



Jung's Trickster archetype plays a role in change.

Jungian Analyst & Author Dr. Del McNeely Finds Psychotherapy in Decline

Jungian Psychoanalyst and author, Dr. Del McNeely, in her book, *Mercury Rising: Women, Evil and the Trickster Gods*, explains the value of the Trickster archetype.

The Trickster plays a critical role in psychotherapy, says McNeely. As an archetype of transition, the Trickster can guide the journey of “individuation” that is essential in psychotherapy. The Trickster mediates between the conscious and unconscious world, Dr. McNeely points out, a needed requirement in psychotherapy for truth and psychological growth.

In her book *Becoming*, she considers the issue that personal growth for the individual is being dismissed by both the profession and the medical industrial complex. What does she think are the main problems with today’s marketplace and the dismissive approach to individuals’ growth and development?

“I believe the more we uncover, the more light shines through onto the conscious world and the wider and deeper our vision becomes,” Dr. McNeely said.

Cont pg 11

State Board to Take Control Over Psychologists' Assistants

The state psychology board is proposing new rules and regulations to govern the use of assistants to Psychologists. The notice for new rules was published in the November issue of the *Louisiana Register*. The proposed rules include the conditions for the use of assistants, the responsibilities of supervising psychologists, and the disciplinary

activities that the board may engage in for those registered as assistants.

The new oversight conditions stem from the 2021 House Bill 477, legislation put forth by the Louisiana State Board of Examiners of Psychologists, now Act 238.

HB 477, 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 in 2021. Under pressure from opponents, the board agreed to substitute a fee bill, telling sources that without the

Cont pg 4

UNO's Dr. Harshaw Studies Tylenol

University of New Orleans psychology professor Dr. Christopher Harshaw is uncovering the possible link between a common pain reliever and developmental disorders. His findings have been published in the October issue of *Pharmacology, Biochemistry and Behavior*, as reported by UNO Campus news.

Dr. Harshaw was awarded a one-year grant from the Louisiana Board of Regents for the research, which focused on the developmental reaction that mice have to acetaminophen, best known by its popular brand name version, Tylenol.

In the UNO article, Harshaw said, “Several epidemiological studies have linked the use of acetaminophen in infants and young children to attention deficit and autism spectrum disorder in humans. Studies in animals have also shown long-term changes in brain in behavior after exposure to acetaminophen early in life. Most had nevertheless neglected the

Cont pg 8

Who Profits? The 50th Percentile EPPP Cut-Off

In January a group of psychologists from the Louisiana Association for Psychological Science submitted a complaint to the Louisiana State Board of Examiners of Psychologists saying that the Board is inappropriately using the national licensing exam in a way that discriminates against Blacks and other minorities, denying their property rights.

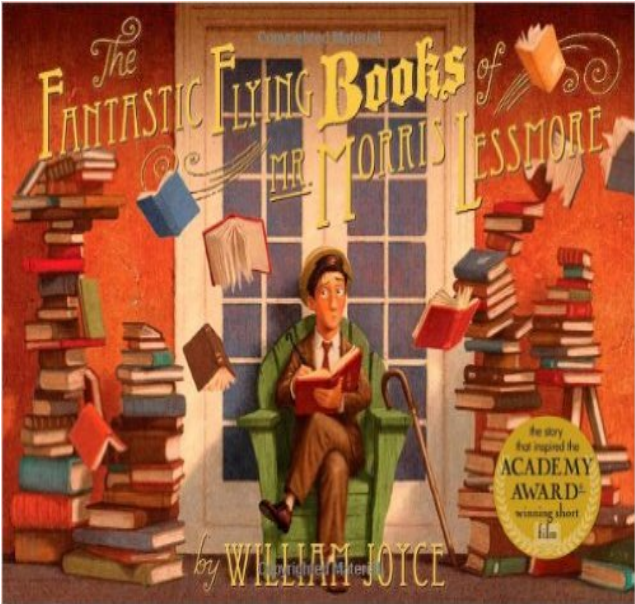
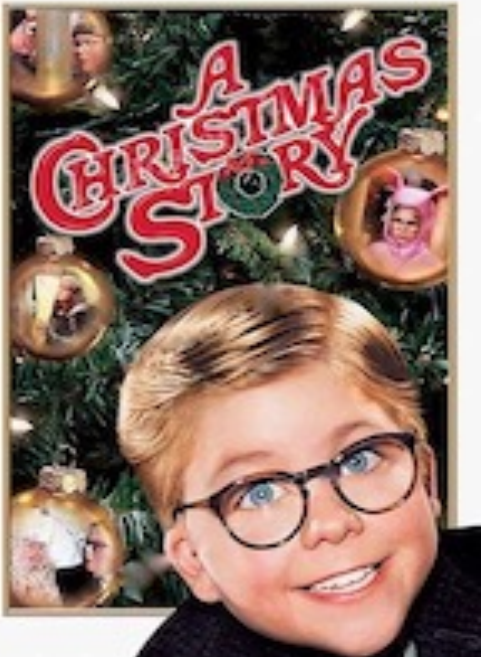
The crux of the matter is in the use of the 50th percentile as a pass-fail hurdle for the national examination. This cut-off automatically eliminates half of the candidates seeking a license, all of which hold doctoral degrees and are otherwise qualified.

Cont pg 9

INSIDE

- Gov. Edwards Makes Appointments – Page 3
- More Proposed New Rules – Page 3
- From the Minutes – Page 5
- DCFS Resignation – Page 6

- Dr. Andrews' Stress Solutions & Birds– Page 6
- Christmas Bookshelf – Pages 13–14
- Dr. Burstein's Review – Page 15



Editorial Page – Opinions

Sick Leave and Community Psychology

by J. Nelson

Archimedes recommended to me that I make sure readers know I'm going to be taking some sick leave. He has long been aware that I tend to keep raising the bar, and believes I must overcome this by making a public commitment to cut back on my efforts with the *Psychology Times*.

I have little choice but to comply since I've reached the end of some type of tether. Working at the keyboard of my computer is torture. I wind up with a paralyzed shoulder and right arm that eventually doesn't work much at all. The situation also gives me the opportunity to take stock of the good and the bad of this newspaper.

The *Psychology Times* is starting its 14th year in January and now has over 100 Louisiana Press Association awards. I started it in 2009 to increase the information flow and free



speech in the community and it has been an adequate intervention. We have over 1400 people on our list and the *Times* is circulated all over the nation.

Even so, real community change often seems far away.

Benjamin Franklin said, "You will observe with concern how long a useful truth may be known and exist before it is generally received and practiced on."

Just this month, the state psychology board is pushing through its regulation of assistants, a move that's sole purpose was to create a revenue stream because the board could not stick to its budget and control its use of personnel.

Besides being the wrong solution to the wrong problem, these unnecessary new requirements fall primarily and unfairly on entrepreneurial psychologists who use assistants. The board has written regulations to pile red tape on top of a fee, neither of which are needed for protection of the public.

Last year, out of some misguided sense of loyalty, leaders in the Louisiana Psychological Association sided with the board instead of with the independent psychologists. Young psychologists were recruited to vote for the state board's inappropriate legislative move, rather than educate them to the complexity of the situation. They were essentially told the board would go belly up when no such outcome was ever likely.

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

The newest rules include an expansion of the complaints committee into the realm of assistants and supervisory behavior of Psychologists. This when we are already suffering from overzealous, expensive law-enforcement and overreach in the complaints committee of the state board.

Knowledge about these problems is the consciousness raising that the *Psychology Times* was designed to do for our community.

Given the amount of censorship and propaganda that is now part of our culture, I believe I'm right to say that those reading the *Times* are more informed about the nuances of these community dynamics than those that do not. And for that I am proud and grateful.

[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, —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

Changes Proposed for Fees, CPD, Neuropsychology, and Emeritus

The Louisiana State Board of Examiners of Psychologists is proposing changes to fees, the continuing education rules, training, credentials and scope of practice for Neuropsychology specialty designation, and the rules for using an Emeritus title.

The proposed changes were noticed in the November issue of the *Louisiana Register*.

Changes to the continuing education requirements include the addition of two hours required credit for training in multiculturalism or diversity.

C. Within each reporting period, two of the required hours or credits of continuing professional development must be within the area of multiculturalism or diversity in accordance with the limitations specified in §807.

Additionally, changes to continuing education include the board becoming a sponsor of training and new language for those wanting approval to offer continuing education.

The board also proposes to reinstall the Emeritus title for retired psychologists who are no longer practicing psychology.

According to the notice:

§905. Psychologists Emeritus: Retired

A. A psychologist emeritus: retired is eligible to renew their emeritus status license provided they submit such renewal application along with the annual renewal fee at the reduced rate established under Chapter 6 of this Part; and are fully retired from the practice of psychology, not rendering psychological services in any form, and are not engaging in any activity that might be construed as the practice of psychology within the state of Louisiana.

B. A psychologist emeritus is eligible to renew their current license until July 31 of each year upon submission of the required renewal fee and renewal application form and on showing that the licensee:

1. has been a licensed psychologist for a minimum of 20 years;
2. has no outstanding complaints or ethical violations;
3. is subject to the LSBEP ethics code;
4. is retired from the practice of psychology;
5. is only able to use the title psychologist emeritus: retired;
6. is not required to complete CPD unless they want to reinstate as specified in Subsection C below.

C. A psychologist emeritus: retired is eligible to reinstate their status to Licensed Psychologist and resume the independent practice of psychology in Louisiana upon submission of a reinstatement application for licensure including the required reinstatement fee and fulfillment of all continuing professional development requirements as defined under this Chapter, provided they are not in violation of any of the provisions of the Louisiana Revised Statutes, Title 37 Chapter 28. Psychologists.

D. A psychologist emeritus returning to full practice after five or more years shall be subject to an oral examination prior to reinstatement to the status of licensed psychologist.

E. A licensee who renews their emeritus status shall be exempt from continuing professional development requirements.

The Emeritus title was removed by the 2014-2015 board, because it confuses the public, said 2014 board chair Dr. Rita Culross.

Governor Edwards Makes Appointments in November

Constance A. Bellone of Madisonville has been appointed to the Children's Cabinet Advisory Board. Dr. Bellone is the CEO of Health & Education Alliance of Louisiana. She will represent the Louisiana School-Based Health Alliance (formerly the Louisiana Assembly on School-Based Health Care.)

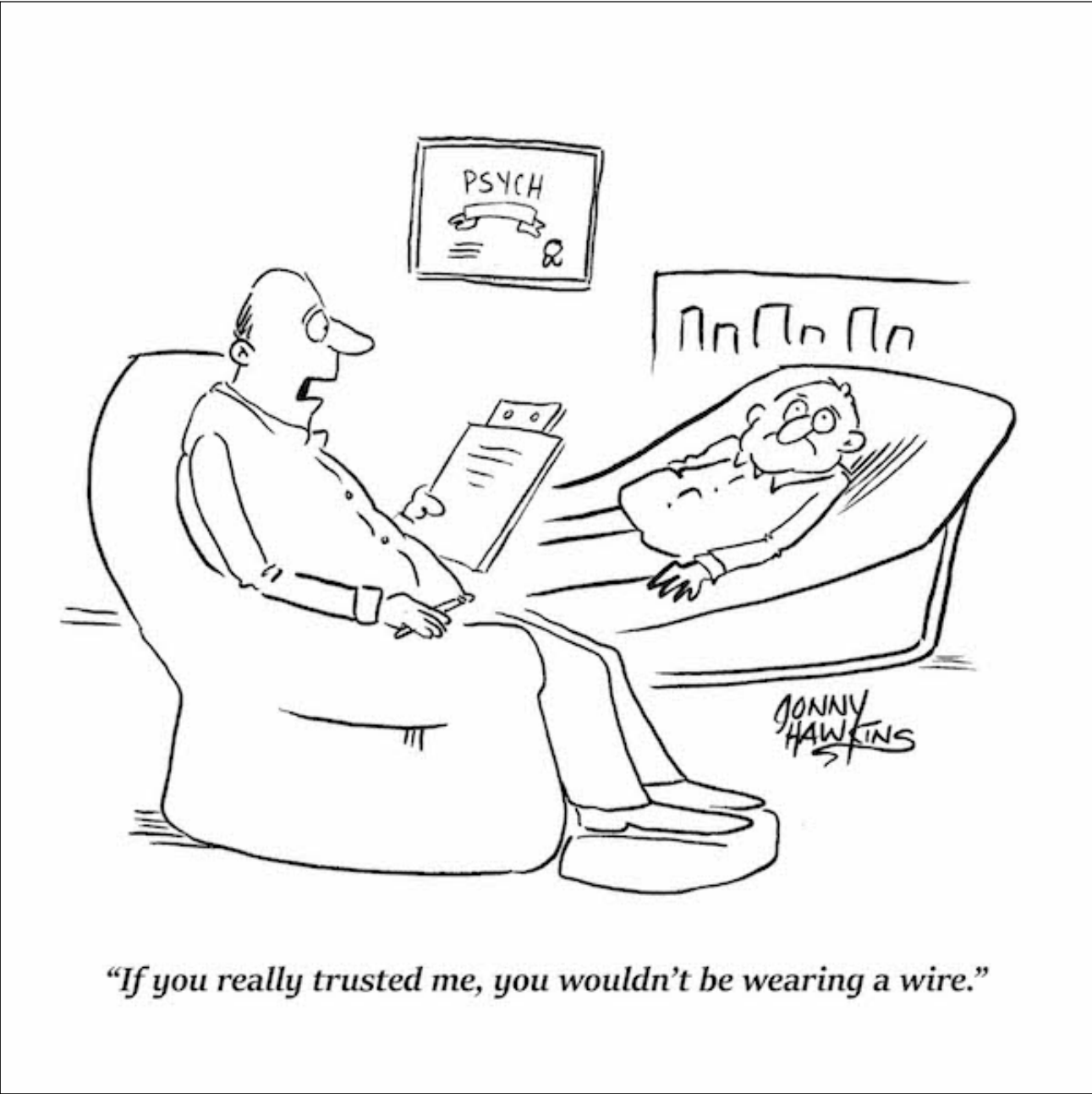
Cynthia F. DiCarlo of Prairieville has been appointed to the Children's Cabinet Advisory Board. Dr. DiCarlo is a professor with Louisiana State University. She will serve at large.

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

Shannon E. Bibbins of Pontchatoula has been appointed to the Developmental Disabilities Council. Dr. Bibbins is deputy director of the Louisiana Department of Health. She will serve as a representative of a principal state agency, the Bureau of Health Services Financing, Louisiana Department of Health.

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

Melissa S. Haley of New Orleans has been appointed to the Louisiana State Board of Social Work Examiners. Ms. Haley is vice president of program operations with Volunteers of America Southeast Louisiana. She will serve as a licensed master of social work.



State Board to Take Control Over Psychologists' Assistants, continued

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.

The language reads:

§2354. Fees
(4) The board shall charge an application fee for the initial registration of each assistant to a psychologist that shall not exceed fifty dollars. The board shall adopt rules in accordance with the Administrative Procedure Act to implement the provisions of this Paragraph.

Sources from both the state board and the Louisiana Psychological Association that supported the measure acknowledged that the new regulation was an attempt to raise revenue for the board, which has been struggling financially for a number of years.

The public may submit comments and criticism to the boards office by noon on December 12. According to the notice, "LSBEP will conduct a Public Hearing at Noon on December 16, 2022, at the board office located at 4334 S. Sherwood Forest Blvd., Suite C-150, Baton Rouge, LA 70816. All interested persons are invited to attend and present data, views, comments, or arguments, orally or in writing."

The *Louisiana Register's* Notice of Intent for new rules and regulations includes the following:

§1101. Conditions for Utilization of Assistants
A. Upon employment of an ATAP, [Assistant to a Psychologist] but prior to assisting in psychological duties, the Supervising Psychologist shall submit a complete application for initial registration, required registration fee, and documentation on such form and in such manner as may be prescribed by the board to demonstrate that the registrant meets all of the following criteria:
1. is 18 years of age or older;
2. possesses a minimum of a high school diploma or its equivalent;
3. is of good moral character as determined by a criminal background check conducted under the authority of R.S. 37:2356.1 and the provisions of this Part;
4. is not in violation of any of the provisions of the La. Revised Statutes Title 37, Chapter 28. Psychologists; or the *Louisiana Administrative Code*, Title 46, Part LXIII; or any provision governing the practice of psychology under the jurisdiction of the board;
5. is qualified, or will receive supervised training commensurate with the services to be performed and is under the direct and continuous supervision of the Supervising Psychologist as defined in this Chapter.

B. Prior to the approval of any registration, the registrant shall initiate a criminal background check from the Louisiana State Police, Bureau of Criminal Identification and Information in accordance with this Part, and the criminal history records information report must be received and cleared by the board.
C. Upon review of the application, the board shall notify the licensed psychologist of record that the application and evidence submitted for registration is satisfactory and the registration has been approved; or that the application or evidence is unsatisfactory and rejected; or other pending status. If the application is rejected, a notice from the board shall include the reasons for the rejection.

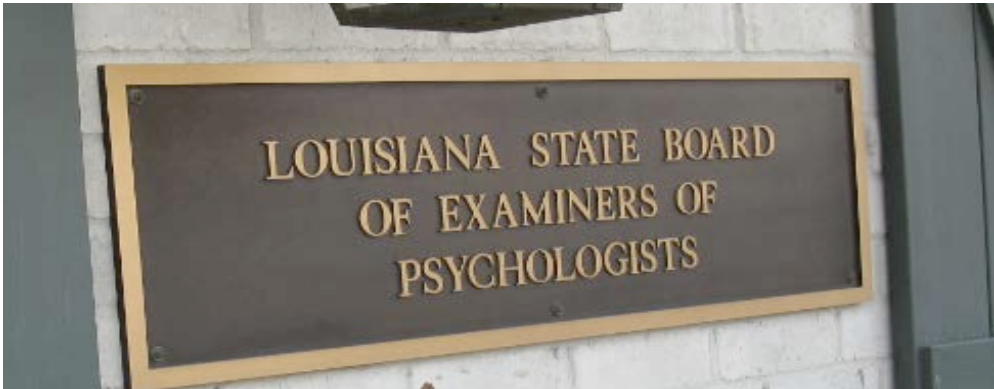
§1103. Responsibilities of Supervisors
A. The Supervising Psychologist:
1. is responsible for the registration and renewal of an assistant to a psychologist in conformity with this Chapter on such form and in such manner as prescribed by the board;
2. directs the provision of psychological services to clients;
3. is administratively, clinically, ethically, functionally, and legally responsible for all activities of the Assistant to a Psychologist;
4. is accountable for the planning, course and outcome of the work. The conduct of supervision shall ensure the welfare of the client, and the ethical and legal protection of the assistant;
5. is responsible for general communication regarding the needs of the clients and services rendered;
6. is responsible for continuing professional supervision of the ATAP;
7. provides general professional supervision of the ATAP that shall include one cumulative hour per week as a minimum for direct supervisory contact:

B. Neglect in maintaining the above standards of practice may result in disciplinary action against the supervisor's license to practice, including suspension or revocation.

§1109. Exceptions to the Registration of an Assistant to a Psychologist
A. The provisions of this Section shall not apply to the following:
1. a medical psychologist utilizing assistants under the provisions of RS 37:1360.61 under the jurisdiction of the Louisiana State Board of Medical Examiners.
2. an individual licensed under this part as a licensed specialist in school psychology who is providing services defined under RS 37:2356.3.

§1107. Denial, Revocation, or Lapse of a Registration for an Assistant to a Psychologist
A. and take such actions permitted under RS 37:2351-2378, et al in matters involving the ATAP and/or their supervisor.
The board has the authority to conduct investigations
B. The board may deny or revoke the registration of an assistant to a psychologist (ATAP) that is in the best interest of public health, safety, and welfare for any unethical, unlawful, or other unprofessional conduct under the jurisdiction of the board.
C. Immediate action may be taken to administratively suspend an ATAP's registration in the event information is received that the action(s) of an ATAP is causing harm to clients, is otherwise likely to cause harm to future clients or patients, or the action(s) is unethical or unlawful. Such action may be taken in instances including but not limited to falsifying information in an application; and/or receipt of information involving an arrest, warrant for an arrest, or conviction of the ATAP.





From the Minutes
Selected Items from the Sept & Oct 2022
Minutes of the Louisiana State Board of
Examiners of Psychologists (LSBEP)

Friday, September 23, 2022
Posted November 3, 2022

ii. Review and discuss the qualifications and credentials (including Letter of interest and Curriculum Vita) of Laura Brown, Ph.D. for a Complaint Coordinator contract position - The Board reviewed the letter of interest and Curriculum Vita of Dr. Laura Brown and moved in favor of interviewing Dr. Brown for the contract position of Complaints Coordinator III.

7. DISCUSSION/ACTION ITEMS

a. ASPPB 62nd Annual Meeting of Delegates, Oxon Hill, Maryland, October 26-30, 2022
i. Discuss LSBEP Caucus process & approve ASPPB Candidate Questions - The Board discussed Dr. Gormanous' recommendation to utilize a caucus process to determine support of nominees for ASPPB office. Dr. Moore moved that the board approve the process to 1. Generate up to 5 questions/issues for board approval; 2. Ask nominees to share their views on the board approved questions/issues; and 3. Discuss/finalize our support at the regularly scheduled board meeting on October 21, 2022.

Additionally, the board discussed current issues and approved the following questions to pose to ASPPB nominees: 1. Please address the belief ASPPB should re-focus on and re-affirm its core Mission: *To support member jurisdictions in fulfilling their responsibility of public protection.* The perception is that marketing ASPPB products & programs sometimes overshadows our core mission.
ii. Dr. Sam reported that ASPPB would likely be covering her room, but requested a reservation be made to hold a room until she could confirm.

c. Acknowledge receipt: Louisiana Association for Psychological Science, Letter of August 30, 2022 regarding their position on the EPPP and discrimination. - Ms. Monic provided this letter to the Board. Dr. Sam moved to note the letter as received and read.

Friday, October 21, 2022
Posted November 21

III. BOARD CHAIR'S GOALS, BOARD FUNCTIONS, AND KINDRED MATTERS: Dr. Gormanous read the following declaration of goals, board functions and kindred matters for the record as follows:

"Recall that after being elected as LSBEP Chair, I did a "Shallow Dive" by phone individually with members of the Board to solicit their input on organizational issues. This "Shallow Dive" is a less extensive version of ASPPB's self-examination process which they call a "Deep Dive." Many of my goals & objectives for my term were derived from the feedback I received during my "Shallow Dive" efforts, and I want to thank those who took their valuable time to provide me with their considered thoughts. Additionally, my perspectives below are offered in a spirit of collegiality without attributing fault. Based on the responses I received and incorporating them into my own vision, I would like to pursue the following:

On Board Goals & Objectives
I. Ensure basic services are provided to psychology stakeholders effectively by integrating technology. II. Enhance relationships to cultivate trust with more openness & transparency. III. Utilize basics in goal setting, problem-solving & decision-making. IV. Enhance board meeting interactions. V. Prepare for what might be expected to be transformational changes in the regulatory arena in the next 3 to 5 years. OBJECTIVES 1. To expand technology use to reduce time & effort to process credentials & perform other gatekeeping requirements and to process & adjudicate complaints.

2. To pursue aggressively outreach to licensees, professional organizations, & targeted stakeholders (e.g., students). To achieve this goal, I propose:
a) To shape the Board's future by cultivating better relationships with ASPPB, BRASP, LAMP, LPA, & LSPA as well as with broader classes of psychology stakeholders, such as: public consumers; colleges & universities; applicants and licensees; legislators, etc.
b) To invite stakeholders to meetings.
c) To include at least one non-Board member to serve on appropriate Board committees & workgroups.
[...]

On Meeting Decorum The desired outcome is transparency, accountability, and careful adherence to LOMA. And more collegiality, efficiency, effectiveness, & general recombobulation.[...]

On Board Communications & LOMA Board communications have sometimes been hindered by the incorrect idea that members cannot share information. Members cannot make board decisions outside an open meeting. Members may share perspectives outside an open meeting. Please review LOMA resources to confirm this. As Chair, I expect to be copied on all agenda items sent to the Executive Director. Also, please copy both of us on Board related emails unless there is a reason not to. [...]

On Messaging Messaging involves the public image, persona, and culture of the Board. In I-O Psychology, there is a saying: "Culture is the Root (positive) or Rot (negative) of an organization." Our image based on reports from stakeholders who have contacted me is not favorable. Hopefully this is misperception by a small group of individuals. Either way, our image & culture can be enhanced by listening to applicants, licensees, & other stakeholders without making attribution errors.

On Outreach Outreach is critical. The Board must be seen as being proactive and not reactionary. Historically the Board would travel around the state and hold Board meetings in the major metropolitan areas like Shreveport, N.O., and Alexandria so that the public and licensees in those areas could visit during the public hour. With technology, the board meetings can be streamed/zoomed. The Board can be much more accessible to the public and to its licensees.

i. Executive Director Report: Ms. Monic reported on Board operations as follows: 1. The In-house attorney position is still open. Dr. Gormanous noted that he would be overseeing efforts to reach out to interested applicants.

7. Most "Old Business" has been docketed for discussion, except procedures to comply with the Louisiana Legislative Performance Audit, which remains a priority.

i. Discuss board meeting frequency, managing the licensing process and calendrical deadlines. Dr. Harness requested the Board revisit options for meeting quarterly as an opportunity to streamline the licensing process through delegated authority to examining board members, committees and staff; and cut costs related to board meeting expenses. The Board discussed the proposed schedule and general calendar in consideration of the new meeting schedule. Dr. Harness moved that the Board adopt the policy of meeting quarterly effective immediately, with the first quarterly meeting being the Long Range Planning meeting scheduled for January 19, 2022 and January 20, 2022; Further that the timetable outlined for completing applications and oral examinations be adopted to facilitate licensing on the new quarterly schedule, with options to a) offer Continuing Education Credit to former board members approved as Board Examiners for participation in conducting Oral Examinations and b) offer flexibility to Examining Board Members/Board Examiners in dates selected for scheduled oral examinations,

State & National News

Gov. Announces the Resignation of DCFS Sec. Marketa Walters

On November 10, Gov. John Bel Edwards announced that he has accepted the resignation of Department of Children and Family Services Secretary Marketa Walters.

Walters, who has led the agency since 2016, has a long and distinguished career of working to improve the lives of Louisiana children and families, recognized nationally for her expertise. Her many accomplishments include implementing significant changes to the agency's approach to foster care through the Quality Parenting Initiative and working closely with Gov. Edwards and First Lady Donna Edwards in establishing Louisiana Fosters, which provides support for foster children and parents, the announcement said.

Under her leadership, Louisiana has had a record number of adoptions from the foster care system, with more than 5,379 children and youth being united with their forever families since Gov. Edwards' first term in office.

"I'm grateful for Marketa's service to our state that has been fueled by her passion to create a better future for all children and families across Louisiana," said Gov. Edwards. "She has worked tirelessly to improve our foster care system and as a result, we have been able to help thousands of foster children find safe and nurturing permanent homes with loving adoptive families. In addition, Marketa has been on the front lines helping to provide shelter, nutrition and other much needed assistance to those directly impacted by natural disasters and the COVID-19 pandemic. Her dedication as a public servant has never wavered, and there are countless Louisianans who have benefitted from her hard work and that of the many men and women who make up the agency.

"There is no denying that child welfare agencies nationwide are facing very difficult and complex challenges and Louisiana is no exception. Those issues include staff retention, high worker caseloads, increased substance and domestic abuse, and sadly the tragic deaths of innocent children. While there are no quick solutions, it is urgent that we find new and effective ways of addressing the problems to make certain we provide the help our families need and deserve and to move our agency forward. We have engaged a third-party expert organization to do a top-to-bottom review of DCFS and make recommendations on improvements to policies, practices, and personnel that can be made to ensure we are serving the children and families of Louisiana in the manner they deserve."

"The DCFS executive team will continue its work in evaluating and addressing the critical needs of the agency throughout this review. As Deputy Secretary, Terri Porche Ricks will serve as acting Secretary while the search for a new Secretary is being conducted. I will name a new Secretary to lead the agency as soon as possible."

Stress Solutions

by Susan Andrews, PhD

What happens to your Brain When you see a bird in Nature?

This was the title of a recent leading article in the *National Geographic* virtual magazine. Obviously, it captured my attention and the more I read the more I realized that there is a definite connection to stress reduction. A study done at King's College London and published in scientific reports (August 2022) examined the immediate effects on well-being when the study subjects were in green spaces of nature and seeing/hearing birds at the same time. After statistical analysis the data showed that people rated their well-being in the moment highest when birds were present. The analysis eliminated the presence of nature (trees, plants, and water) thus isolating the positive effects of birds on human emotions. The positive effects were found regardless of whether the participant had a prior diagnosis of depression/anxiety or no mental health issues.

The 1,292 participants were volunteers who agreed to use a smartphone app to fill out a 5-point Likert scale (Strongly Disagree to Strongly Agree) questionnaire when randomly pinged 3 times a day for 2 weeks asking their current location (seeing plants or trees or water) and if they were seeing/hearing birds at that moment. They also completed 10 questions about their mental well-being at that moment. Five questions asked about positive well-being (I am feeling confident, relaxed, happy, connected to other people, and energetic). Five questions asked about negative well-being (I am feeling anxious, stressed, down, lonely, and tired).

As this was the first such study, more data is required to make generalized statements. The King's College study participants were mostly white, middle-aged, college-educated, and employed women. The findings raise questions about what is happening in our brains when we see birds or hear bird song? Would a functional MRI pick that up? Can the same effects be found across cultures? How long does the effect last?

This study has also prompted the exploration of theories as to why nature is so powerful at reducing stress and improving present time well-being. One theory is that homosapiens evolved in nature and living in urban environments creates a constant background of stress. Thus, we can best recover in nature because that is where we evolved and were meant to be. A second theory is called an attention restoration theory. It proposes that the constant strain of daily life-stressful commutes and constant Zoom calls-requires intense focus. Being in nature allows us to disengage from such an intense focus. Of course (as you might have already thought), neither theory accounts for the birds! Still, explore this for yourself. For example, do you agree that seeing a hummingbird sends an immediate burst of joy.



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.



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UNO's Dr. Harshaw Studies Tylenol, continued

by James Glass

question of how acetaminophen interacts with inflammation early in life. We emphasize that, though provocative, our results do not support a simple conclusion regarding the relative danger vs. safety of (acetaminophen exposure) early in life.”

What are the most important applications of his findings?

“Though our results are provocative, we emphasize the need for caution. That is, the results of our initial study do not support a simple conclusion regarding the relative danger of APAP [acetaminophen] early in life for humans. First, our study has a number of limitations. We thus plan to replicate these results and refine our methods in future experiments. Critically, we also documented a significantly protective effect of APAP against a novel inflammation-induced morphological change in these same mice (see Harshaw & Warner, 2021). Given that a number of prior studies have reported neuroprotective effects of APAP in specific contexts and brain cell types,” he explained, “future studies must investigate potential beneficial effects of APAP against changes in the developing brain induced by early-life inflammation.”

As stated at the conclusion of the paper, “A key implication of our findings is that no simple conclusion regarding the relative safety vs. danger of APAP early in life is yet possible. In fact, it may be that inflammation and APAP constitute a developmental Scylla and Charybdis. Further research is needed, however, to ascertain the veracity and boundaries of this claim, including the conditions—genetic, epigenetic, and experiential—that may interact to canalize atypical developmental trajectories in response to these common early life exposures” (Harshaw & Warner, 2022).”

What are some more of his recent publications?

“My lab's recent papers have focused on the effects of early life exposures on behaviors relevant to Autism Spectrum Disorders (ASDs) in mice. In particular, we've focused on exposure of the mother to antibiotics (during pregnancy and nursing) and exposure of the pups to acetaminophen early in development. Our paper on antibiotic (ABx) exposure found significant differences in microbiome diversity following perinatal ABx that were far more pronounced in male than in female offspring. We also found a number of subtle differences in behavior in these pups during the early postnatal period. However, we also showed that some of these behavioral differences were, in fact, the result of significant deficits in temperature regulation in these animals, induced by ABx,” said Dr. Harshaw.

"Our paper on acetaminophen (APAP) examined how APAP interacts with inflammation early in life to influence ASD-relevant behavior. This is an important question given that confound by indication is a significant issue in the human epidemiological literature and early life



Dr. Chris Harshaw (R) talking with Dr. Richard Flicker at a past conference.

sickness and infection are also risk factors for neurodevelopmental disorders. We found distinct effects of inflammation and APAP, with APAP increasing social caution in males but not females. We also found significant interaction between inflammation and APAP, with 'two hit' inflammation + APAP females showing significantly greater levels of anxiety and 'two hit' males showing elevated levels of social avoidance.”

Can he tell us about his laboratory?

“My laboratory is called the Mechanisms Underlying Sociality (MUS) Lab and is located in the Department of Psychology at the University of New Orleans (UNO). It consists of a 'wet lab', rooms in the animal facility, and office space. I currently have three Ph.D. students and a number of undergraduate RAs in my lab. Two of the Ph.D. students are conducting their own experiments in rodent models, and one is conducting a study examining the thermal correlates of social anxiety in human participants.”

What is his agenda for the coming years?

“In the coming years I plan to continue to focus on exploring the mechanisms underlying effects of early-life APAP on behavior. Using funds from the Louisiana Board of Regents (BoR), for example, we recently purchased an Agilent 'Seahorse' mitochondrial analyzer and a vibratome for slicing unfixed brain tissue. We will soon begin examining whether APAP induces long-term mitochondrial damage in specific populations of neurons early in life.”

What is it like at UNO and how are things with the new chair?

“UNO is a great place to teach and conduct research—I am excited about continuing my career here! The new chair, Dr. Refinetti, has also done a great deal to stabilize and grow the department. Under his leadership the Department is in a far better position to adapt and meet the changing needs of our students and community.”

Dr. Harshaw earned his Ph.D. in Developmental Science, with a specialization in Developmental Psychobiology, at Florida International University in Miami. Since the Fall of 2017 he has been an Assistant Professor in the Department of Psychology at the University of New Orleans.

Who Profits from the 50th Percentile Cut-Off on the National Exam? continued

by Julie Nelson

The cut-off is recommended by the Association of State and Provincial Psychology Boards (ASPPB) and uniformly accepted by the states.

The authors of the complaint said that the cut-off of the 50th percentile increased the likelihood of "adverse impact" and therefore, discrimination.

Authors cited the research of Dr. Brian Sharpless, PhD, associate professor at the American School of Professional Psychology, who in 2018 used a Freedom of Information Act to obtain exam results from the New York state board of psychology.

Sharpless gathered data on 4892 applicants and their exam scores over a 25-year period and found that Blacks had a failure rate of 38.50% and Hispanics had a failure rate of 35.60%. Whereas, Whites had a failure rate of 14.07% and Asians had a failure rate of 24%. Sharpless has found similar problems in Connecticut. Whites had a 5.75% failure rate, Blacks had a 23.33% failure rate, and Hispanics had a 18.6% failure rate.

Differences in pass rates constitute adverse impact and according to the EEOC, can be taken as discrimination, unless proven otherwise with careful research.

The request for an investigation was denied by the Louisiana board.

In this report, we review the context, conflicts of interest, and the involvement of the Association of State and Provincial Psychology Boards in the decisions of Louisiana gatekeepers.

Racial discrimination

By law, an applicant for a state psychology license must pass a national exam, but the law does not indicate the cut-off for passing. That detail is set by the rules of the state board. In 1983 the rule was that the applicant had to pass at the 25th percentile. Between that time and now the cut-off has been changed to the 50th percentile. This score fails 50% of test takers, including those who fall in the bottom half of the average range.

Several sources confirm that the higher the cut-off is set the more likely adverse impact will be found and a discriminatory result.

According to an ASPPB report, the exam is developed by creating test items coming from a sample of survey respondents who are psychologists. However, 85.4% of those responding are white, while only 2.6% responding are Black. Only 3.6% are Hispanic.

Furthermore, Louisiana contributed only 1/2 of one percentage point to the total respondents. In comparison, California contributed 21.6%, Michigan contributed 5.8%, and Ontario contributed 6.4%.

Blacks and individuals from Louisiana are significantly under-represented in the test development process.

One Black candidate told the *Times*, "We've known for a long time that the test discriminates—we learned it in graduate school. But there's nothing we, as students, can do about it."

Michael Cunningham, PhD, Professor of Psychology, Africana Studies and Associate Provost at Tulane, points to potential problems with item development.

"Like all standardized exams, people with the highest pass rates tend to very similar in racial and ethnic backgrounds as the test developers," he said. "For many standardized tests,

experts examine items for bias when there is an adverse impact of a question for males or females. In these cases, when bias still exists after an item analysis, the question is excluded. I don't think similar considerations are done for racial/ethnic or SES backgrounds."

One business psychologist said that in the private sector the ASPPB's approach would not be accepted. "Business owners would not take the risk of having adverse impact. We would be adjusting cut-offs and adding unbiased tests to the overall selection program, so that our clients could avoid adverse impact."

An additional weakness in the use of the national exam is that there is no research connection to outcomes, those that score better are not proven to be better psychologists. ASPPB acknowledges the exam limitations. On their webpage officials state, "There is no suggestion that people who do better on the EPPP [the exam] will be better practitioners."

Industrial-organizational psychologist Dr. William Costelloe, who works in the private sector, agrees. There is no other choice these days, he told the *Times*, "... predictive validation studies *must* be conducted."

Criticisms have been mostly dismissed by officials at the ASPPB. In an answer published in the *American Psychologist*, APPB employees Drs. Matthew Turner, John Hunsley and Emil Rodolfa defended their decisions. "The standards emphasize that licensure/credentialing examinations are built from a content validation framework, and this framework is used for licensure examinations across professions," they said.

In April 2018, then ASPPB CEO, Dr. Stephen DeMers, met with members of the Louisiana State Board of Examiners of Psychologists and representatives of Louisiana Psychological Association (LPA).

About the meeting, Dr. Kim VanGeffen, Chair of LPA Professional Affairs, said, "Dr. DeMers acknowledged that, currently, there is not really any research on the validity of the EPPP-2. There do not seem to be any plans to obtain predictive validity...".

Dr. Marc Zimmermann, past LSBEP board member, also attended. "He [Dr. DeMers] stated that there is no predictive validity," said Zimmermann. "... DeMers had the temerity to try to sell us something that does not meet the standard that psychological tests being published are expected to have."

Additionally, there is little evidence of a public safety problem requiring a high cut-off.

"There is no evidence that the public is facing some sort of previously unheard of crisis in terms of safety from currently practicing psychologists," said Dr. Amy Henke, who spearheaded a Resolution opposing the addition of a second exam. "Trainees are already held to high standards through a variety of benchmarks."

Statistics support her claim. Data from their own *ASPPB Disciplinary Data System: Historical Discipline Report* show rates of disciplinary actions for psychologists to be consistently low. For an estimated 125,000 psychologists in the US and Canada, the disciplinary rates remain around 1–2 per 1,000.

Who Profits? ASPPB Sells the National Exam

ASPPB's main income producing product is the national exam, generating 94 percent of their total revenues.

The ASPPB sells the EPPP, the national exam, to candidates who are required to take the exam by the state boards, and the state boards are members of ASPPB.

Cont next pg

Who Profits from the 50th Percentile Cut-Off on the National Exam? continued

According to the most recent information posted by the IRS, the exam and related services generated \$6,137,348 in 2018. This accounted for 94% of the Association's 2018 income.

Exam income was \$5,378,524 in 2017, and \$4,916,406 in 2016.

Total revenue for 2018 was \$6,505,651. Revenue for 2017 was \$6,645,731 and \$5,933,473 for 2016. GuideStar estimates their assets at \$11,013,348.

ASPPB is a 501(c) tax-exempt corporation whose official mission is to, "Facilitate communication among member jurisdictions about licensure, certification, and mobility of professional psychologists."

The "members" are the approximately 64 regulatory boards from across the United States and Canada. These boards pay dues to ASPPB. The Louisiana Board's records note they pay approximately \$2,500 for annual ASPPB dues.

But the associations goals appear to go beyond facilitating communication. In their 2016 "Game Plan," they listed their primary goal as, "1. offering exemplary examination and credentialing programs."

They report a total of \$2,278,482 for compensation of key employees, other salaries and wages, contributions to pension plans, employee benefits and payroll taxes.

In 2018, the CEO, M. Burnetti-Atwell, received pay and benefits of \$255,936. In 2017, Dr. Steven DeMers, then CEO, received \$270,784.

"With a lot of cash sitting on the balance sheet, the strategy is to maximize expenses," said an MBA in reviewing the information for the *Times*. "The extra profits are likely to go into perks rather than price cuts," he said.

Examples of this appear to include items like travel, which includes travel for spouses or companions. The organization spent \$949,483 on travel in 2018 and \$1,169,743 on travel in 2017.

Some years ago, ASPPB appears to have embraced a more aggressive corporate strategy. An insider told the *Times*, "In 2010 or somewhere around that time they [ASPPB] were in New Orleans and they implied that they would be making a lot of money on the new test."

In a Letter of Agreement from ASPPB to the boards in late 2012, ASPPB wrote that the exam is "made available as a service to psychology licensure boards that are ASPPB members in good standing as signified by payment of membership dues." ASPPB owns the intellectual property rights to the EPPP and the data generated by the testing program, the authors also explained.

Prior to 2013 ASPPB contracted with Professional Examination Service (PES) for delivering the EPPP. Each state or jurisdiction had a contract with PES. But in 2013 ASPPB informed the boards that their contracts with PES were being "replaced with a contract

between your jurisdiction and the Association of State and Provincial Psychology Boards."

In the letter, ASPPB officials wrote, "ASPPB and PES have agreed that it would be simpler and more appropriate for ASPPB to contract directly with the 64 psychology regulatory agencies that are members of ASPPB."

ASPPB said that the change would be "mutually beneficial because ASPPB can now provide a simplified agreement that is more specific to the needs of psychology licensure boards. In addition, the renewal of contracts is expected to be more efficient..." And, "Finally, as voting members of ASPPB, each jurisdiction exercises more oversight of this important examination service by contracting directly with ASPPB for examination services."

One undisclosed insider thinks the corporate objective for ASPPB is to be a central source for regulation of psychologists. "They want to ultimately do all the licensing and regulating for psychology," said the insider. "They want to regulate all the telepsychology." And, "They want to be the Walmart."

ASPPB protects its turf. "If you are not a member or staff of an ASPPB Member Psychology Regulatory Board or an individual member, you are not eligible to access this section of our website," they write. Their conferences are also members only.

They communicate a strict policy of confidentiality, "The authority to correspond with other individuals, committees or organizations and express the opinions or position of the Association is reserved for the current President of the Association and/or the Chief Executive Officer or his designee and/or the Board of Directors.

"To ensure acknowledgment of this Spokesperson Policy, and to verify necessary confidentiality compliance, the Association requires a signed confidentiality agreement by all Committee/Task Force and chair members, ..."

Who profits from the 50th percentile cut-off? Not the public. There is no evidence of a safety problem that would be corrected by a high cut-off score. On the contrary, this situation has contributed to the severe shortage of psychologists in Louisiana, with only one for every 6,000 citizens.

Who profits? The IRS notes that the 501(c) 6 "... may not be organized for profit to engage in an activity ordinarily carried on for profit (even if the business is operated on a cooperative basis or produces only enough income to be self-sustaining)." The ASPPB is profitable.

These problems might start with the ASPPB, but legally and morally they land at the doorstep of every state psychology board. The situation hits Louisiana particularly hard. While only 4% of licensed psychologists nationwide are African-Americans, Louisiana has a 34% Black population, a group chronically underserved by mental health professionals. Louisiana is specifically in need of psychologists who understand the Black experience.



Jungian Analyst & Author, Dr. Del McNeely, Finds Psychotherapy in Decline

continued

"Medication can help us feel better, but it does not get us to any new information about our complex selves. Only talking and opening to new thinking can do that. After listening to my interview with Laura London, I wondered, 'Did I get across the sense that individuating implies that one becomes, not more introverted and self-obsessed, but more aware of one's responsibility to society?' I do address this in the book, but I may not have focused much on it in the interview. A consequence of individuating is that one recognizes the importance of contributing to one's fellow human beings with empathy, compassion, and active participation in society."

Dr. McNeely recently heard an interview with a prominent psychiatrist who presides over an eminent medical complex, and he spoke for one hour about the problem of the shortage of Adderall and other anxiety reducing drugs. He talked about how this was attempted to be handled, how people could minimize their concerns until the drug was replaced, but Dr. McNeely said she was shocked he never once mentioned psychotherapy. This should be distressing she noted, in view of the many studies that show how talk therapy is much more successful than medication alone in treating anxiety, depression, insomnia, obsessive-compulsive, and other psychiatric disorders.

Does she have any ideas for how this can be remedied?

"You can't accompany someone to a level of consciousness you have not attained yourself," Dr. McNeely said. "There is great satisfaction in resolving a complex that has held power over you for years; to feel compulsions resolve and give way to conscious choices; to watch resentments and hatreds unravel and disappear in good will; to feel gratitude replace bitterness; to see a third solution to opposites that were impossible to resolve previously; to see the larger of several possibilities; to recognize old ego problems you have outgrown; to have a wider vision, a larger container for truth; to find attitudes soften and bodily tensions relax."

And what is her advice to psychotherapists in today's culture?

"Experience in depth psychotherapy should be part of every psychologist's training. Enjoy the privilege of being present as people examine their souls," said Dr. McNeely. "Psychologists should plan financially to include a sliding scale payment plan in which long-term patients can afford, as well as offering some pro-bono work for the benefit of the community. Enjoy gratitude. Psychotherapists know the value of Jung's approach through clinical results, that is, watching people enlarge their consciousness and change their attitudes and behavior, transforming their suffering into psychological well-being.

"However, psychology's fascination with behavioral techniques, made necessary by financial concerns and promoted by insurance companies and pharmaceutical companies, has changed the nature of psychotherapy, and has attempted to dismiss the wisdom of Jung and other pioneers of the territory of the unconscious mind," Dr. McNeely said.

Dr. McNeely is a founding member of the New Orleans Jungian Training Seminar, an organization that trains analysts as part of the Inter-regional Society of Jungian Analysts, and she remains on the faculty. She is also advisor to the C.G. Jung Society of New Orleans.

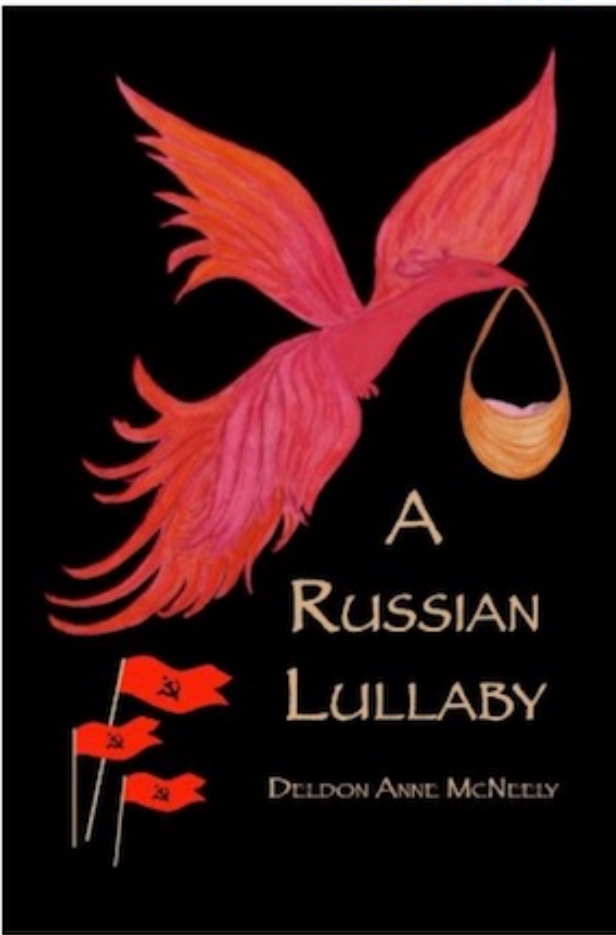
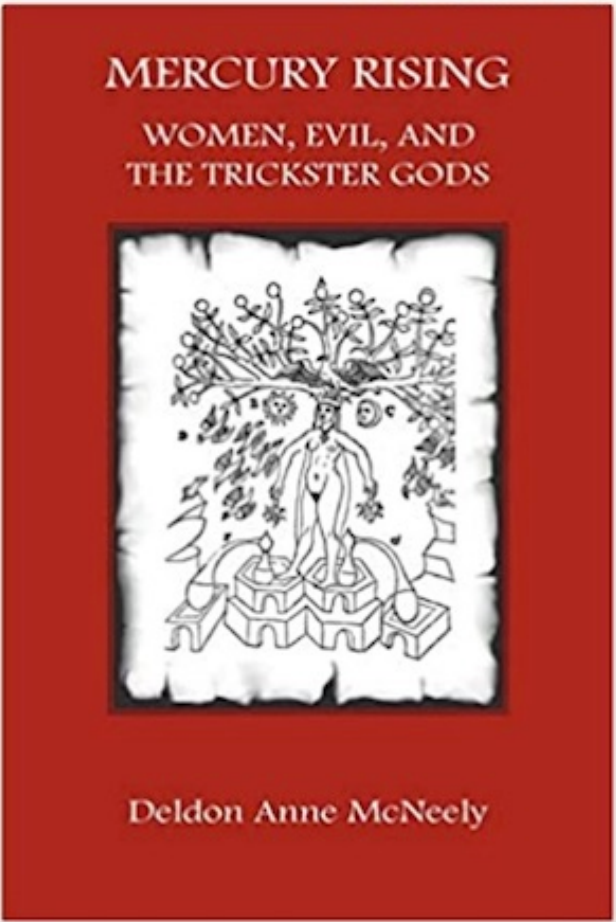
"I consider the society a valuable asset to our culture, as we try to present a vision of psychoanalysis to the public that is more than the Freudian model that was so popular in the mid-1900s. Freud and Jung both understood the importance of the unconscious."

What have been some of the most satisfying experiences she has had in mentoring and training others?

"In practicing analysis this observation of Jung has brought me great satisfaction as I can watch a person expand their range of awareness beyond their personal being and become more conscious of their connection to a larger reality," Dr. McNeely said. "Most people begin analysis with uncovering their repressed early history (Freud) and continue on to discover the energetic center that Jung describes. This is a transformation that is very rewarding for me."

Dr. McNeely is distinguished in the community for her books and plays. Among her publications, she has authored four books on Jungian psychology – *Touching: Body Therapy & Depth Psychology*; *Animus Aeternus: Exploring the Inner Masculine*; *Mercury Rising: Women, Evil, & the Trickster Gods*; and *Becoming: An Introduction to Jung's Concept of Individuation*.

"I've also written a memoir," she explained, "*A Russian Lullaby*, about my three years in the Soviet Union. And my one-act play, *Visions of Genius*, addresses the



Jungian Analyst & Author, Dr. Del McNeely, Finds Psychotherapy in Decline, continued

relationship between Jung, James Joyce, and his daughter Lucia. It was performed on the evening of March 18, 2016, to benefit the C.G. Jung Society of New Orleans.”

An Atheist, a Priest, and a Jungian Analyst Walk into a Bar, another one-act play, written and directed by Dr. McNeely, was performed in 2019, also as a fund raiser for the C.G.Jung Society of New Orleans. The actors, all volunteers, gave a staged reading at the First Unitarian Universalist Church of New Orleans where the Jung Society programs are held.

The play puts forth ideas about many controversial topics in the public awareness today, explained Dr. McNeely. Examples are: the existence of God; the status of women; attitudes toward abortion, the clergy and celibacy; college politics; student disquietude; intolerance of different religions and races; the importance of imagination.

Dr. McNeely said in a previous interview with Laura London, “My books have come about when something in my life spoke to me and wanted to be expanded upon, like the Trickster complex, women's poetry, etc. But I think my main object in writing and speaking is to convey the experience of contentment that comes when we expand consciousness and that connection to a larger self is made and felt.” She further stated in the interview, “That was a fundamental motive in writing *Becoming*. I feel so strongly that someone has to convey this message to young people. You can learn through talk-therapy to change most problem areas that cause trouble in your life. It takes longer but is in the end healthier and more rewarding than taking medications and drugs to change behavior faster. Find an analyst you feel compatible with and talk on a regular basis. Talk over your concerns, your feelings about the therapy and the therapist as well, your doubts, dreams, failures, pride, hopes, traumas, loves, losses ... all.”

Dr. McNeely received her Ph.D. in clinical psychology from Louisiana State University and has held the Diplomate in Clinical Psychology through the American Board of Professional Psychology for over 50 years. She studied at the C.G. Jung Institute Zürich and completed her training as an analyst with the Inter-Regional Society of Jungian Analysts in the United States.

How did she choose her career path?

“I began a lengthy psychoanalysis while in graduate school with a Freudian, the brilliant Ed Knight,” Dr. McNeely said. “I then applied for training at his suggestion but was turned down because the New Orleans training institute could not take another woman and non-MD at that time. But several years later I learned about the Jung Institute in Switzerland and realized it was even more to my inclination, and I was accepted there for training.”

“In graduate school of psychology at LSU, I had the good fortune of having some wonderful clinicians as professors, like Tom Richards, Joe Dawson, Paul Young and others. They taught that our best work required developing our most conscious selves. The therapist's instrument of change is oneself. We were encouraged to seek therapy, to know ourselves,” Dr. McNeely said.

Where did she get her training in Jungian Analysis and what was it like?

“After spending a year in Zurich, I could not afford to keep living abroad and had to continue analytic training in the United States. Upon returning to the US, I learned about the newly formed, Inter-Regional Society of Jungian Analysts and continued my training there,” she said.

“The training usually takes about 6 years, but I spent much longer due to taking time off to marry and accompany my husband on his engineering job in the Ukraine. I was in training at the Inter-Regional Society of Jungian Analysts from 1974 to 1986. I found the material more difficult when I was first exposed to Jung's ideas in Zurich, and so different from the Freudian and behavioristic programs I was familiar with.

“But then I began to love the readings and discussions, and never tired of doing psychotherapy and analysis. And observing the growth of consciousness in each person. Training included seminars and classes, individual supervision of case work, mentoring and examinations by committees who observed our progress, and continuing individual analysis,” Dr. McNeely said.

Dr. McNeely is distinguished in the community for her books and plays. Among her publications, she has authored four books on Jungian psychology – *Touching: Body Therapy & Depth Psychology*; *Animus Aeternus: Exploring the Inner Masculine*; *Mercury Rising: Women, Evil, & the Trickster Gods*; and *Becoming: An Introduction to Jung’s Concept of Individuation*.

(courtesy photo)





Christmas

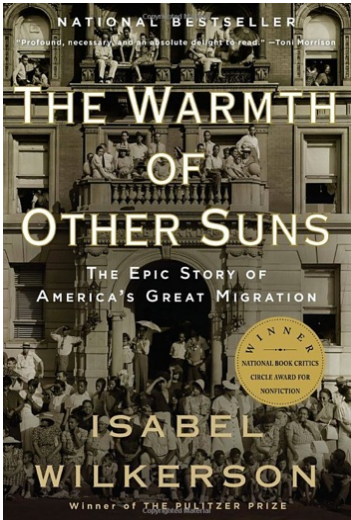
The Psychology Times' BOOKSHELF

Who's Writing What?

Marva L. Lewis, PhD
Sociocultural Psychology
Associate Professor
Tulane University School of Social Work

The Warmth of Other Suns: The Epic Story of America's Great Migration
by Isabel Wilkerson.

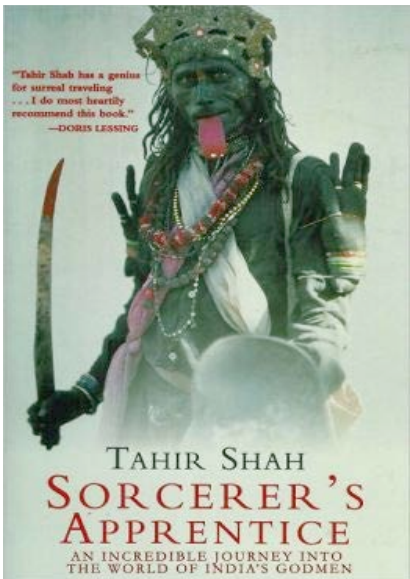
"One of the most inspirational books I have recently read is *The Warmth of Other Suns: The Epic Story of America's Great Migration*, (2011) by Pulitzer Prize-winning journalist, Isabel Wilkerson. She tells the story of the exodus of almost six million African Americans from the south to northern and western cities from 1915 to 1970. As I read her beautifully written and well-documented narrative I emotionally connected with the human stories she brought to life. I understood for the first time the back-story of my father and mother's journey from Birmingham, Alabama to Detroit, Michigan in the 1940s. They were eager adolescents in their late teens and early twenties, having left their high school for the 'warmth of other suns' of Michigan. Ms. Wilkerson used the stories of several individuals to illustrate the compelling sociological, economic realities that drove people from the south. She helped me understand the untold story of so many of my relatives who journeyed north to the lure of the 'promise land' of high paying factory jobs of General Motors. This book described in graphic detail the brutal reality of life the south in the early twenties that propelled the largest urban migration in American history. The life of Blacks in the south included lynching, psychological terrorism, and unrelenting racial discrimination. After reading this book I cried. I felt I had heard the poignant stories of my Uncles Charlie, Silas, and Robert, my Aunts Sadie, and Annie Mae; who were the relatives my parents joined as they began their new life filled with the promises of life 'up north.'"



Judith Stewart, PhD
Psychologist, Past President FL Psychological Assn

Sorcerer's Apprentice: An Incredible Journey to the World of India's Godmen
by Tahir Shah

I have a fascinating, non-fiction, fun book by the author Tahir Shah. He is descended from Afghani royalty, lived in London and his dad, Idries Shah is a premier writer of books on Sufism.



Sorcerer's Apprentice: An Incredible Journey to the World of India's Godmen is about his desire to learn illusion, which started when the guardian of his royal relative 's tomb came to London, uninvited, camped at his bedroom door and began teaching him magic.. When, as an adult, he wanted further training he went to his childhood trainer's teacher in India. He lived and learned with a premier godman under very strange circumstances. Then he toured India looking for illusionists, of which there are many. On the way he picks up an unbidden sidekick he calls the trickster. To me the whole story is magical itself and I was left with the feeling that there is more in this world than we know.

Classic recommendations from Decembers past!
We asked people what books they've read and which ones they would recommend to others to read for education, inspiration, or entertainment.

For this Bookshelf we review some of the best recommendations from 2010–2015 issues. (The credentials may be dated.)

Bill McCown, PhD
Associate Dean, College of Business and Social Sciences. U. of Louisiana Monroe, Author (*Strange Attractors: Chaos, Complexity, and the Art of Family Therapy, Treating Gambling Problems, Procrastination and Task Avoidance*, and others.)

The Secret Life of Pronouns
by James Pennebaker

I'm reading *The Secret Life of Pronouns* for the third time and it's incredible. It's an outstanding book that you can apply to your own emails and correspondence and find out aspects of your personality that you might not have realized, especially regarding how you interact with others.

Pennebaker is a well known scholar in the field of stress related disorders and therapeutic writing. He was one of the first to show that expressive writing was related to health in a variety of areas, everything from mental health to Aids. It is based on computerized text analysis of hundreds of thousands of posts, blogs, tweets, and other communications. He shows that very low level words like articles, "the," "a," or "and" can be just as important. We used this program and looked into predictions for people with ADHD for words and thoughts.

It is unbelievable. I highly recommend it.

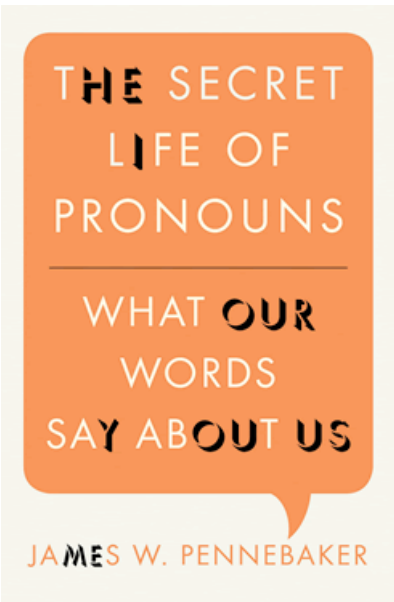
Jack A. Palmer, Ph.D. □
Chair of Psychology, University of Louisiana at Monroe □
Author (*Evolutionary Psychology: The Ultimate Origins of Human Behavior; Science, Wisdom, and the Future: Humanity's Quest for a Flourishing Earth.*)

Quiet: The Power of Introverts in a World That Can't Stop Talking □
by Susan Cain

This engaging book tells how our lives are shaped profoundly by the personality traits with which we are born. She begins with an exploration of how extroversion and introversion have been defined by psychologists and researchers. The heart of the book explains the types of environments and conditions in which introverts and extroverts work best and why. She tells how those with extroverted personalities tend to be valued more in our modern societies than introverts, even though introverted people—by their very nature—make enormous contributions to society. Fascinating stories from the real lives of both famous and everyday people illustrate the research that she cites.

In chapters that build on each other, Cain describes how education, business, and even parenting styles today are increasingly geared to encourage extroversion and discourage introversion. The theme throughout the book is that introverts offer a great deal to our world, and our culture could be making a serious error by not accommodating and encouraging the introverted personality type. Teachers, counselors, psychologists, parents, business people—anyone who works with people or who wants to understand themselves better—would benefit from reading this best-selling, well-written book that explains much about the value and potential of the introverted person.

My introverted friends, family members, and I resonated with and enjoyed the encouraging message found in this book's pages!

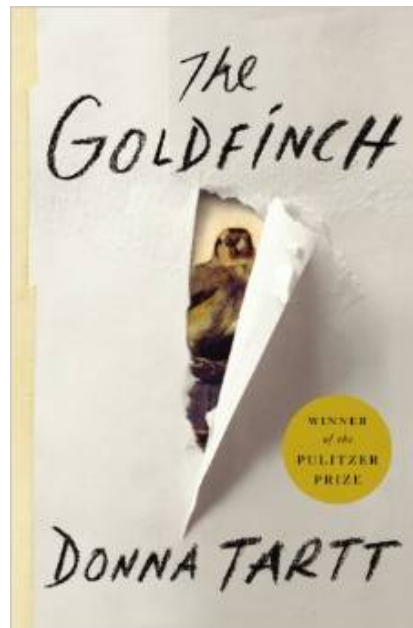


The Psychology Times Christmas BOOKSHELF

Donna Thomas, Ph.D.
Department Chair, Psychology & Behavioral Sciences; George and Jean Baldwin Endowed Associate Professor; Louisiana Tech University

The Goldfinch: A Novel by Donna Tartt

At a hefty 785 pages, the hardcover version of *The Goldfinch: A Novel* might not have been the smartest purchase to stick in my carry-on bag, but that's the only strike I have against the book, so far. I highly recommend it if for the beautiful language and writing style of Donna Tartt. *The Goldfinch* is a story of a young boy, Theo, who tragically loses



his mother in a terrorist attack, bounces from home to home, but never quite finds the solace and sanctuary he desperately seeks. The book's title refers to a painting Theo steals from the museum in the confusing and heartbreaking moments following the attack. Tartt weaves a captivating tale of a young man who suffers greatly as he navigates the art world that his beloved mother treasured, eventually resorting to a life of crime that is, at least, well-intentioned.

The Goldfinch: A Novel was awarded the Pulitzer Prize for fiction, but was not popular among noted critics from *The Washington Post*, *Vanity Fair*, and several others, due to its unlikely plots, distracting turns, and mundane characters. I am not a trained critic, so I can only rely on the fact that once I had read twenty pages, I decided this book was so beautifully written that I wanted to read it every night before I fall asleep. I have maintained that pledge most nights and I have not been disappointed yet.

Judith Miranti, PhD
Director of Counseling at Xavier
Past President of National Association for Spirituality, Ethics, and Religious Values in Counseling

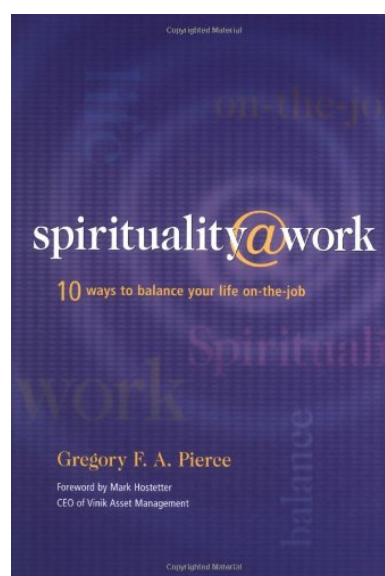
Spirituality at Work: 10 Ways to Balance your Life on the Job by Gregory F.A. Pierce

Pierce has done a great job of defining ten disciplines needed to nourish our spiritual lives as we attempt to balance work, family, relationships, etc. It is not your typical pious treatise on

spirituality but rather a laymen's attempt to find meaning and purpose in our everyday lives in the workplace.

The disciplines are not esoteric or monastic but down-to-earth practical activities and behaviors that serve to nourish and enhance our spirit. He talks about finding sacred objects, (which can be a family portrait, a piece of art work, a souvenir, etc.), living with imperfection, assuring quality, giving thanks and congratulations, building support and community, dealing with others as you would have them deal with you, deciding what is enough-and sticking to it, balancing work, personal, family, church and community responsibilities, working to make "the system" work and engaging in ongoing personal and professional development.

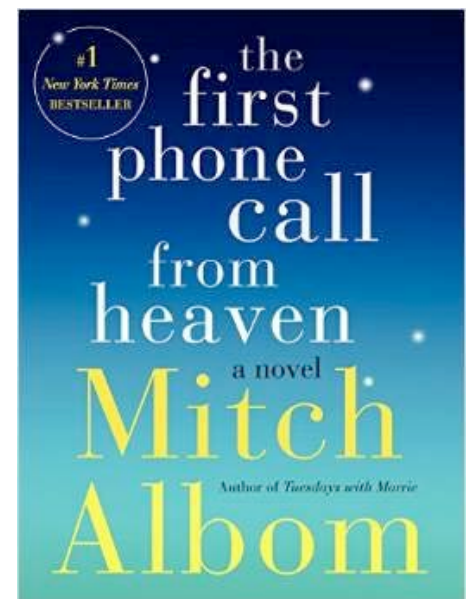
The book begins with a saying that was carved in a plaque that hung over the door to the office of psychoanalyst Carl Jung "Bidden or not bidden, God is present". The divine reality can be encountered in tangible ways in the workplace. Studies have shown that increased productivity and a spirit of collaboration are evident when employers, managers, white collar workers, professionals, CEOs recognize the importance of the universal search for something greater than ourselves. You will find this book inspiring and life-enhancing. It is a recommended read which offers a provocative and unusual guide for developing our spirituality on the job.



Marilyn Medoza, PhD
Psychologist
Author, *We Do Not Die Alone*

The First Phone Call from Heaven by Mitch Albom

I read the most delightful book, *The First Phone Call from Heaven* by Mitch Albom. It is about a small town in which people begin receiving phone calls from their deceased



loved ones. It is full of humor and pathos. He does a wonderful job of capturing human nature and the impact these calls have on the town and the country. For me, it was one of those books that I did not want to end.

Cindy L. Nardini, MS, LPC
Government Relations Chair, Louisiana Counseling Assn
Member of Louisiana Coalition for Violence Prevention

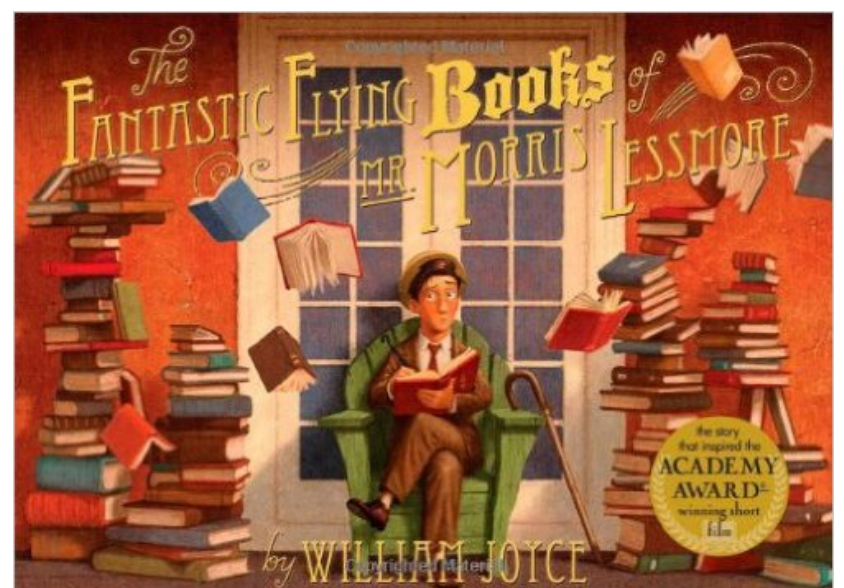
The Purpose Driven Life by Rick Warren

I am currently reading *The Purpose Driven Life* by Rick Warren. This is not a new book, on the shelves or for me. I bought it years ago, read it, and put it with my collection. Because of some circumstances in one of my son's life, he started this book, which encouraged me to read it again. Amazing! Isn't it interesting how the context of what's happening currently in our life changes what we "read" on the page? To me, that's evidence of how our lives are constantly changing and growing. The same experience will effect us differently - from one person to the next and one time to the next. I'm enjoying the book. It is helping me understand myself better, which I see as a lifelong process. I also believe that for us to be the best agents of positive change for our clients that we need to be constantly learning and growing ourselves.

Kim E. VanGeffen, PhD
Neuropsychologist
LPA Director and Past President
2015 Distinguished Psychologist

The Fantastic Flying Books of Morris Lessmore by William Joyce

I would recommend *The Fantastic Flying Books of Morris Lessmore* by William Joyce. This book was also an Oscar winning short film made in Shreveport. It tells the tale of Morris Lessmore who loses his book collection to a storm reminiscent of Hurricane Katrina. This book has been described as a "book about books" but also as a "deeper story of love, loss and healing."



A Shrink at the Flicks

A Christmas Story/A Christmas Story Christmas A Review

by Alvin G. Burstein, PhD

The holiday season is upon us, and I began thinking about a Christmas film. A few years ago, I reviewed several versions of Dickens’ *A Christmas Carol* for the December issue of *Psychology Times*, and on another occasion *It’s a Wonderful Life*. It came to my attention that there is a third Christmas classic—one that I had never seen, and that the famous movie critic Roger Ebert has characterized as having acquired iconic status.

Since 1997 Turner Classic Movies has featured a 24-hour marathon beginning on Christmas Eve of the 1983 MGM film *A Christmas Story*. I thought that deserved a pre-holiday look. Then I read that the iconic original had spawned a 2022 sequel, Warner Brothers *A Christmas Story Christmas*. That committed me to a mini-binge, watching the icon and its sequel, both of which are available on HBO Max.

The iconic original is a narrated 1940 Christmas reminiscence by the protagonist, Ralphie Parker as an adult, interspersed with episodes recreating key moments in his growing up in Hohman, Indiana. As a nine year-old, Ralphie had yearned for a Red Ryder 200-shot BB rifle, an ache that would be familiar to any young male of my generation. The film’s episodes recreate Ralphie’s interactions with his grumpy father, his cliché-bound mother, his feckless younger brother, his stern elementary school teacher, his classroom and playground buddies and the neighborhood bully as he

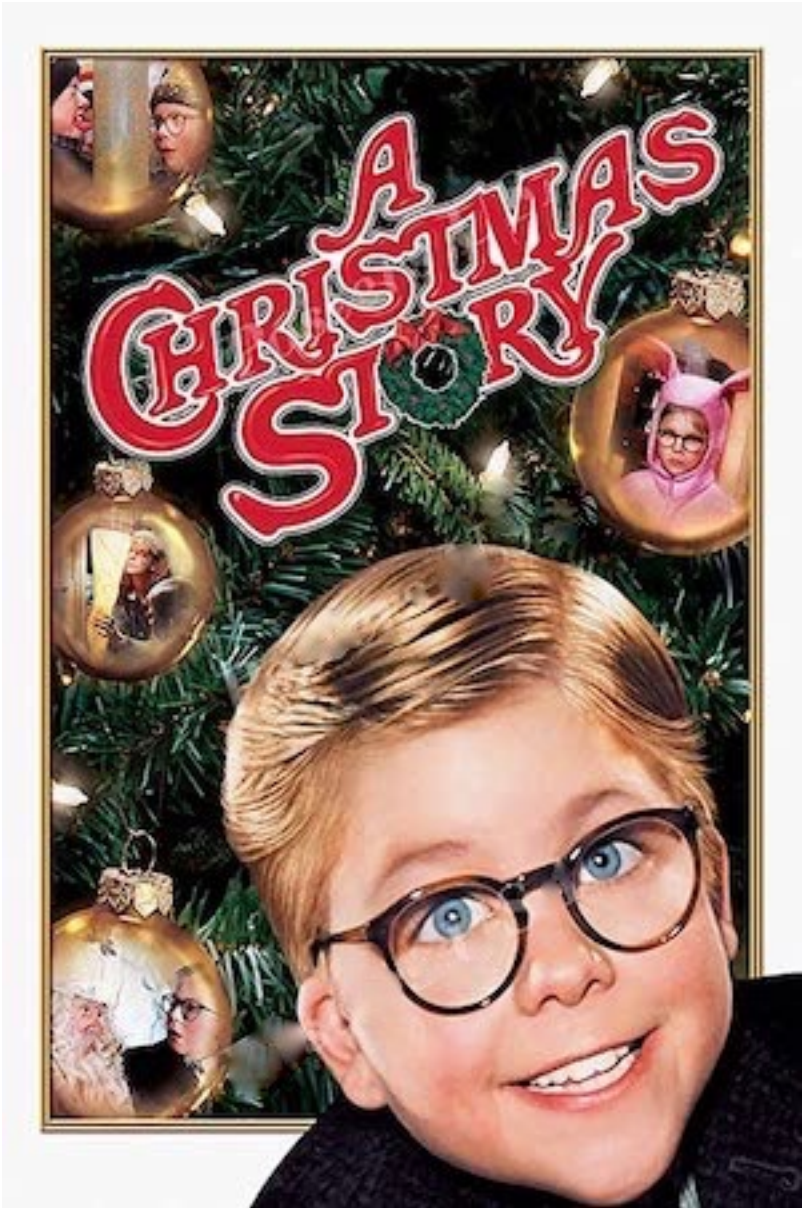
Guest Columnist,
Dr. Alvin Burstein

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.



struggles to find a way to get Santa to bring him his heart’s desire. The nostalgia is as thick and rich as a fruitcake as the movie moves toward its conclusion. Ralphie manages to reconcile himself to the failure of his multiple strategies to acquire the gun, but his grumpy Dad points out an overlooked package. So Ralphie can drift off to sleep with rifle by his side, savoring the best Christmas ever.

Now the sequel. Thirty-three years later Ralphie is married, with two children of his own, living in Chicago struggling unsuccessfully to get the 2000-page novel that he has taken a year off to write published. On the eve of a planned Christmas visit by his parents, Ralphie learns that his father has unexpectedly died. Ralphie and his family drive to Hohman to be with the widow and to celebrate, as best they can, the holiday. Ralphie must not only take on the role of *pater familias*, but write an obituary for his Dad.

His having given up his job to focus on the novel has constrained their financial resources, but he and his wife manage to provide for Christmas gifts, only to have them stolen from their car. Ralphie re-engages with his former schoolmates as the couple tries to prepare their children for a skimpy Yule.

Rather than an obituary, Ralphie writes an account of his childhood’s “best Christmas ever” as a tribute to his father. It is published in the local paper and Ralphie becomes recognized as a nationally syndicated author.

Whether intended or not, the psychoanalytic implications of a father and son relationship centered on the gift of a gun are manifold, and Freud’s remarks on the massive impact of a father’s death are well known. But at Christmas, perhaps, a fruitcake can be taken to be just that: a gustatory treat.

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