



Senator Fred Mills (lower left) questions Dr. Erin Reuther (right) about HB 477 at the Senate Health & Welfare Committee hearing. Executive Director of the state board, Ms. Jaime Monic is center at desk and Representative Joe Stagni, author of HB 477, is left.

COVID-19 Hospitalizations Drop to their Lowest Point Gov. Edwards Signs Updated Public Health Emergency Order Ending Most Restrictions

Following months of improvement in COVID-19 hospitalizations and with nearly three million vaccine doses administered, Gov. Edwards signed an updated public health emergency order last week that removes all remaining business capacity restrictions and the vast majority of masking requirements. The announcement said Louisiana hit its lowest level of COVID-19 hospitalizations since the very early days of the pandemic.

"For nearly 15 months, Louisiana has operated under necessary public health restrictions designed to save lives by slowing the spread of COVID-19," Gov. Edwards said. "Thanks to the wide availability of vaccines and

the 1.4 million Louisianans who already have gone sleeves up and after hitting a new low in hospitalizations, the order I have signed today contains the fewest state-mandated restrictions ever, though local governments and businesses may still and should feel empowered to take precautions that they see as necessary and prudent, including mandating masks. To be clear: COVID-19 is not over for our state or for our country. Anyone who has gotten the vaccine is now fully protected and can enter summer with confidence."

According to the newest order, masks will be required in educational settings until the

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LSBEP Legislation Passes Senate with Some "Work"

House Bill 477, the legislation put forth by the Louisiana State Board of Examiners of Psychologists, passed out of the Senate committee after amendments were agreed on and several Senators had their questions answered. The measure passed the Senate floor on May 26 with a vote of 37 to 0.

The measure, authored by Representative Joe Stagni, was a compromise measure following the downsizing of a 23-page bill introduced by the psychology board in 2020 and then again this year. Under pressure from opponents, the board agreed to substitute a fee bill, telling sources that without the increased fees the board would not be able to operate in the future. This message resonated with the majority of those attending a special meeting of the Louisiana psychological Association called for by petition of those opposing the measure.

On the Senate floor, an amendment was attached to the bill by Alexandria Sen. Jay Luneau to rename the 2009 Act 251. Luneau's amendment names Act No. 251 of the 2009 Regular Session "The Dr. James W. Quillin, MP, Medical Psychology Practice Act." This came after the unexpected passing of Dr. Quillin, also from the Alexandria Pineville area, on May 25. The amendment appeared to prompt numerous additional authors to sign on to the measure.

The digest of the bill as finally passed by the Senate includes the following:

- adds that the board shall charge an application fee for each assistant to a psychologist that shall not exceed \$50;
- adds that the board shall set a renewal fee not to exceed \$50 for every assistant to a psychologist which shall be paid in accordance with present law;

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Dr. Jim Quillin Dies May 25

Dr. James Quillin passed away May 25 after a short battle with cancer. He died peacefully at his home surrounded by his loved ones, according to the authors of the online obituary.

Dr. Quillin was the undisputed leader of the movement to provide specially trained psychologists with "prescriptive authority" or RxP. In 2004, many viewed him as the mastermind that

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Dr. Salcedo Reappointed to HTPC Advisory Board

Dr. Rafael Salcedo of Gretna has been reappointed to the Human Trafficking Prevention Commission Advisory Board. Salcedo is a clinical psychologist and was nominated by the Louisiana State Board of Examiners of Psychologists.

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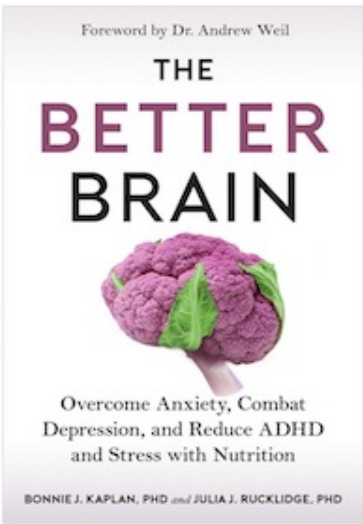
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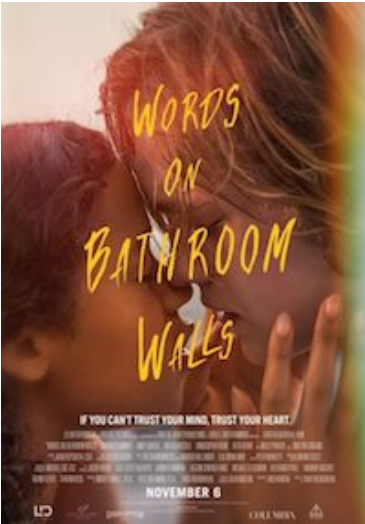
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Assimilated by the Board

by Julie Nelson

One of the most dreaded species in the Star Trek universe is the Borg. The Borg don't just kill you, or even eat you—they "assimilate" you.

The Borg have a super cool psychology that draws on our primal fears. When assimilated, you become a drone—you have no separate thoughts or free will. Drones conform to everything. The Borg Queen tells them what to do and as a drone you are constantly listening to the buzz of the "collective" instead of your own separate thoughts. Even for a character with the strength of will of our beloved Captain Picard, you're pretty much done for as an individual once you're assimilated.

The literary device of this archenemy compares directly to important themes in psychology and philosophy. Nietzsche asserted the higher man versus the herd, and automatic conformity has been delved into by such classic researchers as Solomon Asch and Stanley Milgram. David McClelland and his followers looked at the problems that arise for leaders when their social need to cooperate and comply has been primed.



Recent events in the community caused me to wonder who's been assimilated. The state psychology board has been having financial problems for at least six years, primarily due to the overuse of legal consultants, an adversarial complaints committee, and the need to justify expenses for an outcome measure of only two misdemeanors per year, half of which are usually related to child custody.

In 2020, the state psychology board, set on a path to grow and expand, tried to sneak its 23-page, candy-store legislation by opponents. Tripped up by Covid, the cat was out of the bag. Next came a commitment to develop a "consensus" with citizens, exercised through secret talks with mostly a few council members of the Louisiana Psychological Association (LPA).

Through this process— which started with the wrong solution to the wrong problem— we get an assimilation of those who should be watching out solely for individual psychologists and their rights. But, boundaries dissolved along with clear problem-solving.

The 23-page bill, HB 477, was promoted to psychologists as now being okay because it had been tweaked for months—as if tweaking a bad idea makes it into a good idea. Thankfully, the long version was submarined by a group of rogue psychologists in LPA (I'm of course one of those).

But the bad legislation did not completely die there, unfortunately. A shorter HB 477 was resurrected next as a "fee bill" and then once again supported by the LPA Council. While the rogue members forced an open meeting, called by a members' petition, LPA leadership stuck to its guns and demonstrated its own political muscle.

They were brilliant—bringing in past board chairs and new members to vote in favor of the bill. They primed the emotionally convincing argument that somehow, without this bill, the state board would go belly-up and people would lose their licenses. As if the board can't raise license fees annually if they need to.

Whether the bill was the correct solution to a properly and adequately defined problem was lost in the foggy thinking and strange group dynamics. The state psychology board assimilated LPA. Welcome to the hive mind.

A bright spot emerged however. The real issues were not entirely obscured. The Senate Health and Welfare Committee members asked such insightful and clear questions about the citizens' participation in the origin of this legislation, and about the real underlying financial problems, that I have hope yet.

[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

No corrections were received for last month's issue. Please send your corrections to:
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Gov. Edwards Ending Most Restrictions continued

end of the current academic semester at which time state and local oversight boards will set their own masking policies. The Louisiana Department of Health will continue to revise guidance and masking recommendations for summer camps, following CDC guidance. The Centers for Disease Control and Prevention recently announced that it was safe for vaccinated people to not wear masks in most settings.

Under order of the State Health Officer, masks continue to be required in healthcare settings, which is a federal mandate. In addition, masks are required on public transportation and in jails and prisons, as per federal guidance.

Local governments and businesses may choose to have stronger restrictions than the state does and the Governor encourages Louisianans to respect all local or business mandates, especially when it comes to masking.

The Governor, the Louisiana Department of Health, the CDC and numerous public health officials recommend that unvaccinated individuals continue to wear a face mask in public and when they are with people outside of their households to reduce their likelihood of contracting COVID-19.

Right now, there are three safe and effective COVID-19 vaccines widely available in nearly 1,500 locations across Louisiana. All Louisianans 18 and older are eligible for any of the approved vaccines. Louisianans between the ages of 12 and 17 are eligible for the Pfizer vaccine only.

According to the CDC, more than 1.4 million Louisianans are fully vaccinated, around 30.5 percent of the population. The most vaccinated population, by age, is people 65 and older. Nearly 72 percent of people 65 and older in Louisiana are fully vaccinated against COVID-19.

On May 14, Gov. Edwards announced that those who are fully vaccinated no longer have to wear masks indoors except in certain situations including: educational facilities, public transit, correctional settings, and health care facilities as regulated by LDH.

The Gov noted that a growing number of studies on the COVID vaccines have shown the following: More than 90%

effective in real-world settings at preventing mild and severe disease, hospitalization, and death; Effective against the variants currently circulating in the country and state; Those who are vaccinated are less likely to spread the virus.

There are currently about 1,500 locations in Louisiana that offer the COVID-19 vaccine. For questions, find a provider or event call the COVID Vaccine Hotline at 855-453-0774.

Rental Assistance Includes Utilities

In May, Gov. Edwards announced the expansion of the State of Louisiana's U.S. Treasury Emergency Rental Assistance Program to include utility assistance. The program focuses on providing financial assistance to Louisiana renters and landlords experiencing financial hardship as a result of the COVID-19 pandemic. With the expansion, the state-administered program now provides assistance for past-due rent and utility fees dating back to April 2020, as well as future rent for eligible applicants.

Gov. Edwards Signs Ex. Order for Murdered and Missing Indigenous Women and Girls Task Force

Last month, as the nation recognized May 5, 2021 as Missing and Murdered Indigenous Women and Girls Awareness Day, Gov Edwards signed a proclamation declaring the same in Louisiana as well as an executive order creating the Governor's Task Force on Murdered and Missing Indigenous Women and Girls.

The Task Force will proactively address the myriad causes of MMIWG and recommend solutions that can be implemented to protect Indigenous women and girls. Indigenous women suffer murder rates ten-times the national average, one in three will be raped in their lifetimes, and some 84 percent will be the victims of violence.

This task force seeks to raise public awareness about the ongoing crisis of violence against Indigenous women, said the announcement.

"We must remember that each victim is much more than a number but a loved one, whose family and friends are searching for answers," said Gov. Edwards.

"There is a need for urgent action in order to combat this tragedy. Louisiana has a rich Indigenous heritage with four federally recognized Indian tribes and 11 state recognized tribes. I am grateful that this issue has been brought to the forefront. Louisiana is committed to partnering with federal, state, interstate, and intertribal efforts to address the injustice and violence done to indigenous women residing within our nation and our state."

"This is such a serious issue, and I'm grateful to Coushatta Tribe of Louisiana Chairman David Sickey and others leaders who have been working tirelessly to bring attention to this injustice," said First Lady Donna Edwards. "We are committed to doing all we can to help fight this heartbreaking crime."





Dr. Jim Quillin at a meeting of the Medical Psychology Committee of the La state medical board in 2011.

Dr. Jim Quillin Dies May 25 *continued*

behind an almost impossible achievement—the political maneuvering that gave Louisiana medical psychologists, and the state psychology board, the right to prescribe medication.

The achievement of Louisiana becoming the second state for psychologists to prescribe was applauded by national groups including the American Psychological Association.

In 2009 Dr. Quillin led a second and successful effort to give medical psychologists more autonomy by moving them under the medical board, known as Act 251. This Act is being renamed in honor of Dr. Quillin in the current 2021 legislative session.

Dr. Quillin was the leader of the Louisiana Academy of Medical Psychologists, commonly referred to as LAMP, and had also served as president of the Louisiana Psychological Association and as the legislative chair for that organization for many years.

Dr. Quillin was a resident of Pineville Louisiana and attended Louisiana College and Northwestern State University. He earned his doctoral degree from the University of Southern Mississippi and was a member of the first class of graduates to obtain advanced training in psychopharmacology.

Memorial article is to follow next month.

Gov. Joins Climate Alliance

In May, Gov. Edwards announced his plans to join the U.S. Climate Alliance, a bipartisan coalition of governors committed to state-led action to reduce greenhouse gas emissions.

Last November, Gov. Edwards created a Climate Initiatives Task Force to recommend a package of policies and programs that will put Louisiana on the path to become a net-zero greenhouse gas emitting state by 2050.

Louisiana is the first Gulf South state to join the Alliance. With the addition of Louisiana, the Alliance's membership now represents 57 percent of the U.S. population and 61 percent of U.S. GDP. The Alliance's states work hand-in-hand and share expertise to develop, advance, and implement state climate policies and actions.

Dr. Salcedo Reappointed to HTPC Advisory Board, continued

The Human Trafficking Prevention Commission Advisory Board's mission is to assist state and local leaders in developing and coordinating human trafficking prevention programs, to identify gaps in prevention and intervention services, to conduct a continuing comprehensive review of all existing public and private human trafficking programs, to increase coordination among public and private programs to strengthen prevention and intervention services, and ultimately, to make recommendations with respect to human trafficking prevention and intervention.

Dr. Salcedo is known for his advocacy and comprehensive treatment program design for the young victims of human sex trafficking. In 2012, after becoming aware of the depth and tragedy surrounding child sex trafficking, Rafael and wife Beth, a licensed speech- language pathologist, founded the non-profit, advocacy group, the Louisiana Coalition Against Human Trafficking. Dr. Salcedo volunteered his time at the Free Indeed Home. During the home's operation, it was the only licensed, therapeutic group home in the state for helping teen girls escape the physical and psychological bonds of sex-trafficking.

Dr. Salcedo and Beth Salcedo are experts in Complex PTSD, which many, even many in the mental health field, do not fully understand, he has explained in a previous interview. The two have presented numerous invited addresses on the topic and Dr. Salcedo was honored for his excellence in psychological practice and his dedication to “saving the minds, bodies and

souls of little girls,” from the devastation of human traffickers.

In Complex PTSD, Dr. Salcedo explained, the pathology is similar to the Stockholm Syndrome. “Complex trauma bonding is an entity in itself,” he said. “At the heart of complex PTSD is the phenomenon of trauma bonding.” So, while there is complexity in symptoms, the challenge for treatment is the victim’s attachment to the individual who caused the trauma, he explained. The girls’ trauma is very different from typical PTSD. For most forms of PTSD the issues are avoidance of the emotions surrounding the trauma and generalization of symptoms.

“The differences between this type of Complex PTSD and the typical PTSD are huge,” he said. “The victim identifies with and establishes a bond with their tormentor. The girls want to go back to the life.”

Salcedo is a licensed Clinical Psychologist with subspecialties in the area of forensic and neuropsychology, providing services for issues such as competency to stand trial, sanity at the time of crime, and other legal issues. He consults to the court system in Orleans, Jefferson, Lafourche and Terrebonne Parishes, to the Office of Community Services, and has worked with the Department of Children and Family Services for the last 25+ years, conducting evaluations of children who are in need of supervision/care.

Business Community to Gov. Edwards: Time to End Enhanced Unemployment

With a worker shortage impacting businesses statewide, Louisiana’s leading trade associations joined together in May to ask Gov. Edwards to discontinue the state’s use of federal enhanced unemployment benefits, according to a press release from the Louisiana Association of Business & Industry.

The letter notes that the state’s unemployment rate remains higher than it was pre-pandemic. Yet there are thousands of vacant jobs throughout the state needing to be filled. Business owners are turning potential customers away at the door because they struggle staffing their companies: companies which are now able to return to full capacity but for lack of employees.

“Talk to any small business owner on Main Street right now and they’ll tell you that their biggest problem is finding workers,” said LABI President and CEO Stephen Waguespack.

Signatories of the letter include Associated Builders and Contractors (ABC), the Louisiana Association of Business and Industry (LABI), the Louisiana Business Group on Health, the Louisiana Homebuilders Association (LHBA), the Louisiana Manufactured Housing Association, the Louisiana Oil Marketers and Convenience Store Association, the Louisiana Restaurant Association (LRA), the Louisiana Retailers Association, and the National Federation of Independent Business (NFIB).

LSBEP Legislation Passes Senate with Some "Work" continued

- provides that the board shall assess an application and renewal fee to an individual who sponsors a continuing professional development course or activity and who wishes for the board to review and pre-approve the course or activity. Further provides the application and renewal fee shall not exceed \$250;
- provides that the board shall assess an application fee to a licensee who seeks renewal and pre-approval of a continuing professional development course or activity and shall not exceed \$25. The application fee shall only apply if a licensee intends to earn a credit for a course or activity in which the sponsor has not sought review or obtained approval by the board;
- stipulates that the board may collect reasonable admission fees from a licensee who attends a continuing professional development course or activity. Such fee may be collected for any course or activity that is offered, sponsored, or co-sponsored by the board. Proposed law further provides that the board shall not require attendance for a course or activity which may be offered, sponsored, or co-sponsored. Such activity shall be an elective for a licensee who chooses to attends;
- proposed law provides that the board may assess fees not to exceed \$200 for the following special services identified by the board: (1) Application for authority to conduct telesupervision. (2) Application for an inactive license or renewal license status. (3) Application for emeritus status and renewal. (4) Any written or computer-generated license verification. (5) Any written or computer-generated disciplinary report. (6) To obtain a duplicate license. (7) To obtain a duplicate renewal certificate. (8) To obtain a mail list.

The Legislative Fiscal Office note indicates that the changes should total to \$78,750 per year. The office estimates that \$50,000 of this amount will come from continuing professional development preapproval applications. The estimate includes 200 annual applications multiplied by \$250 each. The Office also estimates initial registration of unlicensed assistants will grow to 420 and produce revenue of \$21,000. The report says this is based on a survey by the board finding that one sixth of licensees report the use of assistants.

At the Senate Health and Welfare Committee on May 20, Senator Stagni introduced the bill saying that the psychology board was important and it was having financial problems.

LSBEP Executive Director, Jaime Monic, and Dr. Erin Reuther, current President of the Louisiana Psychological Association, testified in favor of the bill.

Reuther said that “Our membership did hold a meeting last week and it was specifically to discuss this bill and we had record attendance at that meeting and over 72% of the members present at that meeting voted to support this legislation.”

Sen. Mills asked how many license holders in Louisiana and how many of those were represented in the association. Dr. Reuther answered that there were about 800 licensees and about a little over 200 represented in the association.

Sen. Barrow asked about the composition of the board. She also asked if the bill was something the board came up with and then submitted to the membership and then the membership voted on it.

Dr. Reuther said, “So actually this was a collaborative process, over the last 18 months with all the major stakeholders in the state including the state board of examiners, the Louisiana Psychological Association, and Louisiana School Psychological Association.”

Sen. McMath asked, “How much money do you think you need?”

Ms. Monic answered, “Most boards that are fully operational and fully funded or able to have enough in reserves have up to \$500-\$1 million.”

Sen. McMath asked, "What else do you spend it on other than legal fees?"

Ms. Monic replied that legal and employees are the major expenses other than office space.

Sen. Stagni said that the psychology board is one of the few professions he knows of that does not fine their doctors and recover their costs. "They have a real crisis," Sen. Stagni said.

Sen. Mills asked about the definition of the assistant. And also said that he intends to ask the committee for some clarity. He asked for Ms. Brandi Cannon, Senior Attorney with the Committee, to testify or ask questions in order to "... see if there are pitfalls in moving without more clarification."

Ms. Cannon said, “So the concern would be that where the law doesn’t currently provide for assistants, this would simply create a new registration class.

"So our concern would be there, that it is fine to put a fee there, but you also need a substantive provision for this to put the parameters..."

"The legislature can tell the board to go and further refine it but we need to create it first. This is a fee bill so you are really trying to avoid substantive provisions potentially."

Sen. Stagni said he thought the provisions for assistants already existed and Ms. Monic agreed, commenting that supervisory personnel already exist in the statute.

Ms. Cannon asked, "Does it provide for the registration?" and Sen. Stagni said no. Then Cannon said, “So what you’re doing is creating a new registration class." She said that there must be clear legislative direction or it "will be open to challenge."

“We need sign posts, so we have Legislative direction, otherwise it is

open to challenge that y’all, the board, would be creating law in affect with your rules. But we can work with you."

Senator Mills said that there was some "work between here and the floor" to get those issues clarified.

He then asked about fees, saying “Up to \$200 for things that are just easy to get that information, is everyone on the same page? Because there’s some things that are on the Internet that are just click a button and also free services by the board ... as where you do certain license verification and I know some boards are almost free on that and here’s a pretty hefty fee. Everybody’s okay with that?"

Ms. Monic said, "A lot of these fees are already in rulemaking yet we are requesting that they be clearly established in statute ..."

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.

Bill to Create Office of Human Trafficking Prevention Passes House

Senator Ronnie Johns' measure, SB 170, that creates the office of human trafficking prevention, passed the House on May 27 with amendments by a vote of 101 yeas and 0 nays

The proposed law retains present law and, effective July 1, 2021, creates the office of human trafficking prevention (OHTP) in the governor's office for the purpose of coordinating resources of public and private entities engaged in providing assistance to human trafficking victims. Places the commission within OHTP.

It also provides for an executive director of OHTP appointed by the governor and confirmed by the Senate and adds the executive director to the commission.

Bill to Help Family of Healthcare Providers Relocate Now in Senate

HB 197 passed easily through the House with the vote of 98 to 0 on May 11, but has slowed down in the Senate this week. The measure was reported with amendments and referred to the Legislative Bureau.

HB 197 is authored by Rep. Charles Owen and requires professional or occupational licensing boards to issue occupational licenses to the dependents of healthcare providers who relocate to Louisiana if certain conditions are met.

The proposed law requires a professional or occupational licensing board "board" to issue certain occupational licensing credentials ("license") to the spouses or dependents ("applicant") of healthcare professionals who have relocated to the state, if certain conditions are met.

HB 197 requires the board to issue a license to the applicant, based on the applicant's possession of an out-of-state license, if all of the following are met:

- (1) The applicant holds a current and valid license in another state in an occupation with a similar scope of practice.
- (2) The applicant has held that license for at least one year.
- (3) The applicant has passed all exams and met any other education, training, or experience standards required in the other state.
- (4) The applicant is held in good standing in the other state.
- (5) The applicant does not have a criminal record that disqualifies him as determined by the board in this state.
- (6) The applicant has not had a license revoked due to the applicant's negligence or intentional misconduct in his occupation.
- (7) The applicant has not surrendered a license due to the applicant's negligence or intentional misconduct in his occupation.
- (8) The applicant does not have a complaint, allegation, or investigation pending before a board in another state related to the applicant's work in another state.
- (9) The applicant pays all applicable fees in this state.

"Peer Support" Bill for Peace Officers Making Steady Progress

SB 66 was reported favorably out of the House committee and this week was read by title and passed to the third reading. It is waiting to be heard on the House floor after passing the Senate and House committee. If passed it will be called the peace officer and public safety personnel peer support and mental health wellness act.

According to the newest digest, the proposed law says "Peer support session" means any communication by a peace officer or public safety personnel with a peer support member, primarily through listening, assessing, and assisting with problem-solving, and may include referring a peace officer or public safety personnel for professional intervention or treatment that is beyond the scope of the peer support member, and includes a group session following a critical incident experienced by a group of peace officers or public safety personnel.

It provides that any governmental entity that establishes a peer support program must ensure that peer support members successfully complete the training required by proposed law before being designated as a peer support member.

The law applies only to peer support sessions conducted by an employee or agent of a governmental entity who has both successfully completed peer support training and, at the time of the peer support

session, has been designated by a governmental entity to act as a peer support.

The proposed law provides that information, reports, records, or communications in any form that are made, generated, received, or maintained in connection with a peer support program or session are deemed privileged and confidential, and are not public records.

Proposed law provides that the privilege and confidentiality created by proposed law are supplementary to any other statute, rule, or jurisprudence creating or relating to an applicable privilege, confidentiality, or public records exemption.

Proposed law provides that any governmental entity and its employees and agents (including peer support members) are immune from civil liability for any act or omission made in good faith while engaged in efforts to assist a peace officer or public safety personnel through a peer support program. Proposed law further provides that a person who in good faith reports information or takes action in connection with any peer support program is immune from civil liability for reporting or taking such action, but this immunity does not protect a person who makes a report known to be false or with reckless disregard for the truth.

HB 79 to Enhance Patients' Rights Moves Forward

A measure to provide for the selection of a treatment facility by a patient and the protection of a patient's right to receive treatment, has passed the House with 97 yeas and 0 nays. On May 26 it was reported favorably out of the Senate committee.

Current law provides that a treatment facility shall be selected in the following order of priority:(1) Medical suitability. (2) Least restriction of the person's liberty. (3) Nearness to the patient's usual residence.(4) Financial or other status of the patient.

The proposed law retains present law and adds that in the selection of the treatment facility a patient's preference shall be the fifth consideration. Present law provides that a patient may be admitted by an emergency certificate to be diagnosed and treated.

The proposed law retains present law and adds that the emergency certificate shall allow legal authority for a patient to be transported to a treatment facility pursuant to present law and the transport shall be in line with the patient's rights to receive care.

Bills about Abuse on College Campuses Advance

HB 409 —Reporting abuse

Rep. Aimee Adatto Freeman's HB 409 has passed both chambers with amendments and now goes back to the House for concurrence with the Senate this week.

The measure requires the termination of postsecondary education institution employees for failure to comply with reporting requirements relative to power-based abuse committed by or against students.

The proposed law uses the term "power-based abuse", which includes domestic abuse, sexual assault, sexual harassment, and stalking, and proposed law provides additional requirements, including (1) Requires employees to report power-based abuse, [...] (3) Requires the chancellor to report to the system president. [...] (6) Requires the termination of any employee who fails to comply with these requirements.

SB 230 —Power-based violence on college and university campuses

Amended in the House, SB 230 passed with a 102 to 0 vote this week. Senate approved the concurrence with the 36 to 0 vote also this week. Senator Beth Mizell's SB 230 addresses power-based violence on college and university campuses and makes numerous changes to the law.

The proposed law requires that each report by a college or university police department also be transmitted to the institution's system president, chancellor, and Title IX coordinator., and requires that the chancellor have the report posted on the institution's website. The proposed law redefines "president" as "system president" and deletes "sexually-oriented offense". It adds several definitions, including: "Confidential advisor" means a person designated by an institution to provide emergency and on-going support to students who are alleged victims of power-based violence; "Employee" means: (a) An administrative officer, official, or employee of a public postsecondary education board or institution. [...]; "Power-based violence" means any form of interpersonal violence intended to control or intimidate another person through the assertion of power over them [...].

SB 232 – Creates the "Louisiana Power-Based Violence Review Panel"

Senator Regina Barrow's SB 232 passed the House with amendments and a vote of 99 to 0, after having passed the Senate floor with amendments by a vote of 36 yeas and 0 nays. it is subject to call for Senate concurrence.

Proposed law creates the Louisiana Power-Based Violence Review Panel under the jurisdiction of the Board of Regents composed of members that include:

- (1) The president of the Louisiana Senate or his designee.
- (2) The speaker of the Louisiana House of Representatives [...]
- (3) The chair of the Louisiana Senate Select Committee on Women and Children or his designee.
- (4) The chair of the Louisiana House Select Committee on Women and Children or his designee.
- (5) The attorney general or his designee.
- (6) The commissioner of higher education or his designee.
- (7) The president of each public postsecondary education management board or his designee.
- (8) A student representative [...]
- (9) The superintendent of the Louisiana State Police [...]
- (10) The president of the Louisiana Association of Chiefs of Police or his designee.
- (11) A member of the Domestic Violence Prevention Commission appointed by the secretary of the Department of Children and Family Services.
- (12) A licensed social worker with experience related to power-based violence appointed by the president of the Board of Directors of the Louisiana Chapter, National Association of Social Workers.
- (13) A licensed psychologist with experience related to power-based violence, appointed by the chair of the Louisiana State Board of Examiners of Psychologists.
- (14) The executive director of the Louisiana Foundation Against Sexual Assault or his designee.
- (15) The president of Sexual Trauma Awareness and Response or his designee.



Women's issues were common themes this session.

Bill to Create Office of Women's Health Finally Moves Forward on 5/27

Rep. Denise Marcelle's HB 193, to create the office on women's health within the La. Department of Health, finally cleared the House on May 27 with amendments and a vote of 98 to 0. It is scheduled and referred to Senate Health and Welfare.

The proposed law provides that the office shall be responsible for leading, consolidating, and coordinating efforts across the state that are intended to improve women's health outcomes through policy, education, evidence-based practices, programs, and services.

The proposed law provides that the office on women's health shall perform all of the following functions:

- (1) Educate and advocate for women's health, either on its own or in partnership with other entities, by establishing appropriate forums, programs, or initiatives designed to educate the public regarding women's health, with an emphasis on preventive health and healthy lifestyles.
- (2) Identify, coordinate, and establish priorities for programs, services, and resources for women's health issues and concerns.
- (3) Serve as a clearinghouse and resource regarding women's health data, strategies, services, and programs that address women's health issues.
- (4) Collect, classify, and analyze relevant information and data resulting from research conducted or compiled by LDH and any collaborative entities; provide information to the public regarding the results of such research except as prohibited by law.
- (5) Develop and recommend funding and program activities for educating the public on women's health initiatives relating to social determinants of health.
- (6) Make recommendations to the secretary of LDH concerning programs that address women's health issues for inclusion in the department's budget and strategic planning.
- (7) Seek funding from private or other governmental entities to carry out the purposes provided in proposed law.
- (8) Prepare for publication and dissemination to the public materials regarding women's health.
- (9) Conduct public educational forums in La. to raise public awareness and to educate citizens about women's health programs, issues, and services.
- (10) Coordinate the activities and programs of the office with other entities that focus on women's health or women's issues.
- (11) Provide an annual report to the governor, the legislature, and the secretary of LDH concerning the priorities and services needed for women's health in this state and areas for improvement.

Legislative News

Sen. Mizell's Bill on Women's Sports Gains Wide Margin of Votes

Senator Beth Mizell's controversial SB 156, the "Fairness in Women's Sports Act", passed both chambers.

The final passage in the House on May 27 was 78 yeas, 19 nays, and 8 absent. The Senate vote was 29 yeas, 6 nays, and 4 absent. It has been sent to the Governor.

During the process numerous co-authors signed onto the measure.

The measure requires an athletic team or sporting event sponsored by an elementary, secondary, or postsecondary educational institution to be designated, based upon the biological sex of team members, as only one of the following:

- (1) A males', boys', or men's team or event only for students who are biological males.
- (2) A females', girls', or women's team or event only for students who are biological females.
- (3) A coeducational or mixed team or event for students who are biological males or biological females.

SB 156 prohibits a team designated for females, girls, or women from being open to students who are not biologically female.

It provides that, nothing in proposed law will be construed to restrict the eligibility of any student to participate in any intercollegiate, interscholastic, or intramural athletic teams or sports designated as "males", "men", or "boys" or designated as "coed" or "mixed".

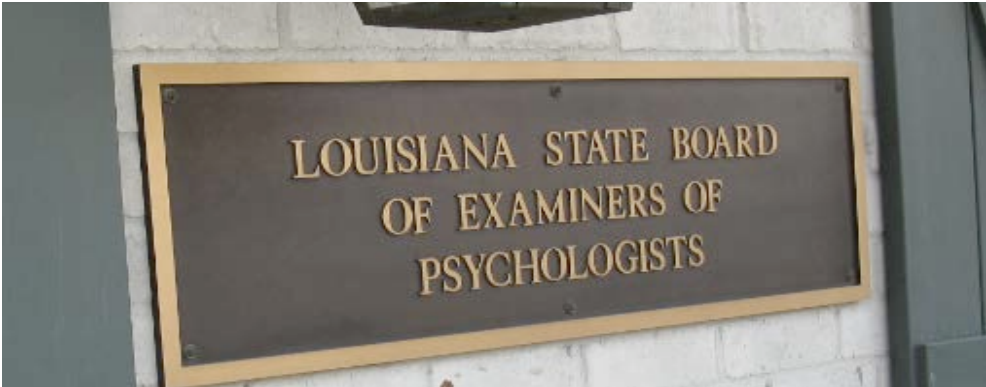
Nothing in proposed law is intended to prevent any school from implementing or maintaining a coed athletic team or sporting event which is open to both biological males and biological females so long as a female athletic team or sporting event is not disbanded for the purpose of creating a coed team or event which would thereby result to the detriment of biological female students.

Telehealth Bill, HB 270 Easily Passes Senate

Representative Tanner Magee's HB 270 passed the Senate on the 27th, and heads to the Gov. HB 270 revises the definitions of the terms "telemedicine" and "telehealth" and exempts certain activity from laws pertaining to the practice of medicine.

During the process, amendments adopted by House note that: The Committee Amendments Proposed by House Committee on Health and Welfare to the original bill:

- Revise the definition of the term "telehealth" provided in proposed law to specify that the healthcare services encompassed by the term include behavioral health services.
- And, Restore present law defining "behavioral health services" for purposes of present law and proposed law comprising the Louisiana Telehealth Access Act.
- And, stipulate that the terms "telemedicine" and "telehealth" shall not include text messages that are not compliant with applicable requirements of the Health Insurance Portability and Accountability Act of 1996, as amended (HIPAA).



From the Minutes
Selected Items from March 2021 Minutes of the Louisiana State Board of Examiners of Psychologists
(1 CRED)

From March Minutes:

- 4. Legislative Oversight Committee – No report, deferred to discussion.
- 2. Complaints Committee –
 - a. Mr. Owens reported for the period 02/20/21 – 3/26/21 as follows: one new Request(s) for Investigation were received by consumers since the last report; there are a total of 21 open investigations, 18 are active (one from FY17-18; two from FY18-19; five from FY19-20; ten from FY 20-21; three are under review and not yet noticed). There are currently no formal hearings scheduled; no disciplinary actions were finalized during this period and there were no applicants denied based on review of criminal history.
 - b. Mr. Owens reported that seven (7) cases were scheduled for review and discussion today in Executive Session.
- 8. Liaison to Professional Organizations – The Board discussed attendance at the ASPPB Midyear Meeting to be held virtually on April 8, 2021 and April 9, 2021. Drs. Gormanous, Henke, Gibson, Moore and Harness are registered to attend. Ms. Monic reported that she would be in partial attendance on April 9, 2021. Dr. Gormanous identified a section in the Louisiana Code of Governmental Ethics under 42:1123(30) Exceptions related to post-employment as a possible exception to appointing former members to a committee immediately following the end of their term and suggested the Board request an opinion on this. Ms. Monic agreed to look into the citation.
- 9. Long Range Planning Committee – Workgroup updates were received as follows:
 - a. Registration of unlicensed assistants - LAC:46:LXII. Chapter 11 - no report
 - b. Continuing education requirements - LAC:46:LXII. Chapter 8 – Dr. Henke reported that Antonio E. Puente, Ph.D. has agreed to be the presenter for an LSBEP CE Workshop. The Board identified the preferred subject of the workshop focus to be APA’s Multicultural Guidelines and Ethics. The Board discussed announcing this presentation in the LSBEP Newsletter and on the Website. Additionally, the board discussed options to build a training library of webinars. Dr. Moore reported she continues to explore platforms for webinars and will work with Ms. Monic to create a prototype and pilot the program.
 - c. Complaint Adjudication process - LAC:46:LXII. Chapter 15 – Ms. Monic reported that she, Mr. Owens and Dr. Joseph Comaty had met several times and are making progress on revisions to Policies and Procedures. Mr. Owens is working on a Matrix for determining potential disciplinary actions in order to create parameters for Board approval which will lead to better consistency when determining a course of action for an investigation/adjudication.
- 6. 2021 Regular Legislative Session – Ms. Monic reported she had not compiled a watch list of bills impacting practice/regulation or the agency but would have something prepared for April 30, 2021. The Board did discuss LSBEP’s draft legislation and that given the size of the draft, Senator Luneau declined to sponsor the proposed legislation after hearing from LPA’s lobbyist that LPA would oppose the legislation. The Board again considered the offer of LPA to support any changes that could be accomplished through rulemaking. Ms. Monic noted the more vital issues could only be corrected in statute and included authority to collect fees. Mr. McNeely suggested a fiscal only bill for fee authorization and then to engage in rulemaking for those matters that could be addressed in that fashion. Comments, questions and discussion were invited by guests and LPA members present as well as Dr. Julie Nelson from the Psychology Times participated in this conversation. Mr. McNeely stated that there would be no risk of introducing amendments to a fiscal only bill, unless they were fiscally related. Dr. Gormanous moved in favor of supporting a fiscal only bill and that Mr. McNeely be empowered to seek a sponsor and work with Ms. Monic and LPA to draft a fiscal only bill that LPA could support. Dr. Moore seconded the motion. The Board discussed this motion. The motion passed by unanimous roll call vote as follows: In favor: (6) Henke, Gormanous, Gibson, Moore, Harness, McNeely; Against: (0); Abstained: (0); Absent: (0)



Does Telepsychology Stack Up?

A Review of a Comparative Meta-analysis on Efficacy Mental Health Services Delivered via of Video Conferencing Technology

by Thomas J. Lipscomb, Ph.D.
Professor, Educational Research, The University of Southern Mississippi
Professor Emeritus of Psychology, Southeastern Louisiana University

COVID-19 pandemic has changed lives worldwide. In more technologically advanced cultures, there has been increased reliance on video conferencing platforms such as Zoom. Whether visiting with distant relatives or friends, for educational purposes, or for work-related functions, such platforms have become ubiquitous for many. Indeed, in March 2020 educators from the primary grades to graduate and professional schools were asked to suddenly “pivot” to the use of such technology for instructional purposes. The genie is unlikely to go willingly back into the bottle.

The delivery of health-care services has not been left untouched with many health-care professionals offering services via such distance technology. Important questions arise as to the efficacy of such treatment for a broad range of healthcare services including mental health-related services.

A recent meta-analysis by Batastini et al. (2021) pooled data from 57 qualified peer-reviewed journal articles, 43 examining clinical intervention outcomes and 14 examining evaluation reliability, to compare the use of video-conferencing technology (VCT) with more traditional in-person mental healthcare delivery. The studies included spanned over 20 years of research published in peer-reviewed literature between 2007 and 2019. The inclusionary criteria were that each study must have been published in or available in English, evaluate mental health outcomes following a mental health service, use a telecommunications system that allowed for synchronous audio and video connectivity, utilize a between-groups design, and provide enough information to calculate effect sizes and corresponding variances.

The 43 intervention studies that met inclusionary criteria were published between 2002 and 2019 representing a total of 281 individual treatment outcomes. In total, the studies analyzed subsumed 364 treatment

outcomes among 4,668 participants. These studies included both male and female clients (no mention was made of clients who identified as non-binary or gender nonconforming) as well as child, adolescent, and adult clients. A variety of settings were represented including home-based, university clinics, veterans’ facilities, outpatient clinics, and correctional institutions. A wide variety of mental disorders were represented among the studies including, for example, depressive or mood disorders, as well as trauma and anxiety-related symptoms. Most of the studies reported the results of psychosocial interventions or psychotherapy while others focused upon psychotropic medication management with adjunctive counseling or psychotherapy.

There were 14 studies that were published between 1997 and 2019 that met inclusion criteria for assessing the reliability of psychological and psychiatric assessment procedures involving 332 examinees.

The results of two types of meta-analytic analyses revealed no overall statistically significant difference for treatment efficacy as a function of service delivery by VCT as compared to in-person interventions. Similarly, VCT-based assessments were found to yield similar assessment scores to those obtained with in-person formats.

The findings with regard to treatment efficacy are tempered somewhat by statistically significant moderation effects for client gender as well as a client intervention site. Specifically, there is evidence that in studies with a predominantly male sample treatment efficacy was higher for in-person interventions as compared to VCT-based interventions. The authors note,

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Science & Education

Does Telepsychology Stack Up? *Continued*
A Review of a Comparative Meta-analysis

however, that other factors such as veteran status could be involved thus limiting the generalizability of this finding. In studies with a primarily female sample, the opposite was the case – females tended to benefit more from VCT-based interventions. The authors suggest that this finding may be related to evidence that women and girls are more frequent users of technology in the forms of text messaging, social media, and the like as compared to males.

Also, participants in medical facilities demonstrated higher efficacy for VCT-based interventions than was the case for in-person treatments. Regarding this latter finding, the authors speculate that it may be the case that medical facilities are equipped with superior online communication technologies than are those available in other settings and/or clients in such settings may differ from those in other settings in terms of types of presenting disorders, severity of disorder, etc.

Based on this careful and comprehensive meta-analysis, there is little reason at present to doubt the efficacy of VCT-based interventions and assessments as compared to such services offered in-person. This does not necessarily mean, of course, that there are in fact no differences nor obviate the possibility that with other outcome measures or samples drawn from other populations differences could be found. As we know, we cannot accept the null hypothesis, we can simply fail to reject.

Reference
Batastini, A., Paprzycki, P., Jones, A., & McLean, N. (2021) Are videoconferenced mental and behavioral health services just as good as in-person? A meta-analysis of a fast-growing practice. *Clinical Psychology Review* 83, 1 -22, <https://doi.org/10.1016/j.cpr.2020.101944>

[Dr. Lipscomb received his bachelor's and master's degrees in psychology from University of New Orleans and PhD in developmental psychology from Louisiana State University. He was a faculty member for 29 years and department head of the psychology department for nine at Southeastern Louisiana University. In 2006 he accepted a position at The University of Southern Mississippi where he now serves as professor of educational research. He has held administrative posts at USM as department chair and associate dean. In his spare time he likes to play guitar — while in Louisiana he played in a popular classic rock cover band.

Peter Paprzycki, PhD was a visiting assistant professor at USM from 2014 to 2018 and will be joining/rejoining the USM faculty this fall as an assistant professor of educational research.]

Stress Solutions

by Susan Andrews, PhD

Winnie-the-Pooh and Reducing Stress

Here is Edward Bear, coming downstairs now, bump, bump, bump, on the back of his head, behind Christopher Robin. It is, as far as he knows, the only way of coming downstairs, but sometimes he feels that there really is another way, if only he could stop bumping for a moment and think of it.
- A. A. Milne, *Winnie-the-Pooh*

Most of us are like my friend, Edward Bear. When the stress gets to be too much, we might not notice. If we do notice, we might say “rough day” and hopefully take some action to chill out. In general, however, we often just continue down the stairway in the same way, bumping our heads on every step. We don’t realize how stressed we are until we overreact to some minor irritation or oversleep because we don’t hear the alarm. We can all learn a lesson from that “silly old bear”: If only we could stop bumping for a moment, we might be able to think more clearly.

As we ponder what we now know about stress and what it can do, I think you will agree that it is time for a stress-reduction system that will work with our busy lifestyles. Here are the key points we have to keep in mind when looking for a good solution:

- It’s not hard to trigger the release of cortisol in our body. Some people have a busy schedule and a busy mind, which leads to increased and possibly chronic levels of cortisol in their systems. Others do not have a busy schedule, but their busy mind never stops, and that definitely keeps a high level of cortisol in their body and brain.
- People acknowledge that stress is affecting them more than it did in past years. Our lifestyle seems to generate stress due to active minds and busy schedules.
- While there are many stress-reduction techniques available in our arsenal, most people do not use them actively and regularly. Some may not use them at all even though they recognize how stressed they are.
- One of the most effective ways to manage the problem of stress is to take frequent breaks during the day to stop the mental activity and consequent cortisol production.

All these points bring us to this logical conclusion: we need a simple and immediately available system that makes it easy to tell when we are stressed and then helps us get our stress levels under control. The system needs to be flexible enough to account for each day’s special stresses and hassles. Some of us have lived with high cortisol levels long enough that our body has changed the way it deals with it. Others of us still have a body and nervous system that works the way nature intended it to work-like a good seesaw. Some of us live super-stressful lifestyles while others do not. Some of us have learned to moderate our daily activities to take regular little mental holidays or breaks in our thinking and work, and others of us have a hard time stopping what we are doing or stopping the worrying and thinking.

The bottom line: to be effective, a stress-reduction system needs to account for all these factors, and it needs to be a system you can work with not just by going to the yoga class after work if there is enough time left in your day. Instead, you need a system you can work with in the background all day long. Next month we will talk about such a system.



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.

Science & Education

Psychological Scientists, Psychologists, and Student Researchers from Across Louisiana Present Their Work

Regional groups of the American Psychological Association—the Southwestern and the Southeastern Psychological Associations—held their conferences in March and April. Psychological scientists, psychologists, and student researchers from across Louisiana presented their work with a host of interesting research projects, some completed and some in progress. We continue our review the topics and presenters, started last month, in this issue.

Southwestern Psychological Association

University of Louisiana– Lafayette

Samantha R. Shurden, Alexandra Grantadam Nordman, Erin Cassidy, and Theresa A. Wozencraft authored and presented, "Binge Eating, Body Image, and Higher SES Southern African-Americans and Blacks."

The study investigated how mid to high socioeconomic status AA/B score on eating disorder risk factors. Findings suggest that there are very low rates of clinical levels of binge eating behavior among this sample of AA/B individuals.

Authors wrote that the findings suggest that there are very low rates of clinical levels of binge eating behavior among this sample of AA/B individuals. Those with lower binge eating symptoms versus those with higher binge eating symptoms did not have significantly different ideal body silhouettes or societal ideal silhouettes ($p>.05$). However, the two binge eating groups did have significant differences in their current body silhouette choices ($p<.05$), with those that engage in higher rates of binge eating behavior endorsing a larger current body silhouette.

"While AA women have been found to possess a generally positive perception of their bodies, this may be due to a different set of standards and stereotypes that they experience. Black women believe that Black men prefer larger women, especially within lower socioeconomic populations (Patton, 2006). In our mid to high SES sample, participants endorsed smaller ideal body silhouettes. In fact, our sample of mostly AA/B women (75%) indicated the same thin body silhouette as a societal ideal which many Caucasian women endorse as a personal ideal. This sample also endorsed a somewhat thinner silhouette as a current ideal; in contrast to findings from studies with AA/B participants from the past 10-20 years This may suggest a pressure on mid to high SES AA/B to conform to Eurocentric body attractiveness standards."

"Stigma, Self-Reliance, and Access regarding Accessing Mental Healthcare in African Americans," was authored and presented by Louise Walls, Madison N.

Istre, Camille Duhon, and Theresa A. Wozencraft.

"Findings demonstrated that self-stigma, self-reliance, perceived stigma, and access were all significant predictors of an individual's likelihood of seeking mental health treatment. Specifically, participants with lower intent to seek treatment had significantly different scores from those with higher intent to seek treatment for both stigma variables as well as self-reliance. The higher the stigma or self-reliance score, the less likely a participant was to pursue treatment for mental health issues. Those with higher versus lower intent to seek mental health treatment also had significantly different access scores; those with higher access were more inclined to seek treatment."

"Those Were the Days... Exploring the Relationship Amongst Reminiscence Style,

Cognition, and Psychopathology," was authored by Alyssa K. Lacour, joined by Theresa A. Wozencraft, Associate Professor, and Lee Harris Matthews, PhD, from the Akula Foundation.

Researchers administered group reminiscence therapy to residents of two assisted living facilities life satisfaction, depressive symptoms, cognitive function, current affect, and reminiscence style. Preliminary trend analyses are suggestive of a lessening in depressive severity across time for those residents who continually attended reminiscence groups.

University of Louisiana– Monroe

Dr. Janelle R. McDaniel, The University of Louisiana at Monroe, presented, "Academic Motivation and Self-Efficacy

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Psychological Scientists, Psychologists, and Student Researchers from Across Louisiana Present Their Work

continued

in Nursing Students," with co-authors from around the country.

Arohan Rimal, from ULM, presented, "Evaluation of a Low-Tech Approach to Examining Resurgence in Humans," also with co-authors from around the country.

Southeastern Psychological Association

Louisiana State University

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

"Previous research has established that acute stress or anxiety can facilitate memory for negative or threat-relevant information[...]. However, the influence of acute anxiety on memory for threat-neutral information is not well understood, nor is its impact on metamemory processes such as judgments of learning (JOLs)."

Authors found, "Self-report and analysis of skin conductance data confirmed that participants experienced more anxiety during threat than safe blocks [no threat condition]. However, threat did not impact the distribution or accuracy of participants' JOLs, nor did it change the extent to which JOLs were influenced by font size. Threat during encoding did have a significant negative impact on subsequent recall, such that participants recalled fewer words during the threat condition, but this effect was only found in participants for whom the threat block came second. Overall, these results suggest that acute stress can impair encoding of neutral information without impacting metamemory, and that impairments may be most pronounced when a stressor is introduced mid-task."

"Interpretation of Familiar and Novel Gestures in Autism Spectrum Disorder," was presented by Brianna Cairney, Stanley West, & Heather Lucas, Louisiana State University. Data collection is in progress.

"A modest body of research suggests that individuals with Autism Spectrum Disorder (ASD) do not produce, encode, or benefit from co-speech hand gestures the same way that neurotypical (NT) individuals do [...]. However, it is unclear whether these difficulties stem from a tendency to misinterpret the gesture itself, or whether it is the integration of the gesture with its context that is altered in ASD. More generally, research on gesture processing is hindered by the relative scarcity of openly available stimulus sets, which require time and resources to produce, norm, and validate."

"To address both of these issues, we used the online platform Prolific to collect one-word labels and meaningfulness ratings from a sample of young adults with and without a diagnosis of ASD for 165 video-recorded gestures. [...]"

The resulting database of videos, labels, and meaningfulness ratings for each gesture within each group will be made freely available to researchers through the Open Science Framework and "... include: 1) the number and variability of labels assigned to familiar and novel gestures; 2) response bias toward or against endorsing novel gestures as meaningful; and 3) the tendency to interpret gestures as denoting objects versus actions; [...] The stimuli can be used in other research and may be particularly useful in providing group-specific norms of gesture interpretations in order to study the malleability of these interpretations across different contexts."

"Trauma Exposure, Symptoms, and Psychopathology in a College Student Population," was presented by Kelsey Coulthard, Kristen Hollas, & Mary Lou Kelley, Louisiana State University.

"Exploring the Relationship Between Caregiver Characteristics and Neuropsychiatric Symptom Report in Patients with Dementia," was presented by Carolina Pereira, Ochsner Health, Erika Pugh, Louisiana State University, Ashley LaRoche, Ochsner Health, Matthew Calamia, Louisiana State University, Beth Arredondo, R. John Sawyer, Brian Mizuki, Ochsner Health, & Kelsey Coulthard, Louisiana State University

Southeastern Louisiana University

"Ratemyprofessor and Student Gender Effects on Self-Efficacy for Course Effort," was presented by Stefanie Boswell, University of the Incarnate Word, & Sara Sohr-Preston, Southeastern Louisiana University.

Tulane

Being Active and Life Satisfaction," was presented by Avia Paz, Alana Perlmutter, & Travis Miller (Faculty Sponsor), Tulane University.

Loyola

"Personality, Depression, and Anxiety Predict Difficulty Adjusting to Social Distancing During the COVID-19 Pandemic," was presented by Angélica Pagán, Raquel Zumaeta, Sarah Alonzi, & Madison W. Silverstein (Faculty Sponsor), Loyola University New Orleans.

And "Grit, Locus of Control, and Learned Helplessness in Trauma Survivors," was presented by Madison Bates & Erin Dupuis (Faculty Sponsor), Loyola New Orleans.



Personality, Depression, and Anxiety Predict Difficulty Adjusting to Social Distancing During the COVID-19 Pandemic," was presented by Angélica Pagán, Raquel Zumaeta, Sarah Alonzi, & Madison W. Silverstein (Faculty Sponsor), Loyola University New Orleans.



The Psychology Times' BOOKSHELF

Who's Writing What?

The Better Brain *Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition*

Bonnie J. Kaplan, PhD
and Julia J. Rucklidge, PhD

Clinical psychology researcher Dr. Bonnie Kaplan takes her message to the street in her new book co-authored with Dr. Julia Rucklidge, *The Better Brain: Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition*.

Kaplan and Rucklidge have put together an authoritative and well documented message about the importance of nutrients for mental health. The authors make the argument from start to finish that nutrition is the missing key element in the mental health picture.

The Better Brain tells the story of how the underlying root cause can be addressed by patients and clinicians and resolved in order to support or completely replace pharmaceutical programs.

In their sincere, readable style, the two authors lay out the convincing evidence that every mental health clinician and every mental health patient should be examining nutritional status as a core aspect of treatment and recovery.

Essential to Kaplan's and Rucklidge's argument is the sad truth that a mental health crisis exists in the United States and it's getting worse. Something is basically wrong when one person in every five has some form of mental health difficulty. "Yet for over 50 years, modern medicine has been trying — mostly unsuccessfully — to treat mental disorders with pharmaceuticals," write the authors.

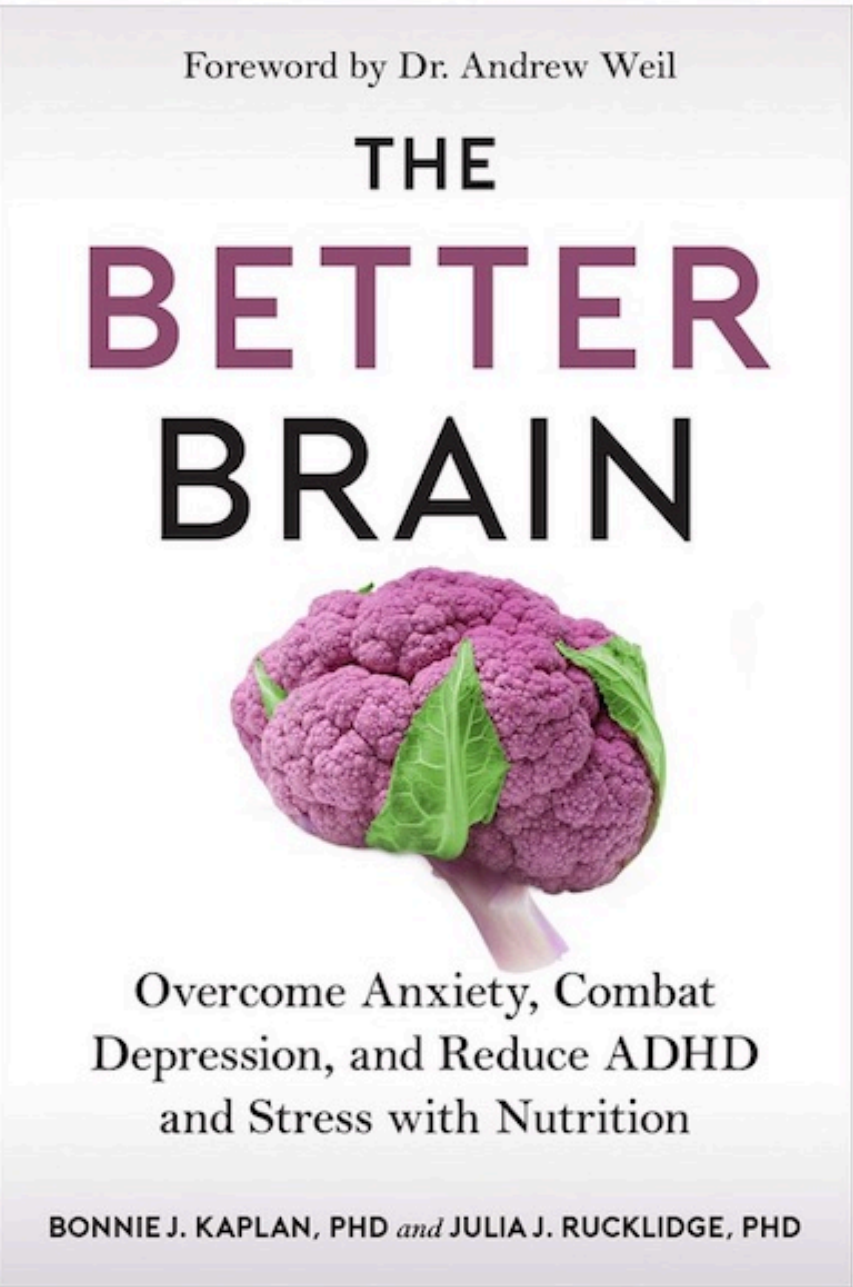
The Better Brain takes into account today's new type of audience— citizen scientists— that are asking their own questions and demanding critical thinking of professional helpers. Dogma doesn't work anymore when there is YouTube. The citizen scientist understands, like the authors, that over 40 million Americans take some form of psychiatric medication and the rate has almost doubled since 2010 and tripled since 2000. Something is obviously missing in this picture.

The conversational style of *The Better Brain* engages the readers, individuals that the authors believe long for an effective, nontoxic, and better way to improve or resolve mental health challenges. The authors lay out the research showing mental health problems emerge because our brains are not getting the nutrients needed to work correctly.

The book is arranged in a practical and understandable design, with part one explaining the new paradigm for improving mental health, and giving help in learning the basics of what nutrients do in the brain.

In part two, the authors present the scientific studies that have proven that nutrients make a difference and show how various studies support the full spectrum nutritional approach to depression, ADHD, bipolar, and dealing with stress.

In part three, the authors explain how to feed the brain and the necessity of a nutrient rich diet and how the decreased



nutrient intake as a result of climate change, increasing levels of carbon dioxide in the atmosphere, poor soil quality, and of course, the standard commercialization of the American diet.

The authors also tell of their story of taking on the pharmaceutical firms head on, who profit from psychiatric medication. They cover the hostility encountered, the ridicule, and the personal attacks they have endured to uncover the evidence.

Dr. Bonnie Kaplan, Professor Emeritus in the Cumming School of Medicine at the University of Calgary, is a pioneer in the CAM field known as nutritional psychiatry or nutritional psychology. Dr. Kaplan's interest in nutrition and brain health began very early in her career. In 1972 as a PhD student, her first publication, "Malnutrition and Mental Health," appeared in the prestigious *Psychological Bulletin*. Since then, Dr. Kaplan has written over 140 peer-reviewed scientific articles, 120 commentaries and reviews, and 11 book chapters, and has been a research supervisor or committee member for 78 graduate and undergraduate students.

In 2013, Dr. Kaplan became one of the founding members of the International Society of Nutritional Psychiatry Research (ISNPR.org), an organization that emphasizes the importance of nutrition "above the neck." In 2016, she retired from full-time academic work, but is still passionate about supporting young researchers who are studying nutrition and mental health. To help them do so, Dr. Kaplan has established two donor-advised charitable funds, one in Canada and one in the United States. The funds have raised over \$750,000 in three years. To ensure that as many people as possible know about the link between nutrition and mental health, Dr. Kaplan still spends a significant amount of time in "knowledge translation," including speaking to lay audiences, taking part in radio and television interviews, and co-authoring a blog on nutrition and mental health for the MadInAmerica.com website.

The Better Brain: Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition is a must read for clinicians who embrace the premise that nutrition is an important part of mental health. The text will be very helpful to those clinicians who want to keep up with their citizen-scientist patients, especially those who are looking for non-toxic solutions to their mental health challenges.

A Shrink at the Flicks

Words on Bathroom Walls A Review

by Alvin G. Burstein, PhD

When I moved to the University of Tennessee, Knoxville to direct the graduate program in clinical psychology, my wife, who had graduated from that program, was eager for me to meet William S. Verplanck. When she began her studies there, he was the department head; during his tenure, the department won national attention for its quality. Bill was one of the giants of psychology, individuals who pre-dated the field's splitting into myriad, siloed specialties: cognition, motivation, social, clinical, counseling, organizational et al. From Bill's point of view, there was one psychology. It was based, not on contrived experiments, but on careful, systematic observation of the natural behavior of living things, and scrupulously accurate description of the observed regularities. Nothing escaped his interest and his careful attention. At one point, he sent graduate students to area rest rooms to note what was inscribed on their walls—and published a paper on “latrinalia.” So how could I resist a film titled *Words on Bathroom Walls*? Especially when I learned that its protagonist was a teenager said to be struggling with schizophrenia—a focus of my own doctoral studies.

The film is an adaptation of a young adult novel by Julia Walton. Released in the summer of 2020, it earned acclaim for the portrayal of its protagonist, Adam Petrazilli, who struggles to complete high school and aspires to become a professional chef, while coping with delusions and the side effects of being involved in the clinical trial of some experimental drugs. Those struggles

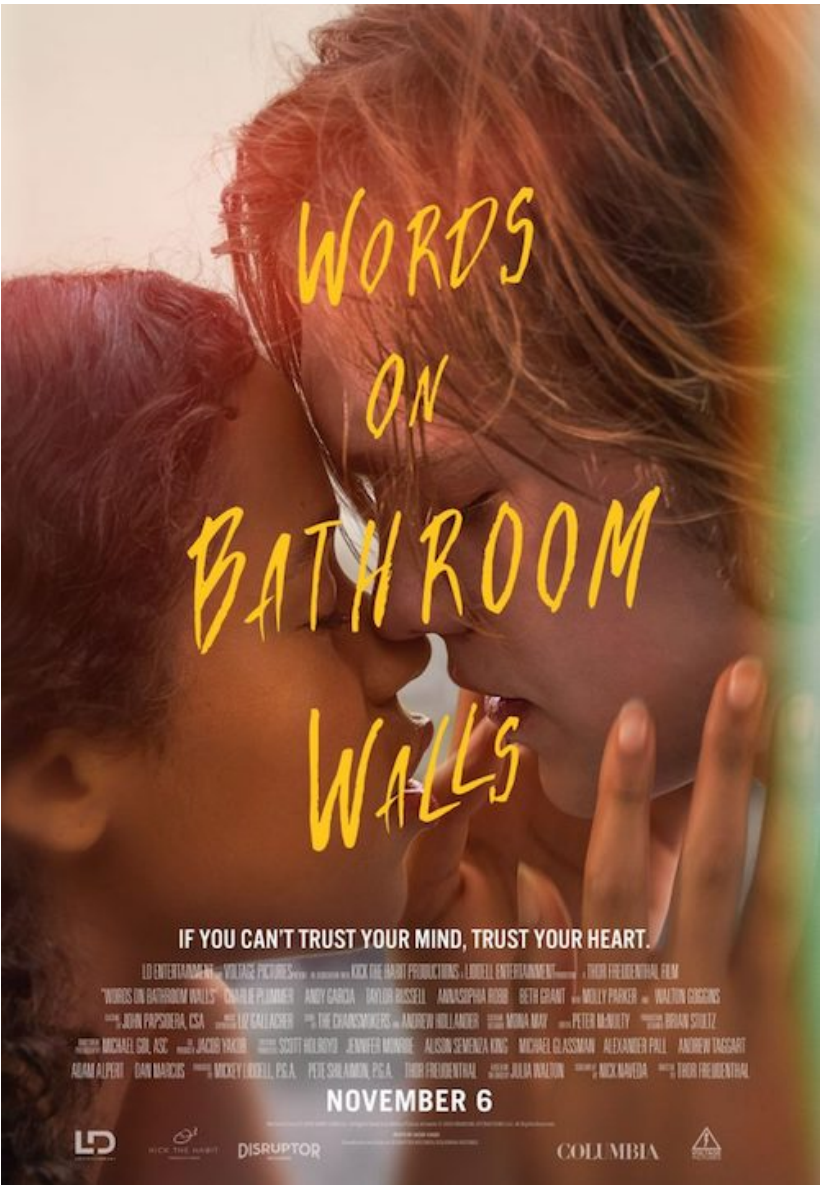
Guest Columnist,
Dr. Alvin Burstein

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.



culminate in Adam's coming to own his condition rather trying to hide it and is intended to help de-stigmatizing the “disease.”

Adam's delusions include experiences of being persecuted. He hallucinates accusations scribbled on the walls of a bathroom and protectors that seem like split-off personalities. The pharmaceutical side effects include uncontrollable tremors and distortions of his gustatory sense that play havoc with his culinary ambitions.

Happily, he finds an ally in an attractive young fellow student, a young woman who protects him when he is being persecuted, not by products of his illness, but by all too predicable teenage lack of tolerance for difference. Adam fears letting her know of his “disease.” She, on the other hand, tries to conceal her family's stigma—their poverty.

The book was obviously and successfully targeted toward the young adult market. Its themes of amatory and vocational aspiration rang bells. The movie, too, has won accolades, scoring in the 90s in both critical reviews and audience approval ratings by the Rotten Tomato aggregator service. I thought the acting was well done, the characters engaging, and the device of having Adam relating to the camera/audience in scenes of his therapy sessions extremely effective. On the other hand, the feel good happy ending seemed on the saccharine side and the commitment to genetic/biological models of schizophrenia appeared overdone.

Up-Coming Events

Dr. Pears on June & PTSD Awareness

June is National PTSD Awareness Month, June 20 is National PTSD Screening Day, and June 27 is National PTSD Awareness Day, named by the U.S. Congress in 2010.

Dr. Kelley Pears, Psychologist, PTSD/SUD Specialist and a member of the PTSD Clinical Team at the Alexandria VA Health Care System spoke about the month to the Times and provided the calendar (right).

"I think its important to note that PTSD is not limited to combat veterans or veterans in general," Dr. Pears said.

"Trauma can be caused by a variety of incidents such as a motor vehicle accident, physical or sexual assault or natural disasters. PTSD has been called the 'invisible wound of war' because there are no external signs, such as scar or prosthetic," he said.

In discussing available resources, Dr. Pears said, "People don't need to suffer in silence. There are a multitude of resources available. The National Center for PTSD has an incredible website (www.ptsd.va.gov) with resources for clinicians, the survivor and the family members."

The VA also has developed excellent phone apps to help manage symptoms, such as PTSD Coach, PTSD Family Coach, PE Coach, CPT Coach and Mindfulness Coach." For a full list, explore www.ptsd.va.gov/apvid/mobile.

"Also, over the past 10 years, many providers in the private sector have become trained in Evidence Based Psychotherapies to treat PTSD, expanding treatment options. Educating primary care providers and other initial points of entry into healthcare are important so proper referrals can be made," Dr. Pears said.

PTSD
TREATMENT
WORKS

2021

THANK YOU FOR
HELPING SPREAD
THE WORD ABOUT
PTSD
AND EFFECTIVE
TREATMENTS
WWW.PTSD.VA.GOV


JUNE

June is PTSD Awareness Month
SPREAD THE WORD | RAISE AWARENESS


FOR HEALTH CARE PROVIDERS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Take the pledge to raise PTSD Awareness	2 Use one of our social media images for your signature block	3 Learn how the PTSD Consultation Program can help you	4 Learn about our mobile apps to share with your clients	5 Use Stress First Aid: Text a coworker to check in
6 Learn about trauma and PTSD in specific populations	7 Order free information booklets, posters and other PTSD materials	8 Plan a PTSD Awareness presentation with our customizable slide deck	9 Learn more about best practices for PTSD treatment	10 Learn how to use the PTSD Treatment Decision Aid	11 Explore our free online Continuing Education courses	12 Share AboutFace videos with your clients
13 Subscribe to our e-newsletters!	14 Show patients our short animated whiteboard videos	15 Learn about our PTSD screening and assessment measures	16 Join the PTSD Consultation Lecture Series webinar today	17 Follow us on Twitter	18 Manage well-being with our Provider Self-Care Toolkit	19 Share Veteran stories of healing at AboutFace
20 Retweet one of our #PTSDAwareness tweets	21 Check out our patient education materials	22 Search our PTSDpubs article database	23 Share the Community Provider Toolkit with a non-VA colleague	24 Share PTSD Family Coach and Understanding PTSD	25 Explore our clinical trials database: PTSD-Repository	26 Host a training using PTSD Awareness in Health Care Settings
27 Subscribe to our YouTube channel	28 Check out our en Español website for resources to share	29 Order our Prescription Pad for Behavioral Health for your clients	30 Explore our website to stay up-to-date about PTSD			

VA



U.S. Department of Veterans Affairs



Louisiana Psychological Association to Hold 73rd Annual Conference, "Timely Topics During a Global Crisis," June 25

The Louisiana Psychological Association will host it's 73rd Annual Conference, "Timely Topics During a Global Crisis," on Friday, June 25 via it's virtual platform.

Keynote speakers are Dr. Peter Isquith, author and developer of The Behavior Rating Inventory of Executive Function (BRIEF) and Dr. Michael Anestis, Executive Director of the New Jersey Gun Violence Center and author of *Guns and Suicide: An American Epidemic* who will be presenting on issues related to this year's theme.

The convention will allow attendees to earn up to eight continuing professional development (CPD) credits (including 1 hour of ethics) through attendance at various events including the Science Café, Lunch & Learn, and invited addresses. Also presenting will be Drs. Kristin Fitch & Melissa Dufrene.

Peter Isquith, PhD, is a Developmental Neuro-psychologist, Department of

Otolaryngology and Communication Enhancement; Senior Attending Psychologist, Department of Psychiatry and Instructor of Psychology, Harvard Medical School.

He is a licensed psychologist with specialty in development neuropsychology. His research interests are in development and disorders of self-regulation across the lifespan, and his clinical specialty is in working with Deaf and hard of hearing individuals. He is author of several measures of executive function including the Behavior Rating Inventory of Executive Function family of instruments and the Tasks of Executive Control.

Dr. Michael Anestis will deliver The Janet and Lee Matthews Invited Address. Dr. Mike Anestis is the Executive Director of the New Jersey Gun Violence Research Center and an Associate Professor of Urban-Global Public Health in the School of Public Health at Rutgers. He received his bachelor's degree from Yale

University in 2002 and his Ph.D. in psychology from Florida State in 2011. Dr. Anestis has been a named investigator on approximately \$5 million in externally funded suicide prevention grants, including serving as the PI on one of the first randomized controlled trials of lethal means counseling for firearm owning service members – Project Safe Guard.

He served on the means safety task force for the Defense Suicide Prevention Office, and the lethal means line of effort for the PREVENTS task force.

Dr. Anestis currently serves on the research advisory board for the American Foundation for Firearm Injury Reduction in Medicine (AFFIRM) and chairs the firearms and suicide committee for the American Association of Suicidology (AAS).

For more information see the LPA website.

Up-Coming Events

19th Annual Mental Health Summer Symposium to be Held July 14 - July 16 Online: Mental Health-Balancing the Pandemic

Professional Training Resources and Dr. John Simoneaux, will present the 19th Annual Mental Health Summer Symposium, to be held July 14 through July 16 online. This year's topic is Mental Health: Balancing the Pandemic.

Featured this year are John C. Simoneaux, PhD & Alan Taylor, PhD, who will present "Diagnosing and Treatment: Preserving the Past/Embracing the Future."

Presenters will help participants predict the changes that may emerge in diagnosing and treating minors and adults secondary to the global pandemic, assess ideas and practices in mental health that now must evolve and describe fundamental values and techniques that must be preserved in evaluation and treatment settings, and explain the need to recalibrate mental health services for all ages to post-pandemic requirements, with an eye toward preserving and utilizing past valuable practices.

Also featured is Leslie Todd, LCSW, ACSW, speaking on "The Pandemic and Professional/ Personal Self-Care." She will help participants be able to list and describe three ways (compassion fatigue, social supports, internet misuse) that interpersonal neurobiology affects well-being across the life span, describe and discuss ways in which overwork and stress may affect practitioners' ability to maintain ethical boundaries during the delivery of clinical services, and design three habit-building techniques they can be applied in assertive self-care in office management and private life.

Byron Simoneaux, PhD will also be among the presenters and will speak on "Pandemic Related Traumas." He will help participants describe how the pandemic involves "mass trauma" and provide examples for the significance relating to the diagnoses and treatment of trauma disorders across age spans, explain emerging research regarding the mental health impact of mass trauma on minors and adults, discuss the assessment and treatment of

children and adults affected by mass trauma – translating what we know to current needs, and describe assessment and treatment resources available for clients and clinicians related to mass trauma and its effects.

Dr. John Simoneaux will also be speaking on "Ethical Hazards Post Pandemic."

Dr. Simoneaux will help participants predict how fundamental ethical principles such as confidentiality, boundaries, and standards of care have been altered as a result of the worldwide pandemic, demonstrate, through clinical examples and reviews of published ethical codes, trends and conflicts faced by mental health clinicians secondary to the pandemic and its aftermath, and plan and create an approach to resolving ethical concerns when professional ethical codes have yet to specifically address unexpected challenges.

For more information, go to PTR website.

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