

## Rebekah Gee and John White Tender Resignations in Jan

Secretary of the Louisiana Department of Health, Dr. Rebekah Gee, and Education Superintendent John White, both gave notice of their resignations in January.

In a statement, Governor Edwards said, "Dr. Gee has been on the front lines of this transformational improvement to health care in Louisiana. Under her leadership, we brought health care to more than 460,000 hard-working adults who now have access to the medical services they need to live healthier lives, to fight chronic illness and, in some cases, survive," Governor Edwards said.

"I am thankful for her partnership on this issue and on her life-changing – and saving – work to eliminate Hepatitis C in Louisiana, to fight opioid addiction and to lower the rate of HIV in our state," said Edwards, who won reelection in November. "She is a champion for improved health outcomes for

Cont pg 3

## Legislative Session Convenes March 9 Adjourns June 1

The Louisiana State Legislature will convene at noon on Monday, March 9, 2020 and adjourn no later than 6:00 PM on Monday, June 1, 2020. The session convenes for up to 60 legislative days. Bills are being prefiled now and the deadline for most types of bills will be 5:00 PM, Friday, February 28, 2020

Subject matter for this session is to be general in nature. However, no measure levying or authorizing a new state tax, or similar matters shall be introduced or enacted.



Fotolia

## Great Need for Psychologists as Mediators *Louisiana Chapter of Assn Family & Conciliation Courts to Hold 10th Annual Conference in March*

The Association of Family and Conciliation Courts, Louisiana Chapter (AFCC-LA) will celebrate its tenth anniversary with a two-day training on parenting coordination and mediation skills, March 6-7, 2020, to be held at the Canal Street Sheraton in New Orleans.

The theme, "Calming the Waters: Parenting Coordination and Mediation Skills" aims to help professionals who want to add competencies in this practice area. The event includes six hours of training on Friday for parenting coordination and six hours on Saturday for Mediation Skills Training.

AFCC-LA Chapter President Leslie Todd, LCSW, has said there is a great need in Louisiana for more

Cont pg 8

## Dr. Arredondo Notes Highlights of Psychology-Law Society Conference

Dr. Beth Arredondo, ABPP-CN, Continuing Education Chair for the American Psychology–Law Society, helped design the upcoming training for the Society's conference, to be held from March 5 to March 7 at the Sheraton in New Orleans.

The Society, Division 41 of the American Psychological Association, promotes the contributions of

Cont pg 9

## SEPA Here in April, Invited Speakers Include Drs. Figley, Hammer, and Poe

Dr. Charles Figley will present at the Southeastern Psychological Association (SEPA), for the Rosecrans II Invited Address, "What About the Self of the Psychologist? Self Care Sense of Self," at the annual conference, to be held in New Orleans in April.

Cont pg 10



Dr. Charles Figley

(Courtesy of Tulane School of SW)



## A Shrink at the Flicks Dr. Burstein looks at the newest *Little Women*

Page 12

## Governor's Task Force Report–Page 4

President Trump Issues Executive Order to Fight Human Trafficking–Page 5

From the LSBEP Minutes –Page 6

## Stress Solutions Dr. Andrews on Living Long –Page 9

National Expert in Violence Prevention and Mass Shootings –Page 14



# Editorial Page – Opinions

## Group Process and Impeachment Proceedings

by J. Nelson

Archimedes was bored and disgusted with even small excerpts of the Impeachment proceedings, likening them to the gaudy, orchestrated and choreographed theater of a WWF wrestling match, including the predictable outcomes.

I do agree that there was a torturous amount of grandstanding and—*redundancy*. Politicians seem to have a hefty dose of showmanship. As far as redundancy, perhaps they all know the research that we humans tend to accept as true things we hear over and over and over.

As a Libertarian with a background in business consulting, I found the group process fascinating. Free-ranging politicians are very different than businessmen and women but I'm even more convinced now that psychologists should be helping in this essential area.

"The latent causes of faction are thus sewn in the nature of man; ..." James Madison wrote in *Federalist 10* about inevitable conflict. "So strong is this propensity of mankind to fall into mutual animosities that where no substantial occasion presents itself the most frivolous and



fanciful distinctions have been sufficient to kindle their unfriendly passions and excite their most violent conflicts."

A few observations about the proceedings:

It was news to me that the law allows for so much mind-reading. Subjective opinions of another's motivation and intentions were not only accepted but seemed to be encouraged. This cultivation of projective material, even though I probably should have known about it, astounds me.

I was also surprised by the absence of concerns about consensual reality. Defining the problem and getting the correct level of abstraction appeared to be missing. The salient example was that the Blues judged the current delinquency of Trump as being a high crime, while the Reds regarded it as only "unacceptable" or even part of his duty. No common ground on the definition of the problem was ever achieved as far as I could tell and judgments were entirely predicted by group membership.

For me and other Libertarians I've talked to, a refreshing surprise was Patrick Philbin, who kept quoting Constitutional scriptures while sounding like Mr. Spock. A free class in Harvard Law, worth the price of admission.

It was difficult to guess at all the hidden agendas, since the final outcome was always a foregone conclusion. No one on either side truly believed that 67 votes could be reached. Even so, we were treated to high drama on the "more witnesses" vote, something of a cliffhanger. The decision boiled down to *four* Senators, proving that Margaret Mead was right and maybe butterflies are powerful.

This is not to say that the dispute method and problem-solving were adequate. They were terrible. It was anything but an effective, high-functioning group, or even one struggling to be high-functioning.

Conflict resolution in highly polarized groups or individuals is some of the most challenging work we can do. In this case, the instinct of competition permeated every judgment. There was very little real information exchange, no shared reality, and no psychologically meaningful consensus.

Two groups in this mindset can't be expected to find the problem to solve much less solve it. They are more likely to treat the symptoms than find innovative solutions to complex problems. Power in "majority rule" fuels the winners and losers dynamic with poor decisions the result.

One solution to embedded subgroup conflict is to define and nourish the parent group norms and boundaries. Psychologists are in a perfect position to help—to decline participating in the wrestling match and assist others in transcending Red-Blue dynamics in our country and our communities. I suggest we go purple.

*[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.]*

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## Corrections & Clarifications

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

Send your corrections to:  
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State & National News

# Rebekah Gee and John White Tender Resignations in January

continued

all the people of our state, especially mothers and children. I wish her well in the future.”

Louisiana Republican Party Chairman Louis Gurchich continued his criticism. "We at the Republican Party of Louisiana are pleased to learn that after four years of ruinous mismanagement, ..." Gurchich said, as reported in the *News Star*.

On January 31, Gov. Edwards announced Stephen Russo as the interim secretary of the Department of Health. The Governor hopes to name a permanent LDH secretary in the coming weeks.

Russo currently serves as LDH's executive counsel and is a graduate of Louisiana State University's Paul M. Hebert Law Center. He has served as executive counsel since 2008.

Gov. Edwards said, "I appreciate Stephen Russo stepping up to lead the department during this time of transition and for his 24 years of service at the agency. Louisiana's health department is responsible for everything from promoting better health outcomes to ensuring coverage for working Louisianans and some of our most vulnerable populations.

On January 8, John White announced that he will step down from his role as Louisiana's State Superintendent of Education in March. White is the longest serving state education chief in the nation.

He launched *Louisiana Believes*, the state's plan to ensure every child is on track to a college degree or a professional career.

*Louisiana Believes* includes nationally recognized initiatives such as Early Childhood Networks, Louisiana Teacher Leaders, ELA Curriculum Guidebooks, Believe and Prepare teacher residencies, Jump Start career education, the state's Innovative Assessment Pilot, and the Louisiana FAFSA initiative.

Superintendent White and his team have also led the post-Katrina renovation and unification of schools in New Orleans and the creation of the Baton Rouge Achievement Zone.

According to the Department's information:

Today Louisiana is a better educated state than at any point in the state's history.

Louisiana's class of 2018 included 5,000 more graduates than did the class of 2012.

Five thousand more students in that class earned the state's TOPS scholarship, and 5,000 more enrolled in college after graduating high school.

In that time, the number of Louisiana students earning Advanced Placement early college credits has increased by 167 percent, and the state leads the nation in the percentage of high school seniors completing an application for higher education financial aid.

In his statement, the Governor said, "Though we have not always seen eye to eye, I appreciate John White's service to our state. By working together, teachers received their first pay raise in a decade, MFP funding increased and additional funding was provided for early childhood education, all things the Superintendent supported. Louisiana has also achieved the highest graduation rate in history, increased the numbers of high schoolers earning college credit, and provided more opportunities for families needing early childhood education services. I wish him well, and I thank him for his service to our state."

In a January letter to members of the Board of Elementary and Secondary Education, White said, "Our work together has been focused on causes critical not just to the future of schooling but also to the future well-being of our state and nation."



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"I didn't really start applying myself seriously until around the eighth life."



State & National News

# Gov.'s Task Force Releases Report After Appeals Court Rules on ACA Individual Mandate

On January 29, Gov. Edwards released the Protecting Health Coverage in Louisiana Task Force's final report, showing Louisiana stands to lose \$3.6 billion in federal funding if *Texas v. United States* is successful in overturning the Affordable Care Act, with almost half a million Louisianans losing healthcare.

In December the Fifth Circuit Court of Appeals released a decision on a challenge to the Affordable Care Act ("ACA"), affirming a lower-court ruling that said that the ACA's individual mandate, which was reduced to \$0 as a result of the Tax Cuts and Jobs Act of 2017, is no longer considered a tax and so Congress no longer has constitutional authority to enforce the mandate and also held that the whole law is unconstitutional. Twenty states signed onto the lawsuit, including Louisiana by way of Attorney General.

Gov. Edwards created the task force in 2019 following these efforts to repeal the ACA protections offered to Louisianans with pre-existing medical conditions and overturn Medicaid expansion.

"The Affordable Care Act is not perfect, but as the report indicates, completely eliminating the program would jeopardize Medicaid expansion, eliminate protections for those with pre-existing conditions and cost the state \$3.6 billion in federal funding," Gov. Edwards said. "The Attorney General's lawsuit is about political gain, but for hundreds of thousands of Louisianans, it's about losing access to healthcare and critical health protections. This new report makes it clear: the people of Louisiana and the State of Louisiana simply can't afford Jeff Landry's lawsuit."

According to the Task Force report:

Louisiana stands to lose \$3.6 billion from the federal government if the Affordable Care Act is invalidated, with an estimated 494,000 Louisianans losing health coverage.

The outcome of *Texas v. United States* could invalidate some or all of the provisions of the ACA, making it difficult to quantify the exact funding necessary today to ensure no change in health coverage status for Louisianans.

It would cost more than \$536 million for Louisiana to "backfill" the loss of federal subsidies for those enrolled in the federal marketplace and keep key pre-existing condition protections, as imagined in Act 412 of the 2019 Regular Legislative

Session. Without this funding, key individual market pre-existing condition protections do not exist.

Without additional funding from the federal government or additional action from Congress, if *Texas v. United States* is successful, the state would be left to fill budget holes, Medicaid coverage for working adults would be diminished or cut altogether and Louisiana's uninsured rate would be at risk of going from a historic low of 8 percent in 2018 back to pre-ACA levels, which were more than 17 percent.

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State & National News

# President Trump Issues Executive Order to Combat Human Trafficking and Child Exploitation

President Trump signed an executive Order on January 31 to establish goals and priorities to end human trafficking in the U.S.

"Human trafficking is a form of modern slavery," he said. "Throughout the United States and around the world, human trafficking tears apart communities, fuels criminal activity, and threatens the national security of the United States. It is estimated that millions of individuals are trafficked around the world each year — including into and within the United States. As the United States continues to lead the global fight against human trafficking, we must remain relentless in resolving to eradicate it in our cities, suburbs, rural communities, tribal lands, and on our transportation networks. Human trafficking in the United States takes many forms and can involve exploitation of both adults and children for labor and sex.

"Twenty-first century technology and the proliferation of the internet and mobile devices have helped facilitate the crime of child sex trafficking and other forms of child exploitation. Consequently, the number of reports to the National Center for Missing and Exploited Children of online photos and videos of children being sexually abused is at record levels.

The President wrote, "Effectively combating these crimes requires a comprehensive and coordinated response to prosecute human traffickers and individuals who sexually exploit children online, to protect and support victims of human trafficking and child exploitation, and to provide prevention education to raise awareness and help lower the incidence of human trafficking and child exploitation into, from, and within the United States," he said.

"To this end, it shall be the policy of the executive branch to prioritize its resources to vigorously prosecute offenders, to assist victims, and to provide prevention education to combat human trafficking and online sexual exploitation of children."

The Order aims to strengthen federal responsiveness to human trafficking, and make available, online, a list of the Federal Government's

resources to combat human trafficking, ways to identify and report instances of human trafficking, to protect and support the victims of trafficking, and to provide public outreach and training.

Improving interagency coordination for targeting traffickers, assessing threats, and sharing law enforcement intelligence is an objective, and also to enhance capabilities to locate children who are missing. The Secretary of Health and Human Services is to establish an internal working group to develop and incorporate practical strategies for state, local, and tribal governments, child welfare agencies, and faith-based and other community organizations to expand housing options for victims of human trafficking. The Attorney General and the Secretary of Homeland Security, in coordination with the Secretary of Education, shall partner with state, local, and tribal law enforcement entities to fund prevention programs.

In 2017 Gov. Edwards and the Governor's Office Human Trafficking

Prevention Commission announced a series of regional summits on human trafficking. In collaboration with various agencies the summits aimed to highlight pertinent information from key stakeholders regarding the existing services, protocols and community response to trafficking victims.

Psychologist Dr. Rafael Salcedo attended the Louisiana Human Trafficking Prevention Advisory Board meeting, held 2018. First Lady Donna Edwards and Senator Beth Mizell, gave opening remarks.

Dr. Salcedo represents psychology on the advisory group and he is also the co-creator with his wife Beth, of a the Free Indeed Home, the only licensed, therapeutic group home in the state for helping teen girls escape the physical and psychological bonds of sex-trafficking. The First Lady Ms. Edwards has toured the Home, Dr. Salcedo explained to the *Times*.

Dr. Rafael Salcedo is known for his advocacy and comprehensive treatment program for the young victims of human sex trafficking, and

for this and other efforts, was named the 2017 Distinguished Psychologist by the Louisiana Psychological Association.

Salcedo is a licensed Clinical Psychologist with subspecialties in the area of forensic and neuropsychology, providing services for issues such as competency to stand trial, sanity at the time of crime, and other legal issues.

He consults to the court system in Orleans, Jefferson, Lafourche and Terrebonne Parishes, to the Office of Community Services, and has worked with the Department of Children and Family Services for the last 25 years, conducting evaluations of children who are in need of supervision or care.

Dr. Salcedo also chairs the Louisiana Psychological Association Committee for Community Psychology & Psychology in the Public Interest.

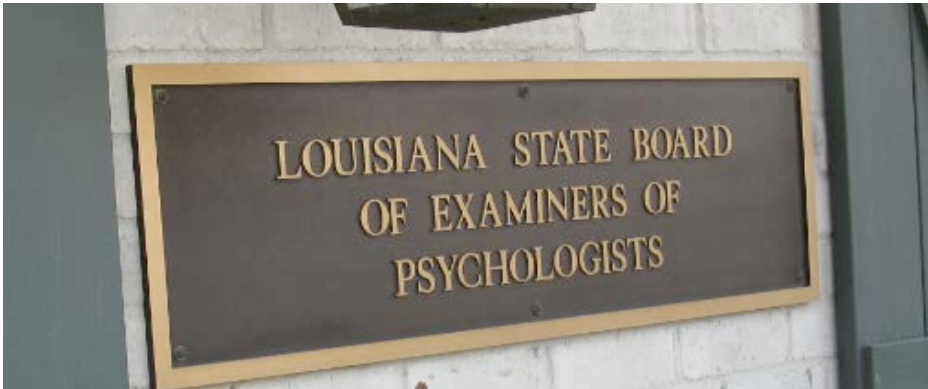
In 2012, after becoming aware of the depth and tragedy surrounding child sex trafficking, Rafael and Beth, a licensed speech- language pathologist, founded the non-profit, advocacy group, the Louisiana Coalition Against Human Trafficking.



In 2018, Dr. Rafael Salcedo attended the first meeting of state Advisory Board for Prevention of Human Trafficking. Seated next to Dr. Salcedo is Kathleen Richey and in foreground is First Lady Donna Edwards.



State News



[EDITOR'S NOTE: Excerpts from Long-Range Meeting were published in part in our January issue, and continued here.]

Excerpts from OCTOBER

COMMITTEE WORKGROUP REPORTS:

**Specialty designation vs. HSP/General Applied Psychology** – Koren Boggs, Gregory Gormanous and Gina Gibson – Reported that the group would be focusing on the removal of the specialty designation option. The group discussed the ASPPB model act of selecting HSP or General applied then declaring intended areas of practice. The group identified their action items as researching laws and regulations of other psychology boards.

**Tele-Supervision** – Michelle Moore and Amy Henke – Dr. Henke and Moore reported additional changes to the guidelines including “other extenuating circumstances” such as when the supervisor has taken planned medical leave. Action items for the group include drafting the Telesupervision Application Form and making sure there was no statutory prohibition that would impact the guidelines and initiating a survey for distribution to licensees.

**Continuing Education Requirements** – Michelle Moore and Amy Henke – The group reported they discussed the survey and made changes to the proposed revisions including the acceptability of activities sponsored by international psychology associations which offer CPD activities to psychologists. Action items for the group include initiating a survey for distribution to licensees and also to provide a link to the survey in Dr. Henke’s CPD Article in the LSBEP Newsletter.

**Registration of Unlicensed Assistants** – Courtney Newton, Mark Zimmermann, and Richard Niolon. Ms. Newton reported that the group discussed options for requirements for registration including but not limited to good moral character, age requirements, jurisprudence examination requirements. The group also discussed potential duties including but not limited to testing assistant, intake/medical history, individual and group counseling (which would require additional training) and limitations and prohibitions on any independent practice including but not limited to testing decisions, diagnosing, treatment recommendations or referral.

Excerpts from NOVEMBER

Dr. Boggs’ welcomed the Board’s first consumer member, Mr. Darren “Chance” McNeely. Mr. McNeely introduced himself as the Executive Director for the Louisiana Motor Transport Association. Mr. McNeely reported that he had not completed his Oath of Office and would therefore not be participating in this meeting as a voting member.

Dr. Boggs’ also welcomed new staff, Mr. Justin Owens who is employed by the board as their Compliance Investigator to investigate and process complaints.

**2019 ELECTIONS** The board opened and vetted nominations for participation in the next election for the upcoming vacancy occurring July 1, 2020. One qualified nomination was received from Shannae Harness, Ph.D. Dr. Gormanous moved in favor of proceeding with the election as required by statute for fill the upcoming vacancy. The motion passed unanimously. Dr. Gormanous also requested that the Board revise the self-nomination form to include a section for professional affiliations.

**1. Executive Director Report:** Ms. Monic reported that she and Dr. Gormanous attended the 59th Annual ASPPB meeting in Minneapolis, MN from October 16-20, 2019. Ms. Monic reported that Michelle Paul was elected as the Member at Large and Tomas R. Granados, Psy.D. was elected as President-Elect.

**4. Jurisprudence Examination Committee** – Dr. Henke reported that with the telesupervision guidelines completed, the committee will be shifting focus to the Jurisprudence Examination to make sure it reflects the rules and regulations accurately and proportionately; moving to offer the examination online with different versions; and potentially having post-licensing offerings to be credited toward continuing education credits.

From the Minutes  
Selected Items from October & Nov  
Minutes of the Louisiana State Board of  
Examiners of Psychologists (LSBEP)

**5. Legislative Oversight Committee** – Dr. Gormanous reported that the next regular session was fast approaching and that now is the time to educate people, including new legislators if the Board is going to seriously consider statutory changes. With Mr. McNeely’s legislative experience, Dr. Boggs appointed Mr. McNeely to the Legislative Oversight Committee.

**6. Liaison to Professional Organizations and Boards** – Dr. Moore reported that she had shared the draft telesupervision guidelines with the LPA however they have not responded with comments.

**9. Complaints Committee** – **a. Complaint Status Report** from Justin Owens, LSBEP Compliance Officer – Mr. Owens reported that since first day of work, on October 28, 2019, the Board has received 5 new Requests for Investigations which brings the total open cases to 24 cases. 18 of the 24 are complaints are against licensed psychologists. 5 of the 24 are against unlicensed individuals.

DISCUSSION/ACTION ITEMS

**1. RULEMAKING: a. Unlicensed Assistants (SurveyMonkey Results) and Continuing Education-** Dr. Moore reported that there were 162 participants on the survey. She will be formulating the final results, but the summarized that the survey took approximately 3 minutes to complete, that the majority of the participants seemed to be in favor of keeping 40 hours or reducing the number of required hours; participants did not seem to be in favor of requiring formal activities only. Dr. Gormanous requested that the record reflect that Dr. Henke’s newsletter article did an exceptional job of explaining the need for a rule revision. **b. Health Service Provider vs. General Applied Psychology** – Dr. Boggs proposed that we continue to work on a new model for licensure. Dr. Gormanous noted that Wisconsin has a model that can be studied.

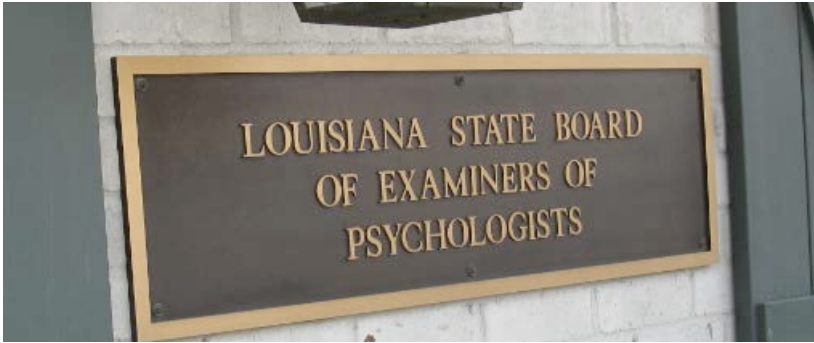
**2. Supervision via Telepsychology** – Dr. Henke moved to adopt revisions to the telepsychology guidelines as discussed, to include telesupervision and require application for approval to provide such supervision.

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Dr. Michelle Moore was appointed to the state board in 2019. She serves on the Oral Exam Committee, in Supervision & Credential, and with Professional Liaison tasks.





# Selected Items from Minutes of the Louisiana State Board, continued

**3. Application for Supervision via Telepsychology** – Ms. Monic will work on finalizing the Application for Telesupervision developed by Dr. Moore and distribute to the board members for review.

**4. LSBEP Proposed Elevator Speech** – Dr. Boggs assigned the development of a description [elevator speech] of what the board does and the importance of having a psychology board to the legislative committee.

**6. In the Matter: Docket No. 19-KD-1150 Frank Ford Cosey (Respondent/Appellant) Vs. Darrel Vannoy, Warden (Applicant/Appellee ) Amicus Curiae Brief On behalf of The Louisiana State Board of Examiners of Psychologists, In Support of Original Application for Writ Application Seeking Review of Honorable Donald R. Johnson, Judge Presiding, 19th Judicial District Court, Docket No. 07-90-0596 Sec. “VI”** – The Board discussed the denial of consideration of the Amicus Curiae Brief, and the arguments against being licensed in a forensic setting. The Board affirmed its understanding of their obligation under LA R.S. 37:2351 to protect all citizens of the State of Louisiana from the unauthorized,

unqualified and improper practice of psychology. Dr. Gormanous moved in favor seeking a statutory revision pertaining to the definition of the practice of psychology to ensure clarity for individuals practicing or utilizing the services of individuals practicing psychology. Dr. Niolon, commented on this discussion, stating that a person in jail has the same rights to qualified care and protection from the board from unauthorized, unqualified and improper care as any free member of the public.

**7. ASPPB Guidelines on Closing a Practice, Comment period January 6, 2019** - Dr. Boggs requested that the Board review the proposed guidelines for proposals or suggestions on comments.

**8. Special Requirements regarding Complaints in Forensic Evaluations** – Ms. Monic provided the board with a proposal, supported by Dr. Sasha Lambert, to coordinate a discussion forum of individuals with an interest in forensic evaluations, for the purpose of engaging judges, forensic psychologists, parent coordinators, attorneys and others, in a conversation about complaints initiated to impact court proceedings; how it impacts the licensee and the proceeding; and potential resolutions on addressing complaints during active litigation. This matter was tabled due to time constraints.

**9. Statutory approach to address issues of emergency meetings with respect to possible summary suspension** – The Board discussed the practicality of the full board convening within a 48-hour period to affirm a recommendation for summary suspension by the Complaints Coordinator or other designated Board Member who is delegated this authority by the Board. Dr. Gormanous, noted that in his opinion it is not practical, nor is it what other agencies require to institute an interim administrative suspension of a license. Dr. Gormanous moved that the board seek a statutory provision outlining procedures of specifically for the LSBEP to execute an administrative summary suspension that is facilitated and expedited in a practical way. The matter being put to a vote was unanimously affirmed as follows: Boggs - yea, Henke - yea, Gormanous - yea, Gibson - yea, Moore - yea.

**10. Application Process for Licensure vs Provisional Licensure** – Dr. Boggs volunteered to review and work on recommendations with Ms. Monic to revise the reference form and application process for provisional licensees. Board members were encouraged to review application forms available online for recommendations for improvement.



Board members and staff attending the Louisiana State Board of Examiners of Psychologists long-range planning meeting last fall. According to their November minutes the board is currently considering statutory changes for 2020. Left to Right: Dr. Amy Henke, attorney Courtney Newton, Dr. Michelle Moore, and Dr. Gina Gibson.



Great Need for Psychologists as Mediators

# Louisiana Chapter of Assn Family & Conciliation Courts to Hold 10th Annual Conference in March, continued

mediators and coordinators. This conference aims to provide needed training for those professionals who are thinking of building this competence.

"Sadly, I don't believe there is a single psychologist in Louisiana who provides mediation or parenting coordination, although this is common in other states," Todd has said. "Those interested in family systems could offer these much-needed services to help families with divorce, visitation, relocation, and even eldercare."

She hopes that Louisiana psychologists will be encouraged to hear nationally-known psychologist Dr. Robin M. Deutsch, a pioneer and advocate of parenting coordination, at the March 6-7 event.

Robin Deutsch, PhD, is a Diplomate in Couple and Family Psychology and Professor of Clinical Psychology at William James College. She is founder and Director of the Center of Excellence for Children, Families and the Law at William James College.

Family Courts, which have evolved from a more adversarial system, Todd has explained, are in need of more psychologists and other mental health professionals who can help families define their structures and address their conflicting interests in more self-empowering and productive ways.

Todd's husband, and also a leader in the local AFCC Chapter, psychologist Dr. Alan Taylor, agrees. He has explained the opportunities for those interested in this challenging work. "I believe that affiliation with AFCC provides a wonderful opportunity for young professionals," he said, as a way to develop skills and professional competence. "Family court work is a rapidly evolving and developing field that can be very fulfilling and rewarding," he said. And, he believes that older, more experienced mental health professionals would be valued and welcomed into this area.

"There continues to be a need for more seasoned clinicians who can bring their knowledge and experience into this field and secure the rewards of being challenged and stimulated to use all the abilities they have developed in their education and training on a day- to-day basis."

The March 6 presentation aims to help meet this need. Dr. Deutsch has performed a wide variety of forensic evaluations and testified in juvenile, family, district and federal courts involving divorce and visitation disputes. She teaches extensively to judges, lawyers, mediators, and mental health groups in the US, Canada, Europe and Asia. She has published extensively on issues related to attachment, alienation, co-parenting after divorce, high conflict divorce, parenting plans, and parenting coordination. She is the co-author of *7 Things Your Teenager Won't Tell You: and How to Talk about Them Anyway* (Ballantine, 2005, 2011) and co-editor of *Overcoming Parent-Child Contact Problems: Family-Based Interventions for Resistance, Rejection, and Alienation* (Oxford, 2016).

Also presenting will be Dr. Ann Ordway, core faculty in the Counselor Education Department at the University of Phoenix. She holds a Juris Doctor degree and a PhD in Counselor Education and Supervision. She was a licensed attorney in New Jersey for nearly 25 years where she practiced exclusively in the field of family law. Ordway is a frequent regional and national presenter and she has authored and co-authored several articles related to high conflict divorce, parental alienation, and parenting coordination.

Also presenting is Mark Myers, JD. Myers has been providing ADR services for more than 20 years as a member of the Association of Attorney Mediators, the Association for Conflict Resolution, and the Association of Family and Conciliation Courts. His degree is from Tulane.

Psychologists interested in this area of practice are invited to talk with Todd or Taylor. "I am very proud to have been associated with the initiation and development of the Louisiana state chapter of AFCC," said Taylor.

"The mission of AFCC-LA is to be a resource center and act as a change agent in the areas of family law," said Taylor. "Its goal is to transform the family court system into a more efficient and humane support system for those who are encountering serious conflicts and adverse effects on children and families."

"Justice should be tempered with mercy," said Todd. "Family court officers bring justice; mental health professionals bring mercy—we educate parents about children's needs for peace between households, and we can teach them the skills to achieve it."

Todd has been in private practice since 1990. She has been a child custody evaluator for over 20 years and has served several times on the Louisiana State Board of Social Work Examiners' Custody Evaluations Task Force.

In 2007 Todd rallied Baton Rouge professionals to start an AFCC Chapter and served on the Louisiana State Law Institute's Parenting Coordination Committee to enact the law, making Louisiana the 13th state to have Parent Coordinators. In addition to her work as a Parent Coordinator, mediator, custody evaluator, and therapist. Todd travels the state offering Family Court-related workshops, and encouraging young mental health professionals to enter the field.

Association of Family and Conciliation Courts is an interdisciplinary, international association of professionals dedicated to improving the lives of children and families through the resolution of family conflict.

See full agenda and registration information at website: [www.afcc-la.org](http://www.afcc-la.org)

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Sheraton New Orleans

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AFCC is the Association of Family and Conciliation Courts - an interdisciplinary and international association of professionals dedicated to developing, refining, and practicing constructive resolution of family conflict. AFCC-LA is the state chapter of our parent organization. Our members include judges, attorneys, mental health professionals, mediators, academics, researchers, custody evaluators, parenting coordinators, parent educators, and financial planners.



Science & Education

Dr. Arredondo Notes Highlights of  
Psychology-Law Society Conference  
continued

psychology to the understanding of law and legal institutions, the education of psychologists in legal matters and law personnel in psychological matters, and the application of psychology in the legal system.

"I've been involved in APLS for years," said Dr. Arredondo, "starting as a graduate student. I began chairing the CE committee in 2019, and I was a member for several years before chairing. I enjoy it because I get to guide educational opportunities for our members and meet experts in the field. I also help to coordinate outreach to community high schools to allow experts across the country to introduce psych and law to local students."

For the Society's March event, Dr. Gina Mire, local Louisiana forensic psychologist, and board certified by ABPP/ABFP, will present "Ethics in the Courtroom: Psychological and Legal Perspectives," along with Katherine Mattes and David Pipes, two local attorneys who specialize in criminal law. Also presenting with Dr. Mire is Dr. John Thompson, a local forensic psychiatrist. They are joined by Dr. Joel Dvoskin, a nationally renowned expert in forensic psychology.

According to workshop materials, "Psychologists who are called upon to evaluate individuals involved in criminal or civil court proceedings work with legal professionals regularly. In fact, for many forensic psychologists, attorneys are their most frequent clients. In this workshop, we will explore the differing paradigms and the intersection of psychology and law from the perspectives of practicing attorneys and forensic mental health professionals. Learning objectives will be accomplished through the use of instruction, panel discussion, case examples, 'hot topics,' and audience participation. Issues pertaining to competency to stand trial evaluations, sanity at the time of offense evaluations, case formulation, and the role of psychological factors in other legal evaluations will be explored from ethical, legal, and psychological perspectives."

Also included in the pre-conference workshops will be a session on "Constitutional Mental Health Law: An Overview," presented by Christopher Slobogin, JD. Slobogin will address the constitutional rules governing forensic mental health evaluations and expert witness testimony. Cases will include *Dusky*, *Moran*, *Edwards*, *Sell*, *Riggins*, *Clark*, *Kahler*, *Buck*, *Atkins*, *Ake* and *Estelle*, and several other Supreme Court and lower court cases.

For "Cultural Competence in Forensic Assessment," Dr. Barry Rosenfeld, PhD, will cover a range of issues related to forensic assessment of individuals from diverse ethnic and linguistic backgrounds. He will review "cultural competence" and the requisite self-assessment and pre-evaluation cultural research that is often necessary. In addition, topics such as modifications to the typical evaluation process, decision-making regarding testing and interpretation of test results, the impact of language and culture on the therapeutic alliance, and the use of interpreters will be included.

In "Forensic Evaluations in the Age of Social Media," Drs. Michael Vittaco and Ashley Batastini will explain that the use of social networking sites is on the rise and this information is seen in discovery material being sent to forensic evaluators in a variety of psycholegal issues. Presenters will address the implications of using these sites in forensic evaluations, use and misuse of social networking data, current guidelines and relevant ethical principles.

Dr. Beth Arredondo is board certified in Clinical Neuropsychology. She directed the Division of Behavioral Medicine at Western State Hospital in Staunton, VA, and co-directed the clinical neuropsychology residency with faculty at the University of Virginia School of Medicine. She also maintained part-time positions at the Forensic Clinic of the Institute of Law, Psychiatry, and Public Policy and Valley MedPsych.

Dr. Arredondo joined the Ochsner team in 2017 and engages in clinical, forensic, and research activities. She works with individuals with a wide range of neurological and psychiatric concerns and her forensic work spans criminal and civil forensic settings. Her research interests involve the use and utility of neuropsychology in various settings, with particular emphasis on psychiatric inpatient, criminal forensics, and general neurology.

Stress Solutions  
by Susan Andrews, PhD

Living Long and Stress Free

Longevity is living a long life. Longevity is often considered in relationship to the current life expectancy, which has markedly increased in the past 100 years. More and more comments and articles are now focusing on ways to live longer (and hopefully happier). Surely, there are many critical factors that contribute to the length of one's life; however, many factors are beyond our control. A major factor over which we have little or no control is genetics. On the other hand, one of the factors that repeatedly earn mention in such lists is avoiding stress in your life. And, that is something that we can take control of.

Recently I saw this article (healthline.com) on 13 Habits to a long life. Other lists of "ways to increase your longevity" are shorter, maybe listing 6 or 7 factors or habits, and some list are longer. A common element besides reducing stress that always figures prominently has to do with food, what you choose to eat, how much you eat, and whether or not you are overweight. This particular article put much emphasis on food choices. For example, almost one-half of the "13 Habits" were about food and drink, including eating nuts, turmeric, vegetables and leafy greens, avoiding too much alcohol but recommending caffeine, and avoiding overeating.

Of course, exercise and physical activity are on everyone's list as a means of maintaining good health and reducing cardiovascular problems. Moderation is always mentioned for alcohol but Avoiding is the usual term used for smoking and recreational drugs. Not mentioned on this particular "13 Habits" list was that people who avoid taking too many medications tend to be healthier and live longer. A good night's sleep is also listed as important in longevity.

Often bringing up the rear there will be the suggestion that "avoiding stress" leads to greater longevity. Truly, it is a lot easier to add turmeric to your diet than it is to avoid stress. Stress is not a large rock or boulder in the road. In truth, it is probably not possible to avoid stress in today's life. In fact, it is not even desirable to live a stress-free life if you could figure out how to do it.

A much more helpful habit is to learn how to reduce the stress that you accumulate by living. The best method is to become aware of accumulated stress and how you and your body have responded to the challenges of the day. Then you can plan what you need to do and how much you need to do to reduce the day's accumulation. I rarely see this point made and even if it is made, it is not elaborated so that the average person will walk away knowing how to manage stress. Different methods of stress reduction work best for each of us. Some favor types of meditation. Others do much better in the gym with exercise to help let go of or use up the built-up cortisol and other stress-related hormones with increased activity. Music – either listening or playing an instrument – is an excellent method. Walks in nature and visits with friends and family are also good ways to reduce built-up stress.

But, all of these suggestions miss an important point which is how important a positive frame of mind is to longevity. The key to understanding whether a potentially stressful event will have a negative versus neutral versus a positive outcome is what the person thinks about the event. People who have the wonderful ability to see the silver lining or to recognize a positive outcome instead of a negative one might be called "Polyanna" by some, but they are also more likely to live a less stressful life.



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.



# Southeastern Psychological Association Here in April, Invited Speakers Include Drs. Figley, Hammer, Poe and Brokenbourgh continued

Dr. Figley is the Paul Henry Kurzweg Distinguished Chair and Professor in the Tulane School of Social Work, and the Director of the Tulane's Traumatology Institute.

Also presenting this year will be Dr. Elliott Hammer, Experimental Social Psychology Professor at Xavier University of Louisiana. Dr. Hammer will present the CEPO/SEPA Invited Address, " Reaching Everyone: The Science of Student Identity and Success in a Biased World." Dr. Hammer holds the John D. LaFarge Endowed Professorship in Social Justice at Xavier University.

Also, Dr. Lindsey Poe, Dr. Megan Brokenbourgh, & Sandy Hyatt from the Louisiana Health Sciences Center will present a workshop, "Health Literacy: Making Healthcare Understandable."

In his session, Dr. Charles Figley will provide "perspectives on practitioner mental health for themselves and why they rarely develop useful self-care plans. The goal of the presentation is to enable the audience member to be more aware of who he/she is as a psychologist and how best to enhance his/her practice effectiveness through greater self-care enhanced by a self-care plan." Attendees will learn how mental health risk and protective factors are associated with compassion fatigue and the importance of the self in the context of self care.

Dr. Figley is an expert in this topic and related areas with scholarly research and books including his *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized, Treating compassion fatigue*, and his *Encyclopedia of*

*Trauma: An Interdisciplinary Guide*, named as an Outstanding Academic Title for the 2013-2014 academic year by the American Library Association.

What causes compassion fatigue and what percentage of us are at risk? "It is caused by secondary trauma that we 'inhale' from our clients who are suffering and not getting better," Dr. Figley said. "Empathy and compassion enable the inhaling and being impacted."

Dr. Figley defines compassion fatigue as the formal caregiver's reduced capacity or interest in being empathic or "bearing the suffering of clients," and as "the natural consequent behaviors and emotions resulting from knowing about a traumatizing event experienced or suffered by a person." It is the fatigue from "dispensing compassion, day after day, year after year," Figley said.

How does a psychologist know if they are dealing with compassion fatigue? "One option is taking a test," he explained. "The test identifies both the stressors and stress reactions associated with working with the suffering. It's not burnout, which is hating what you are doing."

Among his many articles, including setting out a model for the construct, Dr. Figley and co-authors Brian Bride and Melissa Radey also published "Measuring Compassion Fatigue," in *Clinical Social Work Journal*. They aimed to give practitioners a gateway into understanding assessment instruments for compassion fatigue, reviewing the leading assessments and discussing three factors in selecting a compassion fatigue measure.

"Burnout, compassion fatigue, vicarious trauma, and secondary traumatic stress reactions are frequently found among psychologists and others

who deliver humane human services," Figley previously said. "These problems are an indication of low resilience that can be corrected with proper training for workers and their supervisors. I love helping in this way," he told the *Times*.

What are your recommendations for help to those with it? "Self care and colleague care: have between one and five fellow practitioners serve as self care buddies," Dr. Figley said.

Dr. Figley presents regularly at APA and enjoys, "A sense of satisfaction of informing psychology and helping psychologists. Also, I learn lots from practitioners struggling with critical issues never addressed by researchers," he said

Dr. Figley is the founding editor of the *Journal of Traumatic Stress*, and also the book series, *Innovations*

*in Psychology book series*. He is current editor and founder of *Traumatology, the International Journal*, and is the editor of the *Psychological Stress Book Series*.

Dr. Figley and wife Dr. Kathy Regan Figley own and operate the Figley Institute, a professional training company.

In "Reaching Everyone: The Science of Student Identity and Success in a Biased World," Dr. Elliott Hammer will address the issue that many of us—regardless of our social categories— may be resistant to the possibility that our own judgments and perceptions may be distorted by bias.

At Xavier, Dr. Hammer focuses on social psychology, stereotyping & prejudice, attribution theory, cross-race teaching dynamics.

Cont next pg



The Southeastern Psychological Association (SEPA) will hold its 2020 conference in New Orleans. Above, Ilesha King (Center) from the University of Louisiana Lafayette points to her poster displayed at SEPA 2016, also in New Orleans. Looking on are research colleagues Jennifer Hightower from U. of North Georgia (L) and Dustin Dronet (R) also from the University of Louisiana.



SEPA Invited Speakers in April  
continued

He will present on resistance as a "special problem in the classroom, where faculty and students must bridge gaps in experience in order to understand each other. Even in classrooms where interracial or intergender teaching is the exception, education level, age, and other demographic differences present challenges for reaching students who are different from their instructor."

For SEPA, Dr. Hammer will discuss the subtle nature of biases and how they may directly and indirectly influence students' chances of success in the classroom and the outside world.

Dr. Hammer will also include a review of the literature on the nature of prejudice, student perceptions of fit in the college classroom, and investigations of bias in the workplace. He will also cover steps s faculty can take to ensure that all students have the best chances of success, in the classroom and beyond.

Specifically, attendees will be able to, "Identify potential hurdles that women, people of color, and other groups often encounter in their progression through different life stages," and "Define strategies to foster students' identities as students, thus maximizing students' senses of authenticity, inclusion, and belonging in the classroom."

Dr. Hammer received his BA in Psychology at the University of Kansas, where he began his study of social psychology. He then attended Tulane University, where he earned his MS and PhD in Experimental Social Psychology, with an emphasis on the social cognition of attribution theory and stereotyping and prejudice.

Dr. Poe, Dr. Brokenbough, & Ms. Hyatt from the Louisiana Health Sciences Center will present a workshop, "Health Literacy: Making Healthcare Understandable."

Dr. Poe is an Assistant Professor of Clinical Psychiatry at LSUHSC. She serves as Director of Psychology Postdoctoral Fellowship and is the Didactics Coordinator in the Psychology Internship Program. Currently, Dr. Poe is one of the lead psychologists for Psychiatric Inpatient Services at UMC-NO.

Dr. Brokenbough is an Assistant Professor of Clinical Psychiatry at LSUHSC and a Licensed Clinical Psychologist in Louisiana and Washington state. She completed both her pre-doctoral internship and post-doctoral fellowship with LSUHSC. Following fellowship, she worked in private practice and for the U.S. Navy in Washington state.

Sandy Hyatt is an intern for the 2019-2020 year with LSUHSC.



Anna Maclellan (L) representing Our Lady of Holy Cross College at the 2016 Southeastern Psychological Association (SEPA) conference watches as Dr. Lillian Range fixes a shoe during the poster session presentations. Dr. Range has served as SEPA President among many other duties.

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# Little Women

A Review  
by Alvin G. Burstein

This 2019 film is the latest version of Louisa May Alcott’s classic novel, first published in 1868 and reissued countless times in print, as well as formatted for television and the stage. Its many iterations speak for something compelling in the work. There is an important sense in which Alcott strikes the same chord as John Stewart Mill’s 1869 essay, *The Subjection of Women*. There, Mill argues that women would be the last class of humans to be accorded equal social status.

Like the novel, the movie has an autobiographical element mirroring Alcott’s life. Alcott can be regarded as a pioneering feminist, and the film certainly dramatizes the struggle to achieve the feminist goal of equality.

The second sister, Jo, like Alcott, is a writer. But with Jo as its central character, the movie has a sharper focus. Jo wants to be famous.

At a climactic point she exclaims, “Women, they have minds, and they have souls, as well as just hearts. And they’ve got ambition, and they’ve got talent, as well as just beauty. I’m so sick of people saying that love is all a woman is fit for.”

At another point, when she has asked a professor of literature for his opinion of her writing, she responds to his criticism with defensive anger, “If you know so much about it, why don’t you do it yourself?”

He responds, “I’m not a writer. I don’t have the gifts you have.” And Jo goes on, “No, you don’t, and you’ll always be a critic, never an author, and the world will forget that you ever even lived.”

The exchange reflects not just the feminist wish for equality and not just the tension between creative work and critical efforts. It highlights Jo’s thirst, not to be equal, but to be celebrated, to be famous.

Excellent acting and relevance to contemporary socio-political issues justify the film’s popularity. However, the film’s impact suffers from its narrative structure. It has a confusing double flash back, and the potential for confusion is magnified by an interpolated dream sequence. But it also struggles with a nagging short-coming in psychological theory—how feelings and thinking relate. How should we take account of emotion in evaluating the mind?

Freud argued that secondary process, reality testing, logic and rationality, should replace more primitive mental activity. He is often quoted as saying that mental health was the ability to work and love. But what about the wish to be known? And then to further complicate things, the relationship between being known by a loved one and being known to all? Is a quest for fame healthy? Is it socially valuable?

*Little Women* raises those questions, too. We can’t expect it to answer them, but it should prod us to think about them.

Guest Columnist,  
Dr. Alvin Burstein

Burstein, a psychologist and psychoanalyst, is a professor emeritus at the University of Tennessee and a former faculty member of the New Orleans-Birmingham Psychoanalytic Center with numerous scholarly works to his credit. He is also a member of Inklings, a Mandeville critique group that meets weekly to review its members’ imaginative writings. Burstein has published flash fiction and autobiographical



courtesy photo

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.

A Shrink at the Flicks



Louisiana Psychological Association's 2020 Annual Convention

# Psychological Interventions

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Hear how to prevent violence in schools, workplaces and at public  
events, by understanding mass shooter profiles, warning signs and  
threat assessment.

**SAVE the DATE!**

**Online Registration Opens in March**



## Up-Coming Events

# National Expert on Violence Prevention and Mass Shootings to Speak at State Convention

Jillian Peterson, PhD, Professor of Criminology and Criminal Justice at Hamline University and co-founder of The Violence Project, will speak at the 72nd annual conference of the Louisiana Psychological Association, to be held May 8 and 9 at the Sheraton in Metairie, Louisiana. Dr. Peterson will deliver the *Janet and Lee Matthews Invited Address* on the opening day of the conference.

Dr. Peterson has served as special investigator in New York City, researching the psycho-social life histories of men facing the death penalty. Her research on mass shootings has been covered internationally by every major news outlet, from *The Atlantic* to *The New York Times*. She is a regular media commentator on outlets such as *CBS This Morning* and National Public Radio.

Dr. Peterson will speak on her work and application of results of a mass shooting database study that provides data-driven tools and methods to prevent mass violence using an evidence-based framework. She will cover how to prevent violence in schools, workplaces and at public events, by understanding mass shooter profiles, warning signs and threat assessment.

She launched her career as a special investigator in New York City, researching and developing the psycho-social life histories of men facing the death penalty, which were used in their sentencing hearings. In that office she developed a saying—"the worse the crime, the worse the story". It was always true, she writes.

She has led large-scale research studies on mental illness and crime, school shooting prevention, and mass violence, which have received national media attention. Dr. Peterson is trained in restorative justice, violence mediation, crisis intervention, de-escalation, and suicide prevention.

The Violence Project is a nonpartisan think tank "dedicated to reducing violence in society and improving related policy and practice through research and analysis." The Project's co-founders research on mass shootings is funded by the National Institute of Justice. The work has received worldwide media attention. The co-founders areas of expertise include gun violence, violent extremism, cyber violence,



Dr. Jillian Peterson  
(courtesy photo)

trauma and mental illness, street gangs and youth violence.

The Louisiana Psychological Association is the state affiliate for the American Psychological Association.

Registration for this continuing education event opens in March.



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