



The state psychology board held an open meeting November 30 at its new offices, and discussed the complaints process, EPPP2, rule-making and other topics.

INSIDE

ASPPB Uses Carrot & Stick for New Exam Marketing – Pg 4

RxP - Where Are We Now? – Pg 7

Psychology Board Considers Approach to Specialty Areas – Pg 9

Psychologists at ULM Launch New Journal – Pg 11

Sleep and Stress Dr. Andrews – Pg 12

Christmas Bookshelf – Pg 14–15

Shrink at the Flicks Dr. Burstein Reviews Girl in the Spider's Web – Pg 13



National News

New Study Shows EPPP Can Discriminate Against African-Americans, Hispanics

A new study demonstrates that the Examination for Professional Practice in Psychology, known as the EPPP, has differing fail and pass rates for different races, and that the difference is large enough for African-Americans and Hispanics to fall into "disparate impact" discrimination, as described in Title VII of the Civil Rights Act of 1964.

The study, "Are demographic Variables Associated with Performance on the Examination for Professional Practice in Psychology (EPPP)?" is published in *The Journal of Psychology: Interdisciplinary and Applied*, October 22, 2018.

The author, Brian Sharpless, PhD, is associate professor at the American School of Professional Psychology. To collect data, he used a Freedom of Information Act (FOIA) to request test results and demographics from the New York state board of psychology for its candidates.

Dr. Sharpless gathered data on 4892 applicants and first-time EPPP takers. He obtained "Records of all doctoral-

level psychology licensure applicants from the previous 25 years with EPPP scores, gender, ethnicity, and degree type were requested."

Cont'd pg 4

CDC Data Points to Higher Psychological Distress in America

The CDC reported new numbers last month in both deaths by suicide and drug overdoses that point to the worsening psychological well-being of America's citizens. The CDC Director

Cont'd pg 6

LSBEP to Begin Complaints Processing Procedure Updates

The Louisiana State Board of Examiners of Psychologists (LSBEP) will make changes to their disciplinary policies and procedures, including promulgating new rules and regulations if needed, the Board members announced at their recent Long-Range Planning meeting. The meeting was held November 30 at the Board's new offices located at 4334 S. Sherwood Forest Blvd., in Baton Rouge.

The new disciplinary procedures are the result of study by a task team, which has been meeting over the past months in confidential discussions to craft these new procedures. Members of

the task team are LSBEP Chair, Dr. Jesse Lambert, current LSBEP Executive Director, Ms. Jaime Monic, board attorney for complaints issues, Ms. Courtney Newton, and Louisiana Psychological Association Chair of Professional Affairs, Dr. Kim Van Geffen.

At the November 30 public meeting, Ms. Newton explained to members and attendees about the changes. She said that it was essential for a bifurcated and completely separate process to exist between the investigative element and the hearing element

Cont'd pg 3

LSU's Dr. Frick and Dr. Matson Named World Class Scholars

In two separate reports, Louisiana State University Psychology Professors, Dr. Paul Frick and Dr. Johnny Matson, have been designated as top scholars in comparison to all others worldwide.

In an October report from *LSU News*, Dr. Paul Frick was noted to be one of only four researchers from LSU who achieved an h-index over 100, based on the Google Scholar Citations database. Only 3,160 scholars worldwide reach this level of significance.

Dr. Johnny Matson, professor of psychology and Distinguished Research Master, was noted for his interdisciplinary achievements, as one of only three LSU researchers who were among the top cited scholars by Clarivate Analytics this year, based on a

Cont'd pg 10



Internationally known scientist Dr. Robert Trivers spoke at the recent Louisiana Psychological Association workshop. Here, ULM Professor Dr. Jack Palmer (in back) helps Dr. Trivers with slides.

Editorials and Opinions

How to Travel Back in Time

by Times publisher, J. Nelson

One of the perks of volunteering for the state psychological association is having the authority to call around to the greatest scientists alive today and ask them to speak at some event.

So, with some finagling, I was able to meet and talk a bit with the legendary scientist, Robert Trivers, and travel back in time.

Known for being unconventional to the point of eccentricity, he wore a leather cycle jacket with his shirt tail hanging crookedly and spoke candidly about being "tied down in the back ward of a mental hospital," his drug use days, and riding with the Black Panthers. Too much background noise at dinner prompted him to wad up pieces of paper napkins and stuff them in his ears, where they dangled all evening, like little white wings.

Trivers is considered one of the top thinkers of the 20th century. He uncovered the genetic origins and psychological complexity of social traits, theoretical insights that have not yet begun to reach their full usefulness in the mainstream of our science or practice.

For time travel it helps to have someone like Dr. Trivers, who exists outside of the typical flow of things. Another requirement for effective time travel is finding the right setting. Like visiting a childhood homestead, where faded memories automatically conjure the past. So for this, I needed the Hotel Monteleone.

We were given the Queen Anne Ballroom with its cathedral ceilings and chandeliers, all glowing in warm, creamy tones and rich elegance. They served us New Orleans coffees and sparkling water and we sat with colleagues at comfortable, spacious tables and listened to great and important ideas in our science.

I was back 40 years, listening to another legendary scientist, Hans Eysenck, also speaking to psychologists at the Monteleone. Eysenck was perhaps the most prolific and courageous psychologist of the last century—maybe of all time. Pick up any one of his now classic books and you'll be treated to brilliantly clear, timeless, scientific thinking on the subject.



I was barely out of my first years of doctoral training when I listened to Eysenck and shook his hand while on a river boat, cruising along the shore of the Mississippi. And so next, in the blink of an eye, I get to shake the hand of Robert Trivers.

How comforting I find this to be—our science, our eternal perspective. Where our past, present and future merge into crystalline thought. Where ideas wing their way across space and time.

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

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:
Susan Andrews, PhD, Alvin Burstein, PhD

Cartoonist: Jake Nelson-Dooley

Photography: Yael Banai, PhD, Mike Dooley, MBA
Tom Stigall, PhD

Copy editor: Susan Brown

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.

The *Times* is NOT affiliated with any organization, other than the Press Association.

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

Letters to the Editor

"Why are you here?"

"Why are you here? You don't need the credits. This was how I was greeted when I walked in to the Trivers' presentation, by a psychologist.

This reflects the sad state of our profession. If it isn't for credits or teaching a technique to make a buck, it's not for many of today's "psychologists."

I retired over 11 years ago -- no license to keep up, no credits to get. But my brain is not dead yet, and I want to learn, especially about science that impacts my interests.

Robert Trivers did a fantastic presentation. It was predictable. It is hard to understand why so many psychologists elected to miss him.

LPA is to be congratulated for doing a great job providing us with a wonderful learning experience.

Tom Hannie, PhD
Retired

Corrections & Clarifications

On page one and the story about the CPT codes, we mistakenly typed that the codes take effect on January 1, 2018. Of course that is 2019. We corrected it in the later edition but regret the error and any confusion it caused. Send your corrections to:

psychologytimes@drjulienelson.com

State & National News

LSBEP to Begin Complaints Processing Procedure Updates

continued

of a disciplinary action, and that the task team worked to create a two-pronged process with a firewall between the two elements.

One of the changes that is being proposed is that whenever a complaint is received and needs to be investigated, a Complaints Committee will be formed. This committee will include the LSBEP attorney, the Board Investigator, who is a private investigator, and a Complaints Coordinator.

In July this year the Board added contracts so that there would be three psychologists available as Complaints Coordinators. The contracts were for Sasha Lambert, PhD (Complaints Coordinator I), Erin Skaff Vandenberghe, PsyD (Complaints Coordinator II), and Mark Vigen, PhD (Complaints Coordinator III). The Board also confirmed Statewide Surveillance as the source for services for Licensed Investigators, in July.

The new complaints process will also include a board member, who is to be part of the investigation process. If the complaint goes to a hearing, the Board member who sits on the Complaints Committee will recuse themselves from the hearing panel.

Previously, the Board had held that no board member could be involved because of the fact that a vote of four of five board members was required for disciplinary actions.

Another of the elements included in the renewed approach is the "Letter of Education." This has been used before and addresses actions that do not rise to the level of a violation and so are not subject to open records or reporting. This allows the board to recommend further education and avoid a licensee being reported.

The new procedures also allow for confidential process

when those with substance abuse problems may be referred for colleague assistance programs, also without always being reported.

The psychology Board is currently involved in litigation involving its complaints procedures and this required closed meetings of the task team during the past year, according to sources.

In February 2017 a psychologist appealed a decision made by the LSBEP. The Judge in the 19th Judicial District Court, Judge Michael Caldwell, vacated the board's decision, saying that the process "reeked" with due process violations, according to sources.

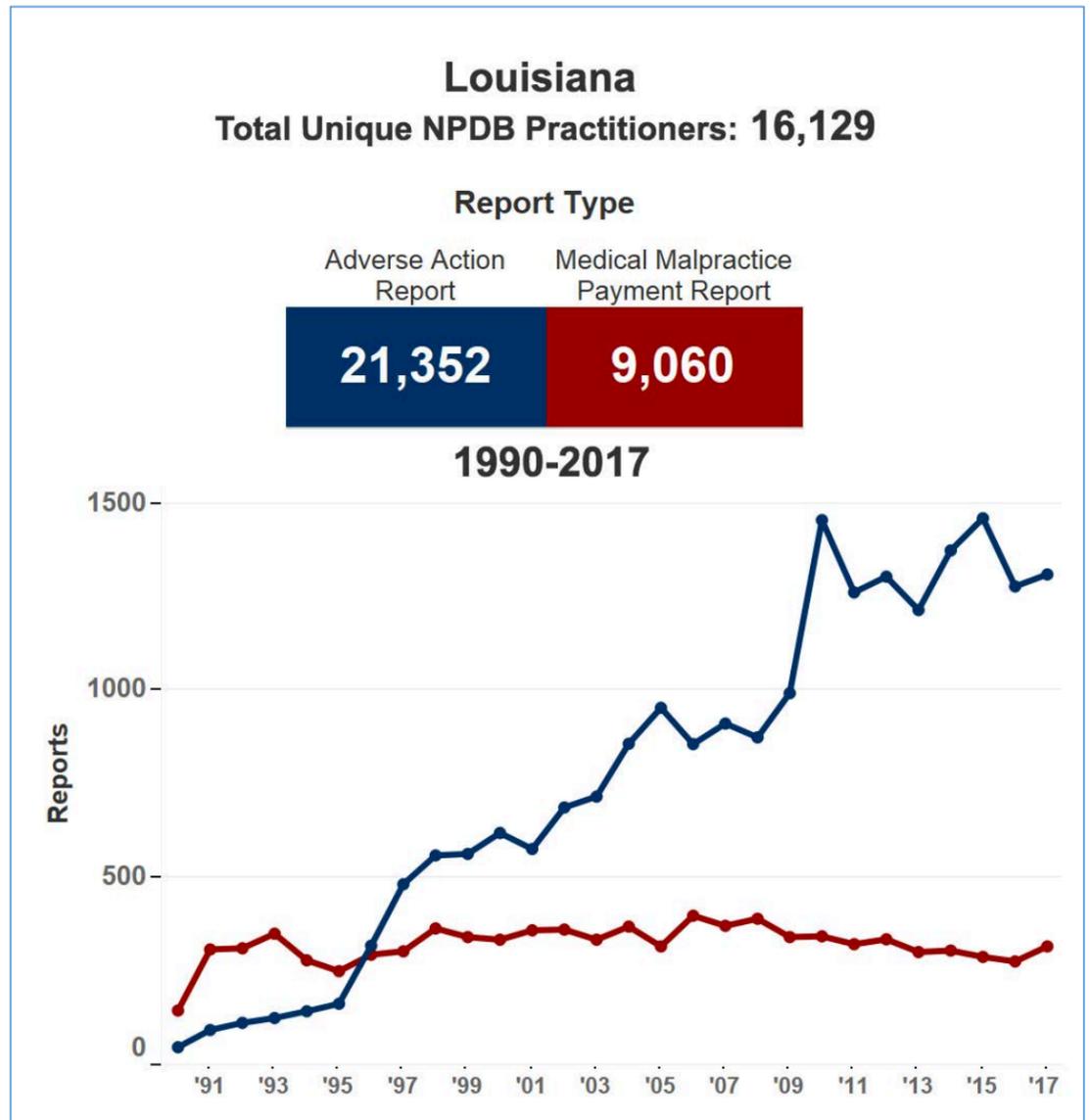
Next, the LSBEP appealed Caldwell's decision on two of the issues: 1) That the board's attorneys were law partners; and 2) the Board's prosecuting attorney had previously been involved in the psychologist's child custody case.

The LSBEP won the appeal and now the remaining issues are back in Judge Caldwell's court.

In another issue, this one regarding time-limits, the Board appears to have confused different requirements during hearings in 2015. One case appears to still be on appeal due to this issue.

State boards have come under the notice of the Louisiana Legislature for process issues and several laws have been passed to address citizens' complaints. In particular, the state medical board has been in front of the Legislature with citizen's associations' complaining about heavy-handed treatments at the board. Louisiana's board actions increased over the last ten years without a similar increase in lawsuits. (See graph).

Senator Fred Mills advanced several measures and this year passed Act 515, moving boards under the Department of Health, because of what he



Data from the National Practitioners Data Bank comparing lawsuits and board actions. Over the last years adverse reports at regulatory boards have far outpaced the courts in negative outcomes for practitioners.

State GDP is Highest Figure on Record for Louisiana, Says Gov.

Baton Rouge - The Gross Domestic Product (GDP) figure of \$249.7 million released by the Bureau of Economic Analysis (BEA) for the second quarter of 2018 represents the highest figure on record for Louisiana. On Nov. 14, 2018, the BEA released a report showing GDP growth for states for the

second quarter of 2018. The report shows that GDP grew in Louisiana for the second quarter (Q2) of 2018 at a rate of 4.3 percent, outpacing the national average of 4.2 percent. Quarterly GDP data for Louisiana is available from the first quarter of 2005 through the second quarter of 2018. The second quarter of 2018 had the highest quarterly GDP on record, followed by the first quarter of 2018. Third is the third quarter of 2014.

it has been. Thanks to a bipartisan budget agreement and the fact that the state is now handling its finances more responsibly, I'm confident this trend will continue. It's critically important for us to continue working together to make meaningful investments in programs that promote job creation and economic growth to continue moving Louisiana forward."

The latest report follows an earlier report by the BEA showing that Louisiana's GDP growth outpaced the nation in the first quarter of 2018 as well.

2018 Q2 GDP Facts: Outpaces the national average of 4.2%; Ranks 12th in the nation fastest growing; Tops others in the Southeast including Alabama, Georgia, and Mississippi.

termed, "...virtually nosoversight" at the boards. Act 655 allows citizens to make complaints to the the Legislature committees.

[Editor's Note: For additional information, see: "The Secret Life of Board Complaints," in *Psychology Times*, Vol 6, Nos 10 and 12; "Board May Have Botched Time Limits," Vol 6 No 10; "Judge Says Psych Board Procedures Unconstitutional," in Vol.8, No 6; and Appeals Court Reverses Judge Caldwell's "Reeks" Decision in Cerwonka-LSBEP Dispute," in Vol 9, No 5.]

"Louisiana's economy is continuing to recover, but we are making tremendous strides," said Gov. Edwards. "This latest report represents the highest our GDP has been since the state began recording this information. We are not out of the woods, but after reviewing this data, we have to acknowledge that Louisiana is on a much better path than

New Study Shows That EPPP Can Discriminate, con't

He found that Blacks had a failure rate of 38.50% and Hispanics had a failure rate of 35.60%. Whereas, Whites had a failure rate of 14.07% and Asians had a failure rate of 24%.

New York uses converted scores for the EPPP, from 0 to 100, with 75 as the passing score.

The differences in minority candidates' selection rate violates what is known as the "four-fifths rule." This means that the pass rate for minority groups fails to reach at least 80% of the pass rate for the majority group.

Typically, when a test has this impact, industrial-organizational psychologists exercise very careful methods to set cut scores, seek additional validity or research, and investigate possible replacements with less disparate impact.

Dr. Sharpless wrote, "... given the ethnic performance discrepancies and limited validity evidence, additional psychometric investigation of the EPPP appears warranted (e.g., in terms of criterion and predictive validity testing)," Sharpless also wrote. "Further, it is recommended that the EPPP Step-2 should undergo similar assessments prior to implementation."

"Additional empirical attention should be devoted to the cut score (i.e., a scaled score of 500, roughly corresponding to 70% correct)." He noted that "...the determination of the 'passing' score is one of the most important, yet difficult, psychometric tasks in testing ..."

And he noted that "... passage of the EPPP carries serious professional ramifications for applicants. There appears to have been limited discussion of the theoretical and/or empirical justifications for the current cut off score in the publicly available EPPP literatures..."

While regulatory boards aren't employers, the principles of employee selection may apply. Employers using tests often fall under Title VII of the Civil Rights Act of 1964 which prohibits employers from using neutral tests or selection procedures that have the effect of disproportionately excluding persons based on race, or other protected characteristics. Test



LSBEP board members discussed concerns about the new exam that the Association of State and Provincial Psychology Boards wants the state boards to adopt. Above are Drs. Greg Gormanous (L), Amy Henke, and Jesse Lambert (R). Dr. Henke and the board have announced opposition to the mandated use of the new exam.

developers and users must demonstrate that the use is necessary and related to relevant characteristics.

Industrial-organizational psychologists, who help companies show business necessity when a company is paying for employee performance, with a legitimate business goal of seeking top performing employees, may point out that regulatory boards do not have this same business necessity.

Regulatory boards concern themselves with the lower end of the distribution of performers, those likely to exhibit gross negligence or in some way endanger the public. Denying a license to a candidate because they perform at the average range, or even below average, might conceivably violate that candidate's property rights and have no impact on safety.

Dr. Sharpless noted similar issues. "... if the EPPP is found to lack acceptable validity evidence (or if a decision is made to not submit the measure to further empirical testing), then it will remain open to charges of being a potentially arbitrary barrier in an already protracted path to professional independence..." Sharpless wrote.

He notes the lack of Blacks and Hispanic psychologists and suggests that these issues could be related.

And, he said, "... psychologists have always been at the forefront of developing tests of individual differences with valid and

ASPPB Uses Carrot & Stick for New EPPP2

Members of the Louisiana State Board of Examiners, at their November 30 meeting in Baton Rouge, discussed how the Association of State and Provincial Psychology Boards (ASPPB) has adopted a reward and punishment program for those state boards still resisting adopting the controversial second examination for a psychology license, the EPPP2.

reliable scores..." And he wrote, "A case could be made that psychology gained recognition, as well as a more coherent professional identity, through such testing efforts. Therefore, it only makes sense that we submit our own licensing exam to these same high levels of scientific scrutiny."

Brian A. Sharpless is an associate professor at the American School of Professional Psychology at Argosy University, Northern Virginia. He received his PhD in clinical psychology and MA in philosophy from Penn State University and completed post-doctoral fellowships at the University of Pennsylvania.

To link to the article go to: <https://doi.org/10.1080/00223980.2018.1504739>

Complaints about the new exam had been growing and escalated when officials at ASPPB decided in August 2017 that the new test was to be mandatory. Following that move and resulting controversy, ASPPB back-pedaled somewhat and on October 24 notified its members that they would have an option to use the EPPP but without the EPPP2.

However, there are penalties associated. Some members said they view this as an attempt to coerce states into compliance.

According to the October 24 announcement from Dr. Sharon Lightfoot, President of the ASPPB Board of Directors, if Louisiana chooses to decline the use of EPPP2, individuals here will not be allowed to take EPPP2 even if they wish to do so. Also, those test-takers from compliant states will pay \$300 as a reward for early adoption of the additional exam, while those from late adopters will pay \$450.

"Only applicants who are registered through a jurisdiction that has adopted the Enhanced Exam, and who have passed the knowledge portion of the exam, will be allowed to take the skills portion of the exam," said Lightfoot.

"January 1, 2020 through December 31, 2021 is designated

State & National News

**ASPPB Uses
Carrot & Stick**
continued

as an early adoption period. All jurisdictions who decide to adopt the Enhanced EPPP at any point during this time frame will be offered reduced fees for their applicants," wrote Lightfoot.

In October, LSBEP members Drs. Amy Henke and Greg Gormanous, and Executive Director, Jaime Monic, attended the annual meeting of ASPPB in Salt Lake City, Utah. The EPPP-2 was discussed in depth.

Henke has been critical of the move since she lead opposition and the passage of a Resolution in the Louisiana Psychological Association. Sources say that some consider the ASPPB to be more in the mode of a "sales" organization and that there was little opportunity given for the ASPPB member jurisdictions to voice concerns.

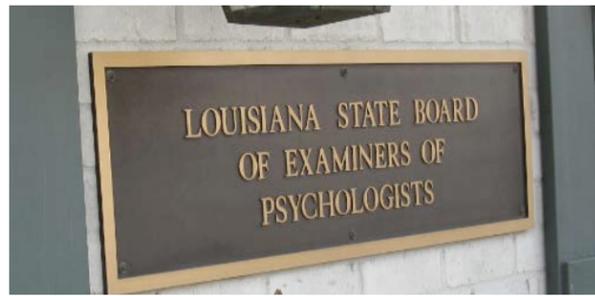
One source said that ASPPB appears to be going around its board members and marketing the new test to internship programs and state legislatures. It was reported that they have also said that student groups support the new test when that is not the case.

Through 2016 and 2017 objections to the EPPP2 mounted, mostly from student and early career psychologist organizations.

In 2016, Dr. Henke, then a Director on the Executive Council of the Louisiana Psychological Association (LPA) and Co-Chair of the LPA Early Career Psychologists Committee in LPA, put forth a Resolution to oppose the EPPP2 for Louisiana, which passed unanimously. Dr. Henke is now serving on the state psychology board.

Objections, from Henke and others, involve technical and scientific issues, but also the criticism that there is no problem that the new test needs to solve. "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. Henke in 2016.

The Examination for Practice of Professional Psychology (EPPP) is privately owned by the ASPPB, which claims to serve its 64 members, regulatory boards of psychology. In a plan that appears to have been in place for a number of years, the ASPPB has decided to double the content and the price of its main product, the EPPP, from \$600 to \$1200, plus administration fees.



Ms. Monic reported the following: The LA Supreme Court, Application of Eric Cerwonka for a Writ of Certiorari Directed to the to the First Circuit Court of Appeal, Docket No. 2017 CA 1199 was *denied*.

Renewal Status:
OPENING: LP – 762, LSSP – 21, PL – 10 LAPSED: LP – 38, LSSP – 2, PL – 1
FINAL: LP-734,LSSP-19,PL-9 (OF THE 734 LP'S RENEWING 673 in full-time practice, and 61 retired).

Jurisprudence Examination Committee – Dr. Boggs reported that the committee continues to review discuss the development of an online jurisprudence exam

Office Lease: Moving Expenses – Ms. Monic reported that the renovations had begun and inspections were scheduled

From the Minutes

**Selected Items from September
Discussions of the Louisiana State
Board of Examiners of Psychologists**

for the new office space. [...] Ms. Monic requested a budget not to exceed \$5,000 for such items. [...] The motion passed unanimously.

The Board discussed 2018-19 Rulemaking initiatives as follows: Telepsychology – Draft not completed. Chapter 15. Rules for Disciplinary Actions – The Board was provided with a draft of the revisions proposed by the AdHoc Complaints Committee. c. Reciprocity Applications – Ms. Monic reported that rule changes are needed prior to moving forward with requiring additional application material from reciprocity applicants.

Policy and Procedures – The Board was provided with a draft of the amendments and additions they approved to the following policy: Accounting: Section 2000; Board Structure: Section 1013; Media/Public Information Policy: Section 8000; and Emergency Operation Policy: Section 5000.

Choose your career path with confidence!

Costelloe & Associates Inc. has been assisting young adults select college majors and career paths for over 40 years.

William H Costelloe III Ph.D
(Industrial Organizational psychologist, President)

William H Costelloe IV B.A.
(Career Consultant Vice President)

COSTELLOE & ASSOCIATES INC.

Like us on Facebook • Costelloe & Associates Inc.
call: (504) 293-0022

Unsure about your future? Call us today!
Costelloe & Associates specializes in Career Counseling services for high school students, college students and adults of all ages.

RxP—Where Are We Now?

by J. Nelson

It was over two decades ago now that the American Psychological Association (APA) endorsed prescriptive authority, called "RxP," for psychologists. Louisiana became one of the first test cases. APA contributed at least \$527,000 to the effort, launched by the Louisiana Psychological Association and members of the first "class" graduating from a professional school's psychopharmacology program created for the RxP effort.

Some have said that APA chose Louisiana as a testing ground for RxP because it is a small state and therefore relatively inexpensive to wage a political battle. It is also corrupt. *Times-Picayune's* Tim Morris writes Louisiana owns the top spot for corruption. Locals say, "For \$1 million you can pass any law you want."

The strategy worked so well that in 2004 RxP was passed in Louisiana, the second state in the US to do so. Medical psychologists, "MPs," were now official. One insider reported, "When we went to APA, we were rock stars. Here, at home, nothing was going on."

But was the genie out of the bottle? In late 2008, the LAMP leader, Dr. Jim Quillin, began secret negotiations with the Executive Director of the Louisiana State Board of Medical Examiners to move MPs under medicine. MPs were told by their leaders that the proposed rules were so "onerous" that the medical board would "shut down the practice of medical psychology."

No factual evidence of this threat ever emerged, but what did finally emerge was stated in a confidential letter to APA officials from Dr. Quillin. "Under this framework, medicine would formally recognize medical

psychologists as qualified for a limited practice of medicine, in addition to the practice of psychology, while, in turn, psychology recognized that the prescription of medications and the attending clinical activities necessary to do so represents a practice of medicine and is optimally so regulated."

Conflicts broke out because Act 251 repealed the earlier law, moved the title of psychologist to medicine, and because the rank and file members in the Louisiana Psychological Association were not informed and many felt deceived. Eventually it was discovered that the lobbyists for Act 251 were paid from LPA and APA funds.

Turmoil continued for years when, through a variety of skillful political and psychological maneuvering, LAMP was able to hold control of the state psychology board and push decisions which benefitted medical psychologists. This was despite the fact that medical psychologists represented only five percent of those licensed under the psychology board.

Control of the LSBEP by LAMP was accomplished primarily through the stealth political maneuvers of the high-priced lobbying team of Courson Nickel. Evidence of their and LAMP's involvement was only able to be proven due to one reference on an obscure email from an aide in the Governor's office, uncovered by a documents request. Then, in the only other time the two lobbyists were sighted, was in the audience at a Senate committee, chatting with MP members of the psychology board, accidentally caught by the archival video taping.

During the eight years that LAMP members held the majority on the state psychology board, they were able to write themselves into the psychology laws and rules, including authorizing themselves to be supervisors for the state psychology license, even when they do not hold the license themselves. They dragged one candidate to the Ethics Board in an attempt to have her disqualified, to which the Ethics Board said, "Why did you bring this to us?" after they dismissed the issue as irrelevant. And, those in control made several efforts to interfere with the "list" of names going to the Governor, another example.

For reasons unknown, in 2016 they seemed to stop, and the



Dr. Jim Quillin (L) a key leader in RxP and LAMP, and Dr. Michael Chafetz, one of many that opposed Act 251, speaking briefly in New Orleans in late 2009.

traditional psychologists gained the majority vote on the psychology board. LAMP appears to be going about its business, and the rest of the psychology community appears to be going about its business, too.

So for this article, we take a look at some of where things are today.

Growth in Medical Psychologists

In 2011, one year after Act 251 took effect, there were 77 medical psychologists licensed under the state medical board. Seven of those were out of state professionals. Of the total 70 Louisiana individuals, 41 held a license under the state psychology board while 29 had dropped their state psychology license.

Currently, for November 2018, there are 123 medical psychologists listed under the medical board in the medical psychology category. Three of these are listed as "in progress."

There are 17 of the 123 that are listed as inactive or with a closed account.

Twenty-five of those listed are from out-of-state, and five of these 25 are closed or inactive.

Individuals from other states that are licensed, or were licensed here, include those from Alabama, California, Florida, Kentucky, Maryland, Massachusetts, Mississippi, New Jersey, New Mexico, Oklahoma, Oregon, Texas, Virginia, and Washington, DC. There appears to be one individual from France.

Fifty-two of the individuals listed hold a Certificate of Advanced Practice.

Of those who received the medical psychology license in the first year that it was available (2010), 49 are now qualified for the Certificate of Advanced Practice.

Over the last five years, 32 new individuals have received a medical psychology license.

Comparing the list of MPs to a list of licensed psychologists published by the state psychology board this year after the renewals, 35 individuals are currently retaining both their psychology board license and a medical board license.

In comparison, the psychology board currently lists 734 licensed psychologists in the state.

Medical psychologists pay an annual renewal fee of \$200 and \$100 for a Certificate of Advanced Practice. In comparison, a psychologist's license with the psychology board is \$350.

Is it Safe? Discipline and Lawsuits

According to the current records on the medical board site there have been three disciplinary events plus one surrendered license for medical psychologists.

One individual was disciplined for working outside of license parameters. Another was dealing for substance abuse issues and a traffic violation. Both discipline issues have been resolved.



LAMP lobbyist, Bud Courson, chatting with psychology board members. This was one of the few pieces of evidence of LAMP's influence with the LSBEP.

Cont'd next pg

RxP—Where Are We Now? continued

A third medical psychologist is currently on probation for improper control over office staff regarding medications.

Another individual voluntarily surrendered his license after conviction for insurance fraud.

None of the disciplinary actions appear to involve negligence in actual prescribing for a patient.

However, the *Times* was able to locate some legal complaints about medical psychologists. One case in Baton Rouge was a claim about an adverse reaction to Savella, a drug often used to treat symptoms of fibromyalgia.

In another case, this one in Lafayette, the individual claimed misdiagnosis and improper use of Pristiq and Ritalin.

In a third case, this one in Lake Charles, plaintiffs claimed that a medical psychologist improperly prescribed Tenex and worsened a child's seizure disorder.

It is not known if any of these went to trial or if they settled out of court, or what the settlement might have been. None of these medical psychologists had any discipline actions listed for them on the state medical board's site.

Based on the total disciplinary events, three to four in 10 years, the base rate is approximately .003. This is similar to the base rate for traditional psychologists.

Compensation

Medical psychologists can monitor medication and so are reimbursed for CPT codes from 99213 to 99215, called evaluation and management. This is one area for medication services.

One source explained that the reimbursement varies for this service but the average runs somewhere in the \$40 or \$50 range, for a 15-minute session.

According to documents and fee schedules obtained from the state Medicaid program, the reimbursement for CPT 99213, a 15-minute check for an "expanded problem" is \$34 to \$58. For this code, medical psychologists are reimbursed at the same rate as physician assistants (PAs), and advanced practice registered nurses (APRNs). Psychiatrists are reimbursed at \$42.80 to \$72.76.

For many other services, psychologists, medical psychologists (MPs), PAs, and APRNs are all at the same reimbursement, such as for 90837, "Psychotherapy, 60" with patient present." Medicaid reimburses \$61.39 for these providers, but \$76.74 for psychiatrists and \$53.72 for social workers and counselors.

For psychotherapy for crisis, 90839, psychiatrists are reimbursed at \$125.53, and psychologists, MPs, PAs, and APRNs are reimbursed at \$100.42. Social workers and counselors are reimbursed at \$87.87.

There are some irregularities. For instance, 90880, medical hypnotherapy, is only reimbursed for psychiatrists, PAs, APRNs, and MPs. Psychologists are not reimbursed and social workers and counselors are not reimbursed.

Another example is with 90833, psychotherapy for 30 minutes, add-on, with patient present. MPs are reimbursed and regular psychologists are not.

Is not clear how the fees were established. However, a medical psychologist is a consultant to the behavioral health office of the state.

Separate Entities for LAMP Professional Assn and LAMP Politics

In 2010, LAMP functioned as both a Political Action Committee (PAC) and a professional organization. The fee to be a member was \$2500, which was paid by the members to the PAC, according to sources and records.

For their fee, medical psychologists received continuing education credits which was written into Act 251 and to be provided by LAMP.

In 2013, LAMP split into a PAC and a professional organization, after a group of traditional

psychologists filed an inquiry with the state Ethics Board asking for an Opinion about whether the fees given to a PAC in that manner violates regulations.

The Ethics Board never made public any determination but LAMP changed its methods after that.

The professional association came into being in 2013 and is headed up by President, Dr. David Thomason, Dr. Donna Aucoin as Treasurer, and Dr. Jessica Brown as Secretary. The organization is a non-profit corporation, registered in Baton Rouge.

Full members must be a licensed medical psychologist or completed a post-doctoral masters in psychopharmacology. Dues are \$1500 according to the website.

They hold a yearly conference and Act 251 requires that medical psychologists be able to receive 20 hours of training from the association.

The LAMP-PAC appears to operate separately in most ways, currently.

In the 2011–2013 time-frame contributions to LAMP were \$324,771. For the most recent full year reported to the state Ethics Board, 2017, contributions to the LAMP PAC totaled \$30,200. Approximately 60 individuals contributed \$500 each.

PAC records show no payments to lobbyists, but the lobbying team Coursen & Nickel indicate that they still work for LAMP.

According to lobbyist records posted on the Ethics site, each of the two lobbyists, Bud Coursen and Jim Nickel contract with the LAMP for between \$25,000 and \$50,000 per year.

Included in their political donations, LAMP donates \$5000 per year to Governor Edwards, and either \$250 or \$500 to many legislators.

Also according to the records for the PAC, LAMP also makes regular charitable donations. They have donated to the Baton Rouge Area Foundation, Louisiana First Foundation, Nebraska Psychological Association, East Baton Rouge Council on Aging, the Morehouse Council on Aging, and the African-American Parade Celebration, for examples.

Final Thoughts

It does appear that Act 251 did create a new profession, one that is in line with medical treatment such as that by PAs and APRNs. Perhaps compensation and career advancements are possible for some MPs that would not have had those opportunities in psychology private or consulting business. It is not clear how any of this translates into meaningful innovations in healthcare, especially given the newest CDC numbers that show psychological well-being across the nation is still declining. Perhaps the more things change, the more they stay the same.



Leaders in LAMP at a meeting of the Advisory Committee, with the Executive Director of the state medical board. Act 251 moved medical psychologists under the regulatory authority of the medical board.

State News

Psych Board to Revisit Specialty Concepts for Applied Psychologists

At their Long-Range Planning Meeting held at their new offices on 4334 South Sherwood Forest in Baton Rouge, the Louisiana State Board of Examiners of Psychologists discussed a motion regarding the specialty designations.

Discussion included concerns about understanding the competence of those applying for the generic Louisiana psychology license, and confusion and misconceptions regarding the current designations.

After discussing several matters, the board members decided to pass a motion.

Board member Dr. Greg Gormanous put forth a motion for the board to begin a process to establish, in principal, the health service practitioner and the general applied psychologist, as concepts.

These concepts stem from the 2010 model practice acts published by both the American Psychological Association (APA) and the Association of State and Provincial Psychology Boards who stated they wanted to update their model acts due to changes in technology, healthcare, training, and other issues affecting how psychologists perform their work.

The models attempted to address the need for definitions of practice that do not automatically group all psychologists into healthcare, to help guide changes that reflect modern conditions for practicing psychologists.

APA outlined changes in the language around the definition of psychologist, including terms for "Health service provider" psychologists and "General applied psychologist." The health service provider psychologist is to have completed an internship and supervised experience. The general applied psychologist shall provide services to individuals and groups, and also organizations for the benefit of the organization rather than the individual.

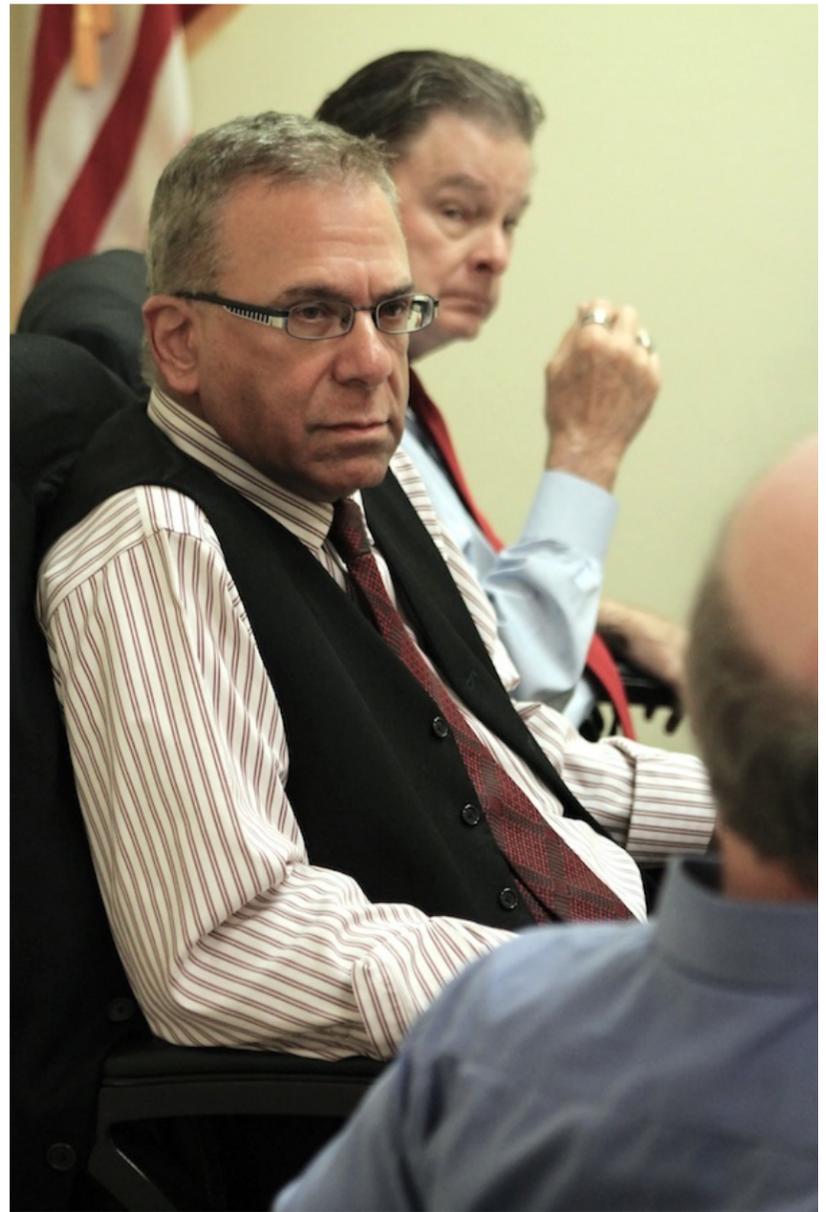
According to the APA recommendation and model, an, "Applied psychologist is one who provides services to

individuals, groups, and/or organizations. Within this broad category there are two major groupings – those who provide health-related services to individuals and those who provide other services to individuals and/or services to organizations."

Under applied psychologists there are two types:

a. "Health service provider" (HSP) –Psychologists are certified as health service providers if they are duly trained and experienced in the delivery of preventive, assessment, diagnostic, therapeutic intervention and management services relative to the psychological and physical health of consumers based on: 1) having completed scientific and professional training resulting in a doctoral degree in psychology; 2) having completed an internship and supervised experience in health care settings; and 3) having been licensed as psychologists at the independent practice level.

b. "General applied psychologist" –General applied psychologists provide psychological services outside of the health and mental health field and shall include: 1) the provision of direct services to individuals and groups, using psychological principles, methods, and/or procedures to assess and evaluate individuals on personal abilities and characteristics for individual development, behavior change, and/or for making decisions (e.g., selection, individual development, promotion, reassignment) about the individual, all for the purpose of enhancing individual and/or organizational effectiveness; and 2) the provision of services to organizations that are provided for the benefit of the organization and do not involve direct services to individuals, such as job analysis, attitude/opinion surveys, selection testing (group administration of standardized tests in which responses are mechanically scored and interpreted), selection validation studies, designing performance appraisal systems, training, organization design, advising management on human behavior in organizations, organizational assessment, diagnosis and intervention of organizational problems, and related services.



Dr. Greg Gormanous at a previous board meeting, with Dr. Phil Griffin in back. Dr. Gormanous recently put forth a motion for the board to study the specialty of "general applied psychology."

Gov Makes Appointments to LPC Board and Others in November

Last month Gov. Edwards announced his appointments to several Louisiana boards and commissions.

Kelly M. Tyner, Ph.D., of Shreveport, was appointed to the Louisiana Licensed Professional Counselors Board of Examiners. Tyner is a licensed marriage and family therapist and the Associate District Director for Counseling at the Department of Veterans Affairs. As required by statute, she was nominated by the Louisiana Association of Marriage and Family Therapy and will serve as a licensed marriage and family therapist on the Board. The Louisiana Licensed Professional Counselors Board of Examiners is responsible for the regulation of Provisional Licensed Professional Counselors or PLPCs (formerly Counselor Interns), Provisional Licensed Marriage and Family Therapists or PLMFTs (formerly MFT Interns), Licensed Professional Counselors or LPCs, and Licensed Marriage and Family Therapists or LMFTs

Genny Nadler Thomas, of Jackson, was appointed to the Capital Area Human Services District. Nadler Thomas is the Acting Director of the Knock Knock Museum and the owner of GNT Organizational Development. She will serve as a representative of East Feliciana Parish. The Capital Area Human Services District directs the operation and management of community-based programs and services relative to public health, mental health, developmental disabilities, and substance abuse services for the parishes of Ascension, East Baton Rouge, East Feliciana, Iberville, Pointe Coupee, West Baton Rouge, and West Feliciana.

Janet D. Clark, of New Orleans, was appointed to the Louisiana Emergency Response Network Board. Clark is the Director of Inpatient Rehabilitation at Touro Infirmary. As required by statute, she was nominated by the Louisiana Hospital Association to serve as the representative of the Rehabilitation Constituency Group. The Louisiana Emergency Response Network Board serves to defend the public health, safety and welfare by protecting the people of the State of Louisiana against unnecessary deaths and morbidity due to trauma and time-sensitive illness.

LSU's Dr. Paul Frick and Dr. Johnny Matson Named World Class Scholars, continued

review of journals indexed in the *Web of Science Core Collection* 2006-2016.

According to *LSU News*, this measure takes into account the top 1% within each of 21 broad fields, over a specific period of time.

Dr. Paul Frick holds the Roy Crumpler Memorial Chair and is professor of psychology at LSU. His research investigates the many interacting factors that can lead children and adolescents to have serious emotional and behavioral problems, such as aggressive and antisocial behavior.

The h-index measures both productivity and impact of published papers. The score measures the researcher's total number of papers as well as how many times each paper is cited by other scholars. An h-index over 100 amounts to 100 research papers each cited over 100 times.

"It's quite an honor to be on this list," Frick told *LSU*. "In my research, we have looked at kids with behavioral problems and developed ways of identifying them and treating them. Once your scale or system of how a disease or problem is classified and diagnosed is picked up by entities such as the World Health Organization and the American Psychiatric Association, you tend to get a lot of citations because everyone who uses your measure and has to cite you to justify theirs."

Dr. Matson was included in the Clarivate Analytics 2018 list of only 6,078 scholars worldwide and one of only 2,020 in the new, interdisciplinary category.

This is the first year that Clarivate Analytics has looked specifically at cross-field citations, "...as frontier areas of research are frequently interdisciplinary, it is even more important to identify scientists and social scientists working and contributing substantially at the Cross-Field leading edge."

Dr. Paul Frick is the inaugural recipient of the Roy Crumpler Memorial Chair in Psychology at Louisiana State University, Baton Rouge campus. Frick most recently served as the

Department Chair in Psychology at the University of New Orleans.

In 2017, he was named the Editor-in-Chief for the prestigious *Journal of Abnormal Child Psychology*, the official journal of the International Society for Research in Child and Adolescent Psychopathology (ISRCAP), a multidisciplinary scientific society.

Frick is a leading international authority in child and adolescent diagnosis and behavior and his work focuses on the pathways by which youth develop severe antisocial behavior and aggressiveness. He has published over 180 manuscripts in either edited books or peer-reviewed publications and he is the author of 6 additional books and test manuals. He has been Distinguished Professor and Chair of the Department of Psychology at the University of New Orleans, and was named the recipient of the Robert D. Hare Lifetime Achievement Award by the Society for the Scientific Study of Psychopathy.

Dr. Frick's research has been funded by the National Institute of Mental Health, Office of Juvenile Justice and Delinquency Prevention, and the John T. and Catherine D. MacArthur Foundation. In 2008, he received the MacArthur Foundation's Champion for Change in Juvenile Justice Award for the state of Louisiana. He has been the editor of the *Journal of Clinical Child and Adolescent Psychology*, is past president of the Society for the Scientific Study of Psychopathy. He has an Honorary Doctorate from Orebro University in Orebro, Sweden in recognition of his research contributions in psychology. He is also Professor in the Learning Sciences Institute of Australia at Australian Catholic University.

Dr. Matson is expert in autism, mental disabilities, and severe emotional disorders in children and adolescents, and has produced more than 700 publications and 38 books. Just a few of his titles are the *International Handbook of Autism and Pervasive Developmental Disorders*, *Practitioner's Guide to Applied*

Behavior Analysis for Children with Autism Spectrum Disorders, *Practitioner's Guide to Social Behavior and Social Skills in Children*, and *Assessing Childhood Psychopathology and Developmental Disabilities*, and *Treating Childhood Psychopathology and Developmental Disabilities*.

Matson has served as Editor-in-Chief for *Research in Autism Spectrum Disorders* (Oxford England), Editor-in-Chief for *Research in Developmental Disabilities* (Oxford, England), and Associate Editor for *Journal of Mental Health Research in Intellectual Disabilities* (London).

Through the years he has served on 80 editorial boards, both US and International, including as Editor-in-Chief for *Applied Research in Mental Retardation* and the *Official Journal of the American Association for University Affiliated Programs*. He has also served as guest reviewer for over 50 journals, both US and International. And, he has visited as a professor around the world, including Canada, Sweden, and India.

Among his many professional activities, Matson has been a guest expert on ABC's 20/20,

consulted with the Alabama, California, Georgia, Illinois, Iowa, Louisiana, Missouri, Virginia, and the US Departments of Mental Health. He has been a guest expert on CBS Eye-to-Eye and consulted for the DSM III-R Educational Testing Service. He has served on the President's Committee on Mental Retardation, and consulted to the US States Department of Justice, and the US Department of Education.

"This is really about having a few decent ideas but mostly about having a goal and working and working to reach it," Dr. Matson said to the *Times*.

"Maintaining that level of focus over that period of time is not easy," he said, "at least it wasn't for me. In my case, largely it has been about getting researchers and clinicians to be made aware of and to have the tools to identify co-morbid challenging behaviors and psychopathology in persons with autism and/or intellectual disabilities," he said.

"If I have been able to do that, in some small way, then it will mean better care for many persons with developmental disabilities."



Dr. Paul Frick speaking to psychologists at a previous conference. Recently Dr. Frick and Dr. Johnny Matson were named world class scholars.

Contemporary Southern Psychology Psychologists Launch New E-Journal for Psychology in Southern Region at ULM

Psychologists at the University of Louisiana–Monroe, (ULM), have launched the new journal, *Contemporary Southern Psychology*, aiming to match the style and contributions of the well-respected, 1980s, *Southern Psychologist*.

The journal is the brain-child of co-editor Dr. Bill McCown, Associate Dean for Research in the College of Business and Social Sciences at the ULM. Team members in this effort are Dr. Burt Ashworth, assistant professor in psychology and endowed chair in Gerontology, and Dr. McKay Bonner, Associate Professor, Criminal Justice & Psychology, College of Business & Social Sciences, both at ULM.

Contemporary Southern Psychology is a peer-reviewed, open access journal with a focus primarily toward psychological research.

Dr. McCown said, "Because of funding sources we are committed to special issues regarding gerontology, though with a psychological perspective. After this we will have complete editorial freedom including capacity for full affiliation with LPA."

The idea for the reboot of *Southern Psychologist* was presented by McCown at a 2015 meeting of the association and endorsed by members.

"As editors *pro temp*," Dr. McCown said, "we are assembling a broad group of representative psychologists and other professionals with an interest in regional issues," McCown said. "While our mission is not narrow, it does reflect an interest in how the science and practice of Psychology can illuminate and potentially change problems common to our area, perhaps in ways that other disciplines cannot or have not."

The mission of the new journal will be to emphasize what Psychology can do for our region," McCown previously told the *Times*. "The South, perhaps for reasons that no one still understands, has been slow to embrace this potential contribution. The results of this failure are all around us.

The mental and overall physical health of southern citizens is poor. The southern education system is often disconnected from advances in cognitive and social psychology. Southern criminal justice systems desperately need changes that are informed by behavioral science. In the private sector many corporations inadequately understand what organizational psychology now can offer. Consequently, they are not maximally competitive beyond our region."

"This is a deeper opportunity for Psychology to assert its identity to a region that has not recognized what we do and can do well. This is very much in the spirit of the original publication and we hope is a way of celebrating 70 years of LPA's successes in our state," he said.

Dr. McKay Bonner, Associate Professor, Criminal Justice & Psychology, College of Business & Social Sciences, University of Louisiana at Monroe, said, "Our plan and goal is to publish the first issue before the end of 2018. We are utilizing a co-editor system which will help reduce the workload for any one person," she said. "Also, our co-editors have a very diverse background with collaborations in many areas. This will help increase the diversity of topics in the journal as



Dr. Bill McCown is helping to create a new regional journal.

well as the utilization of experts from around the region and the southern U.S."

"I am so very excited to be part of this endeavor," Dr. Bonner said. "Psychology has so much practical information to offer to many fields including education, criminal justice, and business, to name but a few." she said.

The team launched the new regional e-journal at the ULM Psychology and Aging Resource Collaborative (PARC), an annual conference for mental health/healthcare

professionals, and outgrowth from the University of Louisiana Monroe Gerontology Program. The PARC organizing committee was Drs. McKay Bonner, Rick Stevens, Chad Lewing and Burton Ashworth. Presentations included sessions on current topics related to the regional elderly population. Dr. William McCown presented "Gambling and Older Americans;" Dr. McKay Bonner and Assist. Chief Mark Johnson presented "Interactions Between Law Enforcement & the Elderly," and Dr. Lawrence Dilks presented "Master Level License Proposal for Louisiana."



The Louisiana Psychological Association passed a motion to help support Dr. McCown's efforts for the new journal. Here the LPA Council discusses issues at a recent meeting.

Stress Solutions

by Susan Andrews, PhD

Improved Sleep Reduces Stress, Improves Health

A recent article in the *Healthcare Journal of New Orleans* on The Art & Science of Sleep caught my eye this month. So many of us are burning the midnight oil trying to finish up reports and work for 2018. This article contained good “evidence-based tips for improving sleep quality.” Since everyone’s time is short these days, it is sometimes helpful to read a summary of key points instead of having to read a longer piece.

Have you noticed how many adults and kids go to bed with their phones. Kids are playing games up until parents force light out. Adults are reading email and new stories until their eyes force them to put it down. It is actually harder for most people to fall asleep if they are still pumping excess cortisol through their systems. It is harder to empty your mind and stop thinking under those circumstances. An important tip is to try to stop all games and reading at least 30 minutes before you hope to fall asleep.

Sleep is so important for losing weight, keeping your immune system healthy, and keeping your energy level up to the challenges of the new day. I was surprised at some of the “evidence-based” tips to improve sleep quality. The author of the article is Erin Baldwin and a good reference list from peer-reviewed journals is offered at the end of the article. These tips are derived from the 11 referenced journal articles.

Tip 1: Reduce exposure to blue light before bed and increase exposure to natural light during the day. This tip has to do with the effects of light exposure on the secretion of melatonin. Melatonin levels need to rise at night and drop in the morning. Exposure to light before bed suppresses melatonin secretion. Red light does not interfere with melatonin as much as blue light (sunlight and smart phone light) does. So, refrain from using electronics at least 30 minutes prior to bed. (Figuro & Rea, *J. of Endocrinology*, 2010)

Tip 2: Allow your core temperature to drop before bed. Warming your feet with socks



can help. The National Sleep Foundation recommends a bedroom temperature of 65 degrees. Keep your head cool to help alleviate insomnia. (*Nature* 1999; Nofzinger et al, *J. Clin Sleep Med* 2006)

Tip 3: Make your bedroom a sacred place. Think of the classical conditioning work of Pavlov and his dogs.

Tip 4: Stick to a Sleep Schedule.

Tip 5: Wind down before bed. Allow your mind to slow down. Stop worrying over problems that make it hard to shut down thinking about. Listen to soft music or do a meditation. The article suggests using a drop of Lavender essential oil on your pillow or rub some into your hands and inhale from cupped hands.

Tip 6: Rethink your sleeping position. Alight and elongate your body, no joint stress.

Tip 7: Cut back on nighttime use of alcohol and anti-anxiety medications. While both cause you to fall asleep faster, they also decrease your sleep quality later in the night. Benzos can disrupt the normal sleep cycle and suppress REM sleep. (Pagel & Parnes, *J. Clin Psychiatry* 2001)

Tip 8: Reduce Stress. This is almost redundant, but the article highlights the value of regular physical exercise a few hours before bedtime.

Have a restful and happy holiday.



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) and 2016 Distinguished Psychologist of the Louisiana Psychological Association.

A Shrink at the Flicks

Girl in the Spider's Web Review

by Alvin G. Burstein, PhD

Almost 150 years ago, the philosopher John Stewart Mill published what was then a provocative essay, *On the Subjection of Women*. Mill, a former child prodigy and later, a noted public intellectual. He argued that women were not just disadvantaged, but as, half of humankind, the largest group of enslaved humans. He documented the peculiarly onerous abuse to which women could suffer because "...their masters require something more from them than actual service. Men do not want solely the obedience of women, they want their sentiments...not just a forced slave but a willing one...." For that reason, he predicted that our patriarchal society would stubbornly resist acknowledging women's rights to liberty and equality. He would not be surprised by the circumstance that Americans would elect a black man as President before according that office to a woman. He would have taken pleasure in the reality of a recent Congressional election that saw record numbers of women candidates, and victors.

Despite his Victorian context, Mill is clearly a bellwether of the twentieth century #Me Too movement that gives voice to women's experience of abuse, especially sexual abuse. Steig Larsson, author of the popular Millenium novel series that spawned the Swedish and American versions of *The Girl With The Dragon Tattoo* films is another such bellwether. The motivational focus of both the novels and the films is its protagonist's, Lisbeth Salander's hatred of men who hurt women.

The success of the three American films—*The Girl With The Dragon Tattoo*, *The Girl Who Played With Fire*, and *The Girl Who Kicked The Hornets' Nest*—

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.



courtesy photo

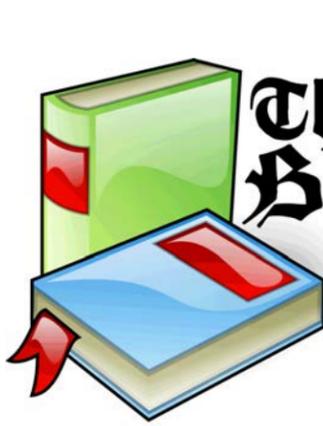
He is also a member of Inklings, a Mandeville critique group that meets weekly to review its members' imaginative writings. Burstein has published flash fiction and autobiographical pieces in e-zines; *The Owl*, his first novelette, is available at Amazon. He is, in addition to being a movie fan, a committed Francophile, unsurprisingly a lover of fine cheese and wine, and an unrepentant cruciverbalist.



assured its sequel, *The Girl In The Spider's Web*. The new film will satisfy fans of the first three, bringing back the main characters: Salander, journalist Blomquist, his editor and sometime lover, Erika Berger and the unorthodox computer genius, Plague. Continuity with its predecessors is underscored by the opening scene. Salander interrupts a sadistic abuser *in flagrante delicto*, exposing the perpetrator and hanging him by his heels.

As it unfolds, some backstory emerges. Salander is provided with a sister, and the two are victims of their father's sexual abuse. Another innovation is Salander's involvement in an international struggle for control of a world-wide network of atomic weapons. She must now deal, not only with criminal gangs, like those trafficking in prostitution in the earlier films—though there is one of those here as well, Spider, but also with American and Swedish security forces.

There are some shortcomings. Salander's use of tasers, satisfying in the original films, gets tediously familiar in this one. More central is the handling of the relationship between Salander and Blomquist. In the earlier films, her vulnerability to his casual sexual involvements, her hurt when she takes the risk of loving a man, only to discover his tomcat character is powerful and painful. In this sequel, she turns to him with caution and only out of situational need. And Bomquist's decision as the film's end to forego a scoop feels artificial. Finally, and most critical plot-wise, is a motivational switch. A key motivational element in this film is sibling rivalry between daughters, not hatred for men who hurt women.



The Christmas Bookshelf

Who Recommends What?

Michael Chafetz, PhD
Neuropsychologist
Distinguished Psychologist

Melody James
by Stephen Gallagher

Stephen Gallagher's work is delicious. I have always loved it, but the recent work set in the early 1900s in England is particularly engaging. Of course, I'm not that old and I never hung around England's various parts during this period, but Gallagher makes it easy

to understand the vernacular of the times, and to see the sights and smell the odors; you feel like you are there.

This novella, *Melody James*, is about a young woman "of deceptive youth," the daughter of William James (not the psychologist), who took his family out of Liverpool for a life on the road in a theatrical troupe playing one of the Wild West shows that were so popular during the period. The "family's fortune lay in costumes, weapons, wagons, some practised skills, and a book of dates." This was The Authentic William James show, but he "couldn't disguise the fact that the heart had gone out of the act. My father could split a playing card in your hand with a bullwhip, shoot a pipe out of your mouth while looking over his shoulder in a mirror, outline a human target with his giant knives. What could I do?" (from *The Authentic William James*)

In the novella, we pick up Melody, a card reader at the last afternoon of the fair. Sir Anthony Gair Rathbone, the British government's Assistant Director of Intelligence, wants to see if she can help him. (Rathbone would later be investigated by Sebastian Becker, who was engaged to work off the books to expose the misdeeds of Chancery lunatics.)

Rathbone gets a reading. Melody sees duplicity in his trade in some official capacity. This "reading" that was so close to the truth is enough for him to eventually engage her to convince a reporter being held by British intelligence that he should become a spy asset when he goes back to work with the Bolsheviks in Russia.

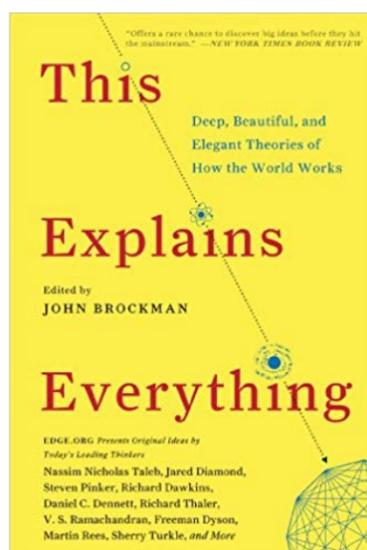
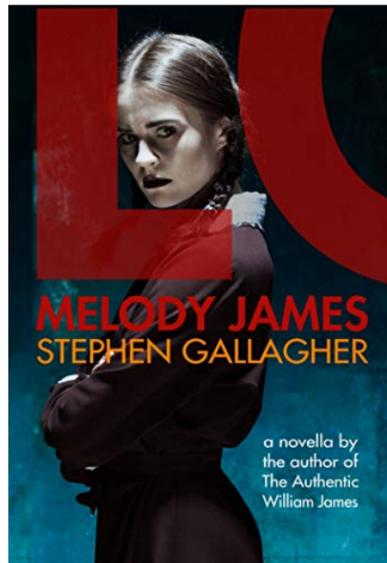
No real spoiler alert here, but Rathbone did gain a promotion and a knighthood for his intelligence work, much as Melody had predicted. This does occur before his downfall. The real deal is that if you read with any of your Clinical Psychology acumen on alert, you will certainly enjoy how Melody "reads" others so accurately and effectively.

Julie Nelson, PhD
LPA President
Times publisher

This Explains Everything:
Deep, Beautiful, and Elegant Theories of How the World Works

This Explains Everything: Deep, Beautiful, and Elegant Theories of How the World Works, is an edited volume by John Brockman published by Harper. Other titles in the series include, *This Idea is Brilliant*, *Know This*, *This Will Change Everything*, and *Thinking*. Brockman asks elite scientists and philosophers to write short essays to answer one question.

For this title it was, "What is your favorite deep, elegant, or beautiful explanation?" The book is packed full of cool ideas, where each essay is by a different scientist with a different perspective, everything from genetics, neuroscience, philosophy, evolution, psychology, sociology, astrophysics and quantum mechanics. The breath and depth that is covered by this approach—it is absolutely staggering. For theory lovers, it's totally addictive.



William McCown, PhD
ULM, Associate Dean
Distinguished Psychologist

The Deep Learning Revolution

by Terrence Sejnowski

From Amazon to our credit scores, Deep Learning is already influencing our lives. Very soon indeed, its methods will be used to drive our cars, select what we eat, compose what music we listen to, and even make medical decisions for us.

For Psychologists, as for many professionals,

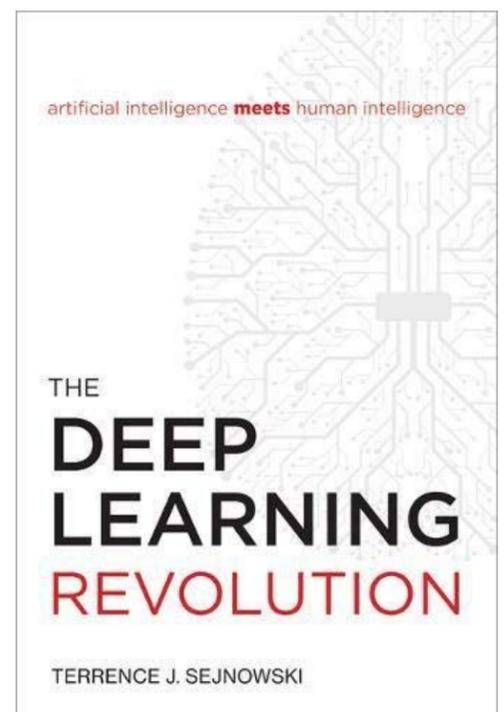
Deep Learning may well make much of what we do irrelevant, unless we change our practice model.

A great introduction to the topic is Professor Terrence Sejnowski's recent semi autobiography and history *The Deep Learning Revolution*.

Sejnowski, the Francis Crick Professor at The Salk Institute in La Jolla, California, is a pioneer in the field of computational neuroscience. His *extraordinary* research in computer modeling of the brain has combined the elegance and rigor of cellular level precision with a systemic understanding of global brain functioning.

Reminiscent of Hans Eysenck almost three generations ago, his contributions are astonishing for their variety, breadth, and richness. Equally like Eysenck, his writing style is succinct and highly convincing, though without the polemics. He can almost effortlessly make complex topics understandable and Deep Learning is pretty darn esoteric!

If you are at all interested in what the world will be like in ten years and the person who made it possible, read this book. It will leave you somewhat satisfied but admittedly unsettled.



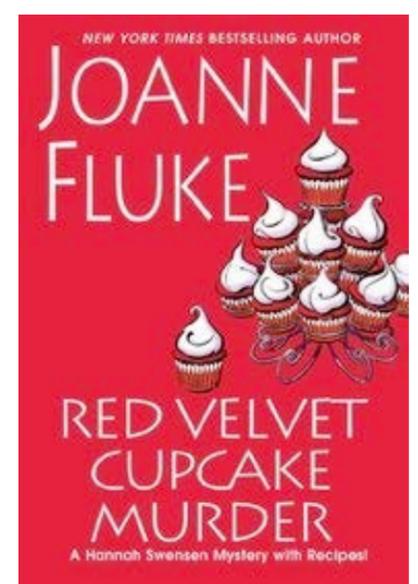
Kim Van Geffen, PhD
Neuropsychologist
LPA Director, Past President
Distinguished Psychologist

Any Cozy Mystery

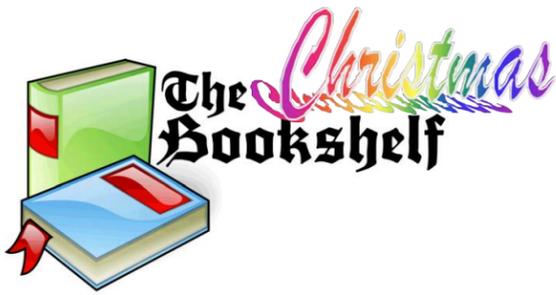
At holiday time, I enjoy reading holiday-theme mysteries. I have a fondness for reading what are referred to as "Cozy Mysteries." There is even a web site devoted to this genre www.cozy-mystery.com. According to this web site, Cozy Mysteries "usually take place in a small picturesque town or village with characters who I could envision having as neighbors or friends."

These mysteries typically appeal to women and are often published in series. The Cozy Mystery web site allows you to search for books in a variety of ways such as by author, by holidays, by the occupation of the protagonist and by other themes such as hobbies. I highly recommend this site. I am currently finishing *A Catered Thanksgiving* by Isis Crawford which involves two sisters who are caterers and solve murder mysteries on the side. They end up being snow bound at a gloomy mansion where they are catering a Thanksgiving meal.

Some of my favorite Cozy Mystery authors who have Christmas theme mysteries are Nancy Atherton, Leslie Meier and Joanne Fluke. It will be hard to decide which one to pick for my next book.



Cont'd next pg



John Fanning, PhD
Neuropsychologist, New Orleans,
LPA Director and Past President

No Matter How Loud I Shout: A Year in the Life of Juvenile Court
by Edward Humes

A book I read this year which I found particularly timely and thought-provoking was *No Matter How Loud I Shout: A Year in the Life of Juvenile Court* (Simon & Schuster), by Edward Humes, written in 1996, with an update in 2015.

The author is a journalist who taught a writing class in the Los Angeles juvenile justice system, which is the subject of the book. In the 1990s juvenile crime had been rising, and all experts were predicting (wrongly) that there would be an explosion of violent juvenile crime in the years to come due to ever-increasing numbers of what were termed "superpredators". There was clearly far too little justice in the juvenile justice system, with a great many cases never being pursued at all, or prosecuted only after lengthy delays and wholesale plead-downs, with inadequate followup by overworked probation officers. The quality of legal defense was remarkably poor for the most part. A critical factor for many juvenile offenders was the calendar. Was the offense committed before the defendant's sixteenth birthday, or after? In the latter case trial as an adult could be expected, with correspondingly more severe penalties.

The book looks at the issues through the eyes of police, probation officers, prosecutors, defense attorneys, victims, and defendants. Regardless of whatever mostly-ineffectual measures were implemented to get juvenile offenders back on the right path, about 16% would go on to commit serious, repeat offenses. Should the system focus on early-intervention measures to help prevent this escalation, or concentrate on identifying and removing from society the sixteen percent who would become major offenders? The afterword provides some basis for very cautious optimism, with lower-than-expected crime rates, and with some young offenders making good in spite of their circumstances, and of themselves. But there is no mistaking how big a problem juvenile justice is in the United States. A disturbing and thought-provoking book.

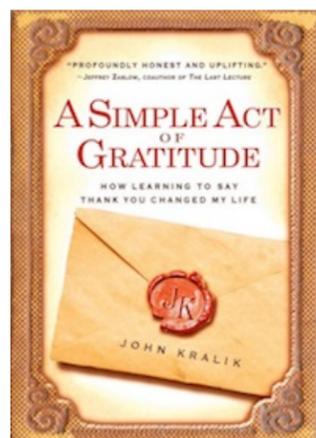
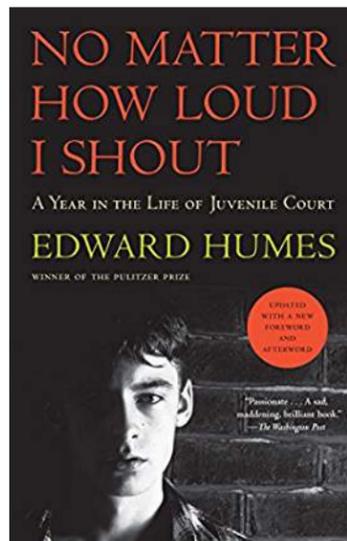
ValaRay Irvin, PhD
Director of Counseling Center
Southern University, Baton Rouge
LPA Secretary

A Simple Act of Gratitude
by John Kralik

"A Simple Act of Gratitude," emphasized that when one focuses on giving thanks, even for the 'smallest' things, over time positive changes will occur internally, which

then makes for external transformation of how you see your life, and the world around you.

Another one I had forgotten is "Acts of Faith," by Eboo Patel. It's the story of an American Muslim, his struggles to integrate both his home culture and beliefs, with being raised in the U.S. There's a lot on tolerance, faith, and trying to live one's truth in a pluralistic society.

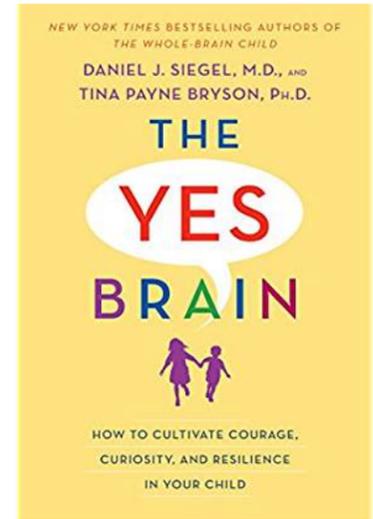


Randall Lemoine, PhD
Psychologist, Private Practice
Baton Rouge

The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child
by Daniel Siegel & Tina Bryson

Drs. Siegel and Bryson have done it again! The Yes Brain is their latest illustration of the exciting applications of the science of "interpersonal neurobiology" to parenting.

And it is another rallying call for a paradigm shift in how parents discipline their children. Siegel's "interpersonal neurobiology" posits that the human brain is a highly social organ that is neurologically "wired" through everyday parent-child interactions from infancy to adulthood. Unfortunately, traditional parenting practices have placed a heavy emphasis on No! Brain approaches, such as threats and/or external punishments and focusing mainly on extinguishing misbehavior. No! Brain approaches often stimulate anxiety, anger, resistance or passive submission rather than teaching the child self-discipline, which, after all, is the goal of discipline. In contrast, the Yes! Brain approach, based on our growing understanding of how core brain circuits (e.g., limbic system and prefrontal cortex) develop and integrate with repeated parent-child experiences, emphasizes "parenting from the inside out," and views each disciplinary event is a "teachable moment" for "skill building" that promotes insight, self-regulation, empathy and resilience (the four chapters of the book). A core feature of the positive, Yes! Brain approach is to teach and empower children to operate from their internal zones of emotional regulation (aka underlying autonomic fight-flight-freeze system and pre-frontal executive system). Children are taught strategies that help them to expand and to remain in their green zone (flexible, adaptive), and how to pause, self-calm, and to choose behaviors when they get into their red zone (angry, rigid) using instructional parent-child dialogues rather than "carrots and sticks." This new book will surely be inspiring reading for both parents and professionals working with parents/children. Do I highly recommend it for holiday reading? Well, that's a No! brainer. Yes!



Bridget Sonnier-Hillis, PhD
Clinical Health Psychology
LPA Director

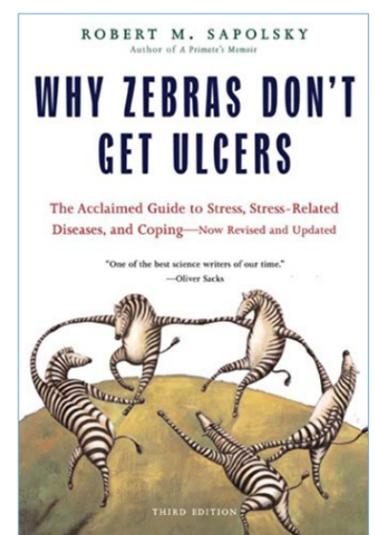
Why Zebras Don't Get Ulcers

by Robert Sapolsky

Why Zebras Don't Get Ulcers, by Robert Sapolsky, now in its third edition, is an excellent book for those interested in learning more about the field of health psychology and how the biopsychosocial model explains the relationship between the mind and body.

Although most people believe stress is unhealthy for the body, stress isn't necessarily harmful for us. The human brain is actually well-developed for coping with and responding to acute, short-term stressors that have a clear beginning and end, such as situations that are threatening or dangerous. However, the nature of today's stressors in the modern world is such that there often is no clear beginning, or at least there is no clear end, such as stressors that are more chronic. Dealing with on-going financial issues, relationship problems, conflicts at work, unemployment, illness, and poverty are examples of chronic stress that the brain is not well developed to respond to, and prolonged stress is what is harmful to most of the organ systems in the body. Even childhood traumatic experiences put individuals at risk for health problems in adulthood.

This book offers a concise and practical illustration of how, really, there is no separating the mind from the body. Enjoy!





Merry Christmas and Happy Holidays to You and Yours!

From all of us at
**The Psychology
Times**

In Our 10th Year of Publication
Over 100 issues of award-winning journalism

Winner of 75 Louisiana Press Association Awards

including

Best News Coverage

Best Continuing News Coverage

Best Regular Column

Best Feature Story

Best Editorial Cartoon

Five Time Winner, Best Investigative Reporting

2016 Editorial Sweepstakes Winner

Subscriptions are free. For back issues and to

subscribe go to the *Times* at

<http://thepsychologytimes.com/>