



Adobe

Board Publishes New Rules

After dismissing any significant changes suggested by the community members given at the December 16, 2022 public feedback meeting, the Louisiana State Board of Examiners of Psychologists has gone forward and finalized almost 19,000 words of new regulations published in the April *Louisiana Register*.

The most dramatic change may be the creation of a new registration category for assistants to psychologists, including new rules and regulations on how these assistants must be supervised.

In Chapter 11, Supervision of Assistants to Psychologists, the new rules note: "An assistant registered under the provisions of this Chapter shall utilize the title 'assistant to a psychologist' also referred to as 'ATAP' only within the context of their employment with a licensed psychologist or their employment within an agency

or hospital while under the direct supervision of a licensed psychologist; [...]

"An ATAP providing psychological services must be under the general and continuing professional supervision of a licensed psychologist. In order to maintain ultimate legal and professional responsibility for the welfare of every client, the supervisor must be vested with functional authority over the psychological services provided by an ATAP.

"Upon, or pending, employment of an ATAP, but prior to assisting in psychological duties, the Supervising Psychologist shall submit a complete application for initial registration, required registration fee, and documentation on such form and in such manner as may be prescribed by the board to demonstrate that the registrant meets all of the following criteria: [...]"

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Psychological Scientists Present at Southwestern, Southeastern Psych Association Annual Conventions

The Southwestern Psychological Association (SWPA) annual convention was held at the Embassy Suites in Frisco, Texas, March 31 - April 2, and the Southeastern Psychological Association (SEPA) held its 69th Annual meeting at the Sheraton in New Orleans from April 5 - 8, 2023. Both hosted numerous psychological scientists, researchers and students from around the state.

SWPA featured invited speaker, Dr. Janelle McDaniel, University of Louisiana – Monroe. Dr. McDaniel provided a presentation on, "Changing Demographics in Higher Education

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Dr. Phillips Resigns as Head of La Department of Health

Last month Gov. Edwards announced that Louisiana Department of Health (LDH) Secretary, Dr. Courtney N. Phillips, had submitted her resignation, effective April 6, 2023.

LDH Director of Legal, Audit and Regulatory Affairs, Stephen Russo, who has served LDH for 27 years and as executive

counsel since 2008, will serve as secretary upon Sec. Phillips' resignation, according to the announcement.

"Secretary Phillips is one of the hardest working, most capable, and most accomplished people I've ever met," said Gov. Edwards. "During the COVID-19 pandemic, her decisive and

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Legislature Churning Away; Gov. Makes Remarks and Presents His Bill Package

On April 10 Gov. Edwards made remarks to open the 2023 Regular Session. As prepared for delivery, he noted that in this final year of his second term, the work is far from over.

"When I took office in 2016, the state had a \$1 billion dollar budget deficit to close out that fiscal year and a \$2 billion deficit for the following year," said the Gov. "It took numerous special sessions and a lot of bipartisanship, but we were able to navigate a balanced approach with no gimmicks and no one-time money spent on recurring expenditures. [...]"

"Ever since my administration was fully responsible for the budget, FY 17, we've run surpluses. Because of those surpluses, the

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Editorial Page – Opinions

Mother's Day

by J. Nelson

I was recently contacted by an organization of women in journalism who wanted me to join. From their pitch, they intend to engage in political advocacy. I declined of course, but it got me thinking about the fading purity of values, especially in the field of journalism.

My mother and father both earned LSU journalism degrees and after they died I inherited a marvelously helpful introductory textbook, *Exploring Journalism*, by Wolseley and Campbell. This 1943 time-machine of a book captures part of the golden age of the Press in the US. The authors even have a section titled, "Reporters as psychologists," where they say, "Good reporters are good social and applied psychologists."

By happy luck, I discovered that my mother, ordinarily reluctant to express her ideas (or just overshadowed by my extraverted father), had scribbled her thoughts in the margins. So I was given the chance, like a message in a bottle, to understand just a bit about what she thought about being a good journalist.

She jotted down these necessary traits for the career: "... good English, resourceful, aggressive, spelling, accurate observer, knowledge and grasp of the English language, interest in people, visual senses, ability to stand your convictions, mental physical stamina, clear thinking, seeker after truth."

She wrote, "not a moneymaking profession particularly," and would be "...a lot of hard work," which obviously did not scare her off. She put a big check by the section on small, weekly papers.

Wolseley and Campbell did not scare her off either with their candid section on, "Women in journalism," since she placed a big checkmark by that, also.



"Young women interested in journalism often receive little encouragement," they wrote. "If they are realists, they will note that the fourth estate is a man's world" and, "a woman usually has to be much abler than a man to succeed."

Wolseley and Campbell also wrote—"Promotion of any private interest contrary to the general welfare for whatever reason is not compatible with honest journalism. Partisanship and editorial comment which knowingly departs from the truth does violence to the best spirit of American journalism."

I am persuaded that journalists of this type are increasingly a thing of the past. But my mother, and my father, were a couple of real McCoys.

My mother responded to the national climate during WWII, by moving to Washington DC and working in the Bureau of Naval Personnel, Chaplain's Division, Pentagon. At the end of the war, she returned home to study at LSU, and settled down with my father to publish the *Coushatta Citizen*. While raising a family, she helped build the *Citizen* into a publication of journalistic excellence and social conscience when it was thrust into the national spotlight during the Civil Rights era in the 60s.

My mother was a quiet, intelligent and steadying force behind her challenging husband. She helped Dad write the catalytic editorial, "Against the Fall of Night," that confronted the Klan's secretive strategies in Red River Parish, and set off a train of events, including involvement of the FBI and threats to the Nelson family. These journalistic efforts culminated in the *Citizen* winning the Louisiana Press Association's first place award for Freedom of Information over several years, as well as a national second place, and an informal Honorable Mention from the Pulitzer Prize panel.

Loyal—and tolerant—my mother possessed a patient, gentle wisdom that she expressed quietly to those who knew her well. She was the wind beneath my father's wings, a real woman in journalism.

Happy Mother's Day to all the moms out there.

[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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Dr. Phillips Resigns as Head of La Depart of Health, continued

thoughtful leadership saved lives. She spearheaded our response as we established an unprecedented mass testing program and innovative vaccine rollout and distribution program. Remarkably, she didn't let the response to the COVID-19 emergency stop LDH from making progress on other important initiatives, like our work to improve health equity, address maternal mortality, and expand access to critical health services. I have no doubt she will continue her dedication to service in this next chapter for her and her family," said Gov. Edwards.

"I'm a big believer in public service," Sec. Phillips said, "so the opportunity to return to my home state and give back in such a meaningful way at such a critical time is something that will stay with me for the rest of my career," said Sec. Phillips. "There's a great deal to be proud of as the head of LDH, but the intentional effort that went into equitably rolling out the COVID-19 vaccines and ultimately saving thousands of lives ranks among my top accomplishments. I want to thank Governor Edwards for his leadership and all LDH team members, the Louisiana legislature and the entire healthcare system of Louisiana for their support and partnership over the past three years."

According to the announcement, Phillips, who had previously led two state health and human services agencies in Nebraska and Texas, was named LDH secretary in April 2020, at the height of the COVID-19 pandemic. She guided the agency through unprecedented challenge, overseeing LDH's responses to the COVID-19 pandemic and Hurricanes Laura and Ida, but also led proactive efforts to strengthen the pipeline for a more diverse healthcare workforce; expand access to critical health services, including a suite of additional behavioral health services, the extension of dental benefits to adults with intellectual/developmental disabilities, the expansion of postpartum Medicaid coverage from six weeks to one year, and a focus on preventative screenings and services; and develop and implement a new, more sustainable payment model for hospitals, dental providers and ambulance providers.

Also according to the announcement, Phillips led the successful development and implementation of LDH Business Plans in FY22 and FY23 and the Department's commitments, priorities and measurable goals on a range of health issues, including maternal health, behavioral health and chronic diseases.

Gov. Edwards Makes Appointments

On April 10, the Gov. announced several appointments, including:

Ms. Amanda Brunson of Baton Rouge was appointed to the Children's Cabinet Advisory Board. Ms. Brunson is assistant secretary of child welfare for the Department of Children and Family Services.

Ms. Krystle H. Mitchell of Slidell was appointed to the Children's Cabinet Advisory Board. Ms. Mitchell is interim executive director at the Louisiana Alliance of Children's Advocacy Centers in Covington. She will represent LA Children's Advocacy Centers.

Ms. Reshonn A. Saul of Vacherie was appointed to the Children's Cabinet Advisory Board. Ms. Saul is the assistance program manager for FINS (Families in Need of Services) with the Louisiana Supreme Court. She will represent the LA Families in Need of Services Association.

Ms. Cheri A. Crain of Zachary was appointed to the Louisiana Developmental Disabilities Council. Ms. Crain is a compliance and planning manager with the Governor's Office of Elderly Affairs. She will represent the Governor's Office of Elderly Affairs.

Ms. Julie F. Hagan of Springfield was appointed to the Louisiana Developmental Disabilities Council. Ms. Hagan is director

of the Office for Citizens with Developmental Disabilities. She will represent the Office for Citizens with Developmental Disabilities.

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

Other recent appointments included: Ms. Doris G. Brown of Baton Rouge was appointed to the Louisiana Department of Health, and will serve as the assistant secretary of the Office of Public Health.

Torrie T. Harris, Dr.P.H., of Baton Rouge was appointed to the La Department of Health. Dr. Harris will serve as the assistant secretary of the Office on Women's Health and Community Health.

Mr. Louis P. Lipinski Jr. of Greenwell Springs, Ms. Danielle G. Rhodes of Houma, and Mr. Thomas G. Mungall of Baton Rouge were appointed to the Louisiana Licensed Professional Vocational Rehabilitation Counselors Board of Examiners. Mr. Lipinski is the owner of Lipinski & Associates LLC. Ms. Rhodes is a co-owner and vocational rehabilitation counselor with Bailey McCaffery LLC. Mr. Mungall is a vocational rehabilitation counselor at Thomas G. Mungall, LRC.



State & National News

APA Speaks Out on Confidentiality and Reproductive Decisions

Representatives of the American Psychological Association passed a "Resolution on confidentiality and reproductive health" in February 2023.

According to the statements put forth by the APA representatives, the resolution affirms that a psychologist's allegiance to the ethics code should be given utmost attention when psychologists are faced with an ethical conflicts regarding law of disclosure and confidential information about sexual and reproductive health.

In the resolution officials noted the following:

"WHEREAS psychologists must be able to speak freely with their patients, and patients must know they have confidentiality when speaking with their psychologists, a concept recognized by U.S. Attorney General Merrick B. Garland in asserting that, despite the U.S. Supreme Court’s overturning of Roe v. Wade, “under fundamental First Amendment principles, individuals must remain free to inform and counsel each other about the reproductive care that is available in other states;" and

"WHEREAS Standard 4.01 of the APA Ethical Principles of Psychologists and Code of Conduct (Ethics Code) states that psychologists have a “primary obligation... to protect confidential information”; [...]

"WHEREAS the Ethics Code does not require that a psychologist follow the law when a conflict arises between the law and the Code, but instead allows “each psychologist [to]. . . weigh the consequences of their decision when navigating these [reproductive justice] issues and attempt to resolve the conflict in ways that are consistent with the APA Ethics Code based on their own circumstances” [...]

THEREFORE, BE IT RESOLVED that the APA that the American Psychological Association, in accordance with the APA policy on reproductive rights, and human rights, affirms that a psychologist’s allegiance to the Ethics Code, including ethical standards related to patient confidentiality, should be given the utmost attention and significance especially when psychologists are faced with ethical conflicts with a law requiring the disclosure of confidential information regarding sexual and reproductive health, including birth control; fertility treatment; contemplating, seeking, or having had an abortion; and related issues.

The report is available at www.apa.org/about/policy/resolution-confidentiality-reproductive-health.

FAQ at <https://www.apa.org/ethics/reproductive-rights.pdf>.



Folita

Tulane University Names Acclaimed Psychologist Anita Raj as Executive Director of Newcomb Institute

by Roger Dunaway
Tulane News

Anita Raj, PhD, a distinguished scholar and research scientist trained in developmental psychology and public health with a multi-disciplinary research focus on gender equity in global health and development, has accepted the appointment as the new executive director of Tulane University’s Newcomb Institute, effective July 1, 2023.

A native of Jackson, Mississippi, Raj comes to Tulane from the University of California San Diego, where she is an inaugural Tata Chancellor Professor of Society and Health and founding director of the Center on Gender, Equity and Health. She holds joint faculty appointments in the School of Medicine and School of Social Sciences.

Her research, including epidemiologic and intervention studies, focuses on sexual and reproductive health, maternal and child health, women’s empowerment and gender inequalities, including gender-based violence and child marriage. Raj has approximately 300 peer-reviewed publications. Her work has been featured in major media outlets in the United States, the United Kingdom and India.

“I look forward to connecting with the students, faculty, the local community and our alumni to learn what issues they want to see Newcomb address in our changing world.”

In a joint message announcing the appointment, Tulane President Michael A. Fitts and Provost Robin Forman hailed Raj as an innovative leader, author, researcher and voice for racial and gender inequalities, violence prevention and public health initiatives. Raj will also serve as the Nancy Reeves Dreux Endowed Chair at the Tulane School of Public Health and Tropical Medicine.

“I could not be more thrilled to be at Newcomb. It is like coming home,” said Raj, who enrolled in Newcomb College as a 16-year-old student in 1987 before earning a bachelor’s degree in biology from Mississippi College in 1991. “We are already planning new cross-campus collaborative research focused on violence and mental health in Louisiana. I look forward to connecting with

the students, faculty, the local community and our alumni to learn what issues they want to see Newcomb address in our changing world.”

At UCSD Raj created and led the EMERGE platform, which provides open access to evidence-based measures on gender equality and empowerment for tracking progress toward Sustainable Development Goal 5, one of 17 Sustainable Development Goals established by the United Nations in 2015 as part of its “blueprint for peace and prosperity for people and the planet.” She also created and led the California Study on Violent Experiences (CalVEX), which involves state-wide survey research and supportive qualitative data on violence and health in California. She will be bringing this work to the Newcomb Institute and expanding its focus to Louisiana.

Raj has served as an advisor to UN Women, a United Nations entity working for gender equality and the empowerment of women. She has also served as an advisor for UNICEF, the World Health Organization, the Bill and Melinda Gates Foundation and the David and Lucille Packard Foundation. She spoke at the UN General Assembly on the issue of child marriage and serves as advisor and grantee to Blue Shield of California Foundation and Kaiser Permanente on matters of social and health policies for California, based on the work of CalVEX.

Recognized as a top leader in research on women and girls’ empowerment for achievement of global and national health and development, Raj helped spearhead two groundbreaking journal special issues on Gender Equality and Health in 2019 for the Lancet and for Social Science and Medicine-Population Health. She is currently co-leading, with scholars from the National Institutes of Health, a special issue of Social Science and Medicine on structural sexism and health. Raj is also co-chair of the National Academy of Science, Engineering and Medicine’s pioneering committee on Women’s Empowerment, Population Dynamics and Socioeconomic Development.

A Large Share of Americans Say Country is in Decline, a PEW Research Study Finds

In a research study conducted by PEW, Americans are pessimistic about the current and future state of the country. The vast majority expressed dissatisfaction with the economy and overall national conditions. "And when they look toward the not-too-distant future, they see a country that in many respects will be worse than it is today," concluded a new Pew Research Center survey, reported by Andrew Daniller on April 24.

The majority of adults say that in 2050, "the U.S. economy will be weaker, the United States will be less important in the world, political divisions will be wider and there will be a larger gap between the rich and the poor. Far fewer adults predict positive developments in each of these areas."

When asked if the US economy would be weaker or stronger, 66% of the respondents said they believed it would be weaker by the year 2050. And, 32% judged that it would be stronger.

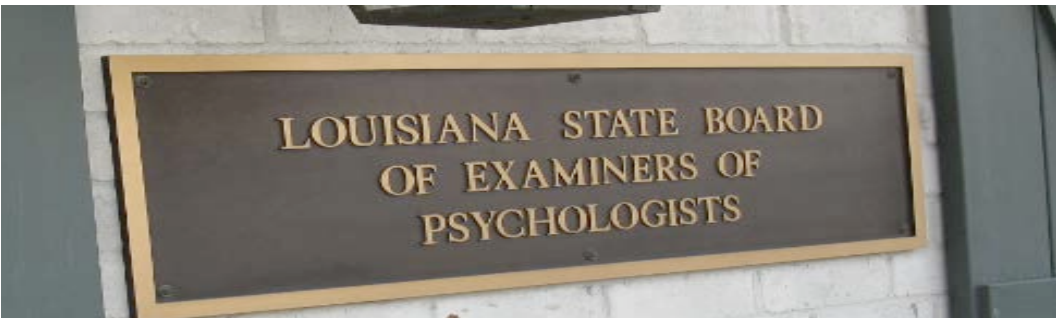
A full 71% of respondents said the US will be less important in the world at that time in the future, while 27% said the US will be more important.

In the study, when participants were asked if the country will be more politically divided or less, 77% said more and 21% said less.

When asked if the gap between the rich and the poor will grow or get smaller, 81% said it would grow and 18% said the gap would get smaller.

"Americans' negative views of the nation's future are influenced by their bleak assessments of current conditions," said the authors. "Only 19% of Americans say they are satisfied with the way things are going in the country, while 80% are dissatisfied. Ratings of the economy remain largely negative, and an increasing share of the public expects economic conditions to worsen over the next year."

There is an age gap. "Differences between older and younger Democrats account for most of this age gap. A sizable majority of Democrats 50 and older (80%) have at least some confidence in the country's future. That compares with 62% of Democrats ages 35 to 49 and 53% of those 18 to 34. Among Republicans, by contrast, there are only modest differences on this question across age groups."



From the Minutes Selected Items from Agenda of the Louisiana State Board of Examiners of Psychologists (LSBEP)

The Louisiana State Board of examiners of psychologist posted their agenda on April 20 for their April 21 quarterly meeting. Beginning in January 2023, LSBEP moved to a quarterly meeting schedule. Minutes for their January meeting have not yet been posted.

The board approved temporary licenses and also supervision plans. They also approved candidates to sit for the exam and also the oral exam. The board also intended to discuss complaints and disciplinary actions and also legislative matters.

Other topics listed in their agenda for the April meeting include the following:

- 1. LSBEP Election Results for the Seat 2023-2028/report to the Louisiana Psychological Association
- 2. La State Archives: Records Retention Schedule Renewal – Recommendations for revisions (JM)
- 3. POLICY DISCUSSION:
 - a. Review and discuss current Board Meeting Schedule including impacts on application workflows and licensing
 - b. Plan & vote on Awards recognition
 - c. Next meeting dates and location
 - d. Committee Delegations under quarterly meeting schedule
 - e. Scheduling Procedures for Oral Examinations and Committee Meetings
 - f. Election Policy Review

- g. PPM 49 – Travel Policy/Exemption Request: Denied
- h. Special Meals (including working lunches) – Delegation Required
- i. Accept/Discuss ethics Attorney Letter: ASPPB CE's for Board Members
- 4. Continuing Professional Development:
 - a. Applications for Licensee CPD Preapproval and Sponsor Activity Approval
 - b. Approve training video/credit for licensees.
 - c. Delegated Authority for Review and approval of applications for Reinstatement.
- 5. Application for Licensure form, workflow questions: a. Reciprocity b. Doctoral Program
- 6. 2023-24 Contract Review
 - a. COMPLAINTS COORDINATOR 2 – Mark P. Vigen, Ph.D.
 - b. INVESTIGATOR – Statewide Surveillance & Investigation, LLC (Tony McCoy/Henry Richardson)
- [...]
- 7. 2023 Regular Legislative Session
 - a. Bills Impacting Practice/Regulation
 - b. Bills Impacting Agency
 - c. LSBEP Proposed Legislation
- 8. LDH – OCDD: Request for exceptions to Registration of Assistants.
- 9. La Department of Education – Recertification of School Psychologists
- 10. Masters Level Licensure (TSam):
 - a. APA Guidelines for the Undergraduate Psychology Major (Aug 2013)
 - b. APA Standards of Accreditation for Health Service Psychology: Master's Programs (Feb 2021); c. APA Principles for Quality Undergraduate Education in Psychology (Feb 2023)d. APA Master's Work Group and the CoA webpage
- 11. 2023 Regulatory Update and Training for Licensees
 - a. Part I: Continuing Professional Development
 - b. Part II: Registration of Assistants
 - c. Part III: Supervision Toward Licensure/Telesupervision



Dr. Greg Gormanous, current Chair of LSBEP, center, at a past meeting. Dr. Darlyne Nemeth is left and Dr. Jessee Lambert is right, in the photo.

Psychology Board Publishes New Rules, continued

In §1103, Responsibilities of Supervisors, the new rule requires that the psychologist, "provides general professional supervision of the ATAP that shall include one cumulative hour per week as a minimum for direct supervisory contact," and that "exceptions to this requirement must have prior approval of the board;"

The board points out that, " Neglect in maintaining the above standards of practice may result in disciplinary action against the supervisor's license to practice, including suspension or revocation."

The new rules also include changes in roles, for examples the inclusion of an advisory workgroup and a position, licensing examiner. Changes to the definition of an applicant include the criminal history background check. There are also changes in the definition of and requirements relating to the Provisional Licensed Psychologist and the applicant phase of the provisional license.

Chapter 3, training and credentials in the doctoral programs of psychology, includes changes. Qualifications for doctoral programs that are not accredited by the American Psychological Association are specified as having to meet several detailed standards.

In a section regarding specialty areas, the new rules outline definitions for Health Service Psychology and General Applied Psychology.

"The provision of direct health and/or behavioral health services requires training in an applied health service area such as clinical psychology, counseling psychology, clinical neuropsychology, school psychology, or other developed health service areas that are offered under training programs that are accredited by the American Psychological Association (APA) in a health service area. [...]

And, "General Applied Psychology. The provision of psychological services in applied non-healthcare areas include services outside health and behavioral health fields; direct services to individuals and/or groups for assessment and/or evaluation of personal abilities and characteristics for individual development, behavior change, and/or for making decisions about the individual; and may also include services to organizations that are provided for the benefit of the organization. [...]

The new rules also define clinical neuropsychology and add to the description, "[...] specialty internship in clinical neuropsychology (one year minimum), followed by the completion of one year of post-doctoral supervised experience in clinical neuropsychology; or, the equivalent of two full years (4,000 hours) of post-doctoral experience in clinical neuropsychology under the supervision of a qualified clinical neuropsychologist [...]"

For Chapter 7, supervised practice leading toward licensure, the new rule adds the

following: "supervised practice and establishes that the legal, administrative and professional responsibility of supervision rests with the licensed psychologist or medical psychologist licensed in accordance with R.S. 27:1360.51 et seq., designated as supervisor."

The text for §705, qualifications of supervisors, includes: "Responsibility for the overall supervision of the supervisee's professional growth resides in the licensed psychologist or medical psychologist. Supervising psychologists shall be licensed to practice psychology at the doctoral level by the regulatory body that is vested with jurisdictional authority over the practice of psychology in the respective jurisdiction."

Also, "The supervisor may not supervise any more than two candidates for licensure at the same time."

New information on telepsychology and telesupervision is included in the new rules. Examples are: "The use of telecommunications is not appropriate for all problems. The specific process of providing professional services varies across situation, setting and time, and decisions regarding the appropriate delivery of telepsychology services are made on a case-by-case basis. The rules instruct psychologists to, "reflect on multicultural issues when delivering telepsychology services to diverse clients; obtain the necessary professional and technical training, experience, and skills to adequately conduct the telepsychology services that they provide;" and "have an Emergency Management plan."

In §1702, Definition of Psychological Testing, Evaluation and Assessment, the rules note: "The Board of Examiners of Psychologists finds it necessary to formally define psychological testing in order to protect the people of this state from the unlawful, unqualified and improper use of psychological tests. The intent of this rule is to provide a definition of psychological testing sufficient to allow this board to effectively regulate this aspect of psychological practice. [...]

In §803, Requirements, the Board is adding: "Within each reporting period, two of the required hours or credits of continuing professional development must be within the area of multiculturalism or diversity in accordance with the limitations specified in §807.

In §805, Acceptable Sponsorship, Offerings and Activities, the board is making changes and clarifications to who may offer continuing education.

"A. Any individual or entity may apply for board approval of a proposed CPD offering or activity as follows. 1. The individual or entity providing the proposed CPD offering or activity files a completed CPD Approval Application on the form provide by the board. 2. The individual or entity providing the proposed CPD offering or activity provides information sufficient to the board that the CPD meets requirements set forth under §801; [...]"

For Chapter 9, Licensees, the board is establishing §905. Psychologists Emerit: Retired.

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

Also included was an extensive code of ethics for the License School Specialist in Psychology.

The complete rules maybe found in the Louisiana Register, April edition, pages 657-679, at <https://www.doa.la.gov/media/vs3jr5io/2304.pdf>



Legislature Churning Away; Gov. Makes Remarks and Presents His Bill Package

continued

state's rainy day fund will be the healthiest it has ever been. Added to the revenue stabilization fund created in my first year as governor, we will start next fiscal year with more than \$2 billion available for future shortfalls and emergencies. [...]

"We've gone from a state that was disinvesting in higher education more than anywhere else in the country to a state making historic investments in higher education," he said. "We are fully funding TOPS and have increased GO Grant dollars. We are dedicating money this year to address deferred maintenance and important safety enhancements on our campuses. Every student should have the opportunity to receive a high quality degree or credential right here in Louisiana and they deserve to feel safe when they are on campus. Through increased formula funding and new initiatives targeting critical workforce shortages and opportunities, we are creating a world class workforce. [...]

'As you know, my first act as governor was to expand Medicaid to the working poor. [...] Now, more than 500,000 working Louisianans have access to healthcare who otherwise wouldn't. In 2015, 22.7% of working age adults in Louisiana did not have health insurance. As a result of Medicaid Expansion, in 2022, the uninsured rate among adults fell to 9.4%, below the national average of 10.2%."

In an April 18 press release, Governor Edwards reviewed the bills in his 2023 legislative package.

"This package of bipartisan legislation aims for a Louisiana that lives our pro-life values," said Governor John Bel Edwards. "To truly be pro-life in my estimation, we must make it easier for parents to feed, educate and house their children. We need to raise the minimum wage, close our gender pay gap, and offer our people paid family and medical leave. We must also find empathy for victims of rape and incest who become pregnant. And I am calling on the legislature to abolish the death penalty, which promotes a culture of death and has proven to be expensive and ineffective at deterring crime."

The governor's priority bills are in addition to his state budget request, unveiled earlier this year, which calls for a \$3,000 teacher pay raise, the largest-ever state general fund investment in early childhood education, a permanent increase of \$100 per month (a 20% increase) in supplemental pay, and historic funding for higher education, according to the announcement.

HB 348 by Rep. Jenkins Pending House Education Committee

HB 348 by Rep. Jenkins is still pending in the House Education Committee. HB 348 revises procedures for the reporting and investigation of threats of terrorism or violence at schools.

Present law requires each public school governing authority to adopt a policy for the investigation of threats of violence or terrorism. The present law requires school employees who learn of a threat of violence or threat of terrorism to immediately report the threat: (1) To a local law enforcement agency if the threat is credible and imminent. (2) To the school administrator if the threat does not meet that threshold.

HB 348 instead requires employees to report all threats to law enforcement and to the administrator (if the employee is not the administrator). Requires the administrator, immediately upon being informed of the threat, to inform persons who are targets of the threat and take all necessary measures to protect their life and safety.

HB 463 to Prohibit Sex Change Procedures on Minors, to Be Heard

HB 463 by Firment establishes the "Save Adolescents from Experimentation Act" in Louisiana and prohibits procedures that alter the gender of minors. The bill is scheduled to be heard in the House Health and Welfare Committee on Tuesday, May 2.

The proposed law states that the risks associated with the allowance of irreversible, permanently sterilizing genital gender reassignment surgery outweigh the scientific benefits.

The proposed law prohibits any physician or other medical healthcare professional from performing any gender transition procedures on any person under 18 years of age or referring any person under 18 years of age to any medical doctor for gender transition procedures.

HB 181 to Modify Emergency Certificate Goes to House Floor

HB 181 by Rep. DeVillier was heard in committee on April 20 and voted favorably, 14 to 0. House Floor vote is scheduled for May 3. HB 181 will allow coroners, deputy coroners, and assistant coroners to execute an emergency certificate via actual examination or telemedicine examination and establishes provisions for such persons.

The present law provides that certain healthcare professionals, licensed or permitted in accordance with present law, may execute an emergency certificate only after an actual examination of a person, who is alleged to have a mental illness or be suffering from a substance-related or addictive disorder and, after the determination made by the healthcare professional, is considered to need immediate care and treatment in a treatment facility.

HB 181 provides that the actual examination of the person may be conducted by any medical professional listed in proposed law, including coroners, deputy coroners, and assistant coroners, via telemedicine.

HB 466 Reported Favorably in Tight Vote, Prohibits Certain Discussion, Instruction Regarding Sexual Identity

HB 466 by Rep. Horton provides relative to instruction on and discussion of sexual orientation and gender identity with certain public school students. The measure was reported favorably in a tight vote, 7 to 5, out of the Committee on Education, held on April 26.

It is pending final passage in the House.

Proposed law prohibits a public school teacher, employee, or other presenter at a school from doing any of the following in grades kindergarten through 12:

- (1) Incorporating into classroom instruction or discussion topics of sexual orientation or gender identity in a manner that deviates from state content standards or curricula developed or approved by the public school governing authority.
- (2) Covering the topics of sexual orientation or gender identity during any extracurricular activity.
- (3) Discussing his personal sexual orientation or gender identity.

Proposed law provides that no public school employee shall:

- (1) Use a pronoun for a student that differs from the pronoun that aligns with the student's sex unless the student's parent provides written permission.
- (2) Be required to use a pronoun for any person that differs from the pronoun that aligns with that person's sex if doing so is contrary to the employee's religious or moral convictions.

Bill to Revise Dyslexia Screening & Diagnosis Passes House 105-0

HB 69 by Rep. Marino revises laws relative to screening for and diagnosis of dyslexia. The measure was voted out of the Education Committee of the House favorably at 11 to 0. It was voted on by the House on April 25 and passed 105 to 0. It is now pending in the Senate Education Committee.

The present law, relative to dyslexia, provides the following: (1) Requires the State Bd. of Elementary and Secondary Education (BESE) to adopt a program for testing students for dyslexia and related disorders and requires school boards to provide remediation for dyslexic students in accordance with the program. (2) Requires every child in grades K-3 to be screened at least once for dyslexia. (3) Requires a student to be referred for dyslexia testing upon request of a parent, student, school nurse, classroom teacher, or other school personnel. (4) Provides for implementation of a pilot program relative to dyslexia screening.

Proposed law repeals present law and provides the following relative to dyslexia:

The proposed law requires a dyslexia screener to be administered to each student by a classroom teacher in the second half of kindergarten or at any time it is requested by a teacher or a parent or guardian. It prohibits the screener from being a progress monitoring tool and requires that it be developed solely for dyslexia; be evidence-based with proven, published psychometric validity; and be used for the purpose of determining whether a student is at- risk for dyslexia.

The proposed law, relative to diagnosis, provides the following: (1) Provides that if screening results indicate that a student is at risk for dyslexia, the school, in order to determine whether he has dyslexia, shall determine through history, observation, and psychometric assessment if there are unexpected difficulties in reading and associated linguistic problems at the level of phonological processing that are unrelated to the student's intelligence, age, and grade level. (2) Provides that the core assessment for the diagnosis of dyslexia shall not be based on a single test score or specific number of characteristics and shall include the following: (a) Tests of language, particularly phonemic assessment, real words and pseudowords, oral reading fluency, and intellectual ability. (b) An academic performance review. (c) A parental interview.

HB 175 to Prohibit Firearms in Mental Health Facilities Pending

Representative Boyd's HB 175 to prohibit the carrying of firearms into hospitals, mental health facilities, or community health centers with exceptions for employees with concealed handgun permits and security officers, is pending in committee.

HB 55 Aimed to Improve Mental Health for Incarcerated Still Pending

Rep. Selders is proposing in House Bill 55 to improve treatment of incarcerated individuals with mental health needs, referred to as "The Mental Healing Justice for Incarcerated People Act." The measure is pending in Criminal Justice Committee.

The proposed law states that legislative intent is access to high-quality mental health services, regardless of the setting, and that the state wholly supports efforts to assist incarcerated individuals suffering from severe and persistent mental illnesses, including post-incarceration syndromes, in their efforts to navigate incarceration and reentry into society.

HB 55 amends present law to make the establishment of resources and programs mandatory.

The proposed law provides that the qualified mental health persons within the multi-disciplinary service team shall establish a training program to be conducted annually.

Rep. Selders' Bill to Prohibit Death Penalty for Those Mentally Ill Fails

Rep. Selders filed a bill which prohibits the death penalty from being imposed upon any person with a severe mental illness, HB 328.

The measure was heard in the Committee on Criminal Justice on April 26. A motion to report as amended failed, with five yeas and nine nays.

Present law prohibits the death penalty from being imposed upon any person with an intellectual disability and provides for definitions and procedures to be followed after a capital defendant claims to have an intellectual disability. (b) Exercise rational judgment in relation to his conduct. (c) Conform his conduct to the requirements of the law.

Rep. Marcelle's HB 353 Still Pending in House Ed Committee

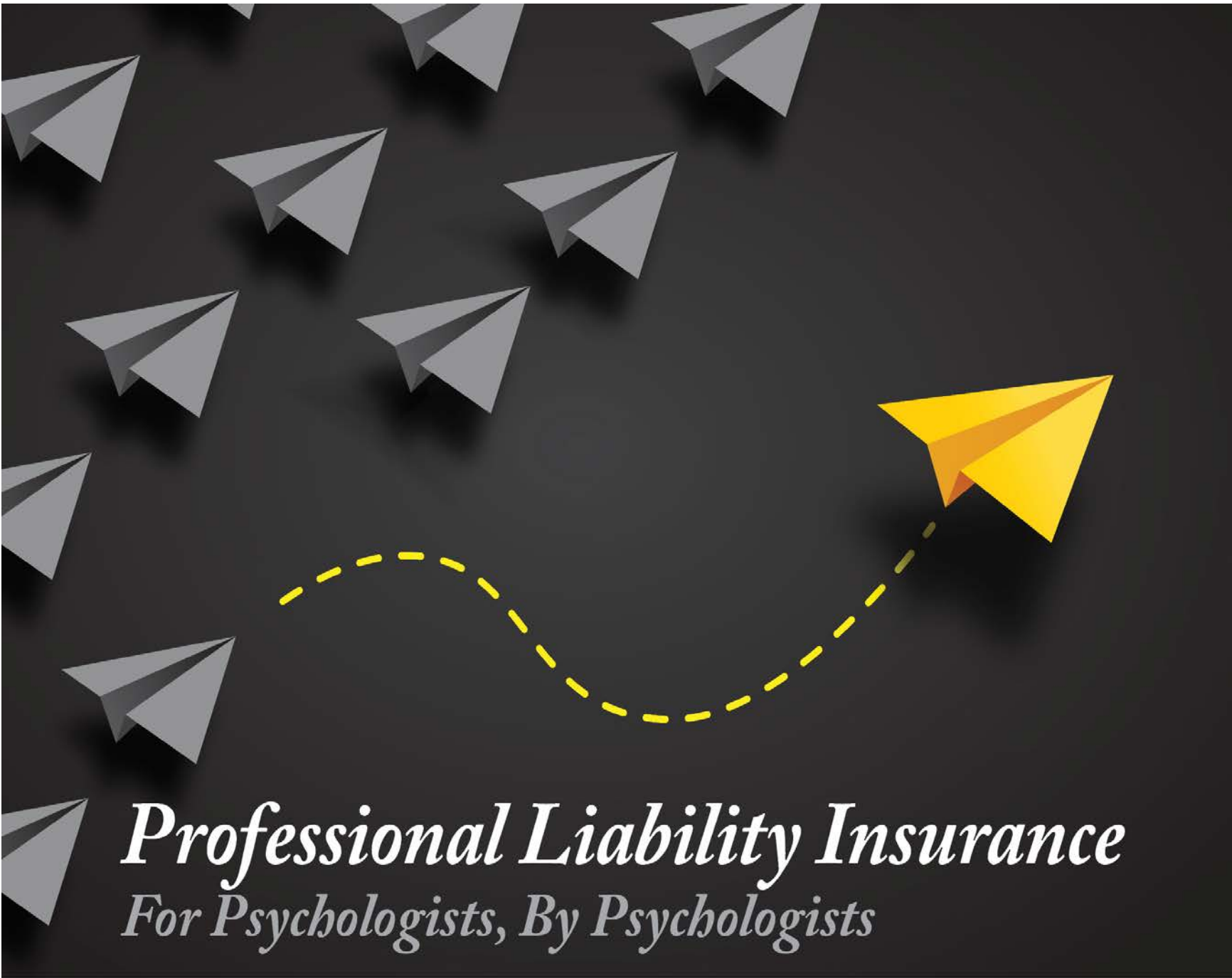
HB 353 by Rep. Marcelle provides relative to student behavior, discipline, and behavioral and mental health and is pending in the House Education Committee.

The proposed law adds that a student may be absent for up to three days in any school year related to the student's mental or behavioral health, that such absences shall not require a certification in writing in order to be excused, that the child may make up missed school work, and that the child shall be referred to school support personnel following the second day of absence.

Present law requires instruction on mental health and lists the minimum information to be included. Proposed law adds the difference between mental and physical health and the management of stress and anxiety to the list.

Present law provides for in-service training for school employees on adverse childhood experiences (known as ACEs). Proposed law requires DOE to develop and administer a pilot program for the purpose of implementing ACEs screening, to select three school systems to participate in the program, and consult with experts in the fields of mental health, behavioral health, and trauma-informed restorative services in developing and administering the program.





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Psychological Scientists Present at Southwestern, Southeastern Psych Association Annual Conventions, *continued*

by James Glass

and the Mentor Relationship.” Some of the topics discussed in the presentation focused on the increasing shrinking number of traditional students enrolling and the many changes and challenges occurring in mentor relationships between students and faculty.

Among the many Louisiana researchers presenting at this year’s SEPA, were Nathan Brown, PsyD, Sebastian Del Corral Winder, PsyD., Amy Rinner, PsyD, and Amy Dickson, PsyD, from Louisiana State University Health Sciences Center, who conducted continuing education workshops.

Drs. Nathan Brown and Sebastian Del Corral Winder also presented a workshop on, “Exploring bilingualism and biculturalism with Latinx patients.” Several topics of discussion during the presentation were: Cultural, linguistic, and racial factors impacting psychological services with Latinx individuals. Emphasis on cultural sensitivity and humility to approach differences and similarities with Latinx individuals while providing psychological services and addressed common challenges when working with Latinx individuals.

Dr. Amy Rinner also collaborated on, “Trauma informed supervision: A framework.” During the workshop, attendees learned the basic principles of trauma informed care and how this translates to the supervisory relationship. The presentation also covered the basic framework and interventions to implement in supervision to support a trauma-informed space and relationship.

Drs. Sebastian Del Corral Winder, Amy Rinner, and Amy Dickson, PsyD, also conducted a presentation on, “What is infant mental health? A time for exploration.” During their presentation they explored the contemporary theories

and components of infant mental health, which encompassed birth to five years of age. The presentation also defined the core components of providing psychological services to infants, young children, and their caregivers. The brief also identified innovative ways to provide psychological services to infants by utilizing telehealth and in-person modalities.

Drs. Amy Rinner, Sebastian Del Corral Winder, and Amy Dickson, PsyD, presented a workshop on, “Fathers are caregivers too!: Clinical work with fathers.” During the brief, attendees learned the foundational knowledge about the role of male caregivers in young children’s lives and development, with an emphasis on the protective factors of having a male caregiver. The presenters shared vignettes and addressed nuances to working with male caregivers while citing relevant research.

The Southwestern Psychological Association annual convention also hosted researchers from around the state who presented a variety of topics, including:

Louisiana Tech University

Kristen Hooper and Brandon Waits discussed, “The impact of social support and self-compassion on attitudes toward those who misuse substances.”

Edward Craig and Walter Buboltz presented on, “Food, Mood, Life.”

Walter Buboltz and Sarah Prather presented, “The Relationship Between Sleep, Coping with College, and Satisfaction with College.”

Lakyn Boone and Walter Buboltz conducted a session on, “The Moderating Effect of Drug Use and Emotional Dysregulation on the Relationship Between Sleep and Health.”

McNeese State University

Dena Matzenbacher and Kane Vest, Linda Brannon presented, “Perceptions of Factors Contributing to Problems Among Young Adults.”

Dena Matzenbacher and Kane Vest, Linda Brannon discussed, “A Replication of Emerging Adults’ Perceptions of Emerging Adults.”

Northwestern State University of Louisiana

Charles R. King and Billie Clare Myers presented, “The neurobiology of Addiction: The Process of Transitioning from Recreational Substance Use to a Substance Use Disorder or Addiction.”

Southeastern Louisiana University

Paula Varnado-Sullivan, Claire Huston, Jacey Fitzmorris, and Nele Gudermann discussed, “A Comparison of Faculty and Student Perceptions of Academic Integrity.”

Paula Varnado-Sullivan, Claire Huston, Jacey Fitzmorris, and Nele Gudermann conducted a presentation on, “Further Examination of Neutral Party Affiliation and Non-Voters: Have Recent Events Impacted their Political Attitudes.”

University of Louisiana at Lafayette

Brittany Milton, Valanne MacGyvers, and David Perkins conducted a session on, “Adult Attachment and Relationship Behaviors.”

Kiara Martin and Valanne MacGyvers presented, “The role of ACEs on academic achievement and psychological well-being.”

Jaci Philliber, Cy Dupuis, Brielle Jones, Joy Martin, Sydney Guidry, Cantika Nasution, Isabel Lanciotti, Kathie Li, and Hung-Chu Lin presented, “Alcohol Misuse in College Students: Childhood Adversity and Somatic Symptoms as Correlates.”

Ayodeji Adegoke and Valanne MacGyvers conducted a session on, “Impact of ACEs on personal identity formation among emerging adults.”

Cydnei Meredith, Taylor Guillory, Madison Gordy, and Christie Charles presented, “What’s in a name? Perceptions of first names in the workplace.”

Alexis Walker, Dahja Antoine, Braden Teer, and Erika Caramillo-Hatch conducted a

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Graduate students Kiara Martin and Mateo Chavez volunteer at the registration desk at SWPA. Volunteering helps to offset the cost of attending, Dr. Valanne MacGyvers explained.

(Courtesy photo)



Psychological Scientists Present *continued*

session on, “The effects of N-acetylcysteine on nicotine addiction in zebrafish.”

Austin Foreman, Victor Smith, Bella Patterson, and Erika Caramillo-Hatch presented, “The effects of ARID1B gene knockout on ASD related behavior in zebrafish.”

Brianna Sadighian and Manyu Li University of discussed, “Social Restrictiveness as a Predictor for Treatment-Seeking Attitudes in Asian Americans.”

Valanne MacGyvers, Andrea Eggenberger, Taylor Gage, Emily DeGruise Ayodeji Adegoke, and Ella Garlington conducted a session on, “Motivating Factors in Academic Cheating, Part 2.”

Matthew Andersland, Mateo Chavez, Kalli Segura, Ashlyn Suchand, and Valanne MacGyvers presented, “Academic Motivation, Course Delivery, and Academic Dishonesty.”

Jaci Philliber, Brielle Jones, Cy Dupuis, Joy Martin, Sydney Guidry, Cantika Nasution, Isabel Lanciotti, Kathie Li, and Hung-Chu Lin discussed, “Somatic Symptoms in College Students: Childhood Trauma as a Correlate.”

Hunter Sudduth, David Perkins, Matthew Andersland, and Nicole Pyke collaborated on, “Exploring the Interpersonal Consequences of Existential Isolation in College Students.”

Ashley Fromenthal presented, “Perceived social support and life satisfaction in older adults: The role of sense of autonomy.”

Ariana Milner discussed, “Exploring the Relationship Between Prodromal Schizophrenia, Emotion Dysregulation, and Distress Intolerance.”

Mateo Chavez, Valanne MacGyvers, and David Perkins presented, “Implementing a Grit and Growth Mindset Intervention to Reduce Social Anxiety.”

Theresa Wozencraft and Jon-Patric Veal discussed, “SES and Race Differences in Predictors of Mental Health Treatment Seeking.”

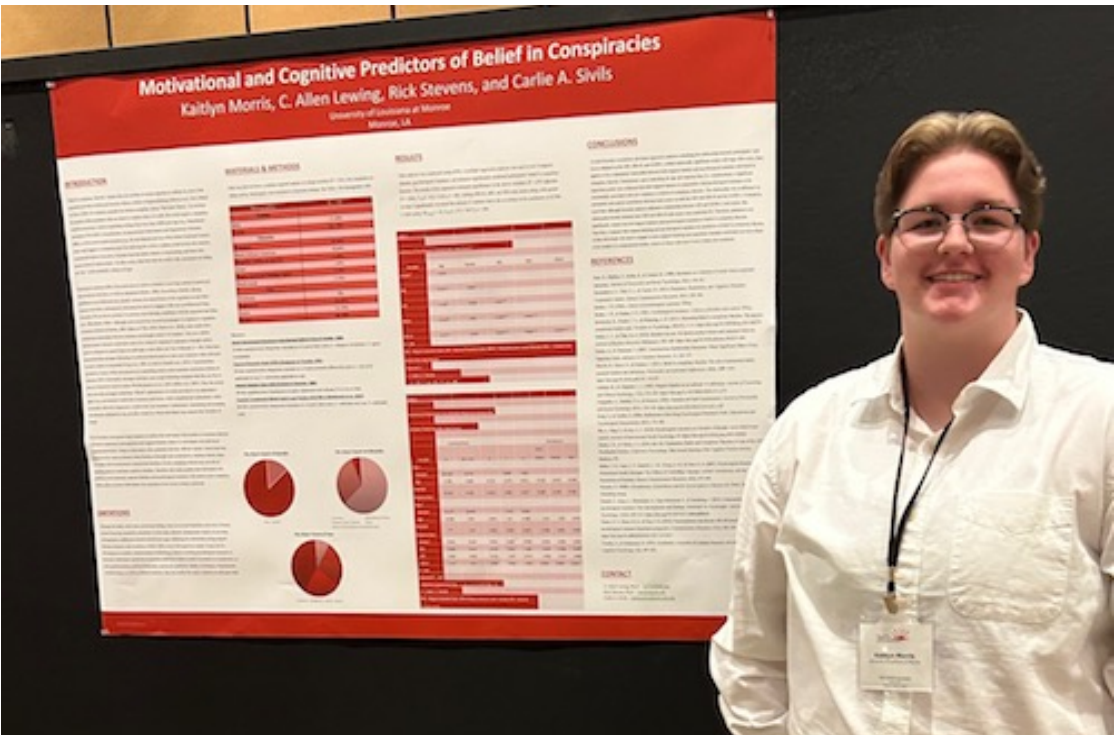
Theresa Wozencraft, Tanya Castaneda, and Savannah Hidalgo conducted a session on, “Binge Eating, Body Image, and Weight Concerns in Black and White Individuals.”

Aidan Guidry, Prynceston Fant, and Hung-Chu Lin collaborated on, “Empathy, Attachment Insecurity, and Perceived Parenting: Differences between Inmates and College Students.”

Valanne MacGyvers, David Perkins, Mateo Chavez, Brittany Milton, and Kayla Rico presented, “Empathizing or Systemizing Cognitive Style as a Predictor of Music Listening Experience.”

Ashley Messina discussed, “Predicting Race-based Traumatic Stress among Black and African Americans.”

Emily DeGruise, Valanne MacGyvers, Andrea Eggenberger, Taylor Gage, and Ella Garlington presented, “Experienced corporal punishment and empathy, leadership, and achievement in college.”



Kaitlyn Morris, the Psi Chi president at ULM, with her poster. (Courtesy photo)

Kalli Rose Segura conducted a session on, “Predictors of Manding Outcomes in Children with Autism Spectrum Disorder.”

Katelynn Benge discussed, “College Students’ Attitudes Towards Cohabitation.”

Ashley Messina, Brianna Sadighian, Ashley Fromenthal, Brad Parfait, Prynceston Fant, Joshua DeLacerda, and Valanne MacGyvers conducted a session on, “History of Sex Education as a Predictor of Attitudes Toward Sexual Pleasure and Sexually Coercive Behaviors.”

Kayla Rico, Valanne MacGyvers, and David Perkins presented a session on, “Coping with Covid Isolation: The roles of personality, music, and pets.”

Prynceston Fant, Anna Romero, Kinsey Hatfield, and Hung-Chu Lin collaborated on, “Mood and Somatic Symptoms in Direct Support Professionals: The Correlates of Self-efficacy and Job Satisfaction.”

University of Louisiana at Monroe

Kaitlyn Morris, Chad Lewing, Rick Stevens, and Carlie Silvis had a session on, “Motivational and Cognitive Predictors of Belief in Conspiracies.”

Madelyn Williams presented, “Psychological Reactance as a Motivation in Psychopathy: Validation among Incarcerated Males.”

At the Southeastern Psychological Association annual convention researchers also presented their work. A number of representatives from around the state presented various topics at SEPA. Included were the following:

Louisiana State University of Alexandria

Austin Souphanthalop and Mark LaCour presented their research on, “Asian Values, Regardless of Western Acculturation, Predict Hesitancy to Use Formal Mental Health Systems.”

Ronna Matthews, Mark LaCour, and Zebulon Bell discussed, “The Effects of Political Affiliation on Conceptualizations of Drug Addiction and Drug Policy.”

Louisiana State University HSC

Sebastian Del Corral Winder, Amy Dickson, and Amy Rinner collaborated in the presentation on, “Does the Type of Allegation Impact the Time to Reunification?”

Nathan H. Brown and Sebastian Del Corral Winder presented, “Exploring Bilingualism and Biculturalism with Latinx Patients.”

Sebastian Del Corral Winder was in collaboration on, “Neonatal Abstinence Syndrome: Advocating for Multidisciplinary Teams.”

Northwestern State University of Louisiana

Neeru Deep, Susan Thorson-Barnett collaborated on, “College Students: Keep Working on Your Grit.”

Southeastern Louisiana University

Brooklyn Sherrod, Elizabeth Dockter, Joshua Mclain, and Susan Coats presented a session on, “Pseudoscience to Psychological Treatments Among University Students.”

Cecilia LaFosse and Claire Houtsma presented, “Effects of TBI on PTSD Symptom Cluster Severity Among Veterans.”

Sara Sohr-Preston presented research on, “Assessing Change in Knowledge Among Developmental Psychology Students.”

Louisiana Tech University

Mary Margaret Livingston, Mitzi Desselles, and Donna Thomas conducted a session on, “History of the Department of Psychology and Behavioral Sciences at Louisiana Tech University.”

Loyola University & Southeast La Veterans Health Care System

Grace Patrick, Mara Ferrie, Jennifer Petell, Rosie Hunter, Loyola University New Orleans, Kelly Maieritsch, Laurel Franklin, and Amanda Raines, Southeast Louisiana Veterans Health Care System presented their research on, “Psychometric Properties of the PCL-5 in Black Veterans. “

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Psychological Scientists Present

continued

Loyola University

Evan Zucker collaborated in the presentation on, “Comparative Psychology in Zoological Parks: One Lab’s Story.”

Victoria Blondell and Madison Silverstein discussed, “The Role of Negative Childhood Experiences in the Development of Disordered Eating Habits and Posttraumatic Stress.”

Kennedy Chatman and Madison Silverstein presented, “Revictimization, Cognitions, and Reporting Behaviors Among Survivors of Sexual Violence.”

Jessica Ward and Madison Silverstein provided their research on, “Associations Among Type of Animal Ownership, Attachment Style, and Social Adeptness.”

Zia Sampson and Kim Ernst presented their study on, “Effect of Body Neutrality and Body Positivity on Body Appreciation and Self-Compassion.”

University of Louisiana Lafayette

Nicole Pyke, Matt Andersland, Hunter Sudduth, and David Perkin collaborated on, “Mutual Aid and Psychological Distress: Moderated Mediation to Investigate the Role of Religiosity and Perceived Recovery Using a Nationally Representative Sample.”

Kiara Davillier, Ariana Milner, Paula Zeanah, Hung-Chu Lin, Manyu Li, and Amy Brown presented, “The Race and Gender Differences in Sexual Self-Esteem.”

Alondra Meraz, Caroline Ybos, Caroline Dalton, and Amy Brown collaborated on, “Immigration and Sex-Trafficking: Victim Blame Differs Based on Participant Gender but not Country of Origin.”

University of Louisiana Monroe

Burton Ashworth and Krista Parker discussed, “Content Analysis of Presidential Inaugural Addresses.”

Ruthie Menou presented her research on, “Exploring the Incremental Validity of the State of Surrender Scale Within the Psychological Flexibility Framework.”

Burton Ashworth and Krista Parker conducted a presentation on, “A Pilot Study Investigating Disgust Sensitivity Toward People of Age.”

Burton Ashworth presented, “Reducing ADHD Symptoms Using Biofeedback Protocols.”

Science & Education

Dr. Choate Named LSU Director



Dr. Laura Choate
(LSU courtesy photo)

Louisiana State University News service reported that the LSU College of Human Sciences & Education has named Dr. Laura Choate, currently the interim director of the LSU Lutrill & Pearl Payne School of Education, as the next director of the school as of April first.

“Please join me in welcoming Laura Choate as the next director of the Lutrill & Pearl Payne School of Education. An outstanding scholar and adept leader, I know Dr. Choate will usher in an era of growth for our school,” said Dean Roland Mitchell. “One of the many challenges that faces all schools of education is the teacher pipeline crisis. I am excited to partner with Dr. Choate as we work to retain teachers and recruit more to the profession.”

Dr. Choate served as the interim director for the school since March 2022, said the announcement. The director oversees all academic programs - undergraduate, graduate and online - in the school. The LSU Lutrill & Pearl Payne School of Education focuses on preparing highly qualified Birth-Grade 12 teachers, educational leaders, curriculum studies scholars, educational technology experts, applied researchers, higher education professionals, school counselors, and clinical mental health counselors. The school offers scholarly expertise regarding pressing educational and wellness issues across the entire lifespan, noted the announcement.

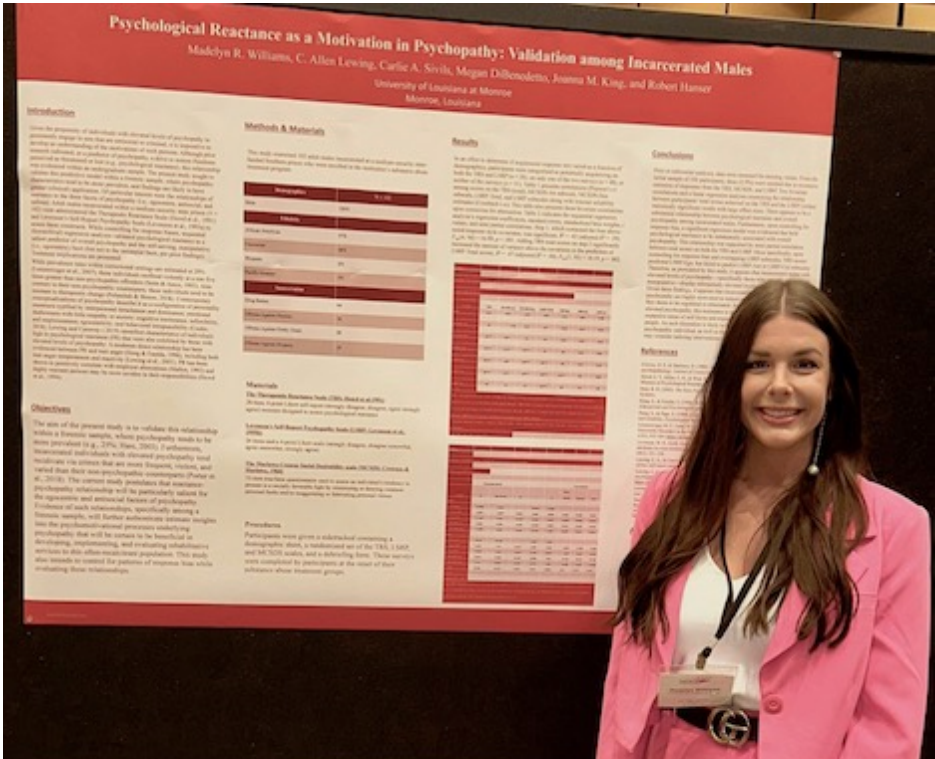
“I am honored and excited at the opportunity to step into this leadership role. With dedicated faculty, strong support from the dean’s office, and highly qualified undergraduate and graduate students, the school is uniquely poised to make a lasting impact as we prepare the next generation of teachers, leaders, researchers, and counseling professionals,” said Choate.

Choate, the Jo Ellen Levy Yates Endowed Professor, has been with the counselor education program at LSU since 1999. Her research interests include girls’ and women’s mental health, including depression and eating disorders.

She is the author of five books: Depression in Girls and Women Across the Lifespan: A Guide for Mental Health Professionals (Routledge, 2020); Swimming Upstream: Parenting Girls for Resilience in a Toxic Culture (Oxford University Press, 2015), Girls’ and Women’s Wellness: Contemporary Counseling Issues and Interventions (2008), Eating Disorders and Obesity: A Counselor’s Guide to Prevention and Treatment (edited), both published by the American Counseling Association, and Adolescent Girls in Distress: A Guide to Mental Health Treatment and Prevention (Springer Publications, 2013).

She was awarded the 2016 LSU Distinguished Faculty Award, 2014 College of Human Sciences & Education Distinguished Research Award and the 2012 ACA Best Practices Award for her work in the area of eating disorders treatment and prevention, said the announcement.

She served for 10 years on the board of the Louisiana Licensed Professional Counselors Board of Examiners, serving two years as Board Chair and eight years as Discipline Committee Chair.



Madelyn Williams, graduate student and graduate assistant at University of Louisiana Monroe, with her poster. (Courtesy photo)

10 Stress-Free Minutes a Day Keeps the Doctor Away

It is true that most of us cannot *avoid* stress, especially if we want to continue to be an active participant in the world. Stress goes with the territory of juggling a career, a family, and a social life. Most of us understand only too well the dangers of continuing to schedule full days, of adding new projects to an already overlong list, and still trying to find some time for ourselves at the end of the day. We routinely overbook ourselves. Some of us have the grace to promise to do better next week and might even believe that we can make it up later. But, can we?

Chronic stress is now linked to so many problems related to illness, chronic health problems, anxiety, loss of memory, and reduced longevity that it would take the rest of this column to simply list all the ways it affects our lives.

We know, for example, that the things we think about and dwell on can have a direct effect on how much cortisol, or stress hormone, is produced in our body. Keeping the cortisol down has become a new goal for the health conscious.

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

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

Begin Your 10 Stress-Free Minutes Today

You might think that 10 minutes a day is not much help. But it is. A few minutes goes a long way toward recharging your energy and breaking up your resistance to taking breaks. You can gradually add more mental "down time" and physical relaxation to each day.

Get started by making yourself push away from your desk or daily routine for 10 minutes. Take this break with the intention of taking a brief mental holiday; give your mind a rest. Why not begin with 10 minutes of Mindfulness? Or, spend 10 minutes in focused breathing (with longer exhale). Add some music or put your feet up, close your eyes and direct your favorite piece of music.

Remind yourself to do this daily by putting the reminder into your smart phone.

And, by the way, those of you who work with stressed-out clients, I have found that many seriously stressed patients are so overwhelmed that they cannot even begin to think about how they can reduce their stress.

The above suggestion that they start with just 10 minutes a day has helped many people start adding relief to their day. Once they begin, the time can be gradually increased.

Psychology tells us that making a conscious choice with commitment is a powerful tool.

Do as I say AND as I do.



Dr. Susan Andrews is a Clinical Neuropsychologist, an award-winning writer/author (her book Stress Solutions for Pregnant Moms, published in 2013, has been translated into Chinese,) and 2016 Distinguished Psychologist of the Louisiana Psychological Association.

A Shrink at the Flicks

RRR A Review

by Alvin G. Burstein, PhD

Although I miss the silver screen and the ambience of the movie theatre, I have found that streamed television has given me access to films that I might not have encountered in a theatre. *RRR*, released 2022, is one of those. When I learned film writer and critic Robert Cargill described it as the “craziest, most sincere, weirdest blockbuster,” I searched for it on Netflix and settled myself down for its over three hour running time.

The RRR of the title are from Telugu, one of the major languages spoken in the sub-continent of India. The three R’s are taken for the three individuals who developed this film, Rajamouli, Ram Charan and Rama Rao. They also stand for Roudram, Ranam, Rudhiram. Translated into English as Fierce, Fear, Death, they bespeak a serious, even ominous element in this Indian film. The film is dubbed and subtitled in English, and, I would guess, several Indian dialects.

Ferocity, fear and death abound in the film, but another element of the movie is providing an origin myth with the hopeful intent of uniting the complex of societies and cultures in the sub-continent of India, in the same way that the myth of Romulus and Remus helped bring the varied elements of the Italian peninsula together into a nation.

The film does so by propagating a myth about two well-known figures who fought against the colonial rulers of India during the first half of the 20th century, Komoram Bheem and Alluri Sitarama Raja. These two, who never in fact met, are mythologized by providing them with invented back-stories and differing relationships with their common enemy.

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.



Bheem becomes the shepherd of a tribe, one of whose members, a young girl, is abducted, stolen from her mother by the British Raj, Governor Scott Buxton and his wife. Bheem embarks on a long and dangerous quest to recover the child and return her to her family.

At the same time, Alluri Raja is portrayed as a “good” Indian, one who is seeking to succeed as a British soldier under the Raj’s command. Because of his color he is denied deserved promotion. Later, promised a valued position if he discovers and punishes those whom the Raj hears are seeking to recover the child, he swears to accomplish that mission.

Without recognizing each other, these fatefully opposed crusaders, Bheem and Raja, by chance, meet in a shared effort to rescue a young boy caught in an accidental marine inferno. Their joint effort welds them into a companionship diametrically opposed to their competing but secret missions. They become boon companions. The more sophisticated Raja helps the more rustic Bheem attract the beautiful daughter of the Raj, in whose household the abducted child is held. Their companionship reaches a crescendo when the duo involves a large social gathering at the Raj’s palatial home in a long weird and wild song and dance scene, Naacho Naacho (Dance Dance), that leaves everyone exhausted—except Bheem.

Raja ultimately identifies, captures and tortures Bheem, winning his reward from the Raj. But when Raja is poisoned by another of the revolutionaries he has captured, Bheem saves his life. The two of them then collaborate to touch off a revolution that involves unleashing a horde of wild animals and the bloody death of scores of British including the Raj and his wife.

In what I take to be an unintentional irony, an announcement at the film’s beginning assures us that no real animals are used in the film—they are computer generated avatars.

Cargill was right. This is a crazy, sincere, weird blockbuster meant, I think, to propagate an origin myth intended to help all Indians, maybe all humans, become brothers.

10 Years Ago ... What *The Psychology Times* was reporting on in May 2013



Louisiana Tech Assistant Professor Dr. Janelle McDaniel (L) and graduate student Victoria Felix look over their research team’s poster to present at the Association for Psychological Science in Washington, DC. (Photo by B. Waters)

Researchers from Across State to Present at APS Convention

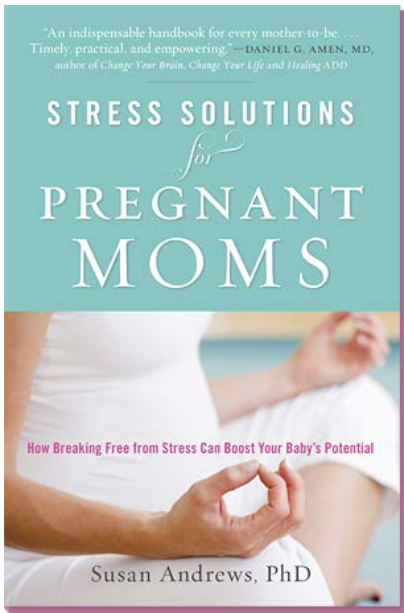
Researchers from around the state will present their work in poster sessions at the Association for Psychological Science 25th Annual Convention, to be held May 23 to 26, in Washington, DC. Undergraduates, graduate students, and professors in psychology from Centenary, LaTech, Loyola, Tulane, U. of Louisiana–Lafayette, U. of New Orleans, and Xavier University will demonstrate their research skill and contributions for what is becoming the premier scientific organization for those in psychology. The *Times* talked with Dr. Donna Thomas, Chair at Louisiana Tech [...]

Dr. Kathy Steele Brings Multi-Cultural Focus to Teaching, Counseling

Kathryn Steele recently returned from Havana, Cuba, where she helps train counselors in her role as Director and Professor of Counseling Professors Training Program for the Baptist Seminary there since 2009. The bilingual, associate professor from the New Orleans Baptist Theological Seminary, brings a diverse background and multi-cultural focus to all her duties, developed in part from over 20 years of missionary work in Costa Rica, Nicaragua, and Panama.

Dr. Susan Andrews Earns Gold for Stress Solutions

Dr. Susan Andrews has won the Gold Award in her category from Independent Publishers Book Awards. She received the Gold award last month in the Parenting book category for her *Stress Solutions for Pregnant Moms: How Breaking Free from Stress Can boost Your Baby’s Potential*, independently published by Twin Span Press. The Independent Publisher Book Awards have been conducted annually to honor each year’s best independently published titles. “The ‘IPPY’ Awards reward those who exhibit the courage, innovation, and creativity to bring about change in the world of publishing.”



Behavior Analyst Bill Sails Through Senate

While Senate Bill 134 for the creation of a new, independent board for behavioral analysts needed tweaking to the tune of 37 amendments, most minor, it was passed favorably out of committee and easily passed the full Senate on Monday with a vote of 30 to 1.

Janice Huber, Certified Behavior Analyst and Secretary for the Louisiana Behavior Analysis Association (LaBAA), told the *Times*, “We endorse SB 134 as is currently written and are encouraged by it’s legislative support and progress.”

The bill will create an independent board for behavior analysts and also regulate assistant behavior analysts and technicians, who will register with the board.

Mental Health Courts - HB 71 Passes Easily

A bill by Senator Sharon Broome of Baton Rouge passed the Senate floor with a vote of 35 to 0 and was sent to the House on Monday, April 29.

The legislation will authorize mental health court treatment programs in the state, allowing the chief judge of each judicial district to establish a mental health court. The bill defines terms related to the mental health court treatment programs, mental health court professionals, pre- and post- adjudicatory programs, combination programs, and co-occurring mental

Senator Mills 'Resolution– Commends the LA Coalition for Violence Prevention

Senator Fred Mills, from New Iberia, offered a Senate Concurrent Resolution commending the Louisiana Coalition for Violence Prevention for its efforts to help improve the early detection of those at risk for interpersonal violence in the state. Cindy Nardini, steering committee member of the Coalition, noted, “I appreciate the time, assistance, and understanding that Senator Mills gave in the process of obtaining this resolution. He supported the idea and mission from our very first meeting. This resolution will aid in spreading the word about the coalition and our mission to reduce violence in Louisiana.”

Drs. Darlyne Nemeth, Kelly Ray, Organize Conference

The U.S. Chapter of the World Council on Psycho-therapy (WCP) held a symposium featuring Thomas Doherty, PsyD, ecopsychologist, as part of the it’s annual meeting, March 22, 2013, in Baton Rouge. Dr. Darlyne Nemeth and Dr. Kelly Ray organized the training experience that focused on environmental trauma.

North Louisiana Behavioral & Social Sciences Conference Held at LaTech

The Counseling Psychology Doctoral Student Organization (CPDSO) of Louisiana Tech University hosted a conference April 26 and 27, named the North Louisiana Behavioral & Social Sciences Conference.

“We are so proud of our students for providing a regional venue to highlight the knowledge base and research opportunities in Louisiana and nearby states,” Dr. Thomas said.

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