



LSBEP members discussed their financial problems and their legislative goals at their recent online meeting.

2021 Trends for Psychologists

Experts agree that the social, economic, and psychological impact of the pandemic will be with us for years to come, and this seems especially true in the area of health and behavior. Psychology and psychologists are in the middle of cultural and individual changes that could last for decades. For this feature we reviewed the most talked about trends that are at the heart of our science and practice, and report in detail on one of the top trends, remote work.

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LSBEP Determined to Push Their New Laws

The Louisiana State Board of Examiners of Psychologists (LSBEP) appears determined to go forward with its ambitious and comprehensive legislation, voting unanimously on Thursday, January 28, to begin the search for a legislator to sponsor their changes to the psychology practice law for the 2021 legislative session.

If passed, the LSBEP'S legislation will make sweeping changes, including registering assistants, expanding the board's charter, expanding legal authority of employees, adding more fees, changing the scope of practice, modifying board composition, and exempting investigations from Open Meetings Laws. The new law also gives the board the authority to conduct and sell continuing education.

In the new law, psychologists would be required to seek the board's approval for any assistant who is helping the psychologist provide services to

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Budget Problems Serious Says LSBEP's Dr. Henke

Dr. Amy Henke, current chair of the Louisiana State Board of Examiners of Psychologists (LSBEP), reported at the January 28 long-range planning meeting that the board has about one year before it runs out of its savings.

The board is currently spending more than it takes in, she explained, and has been using its savings to help pay its operating costs.

Henke said that at the current rate they would have less than \$25,000 in reserves at the end of this year.

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Low-Fat Tuesday

Mardi Gras is February 16 and this year will be a real challenge for Louisianians to keep the carnival spirit alive during the pandemic shutdown. For this issue, our reporter came across a fascinating effort going around – decorating "home floats." We are also sharing memories reported in a better year, "What are you doing for Mardi Gras," 2016. Hopefully next year we will be back to 100% Fat.

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Editorial Page – Opinions

LSBEP is solving the wrong problem with its legislation

by Julie Nelson

The psychology board is in need of our help. They have serious financial and organizational problems and are trying to fix these issues by passing new laws that create more regulations, more red tape, and more costs for psychologists.

Last week the board acknowledged that they will exhaust their financial reserves and be unable to pay their bills by 2022. The chair, Dr. Amy Henke, said the board must find ways to "raise revenues." It now seems clear that some part, maybe the largest part, of their motivation for putting forth new legislation is to help solve their financial problems.

They want to create a new, fee-based program for registering assistants, add new fees for miscellaneous services, start providing and selling continuing education, and raise psychologists' licensing fees.



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While they're at it – creating and lobbying for changes in the law which is not a good idea because it centralizes their power – they are also rewriting the scope of practice, expanding their own charter, giving more authority to the complaints subcommittee, changing the composition of the board, and exempting their investigations from Open Meetings Law, so reducing transparency.

It won't work. They are treating the symptoms. What is needed is a full analysis and reform of procedures and outcomes. Einstein said it like this: "We can not solve our problems with the same level of thinking that created them."

A piecemeal approach, using legislation as a change tool, is not the correct approach. The board has not located the correct problems to be solved. As Irv Lane is famous for saying, "They are enthusiastically running around solving the wrong problem."

Nor do any of these false remedies address the hidden issues that constantly plague Louisiana psychologists pulled into the compliant process. A prime example is that it now requires about \$30,000 to defend yourself against a minor complaint that it is ultimately dismissed. Recall that the base rate for disciplinary actions has remained stable over the years with an extremely low rate of two or three in 1000 psychologists. There are no increased dangers to the public, no one requires new regulations or restrictions. Furthermore, it is extremely difficult to impact a base rate that low—but who cares about psychological science?

The board is developing new procedures for the sole purpose of maintaining old procedures. Personnel and material are expanding and consume resources without a clear picture of how these changes result in better outcomes.

A comprehensive organizational diagnosis and reengineering effort is probably needed. As far as I can recall, no comprehensive reform has been done since the origin of the board, in the 1960s. Modern challenges call for modern organizational designs. A reengineering effort is long-overdue.

The good news is that the board's problems could be solved effectively with the right evidence-based, organizational analysis and design methods, which would include innovations and truly effective solutions.

How many psychologists does it take to change a light-bulb? Only one but the light bulb really has to want to change.

In this case it's the reverse—How many light-bulbs do you need in order to change a psychologist?

[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

Letter to the Editor

Alvin G. Burnstein, PhD
Professor Emeritus, UTK

A More Perfect Union is Not a Destination; It is a Direction.

January 6th, 2021 is being viewed by some as the date of a watershed. On one side, a bitter grievance culture leveraged by the 45th President of the United States into a chaotic mob invasion of the country’s capital. Therein the certification was underway of his successor’s election, a process which the insurrection was intended to disrupt.

The nation’s eyes were riveted on their television screens while news cameras broadcast a motley crowd costumed in a mélange of cosplay costumes, jeans, and quasi-military gear surge past barriers, batter down doors, shatter windows and invade chambers.

The scene was carnivalesque, but not a carnival. There were deaths, injuries, explosions. We saw Congress persons and their staffs fleeing to hide under desks and to barricade doors.

Many hours elapsed before the building was emptied of invaders, order restored, and the certification completed.

As I write, two days later, there is a plethora of telecast, and doubtless more private, expressions of shock, dismay, and disbelief at the event. How could this happen? Who and what is to blame? What are to be the consequences, immediate and longer term? Is the sitting president to be removed before the few days remaining in his term expire? How is a recurrence—at his successor’s inauguration or later—to be forestalled?

What follows is an essay, a writing meant not as a pronouncement, but as an effort at understanding, a contribution to the larger conversation now underway about these questions.

Let me begin with Thomas Jefferson’s words in his inaugural address after the bitterly fought presidential campaign in which our nation’s second president, John Adams, was denied a second term by Jefferson’s election:

“If there be any among us who wish to dissolve this union, or to change its republican form, let them stand undisturbed as monuments of the safety with which error of opinion may be tolerated, where reason is left free to combat it.”

I confess to great affection for that quotation; I have cited it frequently. But in the context of the events of January 6th, they seem not to apply, Jefferson was reacting to the 1798 Alien and Sedition Act, passed during his predecessor’s, Adam’s, administration, which led to the imprisonment of a newspaper editor

who expressed opinions critical of then President Adams and his policies. But it seems to me that despite our nation’s being born of a revolution, Jefferson had in mind differences of stated opinions, verbal contests, not physical assaults. The 2021 mob did not come to argue or persuade; they came to disrupt and worse.

A critical difference, cultural in nature, between Jefferson’s time and ours is what Kavanaugh and Rich described in their recent book, *Truth Decay*. Their book describes the diminishing role of facts in forming opinions in our society. Former President Barack Obama criticized his successor, Donald Trump, for accelerating the decay of truth by defending what Trump described as “honest hyperbole,” a form of promotion. It is worth remembering that Trump saw the trope’s appeal as residing in listeners’ love of extremes, extravagance. One has to keep in mind not just Trump’s style, but it seems crucial to look for the basis of its broad appeal.

Captured in the heat of the moment, the televised images of

those rampaging through the Capitol provide a clue. If I read their expressions and behavior correctly, many were taking pleasure in the act of defiling a place of grandeur and opulence, a space in which they did not belong and to which they would not be welcomed. Their forcing their way in was the remedy for a sense of grievance against an Other who looks down on them.

Using hyperbolic exaggeration, Trump has leveraged a grievance into a fulminating threat to our democracy. The core of the grievance is the accelerating collapse of our society’s Eurocentric male caste system. The increased pace of that collapse is experienced as an exquisitely painful, vertiginous deprivation of a grounding based on someone to look down upon. When that pain explodes into rageful action, as was the case in the eighteenth century French revolution, the guillotine comes into play.

A related element is a rejection of conventional authority. As a

Cont next pg

Budget Problems Serious Says Dr. Henke, Cont'd

The board will be \$80,000 in the red by the end of 2022, she explained.

Henke said that the board plans on raising fees which will generate an extra \$35,000 per year but that this would not cover the deficit spending that is currently in place. Dr. Henke said that the board is looking for additional sources of revenue.

This appears to be a clear announcement of the board's financial problems, which have been mounting over the years. At one time, the boards savings were approximately \$400,000.

According to Boards and Commissions the LSBEP took in \$327,651 in 2020 and will take in \$343,438 this year.

[Ed's Note: See "Are Money Problems Behind the Psychology Board's Latest Legislation?" in November 2020 issue of *Psychology Times*.]



Letter to the Editor
continued

concept, authority has two meanings, linked by the element of compulsion. The first authority based on physical compulsion. The Capitol invaders were defying the police. More, with some carrying weapons and plastic restraints to tie potential captives, they were arrogating physical authority to themselves.

A second form of compulsion is not physical compulsion but one based on compelling voluntary belief. The art of rhetoric, persuading others to adopt a position is an effort to shape belief on the basis of argument. At other times, authority is voluntarily granted based on a need for special skills or abilities—as in doctor’s orders.

A striking social consequence of the disorientation stemming from collapse of our grounding caste system is the proliferation of conspiracy theories, Qanon, the Elders of Zion, and the like. They can be understood as an effort to restore order and balance, to reduce confusion by having an explanation for what has caused the confusion. These fictions also represent a rejection of the authority of clerisy, the mainstream press and educated elite who presume to tell them what is true. The paranoid sensitivity to what is really going on helps assuage the disorientation in a very special way. It replaces disorientation with specialized “insider” understanding, providing a focus for rage. It also provides a brotherhood, a reassuring union to wage war on a common, albeit imagined, enemy. And in totalitarian states or cults, it also provides a charismatic savior with whom one can psychologically merge.

I began with a metaphor of a watershed, leaving open the question of what is on the other side. No one can be certain. One danger is a totalitarian response, the guillotine. We can remember how well that worked in France.

It may well be that evil cannot be rooted out, eliminated. The core premise of psychoanalysis is that conflict is inherent in human nature, which has ugly elements. Immanuel Kant¹, Isaiah Berlin², and Ernest Becker³, remind us that human nature and the moral universe are inherently flawed. The Enlightenment hope that all true statements might cohere died with Hegel. Some moral imperatives contradict others.

In the aftermath of January 6th, there have been calls for national “unity.” If by that is meant lack of conflict, given human nature, it is an unattainable goal and an appeal for it can be a totalitarian device. Perhaps the best we can do is to stumble along, trying not to lose our balance, persisting, struggling in on-going though not unified civil efforts, not to make a revolution, but to make things a little better.

¹ "Out of the crooked timber of humanity no straight thing can be built."
² "The world that we encounter in ordinary experience is one in which we are faced by choices equally absolute, the realisation of some of which must inevitably mean the sacrifice of others."
³ "We are angels who s--t."

LSBEP Determined, Continued

patients or clients. This would include any clinical, family, or organizational setting, including government. The yearly fee is up to \$75 per assistant.

Included is the requirement that the assistant initiate a criminal background report from the Louisiana Bureau of Criminal Identification and Information.

The board would approve the assistant's training, qualifications, and services to be provided. The board can deny or revoke the registration of the assistant at any time that it receives reliable information that the assistant is causing harm to clients or patients, or likely to, or is unethical or unprofessional.

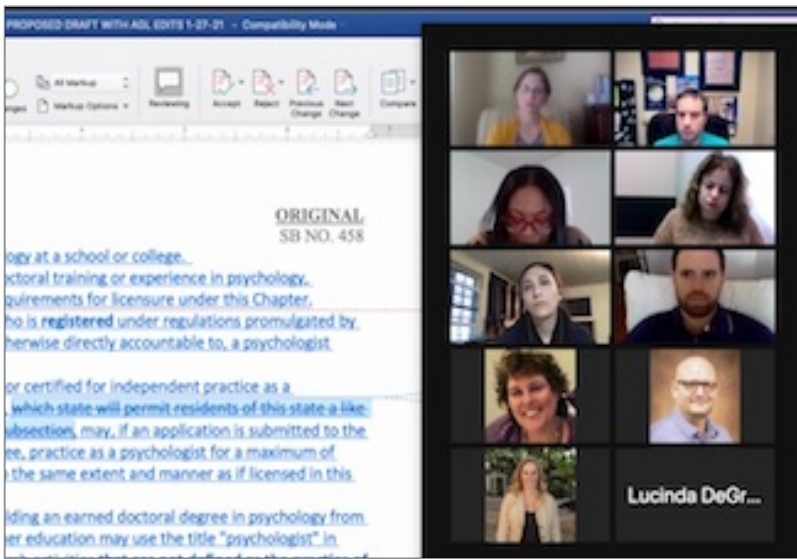
The new law also gives the board authority to collect an array of new fees. These include up to \$250 for preapproval of continuing education courses. Also they can charge up to \$200 for authorization to conduct tele-supervision, to authorize an inactive status or renewal, or to authorize emeritus status and renewal. The board appears to be intending to provide continuing professional development with a charge of up to \$200 per continuing unit.

According to the draft of proposed legislation, the board will be creating new committees that may operate with full authority of the board for complaints procedures and disciplinary actions, to perform tasks such as creating subpoenas and summary suspension authority.

The board will add the ability to restrict a license along with the current law for suspension are revoking. Also added in new language, the board is to communicate violations to the District Attorney.

Under scope of practice the board is adding language for:

- psychological test development;
- provision of direct services to individuals or groups for the purpose of enhancing individual and organizational effectiveness;
- using psychological principles, methods and procedures to assess and evaluate individuals for the purpose of rendering an expert opinion or diagnosis in a legal setting; and
- supervision and



Members of the state psychology board, along with invited guests and the public, attended a Zoom meeting on January 28 and looked at the bill.

consultation related to any of the services described in the current law. How much authority they have over individuals doing psychological research appears to be in question at this point based on discussions on Thursday.

The new language affirms that psychological services may be rendered to persons throughout their life time including families, groups, institutions, organizations, and the public.

The board creates language that removes transparency having to do with investigations. "All proceedings in connection with any investigation by the board shall be conducted in closed session, and are exempt from the provisions of the Public Meetings Law [...] All records in connection with any investigation by the board are confidential."

The *Times* asked Dr. Kim VanGeffen, chair of Professional Affairs for the Louisiana Psychological Association, if the legislation put forth by the psychology board, and explained as "housekeeping" legislation, was actually housekeeping?

"This legislation opens up the Psychology Practice Act in order to make changes. The proposed changes include some items which could be considered 'housekeeping,'" Dr. VanGeffen said. Housekeeping items consist of changes in language to fit with current practices or statutes. Correcting errors, clarifying or updating information, changing numbers or letters of items in the Act would also be considered housekeeping items."

"[the legislation] includes other changes which go beyond housekeeping changes and are more fundamental modifications to the practice of psychology in Louisiana," she said.

"Drs. Matthew Holcomb and Erin Reuther and I represented LPA on this Committee. During these meetings, LPA's representatives have been encouraged to and have offered a great deal of input about the legislation. Some of the concerns raised by the LPA members resulted in changes to the legislation. There are some areas in which the LPA representatives continue to have concerns or disagreements with what is in the legislation."

"LSBEP put for this legislation last year. LPA was not involved in the development of that bill. Because of the corona virus, the Louisiana legislature only addressed a very limited number of bills during last year's legislative session. LSBEP's bill was not addressed last year. Members of the psychological community may have had access to that bill although I would doubt that most psychologists were aware of this legislation," Dr. VanGeffen said. "When the Ad Hoc Collaborative Committee was formed, it was agreed that the Committee members would not distribute the bill we were discussing until it was in its final form."

Dr. Greg Gormanous, Chair of Legislative Affairs for LSBEP, said to attendees at the Thursday online meeting, that he was comfortable that "...we have honored the agreement," to reach consensus with representatives of the community.

Dr. Sam Two Vote Winner in Election

Dr. Thomandra Shavaun Sam edged out Dr. Lauren Rasmussen, when Sam received 105 votes to Rasmussen's 103, of votes cast in the recent election.

Dr. Sam received 38% of the total votes and Dr. Rasmusen received 37%. Dr. Leslie A. O'Malley came in third with 23% of the total votes cast.

The election was held to fill the July 2021 vacancy on the Louisiana State Board of Examiners of Psychologists.

The top two names will be sent to the Governor for his choice of appointment. The Louisiana Psychological Association asks the Governor to select the top vote getter, as is their current policy.

The vacancy will occur in June 2021 when Dr. Amy Henke completes her service. Voting opened in and ends January 15.

Dr. Sam is from Baton Rouge and was licensed in 2015 in the specialty area of counseling according to her candidate statement. She is a Psychologist V/Office of Behavioral Health/Eastern LA Mental Health System and earned her degree from Auburn University.

Gov. Edwards Writes Pres. Biden to Request More Aid for Hurricanes

Gov. Edwards announced on January 26 that he has requested additional federal funding from the White House to address Louisiana's \$3 billion in unmet hurricane recovery needs in Louisiana communities affected by hurricanes Laura, Delta and Zeta last year.

"As in previous times of difficulty, Louisianans have once again risen to meet the challenges of rebuilding by helping their friends, neighbors and even total strangers begin the process of starting anew," Gov. Edwards wrote. "While we do not doubt the ability of our citizens to recover, we need the help of the federal government to make that recovery complete."

Hurricane Laura struck southwest Louisiana as a Category 4 hurricane on August 27, 2020 and it was followed by Hurricane Delta, a Category 2 storm, on October 9, 2020. On October 28, 2020, Hurricane Zeta struck the southeast portion of the state.

Louisiana has unmet needs totaling \$3 billion for hurricanes Laura and Delta alone. These include \$396.3 million in homeowner needs, \$481.7 million in renter needs, \$130 million in non-federal FEMA Public Assistance cost share, \$50 million in non-federal FEMA Hazard Mitigation cost share, \$25 million in transportation damages, \$576.4 million in estimated crop losses and \$1.397 billion in estimated timber losses.

Gov. Announces Appointment of Dr. Fletcher and Others to Boards

On January 29, Gov. Edwards announced his appointment of Sarah Petters Fletcher, PhD, of New Orleans to the Louisiana Developmental Disabilities Council. Fletcher is an education program consultant and school psychologist. Fletcher will represent the Department of Education. The mission of the Louisiana Developmental Disabilities Council 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.

On January 22, the Gov. appointed Kathy M. D'Albor of Plaquemine to the Capital Area Human Services District. D'Albor will represent Iberville Parish and serve as a professional in the field of developmental disabilities.

The Capital Area Human Services District, CAHSD, is the public service provider for mental health, addictive disorders and developmental disabilities services in the Capital Area (Ascension, East Baton Rouge, East Feliciana, Iberville, Pointe Coupee, West Baton Rouge and West Feliciana parishes).

Donna Bowie of LaPlace has been appointed to the Children's Cabinet Advisory Board. Bowie is the deputy director of the Bridge

City Center for Youth. Kathy N. Coleman of Baton Rouge has also been appointed to the Children's Cabinet Advisory Board. Coleman is the secretary treasurer and CEO of Grandparents Raising Grandchildren. Lakeisha W. Robertson of Baton Rouge has also been appointed to the Children's Cabinet Advisory Board. Robertson is a program manager in the Governor's Office of Elderly Affairs.


The Children's Cabinet Advisory Board provides information and recommendations from the perspective of advocacy groups, service providers and parents on policies and programs relating to Louisiana children.

Yakima K. Black of Baker, Steven D. Carrier of Church Point, Mary S. Hornsby of Baton Rouge, and Lynn A. Stevens of Bossier City have been appointed to the Louisiana Rehabilitation Council.

The Council listens to the concerns of those with disability issues, reviews, analyzes and evaluates the state rehabilitation program, and collaborates with other state agencies, organizations and consumer groups.


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Confirmation of First Case of U.K. COVID Variant in Louisiana

In a January 16 press release, the Louisiana Department of Health confirmed the state's first identified case of the COVID-19 variant, SARS-CoV-2 B.1.1.7., frequently referred to as the U.K. variant because it is prevalent in the United Kingdom, in an individual in the Greater New Orleans area.

This variant spreads more easily from one person to another than other viral strains currently circulating in the United States, though it has not been shown to cause more severe disease. Health experts believe current COVID-19 vaccines are effective against the variant strain.

"LDH has confirmed the state's first case of the more contagious COVID-19 variant that has been identified in the United Kingdom, and it is urgent that everyone double down on the mitigation measures that we know are effective in reducing the spread of the virus," said Gov. Edwards.

"It was always a matter of time before this new strain of the virus would reach Louisiana, which is why our state health experts have been monitoring cases and working with the CDC to prepare. There is no such thing as taking this too seriously. Our case counts and hospitalizations are increasing daily and deaths from COVID have reached an alarming rate. I implore everyone to wear a mask, avoid people and places that are not implementing the mask mandate, social distance, wash your hands frequently and do not go around anyone if you are sick. Even with the vaccines available, controlling our behavior with the measures that are proven to help keep us safe is our best defense against spreading this virus to our family, friends and throughout our communities."

The Department conducted a case investigation and contact tracing to identify, inform and monitor anyone who was in close contact with the individual, who has a reported history of travel outside of Louisiana. However, the variant strain has been detected in at least 15 other states and is likely circulating in Louisiana as well.

The Department has been preparing for this variant strain by participating in the Centers for Disease Control and Prevention's national SARS-CoV-2 Strain Surveillance Program and has been sending bi-weekly samples to the CDC for sequencing since November 2020. The State Public Health Laboratory is also working with clinical laboratories throughout Louisiana to conduct targeted surveillance for suspect variant strains.

Gov. Edwards Extends Louisiana's Phase 2 Measures, Strongly Recommends Businesses Move to Remote Work for Employees

On January 12, the Gov. announced that he has extended his modified Phase 2 order, keeping COVID mitigation measures in place for another 28 days, and strongly recommended that all businesses in Louisiana move to remote work for as many employees as possible, as COVID cases and hospitalizations surge in Louisiana. The Governor's statewide mask mandate also stays in place.

"What we are seeing is a huge spike in COVID cases and hospitalizations across the state, putting us in a dangerous position where we are seeing major stress on our health care systems. These continued mitigation measures are completely necessary, but they only work if people follow them. Informal social gatherings are the biggest culprit right now and people need to understand that you should not be spending time with those outside of your household unless it is absolutely necessary," Gov. Edwards said. "We also strongly recommend that any employer who can should have their employees work from home whenever possible. We are very fortunate to live in a time when we have the technology to do many things from the safety of our own home that wouldn't have been possible just a few years ago. Let's take advantage of that technology in order to slow the spread."

"These are the things we were doing at the start of the pandemic. But as things have gone on, people have gotten more lax. It's time to buckle down with what we know works, and that's wearing masks, social distancing, staying at home when you are ill and keeping to your own household."

Judge Grants Extension in Hesson Appeal

On January 6, William Mallory Kent, counsel for Dr. Rodney Hesson, requested a 30-day extension for filing the reply to the government's response, regarding Hesson's U.S.C. §2255. Hesson is at the center of the high profile Medicare fraud case that affected psychologists in Louisiana in 2017.

Dr. Hesson's 2255 appeal is based on his view that he was not adequately represented in the original trial.

Kent related that his legal secretary's husband had been struck by Covid, and was in the ICU, making it impossible for his secretary to assist Kent with several critical cases which involved short windows. Kent explained that there were issues on case with a 20-year litigation history and that he was having to do all his own legal secretary work.

The judge granted the request which is now moved to mid-February.

The Fisher Project Suicide Prevention Program

The Mental Health Association for Greater Baton Rouge is operating a COVID-19 Emergency Response for Suicide Prevention Project in Louisiana funded by SAMHSA. In partnership with the Louisiana Department of Health, Office of Behavioral Health and other agencies, we are offering comprehensive suicide follow-up and recovery support services. Mental health concerns have increased considerably during the COVID-19 pandemic. Louisiana has been affected by high rates of infection and deaths, and many of our communities are more vulnerable to trauma and increased risk for mental health problems. The services we provide are culturally affirming and trauma-informed. We invite you to utilize our services to better serve your patients. There is no cost to participate.

- Clients enrolled will receive 6 months of care:
- Screening for suicide risk at every appointment
 - Safety planning and means restriction
 - Discharge planning
 - Warm hand off(s) to treatment or community organizations
- Services are available via telephone and video telehealth.

To Enroll or Refer a Patient
Call the Fisher Project 225.960.6800
or email sblauvelt@mhagbr.com

Eligible participants are: Age 25 and over and · Have an increased risk for suicide in past 3 months

All services are provided by a certified peer specialist and supervised by a licensed clinical psychologist.

State & National News

Children's Hospitals Report Wave of Mental Illness According to Kaiser Health

In a report by Kaiser Health's Carmen Rodriguez in January, Rodriguez said that government figures show the proportion of children who arrived in emergency departments with mental health issues increased 24% from mid-March through mid-October, compared with the same period in 2019. Among preteens and adolescents, it rose by 31%. Anecdotally, some hospitals said they are seeing more cases of severe depression and suicidal thoughts among children, particularly attempts to overdose, according to the report.

The increased demand for intensive mental health care that has accompanied the pandemic has worsened issues that have long plagued the system, noted Rodriguez.

In some hospitals, the number of children unable to immediately get a bed in the psychiatric unit rose. Others reduced the number of beds or closed psychiatric units altogether to reduce the spread of covid-19, she said.

"It's only a matter of time before a tsunami sort of reaches the shore of our service system, and it's going to be overwhelmed with the mental health needs of kids," said Jason Williams, a psychologist and director of operations of the Pediatric Mental Health Institute at Children's Hospital Colorado.

"I think we're just starting to see the tip of the iceberg, to be honest with you."

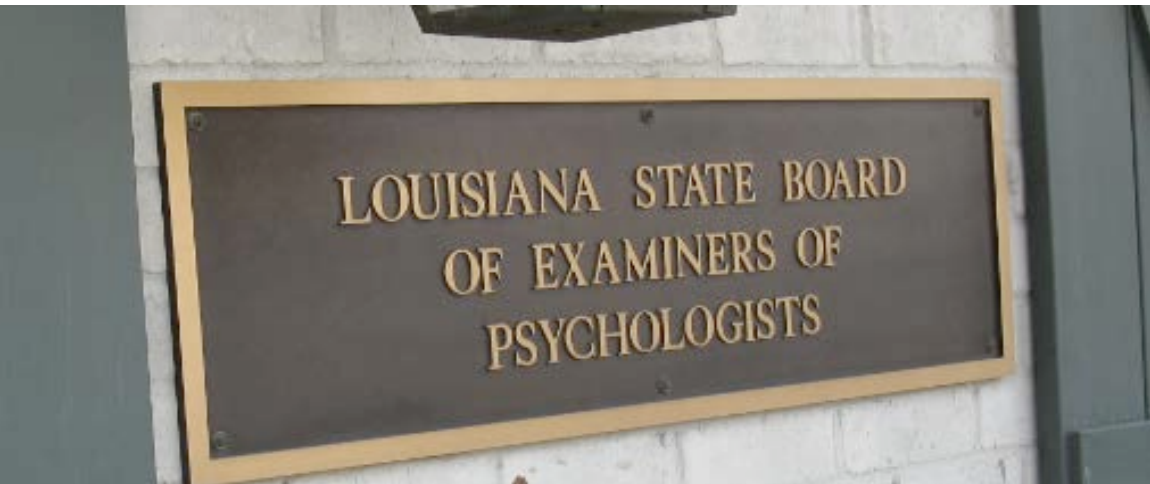
Before covid, more than 8 million kids between ages 3 and 17 were diagnosed with a mental or behavioral health condition, according to the most recent National Survey of Children's Health.

A separate survey from the Centers for Disease Control and Prevention found 1 in 3 high school students in 2019 reported feeling persistently sad and hopeless — a 40% increase from 2009.

For the full report, see Kaiser Health News online.

Ochsner "Health First" Healthcare to Go Live

Vynca, a national leader in advance care planning, in partnership with the Louisiana Health Care Quality Forum (Quality Forum), announced in Jan. that Ochsner Health, Louisiana's largest non-profit academic healthcare system, is the first hospital network to go-live on Vynca's EHR-integrated advance care planning solution. This partnership will make Louisiana Physician Orders for Scope of Treatment (LaPOST) forms in the statewide LaPOST Registry available. The partnership between the Quality Forum and Vynca enables healthcare providers in all care settings across Louisiana to electronically complete and access patients' LaPOST forms.



From the Minutes

Selected Items from 2020 Minutes of the Louisiana State Board of Examiners of Psychologists (LSBEP)

September 11, 2020

Discussion Items

1. 2020-21 Budget Review -
a. Fee Considerations - Dr. Henke presented this discussion item in continuation of the previous meeting discussion. Dr. Henke reported that Mr. McNeely, Ms. Monic and herself met to focus on the budget and consider recommendations for the Board. Dr. Henke noted the group also communicated with Erin Reuther at LPA. Dr. Henke reported that she has spent a lot of time reviewing the board's finances and delving into the work that is required to run a board. A draft budget was again reviewed by the Board. Dr. Henke made recommendations to increase license renewal fees from \$350 to \$400, which would automatically impact the reduced fee for individuals 65+ from \$175 - \$200, and automatically impact the reinstatement fee, increasing that from \$550 to \$600; increase the Temporary Registration Application fee from \$125 to \$200; and increase the paper processing fee from \$15 to \$50. Mr. McNeely moved in favor of approving the increases. The Board discussed the motion. The motion passed by roll call vote as follows: In favor:(6) Henke, Gormanous, Gibson, Moore, McNeely, Harness; Against: (0); Abstained: (0); Absent: (0)

Employee/Contract Restructuring - Ms. Monic presented contract information for Monique Marino noting that the contract was not being utilized as hoped and therefore the board should give consideration to continuing the contract; with the CERTEMY contract in place, the board would begin phasing out the need for the contract with Sparkhound; the Board should consider availability of funding for annual cost of living raises for employees; and also review the contract for Attorney Courtney Newton, noting that this contract was depleted however there is still 9 months remaining in this fiscal year with many complaints still open, and new complaints being filed monthly as evidenced by Mr. Owen's monthly report. Ms. Monic noted that it is difficult to control spending once a matter requires an attorney, and most do. The Board again discussed the option of an in-house attorney. Ms. Monic noted that both unclassified positions that the Board is constitutionally entitled to were filled, noting the added responsibility and potential liability of having to manage an employee in accordance with Civil Service rules and requirements to adhere to their fee schedule, pay raises, etc. Mr. McNeely moved in favor of proceeding with in-house counsel. The Board discussed the motion. The motion passed by roll call vote as follows: In favor:(6) Henke, Gormanous, Gibson, Moore, McNeely, Harness; Against: (0); Abstained: (0); Absent: (0)

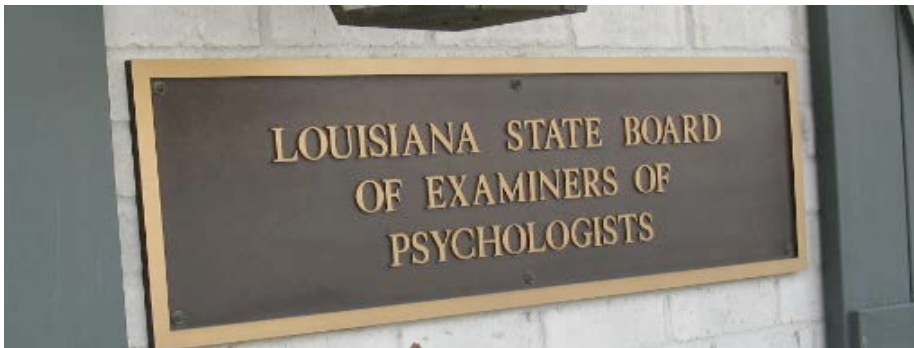
Further, Mr. McNeely moved in favor of empowering Ms. Monic to explore and initiate requesting an exemption from the classified service in creating a new unclassified position to employ in house counsel, and in order to reduce contracts, reduce Ms. Monic's workload, increase productivity and position the board for continuity should there be a loss of the board's current workforce. The Board discussed the motion. The motion passed by roll call vote as follows: In favor:(6) Henke, Gormanous, Gibson, Moore, McNeely, Harness; Against: (0); Abstained: (0); Absent: (0)

b. Review Summary Suspension Procedures - Ms. Monic expanded on the complaint/hearing process and explained Summary Suspension Procedures prior to the litigated matters referenced herein, and the interim procedures established during the period of the litigated matters. Following presentation and review, Dr. Henke moved that the Board revise its policies and procedures related to Summary Suspension to delegate to the Complaints Committee, the authority to issue a temporary summary suspension, pending hearing in accordance with its authority to delegate as affirmed by the decisions of the Louisiana First Circuit Court [...]

"1. The Complaints Committee comprised at least four (4) persons shall be delegated the authority to order the summary suspension of a license pending proceedings for revocation or other action, when it has been determined, by the four (4) members of the designated Complaints Committee defined herein, that public health, safety, or welfare imperatively requires emergency action, and incorporates a finding to that effect in its order.

2. The Complaints Committee issuing an order of summary suspension shall include the Board Chairperson, or if the Chairperson is recused, another appointed Board Member. The remaining persons shall be a combination of at least three (3) additional persons who are the Complaints Coordinator, Board Attorney, Compliance Officer and/or the Executive Director of the Board.

3. In accordance with the La. Admin. Procedures Act, La. Revised Statutes Title 37, Chapter 28. Psychologists, the Louisiana Administrative Code (Rules) Title 46, Part LXIII. Psychologists, when a summary suspension has been ordered by the Complaints Committee, the Executive Director (or in the absence of the Executive Director, other able-bodied member of the designated Complaints



From the Minutes, Continued

Committee) shall immediately set a date for formal hearing proceedings within a period not to exceed 14-days, before the appointed members of the Board. Extensions to the formal hearing date may be granted beyond the 14-day period at the request of the Respondent.”

The Board discussed the motion. The motion passed by roll call vote as follows: In favor:(6) Henke, Gormanous, Gibson, Moore, McNeely, Harness; Against: (0); Abstained: (0); Absent: (0)

Dawn Sharpless – Petition/Email for consideration of statutory/regulatory amendment related to forensic practice by retired psychologists. Public Protection and Safety - The Board reviewed the email petition from Dr. Dawn Sharpless for consideration of the following statutory or regulatory amendment to allow “A retired psychologist who once qualified as an expert witness and who no longer maintains a license to practice psychology in Louisiana is still considered to be an expert witness in terms of testifying on reports written while he/she was duly licensed for a period of two years following the date the license lapsed. However, once retired, such individuals are prohibited from any other psychological practice.” The Board discussed this matter thoroughly. Following discussion, finding that it would not be in the interest of public protection to enable unlicensed practice by individuals, including a provision to allow expert testimony, where such practice will likely have a substantial impact on an individual’s freedom, property, parental rights and/or other rights, Dr. Gormanous moved in favor of declining the petition of Dr. Sharpless. The Board discussed the motion. The motion passed by roll call vote as follows: In favor:(6) Henke, Gormanous, Gibson, Moore, McNeely, Harness; Against: (0); Abstained: (0); Absent: (0)

Dr. Gormanous further moved that the Board thank Dr. Sharpless for bringing this matter to the Board for consideration and reaffirm the guidance originally issued by Ms. Monic [...]

Mr. McNeely moved in favor of the following three budgetary items impacting salary:

1. To grant Ms. Monic a \$5,000 raise effective immediately. The Board discussed the motion. The motion passed by roll call vote as follows: In favor:(6) Henke, Gormanous, Gibson, Moore, McNeely, Harness; Against: (0); Abstained: (0); Absent: (0) Ms. Monic was not present for this discussion.
2. To grant the authority to Ms. Monic to provide up to a 1% raise to Mr. Justin Owens to be split with the Louisiana Behavior Analyst Board, following satisfactory employee performance evaluation after his one year anniversary. The Board discussed the motion. The motion passed by roll call vote as

follows: In favor:(6) Henke, Gormanous, Gibson, Moore, McNeely, Harness; Against: (0); Abstained: (0); Absent: (0)

October 9, 2020

3. Complaints Committee (AH/GGi) -
a. Hearing in the Matter of Eric Cerwonka, Psy.D., License No. 1020 LSBEP Complaint Number: P16-17-14C (Consolidated with P17-18-11C) - Dr. Henke reported that the hearing of this matter was conducted as noticed on Thursday, September 24, 2020 [...]

Discussion Items
1. 2020-21 Budget Review and Approval -
b. Fee Considerations – The board reviewed the budget with approved fee structure discussed and outlined during the September 11, 2020 meeting which included: increase license renewal fees from \$350 to \$400 and which increase would automatically impact the reduced fee for individuals 65+ from \$175 - \$200 and automatically impact the reinstatement fee from \$550 to \$600; increase the Temporary Registration Application fee from \$125 to \$200; and increase the paper processing fee from \$15 to \$50. Ms. Monic also presented a detailed report as requested to show all items listed in the budgetary category, “Other Operating (Variable)” which includes bank interest/fees, miscellaneous costs of investigations like subpoenas, board meeting security, credit card processing fees, association dues (ASPPB, FARB, CLEAR), furniture and equipment purchases, board election, board photos, secure document destruction, postage, postage machine lease, stationary, office supplies, computer software. The Board also discussed revenue development including a continuing education training program in the area of ethics and law related to the practice of psychology to be developed and offered by the board; and potentially a process to review and pre-approve continuing education activities.

Committee Reports
a. In the matter of: Richard A. Marksbury, Ph.D., Plaintiff, Pro Se vs. Louisiana State Board of Examiners of Psychologists, 19th Judicial District, Parish Of East Baton Rouge, State of Louisiana No. 682294 DIV 21/D – the Plaintiff filed a writ of mandamus asking the First Circuit to compel Judge Clark to rule on our exception. The Board filed a response to this writ. Mr. Marksbury’s writ was denied [...]

November 20, 2020

[Committee Reports]
:1.Executive Committee Report–Ms. Monic reportedthe following:
•that an opinion from the Board of Ethics was requested related to one of the nominee’sability to serve given a previous appointment. Due to the Board of Ethics timeline on responding, nominations would not be opened until the LSBEP meeting on December11, 2020
•that two matters remain in litigation in the 19thJDC, East Baton Rouge: Richard A. Marksbury, Ph.D. vs LSBEP and Glenn W. Ahava, Ph.D. v. LSBEP
•that Jennifer L. Callahan, Ph.D. ABPP President, Society for the Advancement of Psychotherapy (APA Division 29) sent a letter to the LSBEP related to their objections to theEPPP and EPPP2.2.Finance

1.2020-21 Budget Review -
a.Public Comment: Email letter from Mike Chafetz to Amy Henke Re Board Finances: The Board received public comments from Dr. Mike Chafetz. Dr. Chafetz commented that he believed the board could do better on the money spent on rent; Dr. Chafetz suggested reviewing how Medical Psychologists are regulated in relation to the portion of their practice that is purely psychological; Dr. Chafetz suggested that the complaints process potentially involve a volunteer committee composed of forensic psychologists to review complaints involving custody/forensic evaluations prior to the board opening an investigation in these matters. The board thanked Dr. Chafetz and took his recommendations under advisement.



Members of the state psychology board, Drs. Koren Boggs (L) and Amy Henke at a past meeting, before Covid.

The board is crafting legislative changes for the 2021 session but is also struggling with its own financial challenges.

2021 Trends for Psychologists

#1 *A focus on behavioral prevention and natural immunity*

The coronavirus pandemic has caused a dramatic shift from the medical model to prevention and natural immunity, both strongly related to behavior. Sunlight, vitamin D, sleep, stress, zinc, are just some of the lifestyle variables related to immunity. Experts say that 88% of Americans are metabolically unhealthy, directly related to Covid survival. Being a healthier country and having individuals take responsibility for their health behaviors has become one of the top trends and priorities.

#2 *Telehealth and remote work*

Telehealth has become a booming business with virtual health care visits estimated to have reached one billion by the end of 2020. Individuals will continue to restrict their activities to avoid unnecessary exposures and remote health opportunities are predicted to continue to grow exponentially. The emergence of additional strands of the virus is a sign that some form of social distancing is going to be with us for a long time.

#3 *Mental health needs*

Experts predict a tsunami of problems hitting the population due to the stress and changes that are here now and that will continue regarding individuals' work, relationships, childcare, education, and health. Prioritizing emotional well-being is critical for all citizens and this includes embedding mental health practices into their regular life and routines. Psychologists are essential in helping develop these new and innovative ways of delivering mental health services.

#4 *Blending work and family life*

Integrating work life and family life has been forced into the forefront of our priorities with the lockdowns. As workers went home, new ways of adapting were required for handling interactions with spouse, children, and managing the complexity of work-home life. Psychologists have a key role in helping individuals balance the complex variety of demands upon them—helping with behavioral change, stress management, time management, mental health techniques and other elements for coping with change.

#5 *Virtual learning*

Covid has impacted educational services for those psychologists who teach, those who learn, and those who deal with students of any sort. Experts say that most institutions will pursue at least a portion of their curriculum online even after the pandemic passes. Understanding and optimizing this new style of learning falls in the wheelhouse for psychologists, as both teachers and researchers.

#6 *Focus on child development*

For 2021 and beyond, understanding what is happening to young children will be critical. For the very young, the changes have impacted one third or one half of their life span. What will be the consequences and remedies for these youngsters to develop and flourish? That will be a central question for psychologists to address and to establish clinical and behavioral interventions to ameliorate any consequences to the young.

#7 *Looking for new meaning in the quiet zone*

Life has slowed and quieted down for many, and there is evidence that as the busyness and noise of the fast-paced world subsided, the inner, psychological life is where many are focusing. In one study, by the creative software company Canva, researchers found that 64% of those responding say that Covid has positively changed their perception of what is most important in their lives. Half, 51%, have engaged in a creative past-time, so there's a place for psychologists to help facilitate the inner, psychological journey and the shift in values that it often reflects.



New Trend of Remote Work Relies on Psychological Science

One of the most frequently noted 2021 trends is the move to at-home work, already common among digital workers but catapulted forward for many others by the pandemic.

Completely in psychology's wheelhouse, successful home and remote work calls for a complex blending of employee self-direction, methods for coordinating with colleagues, and integration with family and family life.

Employers know that remote work can mean challenges for productivity. The adjustment requires a keen understanding of the complexity of workers' traits, knowledge of work environments, and types of supervisory skills.

Two psychological scientists are focusing their expertise to help employers and their employees to bridge the gap between the old and new work situations. Bill Costelloe and Jim Stodd have founded a new consultancy, called ThriveRemote, LLC. Their new firm is dedicated to applying and sharing expertise about the psychology of remote work scenarios. Costelloe's and Stodd's goal is to facilitate remote work solutions for the benefit of client organizations and their employees, as well as mitigate some of the predictable difficulties often associated with the transition to remote work.

The two consultants and their team members at ThriveRemote bring a range of services to help solve a variety of problems encountered by both employers and employees. These include employee selection, development, engagement, leadership training, retention strategies, performance management, compensation programs, and in particular reward methods for remote workers.

Both Costelloe and Stodd, with advanced degrees in industrial-organizational psychology, bring a rich background of seasoned experience in organizational leadership and human resource management to the task.

As well as his association with ThriveRemote, Dr. Costelloe serves as President of Costelloe and Associates, Inc., located in Metairie, Louisiana, a firm he has maintained for over 30 years specializing in the industrial application of psychological assessments, candidate selection, career planning & development, and employee morale surveys.

During the 2020 shutdowns, employers scrambled to find ways to cope and maintain some level of productivity.

"As we all know," said Stodd, "the pandemic has forced us to accept new circumstances, terms, conditions, and situations that most of us would not have wished for. Included in that has been the necessity for millions of people to work from home," he said.

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New Trend of Remote Work Relies on Psychological Science

Continued

"While most business leaders and their employees were extremely reluctant to embrace remote work as a norm, the pandemic just has not given us much of a choice. Yet, as more data comes in regarding this once unwelcome circumstance, it's not looking all that bad, at least for most," Stodd said. "In fact, this forced change may end up being one of the few silver linings to come out of all this disruption, tribulation, and suffering with many believing that remote work is here to stay."

Jim Stodd is the Principal of JT Stodd & Associates, located in Baton Rouge, Louisiana, and specializes in compensation and rewards, organization planning, change management, and general human resource management.

Costelloe and Stodd note that others are debating the relative merits of remote work. However, they choose to simply acknowledge that remote work is likely here to stay.

"It is a new norm for much of our industrial society, at least in ways and numbers that were just not foreseeable prior to the pandemic," Costelloe said.

"We believe that remote work should become a greater focus for applied behavioral scientists—such as ourselves—and that we can continue to better understand, shape, and influence the factors and circumstances that contribute to individuals thriving in remote work situations versus languishing, coping or just getting by," said Costelloe.

Psychological scientists are trying to keep pace with the urgent needs to understand and help people adjust to the pandemic environment.

"While a lot has yet to be learned regarding these factors and circumstances, amazingly a lot has been learned in a fairly short period of time," said Stodd.

"Much has been written on this topic over the last several years, but science-based evidence regarding what makes remote work productive and sustainable has been limited. We want to share what is already known about the predictors of remote worker success," said Stodd, "so that business leaders can use that knowledge to better predict who is most likely to thrive within a remote work circumstance, understand why they thrive, and use that knowledge to better design, situate, and manage their remote work programs for the mutual benefit of both the worker and the organization."

Costelloe and Stodd describe findings from one science-based study, a recent investigation undertaken by psychologists associated with the Universities of Georgia and South Florida.



The researchers described “remote work effectiveness” in terms of three areas: Overall Adjustment (to the remote work situation); Stress Level (during performance of remote work); and Job Performance (relative to pre-pandemic/normal-office performance levels).

The researchers looked at 62 possible predictors of remote work effectiveness and found eight strong predictors.

The first three of these eight predictors had an inverse or negative relationship to one’s ability to thrive in a remote work situation. And, these three all pertain to the internal characteristics—for example, personality traits, competency or skills, or habits of the worker, Stodd notes.

These factors were: 1) Feelings of Social Isolation; 2) Stress Levels Before Engaging in Remote Work; and 3) General Proneness to Anxiety.

Stodd explained one example, saying, "Feelings of social isolation were found to hurt a person’s overall ability to thrive in a remote situation, including their overall adjustment to remote work, stress levels during remote work, and job performance," Stodd said. "The negative impact of social isolation may even be greater based upon one’s personality. For instance, folks that are extremely extraverted, and normally energized by frequent social contact, or those with strong affiliation needs, may be even more negatively impacted by the social isolation that frequently comes with remote work."

The next five factors were found to be positively associated to remote work effectiveness. These five pertain to situational factors exterior to the person that an employer can influence directly and rather significantly.

Above: Dr. William Costelloe (C) speaking with Dr. Gus Sison (L) and Dr. Don Zhang at a previous conference.

Dr. Costelloe is working with Jim Stodd to develop new ways for remote workers to be successful.

In a recent press release, Gov. Edwards asked employers to facilitate remote work in order to stop the spread of Covid.

New Trend of Remote Work Relies on Psychological Science

Continued

These were: 4) Sleep Quality During Periods of Remote Work; 5) Organization's Support During and After the Transition to Remote Work; 6) Workspace that is Comfortable, Well-Equipped & Conducive to Productivity; 7) Technology that Facilitates Productivity, Communication and Social Interaction; and 8) Job Design and the Variety of Tasks Involved in the Job.

"It was found that characteristics of the work itself mattered, including how demanding the job is, having increased task variety, and job-related information exchange," Costelloe explained. "Also found to be important are situational factors including, family interruptions of work, spousal/family respect of boundaries, and the proportion of childcare the worker is doing during remote work relative to a partner."

Costelloe and Stodd are in agreement about the importance of individual differences, which has led them to closely examine other characteristics that may influence an employee's productivity or success at remote work.

They point out another example, a study related to important characteristics for success in remote work, where researchers measured characteristics with the 16PF, a well-established personality assessment tool supported by decades of academic and applied scientific support.

In this study, researchers concluded that "employers need to consider the individual differences in remote workers' personalities and identify how to best support and develop them to realize their potential as remote workers."

The researchers identified three core competency areas which are important for individuals to "thrive" as remote workers.

The three are: Agility – How people respond to change and handle challenges independently; Achievement – How people adapt their work practices to drive action and ensure accountability; and Affiliation – How people deal with the absence of having other people in the same physical space to support them.

"The researchers found that remote workers need to possess a mix of Agility, Achievement and Affiliation to be highly effective in a remote work environment," said Stodd. "That is, while these characteristics may be important for many if not most jobs, they become even more important

for thriving in remote work scenarios given remote work frequently presents specific challenges around social interaction, communication, and work style."

Another element of how successful employers and employees will be in adapting to remote work is the relationship to supervision and management.

"Research and professional practice draw attention to the importance of effective supervision and management in the support of remote worker success," said Costelloe. "Studies confirm the criticality of effective leadership and supervision in creating reasonable expectations and goal clarity, providing organizational support, ensuring resource availability, maintaining work-life balance and the effective management of stress levels, nurturing employee growth & development, facilitating necessary social interaction and support, and conveying the trust necessary to create a true sense of belonging," he said.

"Of course that's a lot of stuff," Stodd said, "which has led researchers to conclude that remote managers also need to possess special competencies in the areas of Agility, Achievement, and Affiliation, including the ability to coach and develop others, extend individual concern and compassion, and build & maintain effective teams."

Overall, helping companies and employees adjust to the new normal is exciting for the two consultants, an area that combines their talents and psychological science to help others deal with the consequences of the pandemic.

"The ability to thrive in remote work involves a complex set of factors, some of which are innate to the individual, some of which are situational, combined with the need for leadership that is well-honed to the remote work circumstance," said Stodd.

"While complex, employers who want to do well need to develop an appreciable understanding of all these factors as well as establish programs, processes and procedures that will maximize the benefits of remote work – of which there are many –for both the organization and its remote workforce," said Costelloe.

The two intend to continue educating their clients and the public about the possibilities for adjusting to changes and challenges in the new work environment. More information can be found at their website.

Jim Stodd (L) with Courtland Chaney at a past meeting.

Stodd is working on ways to facilitate remote work.



Expert in Anxiety Disorders, Dr. Sumer Ledet, Employs Innovative, Psychoeducational Methods to Reach Overwhelmed Women

Dr. Sumer Ledet, licensed clinical and medical psychologist, and expert in anxiety disorders, is using innovative, psychoeducational methods to reach women who struggle with being overwhelmed due to their responsibilities as mothers, partners, and breadwinners.

On February 3 and 4 she is continuing her comprehensive, multi-method program, by offering a live, free, "Masterclass for Busy, Overwhelmed Women." In this virtual class, women can learn how to decrease anxiety and pay attention to what matters most, explains Dr. Ledet. Registration is at tinyurl.com/kickoverwhelmclass.

Dr. Ledet's education and experience has provided her with extensive evidence-based training in a variety of anxiety disorders including PTSD, OCD, Panic Disorder, and Generalized Anxiety Disorder. She has depth training in Prolonged Exposure and Cognitive Processing Therapy. Following years of training and experience in Cognitive Behavioral Therapy methods she has immersed herself in the theory and practice of Acceptance and Commitment Therapy.

Dr. Ledet has focused on treating anxiety disorders in private practice since 2012 and last year directed her efforts more specifically toward women, including women who do not meet full criteria for any diagnosable condition.

"Many women feel tired, drained, invisible, anxious, and generally unhealthy," said Ledet. "Many women are distracted and struggling with insomnia. Many women feel guilty and irritable. Most of the same women are highly educated, successful in their chosen career, have healthy well cared for children and happy partners, but they are —often privately— suffering and struggling," she said.

"The culture demands so much of working mothers and the pressure is immense. Women feel like they aren't measuring up, and then label themselves failures. This is extremely common and frankly heart-wrenching," she said.

Her class includes five pillars that Dr. Ledet teaches to increase the individual's ability to remain in the present moment and to

focus attention on valued actions. "The pillars also cover self-care and self-compassion," she said, "as many overwhelmed women that I have worked with tend to overlook their own basic needs and to treat themselves harshly when they make mistakes."

"I transitioned my business 100% online since COVID and plan to stay the course," she said. "Currently, I am focused on sharing my new signature course, *Get Present*, in addition to continuing to share high-quality, evidence-based, free content. In my opinion, my strength is simplifying the 'psychobabble' so it is easily understandable and usable for real women living busy lives," she said.

Dr. Ledet plans to teach her free class about four times a year. Additionally, she plans to open her eight-week comprehensive *Get Present* program for enrollment two times a year. This program will be open for enrollment for a one-week window beginning Wednesday, February 3rd.

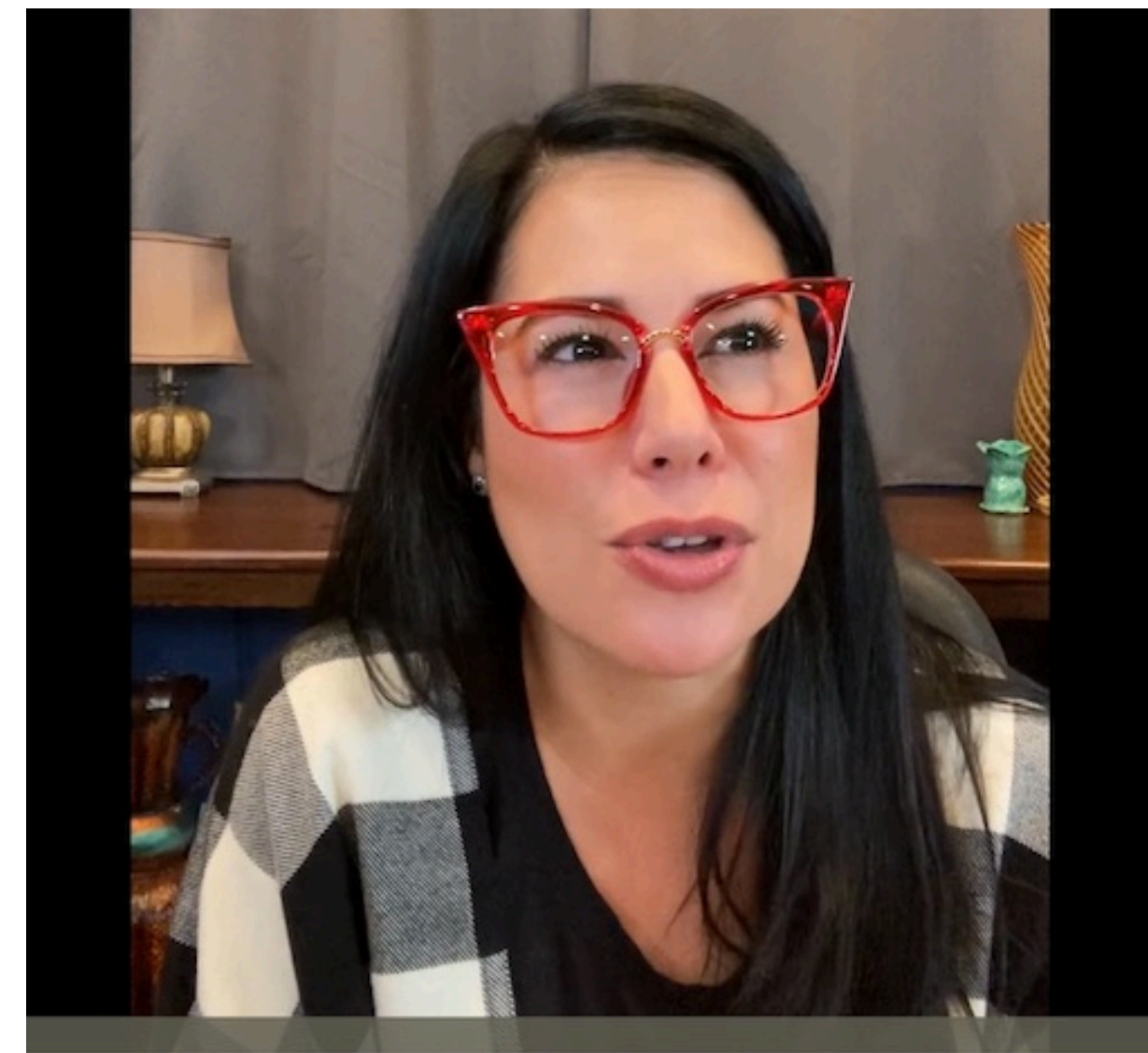
Get Present is an eight-week independent study class. "This course is a comprehensive, deep dive into fostering self-care, self-compassion, and values-based action," explains Dr. Ledet.

How did all this start? "I began teaching overwhelmed women online about a year ago," she explained. "It all started when I began making educational Facebook videos on my Dr. Sumer Ledet Psychological Services Facebook page [[@drsumerledet](https://www.facebook.com/drsumerledet)]. Then, toward the end of 2020, I began an 'Insiders Community' where I send free weekly exclusive email content to this same group of women."

"I really want to reach a broader audience and teach the skills that have helped hundreds of my clients, without the high price tag," she said. "I no longer take insurance and it would cost thousands in individual therapy to acquire this skill set..."

Follow Dr. Ledet on FB [@drsumerledet](https://www.facebook.com/drsumerledet). Register for the free workshop on how to better manage overwhelm at tinyurl.com/kickoverwhelmclass.

To find out more information about her paid program *Get Present*, go to tinyurl.com/joingetpresent.



Dr. Sumer Ledet, an expert in anxiety disorders, is using innovative, psychoeducational methods to reach women.

Here, she is speaking online about different ways women might be handling their stress.

Low-Fat Tuesday

The Krewe of House Floats!

by Samantha Dooley

New Orleans is known for it's over-the-top parades, floats, and king cakes. So what to do when Coronavirus restrictions shut down traditional Mardi Gras celebrations? Decorate houses, of course! The idea for Krewe Of House Floats began as a joke on Twitter, after city restrictions canceled Mardi Gras parades. The group now has a website, a map, and nearly 40 participating neighborhood "sub-krewes."

"It started off as a Twitter joke and now everyone wants to participate," said Megan Boudreaux. "We look forward to this not only being a way for people to safely celebrate Carnival season, but also as an opportunity to help our city's culture bearers."

Krewe of House Floats not only brings Marti Gras spirit to New Orleans, but also donates money to help artists, float builders, musicians, small business owners, and other culture bearers who are struggling because of the pandemic, said the organizers.

The Krewe will also make donations to struggling families, and other charities. "We never want to have a family choose between buying groceries and paying rent, so \$25,000 of our

campaign will support ten Culture Aid NOLA food distribution sites..." Another \$25,000 of the Krewe's campaign will support Grace at the Green Light's Meals with Love and Going Home programs.

The organizers recommend joining the sub-krewe for your neighborhood. As for decorating homes, the website at [Krewe of House Floats](#), offers many ideas. The group has "art pantries" which are like little free libraries for decorating supplies, and also a list of local artists who can decorate houses for those who are unable. For a map of locations or more information, visit [Krewe of House Floats](#).

Baton Rouges has joined in. Mid-City Gras will keep the carnival spirit alive in Baton Rouge. The organization is sponsoring a unique event on Sunday February 7, 2021—one that allows participants to walk, bike, run, or drive past creatively adorned locations throughout Mid-City, Baton Rouge.

A map listing the participating krewes will be available at [midcitygras.org](#) so people will be able to drive around Mid-City and look at the decorations.

Low-Fat Tuesday

"What are you doing for Mardi Gras?"

(From Our Files Five Years Ago, Times, Vol 7, No 2)

"On Mardi Gras day, my friends and I have an early breakfast at my house and then we walk downtown. We've done this for the last two decades. We go rain or shine!" —Michael Cunningham, PhD, Tulane Professor in Psychology, African & African Diaspora Studies, and Associate Provost for Graduate Studies and Research, Office of Academic Affairs.

"... I won't be doing anything for Mardi Gras day itself. I ride in the Krewe of Iris, which is the oldest women's Krewe in New Orleans. Iris parades the Saturday before Mardi Gras. So, once Iris is over, I take it easy the rest of the time, probably reading my cozy mysteries at home! I also go to parades all day this coming Sunday [Jan. 31]. One of the parades this Sunday is the Krewe of Carrollton, of which I was the Queen in 1973. So, I always like to go to the Carrollton parade. My family had kind of a dynasty in Carrollton. My sister was queen before me and I have a number of cousins who have been queens after me. My father was also the King of Carrollton the year before I was Queen. So between going to Carrollton and Iris, that's enough Mardi Gras for me. [...] ... my plans for Mardi Gras day are not very interesting! — Kim E. VanGeffen, PhD, Past President of Louisiana Psychological Association, 2015 Distinguished Psychologist, New Orleans.

"Nothing for me, except maybe participate in the 'Mardi Gras Bead Recycling Drive.' I have tons of beads left over from previous Mardi Gras parades that I need to get rid of." —Addison Sandell, PhD, Psychologist, Natchitoches.

"I'd be happy to give you my Mardi Gras plans as soon as I figure them out!" —Gerald LaHoste, PhD, Professor, Department of Psychology, University of New Orleans.

"I'm in Israel visiting my mother now and won't be back 'till later." — Denise Sharon, MD, PhD, Assistant



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Low-Fat Tuesday

"What are you doing for Mardi Gras?"

(From Our Files Five Years Ago, Times, Vol 7, No 2)

Professor at Tulane University School of Medicine, and Clinical Director at Advanced Sleep Center, past President of the Southern Sleep Society.

"I'm seeing clients on Fat Tuesday. Several people have that day off and therefore it makes it easy for them to schedule a session in their otherwise busy routine." —Cindy Nardini, MS, LPC, Life Solutions of Alexandria, President's Award, Louisiana Counseling Association.

"... I may bore your readers to death! My Fat Tuesday likely will consist of catching up on some TV/Netflix, reading a good book, and walking on the treadmill." —Donna Thomas, PhD, Department Chair, George and Jean Baldwin Endowed Associate Professor, Department of Psychology and Behavioral Sciences, Louisiana Tech University, Ruston.

"Being born and raised in New Orleans and even now living in Baton Rouge, I've been attending Mardi Gras yearly since birth. I have not missed one. My children and I stay at a bed-and-breakfast in uptown New Orleans for the Mardi Gras weekend through Fat Tuesday. Family and friends, many from out of town, meet together for days of food, drink, fun and shenanigans. Each year our crowd seems to get larger. Yes, I am one of those people that are out there by 6 AM. It's one of the most enjoyable times of the year for me. I am usually dressed in a costume ..." [See photo] —Bryan Gros, PhD, Licensed Psychologist, Past President LPA, Baton Rouge.

"I am afraid that I have no plans for Mardi Gras. It will just be a long weekend at home, probably." —Rick Stevens, Ph.D., Professor in Psychology, University of Louisiana, Monroe.

"... we are going out of town for Mardi Gras. My wife Catherine just turned 50 this last weekend and we are taking our children to Hawaii for the Mardi Gras break. She is calling this our Hawaii 50 :-) we usually begin the Mardi Gras break with our children's Mardi Gras parade at South Downs. Many of the schools are out that

week which makes work and childcare a real pain." — James Van Hook, III, PhD, ABPP, Licensed Psychologist, Baton Rouge.

"Mark and I are doing what we always do... work. :) So that is rather boring for your readers. We may get a king cake to celebrate with the girls and my mom." —Mkay Bonner, PhD, Licensed Industrial-Organizational Psychologist, Bonner Solutions & Services, Monroe.

"I'll be working. Veterans with PTSD don't typically participate in Mardi Gras due to large crowds, excessive noise etc. Their hypervigilance is on overload. We will have a Mardi Gras pot luck luncheon for those working in Mental Health that day." — Leslie Drew, Clinical Psychologist and PTSD Program Coordinator at Alexandria Veterans Affairs Health Care System, Alexandria.

"My husband (Dr. Michael Apter) and I will be enjoying the festivities from our home in the Fauborg Marigny. On Mardi Gras day, we walk in the Society of Saint Anne parade. Our tribe's theme is a carefully guarded secret, but here's a hint: pink leopard print gloves, fake mink, and re-purposed beanie babies. Sounds crazy, but somehow it works!" —Mitzi Desselles, PhD, Associate Professor, Chester Ellis Endowed Professor, Department of Psychology and Behavioral Sciences, Louisiana Tech University, Ruston.

"I used to march in Krewe of Cosmic Debris every year, but now I costume up early, catch Zulu and Rex, then head into the Frenchman Street frenzy with the artistic locals for the rest of the crazy evening!" —Gail Gillespie, Ph.D., Child and Adolescent Psychologist, Director LPA, CE Chair LPA, New Orleans.

"I'm spending the day with sisters, Lynn and Barbara, who live in Slidell. We are celebrating Lynn's birthday (Feb 3), and being together as Feb 6 would have been my Dad's birthday. He passed away last year. We're going to 'visit' Dad at the beautiful Veterans Cemetery in Hammond, then we're going out to lunch and generally having a 'sister' day." — Katherine Robison, Ph.D., Child Psychologist, Pelts- Kirkhart & Associates, New Orleans.

Uptown on St. Charles Ave. Batman (Dr. Bryan Gros) in a hunting vest, being punched by The Joker, as an unidentified young female (perhaps the Catwoman) looks on. (Courtesy photo)



A Shrink at the Flicks

Enola Holmes A Review

by Alvin G. Burstein, PhD

A lifelong addict to Conan Doyle’s fictional accounts of Sherlock Holmes, I am generally intolerant of those adaptations that clash with my images of the sleuth and his trusted Dr. Watson. The baker’s dozen or so of Basil Rathbone and Nigel Bruce were marginally acceptable to me. Their adaptations of the Doyle accounts involved irksome deviations from the canon, but Rathbone’s acerbic coolness and Bruce’s winning bumbles charmed. Other contemporary efforts have been off-turning to me. So I approached the Netflix adaptation of Nancy Springer’s account of Sherlock’s younger sibling, Enola, with considerable reservations. But I will confess being won over—for the most part.

The movie artfully invokes almost every device to enhance its appeal. It is a coming-of-age story in which a young woman discovers her independence. It invokes the classic appeal of a child searching for her parents. It is packed with teenage rom-com appeal. It makes a centerpiece of John Stuart Mill’s 1869 prescient classic *On the Subjection of Women* in which he argues that women should have full social equality, predicting that they will be the last class of humans to achieve it. Parallel to the Holmes in *The Adventure of the Dancing Men*, it involves decrypting secret messages. And, uniquely, it makes heavy use of asides to the audience, temporarily dissolving the narrative wall between the protagonist and the observer, establishing a supplemental emotional bond between them.

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 pieces in e-zines;



courtesy photo

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.



The movie takes place in 1884 when the British House of Lords was considering *The Representation of the People Act*, the adoption of which would nearly triple the number of Britons eligible to vote—all men, of course. The movie manufactures a circumstance of the outcome depending on a single vote, that of young Lord Tewkesbury, whose accession to his father’s title is occasioning efforts to kill him. Enola, whose name is an anagram for “Alone,” has run away from home to search for the mother who has disappeared, abandoning her. When she discovers the plot against Tewkesbury, she is diverted from her original quest, seeking to discover the identity and motives of those pursuing him. Her efforts are complicated by the circumstance that she must also frustrate the efforts of her brother, Sherlock, and their older sibling, Mycroft, to find her. Mycroft, who has become designated her guardian, wants her placed in a finishing school where she will learn how to become a proper and marriageable Victorian lady. Enola, who had been home schooled by her mother, an assertive feminist reader of Mill’s tract, not to sew, embroider and the like, but a variety of martial arts.

Avoiding her brothers, seeking to protect Tewkesbury and finding her mother constitute a suspenseful scaffolding of events for the film. Describing the details would be a spoiler, so I will close with a few additional carping comments. The historical context is weak in that the tension over passage of the Restoration Act did not hang on a single vote, but on prime minister Gladstone’s political maneuvering. In addition, despite the film’s feminist tilt, the 1884 Act did nothing for women. It was not until 1918 that British women won the right to vote—when they got to be thirty.

Up-Coming Events

C.W. Austin Learning Disabilities Conference to Be Held Virtually from February 3 to February 6

The C.W. Austin Learning Disabilities conference, presented by Greater Baton Rouge Learning Disabilities Coalition, will be held virtually in February starting February 6 through February 13. According to conference organizer, Georgann Mire, President of the GBR LD Coalition, attendees can access all pre-recorded presentations anytime from Saturday, February 6, 2021 at 9:00 am through Saturday, February 13, 2021 at 5:00 pm at www.ldhelp.org.

Presentations with categories include:

Accommodations: Empowering Students Through Proper Supports by William B. Daigle, Ph.D. General Social Work, Counseling, General

How COVID-19 has affected ADHD children and their families: a psychological perspective by

Darlyne G. Nemeth., Ph. D., M.P., M.P.A.P., Clinical, Medical, & Neuropsychologist and Olesia Palamar Clinical Social Work, Counseling, General

Medications and Treatments for ADHD Bruce McCormick and Kelly Ray, PhD, MPAP Clinical Social Work, Counseling, General

School at Home with Licensed Online Schools – Panel Discussion by Dr. Randall Lemoine, Jane St. Pierre, Linda Holliday, Michelle Clayton, and Jewell Simon: – General Social Work, Counseling, General

The Relationship Between Executive Functions and Social, Emotional, and Behavioral Effectiveness in ADHD Children Darlyne G. Nemeth., Ph. D., M.P., M.P.A.P., Clinical, Medical, and Neuropsychologist, Cody Capps, B.S., Clinical Assistant, Olesia Palamar, Research Assistant – Clinical Social Work, Counseling, Related SLP, General

Irene Pennington Wellness Day Feb 15

The 20th Annual Irene W. Pennington Wellness Day for Women, with free health and wellness screenings, exhibits, and educational sessions will be held Saturday, February 15, 2020 at LSU's Pennington Biomedical Research Center in Baton Rouge. The event is open to all women ages 18 and above. Topics and services include: REFIT Fitness Demonstration, Understanding Preventative Healthcare, Type 2 Diabetes 101, Understanding Your Risk for Heart Disease: Early Detection Screenings, Prevention and Heart Health Tips, Stress and Mental Health Wellness: When is it More than Stress? Is Cancer Preventable?

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