



NASA commander Astronaut Chris Cassidy, aboard the International Space Station, captured this view of hurricane Laura as she took aim at the Louisiana coastline of Cameron and the city of Lake Charles.

(Photo: NASA/Chris Cassidy)

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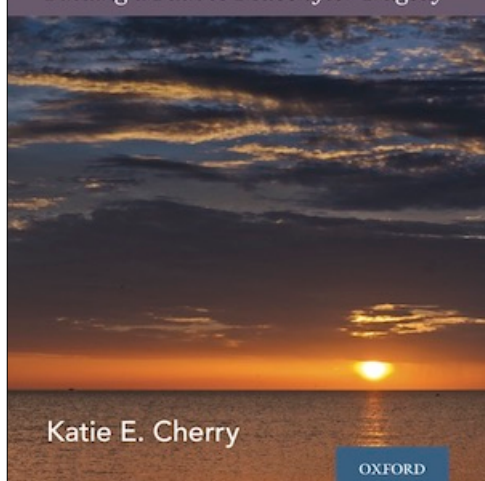
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The Other Side of Suffering

Finding a Path to Peace after Tragedy



Katie E. Cherry

OXFORD

Science and Education

Dr. Martin Launches Smartphone Diet App

Pennington psychologist, Dr. Corby Martin, has launched his new smartphone app and the device promises to make it easier for users to count calories correctly, according to news from Pennington Biomedical. By using food photos taken with their smartphones, individuals can get an accurate view of their macro nutrients and better calculate their intake.

Drs. Martin and John Apolzan are Co-principal Investigators of a four-year, \$1.8 million, National Institutes of Health study that will test their app against the current “gold-standard” calorie-consumption measures, noted the press release.

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Dr. Robert Sternberg to Speak at LPA in Nov.

The Louisiana Psychological Association will host Dr. Robert Sternberg at their virtual fall/ winter workshop to be held November 6 and 7 online. Sternberg will talk on his theories about intelligence, creativity, and wisdom.

Dr. Sternberg is a Past President of the American Psychological Association, Professor of Human Development in the College of Human Ecology at Cornell University, and Honorary Professor of Psychology at Heidelberg University, Germany.

He was cited in an *APA Monitor on Psychology* report as one of the top 100 psychologists of the 20th century and in a report in *Archives of Scientific Psychology* as one of the top 200 psychologists of the modern era. Best

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Laura Razes Lake Charles

Six parishes are being declared federal disaster areas after last week's hurricane Laura made landfall in Cameron Parish with 150 mph winds, leveling the city of Lake Charles. The death toll stands at 14 with property damage estimates ranging from \$8 billion to \$12 billion for Louisiana.

Laura was one of the strongest hurricanes to hit the United States and the worse storm for Louisiana since the 1856 "Last Island Hurricane."

Power is out for entire cities and water is problematic. Governor Edwards said he estimates at least 14,000 evacuees are staying in hotels and state officials are warning those not evacuating to be concerned about the heat index, which is spiking over 105. The six parishes that have been declared federal disaster areas are Allen,

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Governor Extends Phase Two – Again

On August 26 Governor Edwards extended Phase Two and the statewide mask mandate, closure of bars to on-site consumption, and gathering size limits in Louisiana until September 11.

Despite progress in slowing the spread of COVID-19 in the state, The White House Coronavirus Task Force still has Louisiana in the red zone for new cases, just as schools and colleges return to campus and Hurricane Laura was set to impact the state, according to the Governor. Further, almost half of the state's parishes have positivity rates in excess of 10 percent.

“Louisiana has seen improvement in slowing the spread of COVID-19, and this would not be possible without the hard work of the people of

Cont pg 5

Survey Finds Psychologists Down 50% or More in Service Capacity Due to Covid-19

During April and May, Multi-Health Systems Inc. (MHS) conducted a survey of psychologists and related other practitioners to explore the impact of Covid-19 on psychological services.

MHS researchers found that there has been a 58% overall loss in service capacity.

The top three provider types that have lost the greatest percentage of their work or practice are neuropsychologists, with a decrease of 72%, school psychologists, with a decrease of 65%, and clinical psychologists with a drop of 50%.

In looking at settings, those neuropsychologists in private practice reported the highest loss of all other groups, an 82% loss in service to the public.

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Editorial Page – Opinions

Catch 22

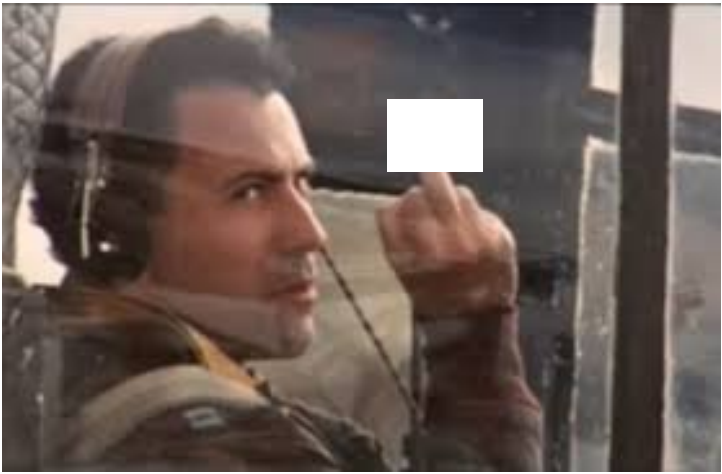
by Julie Nelson

Orr was crazy and could be grounded. All he had to do was ask; and as soon as he did, he would no longer be crazy and would have to fly more missions. ... If he flew them he was crazy and didn't have to; but if he didn't want to he was sane and had to. Yossarian was moved very deeply by the absolute simplicity of this clause of Catch-22 and let out a respectful whistle.

—From J. Heller's *Catch-22*

I followed the research on hydroxychloroquine and Covid from early on, awake to the age related dangers when an innocent and very unfortunate 71-year-old in our community died in early March just days after returning from a trip to Israel.

Going up to the mountain—the mountain of information that we now have available to us on the Internet—it was easy to see that there was both inductive and deductive evidence for using the drug at a low-dose, and with zinc, from day one or two of the illness. The protocol has three mechanisms, the best probably is that it works like birth control for the virus.



Yossarian in Movie Catch 22

I called my physician's office and asked, "Are y'all prescribing hydroxychloroquine and zinc?" The nurse said, "Oh no, we don't see you if you have symptoms. We send you directly to the hospital." Archimedes checked with his physician and discovered the same thing.

We next called the hospital and they said, "Yes, we'll see you, if you have symptoms. But, we only test you first." They would test us and then send us home to wait 5 to 7 days for the results. "If you start to have trouble breathing while you're waiting," the nurse said, "come back and we'll admit you to the hospital,"

So, if you get better at home, lucky for you. If you get worse, not so lucky and you go into the hospital. By the time you're really ill, and in line for a ventilator, it's too late for the hydroxychloroquine and zinc to do much good.

A perfect catch 22. Even Yossarian would be impressed.

Archimedes and I saw this as a problem to be solved. We found like-minded radicals and now have our hydroxychloroquine, zinc, and plenty of Quercetin, sitting in the medicine cabinet just in case distancing doesn't work.

If you are willing to dig into the research and apply some critical thinking, which means skipping the incompetent and fraudulent researchers, you will come to an important opinion—If given early enough in the course of COVID-19, this safe zinc ionophore can reduce the mortality rate from 5% in high-risk groups to about 1%.

The conclusion suggests an appalling question which some courageous people are screaming about at the tops of their lungs. Out of the 160,000+ people who are dead from Covid, if every one of them had been put on hydroxychloroquine and zinc during the first days of symptoms, would 120,000 of them be alive today?

Another mind-boggling issue is the system *resistance*. We see scare tactics, emotional responses, falsified research, and most disturbing of all, censorship. One example is YouTube, where I like to shop for facts and opinions. YouTube is censoring discussions about hydroxychloroquine. Who is behind this and why?

It's enough of a kick in the teeth to see that a useful treatment has probably been withheld from at least a subset of those who could benefit from it, resulting in unnecessary deaths.

But even more alarming is that there are people or groups who are working to shut down open discussion, debate, and freedom of information, for exactly what purpose we can only guess.

Time to reread *Catch 22* and 1984.

[Julie Nelson is a licensed psychologist, journalist, consultant, and publisher of the Times. She also holds other 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.]

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Corrections & Clarifications

We did not receive any corrections or clarifications for the last issue.
Send your corrections to:
psychologytimes@drjulienelson.com

Gov. Edwards Makes August Appointments

In August Gov. Edwards announced his appointments to several Louisiana boards and commissions.

Rashad D. Bristo of Mansfield was appointed to the Louisiana Developmental Disabilities Council. Bristo is a community relations representative with Amerigroup Louisiana and will serve the board as a parent of a child with developmental disabilities.

Jill E. Egle of New Orleans was also appointed to the Louisiana Developmental Disabilities Council. Egle will serve the board as an individual with developmental disabilities.

The Louisiana Developmental Disability Council’s mission is to lead and promote advocacy, capacity building, and systemic change to improve the quality of life for individuals with developmental disabilities and their families.

Kate M. Shipley of New Orleans was appointed to the Children’s Cabinet Advisory Board. Shipley is the executive director of the Louisiana Alliance of Children’s Advocacy Centers and will represent Louisiana Children’s Advocacy Centers.

The Children’s Cabinet Advisory Board provides information and recommendations from the perspective of advocacy groups, service providers and parents.

William Bryan of Baton Rouge was appointed to the Health Education Authority of Louisiana. Bryan is an attorney at the Law Offices of William P. Bryan III and will serve at-large.

The Health Education Authority of Louisiana is responsible for promoting the medical and health education activities of private and public institutions in the state, assisting in providing prompt and efficient medical and health care services at a reasonable cost, and striving to achieve standards of attainment in health care and education.

Raymond T. Diamond of Baton Rouge was appointed to the Police Training, Screening, and De-escalation Task Force. Diamond is a professor at Louisiana State University Paul M. Hebert Law Center.

Cont next pg

Survey Finds Psychologists Down 50% or More in Service Capacity Due to Covid-19, continued

Practitioners working in the Veterans Administration reported a service capacity loss of 68%.

In patient hospital settings reported the lowest losses, at 48%.

The researchers asked how these services could be improved and 46% of the respondents said they planned on administering performance-based test over remote mechanisms.

A total of 43% said they intended to use teletherapy services. This compared to only 1% of the practitioners, prior to Covid-19, confirming that they planned to be using telepsychology in some capacity, said researchers.

Of the psychologists and practitioners surveyed, 24% reported that they currently provide crisis counseling which compared to 8% before Covid-19.

The researchers found that the top three worries and challenges to delivering clinical services remotely included a lack of validated tools for telepsychology. At least 78% of neuropsychologists and 80% of school psychologists rated this as a very or extremely challenging problem.

A second problem noted by respondents regarding adapting to the Covid-19 environment was that remote service



delivery was not appropriate for specific populations.

Finally, the third greatest concern was that logistical issues regarding telepsychology practice was considered to be a challenge.

The researchers studied the responses of over 2000 individuals composed of 42% school psychologists, 36% clinical psychologists, 14% neuropsychologists, and 8% others. The respondents serve children, youths, adults, and families.

Multi-Health Systems Inc. (MHS) serves clients in educational, clinical, corporate, public safety, government, military, pharmaceutical, and research settings. The firm is a leading publisher of scientifically validated assessments.



**"It was a Freudian slip. I fell
outside my analyst's office."**

(C) Jonny Hawkins

Laura Razes Lake Charles

continued

Beauregard, Calcasieu, Cameron, Jefferson Davis and Vernon. More will likely qualify, said the governor.

James Harper, who lives in eastern Beauregard Parish, told KSLA's Doug Warner that he regrets not evacuating before Laura arrived at 1 a.m. on Thursday. "When it got there, it kept pounding and pounding and pounding. There was twice when I wished I had never ever stayed," Harper said. "Rita, don't get me wrong, it was pretty bad, but it had nothing on this storm. Absolutely nothing."

Insurance Business America place loses from Hurricane Laura at approximately \$9 billion, according to an estimate by catastrophe modeling firm, Karen Clark & Company (KKC).

KCC reported that damage in Louisiana is extensive: "Structural damage has occurred to all types of properties, including wood frame homes and commercial structures," KCC said. "Damage to roof coverings, decking and trusses has been widespread. Exterior siding, opening, and glazing damage has been extensive, and typically followed by progressive damage from water and wind infiltration. In addition to downed trees and signs, telephone poles have been snapped, resulting in infrastructure disruption."

On August 29, Gov. Edwards said that residents of Louisiana parishes impacted by Hurricane Laura can begin to register for FEMA assistance.

"I want to again thank President Trump for his quick approval of my request for a major disaster declaration, which brings assistance to some of the parishes most impacted by Hurricane Laura, and I want to encourage anyone from these five parishes to apply for assistance today," said Gov. Edwards. "For the people in other parishes that were impacted, but not yet approved for aid, please know that we will continue damage assessments and do expect additional parishes to be authorized. We will fight for all Louisianans who were in Laura's path to get the assistance they need to recover and rebuild."

This federal FEMA assistance can include grants for temporary housing and home repairs, low-cost loans for uninsured property loss and other programs to help people and businesses recover



During a visit to Louisiana by President Trump, Governor John Bel Edwards points out the destruction brought by Hurricane Laura. (White House image)

from Hurricane Laura, said the announcement.

People who sustained losses in Hurricane Laura in the designated parishes of Allen, Beauregard, Calcasieu, Cameron and Jefferson Davis can begin applying for assistance by registering online at <http://www.DisasterAssistance.gov> or by calling 1-800-621-FEMA (3362) or 1-800-462-7585 (TTY) for the hearing and speech impaired. The toll-free telephone numbers will operate from 7 a.m. to 10 p.m. (local time) seven days a week until further notice.

Pres. Trump toured the areas affected by Laura and visited with members of the Cajun Navy volunteers. He sat in sweltering heat and discussed issues with state and federal officials, saying, "We're going to have this situation taken care of quickly."

In a statement, Edwards said the devastation and damage stretch all the way to northern parts of Louisiana.

But forecasts that the storm would flood the state's sixth largest city, Lake Charles, with as much as 20 feet of floodwater did not occur. A National Hurricane Center storm surge specialist said a small last-minute course change as the "little wobble" that saved Lake Charles from worse prediction of a 20-foot storm surge.

On August 28, FEMA reported that initial impact assessments

and search and rescue operations are continuing along the Gulf Coast, FEMA's Disaster Survivor Assistance representatives are on the ground, coordinating with state and local partners as well as FEMA's Public Assistance experts are coordinating with the U.S. Corps of Engineers on debris removal and roofing repair estimates.

Over 16,000 utility personnel from at least 26 states, the District of Columbia, and Canada have been mobilized to support restoration efforts. FEMA has 113 generators staged in Louisiana and Texas if requested, and another 314 generators available in our distribution centers if needed ready to deploy to the impacted area, according to the announcement.

Gov. Edwards Makes August Appointments, continued

Darrell B. Basco of Pineville was also appointed to the Police Training, Screening, and De-escalation Task Force. Basco is the deputy chief of the Pineville Police Department. Basco was nominated by the Louisiana Fraternal Order of Police and Louisiana Union of Police Association.

The Police Training, Screening, and De-escalation Task Force's mission is to study and make recommendations to the legislature on the topics of training, screening, de-escalation, racial bias recognition, misconduct, use of force, identifying and eliminating bad actors.

Sheriff Kevin W. Cobb of Winnsboro was appointed to the Louisiana D.A.R.E.

Advisory Board. Cobb is the sheriff of Franklin Parish.

Sheriff Julian C. Whittington of Benton and Sheriff Victor E. Jones Jr. of Natchez were also appointed to the Louisiana D.A.R.E. Advisory Board. Whittington is the sheriff of Bossier Parish. Jones is the sheriff of Natchitoches Parish and will represent community interests.

The Louisiana D.A.R.E. Advisory Board is charged with developing, promoting, monitoring, and evaluating the DARE program throughout the state, and is advisory body to the Louisiana Commission on Law Enforcement and Administration of Criminal Justice.

Governor Extends Phase Two – Again, cont'd

Louisiana who have faithfully followed the mitigation measures, including wearing their masks when in public," Gov. Edwards said. "While we have seen drops in hospitalizations and new COVID-19 cases, we also know that we have more people moving around because of schools and colleges going back to in-person classes, which is one of the reasons we will stay in Phase 2 for another two weeks. [...]"

A week earlier, the ruling by Judge Robert Summerhays of the U.S. Western District of Louisiana upheld Gov. Edwards' order closing on-site consumption at bars.

"I'm grateful for today's ruling which supports that my order was the right thing to do for the safety and health of our citizens as we work to slow the spread of this current health crisis," said Gov. Edwards.

"We know that wearing masks and social distancing help slow the spread of the virus. That is why I implemented my mask mandate, restricted bars, and limited social gatherings to no more than 50 people. In addition, everyone needs to practice frequent hand washing and stay home when sick. We are all looking forward to the day when we can gather again and celebrate, but what we do today will determine how soon that can happen."

In a related story, on August 18, the Governor declared that an emergency exists for Louisiana's November election because of COVID-19, saying that the current emergency election plan from the Secretary of State does not go far enough to protect public health.

"I want to be crystal clear: you should not mistake me declaring an emergency for this election as approving of the Secretary of State's election plan, because I do not. I believe that we need emergency procedures in place for this election. I do not believe the Secretary of State's current plan goes far enough, because it does not take into account the seriousness of this global pandemic and the health and safety of the voters. Simply put: voting should not be a super spreader event.

In other Covid news, Gov. Edwards has joined with five other states to develop an interstate testing compact. The effort included Governors of Maryland, Louisiana, Massachusetts, Michigan, Ohio, and Virginia.

By banding together, the states are demonstrating to private manufacturers that there is significant demand to scale up the production of these tests, which deliver results in 15-20 minutes. With the agreement, the states are in discussions with Becton Dickinson and Quidel—the U.S. manufacturers of antigen tests that have already been authorized by the FDA—to purchase 500,000 tests per state, for a total of three million tests, the announcement noted.

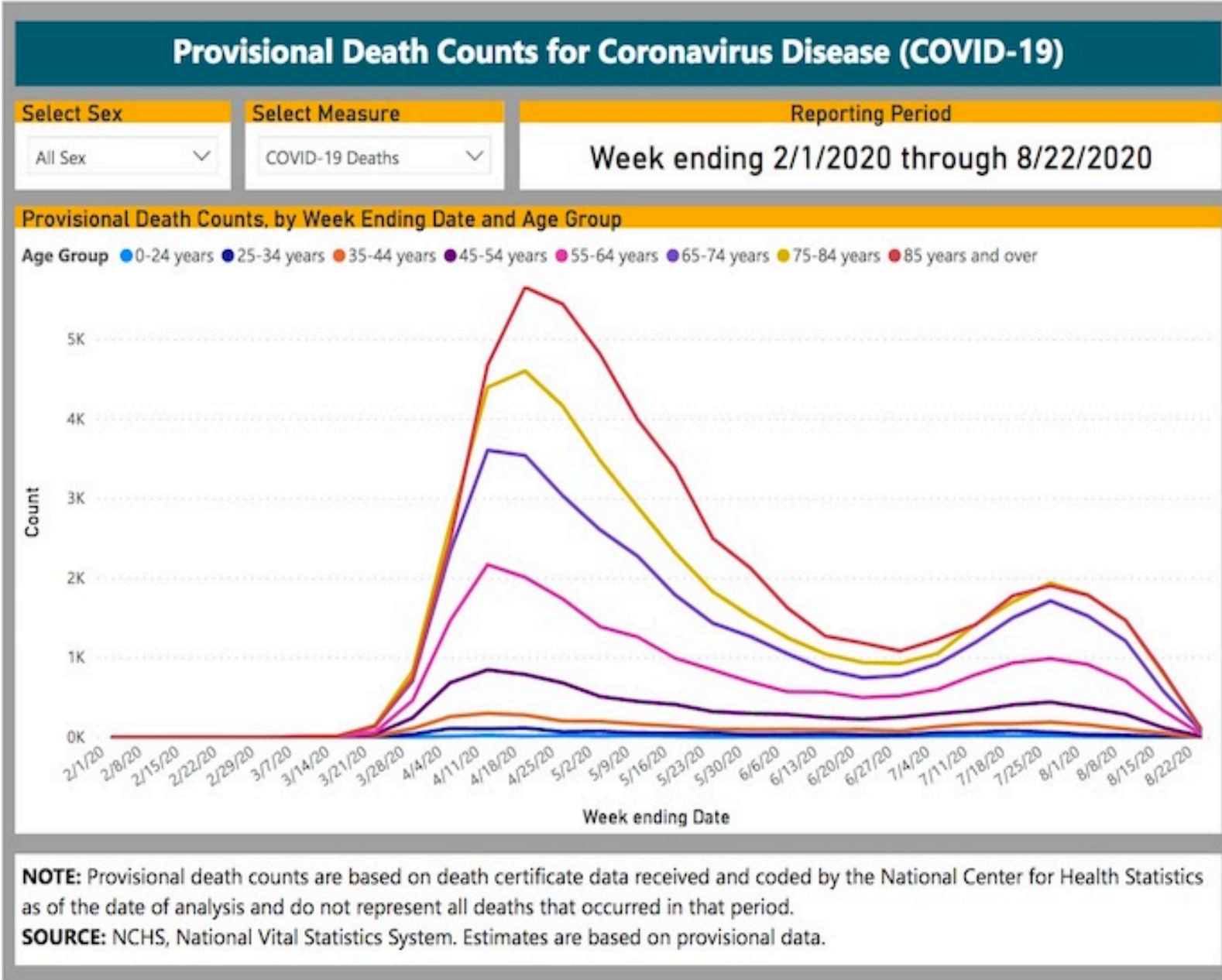
Through this interstate compact, states are coming together to ramp up the use of rapid antigen testing to help better detect outbreaks more quickly, and expand long-term testing in congregate settings such as schools, workplaces, and nursing homes.

Sommers is New Juvenile Justice Deputy Secretary

On August 7, Gov. Edwards announced the appointment of William Sommers as the new deputy secretary of the Louisiana Office of Juvenile Justice. Sommers will replace Edward "Dusty" Bickham who is currently serving as the interim secretary and will return to the Louisiana Dept. of Corrections.

"I want to commend both Bill and Dusty for their willingness to serve our state," said Gov. Edwards. "I'm grateful to Dusty for stepping in to help without hesitation, and I look forward to working with Bill who has more than 30 years working in the juvenile justice system. His leadership, experience and skills will be vital as our state continues to address the needs of our juveniles and the additional challenges presented by COVID-19."

Sommers began his career in law enforcement in 1984 with the Lake Charles Police Department and has served in the Calcasieu Parish Office of Juvenile Justice Services for 33 years and the last six as the director of OJJS.



Update through August: Center for Disease Control publishes this graphic showing comparison of mortality by age and over time for Coronavirus disease in the United States.

Graves Helps Pennington in US Appropriations

U.S. Congressman Garret Graves announced in August that he had secured \$3 million for LSU's Pennington Biomedical Research Center to help improve the performance and resilience of our military service members while reducing injury and recovery time. Under Graves' amendment, Pennington Biomedical would build upon their position as the top nutrition science provider to the U.S. military to design nutrition programs that further improve the capabilities of our warfighters, according to the announcement.

"Pennington Biomedical Research Center is grateful to the Congress--and especially Rep. Graves—for confirming the broad benefits of Pennington Biomedical's military nutrition program through this recently announced funding. Thirty-two years ago, the U.S. Department of Defense began a collaboration with experts at Pennington Biomedical to optimize nutrition for America's warfighters to make them healthier and more resilient. Our collaboration has resulted in not only better health for America's military, but also for veterans and military families," said Dr. John Kirwan, Executive Director of Pennington Biomedical Research Center.

Also included in Appropriations was \$440,207 for Expansion of Clinical Trials Access to Rural and Underserved Children of Louisiana at LSU Pennington Biomedical Research Center, \$667,911 for Aging and the mitochondrial response to exercise training, measured by noninvasive 31P magnetic resonance spectroscopy also at at LSU Pennington Biomedical Research Center.

Hesson Granted Second Extension

A request for an extension filed by Dr. Rodney Hesson's attorney was granted by the Judge, Judge Carl Barbier, US District Court for the Eastern District of Louisiana, on August 13. The request stated, "The prison where HESSON is incarcerated is still restricting visitation due to COVID 19. This is an onerous impediment to communication between HESSON and undersigned counsel in connection with preparing the reply. [...]" The new date is October 2, 2020.

Executive Order to Eliminate Kickbacks and Middlemen Aims to Lower Prices for Patients

In late July Pres. Trump issued an executive order lowering the prices for drugs by eliminating middlemen who currently benefit from rebates and kickbacks.

According to the announcement, "One of the reasons pharmaceutical drug prices in the United States are so high is because of the complex mix of payers and negotiators that often separates the consumer from the manufacturer in the drug-purchasing process. The result is that the prices patients see at the point-of-sale do not reflect the prices that the patient's insurance companies, and middlemen hired by the insurance companies, actually pay for drugs."

In the executive order, the president said that these middlemen to receive "... rebates are the

functional equivalent of kickbacks, and erode savings that could otherwise go to the Medicare patients taking those drugs."

And, he wrote, "Fixing this problem could save Medicare patients billions of dollars. The Office of the Inspector General at the Department of Health and Human Services has found that patients in the catastrophic phase of the Medicare Part D program saw their out-of-pocket costs for high-price drugs increase by 47 percent from 2010 to 2015..."

With this new announcement, it is now the policy that discounts offered on prescription drugs should be passed on to patients, he said.

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LPC Board Publishes Detailed Emergency Rules for Teletherapy in August Register

In the August *Louisiana Register*, the Licensed Professional Counselors Board of Examiners published Internet Counseling and Teletherapy Guidelines, writing, "The LPCBE finds an imminent danger to the public's health, safety, and welfare; thereby, requiring the immediate adoption of this Rule to respond to the Covid-19 health emergency."

The new regulations cover several sections including establishing that teletherapy is a specialty area and involves the boards approval, professional training of nine hours is required, and licensees with the privilege to practice teletherapy must earn three hours of continuing education in the area yearly. Rules are also outlined for documentation at each session that is held remotely and also definitions for requirements for those providing supervision through remote methods. Excerpts:

"... Internet Counseling—mental health services delivered over the internet are rendered where the patient/client is situated.

"D. Licensees shall provide services consistent with the jurisdictional licensing laws and rules in both the jurisdiction in which licensee is physically located and where the client is physically located. Licensees providing teletherapy services to clients outside of Louisiana must comply with the regulations in the state in which the client is located

at the time of service. The licensee shall contact the licensing board in the state where the client is located and document all relevant regulations regarding teletherapy. A nonresident of Louisiana who wishes to provide teletherapy health services in Louisiana must be licensed by the board.

"E. Teletherapy is a specialty area and requires board approval. Licensees who may provide teletherapy must meet the following requirements. 1. The licensee must be licensed in Louisiana. 2. The licensee must be licensed in the state where the client is located if licensing is required. 3. The licensee must have been practicing for at least one year. 4. The licensee must complete either option below.

a. Graduate-Level Academic Training. At least one graduate-level academic course in telemental health counseling. The course must have included at least 45 clock hours (equivalent to a three-credit hour semester course).

b. Professional Training with a minimum of nine synchronous clock hours in teletherapy. The presenter shall meet continuing education standards established by the board. Teletherapy education/training shall include but is not limited to: i. appropriateness of teletherapy; ii. teletherapy theory and practice; iii. theory integration; iv. modes of delivery; v. risk management; vi.

managing emergencies; vii. legal/ethical issues.

5. Licensees privileged in teletherapy must accrue three clock hours of continuing education during each renewal period.

"F. At the onset of teletherapy, the licensee shall obtain verbal and/or written informed consent from the client and shall document such consent in the client's record.

"1. Electronic signature(s) and date may be used in the documentation of informed consent.

2. Provisions of informed consent for teletherapy services shall include:

a. mode and parameter of technology-assisted media(s), and technical failure; b. scheduling and structure of teletherapy; c. risks of teletherapy; d. privacy and limits of confidentiality; e. contact between sessions; f. emergency plan; g. consultation and coordination of care with other professionals; h. referrals and termination of services; i. information and record keeping; j. billing and third-party payors; k. ethical and legal rights, responsibilities, and limitations within and across state lines and/or international boundaries.

"H. At the onset of each session the licensee shall verify and document the following: 1. The identity and location of the licensee and the client. If the

client is a minor, the licensee must also verify the identity of the parent or guardian consenting to the minor's treatment. In cases where conservatorship, guardianship, or parental rights of the minor client have been modified by the court, the licensee shall obtain and review a copy of the custody agreement or court order before the onset of treatment. 2. The location and contact information of the emergency room and first responders nearest to the client's location.

"I. The licensee shall determine if the client may be properly diagnosed and/or treated via teletherapy; and shall affirm that technology-assisted media are appropriate for clients with sensory deficits. The licensee shall affirm the client's knowledge and use of selected technology-assisted media(s) (i.e., software and devices). Clients who cannot be diagnosed or treated properly via teletherapy services shall be dismissed and treated in-person, and/or properly terminated with appropriate referrals. The licensee shall use technology assisted media(s) that is in compliance with HIPPA and HiTECH standards. The licensee shall not use social media platforms or functions (tweets, blogs, networking sites, etc.) in the delivery of teletherapy, and shall not reference clients generally or specifically on such formats.



Dr. Laura Choate, right, who previously served as chair of the Licensed Professional Counselor Board and Dr. Ernie Cowger, left, at a past meeting of the LPC Board.

Dr. Martin Launches New Smartphone Diet App continued

"One of the keys to successful weight management or weight loss is making sure you are eating the correct amount of food. More often than not, people underestimate how much they have really eaten," said Dr. Martin, Professor and Director, Ingestive Behavior Lab.

Dr. Martin's lab conducts interventions to improve food intake, exercise, and body weight. Martin's research interests include the application of technology to change people's behavior and improve health through mobile health interventions. The Ingestive Behavior Lab is composed of psychologists, behaviorists, and nutritionist professionals, including Registered Dietitian Nutritionists. The lab specializes in the measurement of energy intake and energy balance and the utilization of this information to help people change their diet and exercise habits to improve their health and manage body weight.

Martin is an expert at quantifying energy intake in controlled and free-living conditions, and has developed and validated the "Remote Food Photography Method" and SmartIntake® smartphone app.

Martin and colleagues have created and validated mathematical models to accurately predict body mass as well as weight change in response to dieting and or overfeeding. Martin also studies the "compensatory effects of perturbing energy balance, including the effect of exercise on subsequent food intake and changes in activity and metabolism."

Health psychology is an expanding area in psychology. Dr. Martin previously explained to the *Times*, "Health psychology continues to become more involved in the medical arena. Health psychologists play important roles in bariatric surgery centers, cancer centers, and other settings where chronic diseases, such as cardiovascular disease and hypertension, are treated."

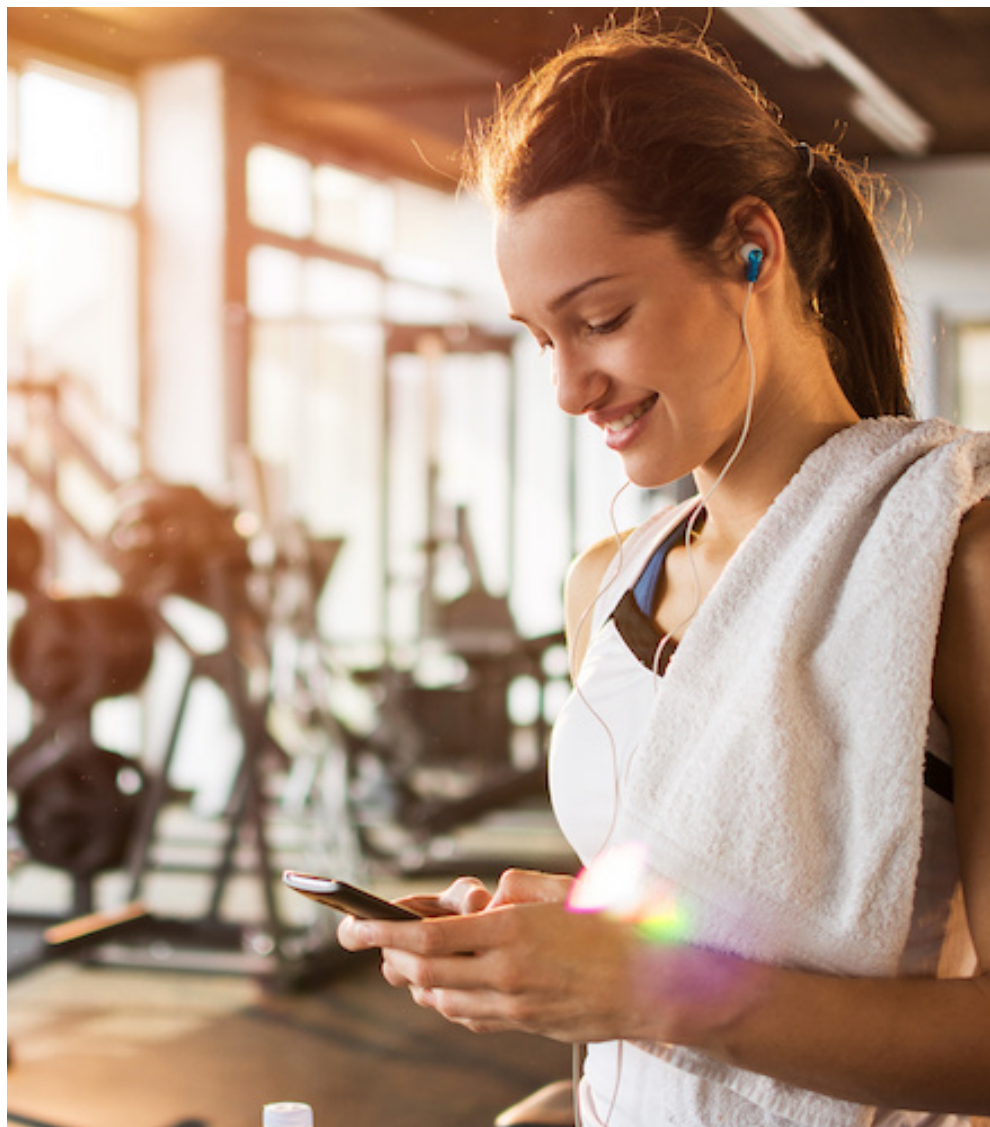
The new app, PortionSize™, analyzes pictures of users' meals and lets them know how many calories they have eaten. The app helps offset what the National Institutes of Health refer to as "portion distortion," giving consumers a more accurate gauge of calorie consumption, reported Pennington News.

"Portions – the amount of food in a meal or snack – have increased greatly over the past two-plus decades," said John Apolzan, PhD, Assistant Professor and Director, Clinical Nutrition and Metabolism Laboratory. "What people now consider a normal portion is generally too much for an individual."

For example, 20 years ago, the average cheeseburger contained 333 calories. A blueberry muffin weighed 1.5 ounces and contained 210 calories.

Today the average cheeseburger is 590 calories while the typical blueberry muffin weighs in at 5 ounces and 500 calories.

The app is not yet available commercially, but it is available for licensing. Contact Leslie Smith at Pennington: leslie.smith@pbrc.edu



LSU Social Work Awarded \$2.5 Million to Expand Mental Health Services in Schools

LSU News reported in August that the School of Social Work has been awarded a 5-year, \$2.5 million grant from the Louisiana Department of Education aimed to expand and strengthen the state's school-based mental health workforce.

The project will ... "provide enhanced mental health services to students in high-need K-12 schools, help build the school-based mental health workforce to provide students with multi-tiered systems of support, and improve school culture and climate to better prepare students for employment, responsible citizenship, and fulfilling lives," said the LSU News report.

Focus will include schools in 12 Local Education Authorities in southeast and central Louisiana, and expand evidence-based interventions by providing professional development and technical assistance for schools. Practicing school social workers will be recruited to serve as field supervisors and receive free continuing education training and a stipend.

According to the announcement, "In 2016, the U.S. Department of Health and Human Services projected significant shortages for behavioral health practitioners, estimating a lack of 16,940 mental health and substance abuse social workers, 8,220 clinical counseling and school psychologists, and 13,740 school

counselors. While some of these projections include practitioners who work with both adults and children, they indicate substantial gaps in behavioral health services for children and adolescents, especially in schools."

"During the 2015-2016 school year, the National Center for Education Statistics collected civil rights data that suggest a shortage of mental health professionals who provide services to at-risk students in U.S. public schools. While the national student-to-psychologist ratio was below the recommended ratio, student-to-counselor, student-to-social worker, and student-to-nurse ratios fell far behind best practices established by professional organizations.

"Most notably, the national student-to-social worker ratio was 2,160:1, as compared to the 250:1 recommended by the National Association of Social Workers (NASW). According to LDOE data for the 2018-2019 school year, there were 561 social workers employed by local education agencies across the state of Louisiana, amounting to about half (52.2%) of the mental health workforce in schools. With 716,293 students enrolled in Louisiana public schools, this indicates a 1,277:1 student-to-social worker ratio, which is over five times the ratio recommended by NASW."



(courtesy photo)

Dr. Gustave Sison

Dr. Sison to Present on Covid & Managing Change

Dr. Gustave Sison, consulting psychologist and owner of Sisson consulting, will present "Changes during Uncertain Times," at the Annual Fall Social Work Institute to be held virtually September 11. The theme for the Institute is "Controlling the Chaos."

Dr. Sison leads a training and consulting firm that specializes in the delivery of highly customized products for all organizational levels in communication, change management, interpersonal/ leadership skills development, executive consulting/coaching, conflict management, and outcomes measurement largely in the health care, utility, oil and gas industries, and government.

His September 11 presentation will include a review the unprecedented practice and personal challenges observed during the last 6 months. Participants will understand negative personal and professional impacts that have resulted due to the COVID-19 pandemic.

Dr. Sison will also cover the emotional reactions to the COVID-19 pandemic within the context of a disaster psychology model.

He will review change management strategies and creative responses aimed at successful personal and professional transformation in response to extreme change.

Gus Sison is a native of New Orleans. He received degrees in biological science and psychology and holds a doctorate in Clinical Psychology. Dr. Sison has over 25 years of experience as a practicing clinical psychologist, author, professional speaker/trainer, and health care executive, with unique experiences in organizational systems management, consultation, and change facilitation during organizational transition.

Social Work Foundations is the division of Continuing Education Productions that produces and manages the Annual Gulf Coast Social Work Conference.

Stress Solutions

by Susan Andrews, PhD

Exercise Reduces Stress and Lengthens Your Life

The first thing that drops out of your schedule when work bears down is exercise. And, once it is out of your daily routine, it may be days or weeks before you notice it is missing. I don't know about you but during this 6-month period of isolation or quarantine, I have completely loss my exercise routine. It started with our health clubs closing. Yet, this has been a very stressful period. We need to redouble our efforts to put exercise back into our schedules.

The importance of aerobic exercise was brought back to mind when I saw this article in Psychoneuroendocrinology (2018). Dr. Eli Puterman is a professor in the University of British Columbia's school of kinesiology and lead author of the article. The study was focused on showing how aerobic exercise can reduce stress in family caregivers; however, the results generalize to all of us. In fact, a much earlier paper on exercise and the length of "telomeres" was done at U. of California. The bottom line is that Puterman's study proved that exercising at least 3 times a week for about ½ hour over a 6-month period can slow down cellular aging, which was measured by telomere length.

Telomeres are regions at the end of chromosomes that are active during cell division. Simply put, telomeres protect the ends of chromosomes. Telomere length is one of the most commonly used markers of aging. Telomerase is the enzyme that adds DNA to the ends of the chromosome. Exercise can induce apparent telomere growth or lengthening. That translates into longer life and/or a more healthy and active life.

Dr. Puterman's study design took a group of 68 men and women who were inactive and stressed caretakers of a family member with dementia. They randomly assigned the subjects to a supervised aerobic exercise intervention group vs a waitlist control group for 24 weeks. The exercise routine was 40 minutes of exercise 3 – 5 times per week or 120 minutes/week of aerobic exercise. The waitlist control group did not change anything in their usual activity schedule.

The two groups did not significantly differ in telomerase activity across time, but they had significantly different telomere length changes across time. Of course, the exercise group also charted significant body mass index reduction and increased cardiovascular fitness. Oh, and they reported a significant decrease in perceived stress levels.

Aerobic exercise is also known as cardio. It includes brisk walking, running, cycling, hiking, dancing, swimming, and kick boxing. (I added that last to make sure you were awake.) If your choice of aerobic exercise is walking, you need to step up the pace and also the length of time you walk. The key is to get your heart rate up. You should notice your breathing, but you should still be able to carry on a conversation. An Australian study indicated that walking briskly for 30 minutes five days a week can improve aerobic fitness. But even walking for 10 minutes three times a day is as beneficial as walking for 30 minutes one time a day.

Happy Trails to each of you during this Pandemic. Stay healthy.

Puterman, Eli, Weiss, Jordan, Lin, Jue, et al. Aerobic exercise lengthens telomeres and reduces stress in family caregivers: A randomized controlled trial – Curt Richter Award Paper 2018. (2018). Psychoneuroendocrinology, 98, p.245-252



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.

Dr. Robert Sternberg to Speak at Louisiana Psychological Association, continued

Schools.Org includes him in the list of 50 most influential psychologist worldwide. According to Google Scholar, he has been cited over 187,000 times. He has an h index of 208 and an i10 index of 1112.

Sternberg will review his theory of intelligence and his view that while traditional IQ tests are a measure of analytical and verbal ability, overall human intelligence is broader and more multidimensional. He has postulated that broad-spectrum intelligence includes components or modules of analytical intelligence, creative or synthetic intelligence, and practical intelligence.

"Strengths and weaknesses are in terms of four kinds of skills," he explains, "creative, analytical, practical, and wisdom-based. In particular, the individual needs to be creative in order to generate novel and useful ideas; analytical to ascertain that the ideas he/she has (and that others have) are good ones; practical in order to apply those ideas and convince others of their value; and wise in order to ensure that implementation of the ideas will help ensure a common good through the mediation of positive ethical principles."

Sternberg earned his undergraduate from Yale (summa cum laude) and his PhD from Stanford University. He holds 13 honorary doctorates.

He has won more than two dozen awards for his work, including the James McKeen Cattell Award (1999) and the William James Fellow Award (2017) from APS. He also is the winner of the Grawemeyer Award in Psychology (2018).

Dr. Sternberg is the author of over 1800 publications. His books include *Successful intelligence* (New York: Plume, 1997),

Wisdom, intelligence, and creativity synthesized, (New York: Cambridge University Press, 2003), and he is editor for *Handbook of wisdom: Psychological perspectives* (New York: Cambridge University Press, 2005) and *Cambridge handbook of intelligence*, (New York: Cambridge University Press, 2011).

A sample of his chapters include, "Foolishness," *Handbook of wisdom: Psychological perspectives* (New York: Cambridge University Press, 2005), "The meaning of wisdom and its development throughout life," in W. Overton (Ed.), *Handbook of lifespan human development* (New York: Wiley, 2010), and "The theory of successful intelligence," in *Cambridge handbook of intelligence* (New York: Cambridge University Press, 2011).

As well as a Past President of the American Psychological Association, Dr. Sternberg has served as President of the Federation of Associations in Behavioral and Brain Sciences, the Eastern Psychological Association, and the International Association for Cognitive Education and Psychology.

Sternberg also has been president of four divisions of the American Psychological Association and Treasurer of the Association of American Colleges and Universities.

He has authored textbooks in introductory psychology, cognitive psychology, and communication in psychology. Sternberg is a member of the National Academy of Education and the American Academy of Arts and Sciences. He is a Fellow of the American Association for the Advancement of Science.



(courtesy photo)

Dr. Robert Sternberg

"My theories on intelligence can be divided in two parts," he explains, "the theory of successful intelligence and the theory of practical intelligence—common sense.

"The traditional view of intelligence is that it comprises a single general ability (g), under which are hierarchically arranged successively more specific levels of abilities, such as fluid ability (the ability to think flexibly and in novel ways) and crystallized ability (cumulative knowledge)," he writes.

"The augmented theory of successful intelligence, in contrast, suggests that

Cont next pg



Science & Education

Dr. Sternberg to Speak at LPA continued

intelligence is more complex than this. *Successful intelligence* is defined as one’s ability to set and accomplish personally meaningful goals in one’s life, given one’s cultural context. A successfully intelligent person accomplishes these goals by figuring out his or her strengths and weaknesses, and then by capitalizing on the strengths and correcting or compensating for the weaknesses," he notes.

"Practical intelligence, or common sense, according to a theory I developed with Richard Wagner, is based in large part upon tacit knowledge, or what one needs to know to succeed in a particular environment that is not explicitly stated and often that is not even verbalized.

"The balance theory defines wisdom as the use of one’s intelligence, creativity, common sense, and knowledge and as mediated by positive ethical values toward the achievement of a common good through a balance among (a) intrapersonal, (b) interpersonal, and (c) extrapersonal interests, over the (a) short and (b) long terms to achieve a balance among (a) adaptation to existing environments, (b) shaping of existing environments, and (c) selection of new environments."

Sternberg has also been the founder, editor-in-chief, associate editor, consulting editor, contributing editor, or member of the editorial of some 50 academic journals. He has occupied a number of provostships, deanships, and other administrative posts, as well as serving for a time as President of the University of Wyoming. He is a Fellow of the American Psychological Association, the American Academy of Arts and Sciences, and the American Association for the Advancement of Science.

The Louisiana psychological Association (LPA) is the state affiliate of the American psychological association. According to Dr. Amanda Raines, co-chair, the November event will also include a scientific poster session hosting researchers from around the state, and also The Science Café event where psychological scientists describe their laboratories from across Louisiana.

According to organizers, registration will begin in late September for the event. Along with LPA members, registration is open to the public.

Tulane's Dr. Julie Alvarez Earns Hero Award

Tulane Science and Engineering announced that Senior Professor of Practice Julie Alvarez of the Department of Psychology is the Summer 2020 recipient of the Dean's Hero Award, reported Tulane News.

Dr. Alvarez is a clinical neuropsychologist with expertise in psychological assessment. She coordinates the Tulane Psychology's 4+1 Accelerated Master's Programs in Behavioral Health and Psychological Science.

The new award recognizes faculty members who have demonstrated exemplary service, especially during this challenging time, noted the Tulane reporter, Faith Dawson.

"Alvarez showed outstanding communication skills with her psychology colleagues and set a positive tone with her contributions to SSE's Flexible and Adaptive Learning Committee."

"For me, this award is extremely meaningful. And it really did take me by surprise," said Alvarez. She noted the challenges that faculty members face when they switch from a traditional classroom setting to online teaching, adding that challenges can vary with individual departments.

"I have completely redesigned my course to enhance student learning



(courtesy photo)

Dr. Alvarez

outcomes using best practices of online education; I'm structuring everything differently than what I've done for the last 14 years," she said.

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by Gerald D. Alpern, PhD

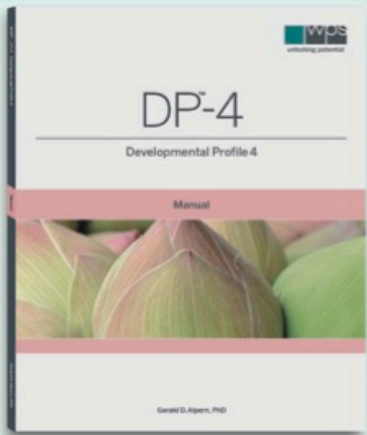
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LaTech Psychology Provides Mental Health First Aid Training

Earlier this year, Louisiana Tech’s Psychology and Behavioral Sciences Department provided Mental Health First Aid (MHFA) training for more than 160 teachers within the University’s College of Education and for other educators in the local community, reported Tom Soto from LaTech News.

Dr. Ida Chauvin, Associate Professor for the Department of Psychology and Behavioral Sciences, applied for and received a grant to cover the training materials, manuals, and resources necessary for each participant’s training. Lagniappe Ladies, a women’s philanthropic network that provides funding for numerous University-wide projects and programs, helped to fund the program.

Trainers help teachers build the important skills needed to assess children, and also to give essentials support if the youngsters demonstrated signs of developing a mental health disorder or substance abuse issue. Educators also learned how to connect the children with the appropriate care. MHFA serves as a national, evidence-based program to teach the skills for identifying, understanding, and responding to the signs of mental and emotional disorders and substance abuse problems.

Through the training, School teachers and administrators can can develop a common language regarding mental wellness. They can expand the network of emotional support available to the children. beyond existing counseling staff. By way of the MHFA training, participants learn warning signs and risk factors. They can become familiar with the various health challenges common among youth, including ADD/ADHA, anxiety, depression, disruptive behavior disorders, eating disorders, psychosis, or substance use orders.

According to Soto, "In Lincoln Parish, 18.4 percent of sixth graders, 25.5 percent of eighth graders, and 26.5 percent of 10th graders scored high enough on the 2014 Louisiana Caring Communities Youth Survey (CCYS) to be considered in need of mental health treatment; each of those percentages is higher than the state average at these grade levels. According to CCYS results, 10.0 percent of sixth graders, 21.8 percent of eighth graders, and 31.1 percent of 10th graders reported that they had considered attempting suicide in the past year."

Dr. Sarah Gray to Study Moms and Children

by Barri Bronston
Tulane News

A Tulane University researcher will study the effectiveness of an intervention to address trauma in mothers and their children as part of a four-year grant that will bring the family-focused project to New Orleans area Head Start centers.

Under the \$500,000 grant from the National Institute of Mental Health, assistant professor of psychology Sarah Gray and her team of graduate students and trainees will implement a program called Mom Power, an existing evidence-based intervention that aims to mitigate the negative impacts of trauma on physical and mental health across generations.

Gray, director of the Tulane Child and Family Lab and a clinical assistant professor in the Department of Psychiatry and Behavioral Sciences at the Tulane School of Medicine, said the project builds on the research she has been doing since arriving at Tulane in 2014.

“This is an exciting area of work that I think holds real promise for helping us understand some of the intergenerational impacts of trauma and also hopefully how to mitigate them.”

“In our work, we've seen that mothers' experiences of early adversity have implications not only for their own physical and mental health, but also for their young children's."

“Existing research, including our own, shows that that the effects of trauma can extend across generations, and also that moms’ mental health and behavior affect their kids, and vice versa,” she said. “And yet, most studies of mental health interventions only look at the effects in isolation, on *one* target patient - either the adult or the child - instead of taking a two-generation approach. Our study is focused on relationships.”

Gray and her team will collaborate with Dr. Stacy Drury, associate professor of psychiatry at Tulane School of Medicine, and Dr. Charles Zeanah, executive director of the medical school’s Institute of Infant and Early Childhood Mental Health, along with researchers at the University of Michigan and the Interdisciplinary Center Herzlia in Israel. The study will take place at two of largest Head Start center in New Orleans – Educare and Kingsley House.

The project is a randomized controlled trial, which means that researchers will be able to determine whether Mom Power really does have a positive impact on intergenerational trauma. To do this, they will focus on the impact of the intervention on mothers’ behavior and physiology, on children’s behavior and physiology, and on the relationship between the two.

“This is an exciting area of work that I think holds real promise for helping us understand some of the intergenerational impacts of trauma and also hopefully how to mitigate them.”



Dr. Sarah Gray (L) will study the effectiveness of an intervention to address trauma in mothers and their children. Here she speaks at past gathering and Early Career Psychologists Panel held at the Louisiana Psychological Association. Dr. Courtney Lewis (R) also presented.

A Shrink at the Flicks

The Black Panther

A Review

by Alvin G. Burstein, PhD

[Editor's Note: We are rerunning this review in memory of Chadwick Boseman whose untimely death from cancer is a loss for us all.]

Once upon a time, centuries ago, in sub-Saharan central Africa, a group of tribes discovered a miraculous source of radioactivity, Vibranium. The competition for control of the lode was resolved when the leader of one of the tribes imbibed a tea concocted from an herb that the mineral had affected, acquiring superpowers. He used those powers to unite the tribes into a kingdom, Wakanda, and to initiate high-tech capabilities, all carefully concealed from the world at large. He called himself The Black Panther.

The Black Panther superhero made his first literary super hero appearance in a Marvel comic book, *The Fantastic Four*, created by Stan Lee and Jack Kirby in 1964. There is a remarkable synchronicity in his sobriquet. A black panther—and the motto, “Come Out Fighting”—was the icon of the all Black World War I 761st Tank Battalion.

Although Lee has said that there was no intention of referencing any political group in using the sobriquet, The Black Panther Party, founded in the mid 1960’s by Stokely Carmichael and Huey Newton had chosen the same icon. That revolutionary protest party was described by FBI chief J. Edgar Hoover as “the greatest threat to the internal security of the country.”

The current film spin-off is set in contemporary times. Complex tensions beset Wakanda. One of the five tribes, the Jabari, has Luddite objections to technology, seeing it as reflecting weakness. The current king’s brother argues for eschewing concealment and emerging from hiding to support oppressed Blacks world-wide. The Great Powers, Russia and the United States, have gotten scent of a possible African source of atomic power and are competing for access to it.

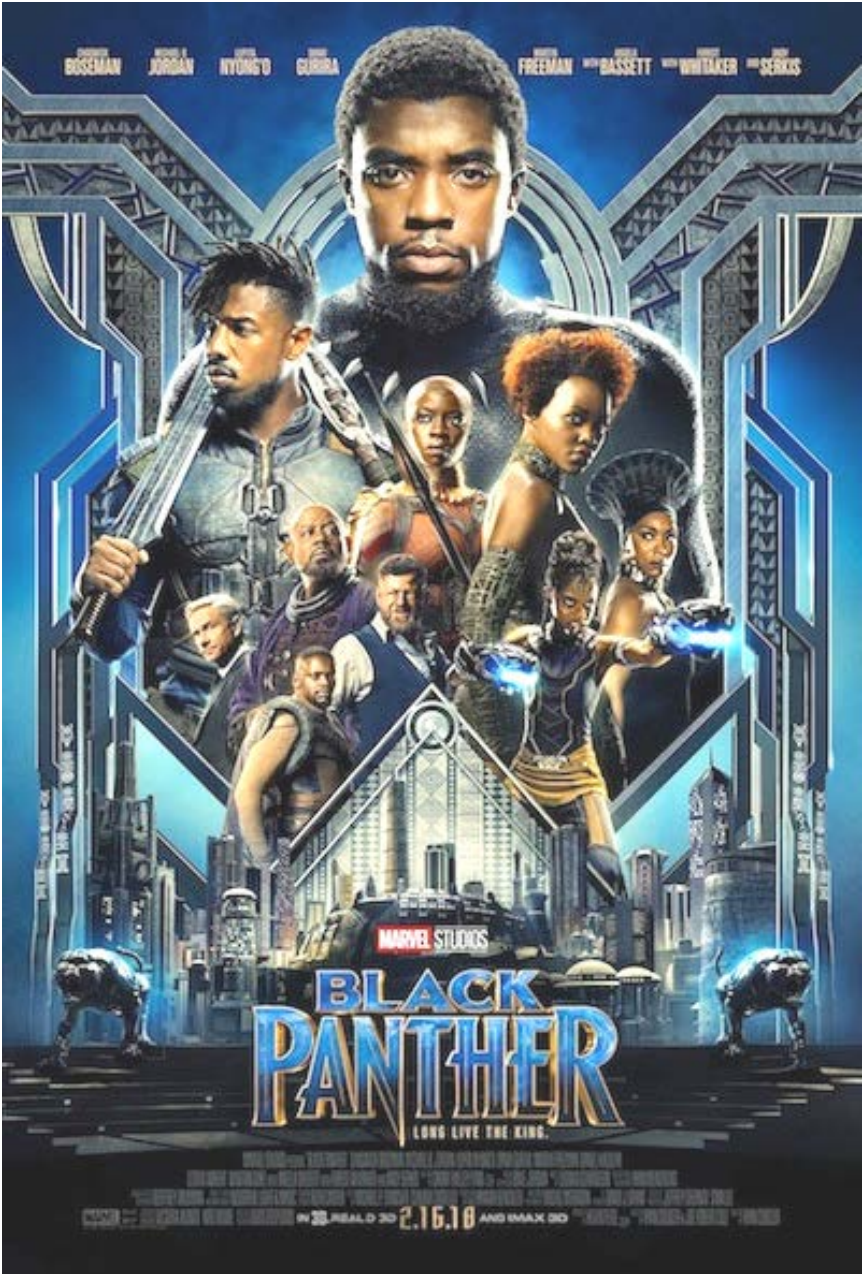
Guest Columnist,
Dr. Alvin Burstein

Burstein, a psychologist and psychoanalyst, is a professor emeritus at the University of Tennessee and a 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.



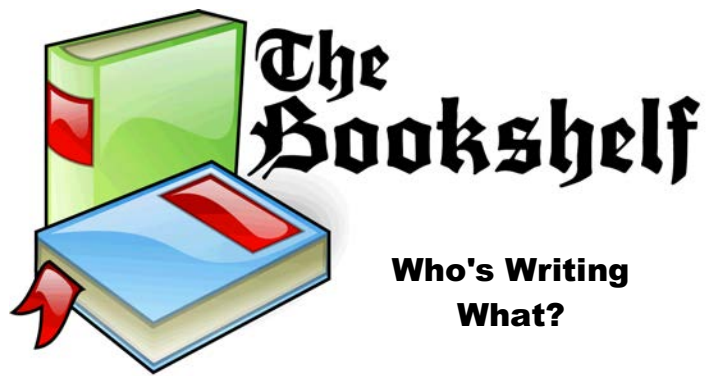
As the film opens, the Black Panther arrives in the United States to confront his brother about the latter’s scheme to make Vibranium available outside Wakanda. In the confrontation, the brother is killed, and the king returns home. Hoping to avoid stoking the policy disagreements by revealing what has happened, he leaves his brother’s son behind. The nephew ultimately becomes a lethal mercenary, adopting the name Killmonger. He is a brooding presence whose insatiable demand for vengeance makes him like Moby Dick’s Captain Ahab. Like Ahab, his purpose is “an iron rail on which my soul is grooved to run.”

After the King’s death, his son comes home to assume the throne and its super hero mantle. The succession requires him to meet any challenger from the other tribes in combat. Unexpectedly, he is challenged by the chief of the Luddite Jabari tribe. He defeats the challenger but spares his life.

The new Black Panther interacts with a cast of characters that includes a CIA agent, one of the few non-Blacks in this tale; a Dutch mercenary, also White, seeking to steal Vibranium to sell to the highest bidder; and Killmonger, who burns to return to Wakanda and overthrow the new king.

The movie’s initial popularity is deserved. Its plot is vivid and compelling. The action is suspenseful. The characters are fascinating. The cinematography is beautiful and the special effects impressive.

The film is remarkable, too, in cultural terms. The perhaps unintentional echo with the violent anger of the 1960’s Blank Panther protest stirs up uneasiness that could be usefully explored. At the very least, the presentation of a film with predominantly Black actors in complex and varied roles is an unsubtle critique of Hollywood’s failure adequately to reflect cultural diversity. Wakanda’s epitomizing sci-fi high technology calls into question a stereotype of Africans as primitive. That country also has a highly disciplined military elite of women, the Dora Milaje, central to the story. These strong, powerful female figures endorse current cultural shifts toward women as subjects who act rather than as objects to be used. In the film the magnitude of that shift is unfortunately diluted by the fictional country’s strongly patriarchal tradition of authority, especially one validated by mortal combat.



The Other Side of Suffering: Finding a Path to Peace after Tragedy

Katie E. Cherry, PhD
Oxford University Press

"Many perished after Katrina. Those who survived have a breadth of life experience that is wider and possibly deeper than those who have yet to live through a disaster."

– *The Other Side of Suffering*

Dr. Katie Cherry, the Emogene Pliner Distinguished Professor of Aging Studies at Louisiana State University, and the Director of Research and Community Outreach, LSU Life Course and Aging Center, has been at the center of research about how people come through disasters. In her newest book, *The Other Side of Suffering: Finding a Path to Peace after Tragedy*, published by Oxford University Press, she builds on and extends her previous work with those who have been caught in natural disasters.

Dr. Cherry has crafted the book to be helpful for the general public by sharing her academic and experiential knowledge gained from her multiple projects with Katrina and Rita survivors, and how they built back their lives, spirit, and resilience.

Cherry and her colleagues were in the third year of a multiyear project, funded by the National Institute on Aging, to study the determinants of longevity and healthy aging, when the 2005 Atlantic hurricanes Katrina and Rita hit Louisiana and shattered lives.

"In the years after the Katrina disaster," she writes, "I wondered what had happened to the displaced coastal residents ...". She knew that more than a million US Gulf Coast residents were displaced. "Knowing how disaster survivors were faring in the years after the 2005 Hurricanes Katrina and Rita was important to me." *The Other Side of Suffering* helps answer that question.

The work is structured in three parts. In Part I, Dr. Cherry covers "Natural Disasters: The Hurricane Katrina Experience." included are chapters on "Disasters and Their Human Impact," "Hurricane Katrina and Two Coastal Parishes in South Louisiana," "Total Destruction," and "Picking Up the Pieces."

Part I is rich and humanistic. Dr. Cherry explores an intimate and fascinating portrayal of Louisiana culture during catastrophes including the history, culture, and lifestyles of two coastal communities in south Louisiana.

St. Bernard was devastated every bit as much as the New Orleans had been, she explains, "... but who other than locals and possibly Louisiana natives has ever heard of St. Bernard?".

"Perhaps best known for its world-class seafood, St. Bernard is largely a fishing community. Many people make their living catching fish or working in seafood sales or processing in some capacity. As a marina owner and operator whose family has been in this area for generations explained to me, "the water is a way of life." This is no small statement as the commercial

The Other Side of Suffering

Finding a Path to Peace after Tragedy

Katie E. Cherry

OXFORD

fishing industry in southeastern St. Bernard traces its roots to the Isleños from the Canary Islands who came to south Louisiana in the 1780s."

Cherry relays the heartbreaking story of an elderly mother and her disabled son being left behind when the flood waters of Katrina came in. They drowned together.

"This particular tragedy has lingered in my heart for many years," Cherry writes. Thirteen years after this tragedy took place, I had a unique opportunity to meet and speak with family members who learn their stories of recovery from the loss.

In a particularly fascinating set of excerpts, Dr. Cherry shares a journal.

From Mrs. Lori's Journal: "The house on the highway side of the house had a gas leak and during the night, depending what way the breeze was blowing at the time, the gas smell got so strong. My mom got sick. Mr. Tommy went to the bathroom and he was little off balance and fell in the tub. I think the gas was getting to him also. I guess we were thankful we had a bathroom. No water or plumbing, but we did have a bucket to dip out the second floor window for water to flush. I realized that morning that we couldn't stay there because of the smell, and the Smiths needed medicine.

Part II of *The Other Side of Suffering* covers "Principles of Healing: A Bridge Between Suffering and Peace." In these three chapters, Dr. Cherry reviews "Faith and Humor," "Respect and Gratitude," and then "Acceptance and Silver Linings."

She lays out the six principles and defines the core of her findings about how people make it through the worst tragedies in their lives—faith and humor; respect and gratitude; acceptance and silver linings.

Dr. Cherry notes that the principles can be applied in a flexible way to counter traumatic stress and support the healing process. She has found that these six concepts point survivors toward recovery and healing.

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In Part II, Dr. Cherry explains problem-focused and emotion-focused coping strategies, including the differences between approach and avoidance strategies. She notes that *Problem-focused* strategies involve active planning and specific behaviors to overcome the problem. *Active emotional* strategies are where the person reframes the problem. Cherry covers *Avoidant emotional* strategies and explains how scientific evidence supports the benefits of problem-focused and active emotional coping styles.

In Part II, Dr. Cherry relates her research, and stories about the Gulf South coastal inhabitants, to the healing principles.

"Faith," she writes, "as an element of religion, falls under a *problem-focused* coping style. Many participants cited faith as a salient factor that kept them going throughout Katrina's destructive aftermath. For these individuals, faith played a central role in coping with challenges, obstacles, and setbacks."

She relates a story about Cathy, who like many seasoned storm veterans, road out hurricane Katrina. But Cathy and her family were trapped by catastrophic flooding when the levees broke. Dr. Cherry describes how Cathy coped by faith.

"When I walked down from the attic, the Lord spoke to me like I am speaking to you, and He said, 'I have a plan.' . . . But when he spoke that to me, I knew he wasn't just speaking it to me. I knew he was speaking it broadly, you know? He said, 'Don't walk before me and don't walk behind me, but be in the middle of the plan with me.' And from that moment on, I knew . . . no matter what I [had] seen, I knew that we were going to get through it.' "

Dr. Cherry covers how humor is an active emotional coping strategy that may help some people work through difficult circumstances.

She uses the term "disaster respect" to include an awareness for tragedy that deepens experiential understanding and knowledge about life and its consequences. "For survivors, a feeling of

appreciation or thankfulness may be realized when they sense respect for their disaster experience(s)," Cherry writes.

Gratitude, despite the losses in one's personal circumstances, is another principle that matters in a post-disaster context, notes Dr. Cherry. Looking at events from the perspective gratitude for whatever has happened — good or bad— can contribute to healing.

In "Acceptance and Silver Linings," she explains the natural path of healing and that resistance occurs when one becomes stuck and unable to make meaning of experience and suffering. Looking for a silver lining is one way of coping with negative life events and an example of emotion focused coping, explains Dr. Cherry.

"If every cloud has a silver lining, then people can have a reason to go on: there is hope. Silver linings mean that bad situations will eventually improve and become meaningful and positive, somehow, de- spite the present suffering and pain."

In the final section, Part III: "Life After Disaster," Dr. Cherry covers "Grief and the 'New Normal'" and "Life Goes On: New Routines, Looking Back, and Looking Ahead."

Dr. Cherry explains the process of grieving, how recovering routines may be of central importance to healing after disasters, and how traditions solidify a sense of "rightness with the world."

Throughout the book, Cherry not only uses interesting anecdotes from former research participants, and also famous people, "... including Abraham Lincoln, Rose Kennedy, Dr. Seuss, Mr. Rogers, not to mention Oliver Sacks, Viktor Frankl, and Elisabeth Kubler Ross."

The Other Side of Suffering: Finding a Path to Peace after Tragedy is an insider's view of life and suffering, and the elements of the human journey back.



Dr. Katie Cherry speaks with press about her work with coastal parish residents and disasters. Cherry is the executive director of the LSU Life Course and Aging Center and a faculty member at LSU psychology. Her new book is on recovery from trauma. (courtesy photo)

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