



DOJ Asks Judge for More Time to Answer Dr. Hesson's 2255 Petition

On February 12, prosecutors at the Department of Justice asked for a second extension to respond to a 2255 Petition by Dr. Rodney Hesson, who was at the center of the 2015 high profile Medicare fraud case that resulted in convictions of two other well-respected psychologists in the community, Dr. Beverly Stubblefield and Dr. John Teal.

Dr. Hesson filed 829-pages of documents and exhibits with the United States District Court, Eastern District of Louisiana on November 1, 2019, alleging violation of his Constitutional rights to a fair trial due to inadequate representation.

A 2255 petition is a motion under 28 United States Constitution §2255 to vacate, set-aside, or correct sentences for a person in federal custody.

Among other assertions, Hesson alleges that his rights were violated when his defense attorney failed to "move the court" to issue a jury instruction which would have identified the governing Medicare rules and regulations that Hesson relied upon in his clinical and billing practices. In contrast, prosecutors focused on CPT codes. The failure to explain Medicare regulations caused numerous "prejudicial consequences which were overwhelming..." Hesson writes.

Representing himself in the Petition, Hesson argues that the jury was not given instructions as to how to understand critical Medicare regulations and rules, and if they had, their understanding would have been the basis of a "complete defense."

Cont pg 5

Legislature Convenes March 9

The Louisiana State Legislature will convene at noon on Monday, March 9, and hundreds of bills have been prefiled, including House Bill 38 by Representative Green to eliminate the death penalty, Senate Bill 87 by Senator Mills to add "exploitation" to the reporting required for adult protective services, and two bills for adopting daylight savings time as standard.

A slew of measures were introduced into the Health and Welfare Committees, some of those relevant to psychologists are reported below. Summaries are from the digests of the bills.

HB 45, HB 48, both by Rep. Miller. Provides a deadline for Title 37 **licensing boards reports** to be

Cont pg 4

LSBEP Planning Changes in Law

In the last week of February members of the La. Psychological Association reviewed a memo from the Board of Examiners of Psychologists on "Possible Housekeeping Legislation." The three-page memo, obtained from an undisclosed source, included substantial changes to areas of the psychology law, said the source.

One of the significant areas listed in the memo is the goal to define "Registered Assistant to Psychologist." The board notes that the psychologist and anyone under the supervision of



Dr. Leah Crouch (L) and Ms. Jaime Monic, Ex Director, at a past meeting. The Board is hoping to modify elements of the psychology law.

Cont pg 6



Dr. Buckner Named for Research Excellence

Louisiana State University Professor Dr. Julie Buckner has been named the G. Alan Marlatt Mid-Career Research Award winner for 2020, announced at this year's annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Addictive Behaviors & Anxiety Disorders Special Interest Group.

Cont pg 8



*A Shrink
at the Flicks
Dr. Burstein looks at
Knives Out*

Page 13

New LDH Sec–Page 3

From the Minutes
–Page 7

AG Opinion–Page 7

SEPA Researchers
–Page 5

*Stress Solutions
Dr. Andrews & Zen
–Page 10*

Dr. Peter Gollwitzer
–Page 11

Dr. Cherry's Newest Book
–Page 11

Editorial Page – Opinions

How the DOJ Hypnotizes People

by J. Nelson

In Rodney Hesson's Constitutionally based §2255 Petition, we finally get his side of the story of the 2015 Medicare fraud case that resulted in convictions of three psychologists on conspiracy charges. The legal goal of the Petition is to show that Hesson's attorney was so bad that the trial was unfair. The prosecutors at the DOJ have until April to respond with their side of the story.

While the trial transcripts give a rather bizarre and convoluted back-and-forth debate, in his Petition, Dr. Hesson is able to lay out his views, and it makes for fascinating reading. He provides a different narrative than the prosecutors' storyline. Hesson was a small business owner trying to work within the regulations, albeit taking advantage where he could of the same rules used by hospitals, agencies, and physicians. One might fault him for being entrepreneurial or naïve, but Hesson's company did ask the Civil–DOJ for a review in 2012, and by 2015 he was being indicted.

I've been following this story since it broke and I can say that I don't think any of these psychologists had a fair trial. DOJ "Medicare Strike Force" has the ability to create a narrative that is so strong in the minds of the public, and in this case, the jury and perhaps even the judge, that it amounts to believing something that goes against common sense.

What psychologists would conspire to commit Medicare fraud, all the while knowing that their actions are completely transparent to anyone at Medicare with a calculator?

While I met Dr. Hesson only recently, I have known Beverly Stubblefield for a good many years. And I ask: In what universe would Beverly Stubblefield commit fraud, much less conspiracy?

How did the DOJ manipulate the narrative so effectively? They have a tremendous talent stack when it comes to creating a frame and manipulating the storyline, all with their deep pockets. Some are:

Framing: The June 18, 2015 press release sported the headline that the US attorneys Office had charged companies with "fraud schemes." Promotions hyped the "Medicare Fraud Strike Force" and a "national takedown...." Hesson was characterized as carrying out a "scheme" in psychological testing services, services that were unnecessary. The report added up all his claims over several years so that it sounded like a lot of money but in fact he ran a small business. The press release was 1239 words long. The very last sentence was, "*A complaint or indictment is merely a charge, and defendants are presumed innocent until proven guilty.*"

Confirmation Bias: Once the indictment media propaganda frames the individual as guilty, it is easy for people to engage in confirmation bias, the human tendency to look only for information that supports a belief. It is a little frightening to see how much confirmation bias is accepted and how few checks and balances there are in the legal system by prosecutors, especially when they have the power to cut the financial legs out from under defendants with the charge of conspiracy.

Fear/Identification with the Aggressor: I'll mention briefly—the experience of fear and the scattering of the herd at the attack of the DOJ on our colleagues. I felt it.

Binary Bias: Once the DOJ had crafted the narrative of guilt then it's easy to engage other biases that truncate information such as the binary bias—the systematic and automatic way our brains categorize complex problems into either or, in this case guilty or innocent. There is no gray area of complexity to be analyzed. The prosecutors seem to know this very well.

Anchoring: A good example of how the prosecutors used anchoring was to cause the judge and the jury to fixate on CPT codes. Taken all by themselves, the codes make it look like Hesson violated standards.

Fast Think: Kahneman's fast and slow think apply. The prosecutors and the legal procedures themselves also seem tuned for fast, truncated, simplistic thinking. The whole trial atmosphere and methodology are exceedingly strange in my view, especially if you're trying to learn the truth.

I list just a few of the cognitive biases that were brought into play automatically—hypnotically—to persuade us to believe what common sense would warn us to question, presented by the prosecutors with the help of media.

The only good news is that Hesson, and others like him, do have some chance to get their story out in a format where we can think thoroughly and clearly about the facts, and so maybe in some universe, actually discover the truth.

[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, —she welcomes feedback.]

The Psychology Times

Member, Louisiana Press Association

Published monthly
by Nelson News, LLC.
psychologytimes@drjulienelson.com

Publisher: Julie Nelson, PhD

Journalism Consultant:
Robert Holeman,
*Editor (Ret.), The Coushatta Citizen,
Winn Parish Enterprise.*

Columnists/Reporters:
Susan Andrews, PhD, Alvin Burstein, PhD

Cartoonist: Jake Nelson-Dooley,
Johnny Hawkins

Photography: Mike Dooley, MBA
Tom Stigall, PhD

Copy editor: Susan Brown

We welcome ideas for news, features, Letters to the Editor, photos, and other material related to psychological community of Louisiana. Editorials and commentary reflect the opinions of this newspaper. Columns and Letters to the Editor express the opinions of the writers and not necessarily those of *The Psychology Times*. All materials copyrighted by J. Nelson unless otherwise noted.

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

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

Corrections & Clarifications

Leslie Todd alerted us to jumbling up presenters in our article about the training at the Louisiana Chapter of AFCC March 6-7. We corrected it as soon as she contacted us. We apologize.

Send your corrections to:
psychologytimes@drjulienelson.com

Gov. Edwards Announces Dr. Courtney Phillips as New Secretary of the LDH

On February 12 Gov. Edwards appointed Louisiana native Dr. Courtney N. Phillips, to lead the Louisiana Department of Health. Phillips returns to LDH after leading health departments in two other states.

In October 2018, Phillips became the first woman to serve as the executive commissioner of Texas Health and Human Services (HHS). Before joining Texas HHS, Phillips served as the chief executive officer of the Nebraska Department of Health and Human Services and spent 12 years with LDH in a variety of roles. She earned a bachelor's degree in kinesiology and a Master of Public Administration from Louisiana State University, and a Ph.D. in public policy from Southern University in Baton Rouge.

"Courtney is a proven leader with a can-do attitude and passion for improving health outcomes and making a difference in the lives of others. Her experience as the head of one of the country's largest health departments is invaluable, and we're excited to welcome her back to Louisiana to serve as the newest secretary of the Louisiana Department of Health," Gov. Edwards said. "Over the past four years, we have made great strides in expanding access to healthcare, eliminating Hep-C and lowering the HIV rate in our state, and I'm confident that Courtney will continue this progress and advance our

Rep Hodges Meets Diplomats about Human Trafficking

According to a press release from the House of Representatives, State Representative Valarie Hodges, R-Denham Springs, met international diplomats to discuss human trafficking legislation, specifically HB 1105 of Louisiana's 2014 Regular Session.

The five countries represented were Greece, Brazil, Bangladesh, Sierra Leone, and Denmark. They were invited to the United States as part of the Department of State's International Visitor Leadership Program. The program will explore initiatives to recognize, protect, and assist victims of abuse and trafficking with recovery and reintegration programs, and investigate international law enforcement cooperation in trafficking cases.

mission of improving the quality of life for all Louisianans."

Dr. Phillips will begin her role in April.

As executive commissioner of Texas HHS, Dr. Phillips oversaw the largest state agency with more than 40,000 employees, a \$78.5 billion operating budget and more than 220 programs, ranging from health care, food safety and benefits to public health tracking and regulation of child care, nursing, and health care facilities.

She spearheaded the creation of Blueprint for a Healthy Texas, a business plan which highlights systemwide initiatives to promote a dynamic shift in the culture of the Texas HHS. As of December 2019, Blueprint for a Healthy Texas has accomplished 95.4% of the 130 deliverables scheduled for completion by the end of December.

Gov. Edwards Establishes Advisory Council on Rural Revitalization

On February 14, Gov. Edwards signed an executive order formally establishing the Governor's Advisory Council on Rural Revitalization. The Council will identify the needs and issues facing Louisiana's vital rural communities as well as solutions to removing any barriers that prohibit them from being more productive, healthy and attractive places to live and work.

"Rural communities across the country are in crisis, and we are no different here in Louisiana. They bear a disproportionate burden of poverty, lack adequate access to healthcare, education and other basic necessities. This council will help us identify their unique challenges and help implement effective and innovative Louisiana solutions," Gov. Edwards said. "It's in the best interests of our state to engage in a centralized and coordinated effort to further the revitalization of our rural areas and make certain the resources are available to help them grow in a sustainable way."

The advisory council will be comprised of 34 key state and local stakeholders appointed by the Governor who also appointed his retired chief of staff, former Senator Ben Nevers as chairman. The Council will develop and submit a comprehensive strategic plan to the Governor by January 5, 2021 and annual progress reports thereafter.

The duties of the council include: Identifying the needs, issues, and solutions relative to rural revitalization, including economic development, education, healthcare, infrastructure, clean water, housing, workforce development, and broadband.



Louisiana Legislature Convenes Monday, March 9

continued

submitted and shifts the receipt of reports and complaints to the legislative auditor instead of the House and Senate governmental affairs committees. HB 48 removes provisions requiring Title 37 licensing boards and commissions to give notice that complaints about actions or procedures of the boards may be submitted to the board or commission or to the House and Senate governmental affairs committees.

HB 138, Wright. Requires the use of **video cameras in classrooms where special education** services are provided to certain students with exceptionalities. Policies are to include: The location and placement of cameras, including a prohibition against recording rest room interiors or other areas in which clothing may be changed or removed; a requirement that written notice of the cameras be provided to teachers and other school employees, students, parents, and authorized visitors; a requirement that any teacher or other school employee who provides services in such a classroom or educational setting receive training concerning proposed law, and others.

HB 195, Miller, D. Removes the requirement to submit proof of active **hospital privileges** for a new healthcare provider in a group practice who bills an insurer using the group practice's identification number prior to credentialing. Proposed law retains present law but removes the requirement that the new provider submit proof of active hospital privileges, and so provides for the payment of health insurance claims prior to the credentialing of a healthcare provider

HB 243, Lyons. **Exempts persons with disabilities from charges** associated with obtaining medical records. Present law provides that a patient or his legal representative shall have a right to obtain a copy of the patient's entire medical record. Proposed law retains present law but adds that a person with a disability shall not be liable for costs associated with obtaining copies of a patient's medical records.

HB 158 Marino. Authorizes the recommendation of **medical marijuana** to patients by physicians for treating several neurodegenerative diseases and conditions. Present law

authorizes physicians recommend medical marijuana for therapeutic use by patients clinically diagnosed cancer, glaucoma, Parkinson's disease, positive status for human immunodeficiency virus, acquired immune deficiency syndrome, seizure disorders, epilepsy, muscular dystrophy, multiple sclerosis, post traumatic stress disorder, and certain conditions associated with autism spectrum disorder. Proposed law retains present law and adds neurodegenerative diseases.

HB 338, Duplessis. Requires the **reporting of certain physical and mental health** information of an offender appearing before the committee on parole for a parole hearing. Proposed law retains present law and adds information regarding the physical, mental, or psychiatric condition of the offender, when available, to the list of information included in the report secured by the department.

HB 449, Echols. Provides relative to **behavioral health services delivered via telehealth** and regulation of such services by the La. Department of Health. Present law, the Louisiana Telehealth Access Act (R.S. 40:1223.1 et seq.), defines "telehealth", in pertinent part, as a mode of delivering healthcare services that utilizes information and communication technologies to enable the diagnosis, consultation, treatment, education, care management, and self-management of patients at a distance from healthcare providers. Proposed law amends this definition to provide that healthcare services delivered via telehealth include behavioral health services. Present law, the Behavioral Health Services Provider Licensing Law (R.S. 40:2151 et seq.), requires the La. Department of Health to promulgate rules and regulations for behavioral health services providers. Proposed law provides that such rules and regulations address the delivery of behavioral health services through telehealth.

HB 485, Miller, D. Provides **admitting privileges to psychiatric mental health nurse practitioners** for preparing and executing orders for the admission of patients to licensed psychiatric treatment facilities. Present law provides that the governing body of a treatment facility may grant staff membership, specifically

delineated institutional privileges, or both, to a psychiatric mental health nurse practitioner conditioned upon the nurse practitioner meeting certain requirements pursuant to present law. Proposed law retains present law and adds that specifically delineated privileges may include the ability to prepare and execute orders for the admission of a patient to a treatment facility. Present law provides that any person who has a mental illness or person who is suffering from a substance-related or addictive disorder may apply for voluntary admissions to a treatment facility. Further provides that admitting physicians are to admit persons suffering from a substance-related or addictive disorder to treatment facilities. Proposed law retains present law and adds psychiatric mental health nurse practitioners may admit persons with mental illness or suffering from a substance-related or addictive disorder pursuant to present law.

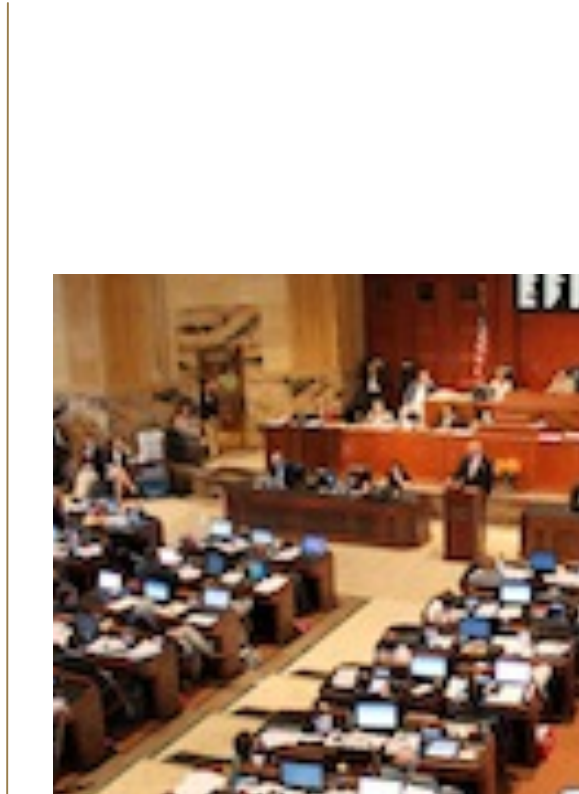
HB 505, Bishop. Proposed law **establishes the licensed profession of art therapist** in La. Provides for licensure of art therapists by the La. State Board of Medical Examiners, referred to hereafter as the "board". Proposed law creates the Art Therapy Advisory Committee, referred to hereafter as the "advisory committee", for the purpose of advising and make recommendations to the board regarding the practice of art therapy and the licensure of art therapists. Provides that the advisory committee shall be composed of five persons appointed by the president of

the board, three of whom shall be selected from a list of candidates submitted by the La. Art Therapy Association.

HB 663, Hughes. Revises **school discipline laws**. Present law provides relative to student discipline. Proposed law provides a comprehensive revision of present law, applicable to all public schools, including charter schools.

SB 128, Barrow. Requires certain **assessments of a student** prior to suspension from school. Present law provides generally for the discipline of students, including suspension. Proposed law requires the principal, prior to suspending a student, to ensure that the student is assessed using an instrument, such as the Adverse Childhood Experiences Assessment developed by the Centers for Disease Control, that is designed to determine if the student has experienced trauma. Further requires the results of the assessment to be used to determine whether the student's behavior may be better addressed in a manner other than through suspension.

SB 170, Mills, F. Provides relative to **health care emergency** visit alternative treatment reimbursement. Proposed law establishes an enhanced Medicaid reimbursement rate for hospitals that triage nonemergency Medicaid recipients presenting at the hospital emergency department to a hospital primary care clinic when such transition is appropriate.



DOJ Asks Judge for More Time to Answer Dr. Hesson's 2255 Petition *continued*

"In the end, not even one governing Medicare regulation was presented in the court's instructions to jurors," he writes, "leaving jurors unable to determine that the billing procedures were based on Medicare regulations, CPT codes being only a part of the more complex Medicare guidelines, and that Hesson relied on these regulations in good faith."

If jurors had been made to fully understand, he explains, that Hesson's company, Nursing Home Psychology Services (NHPS) passed a 2011 Medicare audit and review of its procedures for billing, and also that in 2012 he voluntarily asked Civil-DOJ to review NHPS billing procedures, then jurors would have concluded that he did not have any intent to do fraud or make false statements, he writes.

In the fact-filled 2255 Petition, Hesson argues that the jury was not instructed nor allowed to understand the official regulations, which would have successfully countered the prosecutors' theory of fraud, and more importantly, their "theory of conspiracy."

In response to the November 8 Petition, Judge Carl Barbier ordered that the US attorneys file a response to Hesson's arguments by January 7. In December the prosecutors filed a motion for additional time and then again in February prosecutors asked for more time. Judge Barbier granted both extensions. The US response is now due on April 6, 2020.

Hesson's company, Nursing Home Psychological Services (NHPS) consulted with and served up to 72 nursing facilities and employed between 23 and 26 psychologists and between 18 and 20 clinical coordinators. Hesson designed a

service that paired each psychologist with a clinical assistant, and the total units/hours billed was a sum of both the psychologist's and the supervised assistant's procedures. Consulting with the staff at the nursing home and working from physician referrals were part of the program for diagnostic testing of patients.

Three main NHPS practices formed the basis of the charges against Hesson: use of clinical assistants, medical necessity, and "locum tenens" billing, of one psychologist under the agency Medicare number of another.

In the Petition, Hesson argues that each of these business practices would have been shown to be legal and valid, or a good faith reliance upon them at the least, if the jury would have been caused to fully understand the Medicare regulations and rules. And, his company's willingness to undergo voluntary reviews by Civil-DOJ would have countered any conclusion of "conspiracy."

The 2015-2016 charges against all defendants were elevated to "conspiracy," which carries some of the harshest legal treatment that Government prosecutors can bring to bear on defendants, through laws that allow pre-trial and pre-conviction seizing of assets and property.

"Conspiracy" laws originate from prosecution of individuals in organized crime and terrorists. "Federal prosecutors can, and should, use civil forfeiture to enhance criminal cases and further the Department of Justice's (Department) goal of effective law enforcement," writes Craig Gaumer in the *U.S. Attorney's Bulletin*, "A

Prosecutor's Secret Weapon: Federal Civil Forfeiture Law.

Even the Judge, notes Hesson, commented on the unusual circumstances of the case. Before the trial began, Judge Barbier said, "You know, in many criminal cases, the defense is: I didn't do it. I didn't commit the act you said I committed. I didn't have a gun, I did not do whatever it is. But in this case, as I understand it, the defendants are saying: we did what we did, but we didn't believe it was illegal to do what we did."

And, the transcript confirms that confusion. The Judge acknowledged that he had not reviewed the regulations and stated, "I have seen references to them in all the pleadings, all the memoranda that have been filed. They said these are very complex regulations, does it pretty much say in black and white under 101 and 102 what you can do and not do?"

Prosecutor's Kanellis response was misleading at best, writes Hesson: "The CPT codes are very short. What [the defense] want[s] to do is they want to muddle the picture by saying here's a way you interpret these codes, why don't we consider this"

Hesson writes that when prosecutor Kanellis reinforced his point that any interpretations about the governing law is "the Judge's function," the following conversation occurred:

The Court: You're going to propose or suggests legal instructions on that, right?

Prosecutor Kanellis: Yeah. If there's a reason --

The Court: is there case law on this that's relevant, on how to instruct the jury on these types of regulations?

Prosecutor Kanellis: There are cases that discuss the issue in general. I have not seen a case where they discuss the specific instructions in that regard. That's certainly something, your honor -- I mean, the easiest thing to do is for the court to say, this is what CPT code 96101 says," and it's a sentence, or a few sentences. Here is what CPT code 96102 says."

Jurors never received these instructions, Hesson writes, and so could not determine whether he and his employees reasonably complied in good faith with civil law.

Hesson and his mother, Gertrude Parker, owned and operated regional companies, Nursing Home Psychological Service and Psychological Care Services. They marketed to nursing homes in Louisiana, Mississippi, Alabama and Florida. At the trial, Hesson said that his company was "...inundated with referrals." He said that at times the company had to cap how many people could be seen.

Physicians ordered the assessments and nursing homes appeared to need them, based in part in changing attitudes around the country and the increasing awareness about overmedication of senior citizens in nursing home care. Many sources note the under utilization of psychological services in senior care facilities. Hesson and his company, classified as a small-business based on yearly revenues, became a top biller of Medicare services.

Dr. Hesson was found guilty and sentenced to 120 months, and restitution of \$13,800,553 with at least \$200 per month after release, paid to Medicare.

Gertrude Parker was sentenced to 84 months, restitution of \$7,313,379, and \$200 per month.

Dr. John Teal was sentenced to serve 24 months, restitution of \$3,505,137, and \$200 per month. He has completed his sentence.

Dr. Beverly Stubblefield was sentenced to serve 30 months, restitution of \$2,181,378, and \$200 per month. She is home in Ecu, Mississippi. Stubblefield worked contract for the Hesson companies, part-time for about five years. She was paid roughly \$89,000 per year.



LSBEP Planning Changes in Psychology Law

continued

that psychologist must conduct their activities in ethical and professional ways that meet standards required by the board. The authors of the memo write, "Clear authority to require registration of assistance will allow the board to enforce regulations that it promulgates, ensure the individuals who are being employed or qualified do not have a history of violent behavior, or other impairment that would prohibit them from interacting with vulnerable populations, with whom they are often alone."

The board also notes that the changes they seek would allow them the authority to collect fees for registering assistants.

The memo also included a number of expansions to the authority of the board including the right to delegate to an employee or Executive Director subpoena authority.

The authors note that even though the board has authority to issue a summary suspension (of a license) there is no clear language in the law that gives the board the right to delegate that authority to a specific individual or executive committee.

This authority is outlined in Louisiana Administrative Procedures Act 49:956, they write, however there is no clear authority given to the board to delegate the authority to a specific individual or committee.

"Present law is also silent on the authority of the board to delegate duties to an Executive Director of the agency in order to effectuate the provisions of the Chapter."

The board would also like to change the law to give itself clear authority to provide educational activities and to recuperate the cost of providing such education.

According to the memo the board would like to modify the definition of the practice of psychology. "This definition has been challenged in an attempt to exclude from licensure those individuals who practice in a forensic setting," the board writes. The definition, authors say, should also be modified to include individuals engaged in education and training in a clinical setting such as university hospitals and clinics.

The LSBEP wants to change the definition of board member such that the qualification no longer includes a minimum of five years practice under Louisiana law. "This is unnecessarily restrictive and narrows the pool of qualified board members," they write. "A new licensee may have been in practice for more than five years in another jurisdiction."

The board is also seeking changes in the licensing requirements because they are outdated, they explain. They suggest changes are needed to match the current national standards for training and credentialing for licensure.

Adding the words "or otherwise restrict" into the definition of the boards power to "suspend, deny or revoke" someone's license, and so this would allow them to modify licenses in a less restrictive way where appropriate and allow some individuals to continue to practice in a limited

capacity in contrast to completely revoking their license, the authors explain.

The board members also recommend changes to establish clear authority for them to collect applicable administration and maintenance fees, as related to application, registration and renewals.

The board is also seeking to change the definition of "Executive Committee" because the present law is not clear regarding the authority of the board to delegate certain functions.

Authors write they want to make additions or changes in matters of telepsychology including the authority to collect fees necessary to review or deny request to provide training via electronically means.

Also the LSBEP is seeking to further define and determine the differences between an "applicant" for licensure and a "candidate" for licensure because the board has been challenged with determining the level of due process

rights of an individual once they are granted candidacy status.

The memo was obtained from an undisclosed source in Louisiana Psychological Association who said that the association was not in favor of major changes without more assessment of the suggestions by the members at the state association and the community at large.

The memo does not appear to be posted on the board's website. However, according to the December minutes (posted January 10) legislative efforts were discussed briefly. "Dr. Gormanous expressed his opinion that the LSBEP should prepare to educate people, including new legislators if the Board is going to seriously consider statutory changes." And, "The committee agreed that they would wait for ASPPB to publish recommendations for the 'Elevator Speech' and revisit that topic at that time."

The minutes contained no reference to comments from the members about separation of powers.

Choose your career path with confidence!

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



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

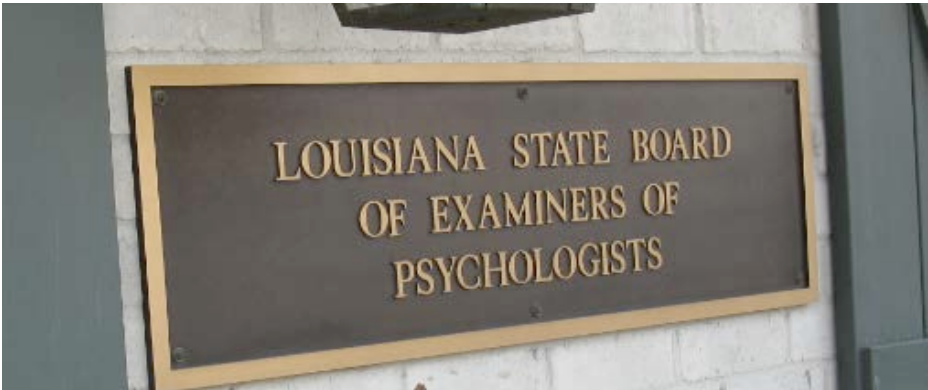
William H Costelloe IV B.A.
(Career Consultant Vice President)



COSTELLOE & ASSOCIATES INC.

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

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



From the Minutes

Selected Items from December Minutes of the Louisiana State Board of Examiners of Psychologists (LSBEP)

4. **Jurisprudence Examination Committee** – Dr. Henke reported that the committee met earlier and reviewed the jurisprudence examination. The committee determined that at present, the examination is utilized only for potential licensees. The committee determined that it has a potential to be used as a continuing education activity to stay current on statutes and regulations in psychology; that the examination has the potential to be offered online in several different forms; that currently the majority of questions were from Chapter 13 (Ethical Standards). Dr. Gibson reported that one of the considerations would be determining a fee structure.

5. **Legislative Oversight Committee** –Dr. Gormanous expressed his opinion that the LSBEP should prepare to educate people, including new legislators if the Board is going to seriously consider statutory changes. Mr. McNeely confirmed that committee appointments had not been made for new legislators but would likely occur around January 13 or 14 and that he would continue investigating appointments on the Senate side. He confirmed the session opens on March 9 and the prefile deadline is February 26. The committee agreed that they would wait for ASPPB to publish recommendations for the “Elevator Speech” and revisit that topic at that time.

6. **Liaison to Professional Organizations and Boards** – Dr. Gormanous reported that the board was sending representatives to the ASPPB meeting in Montreal. Dr. Henke requested that Ms. Monic follow up on making sure new members were added to ASPPB’s listserv.

7. **Continuing Professional Development (CPD) Committee** – Dr. Moore reported a very good response to the Board’s survey regarding CPD and Unlicensed Assistants. Dr. Boggs agreed to compile data from the survey. Dr. Henke recommended that the board provide a response to participants to thank them for their participation and express the responses as helpful to consider the practitioners perspective as the board decides how to move forward in its mission of public protection. Dr. Henke recommended publishing the response in the next newsletter of the board.

9. **Complaints Committee** – a. No complaints were submitted for closure. b. Complaint Status Report from Justin Owens, LSBEP Compliance Officer – Mr. Owens reported that since the last meeting on November 22, 2019, the Board has received 3 new Requests for Investigations which brings the total open cases to 28: five of those open cases are against unlicensed individuals; twenty are active investigations; and 5 are at varying stages of being closed.

DISCUSSION/ACTION ITEMS

1. STATUTORY - Considerations for 2020 Regular Legislative Session: Definition of “Practice of psychology”; Summary Suspension provision; Emeritus License (full retirement/no CE/minimum fee); R.S. 37:2356.B. and C. require updating related to examinations; Unlicensed Assistants; registration; revocation and fee schedule; and Disclosure of information received in an administrative investigation falling under other state or federal jurisdictional oversight - The board discussed issues that need to be addressed through legislation. The Board agreed to continue to review and work on needed changes

and language that would properly address the current needs and practice of the board. Dr. Moore moved in favor of amending the outdated statutes related to examinations as follows:

2. GUIDELINES: a. ASPPB Guidelines on Closing a Practice, Comment period January 6, 2019 – Ms. Monic provided information regarding deadlines to review and comment on ASPPB’s proposals. **b. Supervision via Telepsychology** – Dr. Moore presented this matter and provided the revised guidelines and draft application to provide telesupervision. Mr. McNeely requested clarification on telesupervision related to the percentage of hours that must be done with the supervisor physically present in the setting where services are provided. Following review, the board requested the matter be scheduled for January discussion and that Ms. Monic forward the documents to the board members for a thorough

Psychology Board Requests Attorney General Opinion

On February 13, the Attorney General's office issued an Opinion requested by the Louisiana State Board of Examiners of Psychologists. The board asked the Attorney General (AG) to give an opinion regarding the reporting of information the board members receive when they are reviewing complaints against psychologists and conducting investigations. Specifically, the board asked that since many are licensed psychologists, and designated as mandatory reporters for the purposes of suspected child abuse and neglect, does the board fall under this mandatory reporting law as a collective.

In the summary, the AG published Opinion: 19-0068, "The obligation of any member of the Louisiana State Board of Examiners of Psychologists as a mandatory reporter of child abuse under the Louisiana Children’s Code primes any requirement that the Board’s complaints, investigations, and disciplinary proceedings be kept confidential. The Board is not required to report final adjudications and orders finding licensees in violation of the laws and rules governing the practice of psychology, except National Practitioner Data Bank reporting requirements and insofar as a duty arises as to individual Board members under the mandatory reporting provisions of the Louisiana Children’s Code."

In the full Opinion, Assistant AG Alexander Reinboth explained that in the opinion of the Office, a mandatory reporter's duty exists notwithstanding any claim of privilege communication. And he said that the law requires any statutorily defined mandatory reporter of child abuse who has caused to believe that a child’s physical or mental health or

review and to test the fillable application.

3. **Electronic Communications Policy** – Dr. Boggs presented this matter and discussed that communication involving board business should be consistent with board policy and relevant rules and laws. Mr. Owens reported on similar matters they were educated on at the CLEAR Investigator Training. Mr. Owens requested approval to purchase a camera/video recorder so that personal cell phones would not have to be used in investigations. Dr. Gormanous moved in favor of approving funds for the purchase of a camera/video recorder. The board unanimously approved the motion as follows: Boggs- YEA, Henke – YEA, Gormanous – YEA, Gibson – YEA, Moore - YEA.

welfare is endangered to report the suspected abuse irrespective of any claim of privilege.

"This office is therefore of the opinion that the obligation of any member of the board as a mandatory reporter of child abuse under the Louisiana children’s code primes any requirement that the boards complaints, investigations, and disciplinary proceedings be kept confidential."

The board members through their attorney also asked "whether it is legally permissible for the board to report complaints of criminal conduct and confidential information received in such complaints to law-enforcement or other state licensing bodies our other state and federal agencies with jurisdiction or shared your subject jurisdiction over allege violations."

Reinboth said that the information obtained by the board must be evaluated on a case by case basis to determine its confidentiality. He put in a footnote that one such consideration would be whether the information that issue would be subject to the protections of HIPPA. And he said, "This is a fact intensive inquiry upon which this office is not well-suited to opine."

Lastly the board asked as to whether the board has any duty to report to law-enforcement or other agencies final adjudications and orders.

“This office was unable to locate any specific requirement that the board must make such reports on its own motion," and so concluded that this type of report is not required except for the National Practitioner Bank.

Dr. Buckner Named for Research Excellence

continued

Julia Buckner is a Professor and Director of Clinical Training in the Department of Psychology at Louisiana State University and the Director of LSU's Anxiety and Addictive Behaviors Laboratory & Clinic. She is also a Clinical Associate Professor in the Department of Psychiatry at LSU-Health Sciences Center and a Visiting Professor at the London South Bank University School of Applied Sciences. She is also a licensed clinical psychologist.

The awards committee said, "Among the multiple renown and highly-productive researchers who were nominated this year, you were the unanimous choice of the award selection committee. The praised her "pioneering work on the role of anxiety in substance use and related problems as well as her commitment to the development of innovative treatments for addictive behaviors, her research with historically underrepresented groups, her work to disseminate evidence-based practice to Baton Rouge (a high need area), and her outstanding mentorship and commitment to teaching..."

Dr. Buckner said, "I am honored to have received this award. Alan Marlatt was committed to both research aimed at understanding substance misuse as well as the translation of evidence-based findings to help improve treatment outcomes. Receiving this award highlights my research on the impact of psychosocial vulnerability factors such as anxiety on the etiology and maintenance of substance use disorders and research on ways to best treat dually diagnosed patients." She explained that these patients, such as those with comorbid anxiety and substance

use disorders tend to have poorer treatment outcomes.

Dr. Buckner's program of research primarily focuses on: (1) delineation of causal and maintaining factors implicated in substance use disorders, especially the role of affect-related vulnerability factors; and (2) development and evaluation of empirically-informed treatment and prevention protocols for substance use disorders, including treatment for co-occurring anxiety-substance use disorders.

Dr. Buckner has had over 150 publications and has been involved in several NIH grants. She is currently Primary Investigator on a graduate education training grant from the US Department of Health & Human Services' HRSA to integrate clinical graduate students into Our Lady of the Lake Hospital in Baton Rouge to bring evidence-based psychotherapy for substance use disorders, with a particular focus on treatment for opioid misuse. She has also received awards from organizations such as the American Psychological Association, College on Problems of Drug Dependence, Anxiety Disorders Association of America.

The award is in honor of Dr. G. Alan Marlatt for his distinguished career as a pioneer and innovator in cognitive-behavioral therapy and research on addictive behaviors.

Dr. Buckner said, "This award is unique in that it also highlights our work that more directly impacts the lives of individuals in Baton Rouge who are suffering from these conditions, including our efforts to bring

MET-CBT for substance use disorders (including those with dual diagnoses) to several locations throughout Baton Rouge, including the 19th JDC Adult Drug Treatment Court Program, Our Lady of the Lake's outpatient clinic Center for Psychiatric Services, and thanks to a recent HRSA grant we received from the US Dept of Health & Human Services, to several units in OLOL Hospital."

Also had this year's conference Kayce Hopper was awarded the Outstanding Student Poster award for her poster, "Dual electronic and combustible smokers use of cannabis in relation to pain and hazardous drinking."

BELOW:

Left to right:
Undergraduate research assistants Jackson Green and Joanna Paz, Dr. Julie Buckner, Graduate student research assistants Katherine Walukevich-Dienst, Mara Lewis, and Cristina Abarno, and post-bac research assistant Kayce Hopper, Outstanding Student Poster Award winner.

(Courtesy Photo)



Researchers from Across the State to Present at Southeastern Psychological Association, to be Held in New Orleans in April

The Southeastern Psychological Association (SEPA) will hold its 66th Annual Meeting in New Orleans from April 1 to April 4 at the Sheraton New Orleans. An array of researchers from across the state will present their posters and research findings'

"A History of the Department of Psychology at Louisiana State University Shreveport," will be presented by Yong Dai, Louisiana State University Shreveport for "History of Departments of Psychology in the Southeast" where histories of four psychology departments in the Southeast will be presented. Presentations will include brief histories of the institution, information about the faculty and about the curriculum, and unique aspects of the department. Information about outstanding students and faculty members will be discussed.

Poster presentations include:

Ethnic Identity and Alcohol Use Among Historically Black College/University (HBCU) Students. Laura Braby & Christoph Leonhard, The Chicago School of Professional Psychology at Xavier University of Louisiana

The Snowflake Theory: Instagram Use and Resiliency in Generation Z. Rachel Alvarez & Jennifer Hodges-Crowder, Northwestern State University of Louisiana

Criminal Thinking Patterns Among Sex Offenders Based on Victim Age. Alec Rothman & Jennifer Hodges-Crowder, Northwestern State University of Louisiana

Child-Directed Word Associations Convey Reliably Different Semantics. Ashlyn Suchand & Christopher Cox (Faculty Sponsor), Louisiana State University

Testing Memory without Mentioning "Memory". Niels Dickson, Louisiana State University, Daniella Cash, Sam Houston State University, & Megan Papesch, Louisiana State University

Distinct Effects of Acute Anxiety on Memory and Metamemory. Felicia Chaisson, Lauryn Burleigh, Steven Greening, & Heather Lucas, Louisiana State University

The Relationship Between Vocational Interests and Parenting Styles Moderated by Work-Family Integration. Kendall McGoey & Rachel Williamson Smith (Faculty Sponsor), Louisiana State University

Expect and You Shall Remember: Incidental Encoding During Prospective Memory. Juan Guevara Pinto, Abigail Jahnke, & Megan Papesch, Louisiana State University

Recognizing Stereotypes, Microaggressions, and Racial Biases by Undergraduates. Rabiya Farooqui & Evan Zucker (Faculty Sponsor), Loyola University New Orleans

Effects of Nonprofits' Sequential and Simultaneous Positioning Requests Affect Donor Allocations. Kim Ernst, Loyola University New Orleans, & Nicholas Militello, University of Southern Mississippi.

Perceptions of Co-Workers with Body Modifications. Teddy Herrick & Even Zucker (Faculty Sponsor), Loyola University New Orleans

Examining the Unique Challenges of University Student Parents. Sara Sohr-Preston, Southeastern Louisiana University

Divine Entitlement, Views of Suffering, and Divine Struggle. Elizabeth Manuel & Sara Sohr-Preston, Southeastern Louisiana University

Rate my professor and Student Gender Effects on Self-Efficacy for Course Effort. Stefanie Boswell, University of the Incarnate Word, & Sara Sohr-Preston, Southeastern Louisiana University.

Assessing Change in Knowledge Among Developmental Psychology Students. Sara Sohr-Preston, Elizabeth Manuel, & Abigail Haik, Southeastern Louisiana University.

From Childhood Adversity to Emotion Regulation Difficulty Through Attachment Insecurity. Dylan John, Gabriel Hunter, Hung-Chu Lin, Amy Brown, Paula Zeanah, & Manyu Li, University of Louisiana at Lafayette.

Anxiety Sensitivity in PTSD and Subthreshold PTSD. Anne Madison Tompkins, Southeast Louisiana Veterans Healthcare System, Amanda Raines, Louisiana State University, Jessica Walton, Stacey Parkin, Michele Carroll, & Laurel Franklin, Southeast Louisiana Veterans Health Care System.

Cont next pg

The Southeastern Psychological Association (SEPA) will hold its 2020 conference in New Orleans.

In this photo participants are at SEPA 2016, also in New Orleans. L to R: Dr. Thomas Mitchell, from the University of Baltimore, Dr. Jerry Tobacyk, from Louisiana Tech University, and Efehi Edomwony, from Xavier University.



Science & Education

Researchers from
Across the State at
SEPA in April, cont'd

De-Catastrophizing Intrusive Reminders of Trauma to Mitigate Trauma Symptom Development: Evidence from the Trauma Film Paradigm. Joseph Boffa, Southeast Louisiana Veterans Health Care System, Amanda Raines, Louisiana State University, & Laurel Franklin, Southeast Louisiana Veterans Health Care System

Psychologically Flexible and Inflexible Predictors of PTG and PTSD. Dustin Seidler, Laurel Franklin, Southeast Louisiana Veterans Health Care System, & Chad Drake, Southern Illinois University-Carbondale

From Childhood Adversity to Emotion Regulation Difficulty Through Attachment Insecurity. Dylan John, Gabriel Hunter, Hung-Chu Lin, Amy Brown, Paula Zeanah, & Manyu Li, University of Louisiana at Lafayette

Condom Availability, Attitudes, and Intentions. Kelsey Mayes, Samantha Arbella, Cristian Rivera, & Amy Brown, University of Louisiana at Lafayette

Defining Sexual Harassment: Impact on Perceptions of College Harassment. Kelsey Mayes, Megan Fowler, Lauren Neumeyer, & Amy Brown, University of Louisiana at Lafayette

As reported in the February issue, also presenting will be Dr. Charles Figley. Dr. Figley who will present 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. 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 Brokenborough, & 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. 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.

Stress Solutions
by Susan Andrews, PhD

The Zen of Balance

The Zen of Balance of which I write relates to our ever-present list of things we have to DO versus making some time to just BE. To illustrate the importance of balancing the Do's and the Be's in life, meet Stacy (a fictional character). Stacy is the kind of person who does not have a good sense of how stressed she is, and she did not do much to change her busy schedule even when she was warned about needing more time for relaxation. Her attitudes about work and career keep her feeling overwhelmed and responsible on the one hand and conflicted on the other hand because she frequently reads about how long-term stress can affect your health. This is a mental tug-a-war that many career-focused people have a hard time resolving.

Stacy is a good example of how we can get worn down by our attempts to live up to all of our responsibilities to family, work or education, and friends (and still enjoy a social life). Like so many of today's bright young people, she wants to balance her personal life and her career. Her story, however, indicates that she may not be managing as well as she thinks.

As a lawyer, Stacy has always prided herself on being logical rather than emotional. She uses her cell phone and computer to manage her exercise routine, keep up with her business responsibilities, and watch her diet to manage her weight. Recently, Stacy added a yoga exercise class as a way of relaxing. Adding more to her daily to-do list, though, stretched her even more each day. Thank goodness, Stacy thought, for the modern electronic world at our fingertips. Stacy's plan was to stay in touch with the office even when she went to yoga class, by using her cell phone. She set her email on her phone to notify her of important "can't wait" messages. She completely missed the concerned looks that the yoga teacher gave her whenever her phone would ring, and she would excuse herself to go outside the classroom to take the call. Despite her best intentions to relax, Stacy cut her relaxation exercises short to attend to business. Even more problematic was that Stacy could not bring herself to take mental breaks from thinking about what she needed to do next and about business details and issues.

We all generate lists of what we want to get done today or this week. And, don't we all run out of day (time) before we run out of the things on our to-do list? Time is a funny thing; if you want time to do a thing, you have to MAKE that time. The point is that one thing that few of us make time for is time to spend each day just Being.

Just Being means a making a short period of time, maybe as little as 5 or 10 minutes, in which you find a quiet, peaceful environment, assume a gentle and safe position (so that you will not be concerned or thinking about your body), and clear your mind of all thoughts. Try to push away thoughts of what you will do when finished or next. Focus on listening, being aware of the environment around you. Or, focus on listening to your breathing. Try to make time every day to spend a few minutes just being.

In a lot of ways, Being can lead to enlightenment. Buddha is thought to have said: "Before enlightenment: chop wood, carry water. After enlightenment; chop wood, carry water." Maybe spending a few minutes in a state of Being will make chopping wood and carrying water a bit more palliative.



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.

Peter Gollwitzer, Father of "Implementation Intentions" to Speak at La Psychological Association Convention in May

<p>Dr. Peter Gollwitzer burst onto the scene with his 1999 <i>American Psychologist</i> article, "Implementation Intentions: Strong Effects of Simple Plans," and has since led the way in ground-breaking work in goal-achievement, planning, mindset, and self-regulation. He will present "A Goal Perspective on Behavior Change," at the Annual Convention of the Louisiana Psychological Association to be held May 8 and 9 at the Sheraton Galleria in Metairie Louisiana.</p> <p>Dr. Gollwitzer has worked in academic institutions in the US and in Germany including the Max Planck Institute for Psychological Research and will bring a wealth of research and cognitive science to attendees at the May conference.</p> <p>"I will begin with describing how the goal concept emerged in the history of the psychology of motivation," said Dr. Gollwitzer, "and then turn to the question of whether and how goal striving can be enhanced by self-regulation. I will argue that ineffective goal striving can be overcome by using a simple self-regulation strategy: preparing goal striving in advance by forming implementation intentions...".</p> <p>Dr. Gollwitzer has conducted laboratory studies using cognitive task paradigms and performed field experiments and intervention studies with clinical samples, including with children with ADHD, stroke patients, and individuals suffering from addictions or anxiety disorders. He has developed models of self-regulation, such as the Theory of Symbolic Self-Completion (with Robert Wicklund), the</p>	<p>Auto-motive Model of Goal Striving (with John Bargh), the Mindset Theory of Action Phases, and a Theory of Planning that specifies implementation intentions (if-then plans) as a powerful self-regulation tool.</p> <p>At the May conference, he will explain beneficial effects and underlying processes of forming implementation intentions and report on studies demonstrating that implementation intentions can be used to "curb disruptive reflexive cognitive, affective, and behavioral responses. In closing, I will turn to health behavior change interventions that are based on forming implementation intentions."</p> <p>Research has uncovered the basis of the psychological mechanism behind this technique. A mental link is forged between the <i>if</i> and the specified goal response that occurs in the plan of <i>when</i>. Selection of a critical future situation, causes a mental representation of the situation to become activated and more accessible.</p> <p>Currently Dr. Gollwitzer has co-authored: "Implementation intentions," for the 2019 <i>Encyclopedia of Behavioral Medicine</i>; "Goal attainment," in the 2019 <i>Oxford Handbook of Human Motivation</i>; "From feeling good to doing good," in the 2019 <i>Oxford Handbook of Positive Emotion and Psychopathology</i>; and "Mindset theory of action phases and if-then planning," in the 2019 <i>Social Psychology in Action</i>.</p> <p>Gollwitzer has explained that goals, or goal intentions usually are structured as: "I</p>	<p>intend to reach XYZ!" with XYZ relating to a desired future behavior or outcome. Implementation intentions, in contrast have the structure: "If situation B is encountered, then I will perform the goal-directed response A!"</p> <p>"Thus," he writes, "implementation intentions define when, where, and how one wants to act on one's goal intentions. In order to form an implementation intention, individuals need to identify a goal-relevant situational cue (such as a good opportunity to act, or an obstacle to goal striving) and link it to an instrumental goal-directed response."</p> <p>Most goals only contain a desired behavior or outcome. "On the contrary," he says "the if-component of an implementation intention specifies when and where one wants to act on this goal, and the then-component of the implementation intention specifies how this will be done."</p> <p>"Implementation intentions facilitate goal attainment on the basis of psychological mechanisms that pertain to the specified situation in the if-part and to the mental link forged between the if-part and the specified goal-directed response in the then-part of the plan. Because forming an implementation intention implies the selection of a critical future situation, the mental representation of this situation becomes highly activated and hence more accessible."</p> <p>Implementation intentions improve goal achievement and behavior change because, "They delegate action control to situational cues thereby endow</p>	<p>action control with features of automaticity."</p> <p>In a meta-analysis of almost one hundred studies, the cognitive technique demonstrated "a medium to large effect on increased rate of goal attainment."</p> <p>Some of his work available online is:</p> <p>An online randomised controlled trial of mental contrasting with implementation intentions as a smoking behaviour change intervention. <i>Psychology & Health</i>. https://doi.org/10.1080/08870446.2019.1634200</p> <p>Using Mental Contrasting with Implementation Intentions (MCII) to reduce bedtime procrastination: Two randomised trials. <i>Psychology & Health</i>. https://doi.org/10.1080/08870446.2019.1652753</p> <p><u>The goal concept: A helpful tool for theory development and testing in motivation science.</u> <i>Motivation Science</i>, 18, 185-205.</p> <p><u>Planning out future action, affect, and cognition.</u> In G. Oettingen, A. T. Sevincer, & P. M. Gollwitzer (Eds.), <i>The psychology of thinking about the future</i>(pp. 335-361). New York: Guilford.</p> <p><u>Promoting the self-regulation of stress in health care providers: An internet-based intervention.</u> <i>Frontiers in Psychology</i>, 9: 838.</p> <p><u>Downregulation of anger by mental contrasting with implementation intentions (MCII).</u> <i>Frontiers in Psychology</i>, 9: 1838.</p> <p>https://wp.nyu.edu/motivationlab/publications/peter-</p>
---	--	--	---



Dr. Peter Gollwitzer authored the *American Psychologist* article, "Implementation Intentions: Strong Effects of Simple Plans," and has since led the way in ground-breaking work in goal-achievement, planning, mindset, and self-regulation.

(Courtesy photo)

Science & Education

Dr. Cherry's New Book to Hit Shelves this April

Dr. Katie Cherry, Professor of Psychology at Louisiana State University has a new book coming out in April, published by Oxford University Press. The title is, *The Other Side of Suffering: Finding a Path to Peace after Tragedy*.

Dr. Cherry is the Emogene Pliner Distinguished Professor of Aging Studies as well as the Director of Research and Community Outreach, LSU Life Course and Aging Center.

"... this is a book about hope and healing after disaster and other negative life events," said Dr. Cherry. "It's based on research I did with south LA coastal families who lost homes in Katrina in 2005."

In this newest book, Dr. Cherry summarizes 12 papers that provide an academic foundation for the six healing principles she presents: faith and humor; respect and gratitude; and acceptance and silver linings, she said.

"There is also a chapter on post-disaster grief and the 'new normal.' Life goes on after disaster, as outlined in the last chapter of this book," she said.

"... I have sprinkled throughout from former research participants, and also famous people," she said, including "Abraham Lincoln, Rose Kennedy, Dr. Seuss, Mr. Rogers, and not to mention Oliver Sacks, Viktor Frankl, and Elisabeth Kubler Ross."

Cherry has studied and written about the challenges of coping and healing from disasters and other negative events. She has authored *Traumatic Stress and Long-Term Recovery: Coping with Disasters and Other Negative Life Events*, and also a 2009 book, *Lifespan Perspectives on Natural Disasters: Coping with Katrina, Rita and other Storms*, among others.

She has studied coastal residents with severe property damage from the 2005 Hurricanes Katrina and Rita, and those with exposure to the 2010 British Petroleum Deepwater Horizon oil spill.

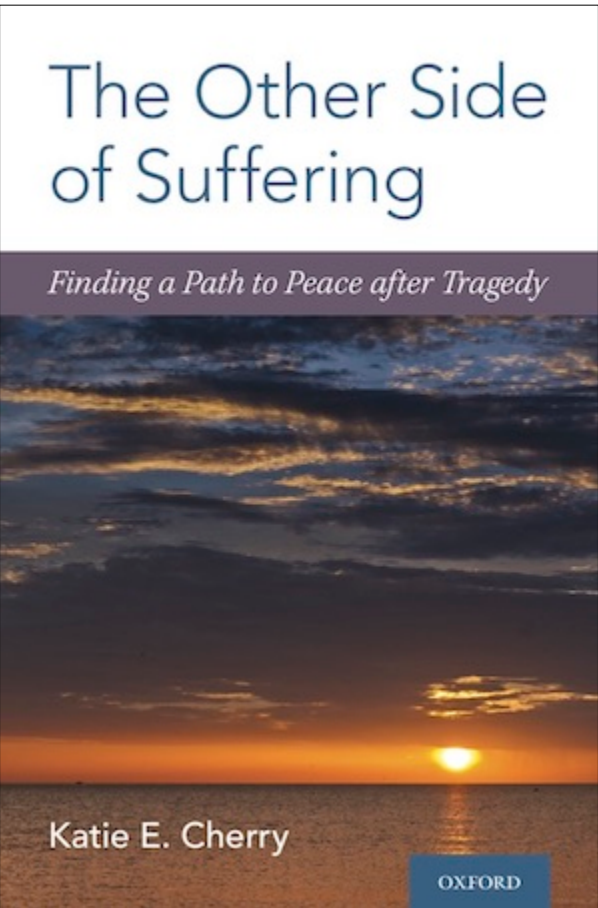
She has presented work from studies that she and co-authors Loren Marks, from the LSU School of Social Work, and others, published in *Aging and Mental Health*, at the Science Café in Baton Rouge, and at the Louisiana Psychological Association's Science Cafe.

One study, "Long-term psychological outcomes in older adults after disaster: relationships to religiosity and social support," was based on interviews and assessments of over 190 coastal residents.

Dr. Cherry will be participating in the Authors Roundtable at this year's Louisiana Psychological Association conference to be held in May.



Dr. Katie Cherry
(Courtesy photo)



New Programs!

Sound Psychology®

Psychological Messages in Music and Dance
of Contemporary Native American Cultures

Contact Susie to Schedule Your Event
susie@susiemariephd.com, 225-245-2475



Susie Marie PhD, Inc. Productions, Dr. Susan Glanville, President

A Shrink at the Flicks

Knives Out A Review by Alvin G. Burstein

Card five of Henry Murray’s Thematic Apperception test portrays a middle-aged woman looking through an open door with an expression shock and maybe anger on her face. We graduate students learning about the test called it *The Snoopy Mother* card. Now, more sophisticated, I might retitle it *Family Secrets*. Adam Smith has famously opined that the family is where one learns about frustration. It is also the case that all families have secrets, many of which have to do with taboos, sexual and otherwise. The symbolic power of the closed door to the parent’s bedroom is manifest.

I can further document the potential of family secrets to potentiate intense psychological conflict. The only time a patient of mine fainted in the course of being psychologically evaluated was when he was confronted with Snoopy Mother.

Knives Out is usually called a mystery film, a Who Done It. More precisely, it is about family secrets. A central figure is Harlan Thromby, an 85-year-old famous writer of mysteries and founder of a lucrative financial empire based on his prolific authorship. The empire is a family business that appears admirable. But when Thromby is found dead on the morning after his birthday party in the film’s opening, the audience begins to follow the investigation into his death. How did he die, and who was responsible? The investigation is carried out by the police and a private investigator, Benoit Blanc. Blanc at the outset sits in the background, listening while the police interview members of the family. But he is an interesting character, one who like Sherlock Holmes, seems to have a special relationship with the official police. Blanc,

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.



mysteriously, speaks with a Southern accent. He comes to play a leading role in the investigation, which he characterizes as a donut—a mystery with a hole in its center.

The audience hears the initial accounts by family members of the birthday party and its surrounding events. Those accounts are a façade, and much of the film amounts to uncovering the secrets behind that façade. And the secrets behind those. The twists and turns of those discoveries are the meat of the film, I will scrupulously avoid spoiling the surprises that are entailed.

But its fair to reveal that Thromby is a King Lear figure, but one in reverse. He has discovered that his family, living on and profiting by his labors, have been stealing from him, are planning to rebel against his plans for the empire, and are engaged in surreptitious sexual activities. So he has written a will disinheriting them and making Marta Cabrera, young nurse who has been acting as his factotum, his heir.

Marta, like Thromby and Blanc, is also a fascinating character. What makes her remarkable is that, surrounded by misrepresentations, she, like Pinocchio, cannot lie. The puppet, you will recall, is burdened with a nose that lengthens when he lies. Marta vomits if she lies. That peculiarity is brought into special perspective by the movie’s ending, in a way that will surprise you, I promise.

And I want to mention yet another fascinating character, Nana Thromby, the deceased’s mother, though her role is a cameo. Senile, she sits staring through a window with a fixed stare. Like Snoopy Mother, she seems to be saying “I know what you did.”

Louisiana Psychological Association's
2020 Annual Convention

**Psychological Interventions:
Scientific Design
& Practice**

May 8 & 9, 2020

**Sheraton Galleria
Metairie-New Orleans**

Up-Coming Events

Great Need for Psychologists as Mediators

Louisiana Chapter of Assn Family & Conciliation Courts to Hold 10th Annual Conference in This Week in New Orleans

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 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.

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.

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.

Mindfulness Day Set for April 4

The annual mindfulness day will be held April 4 at the meditation hall in Baton Rouge. Presenters will include Gary Pettigrew PhD, and John Pickering PhD.

The topic for the day will be “Conceptions of the self: a day of mindfulness for mental health professionals.” Dr. Pickering said registration is still open. The event is co-sponsored by the Louisiana Psychological Association.

REGISTER NOW

for AFCC-LA 10th State Conference:

"Calming the Waters: Parenting Coordination and Mediation Ethics and Skills"

March 6-7, 2020
Sheraton New Orleans
(discount room rate available)
12.0 CLEs/CEUs applied for

The full agenda and registration information are at our website:
www.afcc-la.org

To see **AGENDA** on website, **click Professional Resources tab.**

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.

Up-Coming Events

Psychology-Law Society Conference This Week in New Orleans, March 5–7

Dr. Beth Arredondo, ABPP-CN, Continuing Education Chair for the American Psychology–Law Society, announced 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 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.

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."

Private and Separate
**Offices for
Rent**

Baton Rouge
South Sherwood Area

In complex with other
mental health
professionals

\$675/month
\$500/month
utilities included

contact Times' Office at
psychologytimes@drjulienelson.com

The Psychology Times

Winner of 82 Louisiana Press Association
Awards

including
Editorial Sweepstakes
Best News Coverage
Best Continuing News Coverage
Best Column
Best Editorial Cartoon
Five Time Winner – Best Investigative Reporting

The *Psychology Times* is a free, independent source for news, features and editorials. The *Times* is provided as a **community service** for those in the practice, teaching, and science of psychology and the behavioral sciences in Louisiana, and related individuals and groups. The *Times* offers information, entertainment, and networking for those in this Louisiana community.

We are **not affiliated** with any professional organization other than the Press Association. We receive no financial benefits from any source other than direct, paid advertising.

None of the content in the *Times* is intended
as advice for anyone.

Subscriptions are free.
For back issues and to subscribe go to the *Times* at
<http://thepsychologytimes.com/>

