenching grief over seeing one's home a ruinous pile of soggy fiberglass and crumbling sheet rock. We look for answers – why me? Why did this happen to us? Why did the water come into our home? Or the flip side of this coin, why is our home and our stuff intact today, while friends and family have lost homes, automobiles, and suffered so terribly? Survivor guilt happens. Neighbors help each other, strangers lend a helping hand, too, as communities unite to get through this latest catastrophic event. In time, disaster response transitions into disaster relief. From the early hours and days of *sprinting* to save lives, we now turn to the *marathon* of long-term recovery, which will involve wrestling with insurance claims and coming face to face with loss and the *new normal*, in whatever form it may take.

So what do we do? Maybe the answer is as simple as looking to the experience of others who have also had great losses³. Ironically, people who have lost everything once before may have exactly what we need right now – the hope of a future, and knowledge that everyday life and a sense of normalcy will be restored again in time. People who lost their homes and communities in Hurricane Katrina

11 years ago will tell you today that things do get better⁴. Social support helps, and it can come in many forms: tangible (“you can stay in my spare bedroom”), appraisal (“here's how to submit a FEMA claim”), and emotional (“your family still loves you and makes you feel wanted”). Post-traumatic stress, anxiety, and depression happen sometimes. So do nightmares and disrupted sleep. Seek help when needed. Take breaks, too. Remember, long-term disaster recovery unfolds over time. Feelings about losses are real. Frustrations and uncertainties will come and go. Be patient with yourself and with others. It does get better.

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¹ Dorothy C. Morrell (1986, September 28). *Just how long is a trillion seconds?* New York Times Letter to the Editor. Retrieved from <http://www.nytimes.com/1986/09/28/opinion/l-just-how-long-is-a-trillion-seconds-229186.html?pagewanted=print>

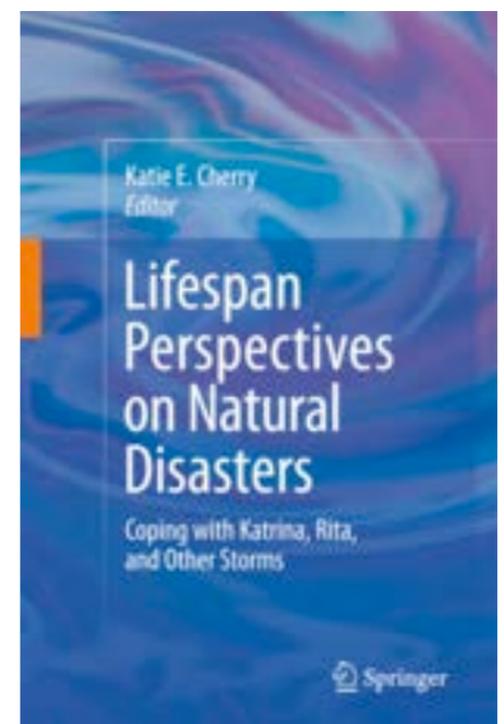
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Dr. Katie Cherry
(courtesy photo)



Help was needed for 10,000 people in 50 shelters across 20 parishes. (FEMA photo, J.T.Blattly.)

Letter to Editor: Heather Cross' Letter to Media, cont'd

I suppose a bunch of self-sufficient folks that actually love one another, and are trying to figure things out isn't as interesting to you as casting gross stereotypes over people who live fly-over country. But we are a little bit baffled after all that unwanted attention we got a few weeks back, when we actually need you to get the word out, you are nowhere to be found.

As much as it pains me to ask, we need you to shine a light on this. There are people here who need help. Let's take a time out from monitoring Donald Trump's Twitter Feed and deal with this one. We need attention because we cannot rebuild our infrastructure, our schools, our homes, our businesses without the money that the attention will bring. So here is what we need you to explain to people that don't live in Louisiana:

1) This water damage was caused by rain. Not a tidal surge. There's a difference. I don't have lots of time to explain, it - but the main difference is, that this is such a bad ass amount of rain that it only happens every 1000 years. Yes. One thousand years.

2) As a result of how infrequently this happens (yes every 1000 years) Nobody knew this was coming. We thought it would rain. We did not realize we would get almost three feet of rain in some places. 14 trillion gallons water is now trying to drain out of

rivers, and bayous and ditches that are stretched beyond capacity. Think about that. Where's all the water gonna go? Hell I don't really know, but I can tell you this on its trip to the Gulf of Mexico (which is incidentally where a lot of your rainwater goes) - it's gonna travel over places it hasn't been for one-thousand-years. Sometimes that's the first floor of your house. Sometimes - it's the only floor of your house. Sometimes its your entire business. That supports you, and supports others. Either way, you have no place to inhabit for months because you can't live in a house that's been covered in water or sell your wares out of a store that nobody can get to.

3) This flood affected people from every walk of life. It did not discriminate between the good side of town, or the bad side of town. It was an equal opportunity offender. It just tried to ruin half a state. Despite what you may think, we're fairly united against this slithering, slimy common enemy. We have only just begun to figure out how to dig our way out. Maybe you can help us figure it out. At this point, we're open to suggestions, or at least some assistance in ripping out wet sheetrock.

4) You can buy maximum value flood insurance, and it will not - repeat not - cover the cost of the average price

of a home in East Baton Rouge Parish. Plus, notably, flood insurance must be purchased separately from regular homeowners/property insurance. Most Homeowners insurance policies will cover you if you suffer any other form of natural disaster - by that I mean earthquakes, tornadoes and wildfires. But for some reason, not floods. Nope. That is limited. There are maps that insurance companies have where they think it could possibly flood. There are uninsured houses right now, that are in a place that some beancounter in an insurance company did not think it would flood. Maybe someone could check out what the hell is going on with flood insurance. We certainly talk a lot about health insurance.

5) There's stuff we have that cannot be replaced.

6) Al Sharpton, Donald Trump, Hillary Clinton, President Obama, Kim Kardashian, and others - are nowhere to be found. (Although props to Taylor Swift for the cool million she sent us).

This education is sorely needed because the few, and I mean very few, articles I have been able to locate on the national news have said nothing about the above 6 points. But the best part? The comments. They clarify how uneducated the rest of the United States is about Louisiana (while usually, and ironically calling the people in Louisiana uneducated). In addition to the fact that "environmentalists" who love the

Earth do not realize that Baton Rouge is NOT on the coast or below sea level (my favorite irony), these people think we are cultural Neanderthals. They don't realize that we have our own music, food, language and culture. It's a gift, and we are grateful and proud of it. It's your fault you won't take the time to understand it - not mine.

However, the recurring criticism and/or question from these "commentators" is why don't these people just move? I have two responses to you.

The First, by way of example: Remember the Tsunami that happened in Thailand? A bunch of people on expensive vacations got mowed down by an unpredictable, unforeseeable weather event. Not once did I hear anyone ask: why would you go on vacation where there could be a Tsunami? Nope. All the people I know were too busy praying novenas and donating money to go to some country they may never see to stop and ask such a thing.

The more significant reason we don't move away is because this is the kind of place that prays novenas and sends money to places we've never been in the hope of sending help and comfort to people we have never met. We are the kind of people that assemble a volunteer army, and a volunteer navy whose sole mission is to spread love, support and a hot meal to our neighbors and community. We're dropped off in a shelter with a couple thousand of our new friends, and honestly still find a way to laugh together. The Cajun Uber joke on Facebook is priceless. That's it. Our joie de vie is in our DNA, and it grows out of this soil, and it is contagious. But only in this place. On this little part of muddy earth. We know all our cousins. We live a block from our grandparents. Plus the food is really, really good.

Come hell or high water, we're not going anywhere. You're welcome to visit anytime. We promise, no matter what, we will love you anyway, we will always send rescue, and we will always find a way to make you smile. And after all that we will, most definitely, feed you.

Love,
The State of Louisiana
#unBRoken

#CNN #FoxNews #MSNBC #ABCNews
#CBSNews #GoodMorningAmerica
#TodayShow #Louisianastrong
#historicflood2016



Everyone and anyone in the Baton Rouge area was ripping out sheet rock after the water receded. Here are *Times* business manager and photographer Mike Dooley (L), his brother Pat (C), and son Jake, *Times* cartoonist, doing some demolition and male-bonding.

I-O Psychology Key Element in LSU Continuing Education

The Louisiana State University Continuing Education Professional Development Program will sponsor its flagship program, "Fundamentals of Supervision," beginning in September. The program is offered by the Management and Leadership Institute of the program.

Dr. Courtland Chaney will instruct in the sections, along with Steve Robichaux, Dr. Kerry Sauley, and Mellinda Stallings.

LSU Continuing Education has provided training and professional development for more than 90 years, and Industrial-Organization (I-O) psychology has been involved in that process for the last 30+ years, said Dr. Chaney. Chaney is a licensed I-O psychologist in Louisiana and instructor at LSU Continuing Education.

Chaney and others in the field offer educational programs under the auspices of the Management and Leadership Institute within LSU Continuing Education, and has been a lead instructor in the creation and teaching of management and leadership development since 1983.

"Over the years," he said, "we have developed a large portfolio of training and professional development courses pertaining to supervision, management and organization development, with content revisions and new training programs created each and every year."

He pointed out the important role Continuing Education plays in providing training to working adults.

"Today we have four instructors trained in the field of industrial-organizational psychology developing and teaching part or all of more than a dozen leadership and organization development short courses, all of which are one to three days in length," he added.

I-O psychology trained instructors include Melinda Stallings and James (Jim) Stodd, both of whom hold Masters in I-O psychology, and Kerry Sauley and Courtland Chaney, both of whom hold doctoral degrees in I-O.

"We are involved in developing custom training programs for client organizations as well as teaching 'open-enrollment' short courses on the LSU campus," explained Chaney.

The current open-enrollment professional development programs taught in part or full by I-O instructors include the following titles:

Fundamentals of Supervision
 Enhancing Supervisory Performance
 Developing Your Managerial Effectiveness
 The Practical & Legal Aspects Staffing
 Employee Development & Total Rewards
 Employee Relations & Employment Law
 Workplace Investigation Essentials
 Interpersonal Success in the Workplace
 Effective Management of Compensation & Rewards
 Strategic Organizational Planning
 Strategic Communication
 Building High Performance Organizations
 Leading Highly Successful Organizational Change

More information is available at www.outreach.lsu.edu

Stress Solutions

by Susan Andrews, PhD

Coping with the Stress of Trauma and Loss

People all over this country are feeling for our neighbors who are dealing with flood waters and loss of personal treasures, homes and pets. Like you, I have heard many stories from my clients, some of whom are going out of their way to help and some are unfortunate recipients. I still remember the horrors and stories we all heard after Katrina. Yes, folks from Louisiana are resilient but this is a good time to revisit our therapist's Help Bag.

When working with flood victims, keep the following points in mind:

- Don't encourage people to push the emotions away for the moment. In fact, help them feel the intense feelings. Surprisingly, they will pass on if you stop and really feel. Allow the tears and the anger to come out.
- On the other hand, avoid obsessively reliving the events on TV news and other venues.
- Focus instead on the "best next steps" for survival and recovery. Overcoming traumatic stress is all about getting busy and taking some action.
- When working on cleaning and clearing the mess, take frequent breaks to rest. Take some kind of short break (10 to 15 minutes) every 60 to 90 minutes. During those breaks, do some of the following things:
 - Talk to another person, friend, neighbor, loved one. Even a brief exchange of kind words, friendly smile, funny comment can help relieve your stress and put the focus on another human being, not just you.
 - Get some music going somewhere around you. Lively music can reboot your energy, help you feel more positive.
 - Move around with some rhythm or even dancing.
 - Take a moment to focus a "mindful minute" on your body. See where you are tired, injured, or just have tired muscles.
 - Reach out to others and offer help. This may be the most important thing you can do. Small groups of like-minded people can magically accomplish things the individual is unable to do. Everyone brings novel thoughts and solutions to the situation.
 - Ground your energy by sitting in a chair, placing your feet on the ground and visualizing a rainbow running through your body from the top of your head through your feet and into the ground.
 - Get plenty of sleep. You cannot cope with anything when you are fatigued.

There are a number of local helping professionals trained to work with people who have suffered traumatic events and loss. If you are not one of them, help people in need find groups where they can express their feelings and exchange with 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).

A Shrink at the Flicks

Hell or High Water

A Review

by Alvin G. Burstein

This is an extraordinarily complex film. It turns the western genre inside out and raises profound questions. Westerns usually celebrate conventional morality and the West as frontier, a promise of newness and growth. This movie begins by taking us to a West in decay, dusty roads decorated by signs offering payday loans, debt relief that the audience knows are spurious.

In this setting, two brothers, their family ranch on the brink of being seized for defaulting on usurious loans and an exploitative reverse mortgage, plan a series of robberies of the predatory bank involved.

Their desperate attempt, madcap in its origins, turns bloody, bringing a pair of Texas Rangers on their trail. The two brothers, as different as Abel and Cain, are bonded by their love for each other as well as their outrage at the prospect of losing the family ranch to the ravages of money grubbing.

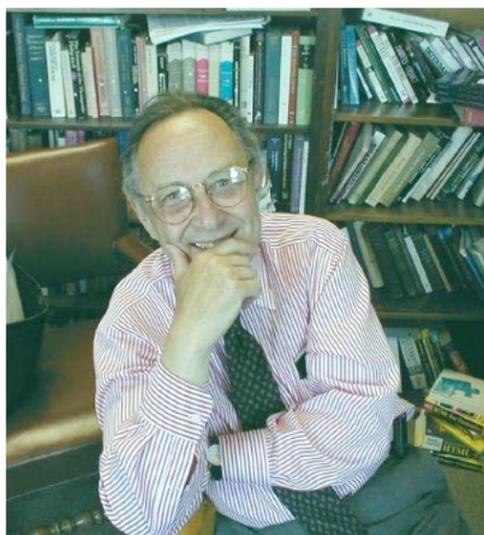
The pursuing Rangers, too, are an unlikely pair, a seasoned old pro who constantly chivvies his Indian junior with racial slurs, and his stoic victim who is acutely aware of but largely silent about the injustice of his ancestors' having been dispossessed by the white man. Despite their differences, the Rangers, too, are closely bonded, not just by their shared profession, but by a genuine love.

One of the strengths of the movie is letting us see these four interact with each other and with other minor but striking characters caught in the grip of the hell and high water of a fading way of life. These include a termagant old waitress who rides stern herd on her Ranger guests; another waitress, who, touched by the good looks and generous tip from Toby, the younger brother, refuses to betray him to the police; a smarmy

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



bank executive who tries to undermine the efforts to forestall the foreclosure; a couple of wilding teenagers; and a dark and frightening Comanche gambler who confronts Tanner, the older brother.

Perhaps the darkest, most interesting, though not the most engaging character in this story, is the older brother. Tanner is a career criminal, having served time for bank robberies in the past, and, in a fit of rage, having killed his father. The episode when Tanner is confronted by the Comanche in the casino is revealing. He asks the Indian if he is a Comanche and if that means Lord of the Plains. The Indian replies that Comanche means the enemy of all, then, staring steel-eyed at Tanner, asks, "What does that make you?" Tanner's response: "Comanche."

Given his history, the violence and lust for excitement shown in the story, one might see Tanner as a psychopath. On the other hand, Tanner is deeply attached to his brother, despite his doubts, agrees to the robbery plan because his brother asks it of him, and, in the finale, puts himself at risk to help his brother escape.

Loving another would foreclose conventional psychopathy. His slaying of his father can be seen as a metaphor for, as well as an expression of, the rejection of conventional morality, but Tanner does seem to have a commitment to a deviant ethic, a form of sociopathy.

The film ends with a meeting of the now retired old Ranger and the younger brother. It ends with their mutual acknowledgement that both are haunted by what they have experienced.

Hell Or High Water is a tour de force. It gives us a new Western, one that is a celebration of irretrievable loss. The loss of the West as mythic place, a world of clear right and wrong, good guys and bad guys, of promising new beginnings.

Special Report

Whatever they say it's about... it's about money

by J. Nelson

"There is no evidence that the public is facing some sort of previously unheard of crisis in terms of safety from currently practicing psychologists," said Dr. Amy Henke after the Association of State and Provincial Psychology Boards (ASPPB) announced that they have decided to add a second national examination for a psychology license.

Dr. Henke is a Director in the Louisiana Psychological Association (LPA) and a member of the Early Career Psychologist Committee. She has taken up the banner for the young doctoral graduates, who will bear the financial and emotional burdens of the proposed new test.

The current exam is a knowledge test called the Examination for Professional Practice in Psychology (EPPP). It costs candidates \$687.50. The new test is to measure skills.

Henke took her concerns to the LPA Executive Council in July and the members passed a resolution opposing the new exam, called the EPPP Step 2, or EPPP2.

State boards can do whatever they think best. However, in March 2016, Stephen DeMers, EdD, Chief Executive Officer of ASPPB wrote the boards and it sounded more like a *fait accompli*.

"I am writing to inform you of an important decision made by the ASPPB Board of Directors (BOD) at their January 2016 meeting. During their meeting, the BOD approved the development and implementation of an examination to assess the competency-based skills necessary at entry-level licensure."

"We are aware that adoption of this new exam by your jurisdiction will require notification of faculty and students in training programs, applicants, and administrative departments that support your offices," DeMers wrote.

What's wrong in this picture? What we discovered is that ASPPB "members" are the 64 state psychology boards. ASPPB owns and sells the EPPP—to those forced to purchase it because they are applying for a psychology license.

And now ASPPB is preparing a second exam in the product line. This is not surprising, because the EPPP is their main revenue producer, bringing in over \$4M in 2014 and helping to build the company's Assets to \$8M.

What is this convoluted arrangement about? Is the EPPP and the proposed new EPPP2, a

service to the public? Or is ASPPB more of a test publisher with its own business goals and profit motives?

Times, looked into some of these issues and here is what we found.

Who is ASPPB? Members Only

ASPPB is a 501(c) tax-exempt corporation whose mission is to, "... enhance services and support its member jurisdictions in fulfilling their goal of advancing public protection, ...".

Their 2014 tax return indicates that they have 64 voting members. These members are the regulatory boards across the U.S. and Canada. Virtually all state boards are "members."

ASPPB is not particularly open. "If you are not a member or staff of an ASPPB Member Psychology Regulatory Board or an individual member, you are not eligible to access this

section of our website," they write. Their conferences are also members only.

The ASPPB sells the EPPP and some other products, such as the Psychology Interjurisdictional Compact (PSYPACT), a service to coordinate psychologists working across state lines.

While state boards are not required to use the EPPP, they uniformly do. The licensing laws require a written exam.

In a Letter of Agreement from ASPPB to the boards in late 2012, ASPPB wrote that the EPPP is "made available as a service to psychology licensure boards that are ASPPB members in good standing as signified by payment of membership dues." ASPPB owns the intellectual property rights to the EPPP and the data generated by the testing program, the authors also explained.

Prior to 2013 boards contracted with Professional Examination

Service (PES) for delivering the EPPP. Each state or jurisdiction had a contract with PES. But in 2013 ASPPB informed the boards that their contracts with PES were being "replaced with a contract between your jurisdiction and the Association of State and Provincial Psychology Boards."

In the letter, ASPPB officials wrote, "ASPPB and PES have agreed that it would be simpler and more appropriate for ASPPB to contract directly with the 64 psychology regulatory agencies that are members of ASPPB."

ASPPB said that the change would be "mutually beneficial because ASPPB can now provide a simplified agreement that is more specific to the needs of psychology licensure boards. In addition, the renewal of contracts is expected to be more efficient..." And, "Finally, as voting members of ASPPB, each jurisdiction

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American Board of Medical Psychology

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Whatever they say it's about... continued

exercises more oversight of this important examination service by contracting directly with ASPPB for examination services.”

And ASPPB increased the exam fee, paid solely by the candidates, from \$450 to \$600.

One undisclosed insider thinks the corporate objective for ASPPB is to be a central source for regulation of psychologists. “They want to ultimately do all the licensing and regulating for psychology,” said the insider. “They want to regulate all the telepsychology.” And, “They want to be the Walmart.”

ASPPB appears to be doing well financially.

In 2014, ASPPB listed a total revenue of \$5,527,041. In 2013 it was \$2,121,738, in 2012 it was \$4,274,419, and in 2011 total revenue was \$3,072,643.

The bulk of their sales come from “Program services revenues,” which in 2014 was \$4,826,421. This breaks down to \$4,505,903 for exams, \$162,535 for score reporting fees, \$122,463 for certification fees, and \$35,520 for registration fees.

ASPPB appears to have one highly profitable product, the EPPP, helping build Total Assets of \$8,308,466 (Net Assets \$7,073,922) for 2014.

Against these profits they report expenses of \$746,051, paid to ProExam of New York City, an independent contractor. While they list 11 employees on their tax form, only four appear to be full-time, compensated \$77K, two at \$115K, and the director at \$227K.

One major expense is travel. In 2014 they reported \$863,340 for travel and \$222,083 for conferences. According to various records Dr. DeMers traveled to Paris, Oslo, New Zealand, Milan, and to Beijing, to meet with international colleagues.

Also, ASPPB reimburses board members for its conferences, although these expenditures are not listed on the 990 tax form under Expenses for “Payments of travel or entertainment expenses for any federal, state, or local public officials.”

It does not appear to be a concern that this arrangement is taking place. It is listed in minutes and openly discussed. In a June 2016 review of the Louisiana State Board of Examiners of Psychologists (LSBEP), the Legislative Auditor wrote:

“Based on information provided by the Board, the former executive director may have improperly charged \$2,343 to the Board for airfare, hotel, baggage, and parking fees related to participation in Association of State and Provincial Psychology Boards (ASPPB) committee meetings during October and November 2014. ASPPB stated it pays for flights, hotel rooms, and associated travel expenses for committee meeting participants, either directly or through reimbursement.”

When and where did the idea for a second test come about, broadening the umbrella of regulation from knowledge to skills, or “competencies?”

The insider told the *Times*, “In 2010 or somewhere around that time they were in New Orleans and they implied that they would be making a lot of money on the new test.”

ASPPB was key in designing the 5th International Congress on Licensure, Certification, and Credentialing of Psychologists, held in Stockholm in 2013, which was to focus on “... defining professional competence rather than specifying curricula or training requirements,” reported the Norwegian Co-chair, who co-chaired with Dr. DeMers. The invitation-only conference was primarily funded by ASPPB.

Dr. Emil Rodolfa, Chair of the Implementation Task Force for the new test, and past president of ASPPB, facilitated. His goal, the Co-chair reported, was to “... inform the diverse national approaches to i. defining, ii. developing, iii. assessing, and iv. certifying ...” in the area of competence for psychologists.

So, those interested in regulating became focused on the topic of “competence.” But, was there actually a problem with psychologists’ competence, one that required another ASPPB exam?

Does the Public Need More “Protection” from Psychologists?

Dr. Henke and the LPA resolution point out that multiple checks on competency already exist, and based on the evidence appear to be working to protect the public.

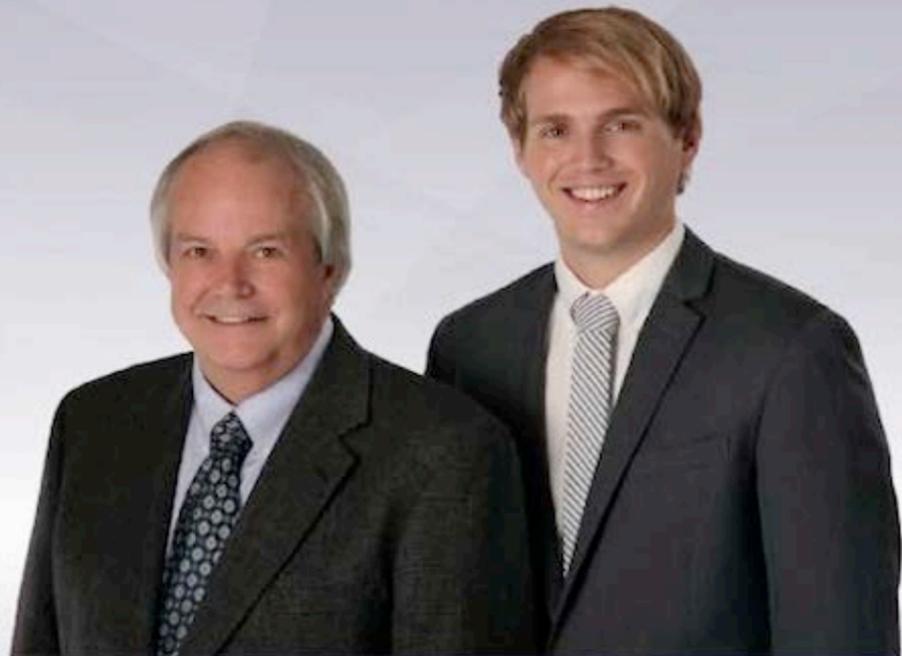
“Trainees are already held to high standards through a variety of benchmarks,” she wrote in the resolution, “including but not limited to: APA approval of doctoral programs, multiple practicums where competency is repeatedly assessed, completion of formal internship training (also approved and regulated by APA and APPIC), and supervised post-doctoral hours obtained prior to licensure. There is no evidence to suggest this is not sufficient for appropriate training.”

The Psychology Practice Act sets multiple hurdles including two years supervision, a written exam, oral exam, background check, and jurisprudence exam. Even then, if the board believes there is a problem, the board can require additional physical and psychological assessments.

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Special Report

Whatever they say it's about... continued

However, Dr. Rodolfa questions if these standards are enough, saying that supervisors have "... difficulty providing accurate evaluations of their supervisees to others who may have to evaluate the supervisee's competency."

"I am particularly concerned about regulatory boards encroaching ownership of training standards," Dr. Henke said in an interview with the *Times*. "The goal of a regulatory board, in my personal opinion, is to provide the least restrictive amount of guidelines possible in order to protect the safety of the public."

Dr. Rodolfa said, "Licensing boards have a mandate to ensure that the professionals they license are competent. Competence is comprised of the integrated use of knowledge, skills, attitudes and values."

Where does "competence" end and "negligence" begin, in a board's charter?

In the Psychology Practice Act, what falls within the board's responsibility is most clear in the disciplinary standards. These include: abuse of clients, engaging in sexual contact, gross negligence or malpractice, conviction of a felony, deception, fraud, exploitation of clients for personal advantage. Also listed are violations of ethics rules, immoral, unprofessional, or dishonorable conduct, and being unable to practice with "reasonable skill and safety" due to illness, drug abuse, alcohol, mental or physical conditions.

Board's disciplinary actions and malpractice lawsuits are two sources of information about how well psychologists perform overall.

Based on reported disciplinary actions for a five-year period, there were eight separate disciplinary actions by the Louisiana State Board of Examiners of Psychologists (LSBEP) from 2010 to 2014. (Six of the eight involved child custody.)

This is a rate of 1.6 disciplinary actions for approximately 700 psychologists, or 1 in about 437. The rate goes to virtually zero if compared not by the number of psychologists, but by the estimated number of clients that psychologist sees. Multiplying by a conservative 20 patients/clients per year, then the rate goes to 1 in over 8,000.

Nationwide the rate is also low. In 2014, 168 disciplinary actions were recorded for 106,500 licensed psychologists in that same year, according to reports by ASPPB. This is 1 in 634 for individuals or an estimated 1 in 12,000 patients/clients.

We also examined malpractice payments for psychologists and medical psychologists in Louisiana over the period of 2004 to 2014, based on National Practitioner Data Bank. Five medical malpractice payments were reported. The lowest settlement was \$10,000 and the highest was \$170,000.

For the same 11-year time period, 21 "Adverse Actions" which include board actions, occurred. This is about 1 in 400

for psychologists and medical psychologists, and an estimated 1 in 8,000 if using patients/clients.

How Much Psychological Science is Really Behind the EPPP?

In her LPA Resolution, Dr. Henke wrote about the EPPP2: "There is no scientific data that support better outcomes regarding patient safety or quality of care. Given that psychologists are uniquely trained to design and create tests, it is concerning that this test is being proposed without any indication of its necessity for either the field or for the safety of the public."

This problem appears not only an issue for the new test, but also for the current one, the EPPP.

The test development method used by ASPPB is called content validation. For the EPPP, officials at ASPPB ask practicing psychologists to rate the importance of various knowledge areas. Then experts develop items that measure these areas. "These results were used to review and refine the EPPP test specifications to ensure that the knowledge assessed by the EPPP is required for the performance of critical behaviors and serves the public protection function of regulation," ASPPB officials write.

However, critics say this is not enough. In 2009, Brian Sharpless and Jacques Barber authored "The Examination for Professional Practice in Psychology (EPPP) in the era of evidence-based practice," for *Professional Psychology: Research and Practice*.

"Professional psychology has increasingly moved toward evidence-based practice," said the two authors. "However, instruments used to assess psychologists seeking licensure, such as the Examination for Professional Practice in Psychology (EPPP), have received relatively little empirical scrutiny."

They write, "... there is a paucity of criterion, predictive, and incremental validity evidence available." They also examined aspects of the content validation studies and question if the EPPP actually "can meet its stated goals."

Dr. DeMers responded in the same journal attempting to clarify issues and giving some information not published. He agreed with some of the recommendations, according to the summary of his article.

ASPPB continues to acknowledge the limitations on their webpage, "There is no

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STRESS MANAGEMENT STRATEGIES FOR WOMEN LIVING WITH MS: COGNITIVE BEHAVIORAL METHODS IN A GROUP SETTING



Group treatment

The intention of this group is to foster development of specific strategies and practices that have been shown to reduce fatigue and improve mood in individuals living with multiple sclerosis. Topics that will be addressed include social functioning (communication and assertiveness), fatigue, anxiety, relaxation, pain management, and cognitive impairment.

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Special Report

Whatever they say it's about...*Continued*

suggestion that people who do better on the EPPP will be better practitioners.”

Industrial-Organizational Psychologist Dr. William Costelloe, Chair of the I-O and Consulting Psychology Committee of LPA, told the *Times*, “... predictive validation studies *must* be conducted.”

“Suppose you own a company that manufactures large industrial valves that can be monitored wirelessly to adjust flow volume from a remote location,” Costelloe said. “You reason that ‘relational skills’ are a required competency for sales. You infer that a candidate with a high Extroversion score will make more sales than a candidate who has a high Introversion score,” he said. “You then administer the MBTI to numerous candidates over time and after looking at the scores you realize that your inference was not only completely wrong but backward.”

“Why? The sales personnel are interacting with mechanical engineers who must make the decision to switch over these new valves. They don’t want to relate. They want specific engineering facts and data and they are introverts. The content and construct validity of the MBTI may suggest that the Introversion/Extroversion dimension does measure introversion/extroversion but there is no predictive validity to suggest that the MBTI should be used as a predictor of sales success.”

“Well conducted, scientifically based predictive validation studies *must* be conducted if the EPPP2 is intended to be used as a selection tool,” Costelloe said.

Do the Cobbler’s Children Have Shoes?

Is the ASPPB an unbiased, advisory group, or is it a business with its own goals and agendas?

This convoluted arrangement where a corporation, formed of state boards, operates as a test publisher, with influence

and special access to government officials, and also a captive market, seems ripe for conflict of interest (COI).

The *Times* asked one CPA to look over the information and he said, “Of course there is influence and COI.” The state Ethics Board’s rules prohibit arrangements where decisions can be influenced by business connections. It is not clear how this can be justified.

The outcomes suggest the system is flawed. While the EPPP may suffice to measure knowledge, it lacks adequate validation, and it looks like so will the EPPP2.

Fair competition would create downward pressure on the price, and upward pressures toward quality. But without competition, ASPPB has no reason to fold profits back in. A new revenue stream, the EPPP2, with a similarly poor validation plan, seems to be their goal.

“With a lot of cash sitting on the balance sheet, the strategy is to maximize expenses,” said an MBA in reviewing the information for the *Times*. The extra profits are likely to go into perks rather than price cuts.

While the state boards don’t have to do what ASPPB tells them to do, the social pressures and group-think to conform seem very serious, and boards have neither the time or expertise to analyze the quality issues.

It is ironic that the elite discipline for test development and use, the professionals who literally set the bar for quality, can so far miss the mark, and do so with its own future generations.

That the Early Career Psychologists are taking on this fight, on behalf of the students, is redeeming. Storming the gates of the castle may have uncovered important problems that go deeper than the EPPP2 plans.

APA Council of Representatives Votes to Change Ethics Code

According to a press release from the American Psychological Association, the Council of Representatives meet at its August convention in Denver and voted to approve revisions to Standard 3.04 of the APA Ethics Code (Avoiding Harm). The revision was crafted by the Ethics Committee and includes language prohibiting psychologists from participating in torture.

The wording specifically defines the term as “any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person.” The revised standard focuses on the behavior of the psychologist rather than on the setting in which the behavior happens, said the authors.

The Council considered a resolution to provide support and assistance to military and national security psychologists who are trying to conform to the ethics code. The announcement said that this had previously been considered but after the Hoffman Report a resolution was passed prohibiting psychologists work in national security interrogations. The measure would allow psychologists to provide mental health services to detainees. “Due to the complexity of the issue, the council decided to postpone its consideration until the February 2017 council meeting.”

Vera Institute Study Finds 14-Fold Increase in Women in Jails

A study released by the Vera Institute of Justice found that the number of women being incarcerated in jails has increased 14-fold since 1970. Women’s incarceration rate is the highest growth rate in any segment of the correctional populations. The Vera Institute of Justice has offices in Washington DC, New York, Los Angeles, and New Orleans.

People**Dr. Jill Hayes Welcomes Baby Boy on May 5**

Dr. Jill Hayes and Peter Barbee welcomed their little boy, Hayes Banks Barbee, into the world, May 5.

Little Hayes came in at 8 pounds, 11 ounces and 21 inches long. Jill birthed her little guy at Ochsner Baptist in New Orleans.

Dr. Jill Hayes is a Clinical, Forensic, and Neuropsychologist, with offices in New Orleans and Scottsdale, Arizona. She is an Adjunct Associate Professor of Psychiatry in the Department of Psychiatry at the LSU Health Sciences Center School of Medicine. She serves on the faculty of UNO and has consulted to Southeast Louisiana Criminal Justice Task Force for Rebuilding, following Hurricane Katrina, among her many accomplishments.

(Right: Birth announcement, courtesy of Dr. Hayes.)



Up-Coming Events

Southern Pain Society Meets In New Orleans September 30 – October 2

Dr. GERALYN DATZ, President of Southern Pain Society will welcome attendees to the society's conference, "Pain Management: Are We Doing Anything Right?" to be held September 30 to October 2, at the Astor Crowne Plaza in New Orleans.

Dr. Joe Tramontana, said, "I think it is remarkable that pain management, a field so traditionally based on a medical model, is changing drastically, with an interdisciplinary approach and many psychologists in leadership positions."

Presenters for the conference will examine the leading controversies in pain management affecting healthcare practitioners. "In the face of the Opioid Epidemic, and the CDC Opioid Prescribing Guidelines, pain providers are encouraged to consider the role of "conservative

care" (including physical therapy, cognitive behavioral psychotherapy and exercise) in the management of their pain patients, and to de-emphasize chronic medication use as a first line treatment for pain."

This year's conference offers a variety of choices on restoring individuals health and helping them return to work. According to program developers, "Nearly every healthcare survey taken in the United States for the past 30 years has shown that pain management treatments are seldom taught in undergraduate and graduate medical education. In fact, improvements in pain management education for all providers is frequently cited as a key in improving safe and effective pain management in the United States," said the organizers.

NAPPP in San Antonio September 23–25

National Alliance of Professional Psychology Providers will hold its conference September 23–25, at the Drury Plaza Hotel–RiverWalk in San Antonio, Texas. The Theme of the conference is "Psychological Interventions: Past, Present & Future."

Nicholas Cummings, PhD, ScD, will present the Keynote Address on "The History of Psychotherapy in America, 1945 to 2016: The Golden Era, the Faltering Age, and the Stalled Present." Among the many presenters will be John Caccavale, PhD, ABMP, who will speak on "Ethical & Cultural Issues for the Future of Psychotherapy."

Drs. Charles and Paula Zeanah, Dr. Keyes, Dr. Coulter, Dr. Chaney

Louisiana Psychological Assn to Hold Fall Workshop Oct 8

Charles Zeanah, MD, and Paula Zeanah, PhD, will give the keynote addresses, "Is it Ever Too Late? Sensitive Periods in Brain and Behavioral Development," and "Adverse Childhood Experiences: Implications for All Psychologists," at the Louisiana Psychological Association Fall Workshop, to be held October 8 at the West Baton Rouge Conference Center in Port Allen, Louisiana.

The Zeanahs will discuss various issues in the clinical, research and policy perspectives on early experience applicable to all clinicians and researchers. Dr. Charles Zeanah is Mary Peters Sellars-Polchow Chair in Psychiatry, Professor of Psychiatry and Pediatrics, and Vice-Chair for Child and Adolescent Psychiatry in the Department of Psychiatry and Behavioral Sciences at the Tulane University School of Medicine in New Orleans. Dr. Paula Zeanah is the LGMC/OLOL Eminent Scholar Endowed Chair in Nursing and Director of Research at the Picard Center for Child Development and Lifelong Learning, University of Louisiana at Lafayette.

Angela W. Keyes, PhD, Associate Professor of Psychiatry at the Tulane Institute of Infant & Early Childhood Mental Health, and Allison Boothe, PhD, Associate Professor of Psychiatry at Tulane Institute of Infant & Early Childhood Mental Health, will present "Supporting the Development of Young Children's Social and Emotional Skills Through Mental Health Consultation."

"Weak Links in School-Related Evaluations: Evidence-Based Practices," will be presented by W. Alan Coulter, PhD, Director for Education Initiatives at the Human Development Center, School

of Allied Health Professions, LSU Health Sciences Center. Coulter will describe characteristics and purposes of needed school-based assessment components and assessing fidelity of implementation of interventions.

Courtland Chaney, PhD, will present, "Unethical Behavior: Understanding Why Good People Do and Repeat Bad Things." Dr. Chaney is a

licensed industrial-organizational psychologist and a certified professional in human resources and was instructor in the LSU Department of Management. He will explore the situations and circumstances that prompt people to act in unethical ways and the psychological dynamics that allow or even encourage people to repeat unethical behavior.



Dr. Alan Coulter (L) speaks with Dr. Brandon Richard from Vermillion school system at last year's Louisiana School Psychological Association. Dr. Coulter will be presenting for the Louisiana Psychological Association on October 8, speaking about "Weak Links in School-Related Evaluations."

Up-Coming Events

Drs. Harding, Gray, Osofsky, Foreman and others

NDBH Conference on Resilience, New Orleans, October 23 – 26

The 2016 National Dialogues on Behavioral Health (NDBH) will hold its 57th annual conference in New Orleans at the Renaissance Arts Hotel from October 23 through 26. The conference theme is "Promoting Individual, Family and Community Mental Wellness and Resilience".

The focus of the conference is to identify short- and long-term solutions to maintaining mental wellness by applying research-based approaches for communities and across the lifespan of individuals and their families.

Local experts will join national speakers in a

variety of workshops and pre-conference presentations.

Dr. Courtenay Harding and Dr. Sarah Gray will present Defining Resilience, understanding bio-markers and how to use them, and promoting resilience" and "What is Resilience?" They will discuss the "emerging science of neurobiological, genetic adaptations for research-based therapeutic interventions for trauma and stress to promote mental wellness and resilience for individuals, families and communities." They will also discuss risk

and protective factors and summarize how people repair the biopsychosocial damage left by trauma and other life events, and explain how systems, services, families, consumers, and communities can help reclaim lives

Dr. Joy Osofsky will join Ingrid Donato of SAMHSA to present "Challenges and building resiliency over the lifespan." The presenters will look at how resilience can be promoted at different stages of life, from early childhood through old age. Participants will be learn how develop interventions that promote resilience in early childhood, teens, adults, and for all genders and a variety of cultural groups.

Dr. Mimi McFaul and April Foreman will present, "The Role of the Media." The presenters will discuss social and mass media campaigns addressing critical factors targeting individual and community resilience, the role of social media and public health, suicide, and other health issues, potential applications of social media in mental health resilience and recovery, and how grassroots social media movements can significantly drive innovation and research in mental health.



Dr. Sarah Gray (L) will be speaking about the neurobiological foundations of treatment for trauma and stress at the upcoming NDBH conference. Here she speaks at the Early Career Psychologists Panel held at the Louisiana Psychological Association. Dr. Courtney Lewis (R) also presented at the panel.

Louisiana Group Psychotherapy Society Holds Fall Institute Oct 29 –“Going Beyond Talk”

The Louisiana Group Psychotherapy Society will hold the 2016 Fall Institute, October 29, in Baton Rouge. The theme is "Going Beyond Talk."

Presenters will include an array of topic and techniques. Featured topics and presenters are Art Therapy: Robin Toler, ATR-BC, LAC, AIT-C; Drum Circle: Stanley Masinter, LCSW, BCD, CGP; Mindfulness: Emeric Csaszar, PhD, LPC-S, NCC; MusicTherapy: Mary Malloy, MA, MT-BC; and SandplayTherapy: Margaret Humphris, LCSW-BACS, CST.

The society is a multi-disciplinary organization that includes psychologists, clinical social workers, psychiatrists, counselors, students, and other mental health professionals who believe more than ever that the unique dynamic of group psychotherapy offers a cost-effective and essential therapeutic experience.

Gulf Coast ABA Conference, October 6-8, in New Orleans

The 2016 Gulf Coast ABA Conference, featuring Dr. Jesús Rosales-Ruiz, will be held October 6-8 in New Orleans at the Le Meridien Hotel.

Featured speaker is Dr. Jesús Rosales-Ruiz, associate professor and chair of the Department of Behavior Analysis at the University of North Texas. "Jesús is one of the few scientists in the world studying animal training from both the theoretical and applied perspectives. He, along with his students, has greatly contributed to the understanding of the science and practice of animal training."

The Psychology Times

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