

The Psychology Times

Independent Voice for Psychology in Louisiana

An eNewspaper
for the
Psychological
Community

Vol. 1, No. 5

January 1, 2010

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Happy New Year!

LPA Starts New Year, Bylaws Revision Committee

The LPA EC passed a resolution to create a bylaws revision committee, open to any LPA member with voting privileges. The first meeting of the committee will be held on January 9th, at the Baton Rouge Marriott. Chair of the committee is Dr. Phil Griffin.

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Parliamentarian, Author, Helps LPA

LPA has retained the services of Mr. Alan Jennings, Professional Registered Parliamentarian, to help the association. He told the *Times*, "I'm engaged by LPA

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Smoking Cessation Expert, Dr. Copeland Gives Insights

Dr. Amy Copeland, Associate Professor at LSU, Director of the LSU Psychological Services Center, and Adjunct Associate Professor at Pennington, leads a team of researchers and clinicians to help people stop smoking. In combination with her research efforts to discover the cues for relapse, she and her team use empirically supported counseling techniques, a combination of behavioral and pharmacological therapies, to produce best possible outcomes. She collaborates with Dr. Bob Matthews and Dr. Sean Lane from the

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Happy New Year, Generations!

1) Leo & Leah, Lynn Schechter; 2 & 3) Peyton and Julia, grands, Robert Baker; 4) Andrew, Dena Matzenbacher; 5) Ruby & Harper, grands, Alicia Pellegrin; 6) Hannah, Mike Chafetz; 7) Samantha, grand, Julie Nelson; 8) Parker, Kate, & Hanson, grands, Jan Disney; 9) Katherine Ann & Andrew Lynn, grands Marsha Redden; 10) Matthew & Gregory, at Blue Lake in AK, grands, Tom Stigall.

LSBEP Posts Revisions

Some revisions affecting psychologists were published in the December issue of *The Louisiana Register*. Comments are due by 1/14. **Con't pg 13**



LPA EC Hears Members' Complaints

The executive committee of LPA held a special meeting on Sunday, December 13th to hear suggestions from members "concerning the future of the association," as stated by President Dr. Judith Levy in her memo inviting members to attend. The meeting was held in Baton

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Editorial Page

Renewal and Magicians

by Julie Nelson

Researchers had people concentrate either on the image of a college professor or a super-model, then after a distraction and some time, participants were given a general knowledge test. Those primed with the professor scored significantly better than expected and those primed with the super-model did more poorly. Since I'm fond of Jung's archetypes, I've been delighted to see that, cognitive, social, and evolutionary psychology are coming together to help explain how these magic tricks work. The rabbit isn't in the hat, but it's somewhere close.

For human productivity in any setting, it matters which archetypes (mental images) we conjure (prime). In industry we match people to tasks, so it's helpful to understand the person's conscious, non-conscious styles, and for sure, the job to be done. Warriors make trouble if there's no battle handy, Peacemakers cause trouble if tough decisions have to be made, Wanderers make trouble if everyone needs to come together, and so on. But Magicians creates something out of nothing. One day the light bulb didn't exist, the next day it did, and things changed forever.

Our association has a renewal coming (bylaws revision) and I suspect we'll have all the archetypes hanging out. We even have a parliamentarian, who will help us conjure our Wise One. After a time, I'm sure our Magicians will create something better that didn't exist before.

After all, we're psychologists. If we can't pull a rabbit out of a hat, nobody can.



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Editor/Publisher: Julie Nelson, PhD
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Columnists/Reporters:
Susan Dardard, Ph.D
Chad Hartman, M.S.
Carolyn Wegand, Ph.D

Cartoonist
Jake Nelson-Dooley

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*.

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Up-Coming Events

- Professional Training Resources is providing workshops on "Cluster C Personality Disorders," January 15th in Shreveport, and January 22nd in Kenner.
(www.professionaltrainingresourcesinc.com)

- SEPA Southeastern Psychological Association, March 10-13. Go to www.sepaonline.com

- LPA's Annual Convention is set for April 22-24, in Baton Rouge. See article in this edition, or contact LPA at 225-766-0185



L to R: Dr. Amy Copeland, Magda Kulesza, Claire Adams, Meredith Terlecki, and Diana Stewart, viewing the pulmonary lung functioning feedback for smokers.

Smoking Cessation...

LSU cognitive area, as well as Dr. Paula Geiselman from the biological area, to help identify variables in this dangerous habit.

She said to *PT*, "Now we know that nicotine is every bit, if not more, addictive as other substances, and how destructive and costly cigarette smoking is."

Dr. Copeland's interest in substance use, and her personal goal of public service, crystallized in her early career. While working at the Veterans Administration Medical Center (VAMC) and University of California at San Diego, it impressed her that, "The population who needs treatment the most can't afford it." She continued, "And so I knew that I wanted to focus in public service in some way or another." As an undergraduate, Amy worked for three years in research at VAMC. "We were looking at the relationship between depression, stressful life events, and relapse in alcoholic patients. It all fascinated me...Especially the Viet Nam Vets who had very little, but just seemed to have such resilience, for what they had been through. Their persistence and strong desire to change, to improve their health and lives in general, was so compelling. I wanted to understand more about the process of health behavior change."

Amy's team is looking at heavy smokers who are not necessarily interested in quitting smoking. "We are using motivational interviewing strategies by providing health-related feedback on breath carbon monoxide, pulmonary lung functioning and blood pressure. We call it a health screen for smokers." She explained, "Most smokers want to quit, on some level. If they are not particularly motivated at the time, then the more tailored the information is to their specific needs, as far as health feedback, the more meaningful it is to the patient. Identifying concerns for the smoker can be key to motivating smokers to quit."

Attorney General Answers Questions, Others Waiting

The Psychology Board wrote to the Louisiana Attorney General (AG) requesting information. One set of questions was published in the first edition of the *Times*. (See *Psychology Times*, No. 1, page 1 & 9.) No response has been received as yet.

Another letter asked the AG about conflicts between decisions of the Psychology Board and the newly arranged Medical Psychology Committee. *The Times* obtained a copy of the AG's response, dated September 28th.

Mentioned in the AG's letter, the question from the Psychology Board was "Is there potential for conflict where the Psychology Board licenses or disciplines psychologists who may later apply to Louisiana State Board of Medical Examiners for licensure as a Medical Psychologist, and the Medical Psychology Committee must review the applicant for recommendation to the Louisiana State Board of Medical Examiners?"

And, "Is there a potential for conflict where the decisions of the Psychology Board regarding rule making may conflict with recommendations of the Medical Psychology Committee regarding that portion of a Medical Psychologists practice, which is psychology?"

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

"When they are ready, encourage the combination of behavioral counseling, cognitive behavioral, and some sort of pharmacotherapy. These make withdrawal a lot easier for people. It still takes work, but these certainly take the edge off of withdrawal symptoms." Amy suggested, "It is best for the smoker to set a specific quit date in advance and to prepare cognitively, emotionally, and behaviorally for the day."

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CE Hears...

Rouge at the Marriott. Approximately 35 people attended the two-hour long session.

Besides the president, Past President Dr. Darla Burnett, President-Elect Dr. Kelley Ray, Dr. Cathy Castille, (Treasurer), and Dr. Jessica Brown (Secretary) attended. Dr. John Simoneaux (Professional Affairs), Executive Director Ms. Gail Lowe, and Mr. Alan Jennings, (parliamentarian), attended. Dr. Jim Quillin, Chair of Legislative Affairs and considered to be involved in the design and negotiation of Act 251, and Dr. Warren Lowe, Chair of Medical Psychology, were among those absent.

Members were allowed to speak for up to 3 minutes on any topic. Some individuals spoke several times. The format did not provide for debate or discussion, and no vote was taken. Through the two-hour meeting, members expressed concerns about Act 251, the EC's actions in regard to the passage of the bill, dual regulation of psychology in Louisiana, concerns about lobbying arrangements, concerns with protecting psychology's interests, and views about the internal conflicts in LPA.

Dr. Levy presided over the meeting, opening by asking members if they



wanted to subcontract with LAMP for the services of the lobbyists. This was an unexpected topic. Dr. Simoneaux then said that he had encouraged the EC to put this before the association, feeling that members had a right to be involved in this decision.

Dr. Mike Chafetz said, "Subcontracting is a bad idea. If the interests of LPA and LAMP were identical, there would be no need for LAMP." Dr. Bryan Gros noted that the relationship between LPA leaders and LAMP was at the center of the association's problems.

Dr. Bruce McCormick referred to issues concerning protecting psychology, as did Dr. Linda Upton. Dr. Darlyne Nemeth noted that there have been other effective lobbyists for LPA over the years.

"Act 251 has implications far beyond Louisiana," said Dr. Jeanne George, and suggested that an APA task force be formed, "including representatives from every state that are currently considering legislation for



prescriptive authority."

Tone of the meeting was respectful but strong views were expressed. Several people commented, "I came only to listen but feel I want to speak up now." Conversations continued afterward in smaller groups.

The meeting was announced with less than 30 days notice needed, so no formal motions were heard or voted on. Previously Dr. Levy tentatively set the date for November 21st. However, this date did not allow the needed thirty days for voting.

Some members had posted on Listserv that since the meeting was not designed to make meaningful changes that they would not attend. Grassroots, an organization of those concerned about Act 251, sent its executive committee, but did not request its members to attend.



Mr. Alan Jennings, center, assists Dr. John Simoneaux at recent CE meeting, as Dr. Levy looks on.

Parliamentarian...

because there are complex questions for the association to decide and an internal climate of impassioned division of opinion. Everyone should be clear in their understanding that the essence of my engagement is an advisory one, and my client is the Louisiana Psychological Association.” He has indicated that he will work toward the benefit of all members of the association, by following the principles underlying parliamentary law.

In providing guidance, Alan spontaneously quotes from the principles that guide his thinking and efforts, saying that resolving whatever issue at hand “...is based on a regard for the rights:

- of the majority,
- of the minority,
- of the individual members,
- of absentees,
- and of all these together.”

He clarified that this is from *Robert’s Rules*, the section on “Principles Underlying Parliamentary Law.”

When the *Times* asked him how parliamentary law could help manage conflict, Alan referred again to *Robert’s Rules*: “The application of parliamentary law is the best method yet devised to enable assemblies of any size, with due regard for every member’s opinion, to arrive at the general will on the maximum number of questions of varying complexity in a minimum amount of time and under all kinds of internal climate ranging from total harmony to hardened or impassioned division of opinion.” He remarked that this quote “... says it all, with such economy of words.”

Written as a companion to the official *Rules*, Alan has authored *Robert’s Rules for Dummies*, published by

Bylaws...

A message from Dr.Griffin and Gail Lowe, Executive Director, noted, “All LPA members who are eligible to vote and who are interested in how the organization operates are invited to serve on this committee.” To be a member of the committee, individuals must attend the first meeting, or be approved by the committee.

The meeting is scheduled to begin at 8 am and adjourn at 4:30. A continental breakfast will be served and coffee provided.

In the original draft of the resolution, changes created by the committee may be offered for action by the membership at the 2010 annual meeting or at a special meeting called for considering any proposed changes.

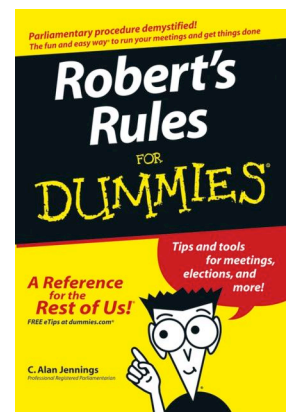
A group of LPA members, and members of Grassroots, had requested that the EC create a bylaws revision committee, in order to study and improve the bylaws of the association.

LPA has retained the services of Mr. Alan Jennings, professional parliamentarian, to assist the organization to resolve its problems. (See related story, *Parliamentarian*, this issue.)

Wiley Publishing, Inc., and available through Alan’s website (<http://www.alanjennings.com/rbfd/>).

Credentialed by the National Association of Parliamentarians, Alan holds office in the Louisiana Association of Parliamentarians, and is a member of the American Institute of Parliamentarians. Retired executive director from the Louisiana Notary Association, he has assisted several organizations to international recognition. He credits this to the principles of procedure and leadership found in *Robert’s Rules*. He is most active as a professional parliamentarian and serves his clients at the state and national levels, specializing in bylaws and corporate documentation.

Alan lives in Baton Rouge with his wife of 29 years, an accomplished photographer and artist. They enjoy work and vacation travel time together, and a menagerie of four-legged family members: a terrier, two cats, and Buddy, a big American bulldog who wandered in after Katrina and decided to stay.



Close-Up

Dr. Darlyne Nementh

Most psychologists in our community have, at one time or another, benefited from their association with Dr. Darlyne G. Nemeth, considering she has been involved in Louisiana psychology since the mid-'70s and before that as a doctoral graduate from LSU. Perhaps the secret of her youthful, cheerful professionalism is the way she continually involves herself in what is new and creative in our profession. I asked her who had influenced her most and she mentioned three people. Her broad-spectrum practice at the Neuropsychology Center of Louisiana in Baton Rouge, still reflects the philosophies of those who have influenced her most: Don Glad (Community Psychology), Ralph Reitan (Neuropsychology), and Sue Jensen (Clinical Psychology and Group Psychotherapy).

Her accomplishments and credentials look surprisingly like those of a scholar and a professional activist. From just 2000 to present, Darlyne has presented 26 professional papers, authored or co-authored 32 publications, and presented at scientific conferences 58 times. Some of her recent topics include, "Comprehensive Outpatient Rehabilitation for Returning Head Injured Veterans: Ethical vs. Moral Issues;" "Processing Speed vs. Working Memory Problems in ADHD Children;" and "Climate Change, Social Trauma, and Lifestyle Modification."

Darlyne's professional activities include President of LPA, Delegate, Secretary, Chairs of Legislative & Social Issues, and Professional Affairs. She's in APA divisions of Clinical, Adult



Preparing for the Panda Bear/China Project: Courtney Lamar, B.S. in Psychology, University of Southern California Darlyne G. Nemeth, Ph.D., M.P., A.B.M.P., Clinical, Neuro and Medical Psychologist Valerie Gilliland, M.S. in Psychology, University of Louisiana at Lafayette.

Development & Aging, Group Psychotherapy, Clinical Neuropsychology, Society of Pediatric Psychology, and Psychologists in Independent Practice. She's a member of the International Neuropsychological Society, National Academy of Neuropsychology, a Founding Member of the Reitan Society, a member of the American Group Psychotherapy Association and past President of the Louisiana Group Psychotherapy Society. She graduated from the first post-doctoral master's program in Psychopharmacology in the U.S. (California School of Professional Psychology, in 1999) and currently holds the MP designation. She also has served as expert witness numerous times over the years.

Even though she told me that in the future, "I perceive the need to concentrate on more publications," she has also written two book chapters, one on the history of psychotherapy in the U.S., in *Globalized Psychotherapy*, and the other on anger management for children. After presenting an anger management workshop at APA, Darlyne and her colleagues, Dr. Kelly Ray and Maydel Schexnayder coauthored a book published by New Harbinger, *Helping Your Angry Child*.

What is she most proud of? "The Katrina and China workshops," she said. This work was a blend of her expertise in group, community and clinical psychology. Darlyne currently serves as Vice President for the World Council for Psychotherapy (WCP) and is their Delegate to the United Nations, where she chairs an International WCP Committee for the development of a worldwide Disaster/Trauma Relief professional certification process. She presented a workshop on this topic at the United Nation's (Dept. of Public Information/Non-Governmental Org.s) annual conference, in New York, 2007.

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Nemeth...

She was invited by Peking University, the Chinese Psychological Society, and the Chinese Association for Mental Health to present a workshop at the '08 World Congress for Psychotherapy in Beijing, China, where she trained psychiatrists, psychologists and social workers in anniversary reaction interventions and provided a training workshop for up to 3,000 of these mental health professionals. (See Div. 49 Newsletter, Nov. '08.)

Prior to this, Darlyne had been nationally and internationally recognized for her Hurricane Anniversary Wellness Workshops. With her background in community psychology, she involved government, religious, and professional organizations, and using a wellness model of group intervention, she and her staff offered four workshops that helped prepare participants for the emotional reactions of the one-year anniversary. As reported in Div. 49's newsletter, she said, "Assisting people to once again function in groups will restore a sense of belonging." Post-workshop data indicated reduced anxiety, improved coping and evidence of reattachment. (See Div. 49's newsletters, July and November 2006). She said to *PT*, "I would say group psychotherapy has been the most enjoyable part of my practice."

Darlyne has been a pioneer in the area of Clinical Neuropsychology. She was first in Louisiana to establish a private practice neuropsychology laboratory (1977). She also established the first Neuropsychology laboratory at the LSU Student Mental Health Center. After her service on the LSBEP, she was instrumental in having Neuropsychology recognized as a specialty. Her pioneering efforts led to her election to Div. 40 Fellowship status by the APA Executive Council at the 106th Annual Convention. This placed Darlyne as the first Clinical Neuropsychologist from Louisiana to be elected to that honor. At that time, she was one of only eleven women to achieve this honor, of more than 4500 members and only 108 Fellows.

Those who know her well know Darlyne to be a generous and unselfish mentor and teacher, perhaps falling back on her master's in higher education and her undergraduate in communications. She has been affiliated with the Psychology Department at Southeastern, teaching Cognitive Neuroscience and Functional Neuroanatomy, and with Our Lady of the Lake College. One of her goals is to continue, "...as a mentor to students who have completed their undergraduate degree and need an interim



Dr. Nemeth and Dr. Van Hook at recent CE meeting.

practicum experience in order to be competitive for doctoral level admissions."

What have been the challenges? "The challenges have been our training model that needs to be revised because it still focuses on individual achievement and competition. In medical school, students are taught to function and cooperate in groups. In psychology doctoral studies, students are taught to focus on themselves. Thus, the challenge that lies ahead is to have psychologists understand the need to work together as a cohesive group."

I asked her about being a role model in the profession for females, because this is how a lot of us, with affection for how much she has given us in our early careers, view her. She said, "Another challenge is the difficulty that women with blond hair and blue eyes face in the expert witness role. The challenge is to not allow others to demean your capabilities."

I think perhaps nothing has really stopped Dr. Darlyne Nemeth, at least not for very long.

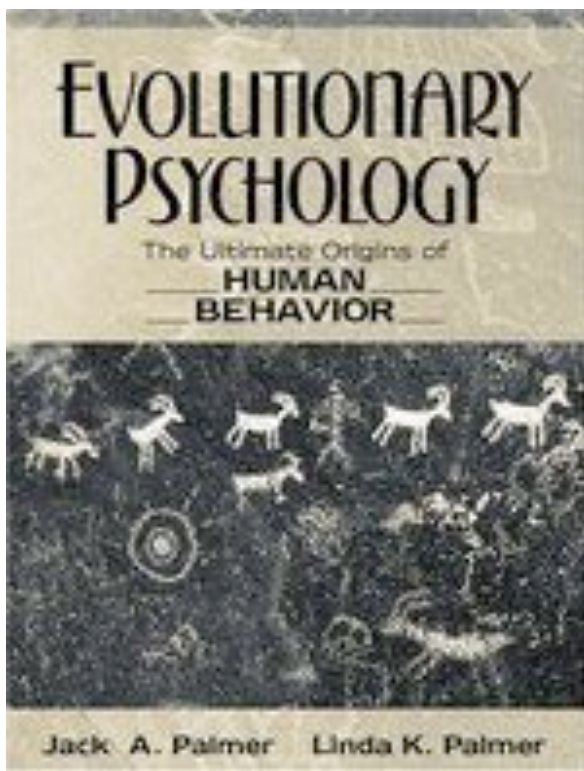
Grassroots Pres Dr. Chafetz Clarifies Questions

Grassroots' President, Dr. Mike Chafetz posted an open letter to questions frequently asked about the organization. He clarified, among other answers, that Grassroots is not trying to "hold MPs back," or "undermine our state organization." He noted one goal is to have a state association "that is representative of all psychologists' interests." His complete answers can be obtained by emailing info@grassrootslallc.com.



The Bookshelf

**Who's Writing
What?**



Evolutionary Psychology: The Ultimate Origins of Human Behavior

by Jack Palmer, PhD

and Linda Palmer, MS

Published by Allyn & Bacon

Evolutionary Psychology: The Ultimate Origins of Human Behavior comes from two very big minds, thinking about big things, in a big way, and at a high level of abstraction. The authors stride quickly through the maze of ideas about the adaptive origins of human behavior, and they do it with a grasp of the big picture that few authors in this area are able to match. All the while it's as if they're holding the reader's hand saying, "There's more, let's keep going. It's all connected."

With just ten chapters, *Ultimate Origins* is a "short, broad introduction to evolutionary psychology." The authors cover every conceivable topic in this complex, fascinating and emerging field, all in 275 pages. They include "Encephalization and the Emergence of Mind," "Mating and Reproduction," "Ontogeny," and "Social Order and Disorder." Themes tie into current psychological theory with "Personality and Psychopathology," and flow into Dr. Jack Palmer's interest in Positive Psychology in "The Creative Impulse," and "Ancient Mammal in a Brave New World." The highlights and boxes, called, "Through a Glass Darwinian," are wonderful.

Readers see how broad the viewfinder is when the authors address our place in the universe, with "From Big Bang to Big Brain." Jack said, "There are many good books on evolutionary psychology today, but one thing that still makes our book unique is the broad and holistic view that Linda and I take. The study of the evolution of human behavior begins with the "Big Bang," so we feel that having at least a rudimentary understanding of cosmology and evolutionary biology is enormously helpful for understanding the human mind, behavior, consciousness and our place in the universe. Culture and environment play an essential and significant role, but these can only be completely understood in relation to the greater whole."

Linda Palmer is Jack's "beloved wife and best friend of 32 years." She has a master's in Experimental Psychology from ULM, is a talented writer, and managing editor for several small publishers. The Palmers have a daughter who works in news and documentary production on the West Coast.

Jack noted his early interest in human origins, reading Desmond Morris' *The Naked Ape*, at age 15. He completed an undergraduate in zoology at Clemson University, with an emphasis on ethnology, and entered University of Georgia's biopsychology doctoral program to study primatology. "So," he noted, "although my Ph.D. is in psychology, my training is grounded in physical anthropology, biology, and psychology. Evolutionary psychology was a natural outgrowth of those interests."

He decided to write *Ultimate Origins* when he saw that "Huge strides and discoveries in neuroscience, genetics and evolutionary biology were providing great hope for unlocking the mysteries of human behavior." After he began teaching physiological psychology and neuropsychology at ULM, he felt the need to "make more of this exciting information available." So, he designed and began teaching a course on evolutionary psychology. "I wanted to help students understand how the combined effect of genes and environment shape us into what we become. And, how important a positive environment is for the development of children because of how it impacts on the way in which one's genes express themselves. Human behavior is not the product of just genetics or just environment or a simple combination. The two interact in very complex ways to produce an enormous range and depth of human behavior."

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Bookshelf...

"It is to ULM's great credit," he told me, "that our psychology department has had a strong scientific foundation, more so than most state universities of this size. We have a great faculty and excellent department head, Dr. David Williamson. Both our Psychology Department and our College of Education and Human Development have provided a supportive atmosphere for the science of psychology."

"At the time I began writing the book, Linda was teaching Physiological Psychology at Louisiana Tech University, and we were enjoying discussing these topics, so that was another motivating factor. The book evolved from our many discussions."

Dr. Palmer is currently working on a new book, *Science, Wisdom and the Future: Humanity's Quest for a Flourishing Earth*, due out in 2010. He is both a contributor and the technical editor for the text, with chapters from leaders in physics, business, philosophy, psychology, history, cosmology, religion, and the arts.

Evolutionary Psychology: The Ultimate Origins of Human Behavior is available at Barnes & Noble online.

LPA Dues Notices Sent

Dues notices for LPA went out to members for the 2010 time period. Renewing full members pay \$230 but new members may join at the 1st year rate of \$97. The notice indicated that an estimated 37% of the member's dues is used for lobbying, and therefore not tax deductible.

Members are encouraged to update their profiles by visiting the "For Members" page of LPA's web site at www.louisianapsychologist.org. As mentioned in the memo, "LPA offers a searchable database to be used by the public to find a psychologist in a particular area and/or providing a particular service. Members, interested in being included in this service may post their practices on the web site by completing their profile online."



Authors Linda and Dr. Jack Palmer traveling in Hawaii.

Nutrition and Health

Coenzyme Q10 (CoQ10) is made by the human body and plays a critical role in cellular energy production. Low levels of CoQ10 have been detected in some chronic diseases such as cardiovascular disease, Parkinson's, and muscular dystrophies. A recent study showed that 51% of patients with treatment-resistant depression had significantly lower plasma levels than the lowest CoQ10 level found in the healthy controls. The authors suggested that patients with depression may benefit from CoQ10 supplementation. Because cholesterol-lowering medications (statins) lower plasma CoQ10, depressed patients may be a population at risk for statin therapy.

Maes, M., I. Mihaylova, et al. (2009). "Lower plasma Coenzyme Q10 in depression: a marker for treatment resistance and chronic fatigue in depression and a risk factor to cardiovascular disorder in that illness." *Neuro Endocrinol Lett* 30(4).



<http://www.metamatrixinstitute.org/>

AG's Answers...

In the reply to Executive Director Jaime Monic, Mr. James Caldwell, by Kerry Kilpatrick, Assistant AG, wrote:

"We first note that pursuant to La. R.S. 37-2353(A), the Psychology Board is a state board 'created within the Department of Health and Hospitals...' The board consists of five members appointed by the governor. See La. R.S. 37:2353(A). Further, the Medical Psychology Committee is a five member advisory committee to the Louisiana State Board of Medical Examiners, created pursuant to La. R.S. 37:1360.63(A). The members of the Medical Psychology Committee are appointed by the Louisiana State Board of Medical Examiners. See La. R.S. 37:1360.63(B).

"We advise that an individual holding a position on either the Psychology Board or the Medical Psychology Committee is considered to hold 'public office' as defined by La. R.S. 42:1." And, "At this juncture, we would typically begin an analysis of the law to determine if any prohibitions contained therein would prevent the simultaneous holding of the positions concerned."

However, then the AG indicates that the "general provisions of the dual officeholding laws are here superseded by the specific provisions of law relative to the Psychology Board and provides: (5) Membership on the board of a public employee or official shall not constitute dual office holding..."

The AG then writes that this "...negates any discussion concerning the dual officeholding provisions..." but concludes with the following:

"When this office receives questions about the legality of holding two or more positions of public office or public employment, our opinion is limited to an examination of the dual officeholding laws, La. R.S. 42:61, *et seq.* These laws do not generally address conflicts of interest or other ethical issues which may be present in the instant matter. Rather, the propriety of a public board member's conduct is governed by the Louisiana Code of Governmental Ethics, La. R.S. 42:1111, *et seq.* The Louisiana State Board of Ethics issues opinions concerning the Ethics Code; you may wish to contact the Board of Ethics at P.O. Box 4368, Baton Rouge, LA 70821, telephone: (225) 219-5600, for an advisory opinion addressing your concerns."

LPA sets Annual Convention

LPA's 62nd Annual Convention will be held April 22-24 in Baton Rouge.

A request for papers, proposals for CE workshops and symposia/panel, and research proposals was sent. While the deadline for submissions of CE workshops and Symposia has passed (January 1st) interested persons may still contact Dr. Kelly Ray, Dr. Phil Griffin, or Dr. Tony Young as the final deadline for submitting details is January 22nd. The deadline for submitting scientific research proposals is February 10th. Members are also invited to make nominations for awards to be presented at the Annual Convention. These include Distinguished Psychologist Award, Early Career Award, Graduate Research Award, and Undergraduate Research Award.

To submit an application for awards, please contact Dr. Kelly Ray.



"I WANNA KNOW...."

A Reader Asked to Know:

"I'd like to know how long (in hours) it takes other psychologists to do a typical ADHD evaluation."

Mean of 6 hours, children
Mean of 5 hours, adults
(not a scientific survey)

Send additional "I Wanna Know..." questions to the PsychologyTimes@gmail.com also.

Dr. Roberta Alysoun Bell Laventhal, a clinical and neuropsychologist in Metairie, focuses her busy practice on patients of all ages, helping them with their cognitive, emotional or physical diagnoses. Psychological and neuropsychological assessment makes up a large part of her services, and she is supported in efforts by her part-time psychometrists and office managers.

Her professional duties also include her position on the editorial staff of *Rehab-in-Review: The Surveillance Journal for Rehabilitation Professionals*, a publication from the medical schools of Harvard, LSU and Emory University. Roberta assists in collapsing technical articles from 70 distinguished journals into a concise, readable and efficient format for busy clinicians. She said to *PT*, "With *Rehab-in-Review*, I've been copy editing since its onset in 1993. I see my role in the journal as helping make the words 'sing,'" a contribution that is apparent in this interesting and immensely readable journal. *Rehab* is part of Roberta's adjunct assistant professor role at Emory. There, she is also available for other duties, such as being a guest lecturer or helping with research.

But there is another side to Dr. Bell. She not only has an alias, as in *nom de plume*, but I believe she might also have an alter ego, so creative are her activities when she is not assisting others professionally. Over the years, she has worked as a public relations coordinator, licensed private investigator, "terrified" flight student and volunteer radio announcer.

Currently, she writes with a group of creative women that, once you learn about them, gives you the feeling that others are having a lot more fun in their lives than you are having in yours, causing you to wonder why someone didn't send you an invitation.

Roberta is a member of "Six Southern Gals," who have combined their creative and literary talents to produce a "serendipitous collection of holiday stories," called *Open Before Christmas: Holiday Tales from Six Southern Gals*. The authors draw on their childhood experiences, blending and expanding the stories with imagination and originality. Roberta writes under her pen name, Alysoun Alysoun— a doubling up of her middle name. She joins her efforts with her creative co-authors, two freelance writers, a retired speech/language pathologist, and a writer/artist/poet.

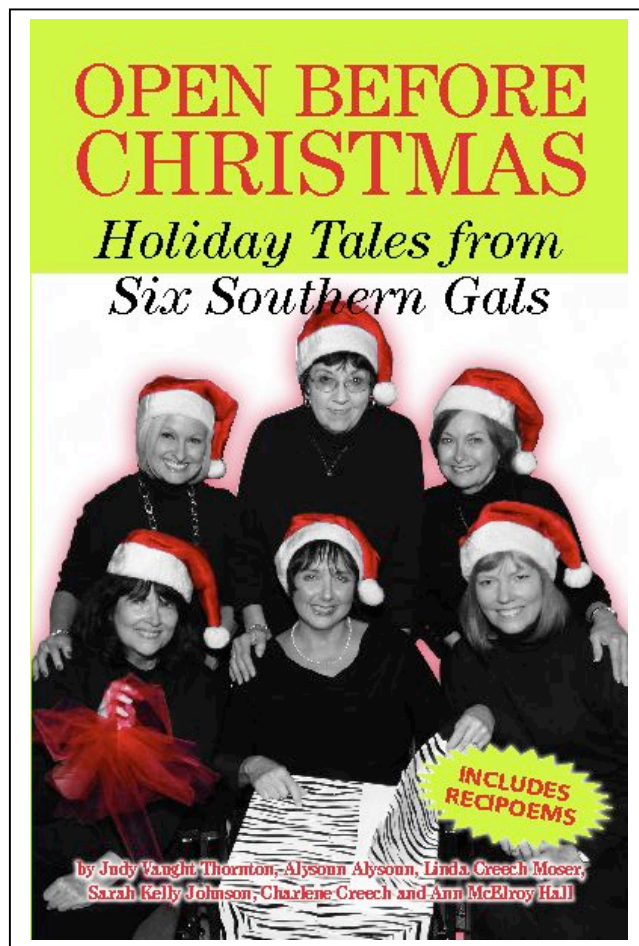
Website: "Six Southern Women or Gals," as we like to refer to ourselves, have found a connection with the Christmas stories and poems that have been portrayed in this book. During our evolution, we also found we had another connection . . . FOOD!..."



Roberta has completed one novel, a murder mystery titled *Rain*, which she is reworking. She wrote it right after Katrina in the popular writers contest named NaNoWriMo (National Novel Writing Month). "That fun program requires only that the writer complete a novel of 50,000 or more words within the month of November..." But she found that writing that fast didn't help her plot and felt some parts were in a "mess." So, when she has some rare extra moments, she's reworking it into a new mystery.

Dr. Roberta (Alysoun Alysoun) Bell Laventhal lives in Metairie with her husband, Nahum, step-son, Dylan, and cat, Whispurr.

Open Before Christmas is just as good if you open it after Christmas. Either way, don't miss it. Available at www.sixsoutherngals.com.





Dr. Amy Copeland's team at the lab: Left to right: Diana Stewart, M.A., Magdalena Kulesza, M.A.; 2nd row: Megan Apperson, M.A., Claire Adams, M.A., Dr. Copeland, Ning Ding, Meredith Terlecki, M.A., Lauren Baillie, M.A.

Smoking Cessation...

Amy stated that there are many resources online, making good information and advice available to smokers who cannot, or opt not to, participate in face-to-face programs. However, she said, "I still think the group setting is best for people. You can see the camaraderie develop among group members as they go through withdrawal together." She noted that then they can support each other and implement the tools they've learned, the cognitive and behavioral coping responses, to get through the urges. "Once people understand the associative nature of urges and cravings, and that laying down new memories and forming new associations will work, it's going to get a lot easier."

She remarked on how addictive nicotine is, and how people who have tried to quit many times are discouraged. "As clinicians, we need to address smokers' level of confidence in successfully quitting. Heavy smokers who have attempted to quit many times and relapsed are discouraged. They have low self-efficacy for cessation. So you really need to emphasize, just like you would with a condition such as depression, that nicotine dependence is a very treatable disorder. There are efficacious therapies and pharmacotherapies, to give the person a lot of support."

"Let them know also that they are going to go through mood changes, while in withdrawal," she said. And, "There should be an educational component to it. Then of course, in relapse prevention, make people aware of their high-risk

situations." She explained that when faced with urges, smokers must implement behavioral and/or cognitive skills. She also recommends stress management and rewards. "It's really important," she said, "in pure operant terms, that they should reinforce or reward themselves, for making it through even 24 hours without smoking. Don't think about forever right now, just think about getting through the next few hours without smoking and take it a little bit at a time."

She also recommends discussing weight. Some of her past research has uncovered that women fear the weight gain associated with quitting, "Even though smoking a pack of cigarettes per day puts more stress on your heart than being one hundred pounds overweight."

While Amy has published extensively in addiction, cognitive therapy, and health, another primary research interest of hers includes the relationship among weight, eating-related variables and stimulant use (nicotine is a mild stimulant). Amy explained that many women report smoking exclusively to control appetite and weight. While they don't necessarily suffer from clinically significant eating disorders, they do show high levels of "dietary restraint" or "weight concern," both associated with cigarette smoking and difficulty with cessation efforts. "I see this in many college women who say to me, 'But Dr. Copeland, I don't intend to smoke when I'm your age.' They don't realize that nobody does! However, they become nicotine dependent just like anyone else who smokes regularly. Perhaps the most disconcerting is the finding that these attitudes exist in very young children, especially girls. The belief that smoking is related to controlled appetite and weight is predictive of later smoking behavior in adolescents."

Amy's research efforts in this area presently focus on college student smokers and whether extreme dieting attitudes associated with smoking can be modified to produce healthier beliefs regarding diet and substance use, including smoking and drinking.

Dr. Copeland can be reached at copelan@lsu.edu for further information about her research, services, and technical questions.

Her lab's webpage is <http://www.lsu.edu/psychology/faculty/DrCopeland.htm>

LSBEP Revisions...

These revisions affecting psychologists can be found online, in *The Louisiana Register*. The "Notice of Intent," is required for changes giving those interested the time to respond either in writing or to request a hearing.

"These are mostly minor revisions," said Executive Director, Jamic Monic. However, she recommended that "Those interested should read these changes carefully so that they have the opportunity to comment to the Board." She encouraged all psychologists to follow *The Register*, because information is made public in this way, and it can affect both psychologists and the public.

The December "Notice of Intent" (page 2893) includes revisions in topics under Chapter 3– Training and Credentials (school, doctoral programs in psychology, specialty areas (practicum/internships), and clinical neuropsychology); Chapter 4– Certificate of Prescriptive Authority (repeal all); Chapter 7–Supervised Practice Leading toward Licensure (duration and setting of supervised practice), Chapter 8– Continuing Education (preface, acceptable sponsorship, offerings and activities); Chapter 9– Licensees (reinstatement of lapsed licenses, temporary license, registration of out-of-state psychologist, emergency temporary registration for psychologists), Chapter 11– Supervision of Unlicensed Assistants in providing Psychological Services (responsibilities of supervisors); Chapter 15–



Members of Grassroots meet before the LPA meeting to discuss concerns about current issues affecting psychology. Here, members and EC members listen to speaker regarding the history of present problems.

Rules for Disciplinary Action, Applicability, Processing Complaints (applicability, complaints).

The details of revisions can be read online at the Louisiana Register at <http://doa.louisiana.gov/osr/register.htm>. See December '09 issue, page 2893.

All comments must be submitted by 12:00 pm, January 14, 2010.

Nominees To LSBEP Await Governor's Review

Names of psychologists volunteering to serve on the Board, and receiving the most votes from licensees, have been sent to the Governor.

Appointments have not been made as of press time, based on a telephone inquiry to the Dept. of Boards and Commissions by *PT*.

GRASSROOTSGRASSROOTS

WISHING FOR ALL, THE VERY BEST IN THE NEW YEAR

Join Us.

Website- grassrootslallc.com
Email- info@grassrootslallc.com

Media Matters

by Dr. Susan Dardard



This month I promised to give you tips to help you find your place in the media. You may be wondering why you would even want a place in the media. Your first concern may be whether using the media to promote your practice is appropriate or ethical.

Traditionally, psychologists build their practices by providing excellent care to clients who then refer their friends and family members, and by successfully handling cases from other health care specialists who then recommend their services to colleagues.

However, promotion of psychological services through the media is acceptable. The Louisiana Licensing Law for Psychologists states only that "The board is authorized to promulgate regulations to prohibit deceptive advertisements and representations."

Just as we are obligated to present ourselves honestly to individuals who seek our help in our offices, we also must be sure to portray ourselves accurately in the public forum. Adhering to this standard in a setting often associated with entertainment requires vigilance.

Although advertising representatives, with their



A Grandmother's Dawn by Carolyn Weyand, PhD

Two sleeping boys
Like angels in repose
An hour from now
Exuberance will explode
Running and wrestling
Shoving and shouting
Teasing and taunting
But just now
I absorb
Peace and contentment
They exude

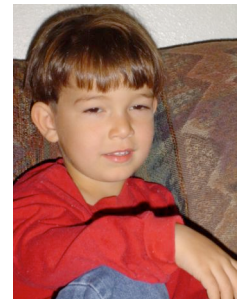
focus on grabbing the attention of an audience, may entice you to pump up your message beyond your comfort level, you can avoid such drama. The right layout can amplify a cautiously worded print ad, and the right delivery can sell a safely worded radio spot.

So my first tip for helping you find your place in the media is to encourage you to relax about the very idea of being involved with the media. You can present yourself to the public in ways that maintain your professional integrity and convey that you are available to help.

Next month I will offer tips for dealing with one of the biggest problems psychologists have, the tendency to speak in scientific jargon, instead of simple sentences, when we communicate with the public.

Please send comments to MediaServices@DrSusanDardard.com, or call 225-635-4555.

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Psychologists

The Public Needs to Meet You

Are You Ready For Your

Newspaper Interview

Radio Discussion

Television Appearance

To Prepare Yourself

Contact Dr. Susan Dardard

Dr. Susan Dardard
Media Consultant

mediaservices@drsusandardard.com
225.635.4555