



## Dr. Stewart Champions the Whole Person Approach for Female Athletes

Pennington Professor and psychologist Dr. Tiffany Stewart is leading two new studies that will reveal more connections between physical resilience and psychological health in female athletes.

“Female athletes face a unique mix of stresses to their mental, physical, hormonal and immune health during training and competition,” said Dr. Stewart to Pennington news. Stewart is the Director of the Behavior Technology Laboratory at Pennington Biomedical Research Center. “For too long, sports have focused solely on the results – wins, losses, faster times, and higher scores – while ignoring athletes’ mental health. But mental resilience and emotional well-being are every bit as important to succeeding in athletic endeavors or life overall.”

Dr. Stewart’s Behavior Technology Laboratory at LSU’s Pennington Biomedical Research Center is dedicated to Translational Science. She and her team take health behavior change programs and the accompanying technologies from laboratory settings and transform them into programs that everyone can use. The Lab has pioneered the development and testing of e-health technologies in order to bring health behavior tools to those who need it most wherever they are in the world, reported *225 Magazine*.

The new research is supported by two awards from the Wu Tsai Human Performance Alliance, whose founding members are Stanford University, Boston Children’s Hospital, UC San Diego, the University of Kansas, the University of Oregon, and the Salk Institute.

According to Stewart, one project will recruit 500 female athletes and assess overall mental health and resilience. Included will be

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## Louisiana Sends Support to Florida

Governor Edwards has spoken with Governor Ron DeSantis and offered assistance and resources to aid the people of Florida. Resources are already en route, according to the press release from the governor's office on September 29.

"Louisiana knows all too well the chaos and destruction a hurricane as strong as Ian can bring, and we will do everything we can to help our neighbors in Florida and other states impacted by this storm," said Governor Edwards. "I have spoken with Governor DeSantis and instructed our state agencies to offer resources, personnel and expertise to Florida officials, some of which is already on its way."

## Interview with a Dean Dr. Mary Treuting on Being Dean of LSU Alexandria College of Social Sciences

Mary Boone Treuting, PhD, Professor of Psychology and a licensed psychologist, and who served as Chair of the Psychology Department at Louisiana State University Alexandria (LSUA), was promoted to the role of Dean of the College of Social Sciences last year. For this feature, we were able to interview Dr. Treuting and discover some of the challenges and joys of moving from Professor and department chair to Dean at LSU Alexandria.

Dr. Treuting has served at LSUA since 1994 and was the founding director of the LSUA *Center for Teaching Excellence* in 2010 and the *Center for Academic Success* in 2014, which housed LSUA’s First Year Experience.

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## OCD Louisiana to Hold Annual Walk October 9 in New Orleans

OCD Louisiana will hold the *Annual 1 Million Steps 4 OCD Walk* on Sunday, October 9, at Washington Square, 700 Elysian Fields Ave, New Orleans. The event is free and check-in is 9 AM. OCD Louisiana is an official affiliate of the International OCD Foundation with the goal of furthering the Foundation’s mission in the state of Louisiana.

OCD Louisiana's President is Kristin Fitch, PhD and Vice-President is Michele Carroll, PsyD. Founding officers and members include Leslie Higgins, PsyD, Melissa Dufrene, PsyD, Suzanne Chabaud, PhD and Gail Pesses, MSW.

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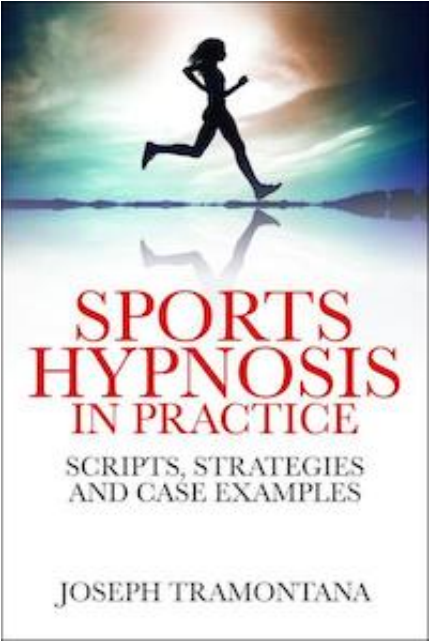
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# Editorial Page – Opinions

## Good Decisions by J. Nelson

The first thing you need to do to make a good decision is to get your arms around a good problem. It needs to be an excellent, worthy problem, not some lame issue or minutia. If it's something lame, try what works for some people – let it sit at the bottom of your in-basket or sink in your email, delegate to a secretary, an intern, or a wife if you're lucky enough to have one and she hasn't read *I Feel Guilty When I Say No*.

The reason you should only focus on a good, worthy problem, despite the American need to affiliate and establish superiority, is because it is going to be expensive in time, energy, and lost productivity, especially if you solve it correctly. Take for instance the situation with ADA accommodations for Dr. Gormanous at the State Board. It took oodles of dollars to come around to a reasonable compromise, surely an unnecessary expense for both sides.

So, first make sure you have a really good problem, supported by some actual evidence. Failing that, check with a kindergartner since they are good at the question "Why?"

Which brings me to my second point. It is critical that you figure out exactly what issue you are trying to solve, so you don't wind up working on the wrong problem or trying to solve a symptom of it. This thing that happens to a lot of us – solving symptoms of problems– is so common a mistake that we have a name for it – the medical model. Much of medicine has developed excellence for treating symptoms. We even name diseases by their symptoms, which seems to confuse people. In this category is also the problem that Daniel Kahneman unfortunately named WYSIATI (What You See Is All There Is) which in English means that there is always invisible stuff and so then fertile ground for unintended consequences and poor results.

A third thing you should remember when solving complex problems is to refuse vigorously to allow your team to grow larger than five or so people. Government and associations don't seem to be concerned about this. But if you are going to have any hope of a high-functioning team, this is critical. If you are unlucky enough to be assigned a large group and told to manage some sort of problem-solving process, and there is absolutely no way you can get out of it, then you must have a facilitator, and everybody must be assessed for cognitive style, conflict style, leadership style, and decision-making skill. My advice is to call in sick.

The fourth thing to remember is to avoid compromise and other shortcuts. Compromise has somehow gotten unwarranted positive reviews, probably because most people don't know that often compromise is only a bad solution in disguise. Another bad idea is majority rule voting, which usually means it was a poor decision. Probably nobody knew what else to do, people were all worn out, blood sugar was tanking, it was time for lunch, or traffic was picking up. Compromise and majority rule result in halfway, mediocre decisions that only a percentage find fully acceptable.

Perhaps one of the worse things about bad solutions is that they lull people into thinking that they actually have an adequate solution, when they don't. People stop searching for the best idea, or even just a better one. Bad decisions clutter our social and political landscape, pile up in all the corners, and dangerously frame and anchor future decisions.

Which brings me to a final point. Failure is a good thing. Knowing when to throw in the towel, when to call it quits, when to yell Uncle, and when discretion is the better part of valor, is a valuable but rare trait.

Failure is one of the best ways to get rid of stuff that isn't working. It is human nature for us to kick and scream when we lose something, even if what we're losing isn't working in the first place. Once invested, our judgment goes out the window. No new evidence, statistics, no new frame–nothing works to press our reset button. Bad decisions morph and return like flesh-eating zombies that just won't die.

Oh, and one last idea. Try to keep the attorneys out of it.

*[Julie Nelson is a licensed psychologist, journalist, 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](mailto: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: [psychologytimes@drjulienelson.com](mailto:psychologytimes@drjulienelson.com)



## Dr. Gormanous Releases Statement about Lawsuit

On September 9, Dr. Greg Gormanous notified colleagues by email and explained the outcomes of his lawsuit against the state psychology board, of which he is now the chair.

In his June 6 filing in the United States District Court Western District of Louisiana, Dr. Gormanous asked for a Preliminary Injunction in his favor against defendants Jaime T. Monic, in her official capacity as Executive Director of the LSBEP, and the LSBEP as a political entity. He alleged that the LSBEP unlawfully discriminated against him by (1) failing to provide a reasonable accommodation and (2) using eligibility criteria that tends to screen out people with disabilities.

Dr. Gormanous is 74 years old and has various medical conditions, including chronic obstructive pulmonary disease (COPD) and a pacemaker.

A Stipulation of Dismissal with prejudice was filed on July 29, closing the proceedings after Judge Terry Doughty, United States District Court, denied Dr. Gormanous' Motion for Preliminary Injunction. [See the September issue of the *Times*.]

In his email to colleagues and stakeholders, Dr. Gormanous said, "I voluntarily requested dismissal of my 'friendly' suit after my request for a preliminary injunction was denied. My dismissal request was accepted by Counsel for LSBEP and was dismissed with prejudice.

Also he told colleagues, "My physical ADA accommodation requested May 10 (before I contacted an attorney) was denied by LSBEP later in May." And, "My previously denied physical ADA accommodation was granted by LSBEP the evening of July 14."

"My moral objectives were accomplished," he wrote. "However these moral imperatives could have been addressed before I contacted an attorney. My requested physical accommodation should have been granted in May rather than July. This would have resulted in no LSBEP legal fees and efforts. And I would not have incurred legal fees in excess of \$15,000.

"I want to recognize my fellow board members as conscientious and well intentioned public servants. They are not at fault. The root of the problem is LSBEP's flawed decision-making process," he said.

"Going forward, my objective is recombobulation of board decision-making, especially with respect to expending limited human and financial resources."

Dr. Gormanous also expressed his thanks to his supporters.

## Gov. Appoints Dr. Fanning, Others to Boards

In June, the Governor announced that he reappointed Dr. John T. Fanning of Jefferson to the Traumatic Head and Spinal Cord Injury Trust Fund Advisory Board. Dr. Fanning is a clinical psychologist. He will serve as a representative of an organization recognized for its work in advocacy programs for persons with traumatic head injuries.

In September the governor announced additional appointments, including:

Rebecca L. Mandal-Blasio of Mandeville has been appointed to the Louisiana Behavior Analyst Board. Ms. Mandal-Blasio is senior clinical director of Learn Behavioral LLC, Autism Spectrum Therapies. She will serve as a behavior analyst nominated by the Louisiana Behavior Analysis Association.

Courtney B. Wright of New Orleans has been appointed to the Louisiana Behavior Analyst Board. Ms. Wright works with Children's Autism Center, LLC. She will serve as a behavior analyst nominated by the Louisiana Behavior Analysis Association.

Laura J. Fazio-Griffith, Ph.D. of Baton Rouge was reappointed to the Louisiana Licensed Professional Counselors Board of Examiners. Fazio-Griffith is a licensed professional counselor and associate professor of counseling at Southeastern Louisiana University. She was nominated by

the Louisiana Counseling Association and will serve as a counselor educator.

Amanda E. Johns, Ph.D. of New Orleans was appointed to the Louisiana Licensed Professional Counselors Board of Examiners. Johns is an assistant professor with Nicholls State University. She will serve as an educator who is a licensed professional counselor and whose function is the training of mental health counselors in accredited programs.

Roy A. Salgado Jr., Ph.D., of New Orleans, was reappointed to the Louisiana Licensed Professional Counselors Board of Examiners. Salgado is a licensed professional counselor supervisor and licensed marriage and family therapist supervisor. He is a professor of counselor education and supervision at the University of Holy Cross. He was nominated by the Louisiana Counseling Association and will serve as a counselor educator.

Chastity A. Butler of Monroe has been appointed to the Licensed Professional Counselors Board of Examiners. Ms. Butler is clinical director of Seaside Healthcare. She will serve as a licensed professional counselor.



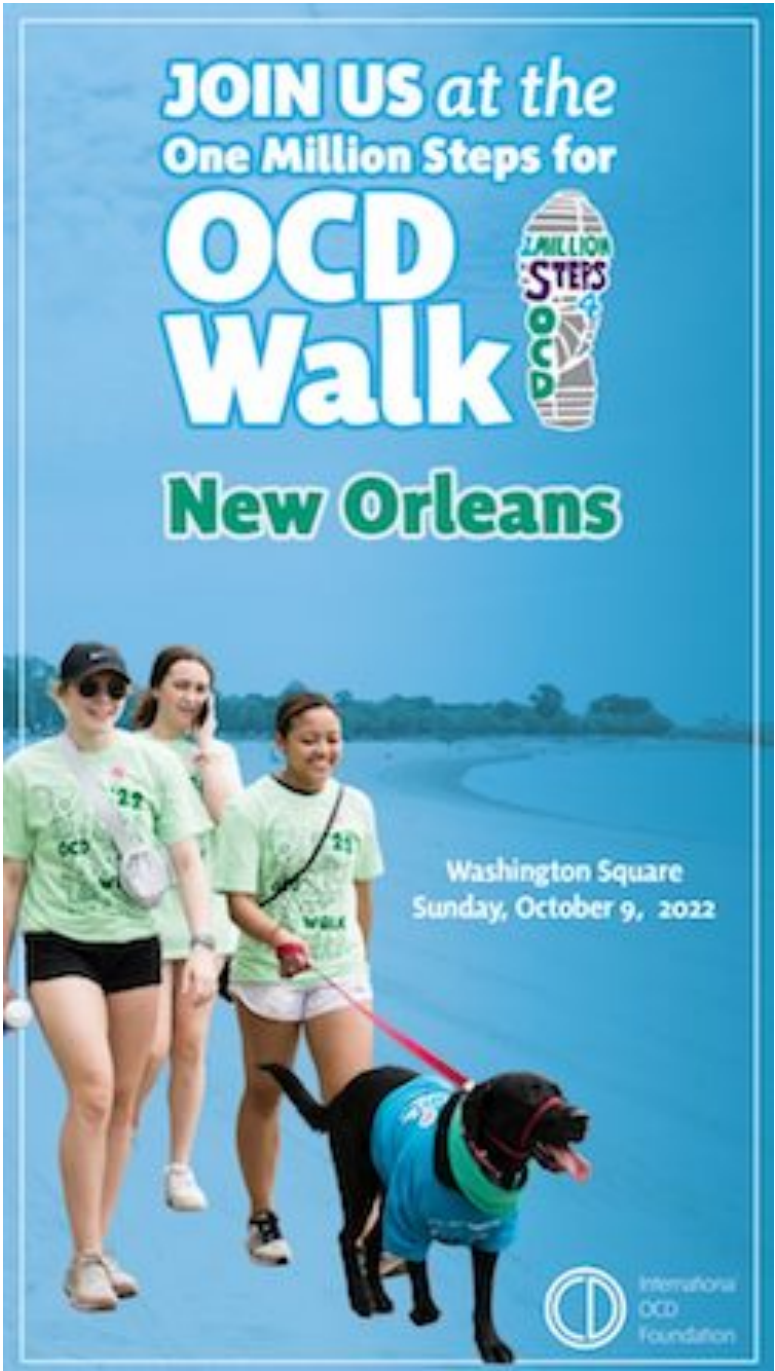
## OCD Louisiana to Hold Annual Walk Sunday, October 9 in N.O., continued

The annual *1 Million Steps 4 OCD Walk* is Co-hosted by the International OCD Foundation (IOCDF) and its Local Affiliates. According to officials, the event, *1 Million Steps 4 OCD Walk*, is the nation's largest grassroots awareness-building and fundraising campaign to highlight obsessive compulsive disorder and related disorders.

President Dr. Kristin Fitch previously explained, "OCD Louisiana is an official affiliate of the International OCD Foundation. OCD Louisiana aims to provide education, resources, and support to the local community to increase access to effective treatment and promote awareness about OCD and related disorders [Hoarding Disorder, Body Dysmorphic Disorder, Trichotillomania (Hair-Pulling Disorder), Excoriation (Skin-Picking) Disorder, and other related disorders. We hope to develop a community for those affected by OCD and related disorders and the professionals who treat them," said Dr. Fitch in a previous interview.

"Like our parent organization, OCD Louisiana is a donor-supported nonprofit organization run by volunteers. We welcome individuals who suffer from one of these conditions, their family members and friends, mental health professionals, researchers, educators, religious leaders, and/or other interested community members to become involved or attend any of our events," said Dr. Fitch.

"It's estimated that 1 in 100 adults and 1 in 200 children live with OCD. Despite its prevalence, OCD is often misunderstood and misrepresented in the media as a personality quirk or helpful trait that keeps people organized. In reality, OCD is debilitating and severely impacts those living with the disorder, as well as their friends and family. The World Health Organization (WHO) has ranked OCD in the top ten of the most disabling illnesses of any kind in terms of lost earnings and diminished quality



## BA Board Publishes Intentions for Rules

The behavior analyst board published the Notice of Intent for several rule changes in the September 2022 issue of the *Louisiana Register*.

The Behavior Analyst Board intends to amend LAC 46:VIII.803 and 807. This amendment establishes new deadlines for licensed behavior analyst and state certified assistant behavior analyst to complete continuing education hours within biennial reporting periods beginning in July of 2024. This amended Rule also deletes two categories previously listed as acceptable for continuing professional development.

The Behavior Analyst Board intends to amend §1001 by updating to the current Professional and Ethical Compliance Code which provides authority to enforce ethical standards.

The Behavior Analyst Board intends to amend §305 in order to add the stipulation not to exceed the maximum amounts listed. The board has lowered renewal fees for licensure and certification for the past two years through the filing of Emergency Rules. The amendment allows the board to lower fees without the necessity of an Emergency Rule.

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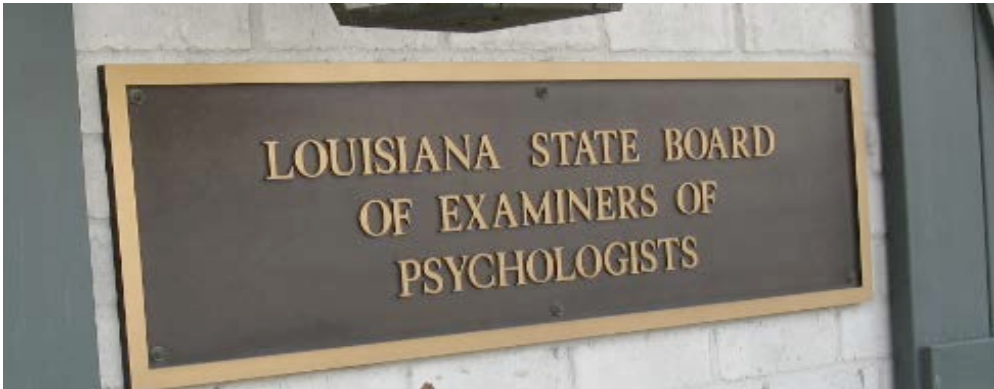
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*From the Minutes*  
Selected Items from July 2022 Minutes of the  
Louisiana State Board of Examiners of  
Psychologists (LSBEP)

Thursday, July 15, 2022  
Posted September 15, 2022

**5. ELECTION OF OFFICERS:** Dr. Sam moved to nominate Dr. Michelle Moore for Vice Chair. Dr. Moore accepted the nomination. The motion passed [...]. Dr. Harness moved to nominate Dr. Greg Gormanous to Chair the Board. Dr. Gormanous was not present to accept the nomination. The Board discussed the motion. Dr. Holcomb raised concerns for Dr. Gormanous' ability to attend meetings in person. Dr. Moore expressed concerns for attendance and potential conflict of interest related to Dr. Gormanous' lawsuit. Ms. Monic brought up concerns for logistics with coordinating board meetings, and the ability to attend disciplinary meetings in person as is the role of the Chair. Dr. Harness and Sam supported the nomination adding that they felt Dr. Gormanous had a lot to contribute to the role. The motion was put to a vote and passed by majority roll call vote as follows: In favor:(3) Harness, Sam and Holcomb; Against:(1) Moore; Abstained:(0); Absent:(2) Gormanous and McNeely.

**6. COMMITTEE APPOINTMENTS:**  
Executive Committee – Drs. Gormanous, Moore, & Ms. Monic  
Finance – Drs. Gormanous, Moore & Ms. Monic  
Complaints – Drs. Gormanous, Moore & Ms. Monic  
Supervision and Credentials – Drs. Moore & Sam  
Oral Examination – Drs. Moore, Harness & Sam  
Continuing Professional Development – Drs. Harness & Sam  
Jurisprudence Examination – Drs. Harness & Holcomb  
Legislative Oversight – Mr. McNeely, Drs. Gormanous & Dr. Holcomb  
Liaison to Professional Organizations and Boards – Drs. Holcomb & Gormanous  
Public and Professional Outreach – Mr. McNeely & Dr. Gormanous  
Long Range Planning – Drs. Gormanous & Moore

**7. DISCUSS GOALS AND OBJECTIVES:**  
Michelle Moore, Vice Chair of the Board, and Acting Chair in the absence of Dr. Gormanous, took privilege to make a statement of goals and objectives as follows:  
*"In regard to goals and objectives for the 2022-2023 year, I believe that important goals to consider include returning to prior board objectives to re-examine our oral examination process, improve our functioning by paying attention to the detail of our processes for steps towards licensure, and continue to work towards creating a smooth process for managing complaints. In order for the LSBEP to improve its processes and functioning, the content of discussions and focus of meetings needs to be relevant to the mission of the board to protect the public and refrain from within board issues that take away from our focus and mission. As LSBEP has a desire to stay ahead of the curve and take a progressive approach, we need to ensure that we are remaining current about issues impacting the field of psychology nationally and internationally to achieve this aspect of our mission. For upcoming trends such as Master's level licensing, our Board needs to focus discussions on what issues could impact our functioning and prepare with development of policies and procedures. We need to return to discussions about why we have an oral examination and what purpose the exam serves. We need to discuss why we issue specialty designations and whether or not this practice should continue. We cannot achieve these goals if we continue our insular focus on LSBEP internal only issues that detract from focusing on the larger issues at stake within the regulatory aspects of the field of psychology."*

The motion to adopt the *Resolution of Appreciation and Commendation* of Dr. Gina Gibson, was unanimously adopted by roll call vote [...]

**1. 2022 Regular Legislative Session Report on Legislation (prepared by A. Aucoin) and discuss impacts on Board Operations for the following bills:**  
Ms. Monic read the from the report prepared by Ms. Aucoin to summarize the implications of the following legislation: [...]

**HB 143: ADA Compliance (effective 05/25/2022)**

Requires that each state agency develop and implement a policy to ensure compliance with the ADA. The policy will apply to all public servants of the agency, all applicants for employment at the agency, and all members of the general public who seek services or benefits from the agency.

Each agency will be required to create a policy that, among other minimum requirements, expresses the agency's commitment to engaging in an interactive process and providing reasonable accommodations to any individual with a disability,

**HB 1062: Review of/challenges to regulations**  
Enacts R.S. 49:953(C), which allows any interest person to submit a petition to review an existing regulation to the occupational licensing board that issued the regulation and provides the standard under which the board must review the regulation. The Board is directed to review the regulation for full compliance with the least restrictive regulation as set forth in R.S. 37:43 or R.S. 49:260, as applicable.

**SB 106: Suspension of time delays for disciplinary proceedings**  
Enacts R.S. 37:21(A)(3), which provides for the suspension of time delays for licensing boards to initiate disciplinary proceedings when there is pending legal action involving the licensee as a party or witness if the complaint arises from the same facts giving rise to the legal action or arises from the licensee's activities in the legal action.

**SB 183: Information required to be published on agency website**  
Each licensing entity will be required to place the following on its website: a description of the license issued; link to the application; link to a checklist of information to be submitted to complete application process; name/contact information for person responsible for responding to inquiries about the status of application; anticipated timeline for review of a completed application; copy of the annual report submitted to legislative committees/oversight committees. Each licensing entity will be required to submit to its legislative oversight committee or subcommittee a report including the number of license applications received, the number of licenses issued, and timelines for approval of an application.

**Executive Director Report:** Ms. Monic reported that the In-house Attorney position has been reposted to LSBEP's website and would be posted by Civil Service before the next board meeting. Ms. Monic also reported that there were changes to the Website format: a new page has been added and dedicated to Notices, Agendas and Minutes. Agendas and Minutes will be linked to and accessible at the Division of Administration | Boards and Commissions Website. The Board Information and News & Current Events pages have also been updated

Ms. Monic reported on the matter of Gregory Gormanous v Louisiana State Board of Examiners of Psychologists *etal.* No. 1:22-Cv-01425; that she was advised late on 7/14/2022 that Dr. Gormanous' preliminary injunction was denied. However, the lawsuit would still need to be decided apart from the preliminary injunction.

Ms. Monic reported attendance at formal meetings since her last report on 6/30/2022 with Sasha J. Lambert and Adrienne Aucoin to transition case management back to Ms. Monic on 7/1/2022; with Sasha J. Lambert, Attorney Courtney Newton and Investigation Henry Richardson regarding open cases on 7/7/2022; a Property Audit by LPAA; 7/11/2022; and an LSSP Committee Meeting on 7/12/2022.

Ms. Monic reported on the status of Rulemaking as follows: Last month the Board reviewed the legal reviewed draft of the rules and affirmed moving forward. The Board has already received permission to progress with rulemaking from the Occupational Licensing Review Commission. Ms. Monic will be initiating the process for filing for approval with the Legislative Fiscal Office. Once that is complete the Rules will be published in the Louisiana Register. Ms. Monic reminded the Board that the period for requesting a public hearing is 20 days after the Notice of Intent is published. [...] Ms. Monic recommended that the Board set aside a date for a hearing. The board discussed this recommendation and agreed that a hearing should be scheduled for one hour and set during the working lunch hour of the Board.

**2. Finance Committee Report – Board Strategy Recommendations:** Focus on rulemaking to implement CPD standards and begin revenue development; update rules impacting licensing, license renewal for emeritus, telepsychology, complaints, etc. to improve functionality and reduce liability.





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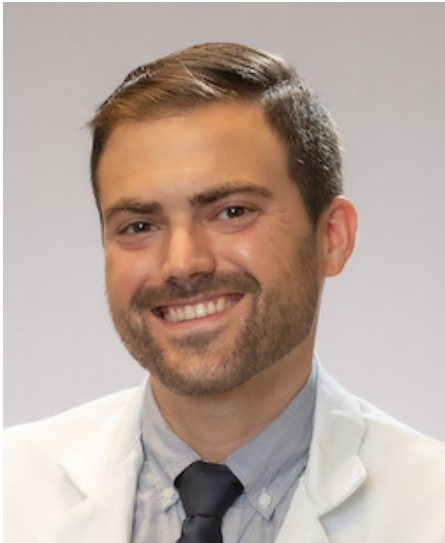
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Dr. Mixon Honored for LGBTQ+ Advocacy



Dr. Mixon (Courtesy photo)

The Louisiana Psychological Association named Dr. Clifton Mixon for their 2022 Award for Psychology in the Public Interest, announced at the Spring meeting.

"This award is given to an individual who has made significant scholarly or practical contributions to the health and well-being of the general public through their work in psychology," said Dr. Amanda Raines, spokesperson for the association.

"This year we are recognizing Dr. Clifton Mixon. Despite being early in his career, Dr. Mixon serves as an active member of the LPA legislative committee, which meets weekly during the legislative session. In the 2021 legislative session, he took on a leadership role coordinating LPA's efforts in advocating for the rights of the LGBTQ+ community. Dr. Mixon has ensured that LPA is aware of legislation impacting the LGBTQ+ community and that such efforts remain an active priority for LPA's advocacy. He even testified on behalf of psychologists who care for those in the LGBT+ community twice in the legislature this past year. In addition to his roles within LPA, he serves on several community organizations to advance and promote the well-being and interests of individuals in the LGBTQ+ community," said Dr. Raines.

According to information from Oschner, Dr. Mixon received his undergraduate and master's degrees from Louisiana State University in Baton Rouge and Southeastern Louisiana University in Hammond, respectively. He received a doctor of philosophy in child and adolescent clinical psychology from Ohio University in Athens, Ohio.

His publications include: Incremental Benefits of a Daily Report Card Over Time for Youth with Disruptive Behavior: Replication and Extension. *School Mental Health*. 12:507-522; Leveraging Technology to Facilitate Teachers' Use of a Targeted Classroom Intervention: Evaluation of the Daily Report Card.Online (DRC.O) System. *School Mental Health*. 11:665-677.

Dr. Mixon is licensed by the Louisiana State Board of Examiners of Psychologists and has been on staff at Ochsner since 2019. Dr. Mixon's expertise is in treating children and adolescents with acute, chronic or recurring medical problems and providing affirming care to gender diverse youth.

Stress Solutions

by Susan Andrews, PhD

10 Stress-Free Minutes a Day Keeps the Doctor Away

It is true that most of us cannot *avoid* stress, especially if we want to continue to be an active participant in the world. Stress goes with the territory of juggling a career, a family, and a social life. Most of us understand only too well the dangers of continuing to schedule full days, of adding new projects to an already overlong list, and still trying to find some time for ourselves at the end of the day. We routinely overbook ourselves. Some of us have the grace to promise to do better next week and might even believe that we can make it up later. But, can we? Chronic stress is now linked to so many problems related to illness, chronic health problems, anxiety, loss of memory, and reduced longevity that it would take the rest of this column to simply list all the ways it affects our lives. We know, for example, that the things we think about and dwell on can have a direct effect on how much cortisol, or stress hormone, is produced in our body. Keeping the cortisol down has become a new goal for the health conscious.

Researchers from the University of California, Davis have published findings from a long-term study, called the Shamatha Project, that studied how meditation influences the brain and mental health. The article published in the journal *Health Psychology* reports that meditation, and particularly mindfulness training, helps lower stress and cortisol levels, which in turn can help you lose excess weight and avoid developing "cortisol belly."

Manage Your Stress...Not the Other Way Around

It's time to draw a line in the sand and start reducing stress and cortisol. What I am proposing is not perfect, but it is a start that you can build on. If you keep waiting until you have the time, or until you can do it "right," it could be too late. Stop letting your calendar manage you. Don't "try" to do better. As Yoda says, "Do or Do Not!"

Begin Your 10 Stress-Free Minutes Today

You might think that 10 minutes a day is not much help. But it is. A few minutes goes a long way toward recharging your energy and breaking up your resistance to taking breaks. You can gradually add more mental "down time" and physical relaxation to each day. Get started by making yourself push away from your desk or daily routine for 10 minutes. Take this break with the intention of taking a brief mental holiday; give your mind a rest. Why not begin with 10 minutes of Mindfulness? Or, spend 10 minutes in focused breathing (with longer exhale). Add some music or put your feet up, close your eyes and direct your favorite piece of music. Remind yourself to do this daily by putting the reminder into your smart phone.

And, by the way, those of you who work with stressed-out clients, I have found that many seriously stressed patients are so overwhelmed that they cannot even begin to think about how they can reduce their stress. The above suggestion that they start with just 10 minutes a day has helped many people start adding relief to their day. Once they begin, the time can be gradually increased. Psychology tells us that making a conscious choice with commitment is a powerful tool. *Do as I say AND as I do.*



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.

*Interview with a Dean*

**Dr. Mary Treuting on Being Dean of LSU Alexandria College of Social Sciences, continued**

She was the recipient of the Bolton Award for Teaching Excellence and has held three Endowed Professorships. She is the current holder of the F. Hugh Coughlin Endowed Professorship.

According to the University, the College of Social Sciences offers programs designed to "help students shape their society and make a meaningful mark on the world." Degree paths include Criminal Justice, Disaster Science, History, Political Science, or Psychology. Also offered are courses in Anthropology, Geography, Social Work, and Sociology.

In the fall of 2018, the LSUA Psychology Department was named one of two academic departments chosen by on-campus students as a 5-Star department, according to officials. The Bachelor of Science in Psychology was also recognized as one of the nation's best Online Psychology Programs by Affordable Colleges Online. LSUA's program was ranked 38th in the U.S. and is the highest ranked online psychology program of any Louisiana school.

The *Psychology Times* asked Dr. Treuting what has it been like for her since she took over as Dean?

Dr. Treuting: This first year has been quite an adventure as our university has moved into a new academic structure. Much of our time has involved updating policies and processes and ensuring that students are getting what they need.

A new area for me has been reaching out to the community and showcasing our faculty and students. I have become more involved with community groups and the usefulness of our degree programs for the workforce. We are continuously looking for ways to connect our students to careers in their given fields of study and to let the community know about the quality education that is the LSUA Experience!

I've had wonderful mentors from my time in graduate school at LSU through the various positions held at LSUA. Our current administration is supportive and encouraging, and that positivity can be felt across campus. We have just had our 8th straight semester of enrollment growth. In a time when other campuses are seeing enrollment declines, we are poised for continued progress. Being a part of this endeavor is exciting.



PT: What have been her major goals in this new position?

Dr. Treuting: I want to spread the word about LSUA and the quality education our students receive here. Major goals include highlighting and increasing student research opportunities, and promoting degree programs both within the state as well as nationwide, with our online component. I also have made it a priority to reach out to our neighboring parish of Avoyelles, our second largest student contributor, to raise the LSUA profile in those communities. Our faculty strive to infuse the curriculum with creative and innovative approaches. LSUA's Online Psychology program was recently named #2 in the nation for affordability. We believe that students may come to us for our lower costs, and lessor debt, but stay with us because of our quality programs.

PT: What are the three main challenges she has been faced with?

Dr. Treuting: Of course, Covid has been a challenge for Higher Education in general. LSUA was able to meet those challenges because our faculty worked diligently to ensure students continued to move forward with their degrees and progressed toward graduation.

A second challenge involves staffing and ensuring students are

getting the highest quality education possible. Our traditional class sizes are small, the online components supported by LSU-Online have increased our reach across the state and nationally. LSUA has a dedicated group of faculty and staff, and I have enjoyed working with multiple disciplines to ensure we are meeting the needs of our students.

I think a third challenge is one of time. Being out in the community, interacting with a multitude of stakeholders takes time. I have continued to teach in a limited capacity, but wish I could clone myself to increase my productivity. There are so many good programs in our community and so many possible collaborations. I love the brainstorming that goes along with creating unique student opportunities. We have put together a Dean's Advisory Council made up of a wonderful group of students who have actively participated in ideas for strengthening our programs. Combining ideas across multiple disciplines is intriguing, and a bit challenging, but also immensely rewarding. Fundraising is a new area for me, but one that I am embracing in order to meet our goals.

PT: What has she enjoyed the most?

Dr. Treuting: I love the freedom to think broadly and futuristically. The



## Interview with a Dean

# **Dr. Mary Treuting on Being Dean of LSU Alexandria College of Social Sciences, continued**

reception and support by our community is palpable. LSUA is poised to not only be innovative in our approach but also our administration is very supportive of a growth mindset and continuous improvement- two of the themes the campus has adopted.

PT: Is she still involved in the psychology department? If so, in what ways? What does she miss most?

Dr. Treuting: Oh YES!! Our psychology department is an important part of the College of Social Sciences. Of note, it is one of the largest and fastest growing programs on the entire campus. I am working with other psychology faculty as we continue to grow and develop that program. I have maintained my faculty status as a full professor of Psychology. Additionally, within the college, Psychology has been joined by other degree programs, Criminal Justice, History, Political Science and Disaster Science. Our college theme is “Shaping Societies” since our common thread is helping students gain the knowledge and skills that will shape their world within the social context. I miss teaching the most, but am still able to teach at least one psychology class each semester. I do miss more involvement with psychology students.

PT: Did her background in psychology help prepare her for this new role?

Dr. Treuting: I use “psychology” every day! I have no doubt that my background in psychology has prepared me well for this position. I see the Dean’s role as one that assists faculty and students in the pursuit of their goals. My job is to support them and try to figure out ways to fulfill their ideas and allow growth to happen. We have so many creative minds; our faculty are developing new courses and setting up useful internships, which in turn help our students find their own path. I have been asked to speak to Business Leadership groups, teenagers, prison employees and women’s groups on topics ranging from emotional intelligence to emotional health and leadership. Psychology plays a significant role in my world. Active listening, problem solving, conflict management, and empathy are all frequent skills I depend on to get things done. This is true for programs in Criminal Justice, History, Political and Disaster Science as well as Psychology.

One of the things I often tell students who are considering Psychology as a major is that if you plan on working with people, a Psychology degree can be extremely beneficial. We don’t know what the future holds in terms of specific jobs, but we do know that the science of behavior is useful in many social settings. I had no ambitions of being a dean, but had an evolution from psychologist to professor to department chair and now to Dean. It has been a fun career and I have enjoyed each of these roles immensely.

Dr. Treuting has broad experience and background. She has taught extensively including Educational Psychology, Psychology of Adjustment, Child Psychology, Adolescent Psychology, Developmental Psychology, Abnormal Psychology, Personality, History of Modern Psychology, and Senior Seminar in Psychology.

Her publications include, "Acceptance of response cost methods: Teachers' and psychologists' reactions," in the *Canadian Journal of School Psychology*, and "The behavior intervention rating scale: Development and validation of a

pretreatment acceptability and effectiveness measure," in the *Journal of School Psychology*.

She has served as a coordinator for a Title III Federal Development Grant-\$1.8 million.

She has made many presentations and conducted training on topics that include, "Emotional Intelligence: An Essential Facet of Leadership," Invited Presentation, CENLA Leadership; "Roles for Faculty in Student Success and Retention," Presentation at Fall Teaching Institute, Louisiana State University at Alexandria, and LSUA 1001 Faculty- Peer Mentors Workshop, and "Creating a Culture of Faculty Engagement," Workshop Presentation at National Teaching Professor Conference, Boston.

She delivered "Resilient Woman Working: Women Leading from the Middle," Louisiana Association of Women in Higher Education, Annual Conference, Conference of Louisiana Colleges and Universities, and "Standardized Tests: Linking Assessment to the Classroom," Faculty Workshop for St. Frances Cabrini School, Alexandria.

She also has extensive community service. Examples include serving on the Foodbank Board Capital Campaign - Current Board of Directors Central Louisiana Food Bank; she served as the Executive Committee-Secretary, Diocese of Alexandria, Vocations Advisory Board; and for CENLA A.C.T.S. (Adoration, Community, Theology, Service) Catholic Outreach. She has served as Retreat Director, Holy Savior Menard Advisory Council, Bishop Appointment and on the Alexandria Museum of Art - Board Member (secretary), as well as with the Habitat for Humanity and with Hospice.

What else is happening in her life?

"My family is very important to me," said Dr. Treuting. "My three sons are grown, are educated, married and settled in to their own lives. I am the proud 'Omie' of 4 adorable grandchildren and my husband and I now have the freedom to travel and experience life on a new level. I am full of gratitude!"



# Dr. Stewart Champions the Whole Person Approach for Female Athletes, continued

measures of mood, anxiety, body image, social support, excessive training, sleep, and injury at four points during a 12-month period.

The second study, will focus on 50 of LSU’s female athletes. Scientists will measure mental, physical, hormonal and immune resilience factors during periods of normal, moderate and high stress.

“It’s time we looked at our athletes from a person-centered focus, not solely a performance-centered focus,” Dr. Stewart said. “We need a core paradigm shift that includes health and well-being for the long-term. We need to hand our athletes mental health and resilience skills, and we also need to look at a shift in athletics’ culture and environment,” she said.

Why is it important that the paradigm shift include mental health? “We are still very much a performance based sport environment,” Dr. Stewart said. “I think mental health as a key piece of the whole athlete has been missing from not only helping our athletes be the best they can be on the playing field but in life- thriving in and out of sport,” she said.

“Our model all along has been a ‘push through no matter what’ model—with expectations that an athlete will persevere physical and mental ailments to get the job done. But in seeing what has happened through Covid and what happened in the Olympics—world class athletes leaving the floor due to mental health struggle, for example, Simone Biles—we have come to an impasse on the push through model,” she said.

“It’s an organic moment to address the health and well-being of the whole athlete for the good of performance but also for the good of the life of the athlete outside of sport. Some of our work to come is also focusing on athlete transition out of sport—into life,” Dr. Stewart said.

Why are these research projects so exciting? “These projects are so exciting and important because while research has steadily increased and improved to investigate how to help athletes perform better, there has been little research on psychological performance, mental health, and resilience in athletes and even

further- women are underrepresented in these studies,” said Dr. Stewart.

“These two studies were funded specifically to study female athletes. Little research has been done on resilience-based strategies for athletes, especially for female athletes. These projects are the first step towards developing skills training for athletes to better cope with stress, especially chronic stress. And- the ability to bounce back from tough things, e.g. injury, tough life events, etc.,” Dr. Stewart said.

*225 Magazine* noted that for the past 20 years, Dr. Stewart’s team has worked with high performance populations such as U.S. Army Soldiers and NCAA female athletes, in an effort to optimize their health and performance.

“Athletes are not immune to struggles with mental health,” Dr. Stewart said. “The pressure to perform at all costs is more intense than ever. This leaves athletes at risk for consequences such as less than optimal eating habits, exercise, sleep, as well as more serious mental health outcomes, including depression, anxiety, and even suicidality. These difficulties can last a lifetime if not addressed. Pro-active, mental health skills training specific to athletes is needed in order to build positive mental coping and resilience skills.”

Dr. Stewart’s team has worked with female collegiate athletes over the years in an NIH-funded trial with a program called the Female Athlete Body Project, according to the report in *225 Magazine*. The next phase of work will include the final development and testing of the S.C.O.R.E. (Sport Carried Forward for Resilience and Enrichment) Program- a digital platform and smartphone application to assist athletes in mental and physical thriving.

“The aim is to provide tools and evidence-based coaching to help athletes at all stages of their career to bounce back from difficult challenges and optimize their lives, mentally and physically, moving forward.”

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# *Dr. Stewart Champions the Whole Person Approach for Female Athletes, continued*

Dr. Stewart has explained that research suggests that disordered eating among female athletes is prevalent, and is especially dangerous in female athletes because it increases risk for the Female Athlete Triad—low energy availability/disordered eating, menstrual disorders, and decreased bone mineral density/ osteoporosis and subsequent injury.

Dr. Stewart's work has also attracted multimillion dollar funding from the National Institutes of Health and the Department of Defense to understand and help soldiers. She develops programs and technologies to improve nutrition, fitness, and sleep of U.S. Army Soldiers and their family members.

In 2018, the Pennington Biomedical Research Foundation honored their 30-year relationship with the U.S. Defense Department, by hosting a special Scientific Dinner. Dr. Stewart joined with leaders of the Louisiana National Guard to celebrate the 140 studies and 100 papers that have come as a result of joint projects and efforts to improve the health of military warfighters.

"Every day, soldiers and their families make sacrifices for our freedoms," Dr. Stewart said. "At Pennington Biomedical, we are looking at the health of the whole soldier. We want our men and women in uniform to be ready for whatever they may face during their service, and that means optimization of physical and mental health and resilience, as well as the families that support them."

According to Pennington, they are one of the Defense Department's top nutrition research contributors. "With 30 years of collaboration and \$80 million in DOD funding to date, Pennington Biomedical has improved and continues to advance warfighter nutrition, fitness, sleep, technology, body weight, body fat and metabolism."

Stewart's *Healthy Eating, Activity, and Lifestyle Training Headquarters* or H.E.A.L.T.H., is part of the Weight Measurements and Standards for Soldiers Project.

The work is an ongoing, collaborative effort between Pennington and the Department of Defense, designed to aid Soldiers in maintaining healthy weight status, fitness status, combat readiness, and Warfighter performance.

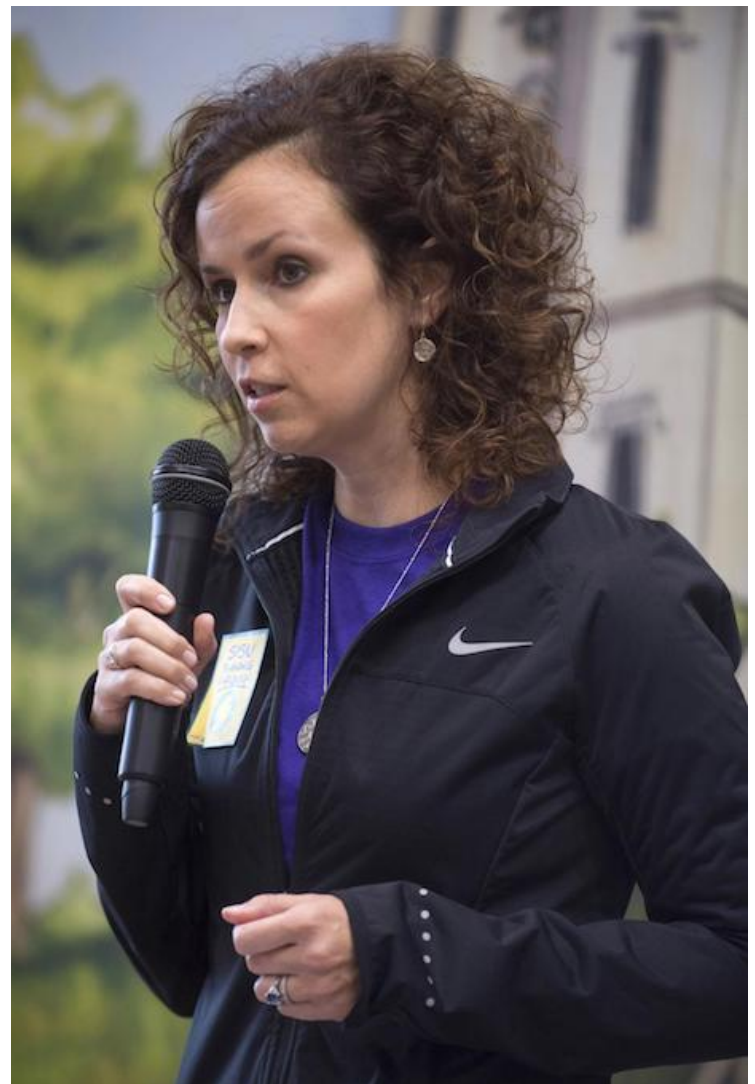
H.E.A.L.T.H. includes programs to aid soldiers' family members in reaching overall health and fitness goals and incorporates cutting edge interactive technology such as with the Internet and Smartphones, so soldiers and their family members can use it wherever they are in the world. The project is considered a population health program, used and tested in two projects, at Ft. Bragg, NC, and New England Reserves, and is being tested in the Louisiana Army National Guard, according to Pennington.

The program is disseminated Army-wide as part of the U.S. Army Surgeon General's Performance Triad Initiative to improve nutrition, fitness, sleep, overall health, and resilience for our technologically advanced fighting force and their families.

Dr. Stewart and her team work to distribute information in the broader community. In 2019 she applied her innovations for a community health program at the Knock Knock Children's Museum, in Baton Rouge. The program was a collaborative effort between the Baton Rouge Mayor's Healthy BR Initiative, the Museum, Pennington, and other community organizations, noted officials.

Dr. Stewart and her team provided the program called "Sisu & You: Healthy Kids and Healthy Family Workshop." Sisu is the Finnish word for resilience. "How we view our bodies is a key component of successful health behaviors and significantly affects our quality of life," said the developers.

Dr. Stewart is also an inventor and entrepreneur, and named 2015 Woman of Excellence by the Louisiana Legislative



*Dr. Tiffany Stewart at Knock Knock Children's Museum. (Photo courtesy The Advocate/Travis Spradling photographer.)*

Women's Caucus Foundation. She was also commended by the Louisiana Legislature in a House Concurrent Resolution for her work and research, and for "spearheading unique, large, multi-site prevention studies that have included the development and deployment of novel approaches for health behavior change, ...".

In the private sector, Stewart was a Founder and Chief Scientific Officer of Body Evolution Technologies Inc., a venture capital-funded entrepreneurial project dedicated to taking e-health assessment, prevention, and treatment programs and technologies from the lab to those who would benefit most, "... especially among young women as they face enormous pressures concerning body-image, weight, eating behavior, and self-esteem."

In an interview with *Huffington Post* Healthy Living in 2012, Dr. Stewart said, "I'm a scientist first and foremost, as well as a clinical psychologist. Now I find myself an entrepreneur. My mission is to bring scientific tools to the people who need them most. So many things are developed in science that get great results but stay in the academic realm, like programs for the prevention of eating disorders," she said. "The work I do is dedicated to translating scientific tools into popular formats that can engage young people to change their health behaviors -- their eating, exercise, body image and self-worth."

Stewart said that the majority of the general population struggles with body image and it is critical to health.

"Even in the scientific literature, body image is thought about as an appearance-based thing," Stewart explained. "No one has ever talked about body image in the context of health. But it certainly affects our health, influencing our eating, our fitness and social habits. With everything we're doing, we're looking for a place where appearance and health can meet and basically be happy together."



# Dr. Joseph Tramontana Newest President of the American Society of Clinical Hypnosis

Dr. Joseph Tramontana, licensed psychologist practicing in Baton Rouge and Metairie, Louisiana, is the newest President of the American Society of Clinical Hypnosis (ASCH). He took that office at the March 2022 virtual meeting, after having spent a year as President-elect, and a former term of office for that group as Secretary.

"ASCH was founded by Milton Erickson in 1957," Dr. Tramontana said, "and is somewhat of the Grandparent of Hypnosis organizations in the U.S. as well as internationally, so Erickson might be considered the 'Granddaddy.' ASCH is an interdisciplinary organization and unique among organizations for professionals using hypnosis because members must be licensed healthcare workers and, at a minimum, must hold a doctorate, PA Certification, APRN, CRNA, or master's degree in a health care discipline considered appropriate for the Society," said Dr. Tramontana.

As President-elect last year, Dr. Tramontana said he was proud to Chair the Program committee with a theme of "Resiliency: Teaching our clients coping skills during these difficult times and using them ourselves."

His interest in using hypnosis for working with addictions culminated in his book *Hypnotically enhanced treatment for addictions: Alcohol abuse, drug abuse, gambling, smoking cessation, and weight loss* (published by Crown, 2009).

His interest in hypnosis for enhancing peak performance with athletes and other performers led to his second book titled *Sports hypnosis in practice: Scripts, strategies, and case examples* (Crown, 2011).

Dr. Tramontana's latest book is specifically for golfers learning to utilize self-hypnosis in their mental preparations. It is titled, *Golf: Peak Performance through Self-Hypnosis Training* (Archway Publishing, 2021).

In the July 2022 issue of The American Journal of Clinical Hypnosis, he published a peer reviewed article titled "Future projection therapy: Techniques and case examples."

Tramontana, J. (2015). Treatment of speech difficulties and body tics secondary to childhood sexual trauma through a combination of hypnotic age regression and therapeutic coaching: A case report. *Journal of Psychiatry and Clinical Psychology*, 3(4): 00141. DOI: 10.15406/jpcpy.2015.03.00141

\*Tramontana, J. (2015). Psychological sequelae and interventions for victims of man-made disasters: Overview and author's clinical experience. In Nemeth, D.G., Hamilton, R.B., & Kuriansky, J. (Eds). *Ecopsychology: Advances from the intersection of psychology and environmental protection* (Vols. 1 & 2). Santa Barbara, CA: ABC-Clío/Praeger.

Tramontana, J. (2013). Experiencing change/trauma associated with Katrina and subsequent hurricanes: A psychologist-victim's perspective. *Journal of Ecopsychology*, Vol 5(S1): S-27-S-29. DOI:10.1089/eco.2013.0003.

In July, 2017 he presented a paper titled "Hypnotically Enhanced Psychotherapy" at the World Congress of Psychotherapy in Paris. In 2018 he presented a workshop on the same topic at the World Congress of Hypnosis in Montreal, and in 2019 presented a 2-day training workshop to the Canadian Hypnosis Society in Banff, Canada.

In 2014 Dr. Tramontana served as President of the Louisiana Psychological Association, and he has received their Distinguished Psychologist Award. He was also on the Executive Council of the Southern Pain Society. He served as President of the New Orleans Society of Clinical Hypnosis for five years. He serves on the Editorial Board of the *Journal of Psychology and Clinical Psychiatry*.

Dr. Tramontana participates in a variety of professional societies and associations including the following:  
Member, Louisiana Psychological Association  
Member, Mississippi Psychological Association  
Certified, American Society of Clinical Hypnosis  
Consultant, New Orleans Society of Clinical Hypnosis, 2013-2018  
Member, American Psychological Association  
Division 30 (Hypnosis)  
Division 47 (Exercise & Sports)  
Member, Association of Applied Sports Psychologists  
Member, Society for Clinical and Experimental Hypnosis  
Member, American Association of Pain Psychology

Dr. Tramontana said, "As far as goals for presidency, it is to reinvigorate the organization and, as in many such organizations, to appeal to the younger population of providers," he said. "I feel very positive that we will and are meeting our goals."

According to officials, the mission of the American Society of Clinical Hypnosis is "To provide and encourage education programs to further, in every ethical way, the knowledge, understanding, and application of hypnosis in health care; to encourage research and scientific publication in the field of hypnosis; to promote the further recognition and acceptance of hypnosis as an important tool in clinical health care and focus for scientific research; to cooperate with other professional societies that share mutual goals, ethics and interests; and to provide a professional community for those clinicians and researchers who use hypnosis in their work."

Dr. Tramontana said that anyone interested in knowing more about ASCH, or hypnosis in general, can contact "Dr. T." at [drt@drjosephtramontana.com](mailto:drt@drjosephtramontana.com).



Dr. Tramontana in earlier days at a track meet holding his trophy. He has incorporated his love of sports and his interest in hypnosis into his career. (Courtesy photo.)





## The Psychology Times' BOOKSHELF

Who's Writing What?

### Sports Hypnosis in Practice Scripts, Strategies and Case Examples

*by Joseph Tramontana, PhD*

*Sports Hypnosis in Practice*, by Dr. Joseph Tramontana, is a delightful, candid and enormously useful book for clinicians working with athletes. Licensed clinical psychologist, and one-time runner, sprinter and coach, Dr. Tramontana applies his clinical skills and imagination to the mental side of sports. He weaves together hypnotherapy techniques, elements from the culture of competitive athletics, and specific directions for uncovering meaningful personal imagery, to help athletes improve their performance.

Dr. Tramontana accomplishes this within a solid base of classical hypnotherapy technique and multi-level communications for unlocking potential. He writes in a direct, genuine, and first person style that lends itself to an appreciation to this interesting sub-specialty. He includes a variety of ideas in story-telling, interviews, affirmations, quotes, books, and movies that help with the process and enlivens the text for the reader.

“What I especially enjoy about working with athletes, young or older,” he explained to the *Times*, “is their extremely high motivation to improve.” Dr. Tramontana’s enjoyment of sports culture and his concern for the athletes emerge clearly in the text.

“... I find it to be a fun and exciting sub-area of my general psychological practice,” he writes in the Introduction. “Typically athletes are not coming to see me because of psychological disturbance; rather they are seeking self-improvement in their sport.”

“...The progress, gains, and successes are often quick, dramatic, and measurable,” he notes, a situation that makes this work a satisfying, upbeat area of clinical practice.

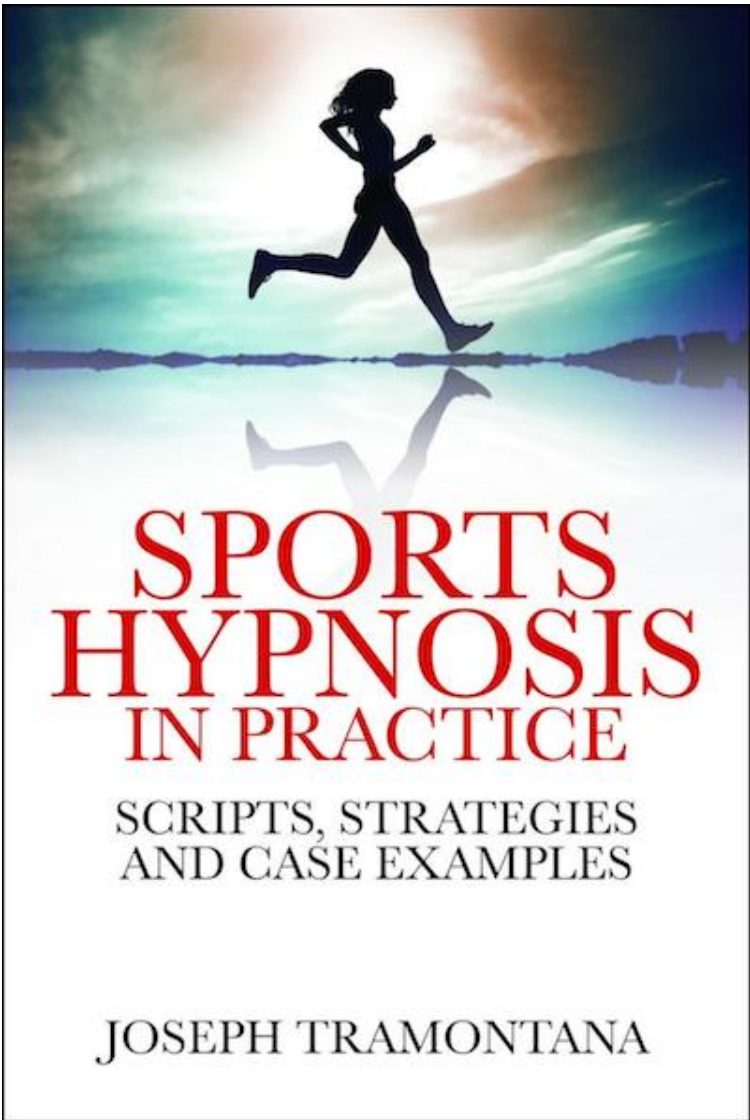
In *Sports Hypnosis* Dr. Tramontana provides specific directions and scripts, showing the reader how to modify techniques and suggestions for particular sports or particular athletes.

For instance, he explains the difference in the mental approach of a tennis player, who keeps moving, to that of a competitive golfer who has more than enough time to dwell on a mistake. The golfer “has more time to think between shots. If the previous shot was a bad one, this thinking can involve grappling with self-doubt, anxiety, fear of failure, and tension.”

The directions and scripts are enhanced by a set of interviews with coaches and athletes, including Brian Kinchen, former LSU football star and NFL tight end and long snapper. Also included is LSU women’s tennis coach Tony Minnis, LSU’s women’s softball coach, Yvette Girouard, and LSU’s equestrian club team coach, Leaf Boswell.

*Sports Hypnosis* is complete with scientific links and references, successfully blending with the work of other sports psychology experts, information from researchers in human performance, and important techniques from other hypnotherapists.

As a former competitive runner and sprinter, and also a coach for marathoners, Tramontana demonstrates his insightful knowledge about the challenges and demands that athletes encounter. He brings together his knowledge of normal personality, clinical insight, and his awareness of the emotional demands that arise in a variety of competitive



endeavors, to show how the clinician can uncover the cognitive psychology of the athletes’ beliefs.

*Sports Hypnosis* will be directly and immediately useful for psychologists trained in clinical hypnosis who want to assist athletes, but it will also be valuable to those who want to better understand the specifics of indirect methods and how hypnotherapists engage the subconscious to help clients overcome personal obstacles.

The design of the book begins with a crisp but complete “Introduction,” providing background and scientific context for applications. In Chapter 1, “Overview of Hypnotic Approaches with Athletes,” he outlines the techniques he uses for trace induction and deepening, imagery, and techniques for specific suggestions for athletes.

Chapters 2 through 9 address specific sports, beginning Chapter 2, “Golfers” followed by Chapter 3, “Track and Field Athletes: Sprinters, Distance Runners, and High Jumpers,” and Chapter 4, “Gymnastics and Cheerleaders.”

In Chapter 5, “Equestrians: Show Jumping,” he reviews his work with a female equestrian who reported feedback of a “slow motion” effect following hypnotherapy, allowing her to feel as though she had extra time to mentally prepare. “

In “The US Big Three: Football, Baseball, and Basketball,” Chapter 6, Dr. Tramontana interviews Brian Kinchen, tight end for LSU, the Miami Dolphins, Cleveland Browns, Baltimore Ravens, and Carolina Panthers. Kinchen became the deep snapper for the New England Patriots and snapped the winning field goal in the team’s Super Bowl victory.

Chapter 7, “Softball (Fast Pitch), Chapter 8 on “Tennis,” and Chapter 9 covering “Volleyball, Soccer, Olympic Shooting, Cycling, and Rugby,” completes the review of specific sports.

Dr. Tramontana shifts gears in Chapter 10 to give a review of “Recovering from Injury and Returning to Training and Competition,” which includes hypnotic techniques to enhance recovery after surgery or injury.

Chapter 11, “Substance Abuse and Other Addictive Behaviors,” builds on his clinical expertise of working with addictive behaviors.

Sections on “Affirmations” and on “Books and Movies,” are given in the Appendix, and complete this engaging, upbeat and very usable book.



# A Shrink at the Flicks

## *The Batman* A Review

by Alvin G. Burstein, PhD

In the early 1940's while I was jerking sodas in Canar's, a skid row drugstore in Omaha, one of my ancillary responsibilities was serving as guardian of the rack displaying comic books. I was to prevent the teenagers who frequented the store from reading the magazines on display without purchasing them. One of the perks of that role was my opportunity to do just that. It was there that I became acquainted with The Phantom, the ghost who lives, Batman, the grim avenger of Gotham City, and Superman, the extraterrestrial protector of truth, justice and the American way.

The Phantom was not actually immortal; he was a role secretly passed on from father to son. He had no super-powers beyond his wit and strength and his mythic immortality. Superman, faster than a speeding bullet and able to leap tall buildings in a single bound, was, as claimed, super-human. But Batman, the socialite with a hidden life, brooding gargoyle-like over the evils besetting Gotham City, Batman had the noire appeal of a frightening creature of the night.

The Phantom, so far as I know, never made it into the cinematic world. Superman did, but his dalliance with Lois Lane got frankly boring. But Batman continued to fascinate me; I have seen the half dozen or so films that constitute his oeuvre. *The Batman*, a 2022 Warner Brothers film, was not something I wanted to miss.

Over-all, the oeuvre is not perfectly internally consistent, but its key elements are Bruce Wayne, the son of a wealthy billionaire benefactor of Gotham City running for mayor, who with his wife, Bruce's mother, is murdered as their young son looks on in terrified horror. Bruce is, of course, traumatized by this event

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;

*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.



courtesy photo



and by a later experience of being trapped underground in the caves below the family manor where he is buffeted by Chiropterae, bats. As an adult, Bruce becomes aware of a criminal element in the city, and begins a secret life of seeking out evil doers there.

Kohutian self-psychology would expect that the trauma of an early loss of parental protectors might produce an on-going narcissistic flaw, a sense of insecurity. That may explain Batman's reliance on prosthetics. Though he seems adept at martial arts, he also wears armor, drives super cars, and makes heavy use of high-tech weapons.

The new film is dark in every sense. At one point, we hear Batman say, "I am the dark." As this film unfolds, Batman becomes very much a detective searching for clues to the identity of a serial killer and to the Holmesian Moriarty at the center of the web of crime in Gotham City. He learns that his father may have, in the course of his reform efforts for the city, made a Faustian bargain, dealing another blow to the son's sense of certainty.

This tale describes an early stage in Batman's career. There is a plan for at least two sequels, and one might hope for a reappearance of one of Batman's most redoubtable enemies, the Joker.

The film ends with Gotham City's being catastrophically flooded, barely surviving, and Batman's coming to see that compassion trumps vengeance, an outcome that seems a bit forced. And at the end of the three hours of screen time, I was both glad to see the curtains closing—and ready for the first sequel.



# 10 Years Ago ... What *The Psychology Times* was reporting on October 2012



## THE POWER LIST 2012

Who's got power in the Louisiana psychology community? Using an idea from the *Independent News* (Pensacola) the *Times* conducted a rough focus group to discover who is typically perceived as having power in our community. Thirty people who seemed likely to have an informed view of the topic were asked to provide ten names, a list of the most powerful individuals.

The people were asked to give their honest impression, from whatever perspective, about the “movers and the shakers,” in the community, whether liked or disliked.

Photo: Dr. Warren Lowe (L) and Dr. Jim Quillin at MPAC meeting.

*Harder Decisions Up the Road*

## BA Group Makes First Key Decision – To Be Regulated

The “Behavior Analysts Licensure and Regulation Study Commission” met Friday, September 21, and decided that behavior analysts are to be licensed in Louisiana.

This is the first major decision coming from the group. It was one of the issues contested in the spring legislative battle that prompted Senator J. P. Morrell to propose the resolution establishing the Commission, a 17-member task force charged with developing “baseline framework for licensure and regulation of behavior analysts.”

## Psychology Gumbo

Comments by:

**Dr. Gary Dohanich**, Professor of Psychology and Neuroscience, Tulane University:

**Dr. Melissa Beck**, Assistant Professor of Psychology, LSU, Baton Rouge

**Dr. Jesse Lambert**, Clinical Psychologist, Forensic Mental Health Assessment

## Dr. Tiffany Stewart Interviewed by Huffington

Dr. Tiffany Stewart was recently interviewed by *Huffington Post* Healthy Living writer, Jean Fain, MSW, for the article “Body-Image Innovator Tiffany Stewart on Preventing Eating Disorders.”

Fain was inspired by Stewart’s work in the video, Body Image Project video. Fain asked Dr. Stewart which hat she wears out of all her different roles—clinical psychologist, researcher, cofounder of a technology company—and Stewart described where she finds herself.

“I’m a scientist first and foremost, as well as a clinical psychologist,” she said. “Now I find myself an entrepreneur. My mission is to bring scientific tools to the people who need them most.”

## LSBEP Proposed Cont’ Ed Changes Draw Comments

The psychology board’s proposed rule changes for continuing education drew a number of comments from various psychologists last month. Also the Louisiana Psychological Association submitted a summary statement with concerns.

## Dr. Hutto Takes On New Department at U. of LA Monroe

Dr. Cecil Hutto has been appointed Chair for the newly created Department of Behavioral Sciences at the University of Louisiana Monroe (ULM).

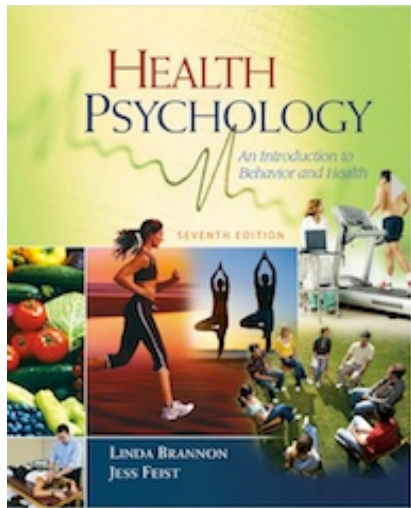
Dr. Hutto takes over from Dr. David Williamson, previous Chair of ULM Psychology for 15 years, who retired this May.

The new department has been expanded to include psychology, marriage and family, and counseling, Hutto explained to the *Times*. The enlarged and re-organized department will help consolidate and streamline the services that fall under ULM’s College of Education and Human Development, he said. There will not be a specific department called psychology anymore, he explained.

## Dr. Nemeth’s Book Released

Baton Rouge medical psychologist, Dr. Darlyne Nemeth has authored, *Living in an Environmentally Traumatized World*. The book, just released, is edited by Nemeth, Robert Hamilton, and Judy Kurlansky. It published by Praeger and its series on Practical and Applied Psychology.

The text features expert contributions from across the disciplines of psychology, geology, biology, and climatology. The work also features an explanation of why environmental change is inevitable and how to deal with these changes.



## BOOKSHELF

### *Health Psychology*

*An Introduction to Behavior and Health, 7<sup>th</sup> Edition*

*Drs. Linda Brannon and Jess Feist*

*Health Psychology: An Introduction to Behavior and Health*, is a well-written, authoritative, yet pleasantly user-friendly book about one of the most important areas of psychology today.

The authors, McNeese professors Dr. Linda Brannon and Dr. Jeff Feist have been in for the long haul—this review is for the seventh edition. It has been 20 some odd years since they started looking at health psychology and capturing the diverse and complex interactions that support factual and evidenced-based conclusions impacting health and longevity.

Authors do an excellent job staying up with this fast-moving field and the challenges of rapid and sometimes perplexing shifts in the landscape of research about health and behavior.

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