

Dr. Cohen's Newest Research in *Clinical Psychological Science*

Dr. Alex Cohen, clinical psychologist and professor at Louisiana State University (LSU), continues his efforts to adapt behavioral technologies for investigating a wide range of clinical issues, including suicidality, depression, psychosis, mania, and anxiety. His newest publication is "High Predictive Accuracy of Negative Schizotypy with Acoustic Measures," published recently in the flagship clinical journal, *Clinical Psychological Science*. He is widely recognized for his work using automated computerized analysis of behavior and has been featured in top psychology and psychiatry journals.

In an interview with the *Times*, Dr. Cohen said, "I think we are pushing the boundaries of what clinical science can do in measuring symptoms of serious mental illness.

"Psychology has not sufficiently addressed many areas of human suffering, and innovation is needed. I believe that Psychology can't fulfill its potential alone, and will require cooperation between other academic disciplines, and also community partners, big tech,

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Gov. Edwards and Transportation Secretary Shawn Wilson walk alongside a passenger train in New Orleans. The Baton Rouge-to-New-Orleans commuter rail project is getting \$12.5 million in the recently passed budget plan. (Governor's Office photo)

Fat & Happy Legislature Adjourns June 6

The Legislature adjourns this week after a calm session that was supported by an influx of extra funding. Additional funds included a flood of COVID-19 pandemic recovery money, corporate taxes, hurricane rehabilitation, and investments from the federal government. Because of this, public universities and college faculty are expected to receive a 3% raise. The governor pushed for 5% but Republicans drew it down. Lawmakers increased funding for organizations that provide home health care workers, facilities, and programs for people with disabilities. Increases in pay are supposed to go to employees who work directly with patients and clients. Lawmakers increased entry-level pay for prison staff and child welfare workers. Teachers and support staff will also receive annual pay increases of \$1500 and \$750 respectively. See more legislative news in this issue.

Dr. Constans Recognized for *Contributions*

Dr. Joseph Constans, clinical psychologist and Senior Manager for Suicide Prevention within the Department of Veterans Affairs, has been recognized by the Louisiana Psychological Association for the 2022 *Contributions in Psychological Science Award*.

Presenting the award and spokesperson for the association, Dr. Amanda Raines explained that this honor is given to those in the psychological community who have used their time and resources to expand and propagate the knowledge of psychological concepts

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Dr. Joseph Constans (courtesy photo)

Dr. Beverly Stubblefield in *Bookshelf* – Page 13



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Editorial Page – Opinions

From the Rooftop

by J. Nelson

For my 70th birthday, our son and daughter-in-law gave me a copy of “Get Back,” the nearly six-hour documentary about The Beatles, who, in 1969, launched an effort to regain their energy and creativity. The group decided to write and record an album at a breakneck pace and build toward a live performance, their first together in years.

I knew the story, and remember the events well. The Beatles were breaking up after their mega success of the 60s.

While most of this film is a fly-on-the-wall view of how the group produces music, the storyline of the documentary jumps when George Harrison, the introvert, walks out, collapsing the whole project. We watch the group dynamics while Paul McCartney, conscientious and structured, pushes for productivity and deadline. John Lennon is engaging and creative, but always late and with Yoko Ono persistently attached at his elbow. Ringo Starr is steady, agreeable, and flexible. The four try to work through an exhausting schedule of creating 14 new songs and prepare for a live performance.



It was fascinating to watch these young geniuses create their music, magically connecting sounds with words and words with sounds, as if from thin air. The synergy and creativity is supported by each in his own way. They move forward like sculptors, sometimes starting with pure inspiration. Sometimes starting as if with a block of granite and painstakingly carving away everything that does not fit their vision.

Aside from this intimate perspective, another payoff for watching hours of these interesting men chatting, smoking cigarettes, fretting, and horsing around with each other, was the "rooftop concert."

At first, mostly to appease Paul's wish to do something different, the group agrees to perform on their rooftop in London. We watch as people emerge from offices and shops to listen, on the street below and on the other rooftops, leaning on chimneys in the blistering cold. We are told that this was the last time the Beatles would perform together in public.

I knew this already but was hit by a sad nostalgia. The 60s belong to me. The Beatles exerted a bi-directional influence, both created by, and leading the 60s, as if from the rooftop, heard but not always seen, reflecting and creating a message.

The sheer numbers of Boomers in their adolescence helped create the sexual revolution, women's liberation, and dramatic changes in the music industry. The open, humanitarian ideology fueled the civil rights movement. The cultural needle was moved, a culture with the confidence to put a man on the moon. I was there when the Beatles were televised on Ed Sullivan, I was there when the KKK burned a cross on our yard, and I was there when LSU let women wear jeans instead of the mandatory skirt.

Cultural boundaries oscillate naturally. They zigzag through history, open then closed, closed then open. Partly genetic, partly environmental, always complex. Only later, from the rooftop, can we more clearly see if we made good use of it.

[Julie Nelson is a licensed psychologist, journalist, and publisher of the Times. She also holds other positions in the community. However, her opinions here are those of her own, and do not represent any group or association. She and the Times receive no compensation other than paid advertising. Email her at drj@drjulienelson.com, —she welcomes feedback.]

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Corrections & Clarifications

No corrections were received for last month's issue.
Please send your corrections to:
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Letter to the Editor

A Manifesto

In 2008, when Barak Obama was elected president of the United States, I was elated, almost giddy. I bought a copy of the *New York Times* headlining his election to save for my children as a memento of what I took to be an epochal event, carefully spraying the paper with preservative, and wrapping it acid free archival plastic. I was sure our country had finally exorcised the original sin of slavery.

Now, our political situation terrifies me. A scant year and a half ago, a rioting mob invaded our capitol, smashing windows, assaulting peace officers and looting offices, with the stated intent of preventing congressional certification of the election of our forty-sixth president. The rioting was patently inspired by delusional claims that the newly elected candidate had somehow stolen the election. Many of the rioters sported regalia endorsing a fictitious whistle-blower, Q-Anon, who claims that leaders of the opposition party were engaging in pedophilic orgies in the basement of a pizza parlor and that a Jewish international banker was funding a plot to bring immigrants of color to our country to replace white voters.

There has been an explosion of these paranoid beliefs about the “stealing” of the 2020 presidential election, most with racist implications: Jewish space lasers corrupting voting machines, fake ballots manufactured in China, and the “great replacement” plot. Like all delusions, these beliefs are not rooted in facticity or rational argument. They derive their force from their intra-psychic function.

The explanation for the frankly paranoid and delusional thinking that now seems commonplace, paradoxically, lies in what I regard as socio-cultural progress. In the last few decades we have elected our first black president, nominated a woman to run for that office, we have had our first woman secretary of state, same sex marriage has been legalized, the first black woman sits on the Supreme Court, and many public figures, male and female, have come out of the closet concealing their homosexuality.

All of this very rapid, recent, and to me, positive social change bespeaks the seismic collapse of an unspoken, but powerful caste system: the privileging of white, male, euro-centric status.

The collapse of this caste system is profoundly disorienting to many, inducing a painful, rageful and frighteningly wide-spread quasi-psychotic confusion. Paranoia, centering on terror of being overwhelmed, is fertile ground for delusions. Delusions do not derive their power from their facticity or their rational basis. Their power

resides in their intra-psychic function. They ward off the threat of weakness and confusion, offering a rigid certainty about “what’s really going on” and providing a target for the accompanying feelings of rageful grievance. That is their intra-psychic function and the source of their power.

Any merit this analysis may have does not mitigate the dangers to our recent progress toward a more inclusive society. Short term financial and political benefits persuade who know better to refrain from acknowledging the frank lunacy of these conspiracy theories and the merits of abandoning an irrational caste system. Energetic diligence in defending what we know to be right and patience in permitting digestion of social change will be required. So will our stumbling along on our search for system of social value more rational than that of caste.

Alvin G. Burstein Ph. D.
Chancellors Teacher Scholar
Professor Emeritus
University of Tennessee
Knoxville

State & National News

Governor Announces “Internet for All” Initiative Jointly with NTIA

Along with the U.S. Department of Commerce’s National Telecommunications and Information Administration (NTIA), Governor Edwards announced that Louisiana will participate in the “Internet for All” initiative, a program designed to provide high-speed internet for all Americans at an affordable cost. The initiative, which will build internet infrastructure, provide pertinent technology, and teach digital skills to community members, will invest \$65 billion in the project and will be funded through the Bipartisan Infrastructure Law.

"Partnering with Commerce/NTIA will allow Louisiana to achieve what we thought was impossible. We will now have the financial resources necessary to once and for all eliminate the digital divide in Louisiana. We are grateful to both Secretary Raimondo and Assistant Secretary Davidson of NTIA for their leadership and partnership. Over the past several years, our Broadband Office (ConnectLa) has worked hard to align resources between federal, state, and local officials to take full advantage of this historic broadband funding opportunity. We look forward to partnering with the people of Louisiana to make closing the divide a reality," said Gov. Edwards.

Louisiana plans to invest \$5 million in planning funds, and each state will be awarded support from dedicated NTIA staff to catalyze and complete the project. Each participating state will receive at least \$100 million in funds to help implement the scope of the project.

"Generations before us brought electricity to rural America and built the interstate highways," said Alan Davidson, Assistant Secretary of Commerce for Communications and Information. "Our generation's task is to connect all Americans online. [...]"



State & National News

OBH Expanding Opioid Treatment Services to Shreveport, Hammond

Louisiana Department of Health (LDH) Office of Behavioral Health (OBH) announced it is expanding opioid use disorder treatment in the Northwest and Northshore regions of Louisiana. Accessible, evidence-based, 24/7 treatment is now available in Shreveport and is coming to Hammond in June of this year. These areas were chosen because of their high rate of opioid prescriptions and are available at Behavioral Health Group (BHG) Shreveport, 1303 Line Ave, Suite 600, by calling 844-535-7291. Between 4:00 a.m. and 5:00 p.m., services are provided by calling 318-349-2451.

These new services are made possible by the expansion of funds earmarked to increase the workforce in these areas and come from the federal entity, Substance Abuse and Mental Health Services Administration (SAMHSA) through the Louisiana State Opioid Response (LaSOR) 2.0 Grant. The LDH has developed a business plan designed to combat opioid substance abuse by providing outpatient treatment utilizing Medication for Opioid Use Disorder (MOUD), supplying clients with effective, evidence-based treatments that allow them to live their daily lives.

Currently, almost all Opioid Treatment Programs only provide treatment during daytime hours. This can be detrimental to individuals battling opioid addiction. “The road to recovery is different for everyone, and for some that may require unconventional hours to accommodate those with young children or who work on later shifts. We are proud to expand around-the-clock opioid treatment in Louisiana, meeting families where they are when they most need it,” said LDH Secretary Dr. Courtney N. Phillips.

According to federal research done in 2019, only 1 in 20 Louisiana residents affected by opioid addiction received the help they needed that year. The national average is 1 in 9. “For those seeking help for the first time, the need for care often strikes at night,” said Natasha Cheatham, regional director of operations for BHG. “Waiting for the nearest treatment center to open can be a matter of life or death for people living with opioid use disorder (OUD). We are looking forward to working with the Caddo Parish community to provide the full spectrum of opioid treatment services.”

Authors from the *Lancet's, "Responding to the Opioid Crisis in North America and Beyond: Recommendations of the Stanford-Lancet Commission,"* published in February, said that in the USA and Canada, 2020 was the worst year on record for fatal opioid overdoses. The US overdoses rose 37%.

The Centers for Disease Control and Prevention (CDC) said that provisional data analysis estimates for the 12 months ending in May 2021, there were 75,387 deaths from opioid toxicity.

Opioids—mainly synthetic opioids (other than methadone)—are currently the main driver of drug overdose deaths, said the CDC, with 72.9% of opioid-involved overdose deaths involving synthetic opioids. And, overdose deaths involving psychostimulants such as methamphetamine are increasing with and without synthetic opioid involvement.

Also in February, *Medscape* reported a surge in the rate of Black Americans dying from a combination of opioids and cocaine, an increase of 575%. The rate for White Americans increased by 184%.



Louisiana Department of Health is expanding opioid use disorder treatment. According to federal research only one in 20 Louisiana residents affected by opioid addiction receives the help they need. The national average is one in nine.

Louisiana Department of Health Rolls Out New Mental Health Crisis Response System

The Louisiana Department of Health, in compliance with its agreement with the Department of Justice, recently introduced the Louisiana Crisis Response System. The current system consists of three parts: Mobile Crisis Response, Community Brief Crisis Support, and Behavioral Health Crisis. These are the first three of four Medicaid services being introduced for crisis intervention. The fourth service, Crisis Stabilization, will roll out at a later date, pending legislative funding. Medicaid clients 21 years of age and older experiencing mental health issues and/or emotional distress will have access to these services.

“Experiencing a mental health crisis can be frightening and confusing, especially when the individual feels that they have no control over their own treatment. We know that safety and trust are critical to successfully navigating such a crisis. With the introduction of the Louisiana Crisis Response System, Louisianans enrolled in Medicaid will have access to a continuum of rapid, coordinated services delivered in a way that best allows them to remain in their communities,” said LDH Secretary Dr. Courtney N. Phillips.

“Louisiana has the opportunity to fully develop its crisis response network. When we started this initiative, no communities had access to the full continuum of services envisioned by LDH,” said Assistant Secretary Karen Stubbs, Office of Behavioral Health.

“However, some providers and communities demonstrated readiness to expand crisis response services through existing niche programming with robust collaboration and buy-in from crucial partners such as law enforcement, hospital systems and local resource centers.”

According to the announcement, through the implementation of the Louisiana Crisis Response System, individuals ages 21 and older who are served by one of the five Medicaid Healthy Louisiana plans and experiencing emotional distress will have access to a continuum of voluntary crisis services that are built on principles of recovery and which aim to divert from unnecessary hospitalizations and institutional levels of care.

For more information about the program and its services, contact the Louisiana Crisis Response System at <https://ldh.la.gov/crisis>.

CDC Recommends COVID Booster for Ages 5-11

The Louisiana Department of Health is alerting vaccine providers about new recommendations. The U.S. Centers for Disease Control and Prevention (CDC), following the emergency authorization granted by the U.S. Food and Drug Administration (FDA), is recommending COVID-19 booster shots for children ages 5-11. The CDC is currently recommending that all children over the age of 5 receive a COVID-19 booster shot 5 months after their initial vaccine. They are also recommending a second booster be administered 4 months after the first booster for those over the age of 50 and immune-compromised individuals over 12 years old.

Of the 4.8 million children diagnosed with COVID-19 nationwide, 180 have died.

Mizell's "Fairness in Women's Sports" Passes House and On Governor Edwards' Desk

Senator Beth Mizell's "Fairness in Women's Sports Act," was amended in the House and passed with a vote of 72 in favor and 21 against. The measure has been sent to the Governor who has signaled that he will veto the bill.

The measure was amended to remove intramural athletic teams are intramural sports from the proposed law. Specific items were included to make sure competitive sports are not construed to be intramural sports.

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

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.”

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. These studies suggest that women's performances at a high level will never match those of men."



"Psychiatric Collaborative Care Model" Pending, Set to Pass Senate

HB 278 by Rep. Echols is pending in the legislative bureau after having been reported with amendments in the Senate Health and Welfare Committee on May 25. The measure easily passed the House on April 27 with a vote of 98 to 0.

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 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.

Defined are: "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. And, "Psychiatric Collaborative Care Model" means the evidence-based, integrated behavioral health service delivery method described in 81 FR 80230.

Rep. Seabaugh's Effort to Change Orders for Added Medical Opinions Fails in House in 41 to 49 Vote

HB 705 by Rep. Seabaugh which aimed to make changes in the procedure and orders for additional medical opinions regarding physical or mental conditions in controversy, failed in passing the House. On June 9, it was amended and called to vote. The final vote was 41 in favor and 49 against.

Measure Creating Medical Advisory Council for Dept. of Corrections Pending Final Passage in Senate

HB 517 was amended and passed by the Senate on June 11. The final vote was 92 to 0. On June 24 it was reported favorably House of judiciary D. It was reported without legislative Bureau amendments. The measure is currently pending the Senate final passage.

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.

Bills to Bans "Conversion Therapy" and Gender Change Procedures Both Appear Dead in Health & Welfare Committee

HB 605, a measure to define "conversion therapy" and prohibit certain licensed health professionals from engaging in that practice with any minor, and HB 570, which would prohibit certain procedures to alter the sex of a minor child, are still waiting in committee.

Legislative News

Rep. Jefferson's HB 272 to Change Law for Divorce Evaluations Passes House, Pending Passage in Senate

HB 272, authored by Rep. Jefferson is pending Final passage in the Senate after being amended in committee in the Senate and reported with Legislative Bureau amendments on May 26.

A Senate amendment inserted the following: "Communications initiated by the licensed mental health professional with a litigant for the purpose of conducting the court-ordered evaluation shall not be considered ex parte communications prohibited by this Subsection."

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 Fails on House Floor

A proposed constitutional amendment put forth by representative Frieman, that would affirm an individual's right to refuse medical treatment, failed to obtain the two-thirds super majority vote necessary to pass the House. The measure was voted on by the House Floor on June 3.

HB 53 had passed the Committee on Civil Law and Procedure by 11 to 1 with one abstaining.

However, on June 3, after being read a third time by title, the vote was 38 yeas and 54 nays.

"Read third time by title, roll called on final passage, yeas 38, nays 54. The bill, not having received two-thirds vote of the elected members, failed to pass."

The measure would have added the right of Louisiana citizens to accept or reject any form of health care to the Constitution of Louisiana.

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

The proposed constitutional amendment would have required that any adverse treatment or denial of the right shall be subject to strict scrutiny and that any person adversely affected by a violation of this right shall have standing to raise its illegality in the appropriate court.



Rep. Duplessis' Perinatal Anxiety Disorders Act Passes Both Houses

HB 784 by Rep. Duplessis passed by a Senate vote of 35 yeas and 0 nays, and returned to the House, on June 17. On June 19, the House vote was yeas 95, nays 0, Senate amendments concurred in. On June 24 it was sent to the Governor for executive approval.

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.

The Governor Signed the Mental Health License Plate Proposal

The Governor has signed SB 61 which creates the "Mental Health" special prestige license plate.

The new 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.

Sen. Cathey's Health Professional Free Speech Bill Stalled

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.

Legislative News

LPCs to Join Professional Counselor Interstate Compact

HB 582 by Rep. Stagni adds Louisiana to the Licensed Professional Counselor Interstate Compact. The measure has passed both Houses and been signed by the Speaker and goes to the Gov. 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.

Measure to Require Dyslexia Education for Teachers Now in Finance

Representative Marino's measure which adds dyslexia education to list of qualifications and requirements for teacher education programs, HB 136, was read in the Senate committee on May 26 and amended. It has been recommitted to the committee on Finance.

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.

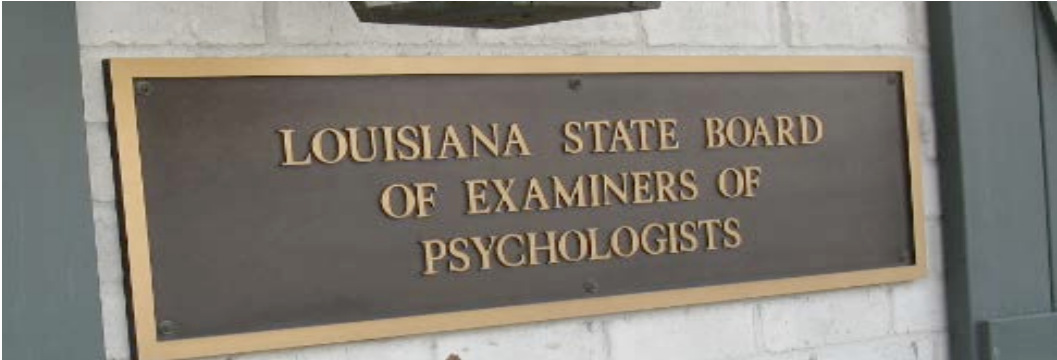
SB 213 Requiring Fully Licensed MH Practitioners Set for Final Passage

SB 213 was reported with amendments from committee with a 10 to 0 vote on June 17. The measure was referred to the Legislative Bureau and then reported without Legislative Bureau amendments. It is pending House final passage.

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.



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

January 20-21, 2022 –Posted: May 18, 2022

Supervision by Medical Psychologists – Ms. Lowe and Dr. Gibson summarized the meetings between LSBEP, La. State Board of Medical Examiners (and LSBME’s Medical Psychology Advisory Committee), La. Association of Medical Psychologists, La. School Psychology Association) held on January 5, 2022 and January 18, 2022. Dr. Ally and Dr. Comaty were present at those meetings and also actively participated in this discussion. Specific concerns of LSBEP were revisited including:

- LSBEP’s authority to vet credentials and issue a license to practice psychology to individuals who become medical psychologists and who do not intend to renew their license to practice psychology.
- LSBME uses an advisory committee not authorized to determine the lawful practice of psychology, which is the authority of the LSBEP.
- If LSBEP receives a complaint on an MP, LSBEP has no ability to share that private information with LSBME and vice versa.
- There is a void in public protection when LSBEP cannot regulate the supervision of the practice of psychology, by psychology applicants and trainees when LSBEP has no regulatory authority over the MP.
- Impacts on applicants, licensees and the public
- Consideration of Anti-trust implications in regulation and rulemaking.
- Consideration of collaborative options.

Multicultural Competence/Awareness – The Board discussed their ongoing goals of promoting multicultural awareness and competence in initial licensure through the incorporation of oral examination questions focusing on APA’s Multicultural Guidelines and case vignettes focusing on diverse populations; and also through the Board CPD offered to all licensed psychologists focusing on Multicultural and Ethical Issues in Psychology workshop presented by Antonio E. Puente, Ph.D. Additional considerations for developing Jurisprudence Examination questions to assess multicultural competence and awareness was also discussed.

Finance Committee – [...]Contract Labor - \$26,597.63 (amount) \$139,232 (budgeted) We have expended 19.1% of the budgeted amount (total contracted amounts). This category is less predictable depending on complaint matters. Although considering risks associated with potential hearings, category is currently stable. Additionally, the Board will be posting for a Complaints Coordinator III. [...] Salaries and Benefits \$74,155.10 (amount) \$195,887 (budgeted) This category was amended on 11/12/2021 due to the vacant Compliance Officer position and proposed establishment of an Operations position. There was also an increase to the Clerical Assistant position that is currently filled by a student worker. The Board intends to redirect funds, from Contract Labor to Salaries and Benefits, in the event that a qualified individual is found to fill the In- house Attorney position.

3. Licensed Specialist in School Psychology Committee Report – Dr. Hebert, Dr. Chenier and Ms. Pursell appeared and collectively presented a report to the LSBEP on the productivity of the LSSP Committee. [...] The Committee’s work over the prior year involved revisions to the LSSP Reference form to follow the model of the revised Psychologist Reference form, conducted a review of the Early and Periodic Screening, Diagnostics and Treatment Health Services (EPSDT) Medicaid Services Manual to provide guidance to the Board in responding to LSPA’s inquiry related to changes impacting LSSP’s; meeting with Sarah Broome, La Department of Education (LDOE), to investigate and report to the LSBEP regarding responding to LDOE’s request in understanding LSSP scope of practice and actual services, including crisis intervention services, provided within a school system, including identifying CPT billing codes that may be used in a school setting;

Discussions

1. ASPPB’s PLUS Application – Ms. Monic reported that ASPPB is phasing out the PLUS Application and will no longer process PLUS applications for Louisiana after January 31, 2022.

2. Contract Update - Consideration for Amendment: Taylor, Porter, Brooks and Phillips - *WHEREAS the funding for the current contract has been exhausted due to utilization of General Counsel for legal counsel including litigation in the matter of Richard A. Marksbury, Ph.D. vs. Louisiana State Board of Examiners of Psychologists; THEREFORE BE IT RESOLVED that the terms of payment in Board’s contract for legal services with the firm of Taylor, Porter, Brooks & Phillips, LLP, be increased from \$45,000 to an amount not to exceed \$55,000 to cover the remaining period of the contract which ends on June 30, 2022.*

Dr. Martin's Team at Pennington Out with New Weight Loss Study

Dr. Corby Martin, along with colleagues and lead author Dr. Christoph Höchsmann, who is a former postdoctoral researcher in Dr. Martin's lab, have a new article, "Association Between Weight Loss, Change In Physical Activity, and Change in Quality of Life Following a Corporately Sponsored, Online Weight Loss Program," published in the journal *BMC Public Health*.

The research involved quality of life analysis and its correlation to corporate weight loss programs. His findings showed that quality of life, as assessed by self-report, increased with weight loss and was further enhanced by physical activity.

Dr. Martin is the director of both the Ingestive Behavior, Weight Management, & Health Promotion Laboratory and the Human Phenotyping Core of Pennington Biomedical's NIH-funded Nutrition Obesity Research Center (NORC). His work in the modification of health behaviors includes applied technology used to modify eating behaviors and has been used to develop smartphone applications to measure food intake, household food waste, portion control, and overall weight management.

The study involved 26,658 participants, 79% of whom were women. After 10 weeks in the online weight loss program, a quality of life index was evaluated using logistic regression analysis. The results were conclusive and found a positive correlation between weight loss and physical activity with improved quality of life.

Dr. Martin research and expertise have been used to help patients with low health literacy throughout Louisiana and to develop predictive mathematical models for weight management. He has been published in several publications for his work in obesity prevention and weight modification.

New Study Throws Doubt on Antidepressants Long Term Benefit for Major Depression

Medscape Medical News reported that a new study suggests that antidepressants do not significantly improve health-related quality of life (HRQoL) in patients battling depression. The research relied on 11 years of data using the US Medical Expenditures Panel Survey (MEPS), which tracks health service use in the U.S. The study found that, while over half of the 17.5 million adults diagnosed with depression between 2005 and 2016 were treated with antidepressants, their HRQoL was not significantly different from those who were not being treated with antidepressant medication.

"We are not saying that antidepressant medications are not helpful at all; HRQoL is only one of many measures intended to assess health outcomes," Almohammed told *Medscape Medical News*. "Based on our research design and data, we can only say that patients who used antidepressant medications did not experience better change in terms of HRQoL compared to patients who did not use antidepressant medications," he said.

Some experts note that those who receive antidepressants tend to have a lower HRQoL than those who do not, which introduces a bias that is hard to eliminate in a naturalistic study.

Stress Solutions

by Susan Andrews, PhD

Can Stress Affect the Fetus?

Some stress during pregnancy is normal, just as it is during other times of life. But if stress becomes constant, the effects on a mother and her unborn baby could be lasting.

When you're stressed, your body goes into "fight or flight" mode, sending out a burst of cortisol and other stress hormones. If you can quickly reduce your stress and move on once the source of the stress reaction has passed, your stress response will recede, and your body will go back into balance. But the kind of stress that is really damaging is the kind that doesn't let up. Sadly, most people struggling with chronic, unrelieved stress do not recognize what is happening to them. This is the stress that comes from within – from chronic high levels of anxiety and fear, the type that keeps one awake at night.

In fact, constant stress alters your body's stress management system, causing it to overreact and trigger an inflammatory response. For most of us, this may ultimately lead to chronic inflammatory-based disease. But, in a pregnant woman, the consequences of chronic and unrelieved stress are much more immediate and permanent. This was the main message of my book, *Stress Solutions for Pregnant Moms: How Breaking Free From Stress Can Boost Your Baby's Potential*.

Inflammation during a pregnancy has been linked to poorer pregnancy health, too early delivery, and subsequent developmental problems in the babies as they mature. There is data that links that higher chronic stress during pregnancy, particularly in women with poor coping skills, with lower birth weight and premature delivery. The bad news does not stop there. Often such moms have babies that are fussy, hard to comfort once they are upset and crying, and some infants even fail to thrive.

A primary reason that stress reduction during pregnancy was the key point of my book was to call attention to the dangers of chronic stress on the fetal brain and the ensuing behavioral and emotional problems of childhood that last into adulthood. The fetal brain responds to maternal chronic stress by making subtle changes in the development of the brain. These subtle changes lead to behavioral issues as the baby grows, such as ADD/ADHD, high levels of anxiety, learning differences, and even autism.

Research in this area may still be considered early; however, it has been quietly stacking up in the background. Why is it still not a major message the OB/GYN talks about to the young pregnant woman? This is an important way we can help the children of tomorrow. Psychologists and other mental health providers can contribute to the reduction of behavioral issues in children by spreading the word and teaching good coping strategies, particularly to young women.



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.

Dr. Joseph Constans Recognized for *Contributions in Psychological Science*, continued

through rigorous research and the publication of these findings.

"Dr. Constans was recently promoted to Senior Manager for Suicide Prevention within the Department of Veterans Affairs where he manages the suicide research portfolio for the Office of Research and Development," Dr. Raines said.

"Previously he served as the Associate Chief of Staff for Research at the Southeast Louisiana Veterans Health Care System where he successfully led the activation of our state-of-the-art research program following the devastation caused by Hurricane Katrina. Dr. Constans' own program of research involves understanding and modifying belief systems in trauma-exposed individuals prone to either homicidal or suicidal violence," she said.

"In his role as the Senior Manager for Suicide Prevention at the Department of Veteran Affairs, Dr. Constans is instrumental to the Office of Research and Development, where he maintains the suicide research portfolio," said Dr. Raines.

She also explained that Dr. Constans has published over 50 peer-reviewed manuscripts and book chapters, serves as an ad hoc reviewer for over 20 peer reviewed journals and has secured funding for over \$12 million in grants.

"I'm truly honored," Dr. Constans told the *Times*, "that my colleagues selected me as the recipient for the Louisiana Psychological Association 2022 *Contributions in Psychological Science* Award. The Boulder model served as the framework for my graduate education in clinical psychology, and I continue to strongly support the scientist/practitioner approach. Therefore, I am particularly grateful to have received this award."

Dr. Constans is also Clinical Professor in the Department of Psychiatry and Neurology at Tulane University School of Medicine, and a Clinical Assistant Professor in the Department of Psychiatry at Louisiana State University School of Medicine.

He is a member of the Tulane University Violence Prevention Institute (VPI), which focuses its research on violence both in the local community and across the globe. The Violence Prevention Institute mission is to be "an equity-focused hub supporting communities to foster transformative research, training, and advocacy to address systemic, structural, and interpersonal violence." Local research has shown that the prevalence of sexual assault and domestic violence in the New Orleans area needs to be addressed with research and community collaboration.

Dr. Constans is a member of both the Internal Advisory Committee at the Louisiana Clinical and Translational Science Center, whose objective is to transform the clinical and translational research efforts of our region away from the status quo, to a unified, comprehensive approach targeting the theme of "prevention, care and research of chronic diseases in the underserved population."

He also serves on the Advisory Board at Louisiana Violent Death Reporting System in the Louisiana Office of Public Health.

Dr. Contans is also the President of Louisiana Veterans Research and Education Corporation.

Dr. Constans' evidence-based methods utilized to combat anxiety disorders are rooted in Cognitive Behavioral Therapy (CBT) for which he publicly advocates. He is passionate about serving his clients and the psychological community through research and treatment. His federally-funded research program is designed to understand and treat emotional disorders, and his extensive training with some of the early pioneers of CBT, including Drs. Andrew Mathew



and Edna Foa, grant him the expertise which catalyzes this research.

In addition to his boots-on-the-ground work, Dr. Constans has been able to gather the resources needed to fund research integral to his expertise. To facilitate his research surrounding trauma-exposed individuals, where he studies the thought process behind their belief systems and strives to achieve modification in this area, Dr. Constans has procured over \$12 million in grants. This research is instrumental in preventing homicidal and suicidal violence, and his commitment to this work is evidenced in the 50-plus peer-reviewed manuscripts and book chapters he has published to date.

Working with the VA and Department of Defense, he has served as the Principal Investigator or Co-Investigator on countless studies and has been an ad hoc reviewer for over 20 peer-reviewed journals. He also has reviewed various grants funded by both the federal government and private entities.

Dr. Constans' research includes the following major areas.

• Understanding attention, judgment, and memory bias in pathological anxiety:

Constans, J. I. & Mathews, A. M. (1993). Mood and the subjective risk of future events. *Cognition and Emotion*, 7(6), 545-560.

Constans, J. I., Foa, E. B., Franklin, M. E., & Mathews, A. (1995). Memory for actual and imagined events in OC checkers. *Behaviour Research and Therapy*, 33(6), 665-671.

Constans, J. I., Penn, D. L., Ihen, G. H., & Hope, D. A. (1999). Interpretive biases for ambiguous stimuli in social anxiety. *Behaviour Research and Therapy*, 37(7), 643-651.

Peters, K., **Constans, J. I.**, & Mathews, A. (2011). Experimental modification of attribution processes. *Journal of Abnormal Psychology*, 120(1), 168-173.

• Cognitive bias and neuropsychological deficits associated with PTSD:

Cont next pg

Dr. Joseph Constans Recognized for *Contributions in Psychological Science*, continued

Constans, J. I., Foa, E. B., Franklin, M. E., & Mathews, A. (1995). *Memory for actual and imagined events in OC checkers. Behaviour Research and Therapy*, 33(6), 665-671.

Constans, J. I., Penn, D. L., Ihen, G. H., & Hope, D. A. (1999). *Interpretive biases for ambiguous stimuli in social anxiety. Behaviour Research and Therapy*, 37(7), 643-651.

Peters, K., Constans, J. I., & Mathews, A. (2011). *Experimental modification of attribution processes. Journal of Abnormal Psychology*, 120(1), 168-173.

• The prevention of death, including homicide and suicide:

Wamser-Nanney, R. A., Nanney, J. T., & Constans, J. I. (2019). PTSD Symptoms and Attitudes Towards Guns. *Journal of Interpersonal Violence*.

Wamser-Nanney, R. A., Nanney, J. T., Conrad, E., & Constans, J. I. (2019). Childhood Trauma Exposure Among Victims of Gun Violence. *Psychological Trauma: Theory, Research, and Policy*, 11(1), 99-106.

Wamser-Nanney, R., Nanney, J. T., & Constans, J. I. (2019). The Gun Behaviors and Beliefs Scale: Development of a new measure of gun behaviors and beliefs. *Psychology of Violence*, 10(2), 172–181.

Wamser-Nanney, R.A., Nanney, J.T., & Constans, J.I. Trauma Exposure and Attitudes Towards Guns. *Psychology of Violence*. Manuscript submitted for publication.

Dr. Constans told the *Times*, "When I began my professional career in the Veterans Health Administration 1993, I thought I'd last about 5 years in the organization. Now, almost 29 years later, I'm still a VA employee. Reflecting on why my prediction was so inaccurate and why I have stayed with this organization for so long, I can say that a primary reason is because of the opportunities that the VA provided me in pursuing a career as a clinician scientist," he said.

Dr. Constans specializes in the non-medical treatment of a variety of emotional disorders including Post Traumatic Stress Disorder, Panic Disorder, Obsessive-Compulsive Disorder, Social Anxiety Disorder, Generalized Anxiety Disorder, mild to moderate depression, and stress-related emotional issues.

After completing his undergraduate studies in Psychology at Louisiana State University (LSU), Dr. Constans went on to receive his M.S. at Colorado State University and a PhD in Clinical Psychology from LSU. He then completed his internship at the Medical College of Pennsylvania.

What does he view to be his most important contributions?

"There have been three phases in my career as a clinician scientist," Dr. Constans said. "For the first 15 years of my career, I investigated how biases in judgment and attention served as causative or maintaining factors for psychopathology, particularly posttraumatic stress disorder.

"In the second phase, beginning approximately 10 years ago, my focus evolved from studying the sequelae of trauma to one that is concerned with prevention. My interests became and remain the prevention of suicide and homicide with a particular emphasis in understanding how beliefs and behaviors surrounding firearms contributes to violent death," he said.

"The third part of my career was and is as an administrator for scientific endeavors. I served as the Associate Chief of Staff for Research at the New Orleans VAMC from approximately a year after Hurricane Katrina until October of 2021. In this administrative position, I was able to advance and grow the scientific mission in our healthcare facility, and hopefully during this time, I served as a particularly strong advocate for psychological science," he said.

"Now, I working for Office of Research and Development in VA's Central Office, developing and managing the suicide prevention research portfolio, allowing me to assist in the advancement of psychological science to address an important public health issue," Dr. Constans said.

Dr. Joseph Constans, clinical psychologist and Senior Manager for Suicide Prevention within the Department of Veterans Affairs, has been recognized by the Louisiana Psychological Association for the 2022 Contributions in Psychological Science Award. (courtesy photo)



Dr. Cohen's Newest Research in Top APS Journal *Clinical Psychological Science*, continued

advocacy and political groups, business, government regulators, law enforcement and above all, people from the communities we are serving," he said.

"Finding ways to cooperate and overcome the inevitable 'tower of babel' problem between these groups, in my opinion, is essential to solving many of the big problems that we face right now. Who else is trained so effectively in bringing people together? I think psychology can occupy a central role in coordinating these efforts."

What does he think are the major and most important findings of this new study? "We were trying to use objective vocal data to predict personality traits associated with psychosis risk," Dr. Cohen said. "Given the nature of our data, we used supervised machine learning. Our models were highly accurate, generally 85% or so in classifying people with versus without the traits.

"More importantly, we were exploring how this kind of model building should be done, and this problem extends well beyond psychosis risk research. Our models didn't actually predict personality traits or psychosis risk, but rather, people's report on 'gold-standard' self-report scales. Predicting psychosis risk and predicting scores from a gold-standard measure are not the same, and our secondary analyses speak to this.

"Generally speaking, 'gold standard' measures are good enough for many purposes in psychology. If the goal is highly accurate prediction using objective data however, our measures are often inadequate. This is an unrecognized obstacle to implementing predictive analytics into psychology," Dr. Cohen said.

This most recent work was a collaboration with the LSU Department of Psychology, the LSU Center for Computation and Technology, the Department of Psychiatry at University of Utah, and Department of Psychology at University of Central Florida.

Dr. Cohen worked with Dr. Christopher Cox on this project, an Assistant Professor of Psychology at LSU. Dr. Cox is involved in various research endeavors, including focusing on experimental machine learning tools, exploring the context sensitivity of semantic knowledge, building computational models of reading.

What was it like collaborating with Dr. Cox? "Dr. Cox is one of the most thoughtful people I have had the pleasure to work with," said Dr. Cohen. "He is extremely bright and methodical, and cares deeply about students and learning. He seems to operate on a higher level of consciousness than most, and it wouldn't surprise me if he sees the



world in streams of binary data like Neo from the *Matrix* movies."

Dr. Cohen is also an adjunct professor at Pennington Biomedical Research Center and LSU Health Sciences, where he manages a team of doctoral students and graduate assistants. His current research projects focus on understanding and helping those with severe mental illness, notably schizophrenia, and those at risk of developing various psychotic-spectrum disorders.

Dr. Cohen's current research projects are multi-tiered. He is currently working on a project that involves adapting biobehavioral technologies for use in assessing mental well-being. This project involves a highly constructed collaboration between industry and academia and uses "Big Data" methods to measure and predict cognitive, affective, and behavioral states in those with serious mental illness.

A few years ago, LSU helped Dr. Cohen and some of his colleagues to commercialize his technologies for "digital phenotyping."

"Digital phenotyping involves quantifying aspects of mental health using complex, objective data streams," he said. "In our case, these data are from automated language, facial, vocal, location and movement analysis from a smart phone. Since then, we have created an app using these technologies to support clinical trials. We are starting to explore digital phenotyping to support clinical management of patients with serious mental illness, and I am proud to have

community partners in Baton Rouge for this. The methods used in our clinical psychological science paper were central in advancing these technologies."

Dr. Cohen is in collaboration with an international consortium involved in researching the links between disturbances in natural speech and symptoms of mental illness and genomics. Pattern recognition and advanced machine learning are being utilized in this research.

In addition to these projects, he facilitates research investigating how emotion, cognition, motivation, and social functions in those predisposed for developing serious mental illness and those already combating serious mental illness. This project uses "small data" and basic psychological science methods are used, including self-report, behavioral and electrophysiological measures, and performance measures.

Dr. Cohen has been working for nearly 20 years on these innovations, and explains that with the help of many colleagues, "... we are getting closer – though this process has been anything but time efficient."

"What I have found is that digital data and symptoms ratings rarely agree," he said. "Using machine learning, one can engineer solutions that show impressive agreement in one setting, but they don't generalize. What is considered flat and unresponsive speech in one setting by one group of people is considered unremarkable in another setting for other people. That is one major thing we found in the CPS paper, and have replicated in a number of other studies."

Dr. Cohen's Newest Research in Top APS Journal *Clinical Psychological Science*, continued

"Why don't they agree? Are clinicians wrong? Are digital technologies missing a critical human element? The answer is, of course, both. So we are trying to develop methods for optimizing and evaluating these digital technologies. This field is huge right now, but I am afraid many of the solutions being proposed are superficial and will fade quickly. I think my colleagues and I are in a unique position to advance this field."

Some of Dr. Cohen's recent work helps to explain these complexities.

• Cohen, A. S., Rodriguez, Zachary Warren, K. K., Cowan, T. M., Masucci, M. M., Granrud, Ole Edvard Holmlund, Terje B Chandler, C., Foltz, P. W., & Strauss, Gregory, P. (2022). Natural Language Processing and Psychosis: On The Need for Comprehensive Psychometric Evaluation. *Schizophrenia Bulletin*, In Press.

"Evaluation of digital measures falls far short of what is expected of most psychological tests," Dr. Cohen said. "This is part of a themed issue Brita Elvevåg and I are finalizing for the journal *Schizophrenia Bulletin*."

• Cohen, A. S., Cox, C. R., Tucker, R. P., Mitchell, K. R., Schwartz, E. K., Le, T. P., Foltz, P. W., Holmlund, T. B., & Elvevåg, B. (2021). Validating Biobehavioral Technologies for Use in Clinical Psychiatry. *Frontiers in*

Psychiatry, 12. <https://doi.org/10.3389/fpsyt.2021.503323>

"In this paper," he said, "we compare evaluation of objective measures in other areas of science (e.g., physics, computer sciences, engineering) to that of psychology. There are some critical differences, particularly surrounding how 'resolution' is handled. The upshot is that psychology should do a better job of defining exactly when, where and how a phenomenon is occurring. . . at least with respect to validating objective measures."

• Cohen, A. S., Schwartz, E., Le, T. P., Cowan, T., Kirkpatrick, B., Raugh, I. M., & Strauss, G. P. (2021). Digital phenotyping of negative symptoms: the relationship to clinician ratings. *Schizophrenia Bulletin*, 47(1), 44-53. <https://doi.org/10.1093/schbul/sbaa065>

"In this paper, we demonstrate how objective technologies often disagree with what a clinician says. We attempt to unpack why that is – with the idea that neither is inherently wrong. Rather, they are looking a different phenomenon," he said.

• Cohen, A. S., Cowan, T., Le, T. P., Schwartz, E. K., Kirkpatrick, B., Raugh, I. M., Chapman, H. C., & Strauss, G. P. (2020). Ambulatory digital phenotyping of

blunted affect and alogia using objective facial and vocal analysis: Proof of concept. *Schizophrenia Research*, 220, 141–146. <https://doi.org/10.1016/j.schres.2020.03.043>

"In this paper, we evaluate a method of evaluating aspects of psychosis using smart phone technologies. We are currently trying to implement these technologies with Capitol Area Human Services District —though, in early stages."

Besides pushing the boundaries of what clinical science can do in measuring symptoms of serious mental illness, what was the most enjoyable thing for about the work for Dr. Cohen?

"This is a necessarily multidisciplinary endeavor, and I really enjoy being challenged by my students and colleagues. When trying to objectify aspects of mental illness, we need to be very mindful of the role that demographics, culture and other individual differences play. I am blessed to have a network of colleagues from a variety of walks of life that can help challenge us to create culturally appropriate, and ultimately better, measures."

Dr. Alex Cohen's newest publication is "High Predictive Accuracy of Negative Schizotypy with Acoustic Measures," published recently in the flagship clinical journal, Clinical Psychological Science. He is widely recognized for his work using automated computerized analysis of behavior and has been featured in top psychology and psychiatry journals.

Dr. Cohen (R) said, "I think we are pushing the boundaries of what clinical science can do in measuring symptoms of serious mental illness."





The Psychology Times' BOOKSHELF

Who's Writing What?

More Bedtime Stories from the Barn

Beverly Stubblefield, PhD
Illustrated by Frances Espanol

Dr. Beverly Stubblefield has produced another delightful book based on her experiences in animal-assisted psychotherapy and her years of running The Equestrian Therapy Center in Slidell, *More Bedtime Stories from the Barn*.

Stubblefield again blends psychological elements, endearing characters, and faith-based approach to life and its challenges in this second offering of her series. Like the first book, *More Bedtime Stories from the Barn* is designed to be used with children and their parents.

This new collection of tales from the barn are engaging stories, clearly written with clever dialogue between the characters, and with Stubblefield's signature psychological and moral message straightforwardly communicated.

Stubblefield directly and often courageously lays out the psychological and spiritual elements of life—loss, fear, trust, disability, anger and more. Through her characters—the horses, children, and the adults—she blends an array of psychological and spiritual topics and messages.

The stories are sweet and tender. Children will find them engaging and the multi layers will have meaning to the parents. The stories can be surprising, probably because they are based on real-life events that Stubblefield encountered in her practice. What can be a little unexpected is the poignancy of many of the stories, which also likely stems from the fact that the Center involved real people in difficult times in their lives.

The illustrations are beautiful and complement the text in a way that youngsters will surely embrace.

From the introduction Dr. Stubblefield writes:

"As in the first book of BEDTIME STORIES FROM THE BARN, the horses at the Equestrian Therapy Center continue to talk with each other about their many experiences in MORE BEDTIME STORIES FROM THE BARN. Aunt Bev, JR, Roanie, Skeeter, and the other horses talk about lessons learned from horse shows, Christmas activities, and trips to Short Oaks Farm. Aunt Bev even tells a story about daring adventure!

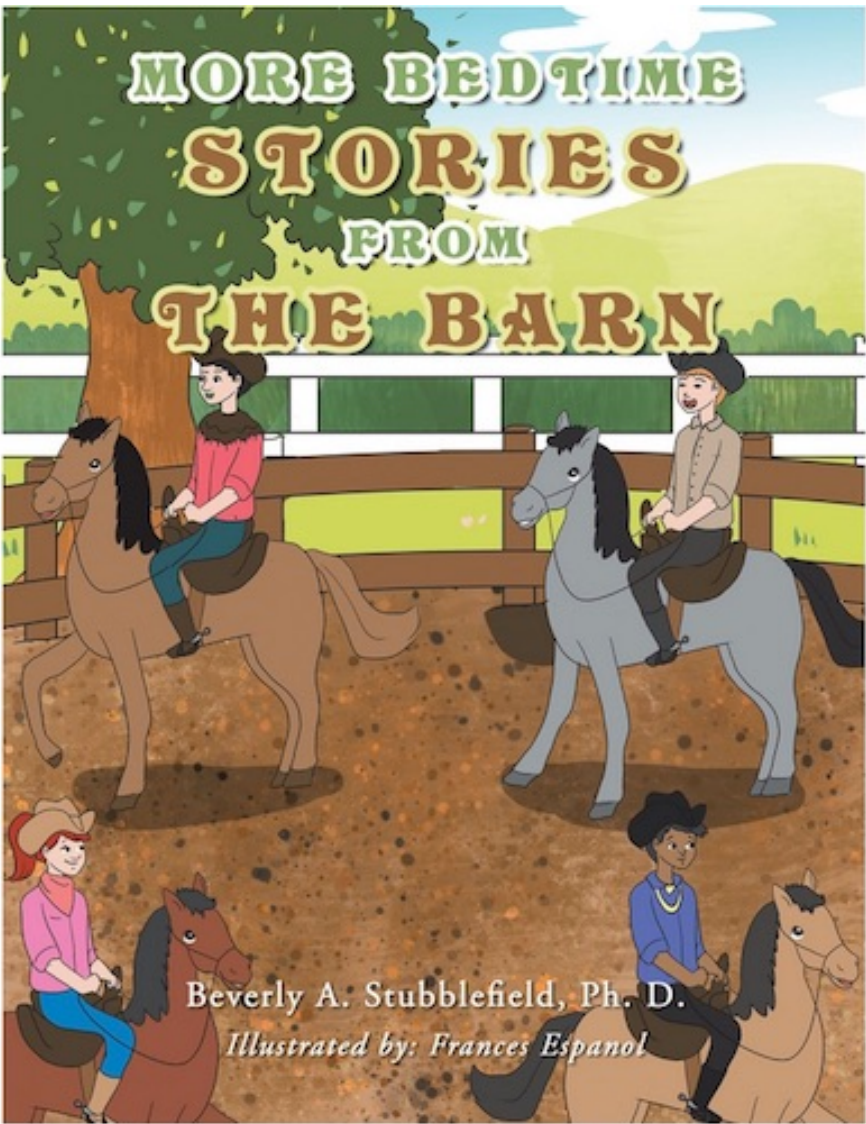
"Parents and caretakers of children ages six to twelve are to read these stories nightly to encourage bonding and emotional security, to teach coping strategies for life, and to promote sweet dreams. Additionally, many of these stories provide psychological insights as well as Biblical truths.

" 'Just ask the animals, and they will teach you.' Job 12:7."

More Bedtime Stories from the Barn is organized into three sections. The first section is Bedtime Stories from the Barn at the Horse Show. This section includes stories on "Competition," "Anger," "The Missing Saddle," and "The Last Show."

The next section is Stories from the Barn at Christmas. This section includes "Living Nativity," "Christmas Decorations," and "A Christmas Surprise."

The final section, Stories from the Barn at Short Oaks Farm, includes a variety of themes starting with, "The Basketball Game," "Surefooted," and concluding with "Good Friday."



Stubblefield's philosophy and joy in horses is always evident throughout this new addition to her children's books. She ends the "Good Friday" story celebrating nature and life.

"The beautiful births of the two foals reminded Aunt Bev of God's creation in Genesis 1:24: 'Then God said, let the earth produce every sort of animal.' And that is what happened. And God saw that it was good. 'God gave the horse its strength and clothes its neck with a flowing mane.' Job 39:19)

"The horse is truly majestic and magnificent," she writes. "Everyone stood in amazement watching the two mares care for their new babies in the glow of the full moon. It truly was a Good Friday."

In all of her work, Dr. Stubblefield explains that parents are to read the stories, listen to the children's comments and questions, explore the true meaning of the bedtime stories, and provide understanding and guidance. In addition to Scripture references, psychological principles and techniques are provided in her parents' guide to help both the adults and children learn effective coping skills to deal with today's issues. In book 1, a glossary of "horse" words is included to better understand the horses' world the stories tell about. The parents' guide will also be a resource for family therapists to give to their clients to facilitate the therapeutic process at home, explained Dr. Stubblefield.

Inspired by the Equine Assisted Growth and Learning Association, Dr. Stubblefield opened The Equestrian Therapy Center of Slidell, Louisiana, in the aftermath of hurricane Katrina. Equine assisted psychotherapy helped children and their families overcome fear and anxiety resulting from the hurricane. Her innovation of using horses in the treatment of emotional and behavioral disorders won the New Orleans City Business Innovator award in 2007.

"In Equine Assisted Psychotherapy," she previously explained, "horses are used in a similar fashion as in play therapy to improve patients' well-being and lifestyle functioning." And she noted, "This type of therapy tends to effect behavior change more rapidly than more traditional forms of psychotherapy." According to Dr. Stubblefield, the therapeutic mechanism includes the fact that horses are large animals and some patients may not be comfortable around them initially. "If you can control an 800-pound horse," said Dr. Stubblefield, "you can accomplish anything!"

Dr. Stubblefield received her PhD in Clinical Psychology from the University of Mississippi. She also holds a Diploma in Biblical Studies from Samford University. After 30 years of clinical practice, Dr. Stubblefield is now retired and living with her husband Burt Kemp in rural North Mississippi, where she continues to enjoy writing, riding horses, and playing the organ for church.

A Shrink at the Flicks

Cyrano A Review

by Alvin G. Burstein, PhD

The heroic comedy *Cyrano de Bergerac*, written by Edmond Rostand in 1897, has had a remarkable impact. Coquelin starred in the original 1897 stage version at Theatre de la Port Saint-Martin in Paris. His performance was a triumph; the audience applauded for over an hour after the final curtain. The enthusiasm led to a year-long run for the play, and then beginning in 1900, ten subsequent movie versions, the first of which also starred Coquelin .

Anna Freud has been quoted as saying that, because of its focus on altruism, selfless devotion to others, the play was her favorite drama. I don't have any knowledge of her father's view of Rostand's play, but the phenomenon of altruism got its first formal study in psychoanalytic circles in a 1912 paper by Sabina Spielrein, one of the first women psychoanalysts; her view was that love of another, because it is not self-centered, has a masochistic element. Freud acknowledged that Spielrein's paper led him to a major revision of his theories: the introduction of a death instinct in balance with the life instinct of Eros.

The most recent version of Rostand's play is the 2021 musical romantic drama film, *Cyrano*, directed by Joe Wright and adapted from Rostand's play by Erica Schmidt. Cyrano is played by Peter Drinklage and his beloved Roxanne by Haley Bennett.

The basic plot echoes its original. The beautiful Roxanne is loved from afar by a Cyrano who is a gifted author and a swordsman to be feared but who sees himself as too ugly to be loveable. Roxanne falls in love with Christian de Neuville, handsome but inarticulate, on the eve of his joining Cyrano's troop of musketeers. Roxanne, who has known Cyrano from childhood, begs Cyrano to be Christian's mentor and protector.

Guest Columnist,
Dr. Alvin Burstein

Burstein, a psychologist and psychoanalyst, is a professor emeritus at the University of Tennessee and a faculty member of the New Orleans-Birmingham Psychoanalytic Center with numerous scholarly works to his credit. He is also a member of Inklings, a Mandeville critique group that meets weekly to review its members' imaginative writings. Burstein has published flash fiction and autobiographical pieces in e-zines;

The Owl, his first novelette, is available at Amazon. He is, in addition to being a movie fan, a committed Francophile, unsurprisingly a lover of fine cheese and wine, and an unrepentant cruciverbalist.



courtesy photo



Cyrano stage manages Christian's courtship, arranging a hasty marriage that frustrates the effort of the regiment's commander to win Roxanne. The enraged commander orders his men to the front in an ongoing war. On the eve of a final battle, Cyrano ghost-writes a farewell to Roxanne. When Christian dies in the battle, Cyrano leaves the letter on his compatriot's body and it finds its way to his widow, Roxanne. Grief stricken, she consigns herself to a convent, where for three years, Cyrano pays her a weekly visit. Fatally injured in an assassination attempt, Cyrano makes a final visit to Roxanne, reminding her of her promise to let him read the farewell purportedly written by Christian. When as night falls, he continues to read the letter aloud in darkness, Roxanne realizes he, not Christian is its author, and, as Cyrano dies, she announces her love for him: "I have loved but one man in my life, and I have lost him twice."

This latest revision of the story is recast as a musical, complete with intricate and complex song and dance scenes. Though they provide a gauzy, surreal element, they also blunt the intensity of the story's tragic elements. The film also seems to be a response to the movie industry's current concerns about lack of inclusiveness. The members of Cyrano's troop are racially diverse. And two of the central characters, Christian and Le Bret, Cyrano's boon companion, are persons of color. Drinklage, who plays Cyrano, is a dwarf. His achondroplasia replaces the focus on the large nose sported by Cyrano's real life original and represented, sometimes exaggerated, in all the preceding versions of Rostand's play. I found myself wondering whether Anna Freud's focus on altruism might be blurred by a secondary focus on wokeness.

Previous versions focused on Cyrano's white plume. In Rostand's original French, the word for white plume is *panache*. Panache has multiple meanings in French: in addition to referring to a feathered adornment, it can mean *style*, referring to clothing or modes of behavior. So in his dying words in earlier versions, Cyrano's focus on his white plume can be a reference to the role he chose to play. Drinklage's dying Cryrano talks about pride, not about his white plume.

Nevertheless, in those final moments, as Cyrano died and Roxanne's loss was doubled, tears came to my eyes.

10 Years Ago ... What *The Psychology Times* was reporting on in June 2012



Psychology board at April 18, 2012 public meeting. L to R: Dr. Marc Zimmermann, Ms. Kelly Parker, Drs. Tony Young, Rita Culross, and John Courtney.

Debates End in Resolution for Study Group **Opponents Fend Off LSBEP Attempt to Regulate BAs**

A series of bills authored by Senator Dan Claitor on behalf of the Louisiana State Board of Examiners of Psychologists (LSBEP) came to an end on May 1 when the Senate voted to send the measure back to committee. The bill would have placed Behavior Analysts under the psychology board.

UNO’s Dr. Laird Looks at Family To Improve Teen Driver Safety

In February, 2012, Dr. Robert Laird, associate professor at the University of New Orleans (UNO) earned a \$515,000 grant from the W. T. Grant Foundation to study teen drivers and parent-adolescent interactions within the family. The UNO research team will look at the interactions regarding rules and regulations, among other factors, to learn what families can do to improve teen driving safety. Motor vehicle accidents are a leading cause of death for teens.

Plan to Merge LSUS with LaTech is Abandoned

House Bill 964, a measure to move LSUS from the LSU System to the University of Louisiana System, and merge it with LaTech, was abandoned. Author Rep. Jim Fannin had to shelve his bill because he could not gather the supermajority of votes needed for it to pass. Instead of the merger a resolution for the “LSU-Shreveport Commitment Plan,” was passed. The measure calls for new strategies such as new degree programs and more on-line teaching, but some are skeptical that the resolution will be enough to help, according to several reports.

Times’ Request for 251 Memo Rejected Again by LSBEP

In the most recent of an on-going series of attempts to obtain more details about the psychology board’s actions, or the reasons they did not act, when formally alerted to Act 251, the *Times* has again been denied a memo discussed during the two key meetings.

LSPA and LPA Respond **School Psychologist's Tweets Draw Sharp Criticisms**

A Jefferson Parish school psychologist, Mr. Mark Traina, drew strong criticism from a number of sources for his comments on Twitter and NOLA.com. In a May 22, 2012, WDSU News broadcast, reporters showed Traina’s post on Twitter. The post was, “Two additional suspects arrested in murder of 11-year-old Harvey boy: Angry young Black Males with no respect for life! Destroying the U.S.” Another post on Twitter was shown, “Young Black Thugs who won’t follow the law need to be put down not incarcerated. Put down, like the dogs they are.”

Pennington’s Dr. Tiffany Stewart Wins \$2.3 Million NIH Grant To Study Health of Female Athletes

Pennington Biomedical Research Center has been awarded a five-year, \$2.3 million grant by the National Institutes of Health (NIH) to investigate a program designed to improve the health and well-being of female collegiate athletes. Dr. Tiffany Stewart is the Contact Principle Investigator and Director of the Behavior Technology Laboratory.

BOOKSHELF
***Stress Solutions for Pregnant
MOMS: How Breaking Free from
Stress Can Boost Your Baby’s
Potential, by Susan Andrews, PhD***

Dr. Susan Andrews has written an essential guide for the pregnant mom about stress and her developing baby. Dr. Andrews, a New Orleans psychologist, neuropsychologist, and researcher, has captured the essence of a major societal problem and turned the spotlight on it. She draws from theory, research, and application, as well as her own extensive experience, to create this engaging self-help book with an eminently important message: The modern woman who is growing a new child must be aware of and in control of her stress level.

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