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## Is Resistance Futile?

# ASPPB Quietly Advances the EPPP-2 Plan with Jan 1 Launch

Last month the Association of State and Provincial Psychology Boards (ASPPB) quietly posted a message that the new Part 2 of the national licensing exam will officially launch on January 1, 2020. ASPPB officials first announced the new test, the EPPP-2, in 2017 as optional for its member jurisdictions. Then as resistance mounted, ASPPB's Board of Directors decided that they would combine parts and make the entire exam mandatory, this coupled with a 100% fee increase. An outcry followed, then ASPPB backpedaled and made the roll-out optional—for the time being.

The upcoming January launch begins a "voluntary adoption" program, a carrot and stick for the controversial new test product, whose scientific basis is coming under more and more scrutiny.

The new test is optional—but whether it remains that way is highly doubtful, some say. In this article we review the behind-the-scenes decisions and interests impacting the test and those hoping to become licensed psychologists.

## The National Exam

The current test, called the Examination for Professional Practice in Psychology or EPPP, is the national licensing exam required for candidates seeking a state psychology license.

ASPPB purchased the rights to the exam sometime around 2013, and since then the EPPP is the top money making product for the non-profit corporation. The EPPP-2, first priced at \$600 then lowered to \$450, would increase testing

Science & Education

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# Contemporary Southern Psychology Hits Odd Snag

The Online Journal *Contemporary Southern Psychology*, announced in June 2018, has published only one volume of one issue, and that volume is not available at this time, explained Dr. Bill McCown, the *editor pro temp*. McCown is Professor of Psychology and Associate Dean for Research at University of Louisiana at Monroe (ULM).

"We expected to be almost into our third issue by now," he said. "We thought there would be ongoing operational difficulties, but what we encountered was a bit unusual."

The journal is the brain-child of co-editor Dr. McCown, and team members 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.

Cont'd pg 8

# Endowed Chair of Psychology Established at University of Tampa Honoring Dr. Janet Matthews

In November, Dr. David Stern, University of Tampa Provost, announced the creation of the Janet R. Matthews Endowed Chair of Psychology, established by Dr. Lee Matthews, honoring his wife, Janet, who passed away in March.

According to the official announcement, the endowed chair is the first in the University's history to be named after a UT alumna or alumnus, and the first endowed chair outside the Sykes College of Business. The endowment will be used to support a new faculty chair position in the Department of Psychology, within UT's College of Social Sciences, Mathematics and Education.

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# Editorials and Opinions

## EPPP-2: Quality & Cost Matter

by Julie Nelson

ASPPB is rolling out their poor quality, high-priced "skills" exam, which they seem determined to add to the law-enforcement systems at the state regulatory boards.

For what looks to be mostly a commercial effort and moneymaker for the ASPPB, the move is bringing both the standard exam and the new exam into sharper focus by the critics. Some of the most damning observations include:

- a base rate for disciplinary actions that would make it almost impossible for the test to be validated for its purpose;
- a serious criterion and criterion validity problem;
- the absence of methodology for setting the cut off score;
- a very likely situation that both the EPPP and EPPP-2 discriminate on the basis of race;
- and a high price.

The sad thing is that this new, expensive and low quality exam, comes at a cost that is to be shouldered by the young psychologist hopefuls. Candidates have to spend \$700 to \$800 to take the exam and this will go to \$1200 or more. Add to this the issue of a recommended cut-off that is based on percentiles rather than raw content scores. No matter what then, 50% of the candidates probably take the test again. What is this cut score based on? Nothing that I can tell.

ASPPB is a strange organization. It is a private, nonprofit corporation composed of government officials from state regulatory boards. It has a lot of cash on its balance sheet and a 55% growth over the last five years. But, under scrutiny, the EPPP system, and especially the EPPP-2, looks both poor in quality and fairly expensive. And the boards—and the candidates—are somewhat of a captured market for ASPPB as a vendor, which fools with quality.

The entire situation is a perfect example of what happens when you're spending someone else's money on someone else.

There are four ways to spend money, said Milton Friedman, who won the Nobel prize for looking at the psychology of spending, among other things. Friedman said you can spend your own money on yourself and when you do you're going to be careful about the quality and cost.

When you spend your own money on someone else you're going to be careful about the cost but less concerned about the quality.

When you're spending someone else's money on yourself, you're going to go for the best quality but you're not going to be too concerned about the cost.

The fourth way to spend money is when you're spending someone else's money on someone else. And that's what the state boards are doing—spending the candidates' money to "protect the public." The tendency is to care neither about quality or cost.

LSBEP should be commended for their opposition to the new test, and their demand that the vendor, ASPPB, provide a decent selection-testing product, that is useful, valid, and sold at a reasonable cost.

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### Four Ways to Spend Money

	With Your Own Money	With Someone Else's Money
Buying for Yourself	1. Motivation is to seek both high quality and a low or reasonable cost	2. Motivation is to seek high quality but cost is less of a concern
Buying for Someone Else	3. Motivation is to seek out best cost but with less concern for quality	4. Motivation for quality and cost is not a high concern (other concerns take over)

[Julie Nelson is a licensed psychologist, journalist, 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](mailto:drj@drjulienelson.com), —she welcomes feedback.]

### Corrections & Clarifications

We did not receive corrections for last month's issue.

Send your corrections to:  
[psychologytimes@drjulienelson.com](mailto:psychologytimes@drjulienelson.com)



State & National News

Cyberattack Shuts Down Services, Governor Declares Emergency

BATON ROUGE — Gov. John Bel Edwards declared a State of Emergency on Friday, November 22, following a cybersecurity incident that affected state servers, allowing several agencies to take actions, including waiving fees and fines, to assist members of the public.

The emergency declaration specifically allows the heads of the Office of Motor Vehicles, Department of Transportation and Development and the Department of Revenue to take certain actions that will assist members of the public affected by the service interruption related to Monday’s cybersecurity incident.

“We appreciate the patience of the public as our team of experts has worked around the clock to restore online services related to this cybersecurity issue,” Gov. Edwards said. “We know that some people may have missed filing deadlines or incurred fees because of the outage, which the emergency declaration allows us to correct so that the members of the public are not penalized unnecessarily.”

In response, the state of Louisiana activated its ESF-17, the cybersecurity response team, after a ransomware attack on Louisiana government servers. The state did not lose any data, nor did it pay a ransom.

While many state websites and email were unavailable on Monday, much of this outage was due to the state taking extreme emergency protective measures, including shutting down server traffic, to neutralize the attack. These protective actions likely saved the state from data loss and weeks of service outages.

Louisiana’s ESF-17 team consists of leaders from the Office of Technology Services, the Governor’s Office of Homeland Security, Louisiana State Police, the Louisiana National Guard, state university systems and other cybersecurity experts. Since Monday, ESF-17 has worked with state agencies to restore access to their services, with most having been restored.

Louisiana State Police and several federal agencies are investigating this attempted ransomware attack.

Gov. Edwards Announces Coalition to Save the LSU Lakes

On November 13, Gov. John Bel Edwards announced that a coalition of state, local and university officials has been formed to save the six lakes surrounding the LSU campus. The coalition includes the State of Louisiana, the City of Baton Rouge, BREC, LSU, the LSU Athletic Department and the Baton Rouge Area Foundation.

The governor also announced that the LSU Real Estate and Facilities Foundation will be in charge of issuing the contracts and will oversee work that includes dredging all six lakes, building a bridge at May Street and building sidewalks and bike paths around the lakes. Funding for the project will come from contributions made by each of the partners and the LSU Foundation has made a request for capital outlay funding for the project, according to the press release.

“The City Park Lakes are a gathering place for our community and, as the algae blooms engulfing City Park Lake indicate, the six lakes are declining rapidly and we can’t put off saving them any longer,” Gov. Edwards said.

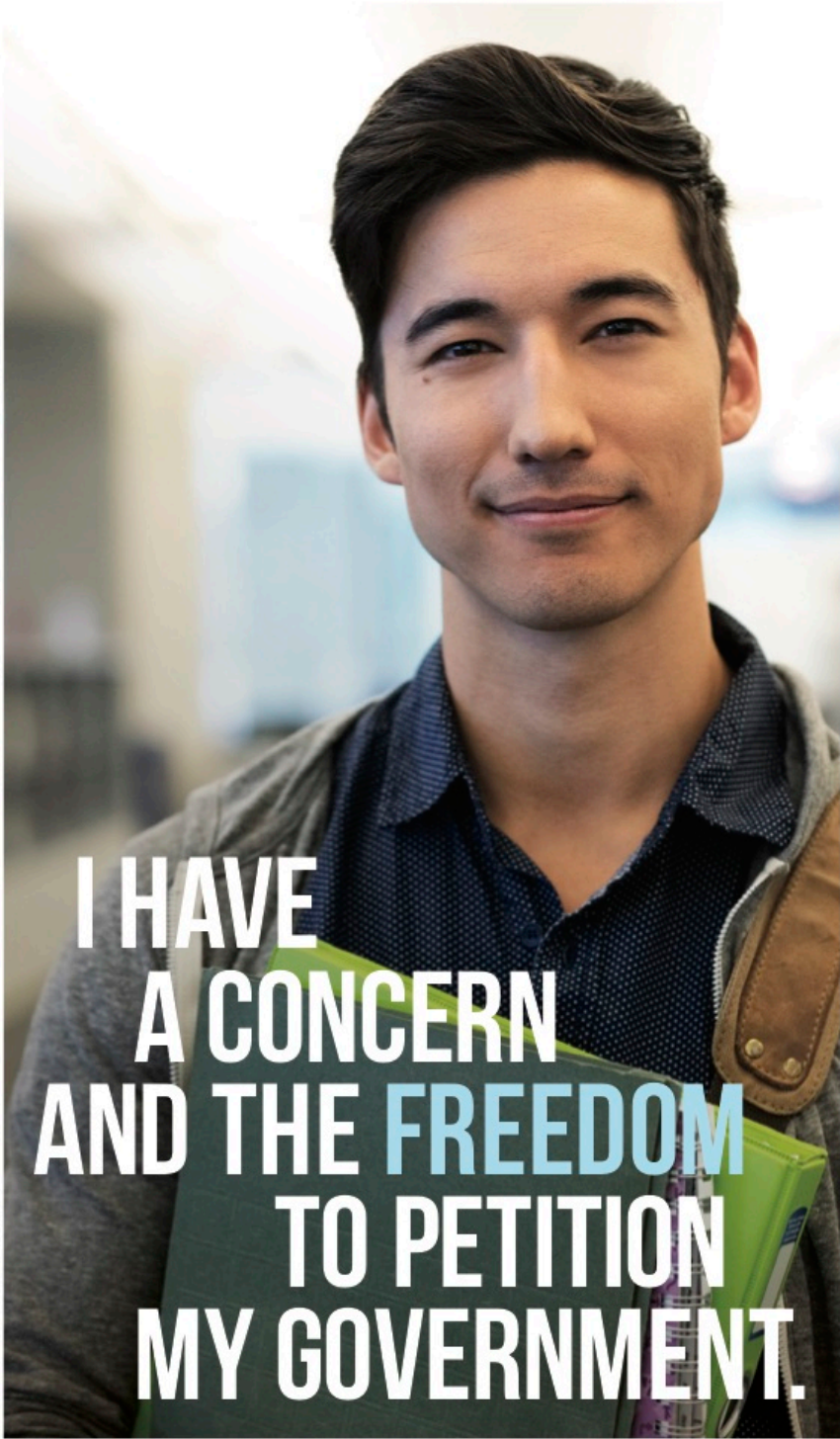
The master plan calls for thousands of cypress stumps to be removed during dredging, and University and City Park lakes to be connected by an iconic bridge. With the lakes deeper and linked, boaters and paddleboarders will be able to row from Dalrymple Drive to Stanford Avenue. BREC is responsible for maintaining City Park Lake and a smaller Lake Erie next to it.

Converted from swamps in the 1930s, the lakes are now less than two feet deep in some places.

Louisiana Personal Income Grew Faster Than National Average

Kristen Mosbrucker of the *Advocate* reported last month that Louisiana per capita personal income gre by 5.2% between 2017 and 2018. This is faster than the national average of 4.9%, according to U.S. Bureau of Economic Analysis data released last month.

Per capita income in the Bayou State grew to \$46,242 as of 2018 but is lower than the U.S. average of \$54,446. Texas saw its personal income increase by 5.1% to \$50,355 during the same time frame. Mississippi's personal income increased by 4% to \$37,834 and Alabama's by 4.4% to \$42,238, reported Mosbrucker.



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# Community Health Centers Saved Louisiana’s Medicaid Program \$645 Million, Boosted Economy by \$772 Million, Report Says

According to a new report released November 26 by Capital Link and sponsored by the Louisiana Primary Care Association, 35 Federally Qualified Health Centers (commonly referred to as Community Health Centers), are responsible for an annual \$772 million economic impact on Louisiana’s economy.

The authors concluded that by servicing Medicaid patients at a 24% lower cost than private providers, managing chronic conditions, keeping patients out of the emergency room, and emphasizing the importance of preventive care, Community Health Centers saved the healthcare system \$868 million.

Among the report’s additional findings:

- In 2018, Louisiana’s Community Health Centers saved Louisiana’s Medicaid program \$645 million.
- Health centers reinvested in their communities by engaging in \$416 million in direct health center spending, resulting in an additional \$356 million in indirect and induced community spending.
- Louisiana’s Community Health Centers employed 3,149 individuals and spurred the creation of 2,635 additional jobs in their surrounding communities.

•Last year, Louisiana’s Community Health Centers provided primary care, oral health, and behavioral health services to over 444,000 patients across the state.

Health centers continue to serve as the providers of choice for those who have recently gained access to health insurance coverage through Medicaid expansion.

The report said that Community Health Centers are known for providing high quality preventive and primary health care to patients, and they also work to stimulate economic growth and generate cost savings for both urban and rural communities across Louisiana.

“Year after year, health centers continue to demonstrate that they are critical components of Louisiana’s healthcare safety-net,” said Gerelda Davis, Executive Director of the Louisiana Primary Care Association.

“This report confirms that health centers are proven leaders in meeting the needs of patients at an affordable cost to taxpayers. The federal government has no program with a better return on

investment than it does with the Health Center Program.”

Thirty-five Community Health Centers were included in this analysis. Economic numbers were derived using health center audited financial statements and statistics as reported on the 2018 Uniform Data System. An integrated economic modeling software called IMPLAN was used which applies the “multiplier effect” to capture the direct, indirect, and induced economic effects of health center business operations. It is widely used by economists, state and city planners, universities, and others to estimate the impact of projects and expenditures on the local economy.

The Louisiana Primary Care Association (LPCA) represents 38 federally funded, private, non-profit and public Community Health Centers (including two Look-Alikes) across Louisiana that serve over 444,000 patients annually. LPCA promotes community-based health services through advocacy, education, and collaboration with community partners. Their goal is to ensure that every Louisianan has access to affordable, quality, primary care services. For more information, visit [www.LPCA.net](http://www.LPCA.net).

## USDA Offers Grants to Control Wild Hogs

ALEXANDRIA, Louisiana, –The U.S. Department of Agriculture (USDA) announced on November 20 that it is awarding \$1.5 million to fund a pilot project to control feral swine in Louisiana and nine other states across the country.

These projects are part of the Feral Swine Eradication and Control Pilot Program (FSCP) – a joint effort between USDA’s Natural Resources Conservation Service (NRCS) and Animal and Plant Health Inspection Service (APHIS) to help address the threat that feral swine pose to agriculture, ecosystems and human and animal health.

“Feral swine cause significant damage to crops and grazing lands, while also impacting the health of our natural resources,” said Tim Landreneau,

NRCS acting state conservationist in Louisiana. “By collaborating with our partners nationally and here in Louisiana, our hope is to control and eradicate this invasive species – improving operations for farmers while also protecting our natural resources for the future.”

NRCS is awarding more than \$16.7 million this year for feral swine pilot projects in select areas of Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina and Texas. The funding limit for a single award is \$1.5 million. Awardees are required to provide at least 25 percent of the partnership agreement budget as a match to NRCS funding. APHIS is providing \$23.3 million this year to the Wildlife Services programs located in the pilot projects states.



## Department of Health Bureau of Health Services Financing Publishes Rule for Behavior Analysis

According to the November *Louisiana Register* the Department of Health Bureau of Health Services Financing adopted a new Rule for Applied Behavior Analysis-Based Therapy Services Reimbursement Methodology (LAC 50:XV.703)

The Department of Health, Bureau of Health Services Financing has amended LAC 50:XV.703 in the Medical Assistance Program as authorized by R.S. 36:254 and pursuant to Title XIX of the Social Security Act. This Rule is promulgated in accordance with the provisions of the Administrative Procedure Act, R.S. 49:950 et seq. The Rule states:

"Title 50 PUBLIC HEALTH—MEDICAL ASSISTANCE Part XV. Services for Special Populations Subpart 1. Applied Behavior Analysis-Based Therapy Services §703. Reimbursement Methodology

- "A. ...
- B. Effective for dates of service on or after January 1, 2017, ABA rates and codes in effect on December 31, 2016 may be realigned to be consistent with Louisiana commercial rates or ABA codes adopted by the American Medical Association via current procedural terminology (CPT) codes.
1. ...
  2. New prior authorizations with a begin date after the promulgation date of these provisions must use the codes in effect prior to January 1, 2017 for those services provided and to be delivered prior to January 1, 2017, and for any services provided after January 1, 2017, the codes in effect at the time of service delivery."



APA, Hoffman Seek Protection Under Free Speech Laws

# “Hoffman Report” Defamation Suit Continues in DC

On November 18, 2019, plaintiffs in the defamation case against David Hoffman and the American Psychological Association filed a brief arguing in opposition to Motions to Dismiss that were filed in October 2017.

The dispute involves the ramifications of the “Hoffman Report,” a document prepared by the Chicago attorney David Hoffman and commissioned by the American Psychological Association (APA) during conflicts over the role of military psychologists, APA ethics decisions, and human rights policies in APA.

The case is being heard in the Superior Court for the District of Columbia, Civil Division, by Judge Hiram E. Puig-Lugo. Oral arguments are scheduled for sometime in February 2020.

The defamation lawsuit is being brought against David Hoffman, his law firm, and APA, by retired Colonels and psychologists Morgan Banks, Debra Dunivin and Larry James, and also two psychologists who are former employees of APA, Drs. Stephen Behnke and Russ Newman. The lawsuit alleges reckless disregard for the truth and false statements in the 2015 “Hoffman Report.”

Hoffman and APA filed motions seeking dismissal based on free speech protection laws.

In D.C., these laws are called Anti-SLAPP laws. “SLAPP” or “strategic lawsuit against public participation” are lawsuits without merit that aim to intimidate or silence free speech. Anti-SLAPP laws strengthen various protections and also narrow discovery.

Hoffman and APA argue that the Plaintiffs are public officials or limited-purpose public figures. If found to be the case, it would call for the higher standard—not only false statements but of the level of “actual malice,” to be met.

In the recent 99-page pleading, Plaintiffs argue that there is ample evidence of malice. The attorneys say that the report was given to James Risen, a *New York Times* reporter, prior to review and publication, and these actions are evidence of actual malice, said the attorneys.

Also, they argue that there was ample evidence of the Plaintiffs innocence which was ignored by Hoffman.

“..., multiple governmental agencies and bodies—including the Senate Armed Services Committee (SASC) and the FBI—investigated the same events that Hoffman investigated, looking at evidence provided by the critics on whom he relied, and found

no reason to act. Hoffman references each of these reports in his Report.”

Other reports citing the plaintiffs’ innocence included The Martinez-Lopez Report, The Schlesinger Report, The SASC Report, and FBI Memoranda, said attorneys.

For example, they said, “The FBI investigated twice the critics’ allegations about collusion between the APA and the DoD and CIA and found no wrongdoing. APA’s CEO sent an e-mail to senior staff regarding a public article confirming the finding in later 2014. Hoffman and Sidley actually possessed that e-mail, which was on the Behnke hard drive Hoffman imaged, BUT he never tells the reader that the FBI had investigated the critics claims and ‘did not find any criminal violations.’”

Mr. Hoffman was hired by APA in 2014 to review interactions between military psychologists, APA officials, and the Bush administration. Then APA president Dr. Nadine Kaslow sought to resolve ongoing accusations that APA was involved in supporting unethical behavior by military psychologists.

The accusations were voiced by human rights activists and psychologists, and had been

outlined in several publications, including a book by *New York Times’* journalist, James Risen, *Pay Any Price*.

Hoffman said that communications of a 2005 APA members’ task force amounted to “collusion” with military psychologists and therefore with the Department of Defense. A media furor commenced following publication of the Report, splashing the issue of “torture” and APA across national news outlets. APA paid Hoffman \$4.1 million for the Report, according to sources. One source said that the total paid to Hoffman has reached over \$7 million.

The Plaintiffs also allege that APA failed to adequately review the Report, failed to give Plaintiffs an opportunity to respond to allegations, and failed to respond to evidence of the mistakes and errors in the Report.

The original Complaint states, “The false light in which the Plaintiffs Behnke, Dunivin, and James have been placed would be highly offensive to the reasonable person,” and has caused mental anguish, emotional distress, and “severe personal and professional humiliation and injury to their reputations in the community – reputations they have built over many years.”

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# Dr. Melissa Beck Helps Lead "LSU MIND" Group

Showcased in one of the cover features of *LSU Research* magazine, cognitive psychologist Dr. Melissa Beck is being called a "collaborative champion," for her skill in developing cross-discipline research and teamwork.

Dr. Beck is professor of psychology at LSU and leads the Beck Visual Cognition Research Lab, where she conducts innovative and interdisciplinary research on visual attention and memory.

Dr. Beck serves on the executive committee for the LSU MIND group, or the Multidisciplinary Initiative for Neuroscience Discovery. "She's been described as 'the glue' for various cross-campus collaborations," reported Elsa Hahne at the LSU Office of Research & Economic Development.

In an interview with Hahne, Dr. Beck said, "When I first came to LSU, I was doing basic science research with my graduate students while also doing applied collaborative research at the Human Factors Group at the Naval Research Laboratory at the Stennis Space Center in Mississippi. We were looking at how pilots allocate attention to digital maps while they're flying and how their expertise develops. I learned how to take basic research and apply it to different areas while working with people who aren't cognitive psychologists."

Beck is aware of how little other disciplines know about psychologists' skills. She told Hahne, "At all universities, silos get created. Someone in engineering might think psychology is therapy—and it is!—but there's also this huge other area of psychology called cognitive science. It doesn't occur to them that we have all of these people with skills and the ability to study interesting problems that are related to business or marketing or engineering. We could collaborate, but people don't understand what our skills are, and vice versa. Not unless we have conversations."

Dr. Beck and her team of researchers have worked to uncover the "inattention blindness" that impacts automobile drivers, the ways that visual attention and memory work or don't work in various situations. With the aid of grants from the United States Department of Transportation (USDOT) and working through LSU's University Transportation Center for the Gulf Coast Center for Evacuation and Transportation Resiliency, Beck and her students are able to study human responses in a driving simulator.

Housed in the LSU Department of Civil and Environmental Engineering, "The simulator consists of a full-sized passenger car—a Ford Fusion with no wheels," she said, "combined with a series of cameras, projectors and screens to provide a high fidelity virtual environment. Realtime Technology Inc. manufactured the simulator," Beck explained.

"Lately," Dr. Beck told Ms. Hahne, "I've been working with faculty members in construction management and architecture on a grant submission to look at how architects and engineers communicate with each other around design. People from different disciplines have different conceptualizations of what they do. For example, they might cognitively perceive a building differently. So, how do we get them to communicate well with each other? It's kind of meta, because the very thing we want to study—cross-discipline communication—is necessary during our collaboration."



Dr. Melissa Beck has been recognized for her collaborative efforts. Above, she explains some of her research on distracted drivers.

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*Endowed Chair of Psychology  
Honoring Dr. Janet Matthews*  
*continued*

Dr. Stern said that the creation of an endowed chair in psychology is a “wonderful addition to one of our strongest and most popular programs.”

“It will enable us to recruit an accomplished teacher-scholar whose work will enhance our reputation, attract students who want the opportunity to study and collaborate in research with the chair holder and will be a fitting honor for two of our alumni who have had nationally renowned careers in psychology,” Stern said.

The honor commemorates Janet and Lee Matthews meeting as freshmen at The University of Tampa (UT) in 1962, where they married as undergraduates and went on to become established and renowned clinical and academic psychologists. More than 55 years after meeting, Janet and Lee had planned to make a significant gift to UT and, in honor of Janet, established the Endowed Chair, said Stern.

Jack Geller, dean of the College of Social Sciences, Mathematics and Education, said the gift will substantively impact both faculty and our students in psychology.

“The Janet R. Matthews Ph.D. Endowed Chair of Psychology, along with the associated Drs. Janet and Lee Matthews Psychology Student Award, is by far the most comprehensive gift to date in the College of Social Sciences, Mathematics and Education,” Geller said.

In recognition of the gift, UT has also established the Drs. Janet and Lee Matthews Psychology Award, which will be given annually to an outstanding rising senior psychology major.

“Endowed chairs are among the most generous and critical gifts in higher education and support academic excellence,” said Ronald Vaughn, UT president. “And having it named after two esteemed psychologists brings prestige to the University and will certainly help us attract outstanding faculty.

Dr. Lee Matthews spoke at the ceremony. “This gift is to honor all of our former professors at The University of Tampa, who not only encouraged us, but set an example of the meaning of what it was to be an undergraduate teacher and mentor,” Dr. Matthews said. “And, the ‘non-academic lessons’ that Janet and I obtained such as supporting the local community, building

relationships and supporting future generations were all values that we learned at The University of Tampa.”

"Janet's experience at UT resulted in her becoming a mentor to generations of undergraduate students," Matthews said. "After 35 years of teaching, more than 37 of her former undergraduates had doctoral degrees in psychology, and at the time she became Emerita Professor, there were another 19 former students in doctoral programs. In addition, around 25 of her former students obtained other graduate degrees, in counseling, psychology, and social work."

"Janet's vision for the endowed psychology chair was so that future generations of UT students would have the same opportunities to be encouraged and mentored to pursue further education in psychology and/or related fields as was provided to us by our former professors," he said. "It was not only academically, but the 'non-academic lessons' we obtained such as volunteer involvement in the local community, a sense of responsibility, a 'can I help you' attitude, building relationships, and supporting future generations. I hope you can see that these were all values that we learned at the University of Tampa and still exist to this day in the current students and why we are donors."

Dr. Janet Matthews, "cherished and esteemed" colleague to many in the psychology community, died March 31, 2019, in Metairie, Louisiana, after a struggle with cancer. The outstanding service and accomplishments of her life left an "indelible mark on her colleagues, her students, her profession, and her community," said a message from the Louisiana Psychological Association upon her passing.

Dr. Matthews was a clinical and neuropsychologist, and held the diplomat in clinical from the American Board of Professional Psychology. She served as Full Professor at Loyola University, served on the Board of Directors of the American Psychological Association, and was named Distinguished Psychologist by the Louisiana Psychological Association, among many other achievements.



Drs. Janet and Lee Matthews at a conference several years ago. They met at University of Tampa and Lee has helped establish an endowed chair in Janet's honor.

Drs. Gengel, Gillespie, and Ransom Speak at Thinktank's ADHD Symposium in November

Dr. Stacey Gengel, Dr. Gail Gillespie and Dr. Sean Ransom presented at Turbo Thinktank's ADHD symposium, a day-long event that touched on topics and challenges related to ADHD. Covered were diverse treatment options, strategies and solutions for individuals in the community, including for networking and support. The event was held at Metairie Park Country Day School in New Orleans on November 16.

Dr. Stacy Gengel presented on “Maybe You Should Get Him Evaluated” and information about psycho-educational evaluations and a step-by-step guide for what to expect. Dr. Gengel is a licensed psychologist with over 20 years of experience working with children in schools, treatment centers, and private practice. She received her doctoral degree in School Psychology from the University of Northern Colorado.

Dr. Gail Gillespie presented "Emotional Freedom Technique: A Complementary and Alternative Therapy for Calming ADHD Symptoms and Behaviors." Dr. Gillespie is a licensed psychologist in private practice in New Orleans. She received her Ph.D. in 1992 with a specialization in school psychology after completing her internship through LSU Medical Center's School Psychology Internship Consortium. She worked

as a school psychologist in Jefferson Parish for five years before going into full-time private practice. She provides evaluation and treatment to school aged children and their families.

Dr. Sean Ransom, the founder of the Cognitive Behavioral Therapy Center of New Orleans, trained in CBT at the University of South Florida, a member institution of the Academy of Clinical Psychological Sciences, where he received his doctorate. He received additional training with the founders of CBT at the Beck Institute for Cognitive Therapy and Research.

In 2009, Dr. Ransom began serving as a clinical faculty member in the Tulane University Medical School's Department of Psychiatry and Behavioral Sciences, and led the Patricia Trost Friedler Center for Psychosocial Oncology. Through his affiliation with Tulane, Dr. Ransom continues to lecture and to provide service to psychiatry residents and medical students.

He presented on "Busting ADHD-Related Anxiety with CBT: An Interactive Workshop."



# Contemporary Southern Psychology Hits Odd Snag, cont'd

*Contemporary Southern Psychology* is a peer-reviewed, open access journal with a focus primarily toward psychological research, aiming to match the style and contributions of the well-respected, 1980s, *Southern Psychologist*.

While the editors encountered some expected production delays, what they didn't expect was to find themselves engaged in national politics, said McCown who noted that as the national atmosphere became increasingly heated, "... things got very strange."

"Not long after we started talking to outside reviewers and editors we began receiving calls and manuscripts on unusual topics," McCown said. "We found out that there's an entire pseudo-scholarly world out there that we didn't want to be affiliated with."

"These are people who want to publish on racist and antisemitic topics and somehow believe that the word 'Southern' indicates a like-minded audience. It's clear most of them did not come from our area, perhaps not even our country. I guess we just got on someone's radar."

After a while this flood of extreme right interest subsided somewhat, McCown said, but it was as if it generated an opponent-process on the left.

"Suddenly the name 'Southern' seemed to be in the crossfire of some left-leaning people. We started getting emails and calls saying things like, 'What are your real intentions? Are you as racist as everyone else in the South?' And, 'Are you white nationalists at your University?'

"The rhetoric even got much worse even after we explained our mission," McCown explained. "At that point we just slowed down our pace and waited for the national climate to become more reasonable."

"It seems that the word 'South', which the editors mean more in a geographic sense, is almost a trigger for nonobjectivity," McCown said.

Have they considered a new name? "We want to be true to our concept, which is a regional journal which recognizes the brief but influential legacy of Ralph Dreger and LPA in one of its periods of excellence," McCown said.

"We also want to highlight the necessity of employing



Dr. Bill McCown

psychology and the behavioral sciences for making sure our region is all it can be. The Deep South was a late adopter to the science of psychology. Sometimes this is overlooked. We want to try to remind people not to make this mistake again. So we are sticking with the name."

"We aren't going anywhere. Our funding is secure. Our mission is legitimate. We have enthusiasm and energy. We will be a peer-reviewed, open-source, journal with no fee charges. There is a need and we aim to fill it."

"By late January we hope we will be announcing a special issue and have a general call for papers for future issues," McCown said.

"The mission of the new journal is to emphasize what psychology can do for our region," Dr. 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.

# Stress Solutions

by Susan Andrews, PhD

## Take the Good Housekeeping Institute's Wellness Survey

When we stumble onto something really valuable, I believe it is worth sharing. The Good Housekeeping Wellness Lab has developed a survey about what stresses you, your habits and how habits and behaviors and beliefs can affect your overall health and wellness. The survey takes about 15 minutes to complete online and asks you to consider your responses based upon the past 6 months. They acknowledge that they are going to try to gain insights and share them with their business partners and sponsors. So, you are being warned that your information is not going to be treated confidentially.

If you are okay with these conditions, then I invite you to take the survey and print off a copy of the results for your records. The survey can be found at this address:

<https://www.surveyanalytics.com/a/TakeSurvey?tt=ZtXSnH1aK8U%3D>

I took the survey. The first part is beliefs about yourself and your life and friends and work that range from stressful to happy and successful. The second part are questions about health and lifestyle habits. These questions include food and drink preferences and recreational habits. This is a thorough survey in that they also ask about programs and ways you promote your wellness, like exercising in a gym and fitness classes, or meditation.

The feedback is organized into four sections: how stressed you feel, how well you are coping, your health habits and your overall health. It boils down to a score about how you are feeling about your life. Then, it asks if there are areas you are concerned about or want to improve. The survey offers a score on your Perceived Stress. It also rates your coping skills and resiliency. The last two sections are your beliefs about your overall health and health habits.

It is a great personal exercise and a good way to approach the new year 2020 and our annual exercise of making resolutions for our life and behavior.

Wishing everyone a happy and healthy Holiday Season.



Dr. Susan Andrews is a Clinical Neuropsychologist, an award-winning writer/author (her book *Stress Solutions for Pregnant Moms*, published in 2013, has been translated into Chinese,) and 2016 Distinguished Psychologist of the Louisiana Psychological Association.



Is Resistance Futile?

# ASPPB Quietly Advances the EPPP-2 Plan with Jan 1 Launch continued

revenues for ASPPB by 75%, boosting the firm's yearly income by \$3,750,000.

The current EPPP is expensive at \$600 plus administration fees. At a recommended 50th percentile cut-off, many candidates have to take the test more than once. The test contains 225 items, with a four-hour time limit. To compare, physicians pay \$605 for an eight-hour exam, and Social Worker candidates pay about \$250 for a 170-item exam.

On-going criticisms about the scientific validity, the practical usefulness of the new exam, and the possible discriminatory impact of the entire EPPP selection approach, appear to have done little to deter ASPPB from its goal.

In the latest of a list of scientists voicing concerns, researchers lead by University of North Texas professor Jillian Callahan, PhD, are set to publish a critique in the flagship journal of the American Psychological Association, *The American Psychologist*.

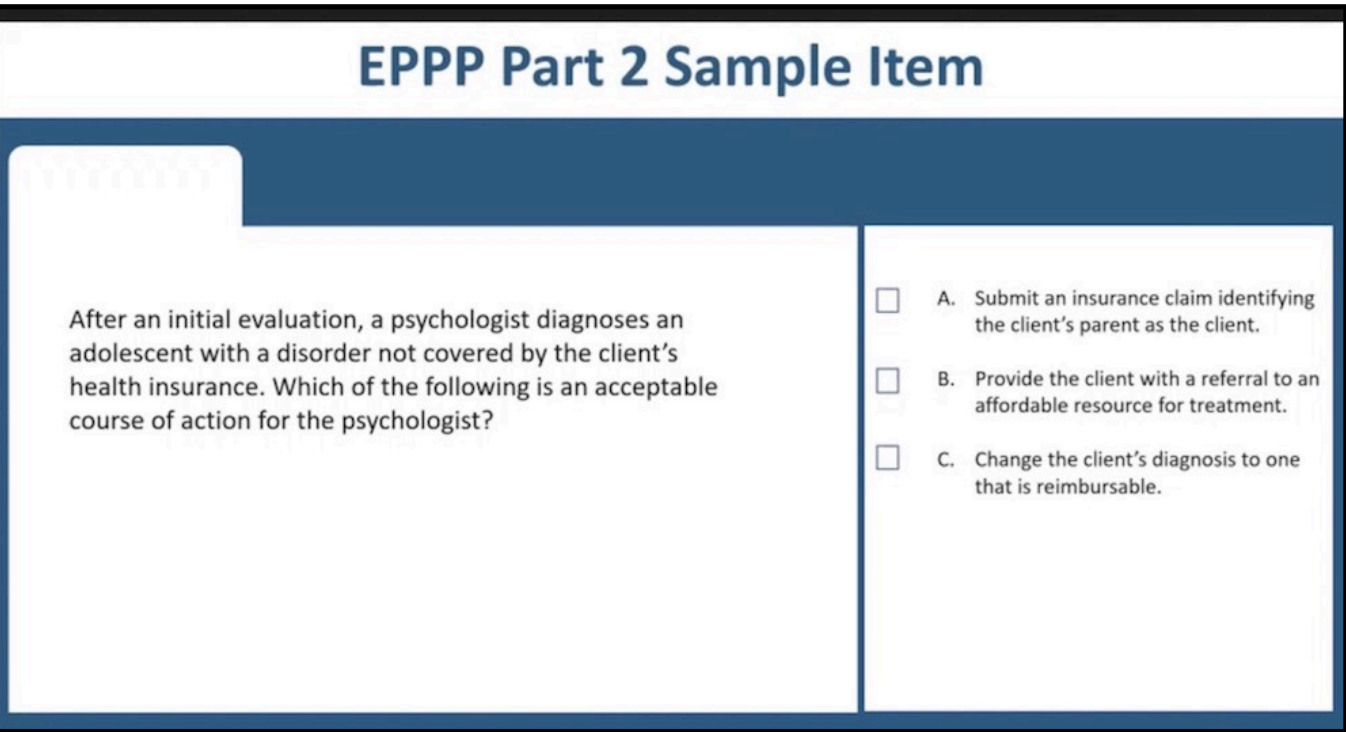
Based on a pre-publication draft of the article, the authors will be addressing the need for stronger scientific methods in the EPPP-2 development, the suitability of the test for its intended use, impact on minorities, and legal vulnerabilities.

ASPPB has gone through several roll-out efforts, first to persuade and encourage member jurisdictions to accept the new test, and then to force the new exam on states. The current effort, "voluntary adoption," includes a fee of only \$100 for Part 2 of the exam for "Beta Candidates." After the "beta exam" closes in 2021, this fee will be \$300 for early adopters. After January 1, 2022, the fee increases to \$450.

It is not clear what happens to those states who refuse to accept the EPPP-2 for its candidates. ASPPB officials note, "... At this time, it is optional for licensing boards (jurisdictions) to sign on to require the EPPP (Part 2 – Skills)."

Since ASPPB owns the tests, they will likely make the combined exam mandatory again, said one insider.

Only nine of 64 possible jurisdictions have joined in to "adopt" the additional exam so far, totaling only 14% of ASPPB "members." These are Arizona, Guam, Nevada, Newfoundland and Labrador, and Prince



Sample item for new exam from ASPPB.

Edward Island. Starting in February, Missouri has signed on and starting in March, Manitoba has signed on as early adopters. Finally, Georgia has agreed to be an early adopter starting November 2020.

### Show Me the Money

The ASPPB is a private, non-profit, 501(c) tax-exempt corporation located in Tyrone, Georgia. The company states its mission is to "Facilitate communication among member jurisdictions about licensure, certification, and mobility of professional psychologists." The "members" are about 64 regulatory boards from across the United States and Canada. These boards pay dues to be a member of ASPPB.

Tax records indicate that ASPPB grossed \$6,686,286 in 2017; \$5,973,841 in 2016; and \$5,284,952 in 2015.

Total revenue for 2017 was \$6,645,731 and for 2016 was \$5,933,473. For 2015, revenues were \$5,254,097.

Over the last five years, from 2012 to 2017, total revenues have increased from \$4,274,419 to \$6,645,731 or 55%.

Assets and balances for 2017 were listed at \$8,629,194. In 2016 assets totaled \$8,462,637, and in 2015 totaled \$7,712,532.

Of total revenues in 2017, ASPPB spent 2,268,203 on salaries and other types of compensation. Records indicate they have 12 employees and the highest compensated is the CEO, Dr. Steven DeMers, at \$270,784. Another four employees'

salaries fall between \$134,771 and \$111,823. Board members receive between \$6,800 and \$12,800.

All listed compensation for 2017 together totals \$839,747. An additional \$1,098,096 was paid to Pierson Vue Minneapolis for exam administration.

To compare, in 2016 they listed 12 employees, again the most highly compensated was Dr. DeMers at \$243,842. Others fell between \$131,949 and \$125,860.

ASPPB's main income producing product is the national exam for psychologists, with revenue of \$5,378,524 in 2017. This was 80% of total revenues for the year.

In 2016 exams and related fees grossed \$5,296,421, or 89% of all ASPPB venues. In 2015 this amount was \$4,775,213 and in 2014 it was \$4,826,421.

The company has some other products, such as the Psychology Interjurisdictional Compact (PSYPACT), a service to coordinate psychologists working across state lines. This product generated \$357,708 in 2017.

The organization spends liberally on the other activities including \$1,169,743 on travel, \$978,143 on other salaries and wages, \$240,951 on other employee benefits, \$375,418 on information technology, and \$240,143 on conferences.

While many members are government officials, ASPPB does not follow open meetings laws. Deliberations and decisions are private. "If you are not a member or staff

of an ASPPB Member Psychology Regulatory Board or an individual member, you are not eligible to access this section of our website," they write. Their conferences are also closed and for members only.

This arrangement—where a corporation, formed of state board representatives, operates as a test publisher, with influence and special access to government officials, and also a captive market—seems ripe for conflict of interest. The *Times* asked one CPA to look over the information and he said, "Of course there is influence and COI."

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

### Scientific Criticisms Continue to Mount

In the latest of a series of criticisms, University of North Texas professor Jillian Callahan, PhD, and co-authors will address concerns about the scientific quality of the new exam in an upcoming issue of *The American Psychologist*.

In the pre-publication draft posted on the internet, the authors write, "... the EPPP Part 2 has yet to be subjected to a broader validation process, in which the suitability of the test for its intended purpose is evaluated. Implementation of the EPPP Part 2 before validation could have negative consequences for those



Is Resistance Futile?

# ASPPB Quietly Advances the EPPP-2 Plan, continued

seeking to enter the profession and for the general public ..." And, "For jurisdictions implementing the EPPP Part 2, failure to gather and report the evidence required for use of a test in a forensic context may also open the door for legal challenges."

Other critics have pointed to similar problems, one being the lack of the need for additional test hurdles.

"There is no evidence that the public is facing some sort of previously unheard of crisis in terms of safety from currently practicing psychologists," said Dr. Amy Henke. In 2016, while serving as a director for the Louisiana Psychological Association, Henke took the lead to pass a Resolution opposing the new test. She pointed out that multiple checks on competency already exist for psychologists and appear to be working to protect the public.

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

Henke and others pointed to existing multiple hurdles that candidates already must clear, including two year's supervision, a written exam, oral exam, background check, and jurisprudence exam. Additionally, the law allows the board to require additional physical and psychological assessments whenever needed.

However, Dr. Emil Rodolfa, from Alliant University and also then a program developer at ASPPB, questioned if these standards are enough, saying that supervisors have "... difficulty providing accurate evaluations of their supervisees to others who may have to evaluate the supervisee's competency."

Henke also said, "I am particularly concerned about regulatory boards encroaching ownership of training standards. The goal

of a regulatory board, in my personal opinion, is to provide the least restrictive amount of guidelines possible in order to protect the safety of the public."

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

Henke and others point out that the evidence from disciplinary statistics suggests that problems are very rare. For the most recent year with records, total reported disciplinary actions across the U.S. and Canada range from 159 to 222, with only nine to 17 licenses being revoked nationally. (See table.) Data from the *ASPPB Disciplinary Data System: Historical Discipline Report* show rates of disciplinary actions for psychologists to be consistently low. For an estimated 106,000 psychologists nationwide, the disciplinary rates remain around 1–2 per 1,000.

Louisiana's rate is similar to the national average. For the year 2018–2019 there were two disciplinary actions. For the year 2017–2018 there were also two disciplinary actions. And for the year 2016–2017 there were three disciplinary actions and in 2015–2016 there was one disciplinary action which is on appeal. And from 2014–2015 there was one disciplinary action.

Critics argue that a second test can have very little impact on such a low disciplinary rate.

Other criticisms center around the poor scientific quality of the test for making high-stakes decisions about candidates' careers. In 2009 Brian Sharpless and Jacques Barber authored "The Examination for Professional Practice in Psychology (EPPP) in the era of evidence-based practice," for *Professional Psychology: Research and Practice*.

"Professional psychology has increasingly moved toward evidence-based practice," said the two authors. "However, instruments used to assess psychologists seeking licensure, such as the Examination for Professional Practice in Psychology (EPPP), have received relatively little empirical scrutiny." They write, "... there is a paucity of criterion, predictive, and incremental validity evidence available."

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

Industrial-Organizational Psychologist Dr. William Costelloe, Chair of the I-O and Consulting Psychology Committee of LPA, told the *Times*, "... predictive validation studies *must* be conducted." This type of research proof is not optional, he said. "Well conducted, scientifically based predictive validation studies *must* be conducted if the EPPP-2 is intended to be used as a selection tool," Costelloe said.

In April 2018, ASPPB CEO, Dr. Stephen DeMers, met with members of the Louisiana State Board of Examiners of Psychologists and representatives of Louisiana Psychological Association (LPA). After the meeting, Dr. Kim VanGeffen, Chair of LPA Professional Affairs, said, "Dr. DeMers acknowledged that, currently, there is not really any research on the validity of the EPPP-2," VanGeffen said. "There do not seem to be any plans to obtain predictive validity nor does the EPPP2 committee believe that establishing this type of validity is necessary," she said.

Dr. Marc Zimmermann, past LSBEP board member and Chair of the LPA Medical Psychology Committee, also attended. "He [Dr. DeMers] stated that there is no predictive validity," said Zimmermann. "He also threw in that none of the national tests had predictive validity. He reported that content validity was the accepted standard because a test with predictive validity could not be constructed," said Dr. Zimmermann. "... DeMers had the temerity to try to sell us something that does not meet the standard that psychological tests being published are expected to have."

Other critics are concerned about the discrimination aspects of the EPPP. In a December 2018 study of New

Cont'd next pg

# ASPPB Disciplinary Data System: Historical Discipline Report

*Reported Disciplinary Actions for Psychologists: 1974 – 2018*

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Total Number of Reported Actions in the ASPPB Disciplinary Data System: 6,456

**Disciplinary Actions Taken Per Year (Past 5 Years)**

Type of Sanction	2018	2017	2016	2015	2014
Total Reported Actions	171	172	159	222	195
Revocations	17	15	14	12	9
Suspensions	23	13	13	35	35
Probations	35	36	38	46	27
Reprimands	30	37	27	43	33

Note: Each disciplinary action could contain multiple sanctions including other sanctions not listed such as supervision, mandatory continuing education, etc. Therefore, the total number of sanctions reported above does not equal the total number of disciplinary actions reported.



Is Resistance Futile?

# ASPPB Quietly Advances the EPPP-2 Plan with Jan 1 Launch continued

York psychologist candidates, Brian Sharpless, PhD, demonstrated that the EPPP has differing fail and pass rates for different races. 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%. The difference is large enough for African-Americans and Hispanics to constitute discrimination.

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*.

### ASPPB's Rough Roll-Out

Keeping its members cooperative with its product plans has been difficult for ASPPB. In 2016 the firm announced the EPPP–2 and told its members, licensing boards across the United States and Canada, that the use of the new test would be "optional."

However, amid criticisms ASPPB did an about face in late 2017 and announced that the new exam would be mandatory after all, and be combined with the current test. And, the price would increase 100%, from \$600 to \$1200.

"The ASPPB Board of Directors, based on a number of factors, including feedback from our member jurisdictions and input from our legal counsel, has determined that the EPPP Part 2 is a necessary enhancement, and therefore an essential component of the EPPP," wrote DeMers.

Objections mounted, mostly from student and early career psychologist organizations.

In July 2018, Dr. Amy Henke, now serving on the Louisiana State Board of Examiners of Psychologists (LSBEP), and LSBEP members of sent a blistering letter to the ASPPB Board of Directors, to the ASPPB members, and to the administrators of state psychology boards across the US and Canada.

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

"LSBEP does not believe that data exists demonstrating that psychologists are not already held to high standards of competence," they wrote. "The data that exists in terms of complaints and disciplinary actions toward psychologists also does not support the theory that competency problems abound in the field of psychology."

The LSBEP also criticized ASPPB's role and said that the decision is "...an overstep."

"We are concerned that ASPPB has lost sight of their original mission, which from this board's understanding was limited to facilitating communication between various member jurisdictions," the LSBEP members pointed out, and that mandatory decisions on EPPP-2 do not fit this role but rather the role of a vendor providing a product.

Following this, in August 2018, ASPPB President Sharon Lightfoot, PhD, announced that the ASPPB Board of Directors voted to rescind their 2017 decision to mandate the second exam.

"We will continue toward launch of the Enhanced EPPP in 2020," Lightfoot said, "and make it available to states and provinces interested in serving as early adopters. We are lifting the requirement for use of the Enhanced EPPP and are lifting the deadline for implementation."

In December 2018, ASPPB decided to use a carrot and stick approach for the new exam. According to an October 24, 2018 letter from Lightfoot, if Louisiana chooses to decline the use of EPPP-2, individuals here will not be allowed to take EPPP-2 even if they wish to do so.

"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.

Also, those test-takers from compliant states will pay reduced fees as a reward for early adoption of the additional exam, while those from late adopters will pay \$450.

Sources at the Louisiana State Board of Examiners believe ASPPB is forcing states to use the EPPP-2 by prohibiting individuals from taking the exam in a state which does not require its use. They say this would make it difficult for psychologists who obtain licensure in a state which does not use the EPPP-2 to obtain licensure in a state which does use the EPPP-2. This policy, if adopted, is punitive, they say.

### Is Resistance Futile?

ASPPB appears to be doggedly maintaining it's commercial course, despite the mounting criticisms that the second exam is not scientifically well-constructed or actually needed for public safety. One source close to the state board said they see very little way to avoid having to accept the new exam eventually—that efforts to stop ASPPB were futile.

If critics are correct, and the second exam is wasteful spending, the cost and additional regulatory hurdle will be born entirely on the backs of new psychology license hopefuls.

One leading voice in Louisiana's opposition to the EPPP-2 has been Dr. Amy Henke. She currently serves on the state board. Here, she attends a recent meeting.







*[Editor's Note: We are re-running this delightful contribution from our Christmas issue in 2014. We shared the article from Drs. Lee and Janet Matthews as a letter to the editor and enjoyed their messages and their greeting of "Happy Holidays from the Matthews Ménage, Janet, Lee, Judy and Lucy." We lost our colleague Janet in March this year. See the article this issue on her endowed chair at University of Tampa.]*

The holiday season for most people is a fun time of the year filled with parties, celebrations and social gatherings with family and friends. For some people, it is a time filled with sadness, self-reflection, loneliness, depression and anxiety.

Whether you call it Holiday Blues, Holiday Depression (sometimes called Winter Blues just to confuse things) or Holiday Grief, these feelings may impact us or our clients at this time of the year. The Blues can result from a mismatch between high expectations for the perfect holiday mixed with memories of holidays past, loved ones no longer present and the reality of the current holiday. There are several factors responsible for these feelings. Fewer daylight hours, and the fact that between 2-5% of the population have some symptoms of seasonal depression (the old term was Seasonal Affective Disorder).

A second factor is extra costs that often strain our weekly, monthly or yearly budgets, whether it is special presents or last minute travel costs. The holidays also mean more activities and less time. We know you will not believe it, but there are only 168 hours in each week. The normal responsibilities and tasks involving family and work get added to by other chores, so many of us and our clients feel a significant time crunch. We all know and tell our clients that when you are stressed, exercise and sleep are good antidotes for those feelings, but they often take a back seat to extra errands and household chores. Throw in overindulgence in food and drink, and the blues may follow.

Relationships can be a trigger point for holiday blues. Whether it is the cousin Lee whose personality you can't stand, or the first holiday season without a loved one, you can find yourself feeling sad. Another factor is non-traditional living. Back around the middle of the last century (You know, 1950-1960), the family was two parents, two children, (and maybe two dogs). Today less than 23 % of all households meet that criteria. We have redefined the family, but separations, divorce, death, adoptions, social change have lead to the creation of alternative family forms that may cause some people to feel some dissonance with the traditional holiday-related behavior and values.

What about intervention for holiday blues. Here are a Baker's dozen (We are both related to families named Baker) keys to reduce holiday blues.

- 1) One key to minimizing holiday blues is to know that the holidays can trigger stress and depression.
- 2) Accept that things aren't always going to go as planned. Something always comes up. Accept those imperfections, both in yourself and in others.
- 3) Acknowledge and express your feelings. You can't force yourself to be happy just because it's the holiday season, especially if you have had a recent loss in the family or you can't be with loved ones.
- 4) Don't be a martyr. Seek support, be it from family, friends, the community, or religious activities. Helping others can lift your spirits and broaden your friendships.
- 5) Be realistic. Traditions and rituals change as families change and grow. Hold on to those you can and want to keep, but accept that you may have to let go of others. Find new ways to celebrate.
- 6) Stick to a budget. You can't buy happiness with gifts.
- 7) Set realistic resolutions. Don't resolve to change your whole life, return to basic healthy routines with small specific goals set in a reasonable time span.
- 8) Accept family members and friends as they are. Practice forgiveness, or at least set aside grievances for later.
- 9) Plan ahead, whether it is menus, shopping trips or travel.
- 10) Learn to say "NO". If you say yes only when you want to do something, you will avoid feeling overwhelmed, resentful or bitter.
- 11) Make some time for yourself. Hide in the bathroom, take an evening walk, listen to music, even if only for a few minutes.
- 12) Don't abandon health habits. Get some exercise, some sleep, and some indulgence, but not overindulgence.
- 13) Seek "professional" help. Whether it is your own psychologist, your spouse, significant other, fishing buddy, coffee group, canine or in our case, feline companions to help you realize you need to do the 12 above keys.



# A Shrink at the Flicks

## *Ford v Ferrari* A Review

*by Alvin G. Burstein, PhD*

This movie, a story about how the Ford Shelby Mustang wrested domination of the fabled Le Mans road race from Ferrari's race cars will appeal to motor heads and patriots. But its appeal is more complex than that.

It begins by taking us inside Ford's corporate headquarters in the early 60's where Lee Iacocca is confronting Henry Ford II with a reality. Ford sales are in a slump because its cars have lost their sizzle. The new generation doesn't want its daddy's car. It wants excitement. It wants speed.

He persuades his boss that Ferrari, who for years has dominated the Le Mans grueling twenty-four hour road race with his hand crafted 330's, is in financial trouble. Ferrari might be ripe for a merger with Ford that would add sales appeal to the Ford name.

Ford dispatches a team to Italy to pitch Ferrari. At first, the Italian seems interested, but he ultimately, in contemptuous terms, rejects the Ford bid in favor of one from Fiat. He sneers at Henry Ford as an unworthy successor to his father, "He is not Henry Ford. He is Henry Ford II."

When the CEO learns of the slur, rage at the injury to his Oedipal grandiosity erupts, and he declares war. Ford will do whatever it takes to produce a car that will out-perform the fabled Ferraris.

He is persuaded to assign the project to Carroll Shelby, a racing driver who once won at Le Mans and who has turned to car design. Shelby, in turn, recruits his buddy, Ken Miles, a crusty Brit racer and mechanic, as a partner to help with the design and to do the actual driving, which Shelby's heart problems preclude.

*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.



This sets up three important features of the film. It is a contest between true blue Americans and snooty foreigners. It is a buddy film centered on the relationship between Shelby and Miles. It is a film about egos and self-esteem. Henry Ford II struggles against being over-shadowed by his father, and ornery, individualistic Miles and Shelby struggle like twin Lacoons against being strangled by the corporate-think that characterizes Ford Inc.

There are two other psychological elements that grabbed my attention. One is the movie's attempt to capture a subtle frame of mind, a kind of dissociation induced by the pressures of incredible speed and its hazards: *"There is a point at 7,000 RPMs where everything fades. The machine becomes weightless. It disappears. All that's left, a body moving through space, and time. At 7,000 RPM that's where you meet it. That's where it waits for you."*

And then there is the film's status as a buddy film. To me the tie between Miles and Shelby was its emotional center. They love each other. C. S. Lewis, in *The Four Loves*, speaks of companionate love, the love of those united by a shared purpose. The self-psychologist Heinz Kohut describes mirroring self-objects, elements that stabilize our identities by a kind of deep congruence. United in their passion for automotive perfection, Miles' and Shelby's love for each other is deeply moving.

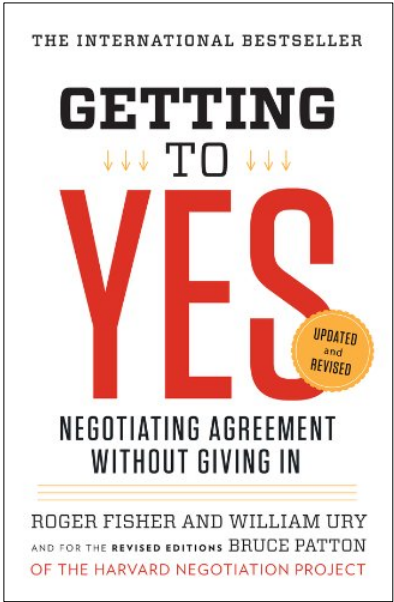




**Courtland Chaney, PhD**  
Industrial-Organizational Psychologist  
Human Resource Management Associates,  
Retired LSU faculty member

***Getting to Yes: Negotiating Agreement without Giving In***  
by Roger Fisher & William Ury

My Christmas stocking stuffer would be *Getting to Yes* by Roger Fisher and William Ury with Bruce Patton as editor, Penguin Books, second edition, 1991.



*Getting to Yes – Negotiating Agreement without Giving In* deserves recognition as a classic. Millions of copies in at least 18 languages, this national best seller is a brief, straightforward approach to mutually acceptable agreements that meet the interest of both (dare I say all) parties when interests are not identical.

The text begins by acknowledging that negotiating agreements and coping with the inevitable inherent in negotiations is simply a part of life. As such, we can all benefit from understating the various approaches to and elements of negotiation as well as how to manage the stages of what the authors call “principled” negotiation. Principled negotiators attempt to reach decisions based on the merits of the situation, allowing one to obtain what you are entitled to while treating others in a fair and decent manner. It is an all-purpose strategy for win-win negotiations.

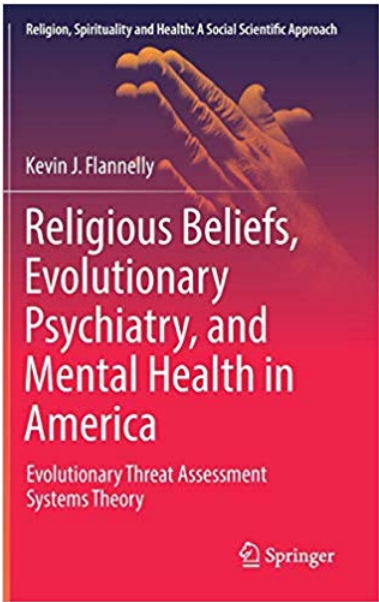
After emphasizing the importance of separating the “people” involved in the negotiations from the “interests” of those individuals, the authors provide methodologies for focusing on interests, inventing alternative solutions, using objective criteria to evaluate options, and understanding how to leverage your best alternative to a negotiated agreement.

**Matt Rossano, PhD**  
Professor, Past Chair, Department of Psychology  
Southeastern Louisiana University  
Author

***Religious Beliefs, Evolutionary Psychiatry and Mental Health in America***  
by Kevin Flannelly

Author Kevin Flannelly says something interesting and a bit surprising on p. 183 of his book: “There is very little evidence that belief in God, in and of itself, is related to mental health....” Given this, one might wonder how you fill the pages of an over 300-page book dedicated to

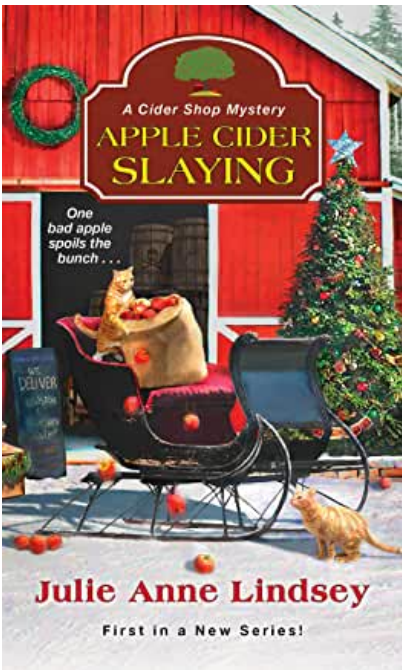
the subject. It turns out that mere belief is relatively unimportant. The content of belief is critical. Flannelly reviews a considerable body of research showing that believing positive things about God, the afterlife, the world and one’s place in it have important beneficial effects on psychiatric symptoms associated with anxiety disorders, agoraphobia, depression, obsessive/compulsive disorder, and paranoia. For example, if one believes that God is loving and benevolent then life satisfaction goes up and psychiatric symptoms go down. However, the opposite is true if one sees God as wrathful and punishing. Since most believers hold the former view, by and large, religion plays a positive role in their mental health. A laudable strength of the book is how it situates the empirical work both historically and neuroscientifically. The human brain evolved to assess threat. Religious belief puts that threat within the larger context of a munificent, meaningful universe.



**Kim VanGeffen, PhD**  
Neuropsychologist, New Orleans  
LPA Director and Past President  
2015 Distinguished Psychologist

***Apple Cider Slaying***  
by Julie Anne Lindsey

Now that it is holiday time and I have finished setting up all of the Christmas decorations, I can settle in with a Christmas cozy mystery. Cozy mysteries typically take place in quaint small towns with female characters who stumble into solving crimes. These books are typically written in series so that, if you like the author and characters, you can read multiple books in the series.

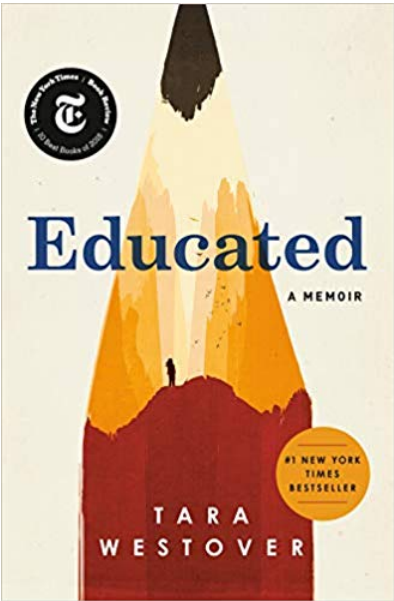


Some of my favorite cozy mystery authors include Joanne Fluke and Leslie Meier who have a number of mysteries set at different holidays. Joanne Fluke has written several Christmas themed mysteries which take place in a small town in Minnesota. The main character is a cookie baker and her mysteries include recipes for cookies. This year I am reading *Apple Cider Slaying* which is the first in a new series by Julie Anne Lindsey. These mysteries are set on an apple farm in Blossom Valley, West Virginia. The main character, Winnie Montgomery, has come to live on the farm to help her grandmother run her struggling farm and family business of growing apples and making cider. When the grandmother is suspected of killing her nemesis at a Christmas party at the orchard, Winnie springs into action to solve the crime. This novel also includes several recipes at the end. I am also looking forward to reading Leslie Meier’s *New Year’s Eve Murder*.

**John Fanning, PhD**  
Neuropsychologist, New Orleans  
Past President, LA Psych Assn

***Educated: A Memoir***  
by Tara Westover

Tara Westover is a young woman from rural Idaho who was raised in a large family of survivalists almost completely separated from mainstream American life. The family was headed by a rigid--and probably mentally ill--patriarch who viewed schools as agents of indoctrination, and

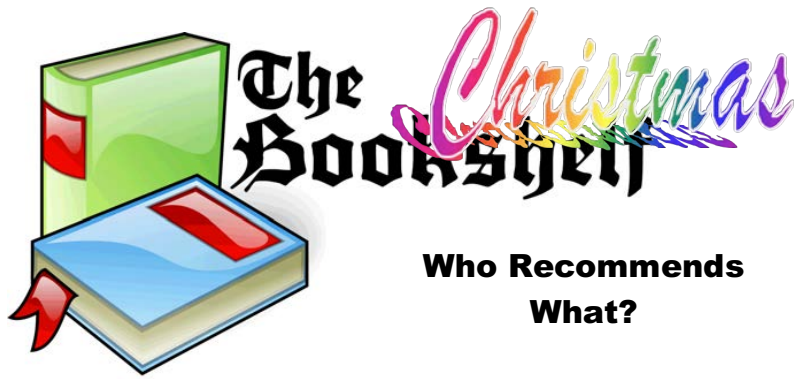


outsiders (including other Mormons in the region) as "the Illuminati". The family's main economic activity involved salvaging junkyard metal, until her mother developed a thriving business making and selling herbal remedies. The family stockpiled home-canned food and prepared for apocalypse. The children did not go to the doctor, receive vaccinations, or visit the dentist. They labored in the junkyard under conditions which could only be described as extremely dangerous, with sometimes-serious injuries treated with their mother's herbal remedies. The lines of authority within the family were relentlessly coercive, and Tara herself was subjected to repeated violent physical abuse by a brother.

When another brother took the deeply rebellious step of going to college, Tara began to seriously consider breaking with the life she had known. She was seventeen when she first set foot in a classroom. Although she had learned to read at home, learning enough math to get an ACT score which would get her admitted to Brigham Young University was a major challenge. When she entered college she was unprepared socially as well as academically. I dare say that no one reading this ever asked his/her history prof "What's the Holocaust?" in class. Beyond that, however, was the paradox of feeling bound by family-of-origin edicts even as she rejected and rebelled against their rules and their way of looking at the world. She was fortunate to have had friends and benefactors, particularly at BYU.

Without revealing the eventual outcome of her liberationist rebellion (suffice to say she is no longer working in a junkyard), *Educated* examines both the rewards (immense) and personal costs (also immense) of her protracted struggle to break free and establish her own path. I found *Educated* truly riveting, and wrenchingly inspirational. Highly recommended.





## Who Recommends What?

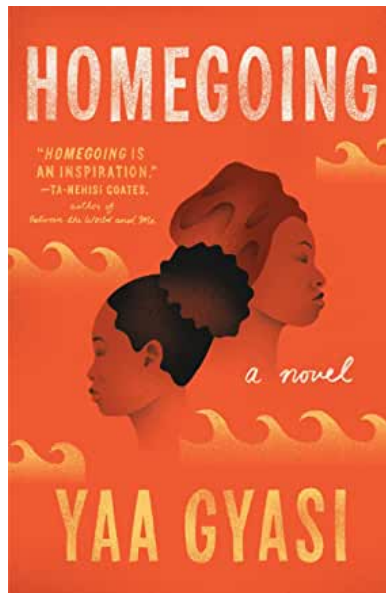
### Marva Lewis, PhD

Associate Professor, Tulane University  
Violence Prevention Institute

### *Homegoing* by Yaa Gyasi

The author, born in Ghana and reared in Huntsville, AL, tells the interwoven stories of 8 generations of a family that began with two sisters captured in Africa and forced into slavery at the beginning of the mid-Atlantic slave trade. One sister is taken to the United States and one remains in Africa.

The book then tells the stories of their descendants -those who were taken and those who stayed - over the span of 8 generations. The book has won the National Book Critics Circle/John Leonard Award among other awards and acclaim.



### Bill McCown, PhD

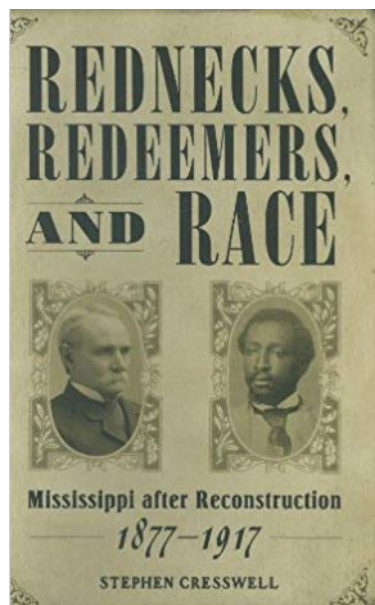
Professor, Associate Dean  
College of Business and Social Sciences. ULM

### *Rednecks, Redeemers, and Race*

by Stephen Cresswell

This scholarly work about our eastern neighbor may be an odd choice for contemporary holiday reading. But it may have important lessons for today's national discourse.

After the Civil War Mississippi, once the jewel of the Confederacy, was in



economic ruins. But the unfathomable nightmare of slavery was finally legally over. From these ashes there was at last a hope for what Walt Whitman saw as a bright and uniquely American Transformation. For a brief while, both freedmen and poor rural whites, most of whom were just simple frontier dwellers, were actually learning to coexist as equals, as Americans. For once they could share in the possibilities of economic progress and justice that this new American experiment now promised. However, this hope was just a brief glimmer. It was soon back to business as usual with the antebellum planting class regaining its berth on top. And just as soon Mississippi was economically foundering, trapped in a spire of poverty. It has never emerged from this mire. What happened?

Cresswell, a historian by training, is gentle in his assignment of blame. But his data suggests that federal and state governments, business interests, and even religious forces kept Mississippi backwards. First they did this by fostering fierce class and social divisions. Then they stifled the Constitutional rights of the newly freed African Americans, codifying racism into practically every aspect of Mississippi life. They followed up by limiting similar rights and opportunities for the majority of poor whites and certainly the remaining native peoples. This was followed with a social agenda that caused generations of poverty by stifling business and economic competitiveness and limiting educational opportunities. But there really was no grand conspiracy. No one was pulling any master strings. In the end there was no single culprit, only many self-serving and even some well-intentioned actors and interests from every political spectrum. There were many people to blame, united only by their lack of vision.

In retrospect the history of Mississippi makes it clear that individual rights and freedom, as the conservative economists now argue, are essential to prosperity. So too is investment in education, as progressives now note. Both the left and the right have something to learn from the history of our neighbors. Both sides could also do a bit better talking with each other and pointing fingers a little less. Our current stakes are very high.

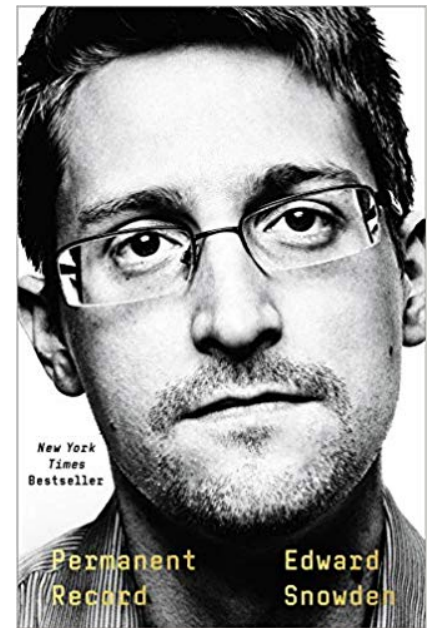
### Michael Chafetz, PhD

Neuropsychologist, New Orleans  
Author

### *Permanent Record*

by Edward Snowden

Ed Snowden is the tech genius who exposed the methods by which the National Security Agency (NSA) snoops and records private data on all of the country's citizens, and keeps a *Permanent Record* of this data. This book is a thriller. Not the kind with chase scenes and shoot-



outs, but a delicious mental thriller that keeps you wondering how he will pull it off and not get caught. It is also a deeply personal story of how a young boy grows up to be a tech wizard and gains access to the country's most cherished secrets. Snowden's coming-of-age experience was 9/11. He wanted to do whatever he could to help. He joined the military but broke both legs in training and ultimately realized that he would be more able to contribute through the use of his computer gifts. He was able to hire on with the CIA and then NSA with a cover position through Dell Computers. As cloud computing started developing in earnest, he became appalled at the corporate surveillance in everyone's home, with appliances reporting back to their manufacturers about what you ate and what you watched on TV.

It's a small leap from corporate to government invasion of your privacy. Snowden took great pains to discuss our constitutional rights and show how privacy rights are interpretable from them. The way the NSA got around this was to redefine it within the context of your relationship to various corporations. They reasoned that because you had already shared your phone records with your phone service provider, you forfeited your privacy rights.

Snowden realized that to become a whistleblower, he would not only have to blow the whistle on secret programs but on the larger system of secrecy. The technological power of the government was frightening.

The story of how Snowden got the information into the hands of responsible journalists was compelling. Snowden's work prompted the change in various laws so that government is somewhat more restricted. He is still in exile and still feels the need to alter his appearance when he goes out. He works with a non-profit organization to help keep the internet more secure than it was in 2013. He is truly a man of conscience and courage.

### ValaRay Irvin, PhD

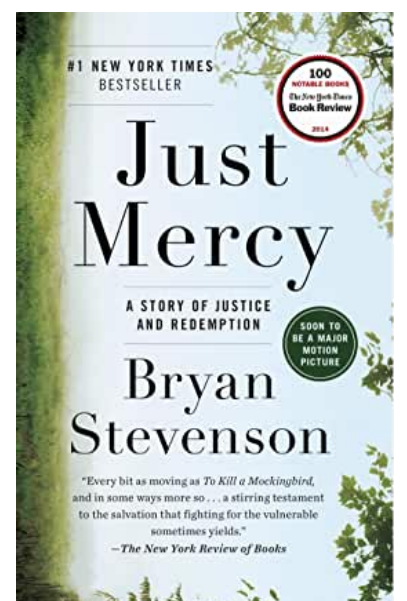
Director, University Counseling Center  
Southern University-Baton Rouge  
Secretary, LA Psych Assn

### *Just Mercy: A Story of Justice and Redemption*

by Bryan Stevenson

A powerful and thought-provoking true story, *Just Mercy* follows young lawyer Bryan Stevenson (Jordan) and his history-making battle for justice. After graduating from Harvard, Bryan might have had his pick of lucrative jobs.

Instead, he heads to Alabama to defend those wrongly condemned, with the support of local advocate Eva Ansley (Larson). One of his first, and most incendiary, cases is that of Walter McMillian (Fox), who, in 1987, was sentenced to die for the notorious murder of an 18-year-old girl, despite a preponderance of evidence proving his innocence and the fact that the only testimony against him came from a criminal with a motive to lie. In the years that follow, Bryan becomes embroiled in a labyrinth of legal and political maneuverings and overt and unabashed racism as he fights for Walter, and others like him, with the odds and the system stacked against them.







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