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## Gov. Edwards Signals Veto of Mizell's SB 44

Senator Beth Mizell's "Fairness in Women's Sports Act," was reported out of committee with amendments and voted on by the full Senate on April 19. The measure passed by a vote of 29 to 6. The proposed law, SB 44, will have the effect of prohibiting transgender females, those assigned as male at birth, from competing in traditional women's sports.

Gov. Edwards vetoed the same measure last year and foiled the Legislature's attempt at an override in a special session. Regarding this new effort, the Governor said, "I don't think you all have ever heard me announce from this podium before a bill gets to my desk that I'm going to veto it because I always think that there's an opportunity and a path forward to working things out," he said. "So that may not be necessary, but I will tell you that my views haven't changed."

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## "Psychiatric Collaborative Care Model" Passes House 98 to 0

HB 278 by Rep. Echols passed the House on April 27 with a vote of the 98 to 0. It was received in the Senate and placed on the calendar.

The measure provides requirements for the psychiatric Collaborative Care Model and requires mental health or substance abuse benefits for services delivered through the model. The bill is pending in the Insurance Committee.

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Dr. Karen Slaton  
(courtesy photo)

## Dr. Slaton Named 2022 Distinguished Psychologist by LPA

Dr. Karen Slaton, who has been at the forefront of psychology's transition to integrated health care for most if not all of her career, and engaged in practice, research, and teaching, has been named the 2022 Distinguished Psychologist by the Louisiana Psychological Association.

Dr. Slaton is the Program Manager of Behavioral Medicine/Health Psychology/ Primary Care Mental Health

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*The Southwestern Psychological Assn chose Baton Rouge for its 2022 convention. Here, ULL's (L to R) Dr. Brooke Breaux, Dr. Theresa Wozencraft, Tranace Alexander, and Maren Glass enjoy a break. Tranace and Maren are student volunteers in Dr. Breaux's Cognition and Psycholinguistics Lab. We continue our coverage this issue. (courtesy photo)*

# Editorial Page – Opinions

## Validity

by J. Nelson

In January, Marc Zimmermann, Gig Costelloe, and I decided to push the issue regarding proper selection testing at the state board. Readers who have been following this story in recent issues of the *Times* know that the impetus for the problem is the finding that the EPPP has adverse impact on African-Americans. We filed a complaint that the Board did not have the skill set to handle the selection testing problems that have emerged.

We received a response to our complaint that stated the board members are “uniquely qualified” to do whatever it is they do, presumably including designing selection programs. At the same time, they said the matter had nothing to do with their practice of psychology, to which we might ask, “Then whose practice of psychology does it have to do with?”

However, they said they were open to looking at the problem and to send them whatever we have.

So we sent them copies of Brian Sharpless’ articles showing adverse impact. Next we’re sending them some articles, including a copy of Samuel Messick’s classic, “Validity of Psychological Assessment: Validation of Inferences from Persons Responses and Performances as Scientific Inquiry into Score Meaning.”

We’re also going to send them copies of some EEOC guidelines indicating that once adverse impact is found you’re in a different ball game.

I frankly don’t know how to educate board members by sending them bits and pieces of science through the mail. It’s not like Zimmermann, Costelloe, and I learned this overnight. We have a century of combined experience in the trenches of preemployment selection testing, in a region of the country where we deal with adverse impact and its moral challenges.

In their letter, the board asked if we knew of another test without adverse impact to let them know. This question indicates that the members are not thinking in the big picture. Predictive validity and fairness are not in the test itself but how the tests are used. So here are a few tidbits of wisdom about designing selection programs.

It is not a good idea to use a single hurdle. You should use a multi-test battery that includes low or no adverse impact measurements.

You should set your cut off, if you have to use one at all, very carefully. Keep in mind the absurd idea that someone at the 49th percentile is considered unqualified while someone at the 50th is considered qualified.

It would be a good idea to come up with creative ways, that do not negatively impact your predictive validity, that reduce adverse impact. For instance, remedial training for those scoring in the low average range.

Content validity is not enough, especially with only 2.6% African-Americans contributing to the task analysis, as is the case with the EPPP.

In private industry people are competing for a scarce resource—a job position. The board has no such similar problem. They can give as many licenses as they want, so there is little danger of reverse discrimination.

These are just a few ideas to consider when designing complex selection systems. It is by no means an exhaustive list of issues to be addressed by the applied psychological scientist on the road to validity.

[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.]

## The Psychology Times

Member, Louisiana Press Association

Published monthly  
by Nelson News, LLC.  
[psychologytimes@drjulienelson.com](mailto:psychologytimes@drjulienelson.com)

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We welcome ideas for news, features, Letters to the Editor, photos, and other material related to psychological community of Louisiana. Editorials and commentary reflect the opinions of this newspaper. Columns and Letters to the Editor express the opinions of the writers and not necessarily those of *The Psychology Times*. All materials copyrighted by J. Nelson unless otherwise noted.

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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)



State & National News

OBH Expanding Opioid Treatment Services to Houma and Bogalusa

According to a press release on April 27, the Louisiana Department of Health (LDH) will open two new Opioid Treatment Programs (OTPs) in Houma and Bogalusa, bringing the overall number of Louisiana OTPs to 12. The evidence-based behavioral health treatment facilities will increase access to treatment services for 400 to 1,200 individuals per month.

LDH’s Office of Behavioral Health (OBH) has selected Behavioral Health Group to operate the new facilities. OTPs are authorized to dispense methadone as part of a clinically-monitored Medication for Opioid Use Disorder (MOUD), considered the gold standard for treatment of opioid use disorder.

The facilities are expected to open in June. They are located at: 1812 Prospect Blvd., Houma (Region 3: South-Central Louisiana) 412 Ave. B, Bogalusa (Region 9: Florida Parishes).

“The opioid epidemic has plagued Louisiana with incalculable losses for too many years, not only in the lives of those we have lost, but also the fractured relationships with family and friends,” said LDH Secretary Dr. Courtney Phillips.

There has been a steady increase in the number of fatal overdoses involving opioids in Louisiana. According to the most recent data from the Louisiana Opioid Data and Surveillance System (LODSS), which collects data certified by coroners, opioid-involved deaths increased by 67%, from 588 in 2019 to 982 in 2020. From 2012 to 2020, opioid-involved deaths increased 514%.

“The South Central Louisiana Human Services Authority (SCLHSA) along with the Louisiana Department of Health – Office of Behavioral Health understand that opioid addiction is a complex medical issue and are dedicated to providing effective evidence-based treatment options for opioid addiction,” SCLHSA Executive Director Lisa Schilling said.

“[...]This program will be a perfect complement to our Office Based Opioid Treatment (OBOT) Programs located at all four of the SCLHSA clinics located in Houma, LaPlace, Morgan City and Raceland.”

To find assistance for yourself or a loved one in treating opioid use disorder, visit [opioidhelpla.org](https://opioidhelpla.org) or [ldh.la.gov/AddictiveDisorders](https://ldh.la.gov/AddictiveDisorders).

The Governor Makes Appointments to Boards and Commissions in April

In April, Gov. John Bel Edwards announced his appointments to several Louisiana boards and commissions.

Dr. Granville A. Morse of Metairie has been appointed to the Louisiana Emergency Response Network Board (LERN). Dr. Morse is deputy coroner for Jefferson Parish. He was nominated by the Louisiana State Coroners Association.

The Louisiana Emergency Response Network Board serves to defend the public health, safety and welfare by protecting the people of the State of Louisiana against unnecessary deaths and morbidity due to trauma and time-sensitive illness.

The South Central Louisiana Human Services Authority provides behavioral health and development disability services to the residents of Assumption, Lafourche, St. Charles, St.

James, St. John the Baptist, St. Mary, and Terrebonne parishes.

Ron T. Dantin of Cut Off has been appointed to the South Central Louisiana Human Services Authority. Dantin is a licensed professional counselor for Lady of the Sea General Hospital. He will serve as an advocate in the field of mental health.

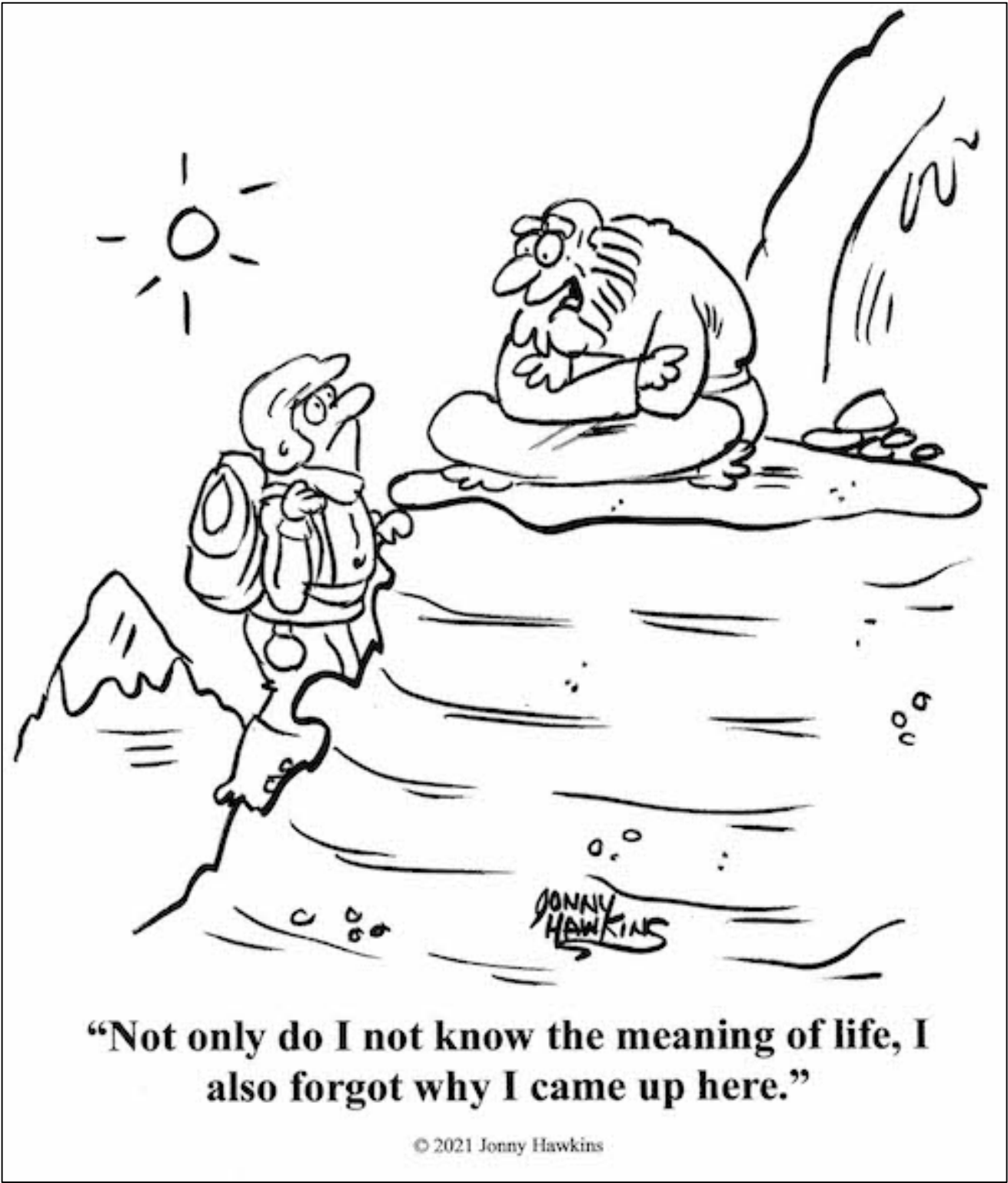
Lynne R. Farlough of LaPlace has been appointed to the South Central Louisiana Human Services Authority. Farlough is a trainer and intake supervisor for the Arc of St. Charles. She will serve as a parent of a child with developmental disabilities.

Adrian Kyle "Adriane" Watson of Morgan City has been appointed to the South Central Louisiana Human Services Authority. Watson is a utilization review

coordinator for Beacon Behavioral Health. She will serve as an advocate in the field of addictive disorders.

Richard Adams of Thibodaux has been appointed to the Veterans Affairs Commission. Adams is a retired technical sergeant from the United States Air Force. He will serve at-large.

The Veterans Affairs Commission is responsible for adopting and promulgating rules and regulations governing the operations of the Department of Veterans Affairs. Additionally, the Commission advises the department's Secretary of problems concerning the welfare of veterans and makes and publishes annual and special reports to the Governor concerning the operations of the department.



# Dr. Karen Slaton Named 2022 Distinguished Psychologist by Louisiana Psychological Association, continued

Integration at the Southeast Louisiana Veterans Health Care System. She developed and manages the Primary Care Mental Health Integration Program at the Care System. She implements the Veterans Administration mandated effort to fully integrate behavioral health as part of the extended Patient Aligned Care Team. This team consists of psychiatry, social work, nursing and psychology, and is essential in assuring veteran access to same-day care.

Dr. Slaton also coordinates behavioral medicine services, such as services for pain, palliative care, cardiology, physical medicine & rehabilitation, and integrated health services (including yoga and hypnosis).

Dr. Slaton also serves in additional roles including Health Behavior Coordinator, Pain Psychologist, Complimentary Integrated Health VISN lead and Lead Tobacco Cessation Clinician. She provides health promotion and disease prevention services to veterans such as tobacco cessation and weight loss coaching.

She trains other clinicians in the Interdisciplinary Pain Program, Bariatric Treatment Team, and Controlled Substances Oversight Board. She collaborates in other teams and committees including Health Promotion and Disease Prevention Committee, Women's Health Committee, Employee Wellness Committee, and the Opioid Safety Initiative.

Dr. Slaton is Clinical Assistant Professor of Behavioral Sciences at Tulane University School of Medicine and Clinical Assistant Professor of Medicine at Louisiana State University Health Sciences Center School

of Medicine. She provides invited lectures to trainees in the Tulane School of Medicine Clinical Psychology Internship Training Program and the LSU School of Medicine Physical Medicine and Rehabilitation Residency Program.

Dr. Slaton is an APA accredited clinical psychology internship and postdoctoral fellowship Training Committee Member, providing didactic training and supervision to interns and post-doctoral fellows in the areas of primary care mental health and behavioral medicine.

Dr. Slaton is a nationally Approved Consultant in Clinical Hypnosis and a Registered Yoga Teacher.

Dr. Slaton has also owned and operated her own private practice through Northshore Psychological Services, LLC, Covington, and the Center for Wellness and Peak Performance, LLC, Covington. She provides a wide range of psychological services including psychotherapy, assessment and evaluation, consultation, and professional training. Her areas include posttraumatic stress disorder, marriage, couples and relationship counseling, food, weight and body image issues including eating disorders and bariatric psychology, depression, anxiety, sport and performance psychology, clinical and sports hypnosis, personal growth and development and counseling patients with medical illness.

Dr. Amanda Raines announced the award in April, at the annual meeting of the Louisiana Psychological Association. "This award is given to an individual who has made significant contributions to psychology research, practice, or both,

during the course of their career," said Raines. "This year we are recognizing Dr. Karen Slaton. Dr. Slaton currently serves as the Program Manager for Primary-Care Mental Health Integration and the Health Behavior Coordinator at the New Orleans VA. She is actively involved in more local and regional committees within the VA than I can count," Raines said.

"She maintains academic appointments at Tulane and LSU and actively stays involved in both training and research related endeavors. Dr. Slaton is certified by the American College of Sports Medicine as an Exercise Physiologist and by the American Society of Clinical Hypnosis. She is also a certified & registered yoga teacher and somehow manages to incorporate all of these skills into her integrative practice at the New Orleans VA."

Dr. Slaton's research includes:

Slaton, K. (2000). An investigation of the relationship between parental bonding and body image disturbance among male and female college students. Dissertation.

Slaton, K. & Lyddon, W. (2000). Cognitive-experiential reprocessing and rape: A case study. Journal of Cognitive Psychotherapy, 14, 189-200.

Slaton, K. & Westphal, J. (1999). The Slaton-Westphal functional assessment inventory for adults with serious mental illness: Development of an instrument to measure functional status and psychiatric rehabilitation outcome. Psychiatric Rehabilitation Journal, 23, 119-126

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Dr. Karen Slaton, who has been at the forefront of psychology's transition to integrated health care throughout her career, has been named the 2022 Distinguished Psychologist by the Louisiana Psychological Association.

Here she and Dr. Joseph Tramontana attend a previous conference.





*Dr. Slaton Named Distinguished Psychologist continued*

Raines, A. M., Primeaux, S. J., Ennis, C. R., Walton, J. L., Slaton, K. D., Vigil, J. O., Allan, N. P., Zvolensky, M. J., Schmidt, N. B., & Franklin, C. L. (2021). Posttraumatic stress disorder and pain in veterans: Indirect association through anxiety sensitivity. Manuscript submitted for publication.

Vigil, J.O., Slaton, K.D., Raines, A.M., & Franklin, C.L. (2018, September). Examining the Effects of a Comprehensive Pain Rehabilitation Program among Veterans. Poster presented at the annual meeting of the Southern Pain Society, Atlanta, GA.

Lyddon, W., & Slaton, K. (2001). *Promoting healthy body image and the prevention of eating disorders among adolescent women*. In C. Juntunen & D. Atkinson (Eds.), *Counseling strategies for developmental concerns*. Thousand Oaks, CA: Sage Publications.

Her training lectures are numerous, and include:

Use of Hypnotic Language in Non-hypnosis Clinical Encounters. Presented at 6th Dabney Ewin, MD FACS Hypnosis Lecture. 2022 Tulane Brain and Behavior Conference.

Primary Care Psychology. Presented to Psychology Interns at Tulane University School of Medicine and Southeast Louisiana Veteran Health Care System.

Motivational Interviewing: Effective Communication with Veterans. Presented at the Southeast Louisiana Veterans Health Care System 2020 Fall Women’s Health Summit.

Motivational Interviewing Skills for Dealing with Challenging Patient Encounters. Presented at LSUMC PM&R Pain Conference.

Behavioral Intervention for Chronic Pain. Presented at LSUMC Physical Medicine and Rehabilitation Resident Didactic Lecture.

Motivational Interviewing. Presented to the LEND program staff at Louisiana State University School of Medicine.

Motivational Interviewing Skills for Dealing with Challenging Patient Encounters. Presented at LSUMC PM&R Pain Conference.

"My career as occurred in phases," Dr. Slaton said, "I started in academic medicine at Tulane School of Medicine and like many of my Tulane colleagues, left after hurricane Katrina for private practice. I enjoyed a thriving practice in Covington for almost a decade before joining the New Orleans VA 10 years ago. I always say I have the best job ever! I work as a clinical health psychologist in various medicine services and have the privilege of serving Veterans in honor of my grandfather who was awarded the Medal of Honor for his service in WWII," she said.

"I'm lucky to be able to provide clinical hypnosis to Veterans and to teach hypnosis at the National level for the VA, teach a weekly yoga class to Veterans, lead the Primary Care Mental Health Integration team, and serve the facility as a consultant for patient education. However, my favorite part of all is training the next generations of psychologists in our APA accredited internship and fellowship programs," Dr. Slaton said.

**Stress Solutions**  
*by Susan Andrews, PhD*

**What do Jazz Fest and Stress Have in Common?**

Do you like music? To New Orleanians, Jazz Fest means good music, and lots of it. So, you might ask what could Jazz Fest and Stress possibly have in common? My answer is “MUSIC!” The reason is that one of the best ways to relax and reduce built-up stress is music.

Why is music such a good way to relax? There are many answers, but the key answer is also the key to stress. It is simple really. Music is a great way to relax and reduce stress because it can stop you from thinking. And, thinking is the #1 trigger for stress.

Thinking generally produces cortisol. To reduce the buildup of cortisol, you have to stop thinking. That is why focusing on your breathing, mindfulness, meditation, or exercise are great stress relievers. Most of the time if you are practicing mindfulness or meditation, you are not thinking and trying to solve a problem. You are burning cortisol when exercising so maybe it does not belong in the same group. My point is that music can stop you from thinking.

There are major advantages to using music as your primary means of stress reduction. For one thing, it is much more fun and pleasant and easy to do than most of the other things you can do to reduce cortisol. Music is usually easy to set up. Any type of music, well – almost – any type of music will work. It can be playing in the background while working. Then you can take regular breaks by sitting back and focusing on the music and clearing your mind of whatever you are working on for a few minutes.

Music uses almost all the brain areas. I'm not sure if this is a fair statement, but music like good jazz or classical seems to balance the nervous system. The more you can take a moment to pay attention to, focus on the music, the more it will work to relax you.

If at the same time, you practice a little breathing while listening actively, you will be surprised how much 5 minutes like that can do for you. You will feel ready to re-attack that stack of files on your desk.

So, how about putting on something you like to listen to, take a few deep breaths and then maybe move a bit to the rhythm. Shrug those shoulders. Relax your neck and shut your eyes for a minute. When you catch yourself in that big yawn, then you know you were successful. You reduced the cortisol. I think I will take some of my own advice right now.



*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.*



# Gov. Edwards Signals Veto of Mizell's SB44

## continued

According to the SB 44 digest, the "Fairness in Women's Sports Act" requires an athletic team or sporting event sponsored by an elementary, secondary, or postsecondary educational institution to be designated, based upon the biological sex of team members, as only one of the following: (1) A males', boys', or men's team or event only for students who are biological males. (2) A females', girls', or women's team or event only for students who are biological females. (3) A coeducational or mixed team or event for students who are biological males or biological females.

Among other provisions, the proposed law provides that certain persons are entitled to legal causes of action and legal remedies under proposed law. A biological female student who is deprived of an athletic opportunity or suffers or is likely to suffer from any direct or indirect harm as a result of a violation of proposed law.

The proposed law provides that requiring a biological female to compete against a biological male on a team that is designated as a "female", "girls'", or "women's" team is inherently discriminatory to biological females and is a cognizable harm under proposed law.

In the 2021 Session, Senator Mizell's SB 156, easily passed both the Senate (29–6–4) and the House (78–19–8).

But on June 22, 2021, Gov. Edwards announced he had vetoed the bill, stating "... discrimination is not a Louisiana value, and this bill was a solution in search of a problem that simply does not exist in Louisiana." And, "Further, it would make life more difficult for transgender children, who are some of the most vulnerable Louisianans when it comes to issues of mental health."

On July 20 the Legislature convened a veto override session for the first time since the 1974 constitution. Sources report a primarily reason for the session was to override the veto on Mizell's SB 156.

The Senate narrowly overcame the veto with a 26–12–1 vote. However, the House vote, 68–30-6, fell two votes short of the super majority needed to override the Governor's veto.

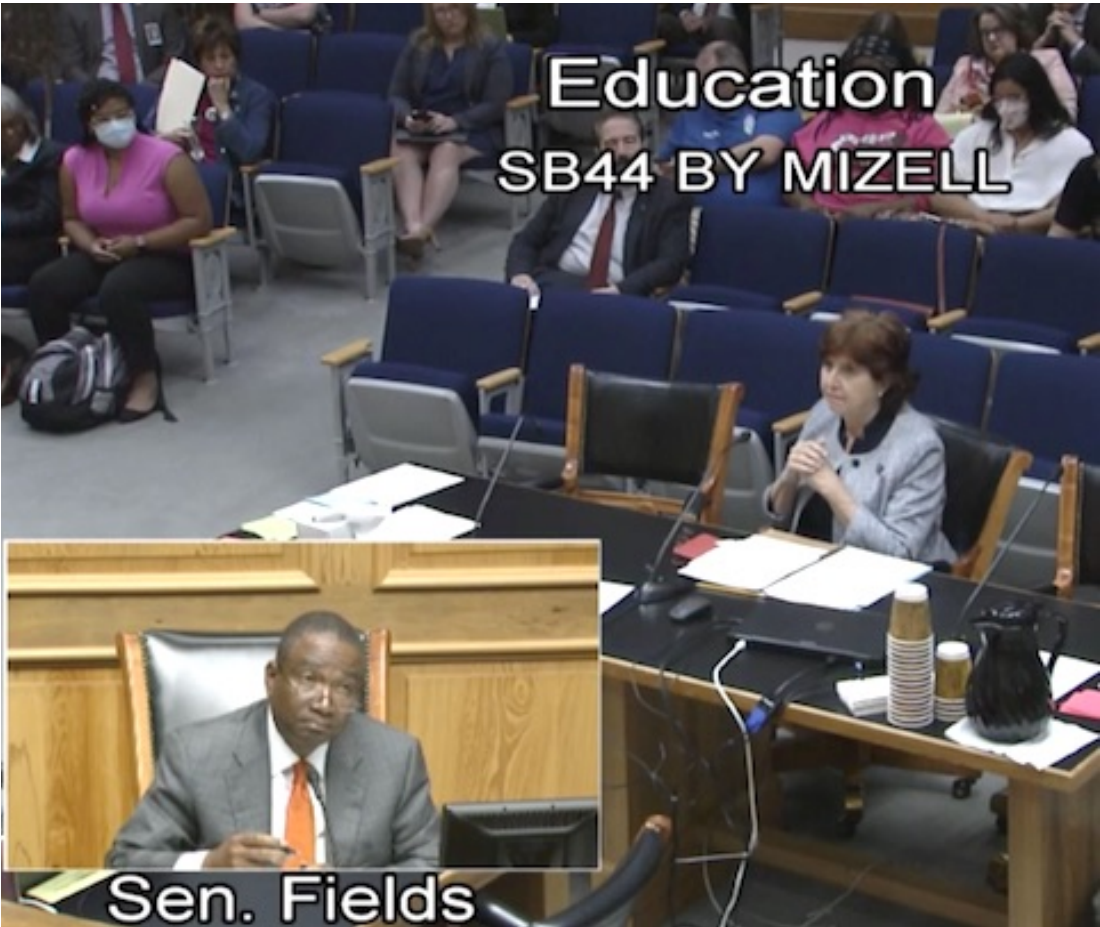
The text of the currently proposed law states:

"A recent study of female and male Olympic performances found that, although athletes from both sexes improved over the time span, the athletic gender performance gap between female and male performances remained stable. These studies suggest that women's performances at a high level will never match those of men."

Mizell's bill highlights the crossroads of transgender individuals' rights and the rights of biological female athletes. The issue has galvanized both the political left and right across the country.

The American Psychological Association opposes these measures, stating, "Transgender children vary in athletic ability, just as other youth do. There is no evidence to support claims that allowing transgender student athletes to play on the team that fits their gender identity would affect the nature of the sport or competition."

The Louisiana Psychological Association opposed the 2021 SB 156 and the Louisiana School Psychological Association labeled the bill as discriminatory.



*Mizell's bill highlights the crossroads of transgender individuals' rights and the rights of biological female athletes. The issue has galvanized both the political left and right across the country. Here she presents her arguments for resubmitting the measure after it failed to override the Governor's veto last year.*

# "Psychiatric Collaborative Care Model" Passes House 98 to 0, continued

The proposed law requires a health coverage plan delivered or issued for delivery in this state that provides mental health and substance abuse benefits to reimburse for such benefits that are delivered through the psychiatric Collaborative Care Model. The model includes the current procedural terminology (CPT) billing codes 99492, 99493, and 99494.

The new proposed law requires the commissioner of insurance to update the CPT codes if there are any alterations or additions to the billing codes for the Collaborative Care Model.

Proposed law authorizes a health coverage plan to deny reimbursement of any CPT code provided in proposed law on the grounds of medical necessity, provided that such

medical necessity determinations are in compliance with certain federal and state law.

Defined are: (2) "Mental health or substance abuse benefits" means benefits for the treatment of any condition or disorder that involves a mental health condition or substance use disorder that falls under any of the diagnostic categories listed in the mental disorders section of the current edition of the International Classification of Diseases or that is listed in the mental disorders section of the most recent version of the Diagnostic and Statistical Manual of Mental Disorders. (3) "Psychiatric Collaborative Care Model" means the evidence-based, integrated behavioral health service delivery method described in 81 FR 80230.

# Mental Health License Plate Proposed by Sen. McMath's Bill Passes Easily in Senate

SB 61, which would create the "Mental Health" special prestige license plate, has passed committee and been voted on by the full Senate with 38 votes for and none against. It has been referred to the Committee on Transportation, Highways and Public Works in the House.

The proposed law requires the secretary of the Department of Public Safety and Corrections to issue the special prestige license plates, provided there is a minimum of 1,000 applicants for the plate. The proposed law provides the design of the plate shall include the words "Mental Health" and directs the department to collect an annual royalty fee and forward certain percentages to the NAMI Louisiana and the Louisiana Rural Mental Health Alliance.



*Bill to Add LPCs to Professional Counselor Interstate Compact Passes Committee Easily*

HB 582 by Rep. Stagni that would add Louisiana to the Licensed Professional Counselor Interstate Compact. The measure passed unanimously from the Committee on House and Governmental Affairs and the Health and Welfare Committee. It is now pending in the Senate Health and Welfare Committee.

The proposed law allows Louisiana to join the Licensed Professional Counselor Interstate Compact. Louisiana, as a participating state, to adopt the same uniform professional counseling licensure requirements as the states in the Licensed Professional Counselor Interstate Compact.

The new proposed law establishes telehealth technology for states in the Compact.

*Measure to Require Dyslexia Education for Teachers Moves Forward*

Representative Marino's measure which adds dyslexia education to list of qualifications and requirements for teacher education programs, HB 136, has passed both the Committee on Education and the Committee on Appropriations. Votes were 10 to 0 and 14 to 0, respectively.

The measure is scheduled for debate on the Floor of the House on May 3.

Present law establishes certain requirements for a teacher education program to be approved by the State Bd. of Elementary and Secondary Education (BESE) for certification of graduates. HB 136 retains present law.

The proposed new law requires that teacher education programs include at least three credit hours on teaching students with dyslexia and specifies content of such coursework.

Proposed law applies to the 2024-2025 school year and thereafter.

The Representative's measure, HB 416, requiring that charter schools screen for the same learning disabilities that public schools are required to screen for also passed handedly.

*Representative Marino (center) testifies in the Education Committee on his measures regarding dyslexia. Dr. Laura Cassidy (L) also testified.*

*Rep. Jefferson's HB 272 to Change Law for Divorce Evaluations Passes House and Heads to the Senate*

HB 272, authored by Rep. Jefferson has arrived in the Senate after passing the house and 92 to 0 on April 12. It is pending in Judiciary A. The measure provides for mental health evaluations in divorce and child custody proceedings. A notation indicates that the bill is on the recommendation of the Louisiana State Law Institute.

The present law (R.S. 9:327) allows a court to order a mental health evaluation of the parties when determining an award of final spousal support. The proposed law requires the appointed mental health professional to be licensed. Additionally, new language states:

"C. 'Licensed mental health professional' as used in this Chapter means a person who possesses at least a master's degree and who is licensed in counseling, social work,

psychology, or marriage and family counseling.

"D. When a licensed mental health professional has been appointed by the court, there shall be no ex parte communication by the litigants or their attorneys with the licensed mental health professional unless authorized by law or court order or agreed to by the parties. All oral communication with the licensed mental health professional shall be by teleconference or meeting in which each party to the proceeding participates either through the party's attorney or as a self-represented litigant. All written communication or correspondence to the licensed mental health professional, along with any attachments thereto, shall be provided contemporaneously to all parties to the litigation or their attorneys of record."

*Rep. Frieman's Effort to Affirm Right to Reject Care on House Floor*

HB 53 has passed the Committee on Civil Law and Procedure by 11 to 1 with one abstaining. It is scheduled for debate on the House Floor on May 3. The measure would add the right of Louisiana citizens to accept or reject any form of health care to the Constitution of Louisiana.

The proposed constitutional amendment adds the right to autonomy with respect to healthcare decisions including palliative care, medical treatments, surgical procedures, vaccines, or any other forms of medicine.

Proposed constitutional amendment requires that any adverse treatment or denial of the right shall be subject to strict scrutiny.

Proposed constitutional amendment states that any person adversely affected by a violation of this right shall have standing to raise its illegality in the appropriate court.

The measure provides for submission of the proposed amendment to the voters at the statewide election to be held on Nov. 8, 2022.



***Rep. Duplessis' Perinatal Anxiety Disorders Act Passes House 101-0***

HB 784 by Rep. Duplessis passed unanimously out of committee on April 6 and obtained a vote of 101 to 0 on the House floor on April 13. currently it is pending in Senate Health and Welfare.

The measure establishes the Perinatal Mood and Anxiety Disorders Act to improve awareness, screening, and treatment of perinatal mood and anxiety disorders.

The proposed law provides for awareness of all hospitals and birthing centers that provide labor and delivery services.

Proposed law requires screening from healthcare providers who are providing postnatal care to women up to twelve months following the birth.

Proposed law requires the La. Dept. of Health office of behavioral health, in collaboration with the Bureau of Family Health, to develop and disseminate a database of providers who treat or provide support for maternal mood and anxiety disorders and substance use disorders.

**Sen. Luneau's SB 213 Requiring Fully Licensed MH Practitioners Passes**

Senate Bill 213 passed out of committee and was heard on the Senate floor on April 27. It passed with a vote of 38 to 0. A Motion to reconsider was tabled. It is now pending in the House Health and Welfare Committee.

The present law provides that an individual rendering any CPST services for a licensed and accredited provider agency shall hold a minimum of a bachelor's degree from an accredited university or college in the field of counseling, social work, psychology, or sociology.

Sen. Luneau's proposed law changes present law to require an individual rendering the assessment and treatment planning components of CPST services to be a fully licensed mental health professional. Proposed law further provides that an individual rendering all other components of CPST services shall be a fully licensed mental health professional, a provisionally licensed professional counselor, a provisionally licensed marriage and family therapist, a licensed master social worker, a certified social worker, or a psychology intern from an American Psychological Association approved internship program.

The present law provides that "community psychiatric support and treatment services" (CPST) are CMS-approved Medicaid mental health rehabilitation services to assist individuals with skill building designed to reduce disability from mental illness, restore functional skills of daily living, and build natural supports and solution-oriented interventions, or such other successor services or requirements subsequently approved by CMS or the La. Dept. of Health.

Proposed law deletes present law language regarding successor services and specifies that CPST services are intended to achieve identified person-centered goals or objectives through counseling, clinical psycho-education, and ongoing monitoring needs as set forth in an individualized treatment plan.

Present law provides that "psychosocial rehabilitation services" (PSR) are CMS-approved Medicaid mental health rehabilitation services provided to individuals with mental illness designed to assist the individual with compensating for or eliminating functional deficits and interpersonal or environmental barriers associated with mental illness, or such other successor services or requirements subsequently approved by CMS or LDH.

**STUCK IN COMMITTEE**



***Rep. Firmment Seeks to Prohibit Gender Change Procedures on Those Under 18 Years of Age***

HB 570 by Rep. Firmment prohibits certain procedures to alter the sex of a minor child and to designate this act as the Save Adolescents from Experimentation (SAFE) Act. The bill is pending in Committee on Health and Welfare. Proposed law states that the risks associated with the allowance of irreversible, permanently sterilizing genital gender reassignment surgery outweigh the scientific benefits.

**HB 605 Bans Health Professionals from "Conversion Therapy" with Minors**

HB 605, authored by Representatives Landry, Duplessis, and Freeman, define "conversion therapy" and prohibit certain licensed health professionals from engaging in that practice with any minor. The bill is pending in the Committee on Health and Welfare.

**Measure by Rep. Green Aims to Eliminate Death Penalty**

HB 106 eliminates the death penalty as a possible punishment for the offenses of first degree murder, first degree rape, and treason.

***HB 517 Creates Medical Advisory Council for Dept. of Corrections***

Present law (R.S. 15:827) outlines the duties of Department of Public Safety & Corrections, or DPS&C. The proposed law creates the DPS&C Medical Advisory Council composed of 13 members from each of various disciplines or associations. HB 517 is pending in Committee on Administration of Criminal Justice.

**Sen. Cathey's SB 29 Supports Health Professional Free Speech**

The proposed law provides that a licensed healthcare professional shall not be adversely affected for accepting or rejecting a healthcare procedure, treatment, or product; or exercising free speech. The measure is pending in committee.

**Rep. Seabaugh Seeks Change in Orders for Added Medical Opinions**

HB 705 by Rep. Seabaugh provides for the procedure and orders for additional medical opinions regarding physical or mental conditions in controversy. The bill is pending in the Committee on Civil Law and Procedure.



# Louisiana Researchers Present Work at Southwestern Psychological Association Annual Conference

The Southwestern Psychological Association held its annual convention in Baton Rouge, April 8 through 10. This feature continues our report of psychological scientists and researchers from across the state who presented their work throughout the three-day event.

## NORTHWESTERN STATE UNIVERSITY *Continued from the April Times*

### The triers of fact: Factors influencing jurors in insanity defense cases --- SWPA Talks: Criminal Psychology

Presenters were Jana Fleet, MS and Cynthia Lindsey, PsyD. Evidence suggests legal and extralegal factors influence juror decision-making but no known study has explained the complex interactions. In this research authors examined the effect that mock jurors' attitudes toward the insanity defense and individuals with mental illness have on their decision-making. "In summary, favorable attitudes toward the insanity defense were associated with more empathic attitudes toward mental illness. However, when participants rated their likelihood of voting for NGRI [not guilty by reason if insanity], there was no association, suggesting attitudes do not necessarily determine final decisions."

### Inquisition into the Psychological Impact of COVID -19 on Northwestern State University of Louisiana Psychology Students during Fall 2020 Term SWPA Talk Session

Presenters were Charles R. King, PhD, Professor, and Beverly Broadway, MS. "This study explored students' feelings and attitudes toward COVID-19 during the Fall 2020 term at Northwestern State University. The researchers conducted a qualitative study. Themes emerged including social isolation that caused a feeling of sadness among students, a lack of resources personally to tackle the stressors, and an overall high stress level because of the uncertain of health and family health, among others."

### Talk: Childhood trauma, parental rejection, and resilience as predictors of adult psychological adjustment

Presented by Hannah Westerfield, BA and Cynthia Ross Lindsey, PsyD. For this ongoing research, the purposes include: Are childhood trauma, parental rejection, and resilience significantly associated with psychological adjustment in college students? Does resilience mediate the relationships among childhood trauma, parental rejection, and adult psychological adjustment?

### The few, the proud, the imprisoned: The effects of defendants' veteran status on jury decision making; Part of SWPA Talks, Criminal Psychology

Presenters were Ashley Marie Townsend and Cynthia Ross Lindsey, PsyD. Authors explored the role that veteran status has

on mock jurors' decisions. "Statistics indicate veterans committing crimes are on the rise, and they are more likely to commit violent crimes than non-veterans. Previous research found mock jurors were more lenient toward defendants who were veterans with PTSD than they were with civilians."

"The results indicate the likelihood of conviction is not significantly different between veteran and non-Veteran defendants, and that regardless of the defendants' veteran status, there was a significant difference among crime types for conviction likelihood."

### A Study of the Relationship Between Time on Social Media and Adherence to Routine

Presented by Janae Nicol Richardson and Dr. Billie Myers. This "research showed that social media does not have a correlation with the rigidity of one's routine. The findings also imply that more research is needed with a more narrow definition of rigid routine. In this way, we can evaluate the relationship between social media use along with a specific type of rigid routine. Also, while evaluating this, it is important that, in the future, we research the effects with gender also a variable in the analyses. This would allow us to learn about differences and similarities across genders."

### Repetitive Behaviors, Restricted Interests, and Campus Involvement as Predictors of College Bullying

Presenters were Billie Clare Myers, PhD and Charles R. King, PhD. "Bullying has

been extensively studied with children and adolescents; however, it has minimally been investigated amongst college students. [...] The current findings support the hypotheses and suggest that individuals with less power due to difficulties in the social interactions as a result of having restricted interests and repetitive behaviors are more prone to being bullied by their peers. Moreover, individuals regardless of whether or not they have restricted interests or repetitive behaviors are more prone to being bullied the more campus organizations they participate in."

### The Effect of Physical Bullying on College Students: The Root of Generalized Anxiety

Presenters were Taylor Lynn O'Rear and Dr. Billie Clare Myers. The results revealed a statistically significant relationship between Physical Bullying Subscale scores and GAD-7 Scale scores and the authors concluded, "generalized anxiety relates to physical bullying. No matter the age, gender, or race, bullying is traumatic. Bullying can relate to many disorders other than generalized anxiety including, social anxiety disorder, post-traumatic stress disorder, and even physical health related issues."

### SWAP Talk: Criminal Thinking Patterns Among Sex Offenders Based on Victim Age

Authors are Alec Rothman, MS and Jennifer Hodges-Crowder, Ph.D. "As the annual count of sexual assaults reported in the United States continues to rise, it is necessary to find ways of improving the correctional programs intended for those who perpetrate these crimes. Most programs

Cont next pg



Department Chair Susan Barnett, PhD, above, and Neeru Deep, MA, ABD,(not shown) both from Northwestern State University of Louisiana, presented, "Grit: Passion and Perseverance of Marathoners." They explored whether passion or grit make a runner a marathoner. (courtesy photo)



Science & Education

Louisiana Researchers Present Work at Southwestern Psychological Association Annual Conference, continued

utilize cognitive-behavioral treatment and primarily target criminal thinking, a trait that mediates sexual assault perpetration. This facilitative relationship varies in strength among program participants according to their victim's age group, a circumstance which can serve to guide curriculum adjustment. The current study supplies empirical research of six thought patterns (Entitlement, Justification, Power Orientation, Cold Heartedness, Criminal Rationalization, and Personal Irresponsibility) measured by the Texas Christian University Criminal Thinking Scales (CTS) to show how their presence may vary across subtypes of individuals convicted of sexual assault."

SWPA Talks: Criminal Psychology

Session Chair — Ashley Townsend, Northwestern State University. Dr. Cynthia Lindsey and Ashley Townsend presented "The few, the proud, the imprisoned: The effects of defendants' veteran status on jury decision making." Dr. Cynthia Lindsey and Jana Fleet presented, " The triers of fact: Factors influencing jurors in insanity defense cases."

SWPA Talk Session: Clinical / Counseling

Session chair —Hannah Westerfield, B.A. Presentations included "Childhood trauma, parental rejection, and resilience as predictors of adult psychological adjustment," by Hannah Westerfield and Dr. Cynthia Lindsey.

LAKE CHARLES RESEARCH GROUP Rehabilitation Neuropsychology

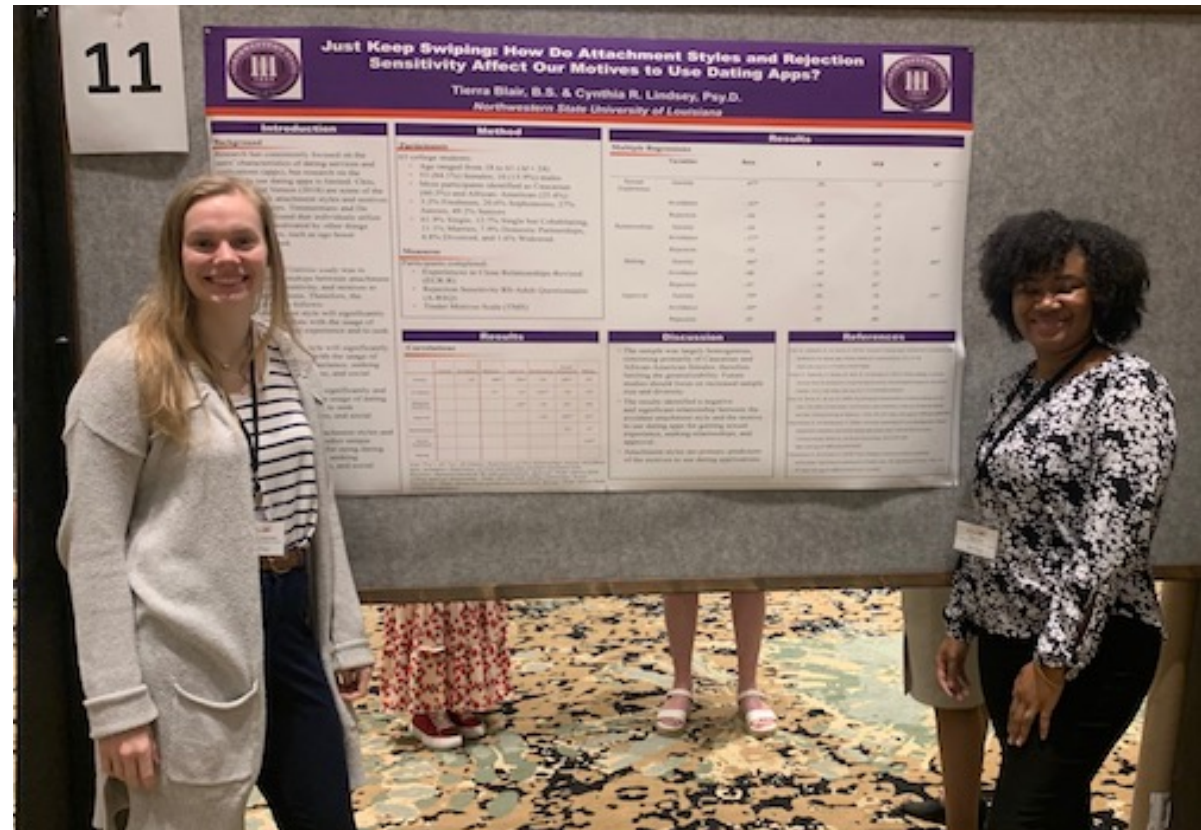
Symposia Submission -- Addressing The challenges of acquiring an APA approved internship in clinical psychology

Competition to acquire an APA approved internship in clinical psychology is fierce with limited slots available nationwide. This symposium will offer suggestions on crafting educational experiences to increase the likelihood of a successful application. Authors included Burton J. Ashworth, PhD, University of Louisiana Monroe, Lawrence S. Dilks, PhD and Kimberly S. Hutchinson, PhD, Rehabilitation Neuropsychology, Dena Matzenbacher, PhD, Department Head, McNeese State University, and Charles Short, BA, Rehabilitation Neuropsychology.

SOUTHEASTERN LOUISIANA UNIVERSITY

Assumptions About Pregnant Individuals Based on Pre-Pregnancy Weight and Doctor Concern

Presenters were Sara Sohr-Preston, PhD, Associate Professor, Blair L. Alexis, Emily L. Bradbury and Acadia L. Chauvin. "There is increasing evidence for stigma regarding heavier bodies, and



Hannah Westerfield (L) supports Tierra Blair while presenting research conducted with Cynthia Ross Lindsey, PsyD. All are from Northwestern. (courtesy photo)

this stigma appears to extend to pregnancy weight gain..." In this study results suggested assumptions were made about reasons for pregnancy weight gain or characteristics of those gaining weight during pregnancy. "This was the case even when presented with evidence to the contrary (all vignettes described the same healthy lifestyle and pregnancy preparation behaviors). Such assumptions may lead to hurtful statements or shame experienced by pregnant individuals, both of which may reduce perceived social support and self-image during a pregnancy involving perceived high weight gain."

Correlates of Different Types of Children's Play and Activities

Presenters were Sara Sohr-Preston, PhD, Associate Professor, Acadia L. Chauvin, Blair L. Alexis, and Emily L. Bradbury. "Various types of children's play and other activities have been differentiated and proposed to aid in children's learning. This investigation examined whether the frequency of different children's activities were correlated with 3 to 6-year-olds' parent-reported social skills, theory of mind, creativity, and gross motor skills."

The Effects of Alzheimer's and Related Dementias Stigma on Family Members

Presenters were Cherie Nicole Arthur, Paula J. Varnado-Sullivan, PhD and Ronda Renee Richardson. "The purpose of the current study is to understand how having family members or close relationships with people who have Alzheimer's dementia and related dementias may impact the way participants view people with this illness. Participants were asked to complete an online survey about their attitudes about dementia and their perceptions of possible stigmatization due to this condition."

Receptivity to General Bullshit, Locus of Control and Need for Cognition

Presenters were Ty Austin Carter, and Dr. Susan Elizabeth Coats, Associate Professor. "An important skill in modern day society is the ability to distinguish fake from factual information. The aim of the current research is to examine receptivity to information that sounds correct but is in fact nonsense, using the newly developed general bullshit receptivity scale or GBRS (Čavojová et al. 2020). In the current study we explore the relationships between receptivity to bullshit, need for cognition, and locus of control (LOC). [...]" Preliminary analysis found significant correlations between all three subscales of the Levenson's Multidimensional Locus of Control measure and scores on bullshit receptivity scale.

UNIVERSITY of LOUISIANA LAFAYETTE

The role of control in the meanings of “in” and “on”

Authors are Brooke Ozenne Breaux, PhD, Assistant Professor, Sydney Zielinski, Maren Eve Glass, Tranace Alexander, and Mateja Pavlic. From the abstract: Prepositions “in” and “on” are polysemous and can be used to describe both literal, spatial contexts as well as abstract, metaphorical contexts. Authors' analysis showed that 31% of the variance in semantic ratings was predicted by figure control ratings, supporting their hypothesis that when it is part of a spatial scene.

Sexual Revictimization and Childhood Social Support

Alondra Nicole Meraz, Isabel Marie Cantrelle, Dr. Amy Lynn Brown, Renee Fontenot, Samantha Arbella, and Kelsey



# Louisiana Researchers Present Work at Southwestern Psychological Association Annual Conference, continued

Mayes. Experiencing child sexual abuse is a risk factor for experiencing sexual victimization in adolescence or adulthood. Authors examined the relation between childhood social support and adult sexual victimization as well as child-to-adult revictimization. Results aligned with predictions as well as prior research which indicated that the more social support a child experienced growing up the less severe victimization type was as an adult. However, the fact that those experiencing only child abuse did not differ from other groups in their social support suggests that receiving social support in childhood is not a clear buffer against later sexual victimization.

### Motivating Factors in Academic Cheating

Authors are Valanne L. MacGyvers, PhD, Andrea Lynn Broussard Eggenberger. Taylor Gage, Kristen Fontenot, Toriana Kiara Banks, Emily Blair DeGruise, Kiara Erion Martin, Meredith Killeen, Mikayla Miller, and Jasmynn Charles. "Academic cheating is evolving and this study assesses emergent forms of cheating as distance learning has become more prevalent. This study aims to examine the variables that influence academic cheating, including achievement goals, attitude toward academic misconduct, acceptance of academic cheating, beliefs about cheating, and anxiety. [...] This research will provide an overview of the modern academic cheater, including new cheating techniques and motivations."

### The predictability of mindfulness on health outcomes above and beyond childhood trauma

Presenters were Kathie Li, Danielle E. Barnes, Hung-Chu -. Lin, PhD and Margot Hasha, PhD, MSW. Researchers examined effects of mindfulness on somatic symptoms, depression, anxiety, and stress in emerging

adults with childhood trauma. Findings show the predictive role that mindfulness may play in physical and mental health above and beyond childhood trauma and other protective factors such as social support and resilience. Overall, these findings may have implications for future directions of research in mindfulness, childhood trauma and health outcomes. There may also be implications for mindfulness programs in college settings and mindfulness enhancing programs (e.g., mindfulness meditations) aimed at adolescents and emerging adults.

### Do cultural dimensions relate to human trafficking? An analysis of country-level data

Authors are Brooklyn Boardman, Drs. Manyu Li, and Amy Lynn Brown. Researchers explored whether there is a relationship between cultural dimensions and rate of trafficking across countries. Results showed that individualism was positively correlated with rate of total human trafficking, but no other cultural dimensions were related to human trafficking. High masculinity was marginally correlated with lower total trafficking. Results appear to be the relationship between culture and willingness to report data.

### Political and Gender Differences on Perceptions of Sexual Harassment

Presenters were Nia J. Cummings, Noah L. Hall, and Dr. Amy L. Brown. Researchers hypothesized that politically conservative individuals would be more tolerant of sexual harassment than people who are less conservative. Gender and political orientation had statistically significant effects on all measures of perceptions of sexual harassment. Men and conservatives reported the highest scores on variables measuring negative judgments towards

victims of sexual harassment and the lowest scores on variables measuring positive judgments.

### Sexual Orientation as a Moderator for Rape Myth Acceptance and Bystander Intention

Authors are Haley N. Dunagin and Dr. Amy Lynn Brown. Bystander intervention strategies are often used to combat sexual victimization for both heterosexual and LGB+ individuals. researchers examined if sexual orientation moderated the relation between rape myth acceptance and bystander intentions.

### The Effects of Eating Behaviors on Memory in the Zebrafish

Authors are Erika Caramillo-Hatch, Dr. Caramillo-Hatch and Cameron Michael Rosen. From the abstract :Alzheimer's (AD) is a neurodegenerative disease and prolonged reduced caloric intake may lead to more successful brain aging. Calorie restriction (CR) and intermittent fasting (IF) have increased lifespan and reduced the risk factors that may lead to age-related diseases. Preliminary results show that the CR and IF groups spend more time around the novel object when compared to control. These results do not show any significant difference between the CR and IF. Such results suggest that eating behavior may have an effect on better cognitive aging in the zebrafish, replicating findings in other species.

### Perceiver Responses to Stereotype-based Excuses for a Failure

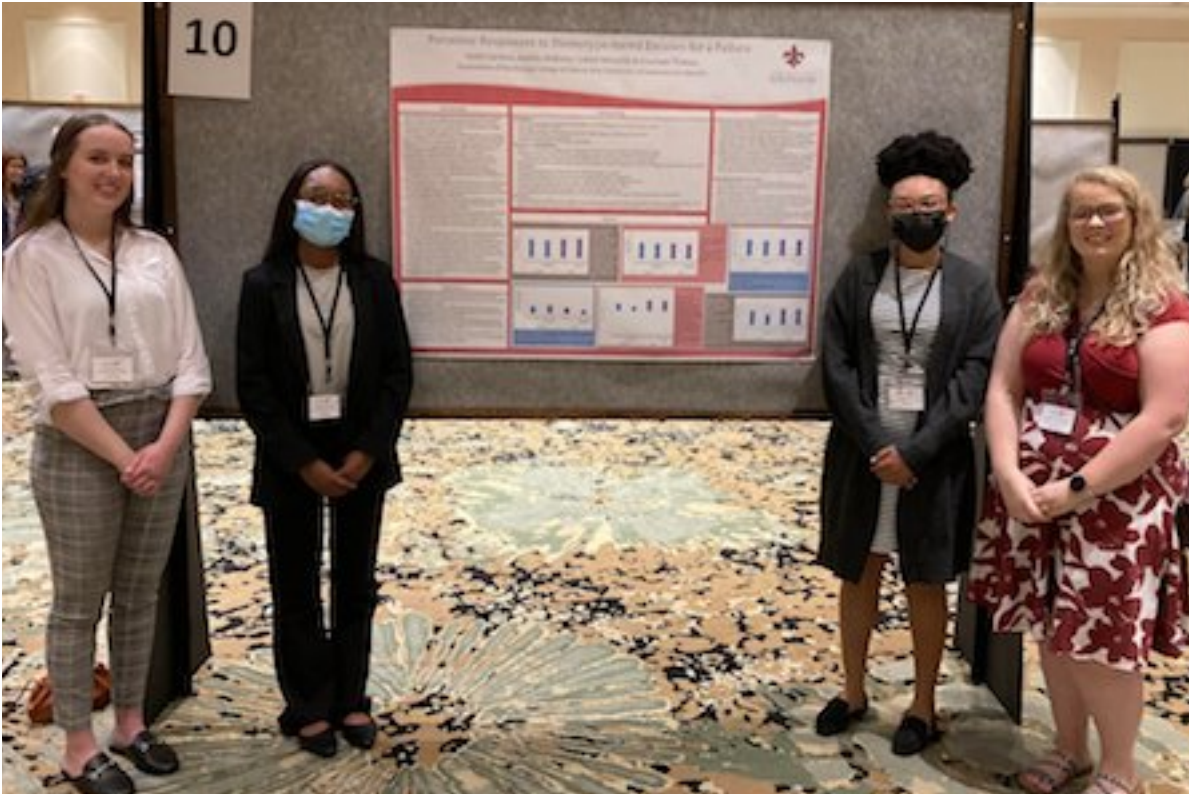
Presenters were Emily Carriere, Jamillia Domani McKinley, Cydnei Meredith, and Courtney L. Thomas. "The data suggest that from the viewpoint of perceivers, excuse-making both helps and hurts the excuse maker. It seems that we are more tolerant to an older person making a stereotype-based excuse than a woman making a stereotype-based excuse."

### Place attachment and migration in older adults' social relations and life satisfaction across the globe.

Authors are Ashley Fromenthal and Dr. Manyu Li. "The purpose of this study is to examine older adults' social relations and life satisfaction, and the moderating roles of environment-related variables across 80 countries. [...] Results of this study will contribute to the role of environmental perception on the relationship between social relations and life satisfaction in older adults. Results will shed light on the potential conditions in which social relationships in older adults can be enhanced."

### Saving Lives Through Education: Effective Education for Active Shooter Events

Authors are Taylor Gage and Valanne L. MacGyvers, PhD. "This study examined



(L to R) ULL students Emily Carriere, Cydnei Meredith, and Jamilia McKinnley, with Dr. Courtney Thomas, all working in Dr. Thomas's Diversity, Inclusion, and Social Cognition in Organizations Lab. Dr. Thomas was a Visiting Assistant Professor in the Psychology Department at UL Lafayette this past year. (courtesy photo)



# Louisiana Researchers Present Work at Southwestern Psychological Association Annual Conference, continued

different methods of training to find the effectiveness of different trainings for college students on variables such as knowledge of training, safety self-efficacy, and perceived probability. This study implemented three types of training programs: an online brochure, a professionally prepared training video, a live distant learning session with a trained professional, and a no-intervention control group, [...] This research is important because there is an absence of knowledge surrounding delivery methods of training programs for these low-frequency, high-risk events. This will contribute to making better training programs for active shooter events. There is room to explore the possibilities of developing active shooter trainings for universities based on our research."

## Resilience Mitigates the Association of Loneliness with Suicidality during the COVID-19 Pandemic

Aidan Guidry, Hung-Chu Lin, PhD and Prynceston Fant. In a sample of 8,113 college students, findings show that students with non-binary gender identity are at higher risks for loneliness and suicidality during the COVID-19 pandemic. "Loneliness reported by college students is related to suicidality and that resilience plays a role in buffering the association of loneliness with suicidality above and beyond certain socio-demographic factors and mental illnesses."

## An investigation of the association between ACEs, psychological inflexibility, and sleeping behavior

Caleb Michael Jean, BS, David Richard Perkins, PhD, Associate Professor of Psychology and Hunter Sudduth. "Psychological inflexibility has been proposed as a mechanism explaining the relationship between Adverse Childhood Experiences (ACEs) and their negative psychological outcomes. [...] this study tested whether psychological inflexibility mediated the relationship between ACEs, and sleep quality. As an exploratory investigation, we also examined which of the 6 components of psychological inflexibility best explained this relationship. [...] As expected, psychological inflexibility mediated the relationship between ACEs and sleep quality. In addition all 6 components mediated the relationship with lack of values and self as content unexpectedly having the greatest effect."

## SWPA Talk Session: Clinical / Counseling Session chair —Kathie Li, University of Louisiana at Lafayette

## Social and Community Predictors on Self-Help Group Participation

Authors are Brianna Sadighian and Dr. Manyu Li. "This study aims at identifying



(L, front to back) Dr. Erika Caramillo-Hatch (Visiting Assistant Professor, now Tenure Track Assistant Professor of Physiological Psychology) and Dylan John (former graduate student). (R, front to back) Andrea Eggenberger, Instructor of Psychology, and Dr. Amy Brown, Associate Professor and UL Lafayette Department Head. (courtesy photo)

social, environmental, and community predictors for participation in self-help groups. Particularly, participants' perception of social relations (social trust), perception of the community (sense of belonging to their place of residence), living conditions (alone or with partner/parents), along with participants' sociodemographic (i.e., perceived social class, immigration status) will be examined as predictors of self-help group participation."

## Self-Reliance and Treatment Seeking Attitudes in African Americans and Blacks

Presenters were Ashley Messina and Dr. Theresa A. Wozencraft, Associate Professor. "African Americans may suffer from higher rates of psychological distress yet are less likely to seek mental health treatment in comparison to Caucasians [...] The present study analyzed self-reliance, treatment seeking attitudes, and help-seeking propensities in an African American and Black population. [...] Self-reliance was significantly and negatively correlated with treatment seeking attitude for both men and women, and there was no significant difference in self-reliance between men and women. "The strong black woman stereotype was not clearly reflected in self-reliance scores for women."

## Stigma and Treatment Seeking Attitudes in African-Americans and Blacks

Authors are Kalli Rose Segura and Theresa A. Wozencraft, PhD. "As

hypothesized, indifference to stigma was significantly and moderately correlated to treatment seeking attitude. Previous research has shown opposing results between these two variables [...] We found indifference to stigma to be a significant predictor of attitudes toward seeking mental health treatment. [...] Despite this recognition of stigma, 43% of our sample had a positive attitude toward seeking mental health treatment."

## Binge Behavior, Body Size, and Weight Concerns in African Americans and Blacks

Authors are Haley Alanna Stephens and Dr. Theresa A. Wozencraft. The relationships between binge eating behaviors of African-American and Black women, body shape and weight importance, and body size estimates are often cited from dated literature and based on Caucasian norms. In this study, current and ideal body size were not related to frequency of engagement in binge-related behavior, a potential indicator of changing norms.

## INDEPENDENT

## The Future Projection Therapy: Techniques and Case Examples

Authors were Savannah Hays and Dr. Joseph Tramontana who investigated expectancy and pseudo-orientation-in-time, and the importance of future focus, a "future projection" approach in clinical cases.





The Psychology  
Times'  
BOOKSHELF  
Who's Writing What?

*Therapeutic Cultural Routines  
to Build Family Relationships*  
*Talk, Touch and Listen While  
Combing Hair (C)*

**Marva Lewis &  
Deborah Weatherston, Editors**

*Springer*

Dr. Marva Lewis and her colleagues have produced a fascinating, creative and surprisingly profound text acknowledging the historical roots and practice of colorism. *Therapeutic Cultural Routines to Build Family Relationship* offers theory and applications based in simple grooming activities for practitioners who want to truly help children avoid or overcome racial trauma. *Therapeutic Cultural Routines* is essential knowledge for those who work with children, supervise others, or engage in community-based efforts, and who want to remove racism at its core.

The authors describe how historical roots and practices of racism, through automatic and often unconscious reaction to racial features, lead to the acceptance or rejection of young children, communicated to children early and dramatically, and embedded in the youngster's self-concept.

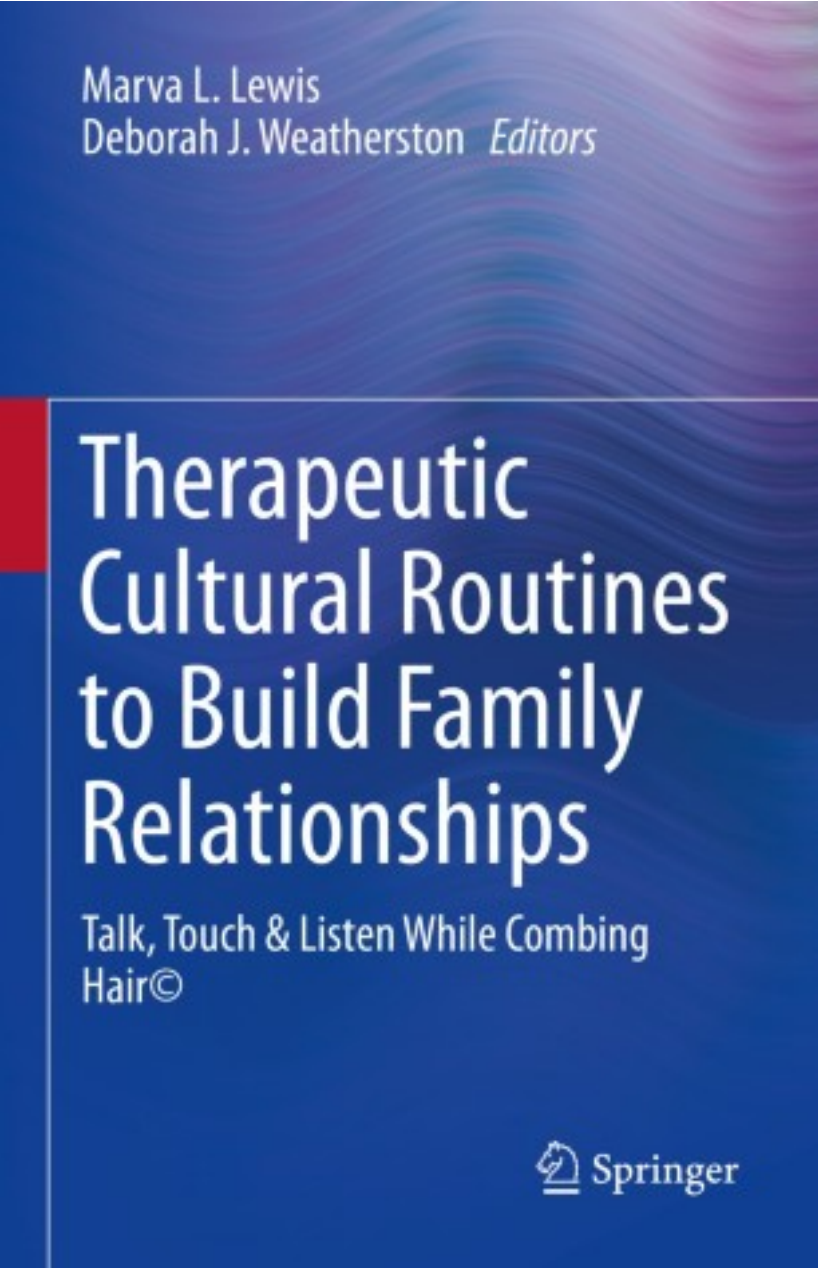
*Therapeutic Cultural Routines* includes several foundations that Dr. Lewis has created and researched as tools, procedures that are simple and low cost for overcoming the transmission of cultural rejection. Authors explain these tools through a rich collection of contributors and case study materials. These include specific instructions for community-based applications of Lewis' "Talk, Touch, and Listen" program, designed to support parents and caregivers and to enrich their understanding of the historical context of trauma around racial characteristics of children.

In a profound acknowledgment of the transmission of unconscious messaging, the authors explain how racial features may well be an unrecognized factor in the emotional response to children, and an unconscious issue in the quality of the attachment.

Authors introduce the concept of *Ethnobiography* of a parent or a caregiver and explain the sociocultural context and historical roots that impact individuals when caring for racially diverse children. With this foundation they offer psychosocial tools for counselors, psychologists, psychiatrists, social workers, nurses, family therapists, and childhood educators that assist biracial children and multicultural families.

The authors note that rituals and routines as defined by anthropologists include hair combing interactions. "For infant, early childhood clinicians, and researchers, the routine of a mother, father, or a primary caregiver combing an infant or child's hair may serve as a clinical window into the families intimate shared identity, providing an opportunity for a deeper understanding of behavioral and emotional characteristics of their growing attachment relationship."

Also included in the text is Dr. Lewis' "Neck-Up" drawing projective technique, an assessment tool to help adults and caregivers



identify and bring to awareness their emotions associated with hair type and skin tone. additional he, there is information about safety of various hairstyling practices with young children and the issues of child endangering hair care products and methods.

Chapters include such appealing titles as "Summoning Angels in the Nursery with Hair Combing Interactions," "PsychoHairapy Through Beauticians and Barbershops: The Healing Relational Triad of Black Hair Care Professionals, Mothers, and Daughters," and "Culture, Creativity, and Helping: Using the Afrocentric Perspective in Community Healing." And a spectacular website is available at [talktouchlisten.webflow.io](http://talktouchlisten.webflow.io).

*Therapeutic Cultural Routines* is a creative and some might say an unusual book, but a work that is unique, valuable, and profound in both worldview perspective and utility.

What does Dr. Lewis believe is the most important contribution of this new work?

"The single most significant contribution is sharing the research with communities of stressed parents that simply spending 10 minutes a day, for 365 days a year, for the first 12 years of a child's life presents 4,380 opportunities to talk, touch, and listen while combing hair," said Dr. Lewis. "The knowledge that a parent or primary having an 'aha' moment of recognition after a conversation about colorism and 'good hair' may be the catalyst to interrupt the intergenerational transmission of trauma of colorism and discrimination based on hair type. This simple routine leads to parents and caregivers now, and in future generations to feel joy and delight as they go through their daily task of combing their young child's hair," she said.

Marva Lewis, PhD, is Associate Professor at Tulane University School of Social Work in New Orleans, Louisiana. She is endorsed by the Alliance for the Advancement of Infant Mental Health as Mentor-Research/Faculty IMH-E®. She is a former child protection worker and children's counselor at a domestic violence shelter.



# The Psychology Times' BOOKSHELF

Who's Writing What?

Her research focuses on the development of strengths-based, culturally valid, community-based interventions to support African American families to address inter-generational messages of acceptance or rejection of children based on colorism. Dr. Lewis serves on as a Consulting Editor for the Infant Mental Health Journals and co-authored "Call to Action: Centering Blackness and Disrupting Systemic Racism in Infant Mental Health Research and Academic Publishing." Since 2020 she served as chair of the work group, *Engage Diversity and Difference in Practice*, for the steering committee of the Erikson Institute and Council on Social Work Education, *Curricular Guide for Infant and Early Childhood Mental Health and Developmental Neuroscience*. In 2011 she was commissioned by the National Zero to Three Safe Baby Court Teams to provide consultation, coaching, and training on issues of bias, historical trauma of slavery, and workforce contributions to racial disparities in the child welfare system. She worked with the national Center for Social Science Policy to develop the *Race Equity Assessment Tool* for Safe Babies Court Teams. In 2021 she chaired the development of an online introductory resource module and toolkit for leadership training on *Racism, Prejudice, Implicit Bias and the Psychological Maltreatment of Children*.

Co-editor for the text is Deborah Weatherston, PhD, who has served as the Director of the Merrill-Palmer Institute of Wayne State University in Detroit, Michigan and then became the Executive Director of the Michigan Association for Infant Mental Health. She co-developed and served as the first Executive Director of the Alliance for the Advancement of Infant Mental Health, Inc.®, a nationally and internationally recognized organization whose mission is to promote workforce development through the competency-based *Endorsement for Culturally Sensitive, Relationship-Focused Practice*.

Included among the rich variety of contributors, Louisiana connected authors include:

Samuel L. Bradley Jr., DSW earned a doctorate in Social Work from Tulane University in New Orleans, Louisiana, and is currently appointed as faculty at the Boston College School of Social Work in Massachusetts;

Rhonda Norwood, PhD, LCSW-BACS is Assistant Professor of Professional Practice at the Louisiana State University School of Social Work in Baton Rouge;

Olivia Saito, MPH graduated from Tulane University School of Public Health and Tropical Medicine in New Orleans, Louisiana, where she did her practicum with Dr. Marva Lewis and the *Talk, Touch & Listen* Program; and

Virginia White, MSW, DSW, received a Doctorate of Social Work from Tulane University School of Social Work in New Orleans, Louisiana. She received a bachelor's degree in Psychology from Dillard University and a Master of Social Work degree from Southern University at New Orleans.

Contents of *Therapeutic Cultural Routines* are organized into four parts and 18 chapters:

## Part I Talk, Touch & Listen While Combing Hair

- 1 Childhood Experiences of Racial Acceptance and Rejection
- 2 A Social Worker's Story: How Can I Help This Young Mother and Her Little Children?
- 3 The Interactive Stages of Hair Combing: Routines and Rituals
- 4 The Observing Professional and the Parent's Ethnobiography
- 5 Cultural Routines and Reflections: Building Parent–Child Connections—Hair Combing Interaction as a Cultural Intervention

## Part II Reflective Supervision and Practice: Experiences Shared by Infant and Early Childhood Mental Health Practitioners

- 6 Introduction to Reflective Supervision: Through the Lens of Culture, Diversity, Equity, and Inclusion
- 7 Summoning Angels in the Nursery with Hair Combing Interactions
- 8 The Tilted Room of Colorism
- 9 Infant Mental Health Practice and Reflective Supervision: Who We Are Matters
- 10. A Case Study in Cross-Racial Practice and Supervision: Reflections in Black and White

## Part III Reflections on Community-Based Interventions

- 11 If Her Hair Isn't Right, then I'm Not a Good Mother: Reflections on the San Diego Caregiver-Child Connections Community Counseling Project
- 12 Reflections on the Talk, Touch, and Listen Facilitator Learning Community: Braiding the Personal, the Professional, and Liberation
- 13 PsychoHairapy Through Beauticians and Barbershops: The Healing Relational Triad of Black Hair Care Professionals, Mothers, and Daughters
- 14 Reflections on Experiences in a Community-Based Parent Support Group: Parent Whisperers
- 15 Culture, Creativity, and Helping: Using the Afrocentric Perspective in Community Healing

## Part IV Tools for Observation, Assessment, and Intervention

- 16 Tools to Disrupt the Legacies of Colorism: Perceptions, Emotions, and Stories of Childhood Racial Features
- 17 Guidelines to Identify Child-Endangering Hair Styling Practices: Medical, Legal, and Psychosocial Perspectives
- 18 Conclusions

Joy D. Osofsky, the Paul J. Ramsay Endowed Chair of Psychiatry and Barbara Lemann Professor of Child Welfare, at Louisiana State University Health Sciences Center, is one of many who endorsed the text and it's vision.

"It is a pleasure to write an endorsement for this important book," Dr. Osofsky wrote. "This book introduces many new and important perspectives related to racism, colorism, and ways to understand the impact of historical trauma on early parent-child relationships. Dr. Lewis, over many years of work, has developed an evidence-based intervention to address racial disparities and support the relationship within African American families through the important cultural routine of combing hair. . . I highly recommend this book to social workers and to infant and early childhood mental health providers as they will gain important perspectives about culturally sensitive ways to support early relationships."

What did Dr. Lewis find to be most challenging part of the project?

"The most challenging part of writing this book," Dr. Lewis said, "was trying to stay focused on writing during the crazy, disruptive times of COVID-19, world-wide protests for racial justice in the post George Floyd era, and various other historic traumatic events like hurricanes, and wildfires. These events occurred during the final year of writing in 2020. It was painful asking co-authors to edit and rewrite their chapters to meet deadlines from the publisher, when their loved ones were dying, or they were trying to teach their children at home for the first time or standing in long lines to get those first vaccinations," she said.

What did she discover was most gratifying?

The most gratifying part of writing this work were the many memories of the smiles, laughter, and tears of parents, audience members, and research participants, as they completed a questionnaire asking about childhood memories related to their hair combing experience. Some of the memories were painful, some long forgotten, but all reminded me, that this simple daily routine incorporates so much of our individual, family, and cultural identities - our stories of who we are," Dr. Lewis said.



# A Shrink at the Flicks

## Cow A Review

by Alvin G. Burstein, PhD

From Ida Tarbell’s exposé of Standard Oil, to Upton Sinclair’s critical exploration of the plight of packing house workers, to Ralph Naders’s blistering attack on automakers, America has a rich tradition of what has become called “muckraking.” Some will see Andrea Arnold’s documentary debut, the 2021 movie *Cow* as in that genre, but I would think that a mistake. It has a visceral punch and evokes a strong reaction, but it is not a protest film. It is a *tour de force*, however, on many levels. Just released to movie houses, I watched it on Amazon Prime.

Strikingly, there is almost no dialogue in this film. It is a biography of a cow, Luma, centered on the birth of two of her seven calves. We hear only scraps of conversation among the employees of the English dairy farm housing Luma. They address their bovine charges as “good girl,” and manage their comings and goings without the electric cattle prods seen in some settings. But Arnold gives us an unsparing, honest look at the muck and mud and blood of the setting.

We watch Luma’s strenuous birth labor, and the tug of war winching out of her calves. We see her placenta dangling afterwards. We watch her next impregnation, the climax of which, jarringly, is accompanied by a pictorial burst of fireworks.

Most viewers will resonate to Luma’s tender ministrations to her newborn calves, and be charmed by the offspring’s’ tottering responses and nuzzling of her mother. They will also feel stirred by Luma’s lowing when the calf and her mother are

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.



separated by the need for Luma to be returned to the cycle of artificial machine milking. That highlights one of the major contrasts of this documentary, that between living flesh and blood and the clangor and efficiency of machines on the other: incompatibles inextricably interwoven in Luma’s story and in human lives.

Another element of the film that seemed important was the British pop music soundtrack. It struck me at times like an ironic comment on the action. But I came to regret my lack of familiarity with that material.

An intriguing issue posed by this film is its documentary “fly on the wall” self-presentation. The dairy workers give no evidence of being aware of the process of filming, of interacting in any way with the filming crew. And yet the cameras and crew must have been making an impression on the workers, and, indeed, of influencing in some way their behavior.

As a biography of Luma it must end with her death, the details of which I will not reveal. There is, however, an afterword. We watch Luma’s second calf going down a path that will echo Luma’s.

Andrea Arnold’s first two feature films, *Fish Tank* and *American Honey*, earned awards at Cannes. *Cow* will further burnish her reputation.

*Memorial Day 2022 – May 30*



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